

SPENCER FAMILY DENTAL

Gentle Caring State of the Art Dentistry For The Whole Family

Cosmetic Dentistry • Restorative Dentistry • Preventative Dentistry

New Patients Welcome

CROWNS • CAPS • BRIDGES • COMPLETE and PARTIAL DENTURES
NON SURGICAL GUM TREATMENT • ROOT CANAL THERAPY
SURGICAL SERVICES
BREATH CLINIC-WE TREAT CHRONIC BAD BREATH

We Strive For Painless Dentistry

HERBAL DENTAL PRODUCTS • All Instruments Fully Sterilized • Most Insurances Accepted

Dr. Nasser S. Hanna

Conveniently Located On Route 9 • (Corner of Greenville St. & Main St.)
284 Main St., Spencer **508-885-5511**

We now offer In-house Dental Insurance. Call for more information!

Guzik Motor Sales, Inc.

CAR BUYING – THE WAY IT SHOULD BE

Great Deals on New Leftover Jeeps!
Check our website for gimmick-free prices

Jeep ADVENTURE DAYS

Save over **\$5000**

#238269

NEW

Jeep Wrangler Unlimited

E. Main St., Rtes. 9 & 32, Ware Just Over the West Brookfield Line
413-967-4210 or 800-793-2078 • www.guzikmotor.com

Charlton Villager

Free by request to residents of Charlton, Charlton City and Charlton Depot

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS Friday, October 18, 2019

Lynn Daley Courtesy Photo

TAKING IT ALL IN

Reader Lynn Daley’s daughter takes a moment to admire the beauty of Fall in New England during a family hike on Mt. Wachusett.

Charlton awarded Green Communities grant

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The town of Charlton was one of 91 municipalities awarded Green Communities competitive grants in September.

The Baker-Polito Administration announced \$14.9 million in Green Communities Grants, \$211,000 of which has been awarded to Charlton. The money will be split among several projects including installing LED lights at both the library and town hall, wastewater treatment purchases and administrative and technical assistance expenses.

“Today’s grant announce-

ment is the largest award in the Green Communities program history and represents our Administration’s commitment to supporting clean energy efforts for cities and towns across Massachusetts,” said Gov. Charlie Baker in a press release in September. “The projects funded by these grants will allow cities and towns across the Commonwealth to reinvest their energy savings in vital public services like schools, public safety, and local infrastructure.”

Lt. Gov. Karyn Polito also released a statement commending complimenting the program and the assistance it provides to communities across the commonwealth.

“As Massachusetts works to meet ambitious energy and emission reduction goals, the Green Communities program gives municipal partners the resources they need to continue building upon the substantial energy progress each city and town has already made,” Polito said. “We look forward to the continued success in energy innovation these grants will ensure across the Commonwealth.”

In order to qualify as a Green Community, Charlton has to meet five criteria with the grants helping support initiatives geared towards ener-

Please Read **GREEN**, page **A4**

Selectmen seek consistency in lowering of flags

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen has adopted a new policy in order to ensure that the American flags

on town properties are properly lowered on appropriate occasions.

The topic was added to the agenda for a Board of Selectmen meeting in late September after Selectman

Bill Borowski was contacted by a concerned citizen when it was noticed that flags weren’t properly lowered to half staff to recognize the anniversary of Sept. 11. Town hall officials also confirmed they were con-

tacted about the mistake, calling it an “erroneous error.” While officials noted that at the time, the town hall was dealing with a malware attack, that was not considered an excuse for overlooking lowering the

flags out of respect for the lives lost 18 years ago.

Selectman David Singer said he requested adding the item to the Sept. 24 meeting agenda after hearing of the commu-

Please Read **FLAGS**, page **A4**

Local community garden awarded \$6,000 grant

STURBRIDGE — The Community Food Collaborative was recently awarded a \$6,000 grant from The Last Green Valley (TLGV) National Heritage Corridor. Funds for this grant come from TLGV’s new Community Enrichment Grant Program. Projects that qualify must demonstrate tangible results and lasting benefits to the community as well as advance the visions and strategies of Vision 2020, the management plan for TLGV National Heritage Corridor.

“We are very excited to

Please Read **GARDEN**, page **A4**

Nexamp opens regional office in Sturbridge

Gus Steeves Photos

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

BY GUS STEEVES
CORRESPONDENT

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

The firm inaugurated its cen-

tral Massachusetts headquarters last week, claiming a space on Hall Road in Sturbridge.

“We’re excited to be here and looking forward to having a space to conduct the business we need to do,” said Construction Director Jen

Please Read **NEXAMP** page **A7**

Is Your Bank Too Big? It’s Time For A Change!

Free Kasasa Cash® Checking

2.00% APY*

on balances up to \$25,000, if qualifications are met

0.05% APY*

on all balances, even if qualifications are not met

Choose a Local Bank, and start saving today!

At Cornerstone Bank, you get “big bank” benefits and services with a small-town feel. Find out why we’re the Bank Built On Trust!

Ask for **KASASA**®

Charlton • Holden • Leicester • Rutland • Southbridge • Spencer • Sturbridge • Warren • Webster • Worcester

cornerstonebank.com • 800-939-9103

*APY=Annual Percentage Yield. APYs are accurate as of October 1, 2019. Variable rate account. Interest rates are determined at the Bank’s discretion and are subject to change at any time. If qualifications are met each monthly qualification cycle: (1) Unlimited national ATM surcharges posted and settled during monthly qualification cycle will be reimbursed and credited to account on the last day of monthly statement cycle; (2) balances from \$0.01 up to \$25,000 earn 1.98% interest rate, resulting in an APY of 2.00%; and (3) balances over \$25,000 earn 0.25% interest rate on portion of balance over \$25,000, resulting in 2.00% – 0.60% APY depending on balance in account. If qualifications are not met, all balances earn an interest rate and APY of 0.05% and account does not receive ATM surcharge rebates for that period. To qualify you must have at least: (1) 10 posted and settled Debit Card purchases. (ATM transactions and debit card purchases processed as ATM transactions do not count towards qualifying debit card purchases); (2) Be enrolled in, receive and review eStatements; and (3) Have 1 direct deposit or automatic payment (ACH) post and settle during the monthly qualification cycle (transfers between accounts within our bank or via online banking do not count towards qualifying ACH or bill pay transactions). Qualifying transactions must post and settle to account during monthly qualification cycle. Transactions may take one or more banking days from the date transaction was made to post and settle to an account. “Monthly Qualification Cycle” means a period beginning one business day prior to the first day of the current statement cycle through one business day prior to the close of the current statement cycle. Monthly statement cycle is not the same as monthly qualification cycle. If monthly qualifications are not met, this account will still function as a free account, with no monthly service fee. Minimum to open account is \$25. No minimum balance required to earn rewards or maintain account. If account balance is \$0.00 or less for 60 consecutive days the account will be closed. Available as a personal account only. Limit one account per tax identification number. Kasasa and Kasasa Cash are trademarks of Kasasa, Ltd., registered in the U.S.A.

Think Pink

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

Breast cancer signs and symptoms

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

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible


and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

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

can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

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

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



Educating young women about breast cancer

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

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found

a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy. Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl

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



Compassionate care through diagnosis, treatment, recovery and survivorship



The
CANCER CENTER
at Harrington

55 Sayles Street, Southbridge
508-764-2400 • harringtonhospital.org/cancer

 **Alternatives For Health Herbal Apothecary**
Nature's Solution For Better Health

- Herbs
- Teas
- Essential Oils
- Flower Essences
- Herbal Remedies

- Homeopathics
- Massage, Reiki, Ear Coning
- Biomat & Ionic Foot Treatments
- Classes

426 Main Street • Sturbridge, MA 01566
508-347-2111 www.alternatives-4health.com

Brush it Off
Come Paint With Us!



See our website pick a painting, a date to paint & register!
Open Paint Ceramics & More
559 Main St, Fiskdale, MA 01518
774.241.3444 • brush-it-off.com

“WE SOLVE REAL ESTATE PROBLEMS”
ReMax Professional Associates
Licensed in MA & CT



We need properties to sell – any type!



Conrad Allen (508) 400-0438 Patrick Sweeney (774) 452-3578

www.ConradAllen.com



ROM'S TAKE OUT & CATERING 508-347-1440

Giovanelli's ITALIAN MARKET

OCTOBER
Is Breast Cancer Awareness Month

139 Main St., Sturbridge, MA
Phone: (508)347-1440
www.romsitalianmarket.com

Morin JEWELERS
Fine Jewelry & Gifts
The Jewelry store where you buy with confidence

WE BUY GOLD
Specializing in Custom Designs
All types of Jewelry Repairs

MASTER JEWELERS™
BRILLIANCE YOU DESERVE®

409 Main St. Southbridge, MA
morinjewelers.com • 508-764-7250
Located at CVS Plaza

FIVE STAR AUTO
Expert SERVICE

Proud Pink Supporter

508-765-0257
580 South St., Southbridge MA

THE MAINE ATTRACTION



HYPE

A Fresh Taste of Maine
Lunch & Dinner
Freshest Seafood Around

Call Ahead 413-245-6043
154 Mashapaug Rd., Holland, MA 01521

MORSE LUMBER CO., INC.



Providing lumber and building supplies to professional contractors and homeowners for over 60 years.

508-764-3231
994 N Woodstock Rd. Southbridge, MA 01550

Quality Vehicles



The Dealer with A Difference

Park AUTO LLC

1313 Park St., Palmer, MA 01069
413.283.3191
PARKAUTOMA.com

Aucoin Ryan Realty
Your Neighborhood Real Estate Experts



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

Custom Embroidery & Heat Transfer

Talbat Embroidery Shop

NEW LOCATION:
1009 Lebanon Hill Rd., Southbridge

508-764-0555

Knight Associates Realty Inc.

Building Relationships Since 1989

SHOW YOUR SUPPORT

645 Belmont Ave.
Springfield, MA • 413.731.6466

Fedele's Coffee Shoppe & Restaurant
13 Central St., Southbridge



We Support Breast Cancer Awareness

Take Out Available 508-764-8019

SCHOTT



We Support Breast Cancer Research

508-765-9744
us.schott.com/lightingimaging

YOUR NEIGHBORHOOD REALTOR

Lisa Boudreau
774.200.7400



Coldwell Banker Residential Brokerage
Licensed in Ma & CT

774-200-7400

RESIDENTIAL BROKERAGE License MA# 9511833 CT# RES. 0796443 Office License # 8064


Savers Bank
Simply Better.

Southbridge • Sturbridge • Charlton
Uxbridge • Grafton • Auburn

saversbank.com
800.649.3036

Member FDIC | Member SIF | Equal Housing Lender

your **HEALTH** *matters*



“Let us help you strengthen your inner fortress, naturally.”

BEDROCK PLAZA
139 Main Street (Rt 131) Sturbridge, MA
774-241-3383
Tues-Fri 10am-6pm • Sat 10am-5pm

High Purity
Extractions & Equipment

EXTRACTION EQUIPMENT & SYSTEMS
SERVICE & SUPPORT TO THE NORTHEAST

617.521.8532 | SOUTBRIDGE, MA 01550
info@highpurityextractions.com
highpurityextractions.com

America's Proven Edge™

DEXTER
THE EDGE SINCE 1818

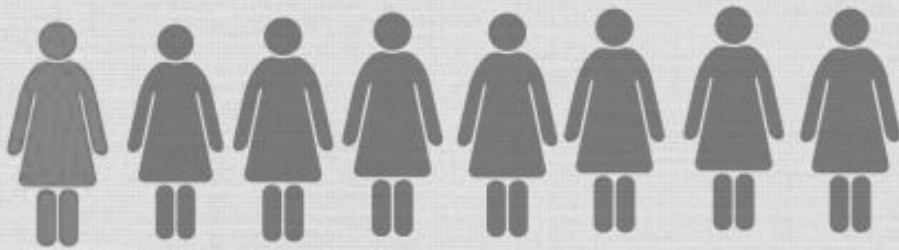


44 River Street
Southbridge, MA 01550
508-765-0201 phone
508-764-2897 fax
www.dexter1818.com



OCTOBER IS
Breast
Cancer
AWARENESS MONTH

Breast cancer impacts 1 in 8 American women



**Get your screenings
today !**

Each year it is estimated that
over 252,710 women in the
United States will be
diagnosed with breast cancer.
253 Organic supports
women in their fight against
breast cancer.



REAS Foundation hosting lottery calendar fundraiser

CHARLTON — The Charlton REAS Foundation is a 501c3 nonprofit organization providing qualifying senior citizens in the town of Charlton with energy assistance including heat during the winter months and air conditioning or support with electric bills during the hot summer months.

Last year, the Charlton REAS Foundation awarded 45 senior citizens with heating/cooling assistance

totaling \$17,400. REAS is now taking applications for the 2019-2020 heating season, which began Oct. 1 and will run through April 30. Assistance for this program would not be possible if it weren't for our annual fundraisers and the generous donations of local businesses, organizations and individuals.

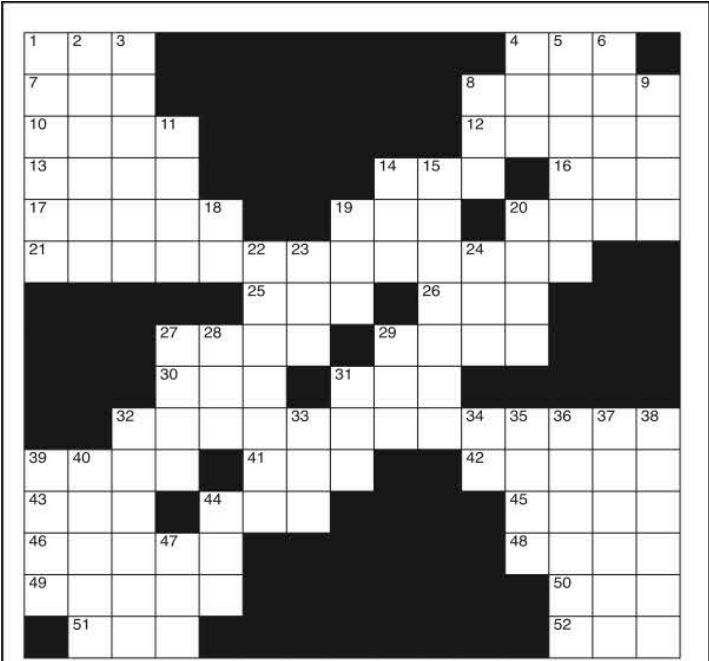
Lottery calendars are drawn each day in the month of February. Calendars are just \$10 each, and are available at the Charlton Senior Center, or you may download

them from the REAS Web site at www.reascharlton.org. The grand prize of \$500 will be drawn at our annual "Taste of the Towns" event, to be held on Leap Day (Saturday, Feb. 29). The Taste of the Towns brings together a variety of local food and beverage vendors for guests to sample at a tasting. Also offered are silent auction items, raffle items, door prizes and more. For more information, call (508) 868-5289 or see the flyer on our Web site.

Thank you for your support, and please know your donation can make a

difference in the lives of our most vulnerable citizens.

If you need assistance or you know someone who does, please call (508) 868-5289. If you'd like to send a donation, address to Charlton REAS Foundation, P.O. Box 793, Charlton, MA 01507. Charlton REAS Foundation Board of Directors: Debra Ciesluk, Ed Ciesluk, Michael Cunningham, Ray Delisle, Carl Ekman, Darlene Emco-Rollins, Kathy Kaczynski, Dorothy LaChance, Elaine Materas, Katherine Pariseau, Jean Vincent, Sabrina Webb.



CLUES ACROSS

1. Computer key

4. Periodical (abbr.)

7. Hot beverage

8. Capital of Ghana

10. Shrek is one

12. Behemoth

13. Good friend

14. Form of "to be"

16. Where travelers rest

17. European country

19. Everyone has one

20. Pop

21. Feelings of anxiety

25. Small amount

26. Moved quickly

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

30. 8th month (abbr.)

