



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

SEND YOUR NEWS AND PICS TO NEWS@STONEBRIDGEPRESS.NEWS

Friday, August 2, 2019

# Bay Path student attends State Police training program



Lana Antocci

CHARLTON — Miss Lana Antocci recently returned after spending a week attending the American Legion / MA State Police Youth Cadet Training Program. Miss Antocci was able to pursue her interest in this program by being sponsored, selected and by participating in the program that took place on July 15-19.

The graduation program lists 124 youth cadets that participated and earned a Certification of Achievement for completion of the program.

Miss Antocci was also honored as one of two Youth Cadets chosen by the American Legion and State Troopers to receive the American Legion / State Trooper Youth Cadet Scholarship in the amount of \$500.00 for her leadership and overall outstanding performance and achievement in the program.

The Massachusetts State Police student trooper program is intended to recruit youths representing all communities and cultural backgrounds and to increase their understanding of the job of police officers. The program is

Please Read **ANTOCCI**, page **A4**

# Voters asked to exclude safety building funds from Proposition 2 1/2

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON – Now that voters in Charlton overwhelmingly supported the construction of a new public safety building at the annual spring town meeting in May, a special election in August will seek to have the funding for that building excluded from the limitations of Proposition 2 1/2.

Voters turned in a 209 to 41 decision in favor of the project at the town meeting with the Charlton Lions Club even coming forward to public support the initiative. In late June the Board of Selectmen established an 11-member public safety construction building committee comprised of both the police and fire chief and others to lead the design and building process of the facility should the funding pass the special election. The group was charged with being the “guiding body” in the building’s design and how the money would be spent utilizing an architect to help put the final touches on the layout.

After months of informational presentations and a short discussion at the annual town meeting, voters said “yes” to a \$28.5 million, 40,800-square-foot facility that will serve as the

new home of the town’s fire and police departments as well as providing other resources like meeting spaces to the town. The facility is set to be built on property adjacent to the town’s current police station on Masonic Home Road, but in order for the project to progress the public must approve a debt exclusion to borrow the \$28.5 million without applying it to the strict limits of Proposition 2 1/2. If approved, the borrowing would raise the towns tax rate by 96 cents per \$1,000 in property valuation over the life of the 30-year loan. Currently the tax rate sits at \$14.77 per \$1,000 in valuation. If the vote passes taxpayers can expect the increase to go into effect in the 2022 fiscal year. Town officials have noted that by that time, Dudley will also be shedding expiring debt, making the true net increase to the tax rate 47 cents per \$1,000 valuation.

The special election to exclude the borrowing from the limits of Proposition 2 1/2 will take place on Tuesday, Aug. 13 at Heritage School. More voting information can be found on the Charlton town Web site or through contacting the Town Clerk’s office.

# Blueberry Festival celebrates milestone fifth year



Jason Bleau Photos

Gregory, Nicholas and Sophia Meneguzzo of Spencer show off some blueberries they bought at the festival.

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON – Charlton’s annual Blueberry Festival hit a milestone in 2019 with its fifth iteration on a beautiful summer Sunday July 28.

Hosted by the Charlton Arts & Activities Center, the annual event serves as a major fundraiser for the local hub of arts and entertainment in town and included several new features in 2019, such as a clown magic show, musical acts, and even more vendors than ever before. And, of course, the event also included a few festival staples from blueberry shortcakes to pie eating contests providing a fun time for all and continuing a modern Charlton summer tradition.

# Berthiaume receives community service award

CHARLTON — Carleen Berthiaume of Brimfield, a member of the Practical Nursing Class of 2019 and officer of the UNICEF Club (the United Nations Children’s Fund), received the 2019 Community Service Award from the Bay Path RVTHS Practical Nursing Academy during the Academy’s 10th commencement and pinning ceremony on June 21.

The award was granted in recognition of Berthiaume’s volunteer work creating critical partnerships between the Academy, Bay Path community and the Worcester county.

The practical nursing program at Bay Path Practical Nursing Academy is in its 10th year and prepares local students for careers in healthcare as an LPN. The Community Service Award was developed to honor a person who is making significant contributions to the Bay Path Practical Nursing community through their time, actions, talents and dedication through any volunteer work done. The honoree



Courtesy Photo

Please Read **BERTHIAUME AWARD**, page **A4**

Pictured: Professor Lindsay Guertin and Carleen Berthiaume.

# Quaboag Community Summer Theater presents "The Addams Family"

BY ANNIE SANDOLI  
VILLAGER CORRESPONDENT

WARREN — Quaboag Community Summer Theatre, an all-volunteer, non-profit drama organization, is getting ready to present its 2019 performance "The Addams Family," taking place on Friday, Aug. 9 at 7 p.m. and Saturday, Aug. 10 at 2 and 7 p.m. in the Quaboag Regional High School Auditorium in Warren.

The musical, sponsored in part by cast members Christine and Wlad Petruniw and presented by special arrangement with Elephant Eye Theatrical, features a cast of 21 actors who are residents of Brimfield, Southbridge, Sturbridge, Warren, West Brookfield, and towns throughout Connecticut and its mission is to connect actors throughout the area and

help locals pursue their passions and put their talents to use.

"Our group has served as an outlet for local creativity and theatrical passion since its conception, and it has been our mission to provide our participants with the tools needed to perfect their craft, and make each show a rewarding and enjoyable experience," says the Quaboag Community Summer Theater Web site. "QCST now continues to grow thanks to the help and support from out audiences, actors, sponsors, and volunteers."

The theatre was first started in in 2006 as part of the Quaboag High School Drama Club, but stopped after just a year due to a lack of funding. However, five years later, in 2011, it received enough inter-

est and support to reopen and became independent from the Quaboag High School Drama Club in 2015, allowing actors of all ages and from various areas in the region to participate.

This year's show, which is based on the book by Marshall Brickman and Rick Elice and the characters created by Charles Addams with music and lyrics by Andrew Lippa, centers around the crazy world of the Addams Family, fictional members of a grim, ghoulish American household.

"In the kooky, upside-down world of the Addams Family, to be sad is to be happy, to feel pain is to feel joy, and death and suffering are the stuff of their dreams," says the QCST Web site. "The Addams Family has lived by their unique values for hundreds of years

and Gomez and Morticia, the patriarch and matriarch of the clan, would be only too happy to continue living that way. However, Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family — a man her parents have never met. And if that weren't upsetting enough, Wednesday confides in her father in that they are engaged and begs him not to tell her mother. Now, Gomez must do something he's never done before — keep a secret from his beloved wife. Chaos ensues, secrets are disclosed, relationships are tested, and everything changes on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents."

The Quaboag Community Summer Theatre is hoping to start having more productions throughout the year, encouraging community members in the surrounding areas to stay updated through the theatre's Web site and audition for upcoming shows. Past shows have included "The Sound of Music" in 2006, "You're A Good Man, Charlie Brown" in 2011, "Seussical the Musical" in 2012, Disney's "The Little Mermaid" in 2014, "Into the Woods" in 2016, and "Legally Blonde: The Musical" in 2018.

For more information on Quaboag Community Summer Theater or to purchase tickets for "The Addams Family" in advance, go to <https://www.quaboagsummerplays.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

## Office of Sen. Anne Gobi announces August office hours

REGION — Lucas McDiarmid, aide to Sen. Anne Gobi (D-Spencer), will be holding office hours throughout the district during the month of August. Constituents and town officials are invited to meet to express any concerns, ideas and issues they have. Attendants should RSVP to Lucas at [Lucas.McDiarmid@MASenate.gov](mailto:Lucas.McDiarmid@MASenate.gov) or by phone at (413) 324-3082. Town attendance is not restricted to residents of those towns.

**Tuesday Aug. 6**  
10-11 a.m. — Warren Senior Center  
11:30 a.m.-12:30 p.m. — Brimfield Senior Center  
1-2 p.m. — Wales Senior Center

**Wednesday Aug. 7**  
11 a.m.-noon - West Brookfield Senior Center  
12:30-1:30 p.m. — New Braintree Town Hall

2-3 p.m. — Brookfield Town Hall  
6-7 p.m. — Ashby Town Hall

**Monday Aug. 12**  
10:30-11:30 a.m. — Paxton Senior Center  
Noon-1 p.m. — Spencer/Howe Village  
1:30-2:30 p.m. — East Brookfield Municipal Offices

**Tuesday Aug. 13**  
10:30-11:30 a.m. - Sturbridge Senior Center  
Noon-1 p.m. - Rutland Senior Center

**Wednesday Aug. 14**  
9:30-10:30 a.m. - Oakham Senior Center  
11 a.m.-noon — North Brookfield Senior Center  
1-2 p.m. — Holland Town Hall

**Monday Aug. 26**  
11:30 a.m.-12:30 p.m. — Charlton Senior Center  
2-3 p.m. — Monson Town Hall

## Run out the summer season in support of Second Chance

STURBRIDGE — Believe it or not, the summer days are on the decline, and back to school time is fast approaching. While the weather is still nice, it's the perfect time for residents to add one last fun event to their summer schedules while supporting animals in need.

Hosted by Second Chance Animal Services, the second annual Running Out of Summer 5K will take place later this month. Set for Saturday, Aug. 24, the event will occur at Rapsallion Brewery in town.

Space is limited for this event, so sign up early. To register for the 5K, or to obtain a sponsorship form, visit [www.SecondChanceAnimals.org](http://www.SecondChanceAnimals.org). Residents are also asked to keep an eye out for additional fundraising events slated for the end of summer and fall.

## CHARLTON ALMANAC

— REAL ESTATE —

### CHARLTON

\$360,000, 59 Flint Rd, Wszeborowski, Peter R, and Grudzinska, Beata, to Greene, Dustin A.

\$330,000, 204 Brookfield Rd, Lindroos, Edith, to Cirbus, Douglas A, and Cirbus, Diane L.

\$325,000, 158 Gould Rd, Hunter, Gregory S, and Hunter, Linda J, to Miller, Allen W, and Miller, Anlyn.

\$315,000, 231 N Sturbridge Rd, Keating, Patrick V, and Keating, Pamela M, to Mcfarlin, Nicole M, and Coiteux, David A.

\$259,900, 79 Fitzgerald Rd, Magdis, Joseph P, and Magdis, Catherine J, to Haggerty, Ian F, and Cincotta, Rebecca C.

\$237,000, 22 Highfield Rd #B, Conway, Brian G, and Conway, Rose L, to Lutton, Gary L, and Lutton, Monica S.

\$149,000, 111 City Depot Rd, TKMMK RT, and Boland, Kenneth, to Vangness, Kristen A.

\$121,000, 236 Burlingame Rd #D, Arsenault, Joseph, to Even, Jennifer.

\$120,000, 1-17 J Davis Rd, Ide FT, and Allen, Christopher, to CIL Realty Of Mass Inc.

\$108,000, Gale Rd, Burns, Robert B, and Burns, Beverly A, to Charlton, Town.

\$63,000, N Main St, Pearson, Joanne M, and Miller, John C, to Venetis, Agatha.

\$52,000, 33 Davidson Rd, Sleepy Hollow Rt Est, and Lemieux, Jason R, to Title, Christopher J, and Title, Carolyn.



**2.50% APY\*** 15-MONTH CD  
**2.65% APY\*** 20-MONTH CD

**EASY ALWAYS DOES IT**  
WORRY-FREE EARNINGS WITH OUR LIMITED TIME CDs

We've got you.

Banking | Lending | Local  
888.599.2265 | [southbridgecu.com](http://southbridgecu.com)

**Southbridge**  
credit union

\*APY = Annual Percentage Yield. APY effective as of 6/17/19. Annual percentage yield assumes interest remains on deposit until maturity and that any withdrawal will reduce earnings. Early withdrawal penalties and fees may apply. Minimum balance required to open this account and earn the APY is \$500. At maturity the 15-month CD renews to an 18-month term and the 20-month CD renews to a 24-month term. Early withdrawal penalty may be imposed. Fees may reduce earnings. Membership to SCU requires a one-time interest-earning deposit of \$5.00 in a prime share account. Equal Opportunity Employer. Federally insured by NCUA. NMLS #616073.