31. Basics

32. Transcending national boundaries

39. Natives of Kashmir

41. Returned material authorization (abbr.)

42. Cigar wrapper

43. Brew

44. Popular video game series

45. Abba __, Israeli politician

46. Jewelled headdress

48. French cleric

49. Bizarre

50. Unit of measurement

51. Foul-mouthed Hollywood bear

52. "Partridge Family" actress

CLUES DOWN

1. Type of bomb

2. Smooth

3. Clothing pattern

4. Defunct phone company

5. Something to take

6. Type of piano

8. Consumed

9. "Pitch Perfect" actress Kendrick

11. Ray-finned fish

14. Heat storage stove

15. Shrink back

18. Yukon Territory

19. Connects words

20. Sound unit

22. Furniture with open shelves

23. Cool!
24. 007's creator

27. Source of the Nile River

28. Not safe, but ...

29. Helps little firms

31. Comedienne Gasteyer

32. Conceptualize

33. Root mean square (abbr.)

34. Integrated circuit

35. Evergreen trees and shrubs genus

36. Apprehended

37. Suitable for growing crops

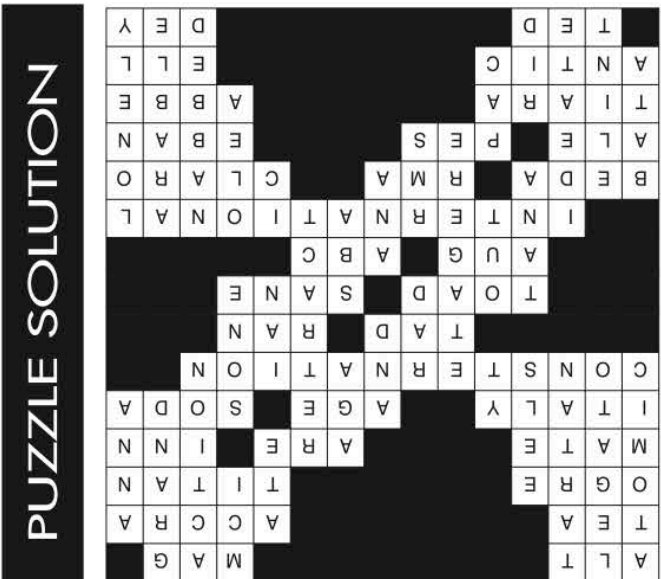
38. Isolated

39. Footwear company

40. Electronic intelligence gathering

44. Political action committee

47. Free of



Fatal collision shuts down Route 20

BRIMFIELD – Route 20 was closed for several hours following a fatal two-vehicle accident last week.

The head-on wreck took place on Oct. 11 at approximately 2 p.m. near the intersection with Holland Road. The collision involved a 2019 Nissan Versa and a 2015 Volvo S60. The driver of the Nissan, a 58-year-old man from Brimfield, was pronounced

dead at the scene.

The driver of the Volvo, a 52-year-old man from Brighton, was transported to an area hospital with serious injuries.

Troopers assigned to the State Police Sturbridge barracks responded to the scene, as well as Brimfield Police and Fire. Traffic in the area was heavily congested until approximately 5 p.m.

The wreck remains under investigation by the State Police Collision Analysis and Reconstruction Section, the Hampden County State Police Detective Unit, and the Office of the Chief Medical Examiner.

As of press time, police had not released the name of the victim. No charges have been filed.

GREEN

continued from page 1

gy efficiency and clean energy. Charlton is one of 240 cities and towns in Massachusetts designated as Green Communities. Each community qualified for a maximum \$250,000 in grant money.

State Sen. Anne Gobi, who serves as the Senate Chair

of the Joint Committee on Environment, Natural Resources and Agriculture, release a comment congratulating her towns, including Ashburnham, Ashby, Barre, Hardwick, Monson, Warren, and, of course, Charlton, for earning the funding.

"This municipal-state partnership has been so successful and provides much needed assistance to communities as we

strive for a cleaner, more sustainable Commonwealth," Gobi said.

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

GAREDEN

continued from page 1

receive this grant," said Joe Coan, the garden's president. "As specified in our application, funds from the grant will be dispersed on a reimbursement basis and matched 1:1 by cash or in-kind contributions. We plan to use the funds to expand the irrigation system we installed to half of the

garden this season. We also want to replace the existing plastic fence with a new metal fence that can withstand the critters chewing through it which we experienced repeatedly this year."

Awarded at the end of September, the Community Food Collaborative garden has one year to complete the projects speci-

fied in the grant and to submit documentation for review and approval.

The Community Food Collaborative garden is a volunteer-driven project of the Rotary Community Corps of Sturbridge and Southbridge. All the organic vegetables raised in the garden are donated to the Saint John Paul II Food

FLAGS

continued from page 1

nication Selectman Borowski had received from a citizen. He acknowledged that in the past the town had looked to the state for when flags should be lowered to half staff, but going forward, it should be normal practice for Charlton to lower the flags as they see fit without needing to be reminded.

"It never should have happened in the first place. One thing I will point out is, this town has, in the past, not relied

upon the state to be our guide for what's right and I think that going forward this town should continue to follow that course," Singer said.

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

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

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



TO PLACE A RETAIL AD:
ADVERTISING REPRESENTATIVE
JUNE SIMAKAUSKAS
(508) 909-4062
jsima@stonebridgepress.news

TO FAX THE CHARLTON VILLAGER:
(508) 764-8015

TO PRINT AN OBITUARY:
E-MAIL:
obits@stonebridgepress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
(508) 909-4103
kerr@stonebridgepress.news

TO SUBMIT CALENDAR OR AROUND OUR TOWNS ITEMS:
E-MAIL:
news@stonebridgepress.news

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL:
news@stonebridgepress.news

TO PLACE A CLASSIFIED AD:
(800) 536-5836
Classifieds@stonebridgepress.news

OFFICE HOURS:
MONDAY THROUGH FRIDAY
8:30AM-4:30PM

VILLAGER STAFF DIRECTORY

EDITOR
BRENDAN BERUBE
(508) 909-4111
news@stonebridgepress.news

SPORTS EDITOR
NICK ETHIER
(508) 909-4133
sports@stonebridgepress.com

A STONEBRIDGE PRESS PUBLICATION

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(508) 909-4101
frank@stonebridgepress.news
BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news
OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325
EDITOR
BRENDAN BERUBE
(508) 909-4111
news@stonebridgepress.news
PRODUCTION MANAGER
JULIE CLARKE
(508) 909-4105
production@stonebridgepress.news

The *Charlton Villager* (USPS#024-954) 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 Charlton Villager, P. O. Box 90, Southbridge, MA 01550.

CHARLTON ALMANAC

REAL ESTATE

CHARLTON

\$480,000, 63 Lincoln Point Rd, Homes LT, and Holmes, Glen A, to Leblanc, Michael, and Leblanc, Tina. \$412,000, 38 Jones Rd, Dejordy, Thomas J, and Dejordy, Alison M, to Athanassiades, Kimberly, and Ludy, Matthew. \$284,500, 24 Dolge Ct, Athanassiades, Kimberly R, to Reynolds, Timothy C, and Reynolds, Jennier. \$249,900, 45 Old Worcester Rd, Dolan, Mark, and Dolan, Maria, to Fay, Rebecca A. \$245,000, 73 Blood Rd, Carter, Rosalie J, and Whitney, Sandra, to Aquafresca, Sarah.

STONEBRIDGE PRESS PHOTO POLICY

As a community oriented family of newspapers, Stonebridge Press welcomes photos from readers, business owners, and other outside sources for publication in any of its titles. Any photos submitted for publication become the property of Stonebridge Press, and may be displayed in our newspapers, as well as on our Web site. They may also be made available for resale, with any proceeds going to Stonebridge Press and/or the photo re-print vendor.

New exhibit shows local artists ‘connected in nature’



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

BY GUS STEEVES
CORRESPONDENT

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

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

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

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

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

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

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

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

To Samant, artistic expression blends cultures. She grew up in Gujarat, India, where there's "a lot of color in the fabrics and textiles, but everything is concrete, so I like to incorporate the flora and fauna of New England." She especially likes sunrise and tries to get up to see and photograph it wherever she travels because it's "different everywhere."

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

"[Portraits are] a great way to connect with another human being and

learn about their personality," she noted.

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

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

Like Samant, LaScola has "the travel bug," and fulfilled it for a while as a stewardess before landing at the Minneapolis College of Art and Design. That "opened up my eyes and gave me a vehicle to express myself I didn't have before."

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

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

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

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

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

Charlton Villager


ACCURACY WATCH

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

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

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

“Every Town Deserves a Good Local Newspaper”



Tuba City
Regional Health Care Corporation

Have a Career that Changes Lives

Live and work on the beautiful Navajo Reservation, near national parks and forests, canyon country, ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

Emergency Physicians

CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail TCRHCHCR@TCHEALTH.ORG

WWW.TCHEALTH.ORG



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

FREE head exam

Worn tip loses its grip

Bent prong won't hold for long

Hurry in today for your FREE Cleaning & Inspection! before your diamond is gone.

~We do custom designs!~

\$10.00 OFF with Coupon

on new purchase or repair. Cannot be used on prior purchases or with any other offer. Exp. 10/31/19

Cormier Jewelers & ART GALLERY

A Family Business Since 1949

136 Main Street • Spencer • 508-885-3385

cormierspencer.com

PLACE MOTORS IS PROUD TO SPONSOR

Friday's Child




Hi! My name is Fayth and I like donuts!

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

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

Evershine Dental Group

Quality care you can trust!



Dr Sahana Ramos, DMD
15 Years in Practice



100 MLK Jr Blvd, Suite 100, Worcester, MA, 01608
(774)243-7782 • www.evershinedental.com
Parking Validated

Find us on Facebook & Google

Who Can Adopt?

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

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

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



Place Motor Inc.

Thompson Road, Webster, MA 508.943.8012
Massachusetts oldest family owned Ford Dealer – since 1923

www.placemotor.com • "Like Us" on Facebook



FISHER PLOW
SNOW & ICE REMOVAL
Plows • Sanders
Spreaders



The "Right Place" since 1923



A day for healing

Gus Steeves Photos

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

The organization is based at Generations, 129 East Main St., Webster, and can be found online at www.pinkhippy.org.



Dawn Skoglund gives Louise Bonnette a reflexology treatment.



Vin Mitchell provides some background guitar music appropriate for healing.



Bree Marion of Leicester gives a client a massage.



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



Three women participate in a restorative yoga mini-class.



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

RONNIE’S SEAFOOD

RT. 31 CHARLTON DEPOT

“Proudly serving the community for over 45 years”

CLOSED
FOR THE
SEASON

Thank you for your
patronage

Look for our ad in the spring!

SERVE!
CHECK OUT THE
SPORTS ACTION!

Put Fall leaves to work in your landscape



GARDEN
MOMENTS
.....

MELINDA
MYERS

Raking fall leaves can seem like a chore and a never-ending one, at that. Reduce time and effort spent managing fall leaves by putting this valuable resource to work in your landscape.

Use your mower to recycle leaves right where they fall. As you mow the grass, you'll shred the leaves into smaller pieces. If they are the size of a quarter or smaller, your lawn will be fine. As these leaf pieces decompose, they add organic matter and nutrients to the soil.

Another option is to attach a bagger to shred and collect the leaves with every pass of the mower. Only use grass clippings collected from lawns that have not been treated with a weed killer this fall. Or burn a few extra calories and rake the leaves into a pile. Shred with a leaf shredder or mower and spread them over the soil surface around perennials. Leaf mulch helps insulate plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down.

Bag shredded leaves you want to save for next season. Tuck them out of sight for winter under trees or around the foundation of your house for added insulation.

Dig extra shredded leaves into vacant annual flower and vegetable gardens or incorporate them into the soil as you prepare new planting beds. They will break down over winter, improving the drainage in heavy clay soils and the water-holding ability in fast-draining soils.



Melinda Myers Photo

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

Create compost with shredded leaves and other landscape trimmings. Do not use meat, bones or dairy that can attract rodents. Avoid diseased, insect-infested trimmings and weeds that can survive in compost piles that don't produce enough heat to kill these unwanted pests.

Start with a compost pile that's at least three feet high and wide for efficient decomposition. Place a mixture of shredded fall leaves, grass clippings free of herbicides, vegetable scraps and other landscape trimmings in an 8- to 10-inch layer. Cover with compost and sprinkle with a low nitrogen, slow release fertilizer.

Repeat the layers until the pile is the desired height. Then moisten until it's the consistency of a damp sponge. Turn the pile occasionally, moving the material in the center to the outer edge and the less decomposed trimmings to the hotter center. It's a great workout and speeds decomposition. Or pile the materials in a heap and let nature do the work; it just takes longer.

Oak and large maple leaves both make great mulches and additions to the compost pile but are slow to break down. Shred them with your mower or leaf shredder first for better results. Avoid black walnut leaves that contain juglone, a compound which is toxic to many plants. Once the leaves are fully decomposed the compost is safe to use.

As you begin putting fall leaves to work in your landscape, you'll start considering them a gift versus a curse from nature especially as you see the results of your efforts – a more beautiful landscape.

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

NEXAMP

continued from page 1

Delaney, who noted the firm's area workforce has been working out of homes and trailers for some time now.

Town Administrator Jeff Bridges was equally optimistic.

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

Moments later, he told the Nexamp staff, "We've got some great technology businesses in town. I was surprised when I got here at the level of tech we enjoy. You're welcome to be part of that."

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

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

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

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

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

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

Those numbers are just a starting point compared to the laws several states have already set requiring 100 percent alternative energy supplies by 2050 – California, Nevada, Washington,



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

New Mexico, Puerto Rico, District of Columbia and Hawaii. The governors of seven other states have either signed executive orders or pledged to do so, including Massachusetts, the NREL report states.

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

for various kinds of alternative energy sources.

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

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

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

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

The Sturbridge office will largely focus on coordinating the firm's various commercial and residential solar projects in central and western Massachusetts, providing a place where its engineers, designers and project managers can work without having to commute to Boston. Delaney said they have three active arrays in Charlton plus one about to turn on, one in Wales, two in Sutton and a couple in Palmer, among other locations.

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

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

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

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

LOCAL SERVICE PROVIDERS









APPLIANCES

Servicing Household Appliances since 1978
All Makes & Models



**Bosch Dishwasher
CLOSE-OUT SPECIAL**
Save \$200 - MSRP \$999

Our Cost **\$799**
SHP865WD5N - Stainless Steel Only
Flexible 3rd Rack
Pocket Handle, Top Controls
Energy Star
Stainless Steel Tall Tub
Speed Wash & Half Load Cycles
Aqua Stop Leak Protection

Dave's Appliance Inc.
508-867-3122
Parts Hotline 888-229-1027
42 W. Main St., Brookfield, MA
Hours: Mon-Thurs 9-6 • Fri 9-5 • Sat 10-3



ROLL OFF DUMPSTERS

PEPIN
WASTE SERVICE
Your Local Roll-Off Specialist

Weekend Special
10 yd. Rental 1 Ton
3 sizes available. Call for pricing.

**Roll Off Containers**
Weekend Dumpsters
for the Homeowner
Houses • Attics • Cellars
Construction Sites


10-15-20 Yd.
508-892-4193 • 508-769-6603
Leicester, MA
Fully Insured



CATEGORY OF YOUR CHOICE



**Your Ad Here
Call Today!**



25 Elm St., Southbridge, MA 01550
Telephone (800) 367-9898
Fax (508) 764-8015
www.StonebridgePress.com

FRANK G. CHILINSKI
PRESIDENT/PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Healing through service

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

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

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

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

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

OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

Country music finds beauty in our imperfections

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

POSITIVELY SPEAKING

By GARY W. MOORE

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

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

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

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

None among us is perfect. Not one.

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

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

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

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

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

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

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

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

"Where've you been?"

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

Be creative when withdrawing from retirement accounts



FINANCIAL FOCUS
JEFF BURDICK

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

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

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

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

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

Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.

But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

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

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

Painting Tips

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



TAKE THE HINT
KAREN TRAINOR

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

color can often be used as a primer to cut costs.

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

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

Want to repaint but you're not sure if that dried paint surface is latex or oil

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

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

When painting new plaster, or a similar porous surface, paint on a solution of water mixed with PVA glue first. This will seal the surface and stop the paint from soaking into the plaster. Not only does it give a much better finish, but the paint will go further too.

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

MICKNUCK'S
FRESH MARKET PLACE

570 MAIN STREET • RT. 20 • FISKDALE, MA
TEL: 508-347-0116 • FAX: 508-347-6985

SPECIALS GOOD 10/21-10/27

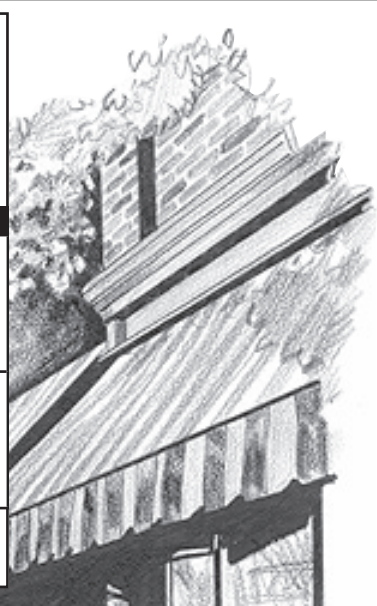
ASSORTED NATIVE APPLES .79¢ lb.	BOAR'S HEAD CRACKED PEPPER TURKEY \$7.99 lb.	NATIVE BUTTERNUT SQUASH .39¢ lb.
5LB BAG RUSSET POTATOES \$1.99 ea.	CERTIFIED ANGUS GROUND SIRLOIN \$3.99 lb.	CALIFORNIA POMEGRANATES \$1.49 ea.

Mon. - Fri. 8:30 - 5:00 • Sat. 9:00 - 6:00
Sun. 9:00 - 5:00
We reserve the right to limit quantities

Talbot Custom Embroidery & Heat Transfer
Embroidery Shop

We've Moved!

NEW LOCATION:
1009 Lebanon Hill Rd., Southbridge
508-764-0555



Todd A. Ethier
TAE
B·U·I·L·D·E·R
INCORPORATED

- ◆ ADDITIONS ◆ GARAGES
- ◆ REMODELING EXPERT
- ◆ ROOFING ◆ SIDING ◆ DECKS
- ◆ KITCHEN ◆ BATHS
- ◆ WINDOWS ◆ DOORS
- ◆ FINISHED BASEMENTS

Quality Building Since 1985
Licensed & Insured
508-764-2293 • 774-230-3967

Community Connection

Your area guide to buying & shopping locally!

Support your community

Call Mikaela at (508)
909-4126
mikaela@
stonebridgepress.news

The Quality Goes in Before Your Car Comes Out

Specializing in Late Model Collision Work

HILLSIDE COLLISION CORP.

Southbridge's only Down Draft Spray Booth For That Factory Finish

10% off for Armed Forces, Police, Fire Fighters, EMT/Paramedics (discount does not apply to insurance claims)
All work guaranteed • Licensed Appraiser
Bonded & Insured
(508)765-5773 • 46 1/2 Old Sturbridge Rd., Southbridge, MA
Donald Joyce

Morin JEWELERS
Fine Jewelry & Gifts
The Jewelry store where you buy with confidence

WE BUY GOLD

Specializing in Custom Designs
All types of Jewelry Repairs

MASTER JEWELERS™
BRILLIANCE YOU DESERVE®

409 Main St. Southbridge, MA
morinjewelers.com • 508-764-7250
Located at CVS Plaza

SHREWSBURY MARBLE & GRANITE, INC.

BUY FACTORY DIRECT & SAVE

FALL SALE

50 COLORS • \$39 per sq. ft. Installed (40 sq. ft. or more) Cannot be combined with other offers.

Biggest Selection of Marble and Granite of ANY Fabrication Shop
300 Colors to choose from
Granite Counter top, Quartz Surface, Soapstone, Carrara Marble, Tile, Glass & Mosaic Backsplash

508-842-9800 • shrewsburymarbleandgranite.com
620 Boston Turnpike (Rte 9 E), Shrewsbury, MA (1/4 mi. east of Home Depot - Big Blue Bldg)
Mon-Thurs 8-5, Fri & 9-4

Charlton Oil
508-248-9797 Propane

Don't Pay Too Much for Propane

PROPANE	PRICE PER GAL.	Tanks Filled to 80%
75-150	\$2.20	Driver Discretion
150-300	\$1.85	
300-500	\$1.65	
500 PLUS	CALL OFFICE	

DON'T PAY TOO MUCH FOR OIL!

- Monday price 10/14/19 was \$2.45 per gallon* 100 gallon minimum
- Call for the most up to date daily price or visit us at www.charltonoil.com

"Call Us First!"
*prices subject to change

Steve's Collision Center, Inc.

Proudly Serving the Tri-Community Area for 30 Years with Expert Collision Repair

- BASF Paint for the Perfect Match Every Time!
- Highly Skilled & Experienced Technicians
- Frame Machines to Re-Align Unibody Damage

Your Vehicle is a Major Investment... should you really trust repairs on it to just anyone?

We've worked hard to earn our reputation and your trust... You can COUNT ON US to get the job done right! RS#628

Brenda Lacaire (508) 347-9116

Protect your family's financial future.

Jeff Burdick, AAMS®
Financial Advisor

419 Main Street
Sturbridge, MA 01566
508-347-1420
www.edwardjones.com

Edward Jones®
MAKING SENSE OF INVESTING

MKT-58941-A Member SIPC

Hearthstone Market & Catering
A Division of Annie's Country Kitchen

Grab 'N' Go Home-style Lunch, Dinner, and Tasty Treats
Catering Available!

Rt. 20, 630 Main Street, Sturbridge, MA 01566 • 508-347-7077
Open 7 Days a Week • 11am-7pm
hearthstonemarket1@gmail.com • hearthstonemarketandcatering.com

FINE CRAFTSMANSHIP • EXPERIENCED DESIGNERS • CUSTOM FRAMING
OUTSTANDING PRINT SELECTION • PHOTO RESTORATION

October Art Sale 15% off the wall already framed prints only
Large Selection of already framed art on our walls to choose from.

THE FRAMER'S GALLERY
Heritage Mall • 567 Southbridge Street, Auburn, MA 508-832-6111
FRAMERSGALLERYMA.COM
Hours: Mon-Thurs 9-6 • Fri 9-5 • Sat 9-3 • Closed Sunday

Paying too much for your insurance?

We offer policies for
AUTO
HOME
BUSINESS
LIFE
DISABILITY
MOTORCYCLE
BOAT

You'll have peace of mind knowing our Insurance Professionals have your back!
Call today!

BAIR
INSURANCE AGENCY
bairinsurance.com
~ Online Quotes ~

Serving area towns since 1980
58 A.F. Putnam Road
Charlton, MA 01507
p: 508-248-4204 f: 505-248-1199
Conveniently located near scenic Buffumville Lake
MAPFRE
TRAVELERS

CHARLTON OPTICAL

Thank you for voting us
Best Optical Store
3rd year in a row
Best Eye Care 2018!

Peter Maly R.D.O. | Renee Gomez O.D.
David Snowdon O.D.
Eyeglasses • Eye Exams • Contacts
109 Masonic Home Road, Charlton
MA 01507 508-248-1188
Same Day Service
Mon 9-6 | Tues 10-6 | Wed 10-5
Thurs 10-7 | Fri 10-5 | Sat 9-2
www.charltonoptical.com

Repairing ALL Makes & Models

All Major Brands

DAVE'S APPLIANCE, INC.

Complete Line of New Appliances

AMANA MAYTAG Whirlpool SAMSUNG LG GE APPLIANCES

Life's Good

Purchase From A Retailer
With 40 Years Of Service Experience!

Instant Credit • In-shop repairs
Delivery, Installation & Removal available.

6 & 12 Months Financing Available

Dave's Appliance Inc.
508-867-3122 • Parts Hotline 888-229-1027
42 W. Main St., Brookfield, MA
Hours: Mon-Thurs 9-6 • Fri 9-5 • Sat 10-3 • Davesapp.com

A perfect time to be outdoors



THE GREAT
OUTDOORS
.....
RALPH
TRUE

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

will provide some great fishing in the coming weeks.

This writer fished Wallum Lake in Douglas this past week, and was rewarded with some impressive rainbow trout. The rainbows were not hitting flies I was using, so I switched over to a couple of Repala stick baits, and was having some fast action on two rods. Shore fishermen were also doing very well using the popular power bait. Because Wallum Lake is under Rhode Island regulations, anglers are able to retain five fish daily .

Duck & Goose hunting opened under ideal condi-

tions this past Monday in Massachusetts. Some local marshes held many birds for hunters this year, and it should only get better in the next couple of weeks. The big blow that we had last week stated the migration of ducks and geese, bringing some great shooting for the season opener.

Pheasant hunting opened a couple of weeks ago at the Uxbridge Rod & Gun Club under their preserve permit. Turnout of members was great, and they did very well harvesting pheasant. This week's first picture shows Frank and Joyce Dagineault taking a break during one of the

hunts. Enjoying the fall colors and some bird hunting prior to the opening of deer hunting in Rhode Island, the pair still get out and do as much hunting as possible being in there 80's, although they will tell you that they are slowing down a bit. We all are.

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

following receipt: Cut the fillets into medium to large size chunks.

Drop them in a pan of boiling water that has a couple of table spoons of white vinegar added to it. When the boil returns the fish only need to cook another couple of minutes or until it flakes apart with a fork. Do not overcook. Strain the fish and drop the fish chunks into some hot butter. Salt & pepper to taste. It taste better than lobster. This week's picture shows a world record tautog, also known as blackfish.

Take A kid Fishing & Keep Them Rods Bending!

TRAINOR

continued from page A8

galvanized metal finishes.

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

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

Are your paintbrush bristles "shed-

ding" on a freshly painted surface? Even the best of brushes sometimes come loose. To prevent this, try soaking a new brush in linseed oil overnight before using it. As a bonus, the pre-treated brush will last longer and be easier to clean!

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

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

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

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

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located

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

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

Professional Directory

ATTORNEY



Caitlin M. Magnan, Esq.

THE LAW OFFICE OF MICHELLE M. MURRAY, ESQ.

Welcoming New Clients

Our focus is on Divorce, Custody, Child Support, Modifications, Adoptions, Guardianships, Real Estate, Estate Planning and Probating of Estates



Michelle M. Murray, Esq.

CALL OR EMAIL TODAY FOR AN APPOINTMENT
(508) 885-4405 • Michelle@AttorneyMichelleMurray.com
Caitlin@AttorneyMichelleMurray.com
or Visit us on the web at attorneymichellemurray.com

188 MAIN STREET, SUITE ONE • SPENCER, MA 01562

For advertising information:

Call June (508)909-4062

if your business is in Charlton

Call Mikaela at (508) 909-4126

if your business is in Sturbridge

For advertising information: Call June (508)909-4062 if your business is in Charlton
Call Mikaela at (508) 909-4126 if your business is in Sturbridge

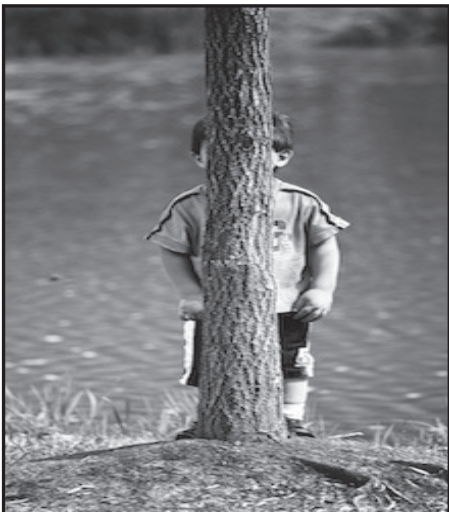
Print Worthy Moments

Be sure to hold on to your memories with a photo reprint.
Available From All Of Our Publications.

Options & Prices	
Digital Copy (emailed)	\$5.00
4" x 6" Glossy Print	\$5.00
8.5" x 11" Glossy Print	\$10.00



Call or email Stonebridge Press today 508-909-4105 or photos@stonebridgepress.com
You can also download your photo reprint form at www.StonebridgePress.com



Customers
can't find
you if they
can't
see you

Get seen
every week
by thousands
of people!

Call us today
to reserve
your spot
508.764.4325



Home & Auto

This section reaches 47,000 households
in 7 Massachusetts newspapers.

Call 508-764-4325
or email ads@stonebridgepress.news
for more information

BEST WINDOW COMPANY

KUBALA
HOME IMPROVEMENT
The Door and Window Experts
MACSL100114 | MAHic150118 | CTHic0619712

Award Winning
High Performance
Windows & Doors

100% FINANCING AVAILABLE | Lifetime Warranty

508-784-1550

BBB ACCREDITED BUSINESS A+ f

Builder

GILES CONTRACTING
Building & Remodeling
Peter Giles
28 Years Experience

Custom Homes • Additions • Garages
Remodeling • Decks

Kitchens • Bathrooms • Wood & Tile
Flooring • Roofing • Siding • Windows

MA: 508-450-3913
Email: Gilescontractingllc@yahoo.com
Licensed & Insured in MA & CT
www.allconstructionneeds.com

Concrete

CONCRETE QUICK, LLC
No Minimum Purchase
Buy Only What You Need

— SERVING CENTRAL NEW ENGLAND —
WHY CONCRETE QUICK?

- Buy ONLY what you need
- Flexibility – according to your schedule
- Custom Mix / Pour on the job... no "Hot-Loads"
- Less Expensive than bagged and large mixers
- No Job too small • No Minimum Quantity to purchase
- Cost Effective • No Waste • Environmentally Friendly

NO LOAD TOO SMALL!
WEEKEND Pours Available!
(508) 868-3946 ask for Clyde
ConcreteQuickLLC.com

GUTTERS

GARY'S GUTTERS
~ Locally Owned ~
Need new gutters...
Look no further!

COMMERCIAL • RESIDENTIAL

I'll beat any of my competitors' prices
by giving you back 10% of your hard
earned money off their lowest price
guaranteed!

FREE ESTIMATES
Fully Insured ~ Installations ~ Cleaning ~ Repairs
508.353.2279
gotogutterguy.com

HARDWOODS

Finishing Touch
HARDWOOD FLOOR COMPANY

Custom Inlays ~ Borders
Kitchen Remodeling
Expert Waterbase Finishing
Give your home the Finishing Touch!

License # 175980
Charlton, MA | 508-248-4224

METAL SALES

ACCURATE METAL SALES

Cut to size Steel
and Fabrication

Southbridge, MA
508.765.4929
www accuratemetalsales.com

Oil & Propane

AMERICAN DISCOUNT OIL
Need oil right away? Call American today!

OIL 10¢ Off PER GALLON (125 GAL MIN)
PROPANE 20¢ Off PER GALLON ON YOUR NEXT FILL UP (MIN 75 GAL)

With coupon. One coupon per customer. Exp 10/31/19. Cannot be combined with any other offer or on previous purchases or fuel assistance program.

Order online
Americandiscountoil.com
413-245-1314
1182 Park St., Palmer, MA 01069

Snow & Ice Control

BRIAN'S TRUCK EQUIPMENT INC.

FISHER **THE PLOWMAN**

FISHER SNOW & ICE CONTROL
Authorized Distributor

508-867-6500
46 Quaboag St., Brookfield, MA

Stump Grinding

MILLER STUMP GRINDING

Asian Longhorn Beetle
Certified
Fully Insured
REASONABLE RATES
PROMPT SERVICE
ROD MILLER • NICK MILLER
OWNERS / OPERATORS
508-688-2159

WASTE REMOVAL

TOM BERKOWITZ
~Est. 1980~
TRUCKING INC.

- Residential • Commercial
- Hauling • Recycling
- Demolition • Transfer Station

Northbridge, MA
508-234-2920
tomberkowitztruckinginc.com

CARPENTRY

J.R. Lombardi
Carpentry
Remodeling &
Home Improvement

- Kitchen Cabinets
- Finished Basements
- Windows & Doors
- Finish Carpentry
- Drywall & Painting
- Decks & Sheds
- Hardwood & Laminate Flooring installation

CSL#077018: HIC #178617
Free Estimates • Fully Insured
H: 508.476.7289
C: 774.415.4228
Call Jim

CHIMNEYS

CHIMNEYS & MASONRY
Chimney
Cleanings
ONLY \$99
-FREE Estimates-

\$50 OFF
Chimney Caps
or Masonry Work

All kinds of masonry work, waterproofing & relining. All types of construction & carpentry, foundation and chimney repair, new roofs, and stone walls!