**MITSUBISHI ELECTRIC**  
**DUCTLESS SPLIT HEAT-PUMPS**

HEATING  
AIR CONDITIONING

**Michael J. Williams**  
SHEET METAL  
FABRICATION

**MITSUBISHI ELECTRIC**  
COOLING & HEATING

**M.J. Williams Heating & AC, INC.**  
Serving the community since 1988  
High Quality work at an affordable price

**508-949-0035**  
[www.mjwhvac.com](http://www.mjwhvac.com)

ACCREDITED BUSINESS A+

**"Every Town Deserves a Good Local Newspaper"**



**TO PLACE A RETAIL AD:**  
ADVERTISING REPRESENTATIVE  
JUNE SIMAKUSKAS  
(508) 909-4062  
[jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news)

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

**TO PRINT AN OBITUARY:**  
E-MAIL:  
[obits@stonebridgepress.news](mailto:obits@stonebridgepress.news)

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

**TO SUBMIT CALENDAR OR AROUND OUR TOWNS ITEMS:**  
E-MAIL:  
[news@stonebridgepress.news](mailto:news@stonebridgepress.news)

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL:  
[news@stonebridgepress.news](mailto:news@stonebridgepress.news)

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

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

**VILLAGER STAFF DIRECTORY**

**EDITOR**  
BRENDAN BERUBE  
(508) 909-4111  
[news@stonebridgepress.news](mailto:news@stonebridgepress.news)

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

**A STONEBRIDGE PRESS PUBLICATION**  
PRESIDENT & PUBLISHER  
FRANK G. CHILINSKI  
(508) 909-4101  
[frank@stonebridgepress.news](mailto:frank@stonebridgepress.news)  
BUSINESS MANAGER  
RYAN CORNEAU  
(603) 677-9082  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)  
OPERATIONS DIRECTOR  
JIM DiNICOLA  
(508) 764-4325  
EDITOR  
BRENDAN BERUBE  
(508) 909-4111  
[news@stonebridgepress.news](mailto:news@stonebridgepress.news)  
PRODUCTION MANAGER  
JULIE CLARKE  
(508) 909-4105  
[production@stonebridgepress.news](mailto: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.

**IT'S AN ACE!**  
CHECK OUT THE SPORTS ACTION!



**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.



Jason Bleau Photos

For the first time, the Blueberry Festival added a sports memorabilia silent auction where visitors could bid on signed pictures from their favorite Boston sports teams and athletes.



A couple of young competitors dig in during the first eating contest of the day.



Thick and Thin perform classic music to start off the festivities.



Little Rory of Chicopee poses for a photo in one of the Charlton Fire Department's trucks. The department was on hand to network with local families during the festival.



A big part of the Blueberry Festival is the adjacent vendor fair full of local goods and hand made crafts. One of the vendors was Honey Moon Hill Bees of Phillipston.



The Hosegood family of Oxford pose for a photo while enjoying some blueberry themed treats.



Maggie the Clown performs some magic in her first appearance at the Charlton Blueberry Festival.

**SPENCER FAIR  
LABOR DAY WEEKEND**  
Sign up & join one of the  
Spencer Fair's Fan Favorite Events

**Fri., Aug. 30th @ 7pm**  
(6 & 8 cyl)  
and  
**Sun., Sept. 1st @ 5pm**  
(4 cyl)

**Emergency Services**  
heat both nights

Applications available at Ahearn Equipment  
Rte. 9, Spencer  
Deadline for application is Fri., Aug 23

**For more information & applications**  
[www.spencerfair.org](http://www.spencerfair.org)  
or call 508-868-6697



Oliver and Aurora of Charlton enjoy a quick bite of blueberry shortcake.

**Dorrinda O'Keefe-Shea, Realtor**  
Centurion, Centurion Honor Society  
CDPE, Notary Public

**Century 21 North East**  
270 Main Street, Spencer, MA 01562  
109 West Street, Ware, MA 01082

Call 978-434-1990  
email: [dorrinda@c21lovet.com](mailto:dorrinda@c21lovet.com)  
[www.DorrindaSellsHomes.com](http://www.DorrindaSellsHomes.com)

**Looking for a for Real Estate Agent?  
Buy With Confidence, Sell With Success**

**Over 120 homes sold in the past 2 years – yours could be next!**

My name is *Dorrinda O'Keefe-Shea* and I am an agent for **CENTURY 21 North East, Inc.** We have two locations one in Ware, and Spencer to better serve you, our customer. I have lived in Central Massachusetts most of my life and know the area well. I joined **CENTURY 21 North East, Inc.** because it has an established record of leadership with James D'Amico as Owner/Broker and the power of the **CENTURY21®** name, one of the largest real estate organizations in the world.

My goal is to listen to you, my client, so that I can find you a home that fits your needs. I promise to provide each

of my clients with exceptional and personal service. I will answer your questions and if I don't have the answer I will find the answer. I will work just as hard selling your home as I will helping you buy a new home.

I love what I do and I would love to work with you. Call me if you have a home to sell or want to look for a new home. I would be happy to do a Free Market Analysis on your home. Call today no obligation. I believe that if we work together as a team we can make your dreams come true.

Dorrinda O'Keefe-Shea Lic#9508821

**ANDREA L. GORDON**  
ATTORNEY AT LAW

WILLS  
REAL ESTATE  
PROBATE & ESTATES  
ELDER LAW  
GUARDIANSHIP

40 Cherry Street  
P.O. Box 801, Spencer, MA 01562  
**508-885-6694**  
email: [andrea.gordon@algordonlaw.com](mailto:andrea.gordon@algordonlaw.com)

**FIVE STAR AUTO**  
Expert SERVICE ★★★★★

2005 Ford Explorer Eddie Bauer Edition 107k miles.....	\$6,299
2012 Hyundai Elantra 75k miles .....	\$7,300
1994 Mazda MX5 Miata 2 door Convertible 184k miles .....	\$2,999
1956 Porsche 356 Speedster 9743K miles .....	\$19,000
2011 Subaru Forester 117k miles .....	\$8,500
2010 Prius 97k miles .....	\$8,699
2010 Toyota Highlander Limited 149k miles .....	\$12,500
2008 Toyota Corolla 60k miles .....	\$6,299

**TWO GREAT LOCATIONS**

**FULL AUTOMOTIVE SERVICE FACILITY**  
580 South St., Southbridge  
508.765.0257

**USED CAR SALES**  
796 Main St., Southbridge  
508.765.0257

MasterCard VISA MONDAY-FRIDAY 8:00AM-5:30PM

# Federated Church holds annual auction

BY ANNIE SANDOLI  
VILLAGER CORRESPONDENT

STURBRIDGE—The Federated Church of Sturbridge & Fiskdale is getting ready for its 70th annual auction, taking place Saturday, Aug. 10 on the Town Common with booths opening at 9am and bidding starting at 10 a.m.

The event will be held rain or shine and is the church's single largest yearly fundraiser, with all profits going to capital improvements at the church to help the institution continue to successfully support all the

programs, fundraisers, and services it offers.

"This is the oldest consecutive church auction in the country," said

Tim Beardsley, one of the members of the Auction Committee. "There are other churches that have auction for as long, but have taken breaks throughout the years. This one started in 1950, and has been going ever since."

The items in the auction are priced anywhere from \$10 to over \$1200 and are mainly antiques donated by members of the church and residents of Sturbridge and the sur-

rounding communities. Some items are picked up at yard sales by Auction Committee members throughout the year and many are in perfect condition or restored to their original form.

This year's featured items include two chairs, Sturbridge Chair (#25 in the auction) and The Publick House Chair (#49 in the auction). Both are Hitchcock chairs that were built between the years of 1820 and 1840 and have a smilier rosewood grain, bronze powder stenciling rather than paint, and rush seat. Similar chairs are offered

at the auction each year as part of a limited series.

The other items in the auction this year include an unrestored flax wheel and a hand crafted doll house, as well as many pieces of artwork from award-winning artist and member of the Historical Society of Early American Decoration Sonja L. Bridges of Grafton. After her recent death, many of her creations, which include reverse glass and theorem paintings and handmade dolls and quilts, were donated to the church to sell as part of the auction.

The 70th annual auction will once again be conducted by Robert Glass Jr. and Gwen Glass Carbone of the Robert H. Glass family of auctioneers for the 46th year in a row. The church accepts cash, checks, and credit and debit cards as forms of payment on the day of the event. This year, those whose purchases total \$500 or more will receive dinner for two at the Publick House and those whose purchases total \$1,000 or more will receive both dinner for two and a night of lodging.

The auction will also

feature a silent auction booth, with gift certificates and themed baskets donated by local businesses and community and church members. The church will be running a food booth and a bake sale on the day of the auction and Friendly's will be providing ice cream for the first time this year.

For more information on the The Federated Church of Sturbridge and Fiskdale's 70th annual auction, go the their website at, call the church office at 508-347-3915, or email churchoffice@sturfed.org.

## Pasture Prime Players hosting auditions for "haunting" new production

CHARLTON — The Pasture Prime Players are pleased to announce open auditions for their fall production, "The Haunting of Hill House" by F. Andrew Leslie, based on the novel by Shirley Jackson.

The auditions will be held on Thursday, Aug. 8 at 7 p.m. and Saturday, Aug. 10 at 10 a.m. at the Charlton Arts and Activities Center, 4 Dresser Hill Rd. in Charlton. The show is directed by Don Konopacki, and will run two consecutive weekends, Oct. 25 through Nov. 3.

A chilling and mystifying study in

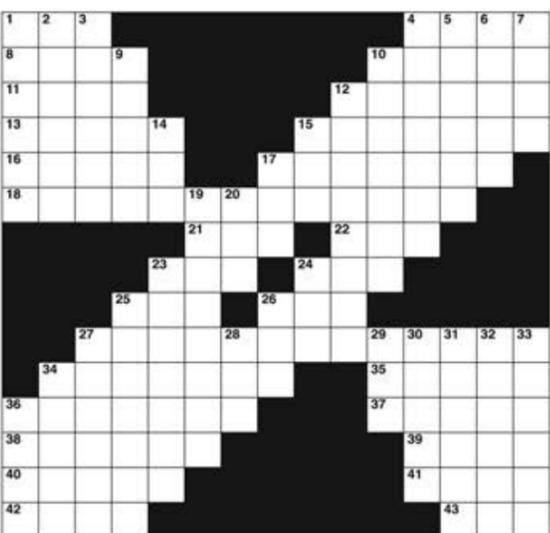
mounting terror in which a small group of "psychically receptive" people are brought together in Hill House, a brooding, mid-Victorian mansion known as a place of evil and "contained ill will." Cut off from the outside world by its remote location and shunned by all who know its forbidding and sinister reputation, Hill House has remained empty and silent except for the daily visits of its grumbling caretaker, Mrs. Dudley. Its isolation is broken by the arrival of Dr. Montague, an investigator of supernatural phenomena who has been granted a short lease by the present owner.

His mission is to delve into the morbid history of the house and to

come to grips with the occult forces that have made it uninhabitable for many years. He is joined by three others, all unacquainted, but all having their particular reasons for accepting Dr. Montague's invitation to share his Hill House sojourn. Their visit begins with jovial informality, but their sensibilities are soon jolted by strange and eerie occurrences. Led by the learned Dr. Montague, the visitors have come to probe the secrets of the old house and to draw forth the mysterious powers that it is alleged to possess—powers which have brought madness and death to those who have lived therein in the past. As they struggle to disguise their mounting fears they are joined by Dr. Montague's wife and a friend, who

have come to Hill House for purposes of their own. They too are absorbed by the supernatural, but their approach is via direct communication with the departed spirits—a type of psychic research which is regarded fearfully by Dr. Montague and which, as subsequent events bear out, brings on a crisis in which the evil forces of Hill House are goaded to a new and, for one of those present, fatal fury.