Quality Chimney
(508)752-1003

Construction

Paul Giles
Home Remodeling
& Kitchen Cabinets

- * Kitchen & Bathroom Remodeling
- * New Additions
- * Window & Door Replacement
- * Decks
- * Ceramic Tile
- * Hardwood Flooring
- * Custom Made Kitchen Cabinets
- * Cabinet Refacing
- * Interior Painting

Licensed & Insured
508.949.2384
860.933.7676

ELECTRICIAN

TERRENCE W. ALDEN JR.
LICENSED ELECTRICIAN

New Construction
Remodelling
Kitchen & Bath
Service Updates

Spencer, MA
1.774.230.9606
Talden1987@gmail.com
Fully Insured

Accepts credit card payments & free online bank transfers
Licenses:
MA-13705-21777A,
NH-13932M, RI-B013781

Electrician

JAMES BUTLER
ELECTRIC

CERTIFIED MASTER ELECTRICIAN

Great with old, messy wiring
Independently owned & operated

413-544-8355
jamesbutlerelectric.com
Insured & Licensed
#21881-A

GUTTERS

GUTTER CLEANINGS

508-867-2877
508-754-9054
A. Eagle Gutters

Handyman

No Job Too Small
Home Improvement
-Insured-
MA Reg #174661

- General Carpentry
- Laminated Floors
- Remodeling
- Kitchen, Bath & Cellar
- Painting
- Handyman Services
- Floor Leveling
- Power Washing and MORE!

See Our Work Online
nojobtoosmallhomeimprovement.com
Tel. 508.414.7792
Sturbridge, MA

HANDYMAN

MAIN STREET HOME REPAIRS & MAINTENANCE

Wallpapering
Pressure Washing & Painting
Drain Clearing
Leaks Found & Fixed

Tradesman for over 40 yrs

Senior Citizen (65+) 25% DISCOUNT

Give us a call
508.963.1191

Home Improvement

BONETTI'S
Home Improvement
Roofing
Siding
Decks
Remodeling
Windows
Doors

Basement Finishing
Gutters Cleaning
Pressure Washing
Painting Landscaping

Over 25 Years Experience
Residential Specialist
Licensed and Insured
128231
508-347-4906
Cell 508-688-0072

Lawn Care

Black Diamond Lawn Care

Professional work at prices beating the competition!
Cleanups
Mowing • Plowing
Mulching
Hedge Trimming
Patios, Etc...

Seth Goudreau
774.402.4694
Free Estimates
Fully Insured
Experienced & Ambitious

PAINTING

Scott Bernard's PRECISION PAINTERS
Finest
Craftsmanship
Since 1979

Interior-Exterior
Paints, Stains,
Wallpaper and
Fine Faux Finishes

Satisfaction
Guaranteed
Free Estimates
774.452.0321

Pest Control

ACCURATE PEST CONTROL
Full Pest Control Services
Over 28 yrs. experience
Reasonable Rates
Owner Operated
508-757-8078
Ask for David or Jason
Hight
Auburn MA

Plastering

Glenn LeBlanc Plastering

Specializing in small plastering jobs; ceilings, additions, patchwork and board hanging

Over 30 Years Experience.
3rd generation.
CALL
508-612-9573

ROOFING

GUARANTEED
Roofing & Building Maintenance LLC

Roofing, Siding,
Gutter and
Gutter Cleaning

Contact:
Daniel Truax
508-450-7472
gbmaintco.com

Senior Citizen Discount
Credit Cards Accepted
Over 30 years of satisfied customers
Fully Insured ~ Free Estimates
A+ Rating BBB
MA HIC Lic #146620
MA CSL #099487

Roofing

SAUNDERS & SONS ROOFING
When you need a roof,
hire a roofing company,
that's what we do!

Call Bill Toll-Free
1-866-961-Roof
508-765-0100

Lifetime material warranty & 25 yr. labor warranty available
MA Reg #153955
CSL #095459
CT-HIC #0638641
Fully Insured,
Free Estimates
Family Owned and Operated
Now Accepting All Major Credit Cards

BBB ACCREDITED BUSINESS A+

ROOFING

David Barbale
ROOFING

Roofing/Gutters
Repair Work

Fully Licensed and Insured

MA LIC #CS069127
MA HIC LIC #1079721
INS. # CAC032585

C: 508-397-6709
O: 508-248-6709
davidbarbale.com

PLUMBING

JOHN DALY
Plumbing

Water heaters, Faucets,
Toilets, New pex water piping,
Outside hose connections
replaced or added,
Dishwashers, Garbage
disposals, Water filters,
Tub & shower valves,
Tub & shower replacements
Any repair or
replacement needed.

Buy your own fixtures & faucets, or I will supply.
Serving all of
Worcester County
Lic.#MPL-21763
Since 1988
Call John 508.304.7816

We are home owners' plumbers!
jdtrainman714@aol.com



SPORTS

Rams continue to win, this time over Tantasqua



Shepherd Hill's Annaka Lindstrom serves the ball over to Tantasqua's side of the court.



Kiley Wong-Li of Shepherd Hill reaches her arms out to return a Tantasqua serve.



With her back to the net, Shepherd Hill's Riley Biron is able to send the ball back over successfully.

BY KEN POWERS
SPORTS CORRESPONDENT

STURBRIDGE — Senior Kiley Wong-Li recorded five aces, four digs and three kills, plus several long service runs to help lead the Shepherd Hill Regional girls' varsity volleyball team to a 3-1 victory over Tantasqua Regional on Tuesday, Oct. 8.

With the win over the Warriors and a 3-1 victory against Nashoba Regional the following day, Shepherd Hill improved to 9-4 on the season and qualified for the postseason. Since beginning 1-2, Shepherd Hill has won eight of the 10 matches it has since played. Tantasqua's record stood at 8-6 following the loss to the Rams.

Shepherd Hill won the first two sets of the match by the same score, 25-19, before dropping the third set to the Warriors, 25-13. The Rams rebounded, however, closing out the match with a 25-18 win in the fourth game of the best-of-five format.

Shepherd Hill took control of the first set of the match, turning a 12-11 deficit into 21-13 lead, behind Wong-Li's serving.

Sophomore Gabrielle Eberhart (four kills, four digs) then opened the second set with a powerful spike to give the Rams a quick 1-0 lead and Wong-Li added four service points to help increase the lead to 9-4, but Tantasqua battled back, tied the set, 14-14, and took a brief lead (16-14) before the Rams roared back behind the serving of Wong-Li (four service points), junior Samantha Katz (three service points) and Eberhart, who closed the set with a pair of aces.

Tantasqua's third set win featured the play of junior captain Morgan Smith, who had four service winners — including two aces — two kills and two blocks. The Warriors never trailed in the set, which was tied twice, at 3-3 and 4-4.

In the fourth set Tantasqua scored the first point, but Shepherd Hill came back to tie the game and then take the lead, 2-1. The Rams never trailed or were tied in the set again, leading by as many as eight points, at 18-10, before settling for the sev-



Samantha Katz of Shepherd Hill bumps to the ball to start a play for the Rams.

en-point win. Wong-Li had five service winners in the fourth set, while Katz and Emily Waterhouse each had three service winners.

Katz, Waterhouse and senior Madi Hughes all finished the game with two aces for the Rams. Waterhouse also had six digs and sophomore Alyse Biron added four digs and two kills.

"I'm happy with the win, but we've got a lot of work to do. We didn't play our best game today. We should be a lot better. We can be much better than we were today," said Shepherd Hill assistant coach Tony Wong-Li, again filling in for head coach Chris Lindstrom, who Wong-Li said was out of town on business. "Our ball control was not good today."

"In order for us to run our plays we need to pass the free balls," Wong-Li continued. "We have to have ball control and pass the ball. Today we did not do that very well, so we couldn't run our offense. We did enough to win, but we did not control the ball and pass the ball as much as we have in other games this season."

Tantasqua was led in the match by Smith, who had 11 kills and six aces. Addie Ellithorpe added four kills and two aces, while Sophie Law had four kills. Briana Myran led the Warriors with an eye-popping 21 assists.

"This was a good matchup for us," Tantasqua head coach Danielle Twarowski said. "I think we could have beaten them; we're very evenly-matched teams. A game like this comes down to errors; which team is going to make the least amount of errors and which team is going to get the most earn points. We've worked on that in practice — minimizing our errors and trying to up the ones that we earn."

Twarowski said the Warriors that got her attention in the match were defensive specialist Emily Fritze, Smith, a middle hitter and Myran, the team's setter.

"Emily played well of the bench. She got my attention because I know what she's been working on. Her defense was better today than in any other game we've played," Twarowski said. "With Mo [Smith] we've been working with her on making smarter choices so she's not making unforced errors. She did really well on kills and aces today, and she had a ton of blocks today. Briana did a great job setting today; she's been working her butt off and it showed in her play today."

SPORTS
BRIEFS

Ski or snowboard at Wachusett Mountain

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

Softball pitching lessons available in Southbridge

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

Dudley Charlton Women's Basketball to hold pickup games

On Monday evenings at the Heritage School from 7-9 p.m., you will find women playing pickup basketball. We play every Monday from September to June based on the school schedule. There are no set teams or fees. Ages 18 and older are welcome. Come for some fun exercise. Contact Deb at (508) 248-3600 for more information.

SPORTS

Shrewsbury narrowly beats much improved Shepherd Hill



Nick Ethier photos
Shepherd Hill's Katie Lavoie whacks the ball down the field.



Hannah Cushing of Shepherd Hill gives chase to a loose ball.



Shepherd Hill's Grace Mattson sticks out her stick in attempt to defend a long hit taken by Shrewsbury's Ashleen Lenti.



Shepherd Hill's Katie Lavoie lifts a shot up and over Shrewsbury's Alix Barry, where it eventually found its way into the back of the cage for a goal.



Claudia Bonaventura of Shepherd Hill sends the ball down the field as an opponent from Shrewsbury creeps in to apply pressure.

BY NICK ETHIER
SPORTS STAFF WRITER

SHREWSBURY — When the season started for Shepherd Hill Regional's varsity field hockey team, they hosted Shrewsbury High on Sept. 9. And the Colonials took it to the Rams, winning 7-1.

Fast-forward a month later to Thursday, Oct. 10, and The Hill and Shrewsbury met again, this time at David J. Adams Memorial Field at Central One Federal Credit Union Stadium. And although the result was the same — the Colonials won — this time the Rams lost by a mere 2-1 final.

That example of progress has been seen all season long by Shepherd Hill second-year head coach Katie Dunn.

"We've done a 180, completely," she said. "We always have positive thoughts, but it's making the girls realize that [reaching the postseason is] reachable and that they can actually do this. That's a mentality that hasn't been with the program for a while."



Goalie Patrysia Rivera Kwiatkowska of Shepherd Hill sticks her left leg out to make a pad save.

Shrewsbury seemed to have gotten angry about the fact that a team they had beaten by six goals was now beating them, and they turned up the aggressiveness. The Colonials then tied the score at 1-1 with 10:29 to go until halftime when junior Claire Mullen curled into the crease and popped a shot up and over Shepherd Hill sophomore goalie Patrysia Rivera Kwiatkowska.

The game entered the second half still deadlocked at 1-1.

But Shrewsbury controlled the possession for much of the second half, and they were rewarded with the game-winner with 13:35 to play. Mullen serviced a great pass into the scoring circle, and from there junior Elaina Trippi received the ball and shot it past Rivera Kwiatkowska.

The Rams didn't go down without a fight, though, as they received a corner with 35 seconds to go. Bonaventura serviced the ball to Lavoie, and she and sophomore Alec Leduc had a give-and-go exchange to set up a scoring opportunity. Shrewsbury's defense cleared the ball out of the zone, though, to end the game.

The match statistics were nearly identical, as both teams had four penalty corners and both goalies finished with four saves.

"I'm proud of that game, they played so well," Dunn said about her team's efforts. "I was worried because I lost six seniors last season."

But The Hill has responded with a junior-heavy roster, having already won five games this fall compared to just three all of last season. The Rams tied Leominster High this year, 1-1, when usually it has been a loss; and they defeated Groton-Dunstable Regional earlier in the week, 4-1, after losing 3-0 a season ago.

"To have that change within a season is remarkable," Dunn concluded.

OBITUARIES

Paul A. “Hawk” LaForte, 84



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

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



Valerie G. Noyes, 76



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

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

CALENDAR

Tuesday, October 22

HOSPICE VOLUNTEER TRAINING: If you have the time and heart to share, you could become a valuable part of the Overlook Hospice Team. Hospice Volunteers provide companionship and support to hospice patients and their families...reading to patients, watching movies, playing cards, walking dogs, fixing a meal, gardening, supporting family members, sitting with patients who are actively dying and making bereavement calls. We are also seeking volunteers to provide Reiki, pet therapy, and veterans to visit our veteran patients. Our next training begins on Oct. 22 at 6 p.m.To attend or get more information about becoming a Hospice Volunteer, contact Susan Fuller at 508-434-2200

Saturday, October 26

WALKER HOMESTEAD & CEREMONIAL SITE TOUR: 10 a.m., 30 Peck Rd., Wales; reservations required. The Walker homestead at the Norcross Wildlife Sanctuary has the typical house and barn foundations along with stone walls delineating old pastures and fields. Interspersed throughout the farm are stone cairns, a partially finished niche-shaft on top of the house cellar, an unusual stone wall with non-utilitarian features, and other Native American ceremonial structures. Some predate the homestead and others were built after it was abandoned in the 1850s and reclaimed by descendants of the area’s indigenous peoples. Mary Gage (www.stonestructures.org) will lead a walking tour through this complex and fascinating archaeological site. Please call 413-267-9654 or email ohop@norcrosswildlife.org to register. There is no charge. OLD STURBRIDGE VILLAGE SINGERS CONCERT: 3 p.m., Bethlehem Lutheran Church, 345 Main St., Sturbridge. The talented singers of Old Sturbridge Village will be holding a concert to benefit St. Luke’s Guesthouse, which provides Christian hospitality to those in need of temporary shelter. All proceeds will go to this incredible place! Take a trip back into history with 19th century hymns, patriotic pieces, popular music and folk songs.

Saturday, November 2

Charlton Lions Club Meat Raffle: Six tables of beef, chicken and pork from Fairway Beef are yours for the winning from noon to 3 p.m. at our new location — Heritage Golf Course (85 Sampson Road in Charlton). Come join us for an afternoon of fun and fill your freezer with your prizes. Increase your chances with free “early bird special” tickets to those arriving before 1 p.m. For more information, email thecharltonlions@gmail.com.

Sunday, November 10

THIRD ANNUAL RAY MCDUFFY VETERANS APPRECIATION SPAGHETTI SUPPER AND SILENT AUCTION: 4:30-7 p.m., Charlton Grange, 10 Main St. An all you can eat homemade spaghetti and meatball supper with garlic bread, salad, desert, soda, juice, coffee, and tea. Tickets are only \$10 for adults and \$5 for veterans and children. Children three and under are free. There will also be a silent Auction that will include many gift certificates from local businesses, passes for local adventures, gift baskets, electronics (including a 2019 iPad) Red Sox and Patriot items. Pre purchase of tickets is strongly urged as only a limited amount will be available at the door. Visit our Facebook page for updates and links to pre pay tickets or call 508-248-5516. You can also go to capenhill.org. Under Events, the first link is the Spaghetti Dinner and you can scroll down and fill out form for tickets.

Saturday, December 7

GINGERBREAD FAIR: 9 a.m.-3 p.m. Visitors to this warm and intimate fair will find unique gifts for everyone. Handcrafts, jewelry, plants, Grandma’s Attic, baked goods and cookie table, a silent auction, gourmet delights and much, much more! Coffee and donuts will be served from 9 – 11 a.m., followed by a lunch from 11:30 a.m. to 1:30 p.m. Charlton City UMC, 74 Stafford St., Charlton. The church is handicapped accessible and plenty of parking is available.

Common.

CHARLTON AMERICAN LEGION POST 391 meets every fourth Monday of the month at 7 p.m. in the Charlton Grange Hall. All veterans are welcome. We’d love to see you. We sponsor Boy Scout Troop 165, as well as three Boys Staters & assist young men interested in attending the State Police summer school. We also assist the Charlton Little League financially, as well as other things such as veteran’s wakes & funerals. There’s plenty we can still do to help our community.

WOMEN’S BASKETBALL: Please come join us for a fun evening of exercise and basketball at the Heritage School gym in Charlton. We play pickup basketball from 7-9 PM every Monday evening from September to June based on the school schedule. There are no set teams and participation is free for women 18 years and older. Please contact Deb at 508-248-3600 for more information.

Pilgrimage to Italy, Holy Land, and Medjugorje St. Joseph’s Church in Charlton is sponsoring a Pilgrimage Sept. 29- Oct. 9, 2019 to Italy, Holy Land, and Medjugorje with Fr. Robert Grattatori. The cost is \$4,599; 11 days includes 4-5 star hotels, airfare, luxury transportation, and breakfast/dinner daily. A \$500 deposit is due at the time of registration. Please contact parishioner Dr. Karen Zaleski for trip details at karenzaleski42@gmail.com or you may call Proximo Travel directly for information and to register at 1-855-842-8001, or 508-340-9370.