There are roles for three men and four women ages 20's to 60's. Auditions will be cold readings from the script. For more information, contact us at pasture.prime.players@gmail.com., "The Haunting of Hill House" is being produced by special arrangement with Dramatists Play Service, Inc.

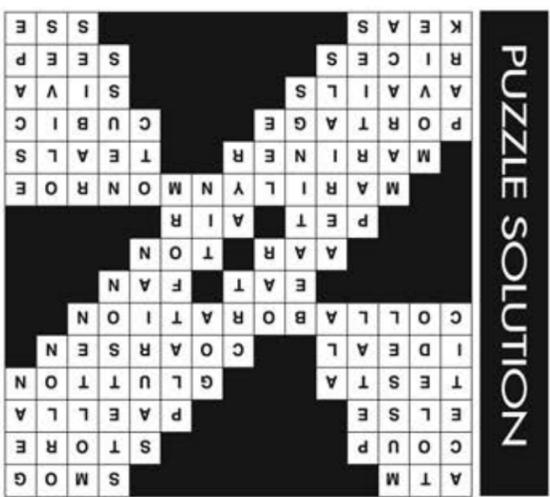


### CLUES ACROSS

- 1. Cash dispenser
- 4. Air pollution
- 8. Illegal seizure
- 10. Shop
- 11. Besides
- 12. Spanish dish
- 13. Protective covering of seeds
- 15. Greedy eater
- 16. Existing only in the mind
- 17. Make rough
- 18. Cooperation
- 21. A way to consume
- 22. Strike out a batter in baseball
- 23. Swiss river
- 24. 2K pounds
- 25. Domesticated animal
- 26. Surrounds the Earth
- 27. Legendary actress
- 34. Seattle ballplayer
- 35. Bluish greens
- 36. Carrying of a boat
- 37. Having a particular shape
- 38. Takes advantage of
- 39. The Destroyer (Hindu)
- 40. Basmati and saffron are two
- 41. Leak slowly through
- 42. Parrots
- 43. Midway between south and southeast

### CLUES DOWN

- 1. Vinegary
- 2. Ohio town
- 3. Bivalve mollusk
- 4. Type of hat
- 5. Liquefied by heat
- 6. Synthetic acrylic fiber
- 7. Wild or sweet cherry
- 9. Flower segment
- 10. Lizard-like
- 12. What politicians stand on
- 14. Pie \_\_\_ mode
- 15. Indian city
- 17. Old TV part (abbr.)
- 19. Assaults
- 20. Paddle
- 23. Types of photos
- 24. Dorothy's friend was made of this
- 25. Soirees
- 26. Scottish port
- 27. Percussion instrument
- 28. Auto industry icon Iacocca
- 29. Type of drug
- 30. Historic city in Germany
- 31. Animal disease
- 32. Some like them in martinis
- 33. Get away
- 34. Entertainment
- 36. Where ballgames are played



### ANTOCCI

continued from page 1

designed to expose young adults to the demands of police training and to develop better relationships between the youth of our communities and the police that serve them.

The Student Trooper program is an intensive, one week, residential learning experience for young

adults, ages 15 through 17. The program is held at the Massachusetts State Police Academy in New Braintree.

The Student Trooper program is not a summer camp. The program is mentally and

physically demanding. The Massachusetts State Police Academy uses a paramilitary approach to training, and discipline is strict. Vigorous physical training, including running and calisthenics, is required. Reveille is at 5:30 a.m. and "lights out" is at 10 p.m. Candidates should be highly motivated and willing to work as a team to succeed in the daily challenges.

Veteran Massachusetts State Police trainers provide classroom and hands-on training in topics such as First Aid/CPR, Criminal Law, Officer Safety, Crime Scene investigations, safe driving, leadership, internet safety, team building and

physical fitness. State Troopers will also observe and participate in

demonstrations by members of the State Police specialty units such as tactical teams, the K-9 Unit

and the Air Wing.

Student Troopers who graduate from the program will be proud of their accomplishments. The

lessons learned will serve them well for years to come.

Lana is the daughter of David and Mary Antocci of Charlton and will be returning as a Sophomore at Bay Path Regional Vocational Technical High School in Charlton this fall.

### BERTHAUME AWARD

continued from page 1

selected serves as a role model for compassion, service, giving back, and striving to make the world a better place.

Berthiaume has a passion for helping others. She has the distinction of being the first student recipient of the

Community Service Award, past award recipients were all alumni. She has made important contributions to the Bay Path Practical Nursing Academy through her participation in mentorship, blood pressure clinics, information sessions, college fairs, health fairs, SkillsUSA, tutoring, and participation in all other volunteer events.

Berthiaume was inducted in the National Technical Honor Society and was a recipient of the Horatio Alger Career Technical Education Scholarship. She is a SkillsUSA District and State Champion, Silver medalist in First Aid/CPR, is Dementia Care Certified, Mental Health First Aid Certified, and Infusion Therapy and Central Line Care.

It's Happening in THE last green valley™

**Tastes of the Valley**  
Join us as we celebrate the bounty of The Last Green Valley at a one-of-a-kind farm-to-table dining experience, 4 pm, Sunday, Aug. 25 The Publick House, Sturbridge MA. \$100 for members, \$125 non-members  
860-774-3300 - thelastgreenvalley.org

**EXTRA! EXTRA!**

## A Real Keeper

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

# TRIPS OFFERED

The "Trips Offered" section is for non-profit organizations and will run as space allows. Mail your information to Trips Offered, c/o Brendan Berube, PO Box 90, Southbridge, MA 01550; fax to (508) 764-8015 or e-mail to news@stonebridgepress.news.

## CHURCH PILGRIMAGE

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.

## CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy - Please call 978-424-7010

Sign up sheets & flyers available at the Senior Center / Flyers also available on our web page www.townofcharlton.net Click on Departments then click on Council on Aging/Senior Center

Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton 2019 Day Trips

August 28 (Wed) Ultimate Tribute Show - Experience some of the greatest hits from some of the greatest entertainers of all times - Lake Pearl, Wrentham - \$92.00

Sept 17 (Tues) Atlantic City Boys - Four dynamic lead singers perform an exciting mix of world class vocals and interactive comedy - Davensport Yacht Club - \$92.00

Sept 24 (Tues) Simon Pearce Glassblowing Studio and King Arthur Factory - Fall foliage, tour glass blowing factory, and King Arthur factory after lunch - \$119.00

Oct 9 (Wed) New Hampshire Turkey Train - Foliage train ride, Harts Turkey Farm Luncheon, Mystery stop and sightseeing - \$99.00

Nov. 14 (Thurs) Ricky Nelson Remembered - Ricky Nelson's twin sons perform their father's hit songs - Venus DeMilo, Swansea \$95.00

Dec 3 (Tues) Johnny Mathis Christmas Tribute - Ultimate tribute to Johnny Mathis with Christmas songs and some of his biggest hits - Davensport Yacht Club - \$92.00

## 2019 OVERNIGHT TRIPS

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

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

## DAUGHTERS OF ISABELLA

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

Aug. 11: Newport Playhouse Show & Lobster Fest \$102

Special lobster feast! 8:30 a.m. Southbridge, 9 a.m. Webster. Terrific "Funny Money" show & cabaret. Lobster feast & Newport's best show!

Sept. 15-17: Atlantic City Resorts Casino \$259

Atlantic City's original casino! 7 a.m. Webster, 7:30 a.m. Southbridge. \$25 slot play/\$60 food credit/Casino Revue Show. Atlantic City! The 'Shore' Thing!

Oct. 6: NH Turkey Train \$92

Scenic rail tour round Lake

Winnepesaukee and lunch! 9 a.m. Southbridge, 9:30 a.m. Webster. Spectacular New England footage! New Hampshire awaits!

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

## DOUGLAS SUNSHINE CLUB

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

## DUDLEY SENIORS

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

For more information, please call Evelyn at (508) 764-8254.

## FRIENDS OF THE STURBRIDGE SENIORS

On Wednesday August 28th at Lake Pearl in Wrentham Ma.. Come see Patti and Jose who were voted "Musicians of the Year" by Norwegian Cruise Lines. They have wowed audiences worldwide with their Vibrant performances of the songs of Neil Diamond, Carol King, Johnny Cash and Janis Joplin. For \$92, enjoy Deluxe Transportation, a delicious Plated Lunch of Salad, Breads, Choice of Entree, Potato, Vegetable, Dessert and Coffee/Tea.

On Tuesday September 17th at the Danversport, Ma. Yacht Club. You will be entertained by the Atlantic City Boys. They are 4 Dynamic Lead Singers who mix World Class Vocals and Interactive Comedy. Hear them sing the songs of The Beach Boys, The Drifters, The Bee Gees and of course Frankie Valli and the Four Seasons. For \$92, sit back and enjoy Deluxe Transportation, feast on a delicious Plated Lunch of Salad, Breads, Choice of Entree, Potato, Vegetable, Dessert and Coffee/Tea.

Tuesday, Dec. 3 to Thursday, Dec. 5 Overnight Trip 3 Days/2Nights. Prices are \$459 for Double Occupancy and \$559 for Single Occupancy. On Wednesday see the Spectacular Awe Inspiring Special Effects and complete with Live Animals "Miracle of Christmas Show" at the Milenium Sight and Sound Theater. Following the The Miracle Show is Dinner at the always delicious Plain and Fancy Restaurant. Also included in this trip and happening on Tuesday is a Dinner Show production of Irving Berlin's Musical "Holiday Inn" featuring thrilling dance numbers, laugh out loud comedy and a Parade

of Irving Berlin's Hit Songs. Thursday features a visit to Hershey's Chocolate World and Milton Hershey School and Founders Hall before we head home with rest stops on our way back. This Trip includes 2 nights Lodging, 2 Breakfasts, 2 Dinners, Tickets to The Miracle of Christmas and Tickets to the Holiday Inn Show and a Full Commentary Back Country Tour of the Farmlands of Lancaster Country.

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

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

## LEICESTER SENIOR CENTER.

Wednesday, Aug. 14: Trip to the Summer Theatre for "Saturday Night Fever" and Hart's Turkey Farm. Bus leaves at 8:30 a.m. Cost is \$99.

Friday, Sept. 13: Trip to Lake Winnepesaukee Cruise. Buffet luncheon & scenic sights and a visit to Moulton Farm Market. Bus leaves at 8:30 a.m. Cost is \$99.

Thursday, Oct. 17: Trip to Twin Rivers and Wright's Chicken Farm. Bus leaves at 9 a.m. \$7 food credit and \$10 slot play. Cost is \$59.

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

## MARY QUEEN OF THE ROSARY PARISH

SPENCER — Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the following trips. For more information, call Bernard Dube at (508) 885-3098.

IRELAND: September 9-22, 2019  
USA: SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020  
JAPAN: March 26 to April 9, 2020  
JAPAN & CHINA: March 26 to April 22, 2020  
SPAIN & PORTUGAL: September 9-24, 2020

## MILLBURY SENIOR CENTER

1 RIVER ST.  
MILLBURY, MA 01527

Thursday, Sept. 12: Newport Playhouse trip. The play is "BINGO." Leaving at 9 a.m. Return around 6 p.m. Cost is \$76 apiece, and includes dinner, show and cabaret! For more information or reservations, please call the Millbury Senior Center at (508) 865-9154.

Sept. 22-24: Atlantic City Resorts. \$239. Three days and two nights. Departs 7:30 a.m., returns around 8 p.m. Price includes overnight accommodations at resort, two dinner vouchers and a show ticket, plus \$25 in free slot play! For more information or reservations, call or stop by the Senior Center at (508) 865-9154.

## PAXTON SENIORS

Are you interested in joining another wonder trip in 2019?

A group of Seniors from Paxton and surrounding towns are planning a trip this year to Italy. The group plans to leave Paxton on Sept. 9, with transportation provided to Logan and return. Our flight will take us to Rome, Italy for 10 days visiting many historical sites of Italy. Rome has many beautiful attractions that many of us have not seen on previous visits. After two nights in Rome, we will move on to one night in Perugia where we will have the opportunity to visit Assisi, the birthplace of St. Francis of Assisi. Following our stay in Perugia, we move on to Florence, "the Cradle of Italian Renaissance," where we will view Michelangelo's incredible statue of David. After two nights in beautiful Florence, we will move on to Venice. On the way to Venice, we will stop at a 12th century castle and learn about the famous Tuscan wines and enjoy a cooking class and lunch. Next we are off to Venice for two nights. During that time, we have an opportunity to visit many of the wonderful sites of the Canal City.

After Venice, our next and last night will be Milan where we will have an opportunity to visit and shop at the "Quadrilatero della Moda," Milan's high-fashion district. We will depart for

Turn To **TRIPS** page **A10**

## RONNIE'S SEAFOOD

RT. 31 CHARLTON DEPOT

"Proudly serving the community for over 45 years"

1/4 lb Lobster Rolls • Clam Fritters  
Whole Belly Clams • Shrimp • Scallops  
Clam Strips • Haddock • Clam Chowder  
Hamburgers • Hot Dogs • Chicken Tenders  
Hand-cut Fries • Kids Meals • Ice Cream & More  
Over 30 flavors of hard ice cream & soft serve



**Lunch Specials**  
11-2pm Tuesdays-Fridays

**Tuesday-Sunday**  
11am-9pm  
Accepting most major credit cards



Adventure tours of Warren  
Share the Adventure with us!



NCL NORWEGIAN  
CRUISE LINE®  
EMPS REGISTRY BANAMISA UNITED STATES OF AMERICA.

JOIN US  
IN  
2020

Book Early  
for  
Best Cabins

7-Night Bermuda Cruise  
Aboard Norwegian Gem

May 29, 2020 to June 5, 2020

Inside \$1399 | Ocean View \$1599 | Balcony \$1999

### CRUISE INCLUDES:

- Ultimate Beverage Package\*
- Specialty Dining Package\*
- All Government Taxes and Port Charges
- \$50 Cabin Credit per Person
- Transportation to and from the Ship
- \*Service fees apply

\*Book before  
August 1 for a  
BONUS Bottle of Wine  
in your stateroom\*

Share the Adventure with us soon!

For further information call Randall at

(413) 436-5357 or email [adventuretours@att.net](mailto:adventuretours@att.net) or go to [www.adventuretoursofwarren.com](http://www.adventuretoursofwarren.com)

Salon  
769

508-764-9901  
Salon769.com



Rehydrate, Replenish and  
Nourish Dry Summer  
Skin & Hair!

Hydro  
Facial

\$98

Collagen  
Induction  
Therapy

\$150 Regular \$250

Micro  
Dermabrasion

\$88

FREE Deep  
Conditioning  
Treatment  
With Every  
Hair Service

Advanced Skincare

769 Worcester Street, Southbridge

508-347-3028

[www.advancedskincare.solutions](http://www.advancedskincare.solutions)



# Still time to make additions and changes to your landscape



Melinda Myers Photo

Interplanting Bright Yellow Swiss Chard, parsley & Imperial Antique Shades Pansy creates a garden that provides both food and ornamental appeal.



**GARDEN MOMENTS**  
MELINDA MYERS

planting due to the weather. You can still add vegetables to your garden, mixed borders and containers. Just check the seed packets for the number of days from planting to harvest. Then calculate the number of days left in the growing season and plant those veggies that have enough time to reach maturity before the first fall frost. Leaf lettuce, radishes, spinach and peas are just a few to consider.

Late August is a good time to patch bare spots,

overseed, or start a new lawn. The soil is warm, air temperatures are starting to cool and rain showers are often less intense. This means the grass seed will germinate more rapidly and the young seedlings will thrive in the cooler temperatures.

Fill voids in the garden with fall blooming annuals. These add color to the late summer and fall landscape. Many provide needed nectar for the pollinators, helping them prepare for winter hibernation or their long migration home.

Look for nemesias, pansies, stocks, dianthus and other plants that thrive in cooler weather.

Plant perennials to add color and texture to your landscape throughout the year. Get the most out of every inch of your landscape by selecting plants with multiple seasons of interest. Select perennials with colorful flowers, attractive foliage and seed heads that provide winter interest and food for the birds. Make sure you include a variety of plants to provide spring, summer and fall blossoms for you, the bees,

butterflies and hummingbirds to enjoy.

Survey your landscape and look for opportunities to use plants to screen unwanted views, maintain desirable lines of sight or create the perfect space for relaxing and entertaining. Remember to look up as you begin this process. Avoid planting trees and large shrubs under overhead utilities. When these small transplants reach their mature size they can create a hazardous situation and require removal or severe pruning that leaves you with

an unattractive plant.

As you begin planning and at least three business days before you put the first shovel in the ground always call 811. They'll contact all the appropriate companies who will mark the location of their underground utilities in your work area. This helps eliminate the danger and inconvenience of accidentally knocking out power, cable or other utilities while you create a beautiful landscape.

Help new plantings get off to a healthy start with proper care. Check new plantings often and water thoroughly whenever the top few inches of soil are crumbly and moist. This encourages deep roots that are more drought tolerant and better able to compete with weeds and tolerate pests.

Spread a layer of shredded leaves, evergreen needles or wood chips over the soil surface to conserve moisture, suppress weeds and keep the roots cool and moist. Keep mulch off the crowns of plants and trunks of trees. Mulching now reduces time spent watering and weeding.

Take advantage of the remaining season to make the changes you'd like to see in your landscape. You'll enjoy the adding beauty and improvements this fall and for years to come.

Melinda Myers is the author of numerous books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

The cool wet spring delayed planting, deck and patio installations and other outdoor projects. Fortunately, there is still time to complete much of your outdoor work.

Many gardeners missed or limited spring

## What's hot and what's not in antiques and collectibles



**ANTIQUES, COLLECTIBLES & ESTATES**  
WAYNE TUISKULA

I often refer people to the Forbes article "Sorry, Nobody Wants Your Parents' Stuff" when they contact me with a house full of "brown furniture," glassware, and china. Unfortunately, prices are at the lowest I've seen for many of these items. It's not all bad news in the world of antiques and collectibles though. Some items aren't selling well, but there are many others bringing stronger prices than they did 20 years ago.

We've seen prices for porcelain collectibles like Hummels and Lladros drop for over a decade. There are plenty of collectibles that are still highly desirable. I've discussed comic books



in previous columns. Comics remains a very hot market. 1960's and earlier superhero comic books in great condition can often bring hundreds of dollars. If you barely read your copy of the Hulk #1 from 1962, you could cash it in for enough to buy a house. A pristine copy sold for over \$300,000. Coins are also still strong. 1964 and earlier United

States dimes, quarters, half dollars, and silver dollars are 90 percent silver. Rarer coins can have numismatic (coin collector) value well above the silver value. Silver and gold coin continue to sell well at auction.

Some collector plates are selling for as little as \$1 on online auction sites.

Hopefully, you have old advertising signs hanging on your walls instead of collector plates. We sold a 19th century trade sign in the shape of eyeglasses that brought over \$6,200 in one of our auctions. An old Campbell's Soup sign depicting an American flag, featuring multiple rows of soup cans depicting red and white stripes and blue cans representing stars, sold at auction in 2013. The rare sign brought \$45,000.

One estate sale liquidator quoted in the Forbes article said that "old mahogany stuff from my great aunt's house is basically worthless." Prices have dropped considerably on most mahogany and other brown furniture. Even furniture by well known manufacturers such as Ethan Allen doesn't bring anywhere near what it used to. However, they can still be sold at estate sales, on Craigslist, etc. if they are well promoted and the price point is right. Midcentury modern furniture is fetching very strong prices though. We sold a Widdicomb mid-century modern chaise for \$3,500 to an out of state bidder in one of our 2017 auctions. A circa 1966 Warren Platner Settee for Knoll International sold for \$6,500 in a 2016 auction. If you happen to have furnished your home with midcentury modern furniture you could be literally be sitting on a windfall.

We continue to pick up a wide range of antiques and collectibles for our Aug. 29 live auction in Worcester. We also have many estate sales and other events scheduled for the fall. I'll be presenting on antiques as part of the Worcester Senior Center's Distinguished Speaker series on Oct. 16 from 10:30 to 11:30 a.m. The next session of my "Evaluation your Antiques" class takes place at the Bay Path Evening School in Charlton on Sept. 17. I'll also be appraising items for the Finnish Heritage Society Sovittaja in Rutland on Sept. 21 and for the Shrewsbury Historical Society on Oct. 23. Please see [www.centralmassauctions.com](http://www.centralmassauctions.com) for details on these and other events.

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

## LOCAL SERVICE PROVIDERS

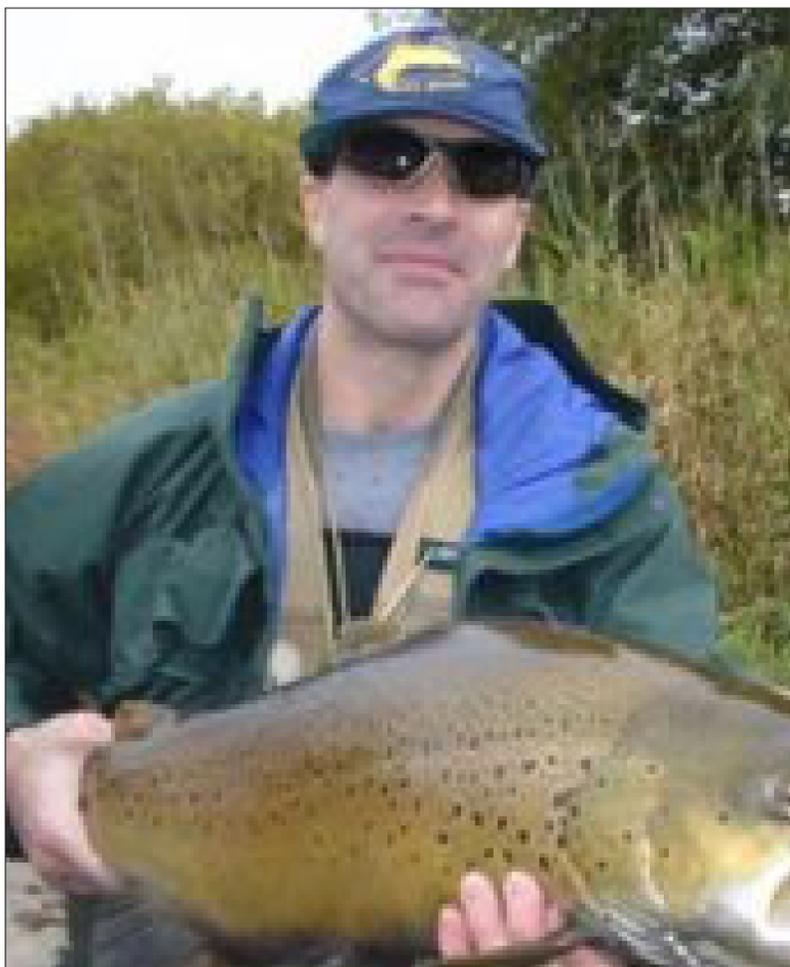


**APPLIANCES**  
Servicing Household Appliances since 1978  
All Makes & Models  
**Complete Line of NEW APPLIANCES**  
All Major Brands  
6 & 12 Months Financing Available  
Service calls starting at \$75  
In house or in shop drop off  
Delivery, Installation & Removal available.  
**Dave's Appliance 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

To advertise in  
The Local  
Service Provider Directory  
Contact June  
at 508-909-4062  
[Jsima@stonebridgepress.news](mailto:Jsima@stonebridgepress.news)

**ROLL OFF DUMPSTERS**  
**PEPIN**  
WASTE SERVICE  
Your Local Roll-Off Specialist  
**Weekend Special \$275**  
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

# Lucking out on Lake Ontario



THE GREAT OUTDOORS  
.....  
RALPH TRUE

Anglers that want to catch big fish during the dog days of summer need to take the time to make a trip to Lake Ontario in upstate New York. Fat Nancy's Bait & Tackle in Pulaski reported that fishing has been red hot for a couple of months on King Salmon and very little attention is being made about brown trout fishing. Anglers

need to fish in 100 to 125 feet of water to find the fish that average 20 to 25 pounds, with fish hitting the 30-pound-plus range. Reports of 20 to 25 hookups a day by charter boat captains are being reported daily.