ALZHEIMER’S SUPPORT GROUP: First and third Thursday of each month, 2:30-3:30 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.

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. 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. ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Friday evenings at 7:30 p.m., Hitchcock Academy, Brimfield. K9 NOSE WORK: A sport open to all breeds of dog and their people Saturday mornings over six weeks at Hitchcock Academy in Brimfield starting Jan. 19. Progressive training levels offered. Fee: \$145 per dog, per session. Instructor: Laurie Merritt, M.Ed., CPDT-KA, CNWI, Certified K9 NoseWork Instructor – National Association of Canine Scent Work. SEN-I JUDO CLUB: This course runs all year long on Sundays, Mondays and Thursdays at Hitchcock Academy in Brimfield, and is well suited for all levels of practitioners, including beginners! Call Sensei Israel Lopez at (413) 279-4330 for more information.

WEIGHT WATCHERS: Traditional Weight Watchers Meetings Monday evenings at Hitchcock Academy in Brimfield. Times: WeighIn/Registration 5:30 p.m., meeting 6 p.m. Leader: Angela Kramer. Visit www.weightwatchers.com to become a member or to learn more about Weight Watchers. YOGA: Hatha Yoga benefits are stress-relieving. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All levels welcome. Six weekly classes held on Monday nights at Hitchcock Academy in Brimfield from 7:15-8:45 p.m., beginning Jan. 21. FENCING: Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time, it has grown into a modern sport while maintaining those virtues that made it great: honor, valor, and grace. Bring a water bottle, sneakers and comfortable clothing. Youth and adult classes with Andy Bloch at Hitchcock Academy. Fee: \$99.

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



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

the deadline is Friday noon for the following week.


(Memoriams will run on the Obituary pages)



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

To send by mail, please mail or drop off to **June Simakauskas, P. O. Box 90, 25 Elm St., Southbridge, MA 01550.**

Personal checks, Visa, Master Card, Discover and AMEX are accepted.

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





ONGOING

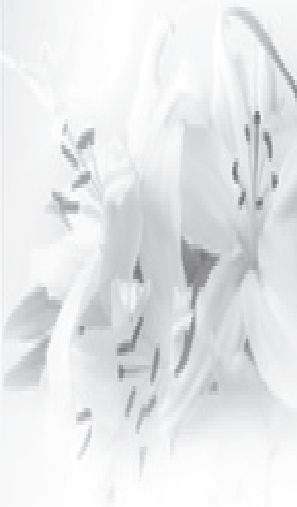

THE STURBRIDGE FARMER’S MARKET is held every Sunday through Oct. 6 from 9 a.m. to 1 p.m. on the Town

Send all obituary notices to

Stonebridge Press, PO Box 90,

Southbridge, MA 01550, or by e-mail


to Obits@stonebridgepress.news





Your Local News with your morning Coffee

www.StonebridgePress.com



430 Main St., Oxford, MA
We repair all makes and models of **Garage Doors and**
Electronic Openers • Broken Springs
Replacement Sections • Broken Cable
Remote problems

8x7-9x7 Steel
2 Sided Insulated Garage Door
r-value 9.65 Inc, standard hardware & track,
8 color & 3 panel design options
\$645 INCLUDES INSTALLATION

Liftmaster 1/2 hp Chain Drive
7 ft. Opener
\$330 INCLUDES INSTALLATION
Price matching available on all written quotes

Sales • Service • Installation
800-605-9030 508-987-8600
Visa/Master Card Accepted

A NEW HOME JUST IN TIME TO MEET THE NEIGHBORHOOD KIDS

MORTGAGE LOANS & REFINANCING MADE EASY



We've got you.

Banking | Lending | Local
888.599.2265 | southbridgecu.com





Membership to SCU requires a one-time dividend-earning deposit of \$5.00 in a prime share account. Equal Housing Opportunity. Equal Opportunity Employer. Federally insured by NCUA. NMLS #616673.

Dining & Entertainment

For advertising information:
Call Mikaela at (508) 909-4126
if your business is in Sturbridge
Call June (508)909-4062
if your business is in Charlton

Autumn Chicken

Thurs • Fri • Sat after 4pm



Our Fall Classic is back!
Butternut ravioli,
Vermont maple cream sauce,
grilled chicken, sprinkle of
walnuts. Yum.

Served with
choice of
cup of soup or
Gracie's salad

Get it while it lasts!

E.B. Flatts
245 W. Main Street
East Brookfield
508-867-6643

Now taking reservations for Thanksgiving

Spencer Country Inn



Buy 1 Entree
Get 1 1/2 price
(dine-in only) Cannot be used
on holidays or private parties
With this ad. Exp 11/30/19

WEDNESDAYS ITALIAN BUFFET
All You Can Eat \$12.95 5-8pm (plus tax & gratuity)
SUNDAY BRUNCH
All You Can Eat \$14.95 10am-1pm (plus tax & gratuity)

500 Main St., Spencer, MA
508-885-9036
www.spencercountryinn.com

HOURS
Lunch: Wed. through Sat. 11:30-2:00
Dinner: Wed. through Sat. 5:00-Close
Sun. Brunch: 10am-1pm

Function Rooms for 5-250 guests



TACO Tuesdays

Join us in our bar area, every Tuesday
after 3pm, to enjoy hard or soft shell

Tacos for \$1.00

(with purchase of a beverage)

117 Main Street, Spencer, MA • 774-745-8200
41 Worcester Road, Webster, MA • 508-461-5070

[Facebook.com/MexicaliMexicanGrill](https://www.facebook.com/MexicaliMexicanGrill)
MexicaliGrillRestaurant.com

DINE OUT & SEE A SHOW!



MEXICALI MEXICAN GRILL

Dine & Donate, It's that Simple!

Mexicali Mexican Grill
WILL DONATE 20%
OF YOUR TOTAL SALES TO THE
FOLLOWING NON-PROFIT ORGANIZATION:

ALL DAY FUNDRAISER
Mexicali Mexican Grill offers fundraisers for all non-for-profit organizations
Sign-up today and receive 20% off your next bill.
New at Mexicali—H.S. Scholarship and Internship Program

Education Class Trips Prom-Dances Sport Sponsorships After school programs	Religion Religious Class Repairs/Upgrades Food Bank and Meals Special Events	Environment and Animal Community Donation Events Community Outreach Programs Animal Shelters	Health Organizations Benefits Walks Nursing Homes Veteran Organizations
--	--	--	---

Sponsored By: **Mexicali Mexican Grill 41 Worcester Rd Webster, MA 01570**
117 Main Street, Spencer, MA 01562
Phone: 774-745-8200 Phone: (508) 461-5070 Email: mexicaligrill100@gmail.com
Ask for Liz Hernandez

*Limit 1 per party under 6 people. Discount not valid on alcohol beverages.
Confirmation receipt will be given at time of booking your fundraiser. Please present confirmation number or coupon to your server to receive 20% off your meal



Acoustic Fridays
10/18 Matt Soper
10/25 11 on the Outside



SATURDAY, OCTOBER 26



Petty Larceny


CASUAL WATERFRONT DINING ON LAKE LASHAWAY
308 MAIN STREET, EAST BROOKFIELD
774-449-8333 + 308 LAKESIDE.COM
Free Valet Parking Friday & Saturday Nights

Open 7 Days
Open 11 - Close

 Find us on Facebook

Print Worthy Moments

Be sure to hold on to your memories with a photo reprint. Available From All Of Our Publications.



Options & Prices
Digital Copy (emailed) \$5.00
4" x 6" Glossy Print \$5.00
8.5" x 11" Glossy Print \$10.00

Call or email Stonebridge Press today 508-909-4105 or photos@stonebridgepress.com
You can also download your photo reprint form at www.StonebridgePress.com



Life at The Overlook is limitless.

So is our gratitude to everyone who voted us “*Best Senior Living Community in Central Mass*” two years in a row!



Live where life is limitless and as big as you want it to be. The Overlook is a vibrant, engaging Continuing Care Retirement Community (CCRC) nestled in 450 acres of pristine, New England countryside. It has everything you’re looking for, everywhere you look. From gorgeous, maintenance-free residences and a heated pool to gourmet dining. From tennis courts and cross-country ski trails, to our 280-seat Performing Arts Center.

It’s a life bursting with choices, including a full range of healthcare options. And it’s all right in your own backyard, a spectacular Charlton setting in Worcester County. With more opportunities and more possibilities, come see why The Overlook is the region’s senior living community of choice.

Schedule your visit today
Call 508-434-6026!



88 Masonic Home Road
Charlton, MA 01507
508-434-6026
www.overlook-mass.org

Sponsored by the
Masonic Health System of Massachusetts



FALL for Lamoureux Ford

**2020 Ford Explorer and 2020 Ford Escape
HAVE ARRIVED!**



Pre-Owned — Value & Selection

- 2014 BMW 328Xi**
AWD, WHITE, HEATED SEATS, MOONROOF, CU6992 **\$15,995**
- 2016/2017 Ford Escape CHOOSE FROM 12**
ALL COLORS, ALL TRIM LEVELS – GREAT SELECTION **from \$17,888**
- 2018 Jeep Compass Sport**
WHITE, 4 CYL, HEATED SEATS, ONLY 28K MI. TU0172 **\$19,888**
- 2015-2017 Ford Explorer CHOOSE FROM 3**
LIMITED AND XLT, COLORS/MILES VARY **from \$21,999**
- 2017 Lincoln MKZ CHOOSE FROM 2**
MAGNETIC OR SAGE, 2.0 TURBO, ROOFS, NAV, HEATED SEATS, LOW MILES **from \$24,988**
- 2015-2017 Ford F150 Crew Cab CHOOSE FROM 6**
SPORT XLT AND LARIAT MODELS, COLORS AND MILES VARY **from \$25,999**

- 2016 Lincoln MKX CHOOSE FROM 3**
WHITE PLATINUM, BLACK, LUX & METALLIC, SELECT AND RESERVE MODELS, FULLY LOADED **from \$27,488**
- 2017 Lincoln MKC CHOOSE FROM 2**
BLACK VELVET OR WHITE PLATINUM, MOONROOF, AWD, NAV, EACH @ 30K MI. **from \$27,488**
- 2013 Ford F250 XLT Crew Cab**
BLACK, XLT, ONE-OWNER, 6.2/V8, 4X4, CURTIS 8' PLOW, ONLY 54K MI. TU0339 **\$28,999**
- 2017 Jeep Grand Cherokee**
GRANITE W/BLACK INTERIOR, 3.6/V6, 4X4 "LIMITED", POWER ROOF AND LIFT GATE. TU0191 **\$29,999**

Best Fall Selection in Years!
Over 60 quality pre-owned offerings! Fully Serviced! On-site Financing! Extended Warranty Options!



**Visit us on-line at
lamoureuxford.com**

366 E. Main Street,
Rte. 9 East Brookfield
877-LAM-FORD or 508-885-1000

~ SALES HOURS ~
Mon-Thurs 8:30am-8pm • Fri 8:30am-6pm • Sat 8:30am-4pm
~ SERVICE HOURS ~
Mon 8am-7pm • Tues-Fri 8am-5pm • Sat 8am-Noon

HILLSIDE COLLISION

"The quality goes in before your cars come out"

With over 80 years of experience, Hillside Collision Inc provides top-grade auto body repair and detailing services in Southbridge, MA.

10%OFF for armed forces, police, firefighters, and EMS

We also offer **FREE** estimates. Visit us today!

46.5 Old Sturbridge Rd, Southbridge, MA
508-765-5773 • www.hillsidecollision.com

All the Comforts of Home
...and Then Some!

Lonely? Need help with laundry, housework & cooking? We have the solution!

1044 Mendon Road, Woonsocket, Rhode Island
Telephone: (401) 762-4226 • www.wyndemerewoods.com

Our Family Caring for Your Family Since 1973

Family Owned & Operated | Competitive Prices & More
No Community Fee | Refundable Security Deposit

APPLES

The Harvest Is In!

Visit The Farm For:

- Just Baked Pies
- Cider Donuts • Cheese

FREE with this coupon and purchase Tues.-Thurs. Only

1/2 Dozen Cider Donuts

Southbridge Rd., Warren, MA • 413-436-7122
Open 10am - 6pm
5 min. from Sturbridge - 148 N. Follow signs

Soper

CONSTRUCTION COMPANY, INC.

Consistent quality & value

58 years

From foundation to finish

Residential / Commercial Construction

"I have never been disappointed... I am very happy to recommend Soper Construction for quality work..."
— Reed Hillman, Sturbridge

(508)765-9003
www.hiresoper.com

Section B
Friday, October 18, 2019

The VILLAGER

Mailed free to requesting homes

Business Closing Yard Sale

Everything Must Go!
Saturday, Oct. 19
Sunday, Oct. 20
9am-3pm

On Rte. 20 - At the Sturbridge/Brimfield Line
413-245-7900 • velvetgreene.com

Olson Water Systems
Veteran Owned & Locally Owned

**FILTERS • SOFTENERS
PRESSURE TANKS
REVERSE OSMOSIS • WELL PUMPS**

MA/508-755-2323 CT/860-963-1155
web: olsonwatersystemsinc.com
email: karen@olsonwatersystemsinc.com

"Every Town Deserves a Good Local Newspaper"

Fine Crafted Homes, Kitchens and Additions

PHIFER BUILDERS
ESTABLISHED 1978

HOLLOW ROAD, BRIMFIELD
413.530.0736
PHIFERBUILDERS.COM
PHIFERCONTRACTORS@HOTMAIL.COM

Don't let this happen to your dock.

Book your seasonal dock removal now.

32 Monson Rd. • Wales, MA
508-826-4504
www.inlanddocks.com

DON'T MISS A BEAT

CHECK OUT THE SPORTS ACTION!

At Home. In the World.

Join us for a casual and informative evening as we welcome parents and students curious about

Wilbraham & Monson Academy

MIDDLE AND UPPER SCHOOL PREVIEW NIGHT

Monday, October 28
6-7:30 p.m.

Admission Office at Morrow House
421 Main Street, Wilbraham, MA 01095

For students interested in Grades 6-12, PG.
Participate in our interactive classrooms, learn more about our programs and community.

RSVP
by Oct. 21 at www.wma.us/previewnight or 413.596.9107

Dr. Benjamin Tubo

STEADFAST
— FAMILY DENTAL —

ACCEPTING NEW PATIENTS
824 Southbridge St., Auburn MA
(508) 832-8826
www.SteadfastFamilyDental.com

General Family Cosmetic & Implant Dentistry

- Same Day Crowns
- Cone Beam CT 3D X-Ray
- Computer Guided Implant Surgery
- Six Month Smiles - Clear Braces
- Veneers
- Dentures
- And More

For more information follow us on

"We listen first, then deliver excellence with comfort."

LEGALS

Public Hearing

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Cumberland Farms for a variance under s. 4.1 and 11.2.2 to allow rear yard setback of 19.3' verses required setback for convenience store building for properties at 3 and 7 Main Street, Parcel ID Map 13A, Lot 10 (7 Main) and Map 13A Lot 11 (3 Main) Abutters are invited to consider the proposals and provide public input. The hearing will be held on Thursday, November 21 at 6:00 PM at the Town Hall Annex. October 18, 2019 October 25, 2019

A healthy lifestyle can help people live life to the fullest. There are many components to a healthy lifestyle, and few may be as influential as prevention. Preventive measures to reduce one's risk for various diseases can have a long-lasting effect, helping people maintain their independence well into their golden years. In addition, a proactive approach that focuses on disease prevention can improve the chances men and women will get to spend their retire-

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

time, excessive levels of glucose in the blood can cause a host of health problems. Type 2 diabetes, the most common form of the disease, occurs when the body does not make or use insulin well. While it might seem as though people are helpless to stop this from occurring, the NIDDK notes that type 2 diabetes can be delayed or even prevented. In fact, the NIDDK cites three key ways that people can lower their risk for type 2 diabetes. • Lose weight and keep extra pounds off. People should speak with their physicians about their body weights to determine if they're currently overweight or obese or maintaining healthy weights. If the doctor suggests losing weight, doing so can help prevent or delay diabetes. Each individual is different, but the NIDDK notes that losing between 5 and 7 percent of your starting weight may help delay or prevent diabetes. • Become more physical-

ly active. The NIDDK lists a sedentary lifestyle among the many factors that can increase a person's risk for type 2 diabetes. By embracing physical activity, getting at least 30 minutes of exercise five days per week, people can delay or prevent diabetes. People who have been physically inactive for a long period of time should ask their physicians to recommend appropriate activities that can help their bodies adjust to being physically active. • Eat less and eat healthy. A diet that's high in vitamins and nutrients can help people delay or prevent type 2 diabetes. Small portions can help people control their caloric intake, reducing the likelihood that they will become overweight or obese. Prevention is a great way for people to reduce their risk for type 2 diabetes, a potentially debilitating yet often preventable disease.