Making a trip to New York only takes four to five hours from the valley area. Calling Fat Nancy's bait shop for a reputable charter boat captain will have you catching king salmon on the first day on the water, providing the weather conditions are favorable for boats to navigate the sometimes

unpredictable weather on the big pond. Windy conditions can ruin a good fishing trip as this writer and numerous other buddies of mine can tell you.

I often made the trip to Lake Ontario with a couple of fishing buddies. The late Jack Cunningham and Peter Opperwall of Douglas planned our trip annually to the big pond, mostly in the spring, but did make a couple of trips in August prior to the big run of salmon which were returning to the Salmon River. We often stayed at a camp on the water in later

years called Winnies Waterfront, which was located at Sodus Bay. We caught a few big brown trout that were in the 20 lb. range while fishing with planer boards. Unfortunately, the couple that owned the lodge had since passed away.

Hooking into big brown trout and king salmon had me eager to move to upstate New York, so that I could enjoy fishing for the big fish more often. Fortunately, my wife refused to move to New York, and it was a good thing that she did. Winter months in

that area can be severe with ocean effect snows lasting for four months out of the year. After I came to my senses, I realized that Lake Ontario was a great place to visit, but the valley was where I belonged. Moving and changing my other outdoor activities was not what I really wanted. I found that saltwater fishing can be just as exciting, and catching big fish in saltwater has me going back for more every year.

The changes in the 2020 turkey season allow for harvesting two tom birds in one day in the spring, but the third

bird needs to be harvested in the fall. Local turkey hunters were hoping for the third tom to be harvested in the spring as it is much more exciting, being able to call them into a few decoys. Oh, well!

This week's two pictures show a king salmon and a huge brown taken in the Salmon River a few years ago! The river's annual run of salmon is best in September & October.

*Take A Kid Fishing & Keep Them Rods bending.*



## Helping you get back home.



**508.832.4800**  
14 Masonic Cir.  
Auburn, MA 01501  
LCCA.com/auburnma  
Joint Commission accredited

Accepting all major HMO insurance plans, as well as Medicare and Medicaid.

24/7 Skilled Nursing Care • IV Therapy • Physical, Occupational and Speech Therapy • Short-term Rehabilitation • Wound Care  
**Premier Facility – Accepting Applications – Please call for job opportunities.**



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

# OPINION

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

## EDITORIAL

### Don't sweat the small stuff

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before Old Man Winter heads back into the neighborhood. Many people who suffer from "burnout" welcome the longer days and warmer weather; however, sometimes these three months of frisbee throwing and hanging by the lake aren't enough.

With the go, go, go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers.

If work is taking its toll on you, you may need to make some changes there. Experts say that oftentimes, simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out.

Managing stress properly is huge; however, not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are overworking themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. A society that was able to put a man on the moon, however, can surely come up with ways for all of us to find the time to put ourselves first without letting our job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms, but often, a week isn't enough time to truly combat burnout. If you are at a severe risk of burning out, experts say to stop working for at least two weeks and cut yourself off completely from the office. According to those in the know, they say most employers will understand that this break will result in a better employee after they return. If two weeks isn't in the cards, at least take one day a week to yourself with no phone calls, no emails or anything work related.

Finding a release is imperative, whether it's going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability.

Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We're not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary and you need to protect it.

Oftentimes, people take better care of their vehicles than they do themselves. To keep a car running smoothly, you need to upkeep with maintenance, use top of the line fuel and keep the miles low.

In the book "Don't Sweat the Small Stuff, and It's All Small Stuff" by Richard Carlson, he talks about how when you die, your 'In Basket' won't be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get every-

Turn To **EDITORIAL** page **A10**

## The combined wisdom of Edison and the Babe

If you've been reading my columns for a while, I'm sure you have figured out that many of the issues I write about are issues I am personally working on. Yes, for those who are regular readers, by now, you now know me well. Forgiveness, death, rejection, living in the present, just to name a few. I recognize if it is a struggle for me, it is something many of you are also grappling with.

I'll begin this column with a confession. I've always struggled with the idea of failure.

As with most of our life struggles, the label we place on issues often dictate our feelings. Failure is a damaging label. "I failed," or worse, "I am a failure" are words that should never come out of our mouth. Remove them from your vocabulary. Believing we have failed is a statement of emotion more often than fact. When our emotions lead us to believe we have failed, we believe the quest is over. We quit trying and a lack of success is the result. But sometimes our emotions lead us into places that aren't rational. Our emotions are chemical reactions brought about by our brains feeling something is wrong or right. Emotions do not cause us to make accurate decisions based upon fact. The chemicals block us from thinking logically and often encourage us to make quick decisions that are not always in our best interest. We encounter an obstacle that seems insurmountable ... the chemicals in our brain kick in. We see no way around the problem and we quickly identify our efforts as "failure" and we quit. We then become disappointed, discouraged, and often, depressed.

What does it mean to fail? The best description I can find is simply "not achieving success."

"It's hard to beat a person who won't quit" – Babe Ruth

George Herman Ruth ... "The Babe" ... "The Bambino" ... "The Sultan of Swat" ... arguably the greatest homerun hitter of all-time, was not viewed by those who knew him as a philosopher or deep thinker. He was an uneducated, uncultured and quite unrefined athlete. Most of what came out of his mouth was usually not suitable for mixed company. Regardless, this quote is profoundly true.

### POSITIVELY SPEAKING

BY GARY W. MOORE

The movie Rocky isn't a true story, but I think it's the best tale I know that shows the success that can be obtained by not quitting. Rocky Balboa, an aged amateur fighter with limited skills and ability had no business being in the ring with the Heavy Weight Champion of the World, Apollo Creed, but what Rocky was missing in talent and ability, he made up in sheer determination. Rocky kept getting up every time he was knocked down. Rocky didn't give up and he overcame. He didn't win the match, but went the distance, which was his goal. Rocky succeeded.

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time" – Thomas Edison

The story is told that Thomas Edison tried and failed to make the first light bulb over ten thousand times. He didn't quit but forged ahead. When asked about his thousands of failures, Edison responded, "I didn't fail. I succeeded at finding ten thousand light bulbs that didn't work!" The rest is history and Thomas Edison is historically one of the world's most prolific inventors. Edison's determination changed the world.

So how do we learn to overcome failure? For me, it was as simple as removing the label and looking for the examples of those who overcame failure to succeed. I found those examples in the lives and words of a most unlikely pairing of winners ... Thomas Edison and Babe Ruth.

Remove the label. Defy the lie. Refuse to call or think of your inability to succeed at something as failure. Adopt Edison's attitude and just confess you succeeded at not finding a path to your success. Then adapt Babe Ruth's philosophy and don't quit trying.

Delete the word failure from your vocabulary and never give up and above all, remain optimistic that success can be yours ...

Because it can.

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

## Keep Your Cool Under the Hot Summer Sun

The recent heat wave inspired me to review some common sense tips to chill down this season. So if the sizzling sun has you losing your cool, read on. The following hints can help relieve some of the summer's heat in record time.



TAKE THE HINT  
 KAREN TRAINOR

Some quick tips:

\*Did you know when you make your head cold, the chilled blood circulates and cools the rest of your body? Simply place a cold compress on your forehead or an icebag on your head or on the back of your neck to cool off quick.

\*Also to prevent overheating while exercising, wrap a terry cloth band or bandana soaked in ice water around your head while you participate in sports or bike, or run. Here's a simple but highly effective tip: If you are planning to be outside for a while or driving in a hot car, try bringing along a spray bottle of water. Just mist your face as needed. Common sense - but it works!

\*Guys, here's a tip you may not know about. Don't take off your shirt to cool off, even if you aren't directly in the sun. Once you start perspiring, a shirt can act as a cooling device when a light breeze goes through. So stick to light colored tee shirts to keep cool. And loose cotton shirts keep you cooler longer, especially when working or playing outside.

Trying to beat the heat while cooking

supper? Select right-sized pots and pans with tight-fitting lids and cook at lower temperatures to reduce energy use. A six-inch pan on an eight-inch element, for example, wastes 40% of the element's heat output and releases the heat into the air.

\*\*\* Avoid heavy foods, and add to your summer diet foods that contain a lot of water such as watermelon, pineapple, summer squash, tomatoes, etc. to keep hydrated and cool.

\*\*\* If you're busy and working or playing in the summer sun, it is easy to forget how much (or little) water you are drinking. Did you know that if you are thirsty, your body is already 15% dehydrated? Don't wait until you are thirsty to drink, especially in the heat of summer.

\*\*\* Also, it pays off to be aware of how often you urinate and if possible the color of the flow. You should be drinking enough liquids that you need to urinate at least every two hours and the urine should be clear yellow; if it is dark yellow or orange, you are in trouble and get fluids into you immediately.

\*\*\* And "just say no" to caffeinated, sweet, or alcoholic beverages during a heat

Turn To **TRAINOR** page **A10**

## Welcoming a new child? Consider these financial moves



FINANCIAL FOCUS  
 JEFF BURDICK

If a new child has entered your life, you are no doubt full of joy today and hopes for the future.

And you can help make that future a brighter one for your child and your family by taking some important steps in these areas:

College – Given the consistently rising costs of higher education, the earlier you start your savings and investment plans, the better off you will likely be. While it may be difficult to set aside money for education when you're still a young family, planning to cram at the last minute is not a good idea. Time is one of your biggest assets, and delaying even a few years can have a big effect on your portfolio's value.

In addition, just like regular attendance is crucial for success in school, setting aside money every month can help make a difference in reaching your family's education savings goals. Developing a strategy for achieving your education savings goal can help you stay on track. And if you have other goals, such as saving for retirement, it's important to address how they fit into your overall financial strategy.

Insurance – If you did not have life insurance before, you may want to consider it now. Ask yourself: If something happened to me, would my child be able to stay in the same house? Receive an education? Enjoy a comfortable lifestyle? Even if you have an actively involved co-parent with a steady income, it still might not be enough to take care of your child in the way you would have wanted. Consequently, you may need life insurance – and you might need other types of protection, too, such as disability insurance.

Estate plans – With luck, you will live to see your children as adults who have found their way in the world. Still, it's best to be prepared for anything – which means you should draw up your estate plans well before they are likely to be needed. Among other things, you may want to name someone to serve as your child's guardian if you – and your co-parent, if one is involved – are not around. And because a minor generally cannot inherit money or property, you may also want to appoint a conservator to act as a guardian over whatever financial assets your child might inherit until the child is of age, which will be 18 or 21, depending on where you live. Your legal professional can help you determine whether you should write a will and possibly create other estate planning documents, such as a living trust.

Even when you devote the time and money necessary to your new child, you can't forget about yourself and your own needs – in particular, you must save and invest for retirement. Contribute as much as you can afford to the retirement accounts available to you, such as your 401(k) and IRA. After all, the more you put away, the less likely the need for your child to help support you later in life.

You'll have much to think about when you welcome a new child to your family but by taking the time to make the appropriate financial moves, you can help make the transition a positive one.

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

**DON'T MISS A BEAT**  
 CHECK OUT THE SPORTS ACTION!



# Community Connection

Your area guide to buying & shopping locally! Support your community



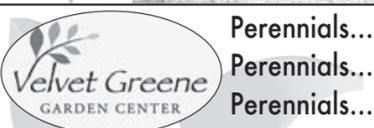
**Steve's Collision Center, Inc**  
Proudly Serving the Tri-Community Area for 30 Years with Expert Collision Repair

- 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**



**Perennials... Perennials... Perennials...**

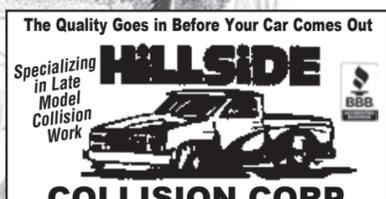
381 Sturbridge Road • Brimfield, MA  
On Rte. 20 - At the Sturbridge/Brimfield Line

**Perennial of the Week:**  
*Knock Out Roses*  
**Proven Winner Annuals**

Sale Prices on ALL Flowering Shrubs and Begonias

Herbs  
**MULCH & TOPSOIL**  
Pick-up or Delivery  
Gift Certificates Available  
Mon-Fri 9-5, Sat 8-5, Sun 9-3  
413-245-7900 • www.velvetgreene.com

The Quality Goes in Before Your Car Comes Out



**HILLSIDE COLLISION CORP.**

Specializing in Late Model Collision Work

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



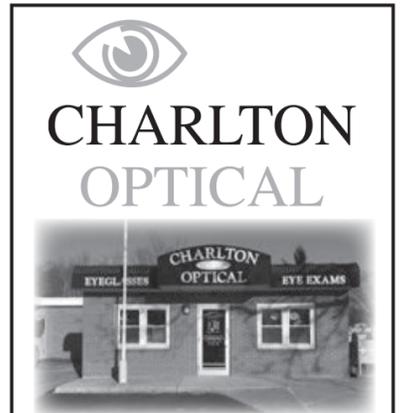
**Morin JEWELERS**  
Fine Jewelry & Gifts  
The Jewelry store where you buy with confidence

**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



**CHARLTON OPTICAL**

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



**SHREWSBURY MARBLE & GRANITE, INC**

BUY FACTORY DIRECT & SAVE SUMMER 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



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

**SPECIALS GOOD 8/5-8/11**

NEW CROP BARTLETT PEARS 99¢ lb.	BOAR'S HEAD DELUXE HAM \$7.99 lb.	ON THE VINE CLUSTER TOMATOES \$1.49 lb.
CANADIAN ROMAINE LETTUCE .99¢ head	BONELESS PORK CHOPS \$1.99 lb.	SOUTHERN PEACHES 99¢ lb.

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



**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



**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



**THE DOG HAUS**  
Providing Exceptional Service & Care for your Fur Family

**DOGGY DAYCARE**  
For the socialization your pup needs to improve his/her quality of life in a safe, fun & nurturing environment with both dog and human interaction.

**OVERNIGHT DOG BOARDING**  
Enjoy peace of mind while you're away.

**We offer a more personal care and approach to our guests**

All Day Play | Spacious Play Yard | Lots of TLC!  
We offer discounts to seniors, military, first responders, and rescue/adopted pets

**PICK-UP / DROP-OFF SERVICE**  
Attached to Post Road Veterinary Hospital & Best Friends Grooming Salon  
154 Sturbridge Rd (Rt. 20) Charlton, MA  
508-248-WAGS (9247) www.dasdoghaus.com  
~OVER 10 YEARS EXPERIENCE~



**Charlton Oil Propane**  
508-248-9797

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 7/29/19 was \$2.34 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



**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!

Your area guide to Buying, Dining & Shopping Locally!

Support Close to Home!



**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



**Morse Lumber Co., Inc.**

**QUALITY AT A SAVINGS**

994 N Woodstock Rd  
Southbridge MA 01550  
Route 169, 1/2 Mile from Conn. Line  
508-764-3231 Morse-Lumber.com



<b>BUILDING MATERIALS AND SUPPLIES</b>	• Pine	• Mouldings	• Septic Pipe	• Timbers
• K.D. Framing	• Cedar	• Drywall	• Fabric	• Industrial Lumber
• Pressure Treated Lumber & Ties	• Plywood	• Ceilings	• Gutters	• Wood Chips
• Composite Decking	• Roofing	• Flooring	• Replacement Windows	• Grade Stakes
• Trusses & Engineered Lumber	• Siding	• Hardware	<b>SAW MILL PRODUCTS</b>	• Softwood & Hardwood
	• Windows	• Cements	• Rough Sawn	
	• Doors	• Split Rail Fencing	• Dimension Lumber	
	• Insulation		• Boards	

**"Quality Materials and Service Since 1951"**

**ADVERTISING WORKS!**  
Call Mikaela at (508) 909-4126 if your business is in Sturbridge  
Call June (508)909-4062 if your business is in Charlton

**TRIPS**

continued from page A5

home from Milan.

**SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION**

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

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

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

August 28, 2019 – Wednesday – Diamonds and Pearls the ultimate tribute show.

For \$95 you will get a deluxe motor coach to Lake Pearl in Wrentham MA. where you will hear the music of Neil Diamond, Carol King, Janice Joplin and more. You have a choice of baked stuffed chicken or schrod

September 17, 2019 Tuesday - Atlantic City Boys For \$95 you will get a deluxe motor coach to Danvers Yacht Club in Danvers MA. where you will hear the music of the Beach Boys, The Drifters, the Bee Gees and more. You have a choice of baked stuffed chicken or schrod.

October 8-15, 2019 – ALL INCLUSIVE ARUBA – Room has just opened up for two couples on the 2019 trip, and I am taking names for 2020 trip,

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

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

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

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

**FRIENDS OF STURBRIDGE SENIORS**

We are proud to announce the

following upcoming Bus Trips which are open to everyone age 21 and over. The following One Day Bus trips are 92.00 which includes a Deluxe Bus Transportation, Delicious Lunch, Tax, Gratuity and Fabulous Entertainers.

Sunday May 19th See The Edwards Twins, the Best Impersonators of all the Biggest Stars.

Tuesday June 18th See The 3 Red Neck Tenors, Down Home Laughs + Big City Music, Pop to Opera.

Wednesday August 28th Tribute Show hear Songs of Neil Diamond, Carol King, Johnny Cash, Janis

Tuesday Sept 17 Atlantic City Boys, 4 Dynamic Lead Singers perform World Class Vocals and Comedy

We also have the following 2 to 5 Day Overnight Trips for Singles and Double Occupancy.

Saturday June 29 to Wed July 3 Nova Scotia, Bay of Fundy, Royal Nova Scotia International Tatum

Military Festival, Halifax Saint John plus more 1299 Double occupancy

Saturday August 3 to Sunday August 4, Boston Red Sox vs NY Yankees game, Statue of Liberty, Ellis

Island, 399.00 Double Occupancy

Tuesday 8/27 to Thursday Spectacular Saratoga NY Raceway, Lake George Cruise, Tour of Saratoga

Battlefield, Norman Rockwell Museum. 499.00 Double occupancy

Tuesday December 3 to Thursday Dec 5th Pennsylvania Dutch and The Miracle of Christmas Show,

Hershey's Chocolate World and more 459.00 Double occupancy

For more information, please contact Dick Lisi at 508 410 1332 or at lisirichard15@yahoo.com

**UNION SAINT-JEAN-BAPTISTE CHAPTER 12**

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

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

Aug. 11 – "A Sunday Afternoon at Tanglewood" — a noon luncheon at

the Red Lion Inn followed by the 2:30 p.m. concert with reserved seating in the Koussevitsky Music Shed. Thomas Ades, conductor, leads the Boston Symphony Orchestra with the music of Ives and Beethoven and guest pianist Inon Barnatan. The cost is \$127 (an inclusive luncheon, concert and motor coach transportation). A payment plan is available. The reservation deadline is July 30. Departure is 9 a.m., RMV parking lot, Southbridge.

Nov. 16 — "Do As You Wish Day in New York City" – shop for Christmas, do some sightseeing, visit a museum, attend a Broadway matinee, dine at a special restaurant, a visit to the aircraft Intrepid, visit the 911 Memorial complex. There is much to do and enjoy. Departure is 6:30 a.m. from the Southbridge RMV parking lot, and the return departure from New York City is 6:30 p.m. Included are rest stops to and from New York City. Cost is \$59 per person. The reservation deadline is Nov. 6. For information and reservations, call (508) 764-7909. To avoid disappointment, call early.

Dec. 14 — "Festival of Christmas Lights" at Our Lady of La Salette Shrine, seasonal concert with Fr. Pat, the singing priest, visit the International Museum of Creches, Gift and Book Shop, Chapel of Light, a Bistro for refreshments and snacks, a Carousel for the children, an optional trolley ride for a small charge to view the display of more than 400,000 lights and a complete inclusive luncheon at Wright's Farm Restaurant. Cost is \$54 per person, \$44 for children three to 10, under three free. Departure is 10:45 a.m. from Southbridge and 11:15 a.m. in Webster, with the return about 7:45 p.m. Reservation deadline is Dec. 5.

**UXBRIDGE SENIOR CENTER**

All trips leave from the Whitinsville Walmart and the Stop & Shop at 32 Lyman St, Westboro. Make sure to include entree choice, phone # (esp. cell) and an emergency # when sending payment. "Like" us on Facebook The Silver Club and The Uxbridge Senior Center. Please call Sue at (508) 476-5820 for more information.

The Silver Club BUS TRIPS for 2019 Please call Sue at 508-476-5820 for more information.

The Uxbridge Senior Center and its Silver Club travelling group is offering the following trips for 2019:

Sept. 20- Sun, Sept. 22. - Balloon Festival \$549. made out to Conway Tours. (trip full - waiting list)

Oct. 1- Return of Turkey Train! Train ride along Lake Winnepesaukee with turkey dinner on board. \$81; leaves Whitinsville at 8:30; Home 6:30

Nov. 12~ Aqua Turf Club ~ lunch & show, "Crooning the 70's". \$79. Family style meal of Penne ala Vodka, Beef Burgundy, & Salmon

It's not too early to think about Christmas! Join the Silver Club for Boothbay Harbor, "Christmas by the Sea" in Portland, ME, or Reagle Players Christmas Show for Christmas 2019!

Nov. 21-22~2 day Boothbay Harbor w/lunch at the Harraseeket Inn in Freeport. -- 2 days w/"Gardens Aglow" (beautiful light show at the botanical garden) at the Boothbay Harbor Botanical Gardens. 1 lunch, 1 breakfast. \$199. double occupancy, \$259. single.

DEC-5-6 THE TRAPP FAMILY LODGE CHRISTMAS: \$379. dinner & breakfast at the Lodge; Quechee and Montpelier, meet w/a family member to hear the history, etc.

Dec. 8 - Reagle Players Christmas show.... TBA

DEC 13-14: CHRISTMAS BY THE SEA: \$329. 1 breakfast, 1 elegant holiday buffet lunch, 1 dinner. "Magic of Christmas" Portland Symphony Orchestra plus Ogunquit's "Christmas by the Sea" celebration

All trips leave from Whitinsville Walmart, 100 Valley Parkway, Whitinsville. Make sure to always include entree choice, phone # (esp. cell) and an emergency phone number. Please call Sue at 508-476-5820 for more information or to reserve.

**WEST BROOKFIELD SENIOR CENTER**

Block Island, Aug. 21  
Price: \$122 (includes bus driver gratuity)

Trip includes a ferry ride to Block Island, with a 1 and a quarter hour tour across the island with a native

Block Island Guide. Also included is a luncheon at the National Hotel, with entree choices of Grilled Salmon,

Chicken Breast or Baked Seafood Casserole. Some time to browse the shops will be available. A deposit of \$60 is required upon sign-up. Please contact the West Brookfield Senior Center at (508) 867-1407 for more information.

**TRAINOR**

continued from page A8

wave. They act as diuretics and can play havoc with your body temperature.

From the National Weather Service: Signs of heat emergencies and first treatments treated:

Heat cramps signs: Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat. Heat cramps occur when the heat index is above 90 degrees.

Heat cramps first treatment: Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.

Heat exhaustion signs: Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal. Heat exhaustion

occurs when index values are above 90 degrees and is likely to occur when the value is more than 105 degrees.

Heat exhaustion first treatment: Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. Seek medical help. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

Heat stroke signs: Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry. Heat stroke occurs when index values are above 105 degrees.

Heat stroke first treatment: Heat stroke is a life-threatening situation. Help is needed fast. Call 911 or your local emergency number and follow

medical advice until first responders arrive.