100'S OF ROLLS OF STAINMASTER CARPET

Stainmaster Remnants • Bound Area Rugs In-stock
Pet Proof Carpeting In-stock



NORTH OXFORD MILLS

Carpet and Flooring

The best values in flooring since 1970

Route 12 • 3 Clara Barton Rd., North Oxford, MA
508-987-8521 • northoxfordmills.com
Open Tues., Thurs., Fri. & Sat. 9-5; Wed 9-8

Voted #1 in T&G Best of Central Mass

STONEBRIDGE PRESS 9TH ANNUAL PET HALLOWEEN COSTUME CONTEST



Send your photos to jsima@stonebridgepress.news or mail to Stonebridge Press Pet Contest, P. O. Box 90, Southbridge, MA 01550 by OCTOBER 18th.

All photos to run in the November 1st issue of all 7 Massachusetts Papers!

We are also looking for business sponsors!
Run in ALL 7 Mass papers for just \$50 in full color!



Don't delay, call June at 508-909-4062 or email today!
jsima@stonebridgepress.news



3 prizes for 1st, 2nd & 3rd



Say it in living color!

The world isn't black and white.
So, why is your ad?

Published Poet
Founder, WMA Girls' Rugby
Commencement Speaker

At Home. In the World.





ADMISSION RECEPTION

Wednesday, Oct. 23, 6-8 p.m.

VIA

ITALIAN TABLE

89 Shrewsbury Street
Worcester, MA 01604

RSVP

Marianne Faita at admission@wma.us,
413.596.9107 or online at www.wma.us/worcester by Oct. 16.



111 East Main Street, Webster, Massachusetts 508-943-9306 508-987-0767 1-800-552-7444
Licensed in MA & CT



Jules Lusignan



T.A. King



Maureen Cimoch



Ellen Therrien



John Kokocinski



Adrienne James



Jim Counihan

Each Office Independently
Owned and Operated



www.Century21LakeRealty.com • www.WebsterLake.net #1 on the Internet

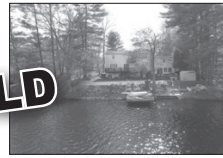
"Listings Always Needed - We're Always Busy Selling!!!"



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



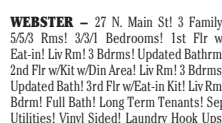
DUDLEY - 90' WATERFRONT! 12 Lakeview Ave! Full Recreational Merino Pond! 12 Rms, 4/5 Bdrms, 3.5 Baths Total! 2 Complete Residences, Single Family w/in-Law or as a 2 Family! Right Side w/Open Flr Plan! Lake Facing Kit, Din & Liv Rms! 2nd Flr w/2 Lake Facing Bdrms! Finished Walk-out Lower Level! Left Side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



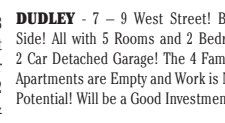
WEBSTER LAKE - 9 Pebble Beach Rd! Middle Pond - Winter Cove! Private Peninsula Protected from the Storm - Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Applianced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



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



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



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



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



DUDLEY - 61 Townfarm Rd! Charming 7 Rm Cape Set 1.9 Acres! This 3 Bdrms Home Completely Renovated 2015! Updates Include - Roof, Windows, Siding, Kitchen, 2 Baths, Furnace, Electric Panel, Well, Septic, Driveway & More! Ideal Open Flr Plan! Cabinet Packed Granite Kit w/Island & SS Appliances! 1st Flr w/Beautiful Hrdwds! Frplce Liv Rm! 1st Flr Master Bdrms! Office or 4th Bdrms! Custom Tiled Bath w/Laundry! Upstairs 2 Spacious Bdrms w/Hrdwds & 2nd Full Bath! Large Paver Patio! Shed! Gorgeous Views! **\$299,900.00**



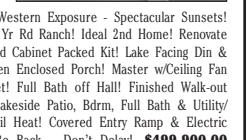
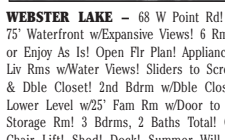
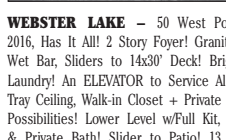
DUDLEY - 94 Tracy Road! 7 Rm 4 Bdrms Colonial on 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplce Liv Rm w/Recessed Lights! Formal Din Rm! Eat-in Kit! Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr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



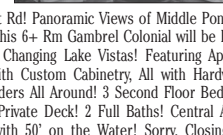
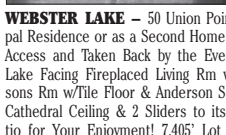
WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living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



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



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



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

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

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



43 East Main Street Webster, MA 01570
Fine Realtor Associates to Serve You!

June Cazeault * Laurie Sullivan * Diane Strzelecki * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko

hope2own.com
508.943.4333

Sharon Pelletier - Broker
Licensed in MA, CT & RI

We Want
Your Listings!

Featured Open House!
POMFRET, CT - 280 RIVER RD



OPEN
HOUSE,
SUN. • 12-3

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

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



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

WOODSTOCK, CT - 64 LYON HILL RD



SORRY, SOLD!

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

DUDLEY - 71 EAGLE DRIVE



SORRY, SOLD!

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

SOUTHBRIDGE - 79 N.WOODSTOCK RD



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

OXFORD - 66 CHARLTON ST



VERY UNIQUE PROPERTY! ADORABLE 4 BEDROOM 1.5 BATH CAPE! W/CABINAGE HOUSE/CABIN! WORK AREA! EXPANSIVE GARAGE! STAINLESS STEEL APPLIANCED KITCHEN, UPDATED BATHROOM W/JACUZZI TUB AND SHOWER BRAND NEW FORCED HOT AIR HEATING SYSTEM & HOT WATER RANK! RECENT 200 AMP CIRCUIT BREAKERS. ONE YEAR OLD WOOD STOVE! ENCLOSED SIDE PORCH. HEATED FOR FALL AND WINTER ENJOYMENT! TWO STORY GARAGE ATTACHED CARPARK FAMILY & WORK ROOMS. NEW 4000 GPM SEPTIC SYSTEM COMPLETED PRIOR TO CLOSING. **MOTIVATED SELLER \$349,900**

WEBSTER - 212 SCHOOL ST



Large 4 Family! 3 car garage! Off street parking. 2 bedrooms each unit! Walk-up attic with a lot of potential! Solar panels!! Fully Rented. **\$369,900.**

WEBSTER - 3 STEFANIAK AVE.



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

CHAPLIN, CT - 74 FEDERAL HILL RD



SORRY, SOLD!

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

WEBSTER/DUDLEY/DOUGLAS LAND!

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

WEBSTER - 34 EASTERN AVE UNIT A



ON DEPOSIT

AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave, fenced in & private. Easily accessible! (205!) There's a lot to love about Webster! Unit 34 A is an 1,037 SF +/- END UNIT. Large living room w/picture window, an eat-in kitchen, access to rear deck, 2 spacious bedrooms, 1-1/2 baths, full basement! **NEW PRICE \$154,900**

WEBSTER LAND - COOPER RD



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

On the shores of Lake Chargoggagoggmanchauggagogggchaubunagungamaugg



SORRY, SOLD!

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available.

WEBSTER LAKE - 118 POINT BREEZE RD

Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697+/- SF Lot, 50' Rd & Water Frontage at a Great Price! Contemporary Ranch offers 996+/- SF of living area w/2 BRs & 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/tremendous potential for additional living area. Main level features Open Floor Plan w/sliders to

NEW PRICE \$299,900

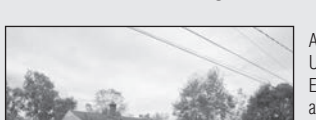
WEBSTER LAKE - 54 KILLDEER RD



SORRY, SOLD!

KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOOKING FOR! 2.45+/- Acres! 345 +/- road front, 336/384 +/- depth, 275 +/- Lakefront! Mature landscape provides unprecedented privacy, & a friendly level lot at water's edge - like very low waterfront properties! The 3700 SF +/- Mid-Century Modern Home is unique w/stunning modern windows 180 panoramic views across the lake to stunning Western sunsets. 5 spacious BRs that overlook the rooms below. A 30x32 +/- det'd garage w/summer kitchen, 1/2 bath. Family owned gem for 60+ years! **\$1,495,000**

WEBSTER LAKE - 32 JACKSON RD



SORRY, SOLD!

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



REAL ESTATE



MEET YOUR LOCAL REAL ESTATE PROFESSIONALS

Perfect for Realtors, Mortgage Companies, Banks, Real Estate Attorneys, Home Inspectors, Chimney Inspectors, Lead Removal businesses, Insurance Companies, etc... any business involved in the buying or selling of real estate.

To join this section, please contact your local sales rep, 1-800-367-9898 or email ads@stonebridgepress.news



THINKING ABOUT SELLING?
Save with our low commission rates

Call Michelle Mason (your local agent) at 774-922-3987, to find out how, or with any other real estate questions.

Your full time – full service real estate agent.

Licensed in Massachusetts & Rhode Island

WORKING TO HELP BUYERS AND SELLERS REALIZE THEIR GOALS

FREE OPEN HOUSE LISTINGS

when you advertise in this section



Key Realty SERVICES

Donna Morin Flannery, Realtor, ABR
415B Main St., Spencer, MA 01562
c: 508-612-6771 f: 508-885-6047
DonnaFlannery@ERAKey.com
www.DonnaFlannery.com





Lisa Caron,
full-time Realtor
GRI, ABR, LMC, CDPE, SRS, SRES, PSA

Call: 508-341-8299
Private Office located at:
Dave's Appliance
42 West Main Street
Brookfield, MA
Hours: M-Th 9-6, Fri 9-5 and by appointment

RATES ARE LOW! REFINANCE NOW! FREE TO CALL & INQUIRE

Face-to-Face Mortgage
Ron LaPrade (DPHS 1982)
and company owner since 2000

Get Pre-approved before you start looking to buy!
A mortgage broker like Ron has more options to see what is best for you!

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





Jo-Ann Szymczak 774-230-5044
Diane Luong 774-239-2937
Maria Reed 508-873-9254
Maureen O'Connor 508-981-4902

Licensed in MA & CT



WEBSTER

- VINYL SIDING
- 3 BEDROOMS
- HARDWOOD FLOORS
- GARAGE
- SUN ROOM
- EASY HIGHWAY ACCESS

MOTIVATED SELLER School St ~ \$250's

ReMax Advantage 1
25 Union Street
Worcester MA 01604



Chandler Real Estate Services

Certified Real Estate Appraiser

Divorce, Estate Planning, Tax Abatement, Relocation – Pre-Listing Appraisals

ChandlerREServices.com
ChandlerREServices@gmail.com

Stacie Chandler, SRA Chief Appraiser
MA Cert: MACR #75485 RI Cert: CRA.0030012
ph/fax 855-243-8267



DONNA CAISSIE
Broker | 774.641.3325
SANDRA TERLIZZI
Realtor | 508.414.9032

1 B Swanson Rd
Auburn, MA 01501
2sistersteam@gmail.com
www.2sistersteam.com

Proudly associated with 

TOP PRODUCING TEAM WORCESTER COUNTY





PUT YOUR TRUST IN US TEAMWORK AND EXPERIENCE
Jo-Ann Szymczak 774-230-5044
Diane Luong 774-239-2937
Maria Reed 508-873-9254
Maureen O'Connor 508-981-4902

ReMax Advantage 1
179 Shrewsbury St., Worcester MA 01604

CALL FOR A MARKET ANALYSIS Licensed in MA & CT



Jules Lusignan
#1 in Sales 2006-2019
South Worcester County
\$151,212,880 SOLD

Century 21 LAKE REALTY
A 40 Year Company!

111 East Main St., Webster, MA
Thinking of selling? Call 1-800-552-7444
www.Century21LakeRealty.com
www.WebsterLake.net

Housing Options For Seniors

Call Jo-Ann 508-943-7669

- A team of designated SRES Agents
- Learn about 55+ Communities, Condo Living, Apartment Rentals.
- Learn about preparing your house to make your move.



“WE SOLVE REAL ESTATE PROBLEMS”
ReMax Professional Associates
Licensed in MA & CT

We need properties to sell – any type!



Conrad Allen
(508) 400-0438



Patrick Sweeney
(774) 452-3578

www.ConradAllen.com



FREE OPEN HOUSE LISTINGS

when you advertise in this section

FREE OPEN HOUSE LISTINGS

when you advertise in this section





PUT YOUR TRUST IN US TEAMWORK AND EXPERIENCE
Jo-Ann Szymczak 774-230-5044
Diane Luong 774-239-2937
Maria Reed 508-873-9254
Maureen O'Connor 508-981-4902

ReMax Advantage 1
179 Shrewsbury St., Worcester MA 01604

CALL FOR A MARKET ANALYSIS Licensed in MA & CT



DUDLEY
FEATURING ARTS AND CRAFT ARCHITECTURE & FEATURES
• BUILT-IN CHINA CLOSET
• NATURAL WOODWORK THROUGHOUT
• DECORATIVE HARDWOOD FLOOR
• GLASS DOOR KNOBS AND WAINSCOTING
• OPEN FLOOR PLAN
• LAND! LAND! LAND!
• 4.01 ACRE SUBTITLE TO SUBDIVIDE OR AN OPPORTUNITY TO EXPAND THIS HOME AND REMAIN ON THE 4 ACRES- ROOM TO ADD A SMALL BARN OR GARAGE

71 Mason Rd ~ \$359,900



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

6 Francis Dr ~ \$419,900



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

44 Central St ~ \$300's



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

7 Daniels St ~ \$199,900

SELLERS

A GREAT TIME TO MOVE — CALL FOR A FREE MARKET ANALYSIS

Re/Max Professional Associates



Conrad Allen
508-400-0438



ConradAllen.com
Licensed in MA & CT



Patrick Sweeney
774-452-3578



SOLD

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



ON DEPOSIT

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



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

FEATURE PROPERTIES



NEW CONSTRUCTION

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



OPEN HOUSE SAT 11-12:30

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



OPEN HOUSE SAT 12:30-2



NEW CONSTRUCTION PROPERTIES COMING SOON
BUILT TO SUIT

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


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

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

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

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

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

*Auctioneer makes no representation as to the accuracy
of the information contained herein.*
BAY STATE AUCTION CO., INC.
NORTH CHELMSFORD (978) 251-1150 www.baystateauction.com
MAAU#: 2624, 2959, 3039, 2573, 2828, 116, 2526, 2484, 3246, 2919


Aucoin Ryan Realty
Your Neighborhood Real Estate Experts

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

Brenda Ryan Broker-Owner
Melissa Cournoyer Hilli
Mary Jo Demick
Spiro Thomo
Vivian Marro-Duros
Robin Giguere

Debbie Thomo
Joan Lacoste
Chad Splaine
Michelle Roy
Stan Misiaszek
Michelle Splaine
Paula Aversa

"We are part of Make Southbridge Home"

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


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



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



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



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



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



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

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

Open House Directory

(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront	
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 19				
DUDLEY 71 Mason Rd	S	10-Noon	\$359,900	ReMax Advantage 1 / Maria Reed 508-873-9254
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, OCTOBER 20				
DOUGLAS 417 NE Main St	S	1:30 -3	\$349,000	Re/Max Town & Country / Deb Hackett 491-774-4891
SOUTHBRIDGE 483 Alpine	S	Noon-2	\$289,900	Aucoin Ryan Realty 508-765-9155
POMFRET, CT 280 River Rd	S	Noon-3	\$264,900	Hope Real Estate Group / June Cazeault 860-377-2044