\*\*

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 E-mail KDRR@aol.*

com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

**EDITORIAL**

continued from page A8

thing done. By doing this, he says we put off having fun or spending time with loved ones. Keeping a full 'In Basket' means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die, there will still be things left to finish, and that someone else will do it, so there is never a reason not to step back, take in a deep breath, and smell the proverbial roses every once in a while.

**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

# Summer 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**

ACCREDITED BUSINESS A+ f



**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

**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 8/31/19. 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

**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**

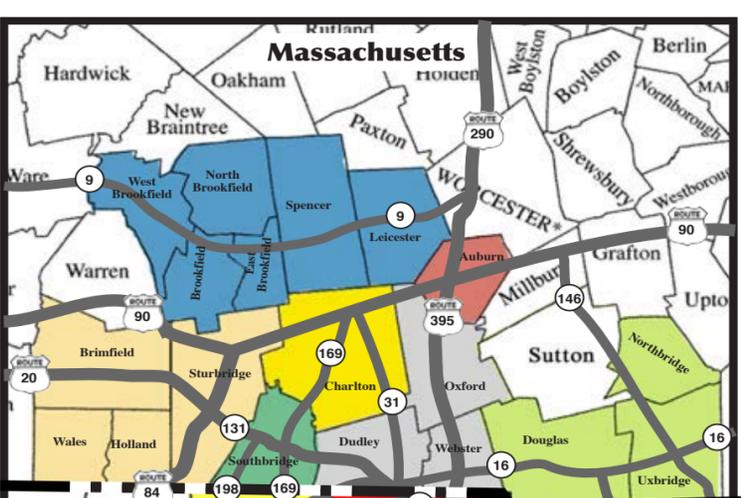
**TOM BERKOWITZ**  
 ~Est. 1980~  
**TRUCKING INC.**

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

Northbridge, MA  
**508-234-2920**  
 tomberkowitztruckinginc.com

Advertise on this page for one low price!  
 Get 7 papers. Call 508-764-4325

- Spencer New Leader
- Sturbridge Villager
- Charlton Villager
- Southbridge News
- Webster Times
- Auburn News
- Blackstone Valley Tribune



**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 stonewalls!  
**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**

**TERENCE M. ALDEN, LLC**  
 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**

**GUTTERS**

- Cleanings
- Repairs
- Installations

**508-867-2877**  
**508-754-9054**  
**A. Eagle Gutters**  
 aeaglegutters.com

ACCREDITED BUSINESS A+

**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

**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

**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

**PAINTING**

**Interior/Exterior Power Washing Carpentry**

- FREE ESTIMATES •
- FULLY Insured •
- Reasonable Rates •

**Rich O'Brien Painting**  
 28 Years Of Experience  
**(508)248-7314**

**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**

**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**

**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!  
 jdraman714@aol.com

**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

ACCREDITED BUSINESS A+

Advertise on this page for one low price!  
 Get 7 papers. Call 508-764-4325

- Spencer New Leader
- Sturbridge Villager
- Charlton Villager
- Southbridge News
- Webster Times
- Auburn News
- Blackstone Valley Tribune

**ROOFING**

**David Barbale ROOFING**  
 Roofing/Siding/Gutters Flooring Windows & Doors Kitchen & Bathroom Remodeling/Carpentry 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

**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

# SPORTS

## Rosseel, Sullivan have seen it all with Sturbridge American Legion Post 109 baseball program



Courtesy photo

Sturbridge American Legion Post 109 manager Jim Rosseel and six-year player Mick Sullivan have seen it all through the last half-dozen summers. This year Post 109 won their first two playoff games in the program's history.

BY KEN POWERS  
SPORTS CORRESPONDENT

STURBRIDGE — The 2019 American Legion baseball season was both the end of an era and, hopefully, the dawn of a new beginning in what has been Post 109's long and often frustrating history.

In the same summer that Dudley resident and Shepherd Hill Regional graduate Mick Sullivan played his final season for Sturbridge, Post 109 won the first two playoff games in not just manager and coach Jim Rosseel's tenure, but in the history of the program.

Was this a coincidence? It was probably not.

Rosseel has coached Post 109 for 11 seasons. In more than half of those — six — Sullivan has been on the team. In that time he has gone from a kid who stepped into the batter's box three times in his first two years to an adult who became the starting shortstop and who served as team captain the last two seasons.

Sullivan joined the Sturbridge team a week before his 14th birthday in a kind of packaged deal with his older brother Jack, who was also picked for the team that year.

"One of the reasons we took him was to give his parents some relief," Rosseel said. "With Jack on the team I didn't want Mick to have to play somewhere else that summer and make his parents run around like chickens with their heads cut off, trying to go two different places at the same time with two kids playing different levels of baseball."

Mick Sullivan made a lasting impression on Rosseel the very first day of tryouts.

"The first day of tryouts I had him in the outfield and I said, 'Mick, what do you think of

Legion baseball so far?'" Rosseel remembered. "And he said, 'coach, I want to play for you for six years. I want to play Legion ball.' I told him that was a good attitude to have and if he kept that attitude he would be playing for six years and would become a starter."

He did and he did. "Jim was honest and up front with me about what my role on the team would be," said Sullivan, who, chronologically, is the third of Ray and Shannon Sullivan's four children, behind Jack and Molly and ahead of Maggie. "He's like that with every player every year.

"I've never heard anybody say a bad word about Jim. Not once. He is always a straight shooter; when you're going to play, when you're not going to play. How you can get yourself in the game. He lays it all out for you as a player," Sullivan continued. "If you have a problem with Jim Rosseel you need to seek medical attention."

Rosseel said Sullivan embraced his role as a guy who wasn't going to play much — if at all — his first two years.

"From Day 1 Mick did everything we asked," Rosseel said. "He chased every foul ball; he passed the hat every game, always with a smile. He's a great kid. He chased foul balls for us all six years, even this year. If I were to ask him this year to pass the hat he would have done it and done it again with a smile."

Sullivan remembers those first two years well — and fondly.

"My first year I got my only at-bat in the next-to-last game of the year,

against Milford, and the kid pitching was throwing 93," Sullivan said. "Needless to say I struck out."

Sullivan didn't play again until the final game of his second season.

"It was against Northborough. Mike Murphy, who was coaching with Jim at the time, told me before the game that because Mick was the guy chasing every foul ball, passing the hat, and doing whatever they needed him to do, he was going to start Mick that night at second base," Ray Sullivan recalled. "I was really excited about that because it meant he would be able to play alongside his brother Jack, who was playing first. It was Jack's final Legion game. It was the only game the two have ever played together.

"The game was tied, 4-4, in the seventh," added Ray Sullivan, who was keeping the scorebook for the team that night. "I realized during the inning that Mick had a real shot to bat in the inning. So I said to Mick, 'this game might end with you at the plate.' And Mick said, 'God, I hope not.' And then he came up and drilled a line drive, the winning run scored and we had a walk-off win."

Mick Sullivan said that at-bat was a defining moment for him in Legion baseball.

"That was huge because I had been around those guys my whole life, ever since I was a little guy, because they were all Jack's friends," said Sullivan, who was either on the bench or in the lineup for 135 of the 144 games Post 109 played while he was a member

of the team. "Being able to actually contribute to something they were doing was huge for me, confidence-wise. My third year when I showed up I was more confident in my abilities; I wasn't a little guy anymore. I started at second that year and moved to short the next year."

Mick Sullivan was really happy to be a part of the team that delivered Jim Rosseel his first two Legion playoff victories.

"It was great that we could get that first playoff win for Jim. He is such a big part of making this team a success. He does whatever it takes," Mick Sullivan said. "There are stories out there about a guy not having his paperwork in on time and Jim will show up at the guy's house at 10:30 at night just to get the paperwork."

Rosseel was surprised that his team even knew that their first playoff win this season was such a milestone moment for him.

"I didn't realize they knew how important that win was to me. A lot of guys on this year's team have been with me for a while. My first goal this year was to make the playoffs. I told the team before the season, 'I just want to make the playoffs. If we make the playoffs and we end up winning any games, that's a bonus,'" Rosseel said. "I think we're starting to turn the corner. The master plan is starting to come to fruition. This is what I envisioned."

This season Sturbridge finished the regular season 11-11, earned the No. 5 seed, went 2-2 in the playoffs and finished in the Zone 4 semifinals.

## Auburn Recreation and Culture Boys' Summer Basketball League finds final four playoff teams

AUBURN — Playoff seeds were determined in the Auburn Recreation and Culture Boys' Summer Basketball League after the 14 teams involved each played a 10-game schedule. The final standings to figure out the playoff matchups are as follows:

1. Bartlett High, 10-0
2. Leicester High, 9-1
3. Grafton High, 8-2
4. Northbridge High, 7-3
5. Uxbridge High, 7-3
6. Oxford High, 6-4
7. Quaboag Regional, 5-5
8. Millbury High, 4-6
9. Shepherd Hill Regional, 4-6
10. Tantasqua Regional/St. Mary's High, 3-7
11. David Prouty Regional, 3-7
12. Southbridge High, 3-7
13. Tahanto Regional, 1-9
14. Auburn High, 0-10

Then, on Monday, July 22, seeds 3-14 played first round playoff matchups at Auburn High, with the top two teams earning byes. Those results are as follows:

- (3) Grafton 67, (14) Auburn 25
- (4) Northbridge 47, (13) Tahanto 35
- (5) Uxbridge 53, (12) Southbridge 40
- (6) Oxford 37, (11) David Prouty 18
- (10) Tantasqua 73, (7) Quaboag 48
- (8) Millbury 42, (9) Shepherd Hill 32

The eight-team quarterfinals were then played on Monday, July 24, with those results as follows:

- (1) Bartlett 74, (10) Tantasqua 59
- (8) Millbury 58, (2) Leicester 52
- (3) Grafton 40, (6) Oxford 36
- (5) Uxbridge 34, (4) Northbridge 32

That sets up an all Southern Worcester County League semifinal, with Bartlett, Millbury, Grafton and Uxbridge all moving on. The two winners will then play for the championship. Those games were played on Monday, July 29, and check back next week for those results.



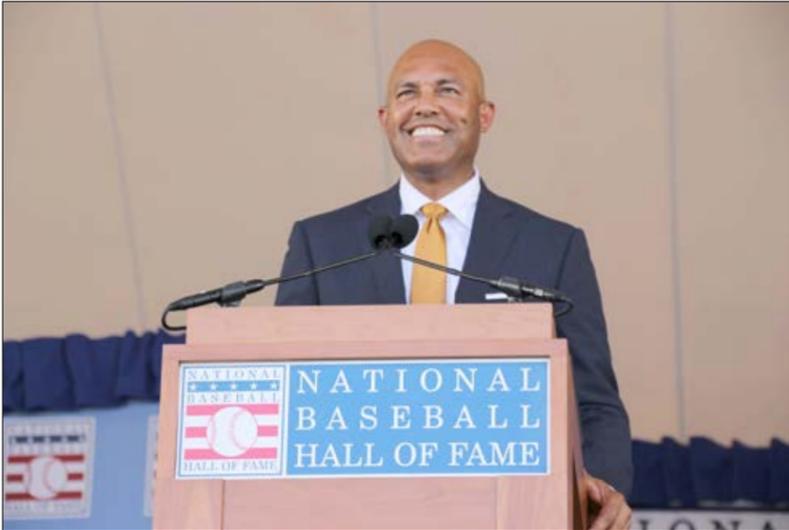
Jason McKay photos

The playoff action in the Auburn Recreation and Culture Boys' Summer Basketball League picked up when 10 games were played over the course of two dates (Monday, July 22 and Wednesday, July 24) to trim the 14-team field down to the semifinals.

# SPORTS

## Cooperstown honors latest inductees into Baseball Hall of Fame

COOPERSTOWN, N.Y. — On Sunday, July 21, the National Baseball Hall of Fame inducted its latest class, which included premier players Mariano Rivera, Roy Halladay, Mike Mussina, Harold Baines, Edgar Martinez and Lee Smith. Local resident Dick McGrath was on hand to photograph the players' (as well as Brandy Halladay, in honor of her late husband, Roy) acceptance speeches.