BERKSHIRE HATHAWAY HomeServices

New England Properties


 Nancy Fraser
Office Leader


Mary Collins



John Downs



Brooke Gelhaus



Rachel Sposato



Kristen Kaskela



Mary Scalise



Robert Viani



Vivian Kozey



Corleen Law



Elizabeth Zimmer



Sarah Tetreault



Lauren Heidelberger



John Rich



Amy St. Laurent



Catherine Howard



Belinda Culp



George Hird



Maryann Miller



Richard Governale



Kathryn Durand



Jocelyn Bennett



Brad Favreau



Kiona Carpenter



Kevin Houghton



Tanya McDermott



Michael Collins



Scott Pempek



Charlie Tracy

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


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

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


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

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


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

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


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

Pomfret \$239,900


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

Hampton \$250,000

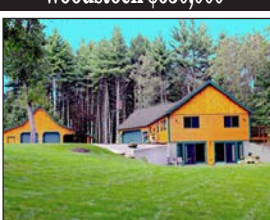

A beautifully maintained antique home w/meticulous craftsmanship. Outside is a patio overlooking the sprawling lawn & antique barn!
Gelhaus Realty Group:
Vivian 860-455-5363

Danielson \$229,900 NEW PRICE

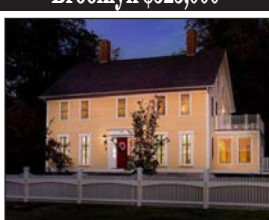

3 + BR, 2 BA, 2 car garage. Move in condition, motivated! Immediate occupancy, neighborhood setting.
Robert Viani 401-741-2432

Brooklyn \$479,900


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

Woodstock \$630,000


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

Brooklyn \$525,000


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

Killingly Waterfront \$695,000


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

Putnam \$199,000


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

Ashford \$374,900


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

Thompson \$277,000 NEW PRICE


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

Putnam \$165,000


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

Putnam \$2,000/mo. Commercial Lease


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

Land for Sale

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

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

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



Home Town Service,
BIG TIME RESULTS

Town-to-Town

CLASSIFIEDS

www.towntotownclassifieds.com

1-800-536-5836



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



ARTICLES FOR SALE

010 FOR SALE

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

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

Bunn My Cafe single cup
brewer \$75 Oak bookcase
3"x3" 3 shelves \$50 508
320-7230

CANON CAMERA AE-1 MANUAL
With Lens and Flash
52 mm UV 35 mm 52 mm
Zoom II
62 mm UV model 202
35-70 mm 1007773
Asking \$180.00
of BEST OFFER
1-508-347-3145

CHINA FOR SALE
8 place settings of Golden
Peony by Princess.
if interested please
call between
9am-6pm
508-764-8870

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

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

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

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

010 FOR SALE

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

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

FOR SALE
Brand new8ft Leers Cap. Fits a
8ft bed for 2016
and under. \$850
call 508-909-6070

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

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

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

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

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

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

010 FOR SALE

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

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

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

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

010 FOR SALE

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

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

STEREO EQUIPMENT
RECEIVER ONKYO AV HT
R8230Digital Dolby Wrat
Wide Range Amplifier
Tech.**TEAC W-450R**
Stereo Double Reverse
Cassette Deck Dolby-BC
NR HXPRO Auto Reverse
SONY Mega Storage 300
CD High Density Linear
Converter System Asking
\$300.00 for ALL Call
1-508-347-3145

TRAC VAC
Model 385-IC/385LH
Used Once
Best Offer

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

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

**TWO DBL HUNG VINYL
CLAD WINDOWS**
glazed white; 30 3/8 by 56 3/4
inches; dbl pane;
removable sash & screen;
\$85.00 each call Jim @ 508-
892-3564.

010 FOR SALE

TREES/FIELDSTONE:
Trees- Evergreens, Excellent
Privacy Border. Hemlocks-
Spruces-Pines (3'-4' Tall) 5 for
\$99. Colorado Blue Spruce
(18"-22" Tall) 10 for \$99. New
England Fieldstone
Round/Flat, Excellent Retaining
Wallstone. \$25/Ton
(508) 278-5762 Evening

**VERMONT CASTINGS
WOOD STOVE**
Black enamel model vigilant
Great condition.
CALL 508-943-5352

WE'VE MOVED! Light oak din-
ing-room table w/6 chairs & 2
leaves, Oak entertainment Ctr.,
various size lamps, small elec-
tronics & more. No reasonable
offer refused. Call 413-896-7047
Sturbridge area.

100 GENERAL

107 Misc. FREE

**Free construction wood and
kindling wood;** beams, ply-
wood, 2x4x, 2x6s, 2x8s, good
for woodstoves, not for building.
Clean. Delivery possible. Ask for
J.D. 413-262-5082

110 NOVENAS

THANK YOU
St. Jude for answered
prayers.
S.M

130 YARD SALES

**ONE MOTHER OF A
YARD SALE!**
106 MASON RD
DUDLEY
Saturday 10-19 *8am
My crap can be your crap!
If we don't have it, you don't
need it!

200 GEN. BUSINESS

205 BOATS

**MIRROCRAFT 12 FOOT "V"
BOTTOM.** MINNKOTA
MAXXUM 40 POUND
THRUST, VARIABLE
DRIVE,VERY LOW HOURS, 3
SEATS WITH PEDESTALS
.OARS,ANCHOR,TRAILER,
SPARE TIRE . ALL VERY
GOOD CONDI-
TION.\$1500.00.CALL 508-987-
0386 LEAVE MESSAGE.

265 FUEL/WOOD

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

298 WANTED TO BUY

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

**WAR RELICS & WAR
SOUVENIRS WANTED:**
WWII & EARLIER CASH
WAITING! Helmets, Swords,
Daggers, Bayonets, Medals,
Badges, Flags, Uniforms, ect.
Over 40 Years Experience. Call
D a v i d
1-(508)688-0847. Ill Come To
YOU!

300 HELP WANTED

310 GENERAL HELP
WANTED

**FIVE STAR AUTO
EXPERT SERVICE
NOW HIRING!**
Full Time Mechanic
Looking for experienced Me-
chanic. Must have own
tools.Mon.-Fri. 401k Plan.
Health Benefits. Must apply
in person.
580 South St., Southbridge
508.756.0257

310 GENERAL HELP
WANTED

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



325 PROFESSIONAL
HELP WANTED

**BASED IN North Brook-
field:** Home Every Night.
Class A Driver And/Or Gen-
eral Mechanic For 18-Wheel
Trailer Trucks

Contact H.R. Salem Trans-
port, LLC.(508) 867-3235

400 SERVICES

433 CLEANING

**HOUSE CLEANING AVAIL-
ABLE** Reasonable rates.
Weekly, bi-weekly or monthly
times available. Bonded- Call Wendy
for a FREE
estimate at:
774-262-9166

448 FURNITURE

**SOLID OAK
RECTANGULAR
DINING TABLE**
about 35 yrs old in sturdy condi-
tion but could use a light sand-
ing on top to
refresh Asking \$75.
CALL (508)637-1698

**SOLID OAK
RECTANGULAR
DINING TABLE**
about 35 yrs old in sturdy condi-
tion but could use a light sand-
ing on top to
refresh Asking \$75.
CALL (508)637-1698

454 HOME
IMPROVEMENT

FURNITURE DOCTOR: Have
your furniture Professionally
restored at reasonable rates.
Furniture face lifting, painting,
stripping to Refinishing, caning and
repairs. **ANTIQUÉ DOCTOR,**
Daniel Ross (508) 248-9225 or
(860)382-5410. 30 years in
business!

500 REAL ESTATE

505 APARTMENTS FOR
RENT

**APARTMENT
FOR RENT**
2 Bedroom apt.
in Southbridge
Good location.
Nice location.
First and last.
\$800 a month.
First & last month
deposit.
Call: (508)764-2293

DUDLEY - 2-BEDROOM APT.
Hardwoods, country setting, off-
street parking, heat, hot water,
rubbish and hook-ups included.
Starting at \$995. 1st, last, secu-
rity. No dogs.
Single family available. CT.
860-935-9105

530 HOUSES FOR SALE

**PARK MODEL MOBILE
HOME** - Highview Camp-
ground, West Brookfield. Sea-
son begins April 15th and closes
Oct. 15th. New windows, fur-
nace, refrigerator, and kitchen
floor. Call 508-873-6312.

546 CEMETERY LOTS

**WORCESTER COUNTY
MEMORIAL PARK.** Garden of
Valor, Paxton, Mass. 2 lots for
sale, \$2000 for both lots. Call
Alan at 508-885-4381

575 VACATION RENTALS

**CAPE COD
DENNISPORT**
**Clean 2 bedroom
Cottage**

Cable TV, Wifi,
Close to Beaches, Golf,
Bike Trail, Shopping,
Restaurants and
Amusements
Sorry, No Pets

Large Private Lot,
Great for Children!

\$700.00 A Week
508-280-8331
rw12@aol.com



700 AUTOMOTIVE

715 Auto SERVICES

\$100 CASH FLAT RATE for
any Junk Vehicle No title/no
keys OK. Free pick up. Call 401-
648-9300

725 AUTOMOBILES

1987 BMW 325i Convertible,
red with black leather interior,
153,000 miles and in good con-
dition, no rust, newer top, needs
a tune-up. \$4100 or B/O, Adam
508-735-4413

725 AUTOMOBILES

**2003 MERCURY GRAND
MARQUIS GS**
Like New 21712 miles.
CALL
508-377-8729

2006 MUSTANG GT-50k, 5sp
fully modified. Call or email for
details and photos.508-476-2293.
savianojchnt@yahoo.com

2016 CHEVY CRUZE LT.
79,000 miles. 1.4 liter engine,
blue, remote start, Weather tech
mats. \$9000. Call 508-234-
6944.

725 AUTOMOBILES

FOR SALE
1995 Cadillac Fleetwood
brougham Florida car. Needs
water pump and AC compres-
sor. \$1000
Call if interested
508-789-8230

PLACE MOTORS

2014 FORD F150
Crew cab STX 4X4 tow pack-
age bluetooth and more
\$23919 STK#9077A

2017 FORD EXPLORER XLT
4X4 leather roof, 7 pass stk#
9130a \$28923

Call (508) 943-8012

725 AUTOMOBILES

VEHICALS FOR SALE 1999
F150 118k miles. 4x4 single
cab stepside capt. chairs
Loaded Red with Cap
\$4,000. 2002 Chevy Silver-
ado 2500 HD black long
bedloaded with plow. Low
millige. 67 thousand. \$7500.
Would consider partial trade.
Call Mike 508-752-7474.

740 MOTORCYCLES

2014 Victory Vision Tour
Loaded with options Only 2,000
miles, not even broken in Paid
\$20,000. Asking \$13,500. Call
774-200-6387 email
moehagerty@msn.com

740 MOTORCYCLES

**2014 HARLEY
DAVIDSON**
(low rider). Accessories added:
windshield, crash bar, saddle
bags. 5300
babied miles and care.
Silver metallic. Recorded 100%
mechanically sound by Shel-
don's of Auburn. Bike is truly
new condition.
Call 508-414-9134
for showing. Firm \$12,000 as
bike is MINT!

NEWSPAPERS
THE MOST CURRENT
TEXTBOOK
AVAILABLE

740 MOTORCYCLES

**2014 HARLEY
DAVIDSON**
(low rider). Accessories added:
windshield, crash bar, saddle
bags. 5300
babied miles and care.
Silver metallic. Recorded 100%
mechanically sound by Shel-
don's of Auburn. Bike is truly
new condition.
Call 508-414-9134
for showing. Firm \$12,000 as
bike is MINT!

740 MOTORCYCLES

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

760 VANS/TRUCKS

2000 GMC 2500 SIERRA 4-
door cab & 1/2, 4-wheel drive,
no rot, with plow + truck mount
slide-in Fleetwood Alcom
camper (2001) w/bath, fridge,
a/c, kitchenette. \$5100
508-341-6347

2006 GMC
1500 SIERRA, 7.5
Plow 205K miles.
\$3000 or B.O
call: 413-824-9807,
must see in Douglas

767 VEHICLES WANTED

**"We Buy Cars Over The
Phone"** One call does it all. In-
stant Top Dollar \$\$ Payouts!
Free Pickup. We Are Open 24/7
Call Now! 401-648-9300.

Don't miss a moment



PHOTO REPRINTS AVAILABLE
Call Stonebridge Press for details 508-764-4325
or drop us an email at
photos@stonebridgepress.com

HELP WANTED

PART-TIME PRODUCER

Here is career opportunity as a Part-Time Producer at a growing Insurance Agency in Sturbridge,MA. Will train the right person, flexible hours. Must be self motivated and self driven, 3-5 years of sales experience preferred.

Email resumes to: damccurdy@mccurdyinsurance.com



For Sale Double Burial Plot

St. Dennis Cemetery
Douglas, MA
High ground with
monument base. \$1,400.00

**Interested parties contact
Gordon: 802-787-7974**

FINANCIAL PLANNER

Here is a unique career opportunity in the growing field of Financial Services. McCurdy Investments, LLC is looking for a Part-Time Financial Planner in Sturbridge, MA. Will train the right person, flexible hours. Must be a self motivated and organized person. Have obtained a college degree and 2 years experience preferred in the financial services field. Must be willing to complete the CFP certification.

Email resumes to:
dmccurdy@mccurdyinvestments.com



WEBSTER Lot(s) for Sale

Large 2.1 acre house lot off Rawson Rd. in Webster. Has town utilities at street, large stone walls & seasonal brook. Possible 2, one acre lots with shared driveway.
\$45,000

Call /Text 774-241-6614

View on
isoldmyhouse.com

COOK

Experienced cook to work part time (22-25 hours per week) at a residential school in North Brookfield. Schedule includes weekday and weekend hours, as well as some holidays. Must be able to work independently.

Please send resume to:
k.beatson@valleyviewschool.org



Salem Cross Inn
RESTAURANT & TAVERN
260 West Main Street, West Brookfield, MA 01585

NOW HIRING

**BARTENDER &
FULL TIME COOK**
Apply in person or at
sailemcrossinn.com



ISSN – INFORMATION SUPPORT SERVICES & NETWORKING INSTRUCTOR

Bay Path Regional Vocational Technical High School

Apply for this job online at <http://www.schoolspring.com>

Job Details

* Job ID: 3168077 * Application Deadline: OPEN UNTIL FILLED * Starting Date: IMMEDIATELY

Job Description

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

Job Requirements

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

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

Bay Path Regional Vocational Technical High is an Equal Opportunity Employer

Hiring? Reach More Local Applicants



Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

- The Auburn New
- Blackstone Valley Tribune
- Spencer New Leader
- Southbridge News

- Webster Times
- Sturbridge Villager
- Charlton Villager

- Woodstock Villager
- Thompson Villager
- Putnam Villager
- Killingly Villager



Email: ads@stonebridgepress.news
Phone: (508) 909-4105

www.StonebridgePress.com

How to lose weight after a thyroid condition diagnosis

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

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

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

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



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

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

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

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

may not abate with thyroid medications.

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

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

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

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

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

How to start exercising at home

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

Working out at home may require some creativity, as even homeowners with gyms in their basements may not have as much equipment at their disposal as they would at a local fitness center.]

Body weight exercises include push-ups, planks, squats, and lunges.

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

Get outdoors for cardio
A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help shave off the pounds when paired with

strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

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

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

Set up a home gym

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

A home gym also can be a place to do strength and stretching exercises like yoga or pilates.

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

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

SATURDAY OCTOBER 19

3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR
9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables
Serving Lunch
American Legion Gaudette Kirk Post 138
175 Main Street
Spencer, MA 01562

WEDNESDAY, OCTOBER 23

FINANCIAL FRAUD & THE ELDERLY
What to Know and How to Avoid It
1:30-2:30. Kim Brown Branch Manager, North Brookfield Savings Bank
Tea & Refreshments will be served
Limited seating
Quaboag Rehabilitation & Skilled Care Center
47 East Main Street
West Brookfield, MA
RSVP 508-867-7716

SUNDAY, OCTOBER 27, MURDER MYSTERY DINNER



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

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



MONDAY, OCTOBER 28

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

WEDNESDAY, NOVEMBER 13

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

SUNDAY, SEPTEMBER 29

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

SUNDAY, NOVEMBER 15

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

SATURDAY NOVEMBER 16

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

gift raffle. St. Andrew Bobola Church 508-943-5633

SUNDAY NOVEMBER 17

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

SATURDAY, DECEMBER 7

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



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

TRIVIA SATURDAY

NIGHTS

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



LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN



AT SALEM CROSS INN
260 West Main St., W. Brookfield, MA 508-867-2345 sailemcrossinn.com

THE CENTRAL MA CHAPTER OF TROUT UNLIMITED

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





We just made windows and doors MORE AFFORDABLE.



HERE'S HOW

- ✓ As the only full-service replacement window division of Andersen, one of the largest and oldest window companies in America, we're often able to offer **bigger discounts** than smaller contractors and most window companies.
- ✓ We offer a number of **exceptional financing options** that allow you to finance your entire project or just a portion of it.
- ✓ Our **low monthly payment** options won't hurt your wallet, so you'll still have money to do other projects around your home.
- ✓ From replacing your windows and patio doors in stages to choosing a different window style, our Design Consultants are experts at finding ways to **save you money**.

Now until November 3rd

SAVE 20%
on every window¹

&

SAVE 20%
on every patio door¹

&

Installation is included¹

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.

Plus

\$0

Down

0

Monthly Payments

0%

Interest

FOR 1 YEAR¹



Renewal by Andersen doesn't just sell superior replacement windows and patio doors. We work with you to help you **get the windows and patio doors you want at a price you'll feel good about**.

More than 56,950 people here in the MA and Southern NH area have trusted us to replace the windows and patio doors in their home. We'd love the opportunity to give you a price.

Call today for your
**FREE Window and
Patio Door Diagnosis!**

1-800-209-2746

Renewal
by Andersen
WINDOW REPLACEMENT an Andersen Company
The Better Way to a Better Window™


**CERTIFIED
MASTER
INSTALLER**

¹DETAILS OF OFFER: Offer expires 11/3/2019. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 9/29/2019 and 11/3/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved.

Free Educational Speaker Series
AT QUABOAG REHABILITATION AND SKILLED CARE CENTER

- QUABOAG TAKES PRIDE IN**
- A 5 Star Overall Rating by the Centers for Medicare & Medicaid Services.
 - Daily on-site management by Sheehan Health Group directly involved in daily operations.
 - Designated short-term sub-acute rehab unit at our Center for Short-term Rehabilitation, as well as traditional long-term care and certified, secured Memory Care Unit accommodations.
 - Spacious, fully equipped Rehab Therapy Gym with kitchenette and modality machines.
 - Resident Service Liaison whose sole role is customer service – providing daily check-ins and concierge services for all new admissions and their families.
 - New Respiratory Therapist assessment and services available in addition to physical, occupational, and speech therapies available 7 days per week, if indicated.
 - Participating in the Paul Coverdell National Acute Stroke Program in collaboration with DPH for improved and focused stroke recovery and rehab.
 - Medicare and Medicaid Certified and now accepting Commonwealth Care Alliance in addition to Blue Cross Blue Shield, Fallon Community Health Plan, Navicare, Tufts Health Plan, Health New England and Harvard Pilgrim Health Care.

WEDNESDAYS • 1:30 - 2:30 PM
QUABOAG REHABILITATION AND SKILLED CARE CENTER
47 E Main Street
West Brookfield, MA 01585
Tea and Refreshments will be served.



OCTOBER 23RD
FINANCIAL FRAUD & THE ELDERLY
WHAT TO KNOW
AND HOW TO AVOID IT
Kim Brown, Branch Manager, North Brookfield Savings Bank

NOVEMBER 13TH
HOW TO MOVE ON – CREATING A BRIDGE TO A NEW LIFE
Barbara Perman, President, Moving Mentor

Limited seating; RSVP to our Admissions Department at 508-867-7716.



47 E Main Street
West Brookfield MA 01585
508-867-7716
www.quaboagonthecommon.com

HELPFUL DIRECTIONS TO OUR CENTER:
FROM WORCESTER: Take Route 9 West to West Brookfield. Center is located on the left across from the Common.
FROM SPRINGFIELD AREA: Take I90-East to Exit 8 (Palmer). Take a left onto Route 32N to Ware. Bear right in the center of Ware onto Routes 32 and 9. Stay on Route 9 East to West Brookfield. Center is located on the right across from the Common.

COLUMBUS DAY SALE!



Special Savings On

- ❖ Bedrooms
- ❖ Living Rooms
- ❖ Recliners
- ❖ Occasional Pieces
- ❖ Entertainment Centers
- ❖ Sealy Mattresses

We are in the process of selling out some of our current stock to make room for new Fall Models. Because of this, we are offering savings throughout the store!

*Some items are one of a kind floor samples. *No orders will be taken on these items. Floor Sample Clearance items are sold on a first come first serve basis.*

0% INTEREST - FOR 1 FULL YEAR!

www.sundeenfurnitureinc.com

Sundeen Furniture

241 PROVIDENCE RD., WHITINSVILLE MA • 508-234-8777
FREE DELIVERY & FREE FINANCING AVAILABLE
M.T.W. 9:30-6:00; TH., FRI. 9:30-8:00; SAT. 9:30-6:00; SUN 11-5



BEST FARM FRESH MEATS IN CENTRAL MASSACHUSETTS

PASTURE RAISED • NATURAL MEATS

Located in East Brookfield, Massachusetts, Crooked Creek Farm sells local and natural farm raised beef and pork.



Now Offering CSA Packages!

Please call for full details.

ASK US ABOUT OUR FREE LOCAL DELIVERY!

To purchase your meat packages you can do so by Email, by Phone
CALL/TEXT: (508) 868-0276 or (508) 868-5902
www.CrookedCreekFarmMA.com Email: CrookedCreekMA@Gmail.com

Find Us on Social Media





High Purity Extractions

FINEST BOTANICAL OILS

EXTRACTION EQUIPMENT & SYSTEMS SERVICE & SUPPORT TO THE NORTHEAST



CO₂ Extraction



Ethanol Extraction



Post Process

PRIVATE LABEL PACKAGING & WHITE LABELING



OIL REFINING & DISTILLATION



THC MITIGATION OF CBD OIL



TINCTURE FILLERS

BULK CBD OIL & ISOLATE



617.521.8532 | SOUTHBRIDGE, MA 01550
info@highpurityextractions.com | highpurityextractions.com



www.kubalahome.com

ALL STYLES OF WINDOWS



TRIPLE ZERO SAVINGS

0

+

0

+

0

DOWN

PAYMENTS

INTEREST

FOR 12 MONTHS

Join Our Family of SATISFIED Customers!



-PLUS- **\$100 OFF** per **Window**
-No Limits-

Call NOW! With cool weather approaching - Appointments are filling quickly!

Valid on Omega-Tuff & Hi-R Models. 4 window minimum. Full purchase price must be paid in full within 12 months of installation date. Subject to credit approval. Offer ends 10/31/19 Not valid with any other offer. MAHic150118 CTHic0619712

*No purchase is necessary to participate in this promotion. We DO NOT TELEMARKEt! We will make one call to verify your entry.

Call TODAY! **508-784-1112**



LOCAL, TRUSTED & FAMILY OWNED SINCE 2004



HEALTH

Breast cancer signs and symptoms



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

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

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

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

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

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

Occupational therapy has many benefits



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

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

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

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

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

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

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

Potential treatment options after a breast cancer diagnosis

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

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

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



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

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

patients.

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

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

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

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

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

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

HEALTH

Exercise and aging: How to work out safely after 50

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

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

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

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



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

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

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

well off the beaten path.

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

decreasing your risk of injury during exercise.

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

3 tips to overcome everyday aches and pains



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

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

1. Begin a well-rounded exercise regimen.

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

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

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

3. Recognize your body may develop some limitations.

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

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




Come check out our Game Time Grab 'N' Go Fan Favorites!
Sandwiches • Salads • Entrees • Baked Goods • Desserts
And much more!

FOOTBALL SEASON IS BACK!

10% OFF with purchase of \$20 or more. Must present this coupon at checkout. ex. 10/31/19

Rt. 20, 630 Main Street
Sturbridge, MA 01566
508-347-7077
Open 7 Days a Week
11am-7pm
~ ENTRANCE IN BACK ~

hearthstonemarket1@gmail.com • hearthstonemarketandcatering.com

THE POLAR EXPRESS
Train Ride
Blackstone Valley

Join us on a magical train ride to the North Pole!

Weekends from Nov. 15th - Dec. 22nd
Woonsocket, RI



BlackstoneValleyPolarExpress.com 401-495-1213

TRUCKLOAD MATRESS SALE



SUPER PLUSH OR EXTRA FIRM

TOP QUALITY

TWIN SETS.....	\$399
FULL SETS.....	\$459
QUEEN SETS.....	\$499
KING SETS.....	\$699

SAVE ON ALL TOP QUALITY SIERRA SLEEP MATTRESS SETS!

Read about our mattresses at www.HORTONFURNITURE.COM then come in to experience the difference a Sierra Sleep Mattress can make!

EVERY MATTRESS ON SALE!
FREE Delivery
FREE Set-up
FREE Layaway

Hortons SLEEP SHOP
53 Schofield Ave. • Route 12 • Dudley, MA
508-943-0234
Mon., Tue., Wed., Sat. 9-5 • Thurs. & Fri. 9-6

Quiet & Convenient Living at Slater Estates!

Applications are now being accepted for Studio and 1 Bedroom apartments at Slater Estates, 96 Slater Street, Webster, MA for income eligible individuals who are 62 years of age and older or mobility impaired. Rents are based on 30% of income with HUD Section 8 subsidies. All units are equipped with modern appliances and carpeted throughout. Laundry facilities, emergency call system, community room, and convenient location of shopping areas and on call maintenance provided

For further information call the Management Office Today!
508.943.9897
TTY 978.630.6754





Kevin Meehan
Owner
If You Can Dream It, You Can Drive It!



Mike Penner
General Manager

IMPERIAL CARS.com

WHY PAY THE DIFFERENCE IF YOU CAN'T TELL THE DIFFERENCE?

WE sell more, so you save more!

Central New England's Newest Automobile!

100% CREDIT APPROVAL

BAD CREDIT DON'T SWEAT IT! WE FINANCE YOUR FUTURE, NOT YOUR PAST.

OPEN MON-THURS: 9-9, FRI & SAT: 9-6, SUNDAY: 12-6
800-526-AUTO

2017 FORD F-150 TRUCK
#P12371 • 4X4, ALLOYS, STX TRIM, SUPERCAB, BACK-UP CAMERA, V6
NEW Retail Price: ~~\$40,265~~
WHOLESALE PRICE: **\$26,977**
SAVE \$13,300 OFF OF RETAIL PRICE!

2016 JEEP CHEROKEE
#D10147LV • LIMITED TRIM, 4X4, BACK-UP CAM, LEATHER, ALLOYS
NEW Retail Price: ~~\$38,430~~
WHOLESALE PRICE: **\$20,577**
SAVE \$17,800 OFF OF RETAIL PRICE!

2018 TOYOTA RAV4 SUV
#19788A • XLE TRIM, 18" ALLOYS, MOONROOF, ALL-WHEEL DRIVE
NEW Retail Price: ~~\$31,450~~
WHOLESALE PRICE: **\$24,377**
SAVE \$7,100 OFF OF RETAIL PRICE!

2016 FORD EXPLORER
#P12275LV • XLT TRIM, ALLOYS, NAV, BACK-UP CAM, MOONROOF
NEW Retail Price: ~~\$39,970~~
WHOLESALE PRICE: **\$25,977**
SAVE \$14,000 OFF OF RETAIL PRICE!

LIKE NEW 2016 GRAND CHEROKEE LAREDO SUV
#D9940L
NEW RETAIL PRICE: ~~\$38,735~~
WHOLESALE PRICE: **\$22,577**
SAVE \$16,200 OFF OF RETAIL PRICE!

2016 HYUNDAI TUCSON
#H0954L • SPORT TRIM, ALLOYS, BACK-UP CAM, BLUETOOTH, AWD
NEW Retail Price: ~~\$30,475~~
WHOLESALE PRICE: **\$18,877**
SAVE \$11,600 OFF OF RETAIL PRICE!

2018 TOYOTA COROLLA L
#H0861RV • LANE DEPARTURE, BLUETOOTH, BACK-UP CAM
NEW Retail Price: ~~\$19,800~~
WHOLESALE PRICE: **\$13,677**
SAVE \$6,100 OFF OF RETAIL PRICE!

2017 CHEVROLET CRUZE
#40215R • LT TRIM, HATCHBACK, ALLOYS, KEYLESS START, 7" LCD
NEW Retail Price: ~~\$23,140~~
WHOLESALE PRICE: **\$15,977**
SAVE \$7,200 OFF OF RETAIL PRICE!

LIKE NEW 2017 CHEVY SILVERADO CREW CAB
#119500A
NEW RETAIL PRICE: ~~\$43,810~~
WHOLESALE PRICE: **\$31,477**
SAVE \$12,300 OFF OF RETAIL PRICE!

2016 GMC SIERRA 1500
#H1161V • DOUBLE CAB, 4X4, V8, HIGH INTENSITY HEADLIGHTS
NEW Retail Price: ~~\$38,015~~
WHOLESALE PRICE: **\$28,477**
SAVE \$9,500 OFF OF RETAIL PRICE!

2016 DODGE JOURNEY
#D9912L • SXT, 3RD ROW SEATS, ALL-WHEEL DRIVE, ALLOYS, V6
NEW Retail Price: ~~\$29,295~~
WHOLESALE PRICE: **\$17,577**
SAVE \$11,700 OFF OF RETAIL PRICE!

2017 SUBARU FORESTER
#H0859RV • AWD, BACK-UP CAM, PREMIUM TRIM, MOONROOF
NEW Retail Price: ~~\$29,595~~
WHOLESALE PRICE: **\$18,677**
SAVE \$10,900 OFF OF RETAIL PRICE!

2018 HYUNDAI SONATA SEL
#H1034B • BACK-UP CAM, PZEV, 17" ALLOYS, HEATED SEATS
NEW Retail Price: ~~\$25,615~~
WHOLESALE PRICE: **\$18,677**
SAVE \$6,900 OFF OF RETAIL PRICE!

LIKE NEW 2017 RAM TRADESMAN QUAD CAB
#H1196LV
NEW RETAIL PRICE: ~~\$38,405~~
WHOLESALE PRICE: **\$24,377**
SAVE \$14,000 OFF OF RETAIL PRICE!

2016 FORD EDGE SEL SUV
ALL-WHEEL DRIVE
NEW RETAIL PRICE: ~~\$34,985~~
STARTING AT ONLY: **\$24,377**
6 Available
Heated Leather, Nav, Moonroof, Turbo, Back-Up Cam, Alloys!
SAVE \$11,000 OFF OF RETAIL PRICE!

LIKE NEW 2017 FORD ESCAPE SE SUV
#P12251LV
NEW RETAIL PRICE: ~~\$30,390~~
WHOLESALE PRICE: **\$18,377**
SAVE \$12,000 OFF OF RETAIL PRICE!

2017 CHEVY EQUINOX PREMIER SUV
#40041L
NEW RETAIL PRICE: ~~\$40,455~~
WHOLESALE PRICE: **\$23,777**
SAVE \$16,700 OFF OF RETAIL PRICE!

SALE ENDS 10/23/19. Cannot be combined with any other discount or promotion and may require dealer source financing. Some restrictions apply, see us for details. does not include specialty vehicles or renewed for your vehicles. Some vehicles may not qualify, see dealer for details. Prior sales excluded. Some restrictions apply, see us for details. Estimated KBB values are opinions and may vary from vehicle to vehicle. Value based on vehicle condition. Amount may be adjusted for mileage, wear and tear, and options. Value difference assessed on list price. Deductions from allowance may be made for equipment failure, body and/or interior damage, reconditioning cost and/or excessive mileage at a rate of 20c per mile assessed on mileage of 10,000 miles per year. New retail price based on MSRP of new models. Not valid with prior sales. Selling price including our \$1,000 imperial trade assistance bonus for a qualifying 2010 or newer trades. Advertised price does not include tax, title, registration or documentation fee. Vehicle must be paid in full and take same day delivery. 5 DAY OR 200 MILE RETURN EXCHANGE PROGRAM FOR YOUR TOTAL CONFIDENCE - if you're not happy with your imperial certified used vehicle, bring it back within 5 days or 200 miles and we'll give you a credit of your full purchase price toward the purchase of another vehicle. Not responsible for typographical errors; photos are for illustration purposes only.

**8-18 UXBRIDGE ROAD, RTE. 16 | MENDON, MA
154 EAST MAIN STREET | MILFORD, MA**