Mariano Rivera



From left, Tim Mead (Baseball Hall of Fame president), Brandy Halladay, Jane Forbes Clark (Chairman of the Board) and Rob Manfred (Major League Baseball commissioner).



Edgar Martinez



From left, Tim Mead (Baseball Hall of Fame president), Mike Mussina, Jane Forbes Clark (Chairman of the Board) and Rob Manfred (Major League Baseball commissioner).



Harold Baines



Lee Smith

### SPORTS BRIEFS

#### 9Round Worcester — James Street naming sponsor for second annual Running Out Of Summer 5K

WORCESTER — Wormtown Milers and RapsCALLion Brewery are pleased to announce 9Round Worcester — James Street as the Naming Sponsor of the second annual Running Out Of Summer (ROOS) 5K. The race, which begins and ends at RapsCALLion Brewery in Sturbridge on Aug. 24 (with a 10 a.m. start time and a cap of 500 runners), benefits Second Chance Animal Services with locations in Worcester, East Brookfield, North Brookfield, and Springfield. One can register online at [www.roos5k.racewire.com](http://www.roos5k.racewire.com).

"We are so proud to be naming sponsor for the second year in a row," commented Sheri Barrette, Owner of 9Round Worcester — James Street. "The focus on both fitness and animal welfare in the local community is the perfect fit for 9Round Worcester and for me personally."

Conceptualized as a means to promote philanthropy, fitness, and positivity in the south-central Worcester county community, ROOS 5K has already become a local favorite. The race, which is co-hosted by

Wormtown Milers and RapsCALLion Brewery, sold out with an extensive wait list in its inaugural year. Post-race feedback was extensive and extremely positive.

"ROOS 5K 2018 was one of the most wonderful events I've ever been a part of," said Lindsay Doray, Director of Development at Second Chance Animal Services. "Not only was it a day filled with smiles and laughter, but the race also donated over \$7,000 to Second Chance AND we adopted out two dogs from our mobile adoption van on race day."

"We are thrilled to once again be co-hosting the Running Out Of Summer 5K with Wormtown Milers," said Cedric Daniel, Co-Proprietor of RapsCALLion Brewery. "This event is all about caring and community — key RapsCALLion values — and we are looking forward to ROOS 5K being an annual event here at RapsCALLion for years to come."

Participants in ROOS 5K will enjoy a scenic, timed 5K race that is dog- and kid-friendly, and will also receive a tech shirt, medal, and a free beer specially brewed by RapsCALLion for the event — the Running Out Of Summer Ale.

In addition to 9Round Worcester — James Street being announced as Naming Sponsor for ROOS 5K, additional sponsors include JFC Pros as a Gold Sponsor, Security Engineered Machinery and Southbridge Credit Union as Silver Sponsors, and Country Bank, Brenda M. Bianculli CPA, and OFS as Bronze Sponsors. Businesses interested in sponsoring should contact Emma Thibault at [wormtownmilersrun@gmail.com](mailto:wormtownmilersrun@gmail.com) or (617) 680-1112.

#### Join PinkHippy.org for a family event for cancer patients and survivors

Come join the fun. Paddle for Recovery with Casi, bring the entire family and play volleyball with the Holy Cross volleyball team, enjoy a potluck BBQ, hang out on the beach, swim and enjoy the end of summer!

It's no secret that Mother Nature can help heal. Just step outside after a stressful day and you immediately start to feel relief. Add in movement or exercise and the benefits grow. New studies have shown that outdoor activity can aid in recovery from disease, reduce stress, increase concentration, and improve your overall health and wellbeing. If you can enjoy these benefits while burning calories and building muscle, then that is what the doctor ordered.

Paddle for Recovery is a free SUP class for those currently undergoing or who have recently completed treatment for cancer. Our mission with this program is to provide an opportunity to escape on the water and maybe even find a new passion that can assist in recovery.

Join us on Tuesday, Aug. 27 at Lake Siog Park in Holland. Grills and picnic tables are on site. Bring your own chairs or blankets to sit on. Carry in carry out!

Schedule of events:  
4-5 p.m. Registration, BBQ, Social  
5-7:30 p.m. Volleyball Clinic and pick-up game (for kids and adults)

5:30-7 p.m. Paddle for Recovery for survivors (limit 10 spots, sign up early!)

8 p.m. Group photo of Survivorship  
Contact [info@pinkhippy.org](mailto:info@pinkhippy.org), or call (508) 304-3463 for more information. Registration is required to attend this event.

#### Annual golf tournament to benefit Saint Jean Baptiste Educational Foundation

Join the Saint Jean Baptiste Educational Foundation on Monday, Aug. 19 at Pleasant Valley Country Club for their 23rd annual golf tournament. The cost is \$150 per person, twosomes and singles are welcomed. There will be a hole-in-one contest, a putting contest, door prizes and a special golfers raffle. The event features 18 holes of golf on the PGA and LPGA course with valet parking, bag handling services, unlimited use of the driving range, chipping area and putting areas prior to the 10 a.m. shotgun start with a Florida-style scramble. Early registration is at 8 a.m. and carts with big rain covers, a gift bag, coffee, a continental breakfast and snacks will be served. The dinner to follow is an executive buffet. For additional information and registration please call Golf Committee member Ken at (508) 277-5314 or Foundation Trustee Ted at (508) 764-7909. Deadline for payment is Aug. 9. Golfers who make the entire payment by July 29 will be placed into a raffle for a chance to win a gift certificate from the pro shop at Pleasant Valley.

# CALENDAR

## June 27-Aug. 17

A UNIVERSE OF STORIES SUMMER READING PROGRAM: Holland Public Library, 23 Holland Rd. Weekly prizes, special programs and a grand prize drawing! Registration begins at our kick-off program on June 27.

## Friday, August 2

CHARLTON HELPING HAND SOCIETY YARD SALE: 8 a.m.-2 p.m., 81 Hammond Hill Rd., Charlton. Our generous members provide the donations to be offered at the sale. Come early, stay late and "Help us to Help Others" with this important fundraiser. Would you like to donate? Please call Sue at 508-248-3156. See you at the sale!

## Saturday, August 3

CHARLTON HELPING HAND SOCIETY YARD SALE: 8 a.m.-2 p.m., 81 Hammond Hill Rd., Charlton. Our generous members provide the donations to be offered at the sale. Come early, stay late and "Help us to Help Others" with this important fundraiser. Would you like to donate? Please call Sue at 508-248-3156. See you at the sale!

## Tuesday, August 6

NATIONAL NIGHT OUT: 4-8 p.m., Sturbridge Town Common, 278 Main St. A family event to bring folks together. Meet your police officers & firefighters. See police vehicles and fire trucks on display. Watch live K9 demos, search & rescue dogs, environmental police, Harrington Hospital personnel, enjoy music by Q90.1 & Thompy Time DJ, delicious food, kids' games, and more!

## Friday, August 16

CHARLTON LIONS NITE GOLF TOURNAMENT: 8 p.m., Heritage Golf Course. The Charlton Lions Nite Golf Tournament is being held tonight at the Heritage Golf Course. This is a best ball/shot gun start at 8 p.m. Cost is \$45 per person with teams of four. If you can't set up a foursome please come anyways...we'll set you up with other players. No motorized carts are allowed so bring your own pull cart. Flashlights/bug spray are optional. Registration is highly suggested (for possible rain date information). You can register by emailing: thecharltonlions@gmail.com or calling Lions Steve at 508-641-8171 or Carole at 508-341-4992. Thanks for your support and we look forward to seeing you!

## Sunday, August 18

BRING A FRIEND TO CHURCH DAY PICNIC: 11:30 a.m. (following Worship at 10:30 a.m.), First Congregational Church of Brimfield, UCC, 20 Main St., Brimfield. Have you ever considered visiting worship at the First Congregational Church of Brimfield? All are welcome, and we have a special day planned today with a full barbecue following worship! Please come and join us!

SIXTH ANNUAL ZUCCHINI

FESTIVAL & ANTIQUE CAR/MOTORCYCLE SHOW: Noon to 4 p.m., Holland Community Center, 40 Brimfield Rd. We will have a Zucchini Cook off in three categories: Appetizers/Salads, Entrees/Casseroles, Breads/Desserts. Entries must be signed in by 12:30 p.m. and bring a copy of the recipe. You can enter your biggest zucchini at the Holland Market from Aug. 11 to the 17. Antique Cars (pre 1995) can sign up for a \$5 entry fee, prizes will be given in the following categories - "Best Car," "Best Resto Mod," "Best Hot Rod," "Best Paint" and "Best Interior." If you can't cook, don't have an antique car, or didn't grow a zucchini you can still let your Zucchini Spirit Shine! Lots of fun will be happening. Craft tables and Vendor Tables, a Magician, a Musician, for the second time the Bubble Machine (which is super fun! Just sheets and sheets of foam falling), Adoptable Cats from Here Today, Adopted Tomorrow, Non-Profit tables, Face Painting, a Chinese Raffle sponsored by the Friends of the Holland Community Center, a Bakesale sponsored by the Friends of HCC, as well as the Holland Fire Department will be there. The Boy scouts will be cooking burgers & dogs so stop by for lunch. Vendor Tables available for \$10, Non-Profits are free. This is a fun time for all ages!

## Friday, August 23

POLLINATORS & PLANTS: 10 a.m., Norcross Sanctuary, 30 Peck Rd., Wales. Join us for a casual walk with our Staff and nature guru Dave Small from the Athol Bird and Nature Club. We will explore parts of the Sanctuary and see what interesting birds, butterflies, beetles, bees and buds we can find! Depending on how the day goes, we could be out for two hours or four, so please RSVP so we can make arrangements for lunch. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

## Saturday, September 21

THE NATURE OF MY BACKYARD: 11 a.m.-noon, Norcross Sanctuary, 30 Peck Rd., Wales. The Creature Teachers are coming to Norcross, and bringing live animal ambassadors to explore the lives of the creatures living in our own backyards. A great program for all ages to meet some of the common animals that we encounter every day. Reserve your spot: Call 413-267-9654 or email lectures@norcrosswildlife.org.

## Saturday, October 5

STOP ABUSE TODAY INC. "TRIFECTA": A 5K, 10K, and marathon in support of Stop Abuse Today at Holland Elementary School, 28 Sturbridge Rd. The 5K and 10K both start at 9 a.m. Register online at event.racereach.com/stop-abuse-today-5k-10k-13.1/register. Please note that the Half Marathon portion previously advertised has been canceled due to logistical issues.

## ONGOING

THE STURBRIDGE FARMER'S

MARKET is held every Sunday through Oct. 6 from 9 a.m. to 1 p.m. on the Town 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.

"A CARING PLACE" MEMORY CAFÉ: A Memory Café is a place where people living with a cognitive related illness or injury such as; Parkinson's, Dementia, Alzheimer's, PTSD, autism and any other related illness or injury can go with their loved ones (often their caregivers), and spend quality time together away from the negativity and stigma that often accompanies this. A Memory Café is a safe, judge free and fun place for people to go where they can be themselves and enjoy the company of loved ones and never have to worry about what others are thinking. We will never ask for a diagnosis and anyone from any town or city and any age are welcome. We only ask that all guests have a caregiver with them and that the guest has a cognitive related illness or injury. Staff is not responsible for the personal care of any guest. We are accepting to any level of ability and always welcome new people. Our Memory Café is run on donations and sponsors. Light refreshments are often served. Our atmosphere is geared toward fun yet comfortable and always safe. Our Café often hosts singers, dancers and performers who will help bring back old memories and days gone by. Our Café also hosts fun interactive activities but never educational events; we feel this should be a fun time spent together. Please see the upcoming scheduled events coming to our Memory Café over the next few months. Signups are encouraged. We are open the first Wednesday of each month from 3-5 p.m.

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.

# Exclusively for you

*If you want to know what's going on in your town – whether the news is about the mayor or taxes or high school football – there is no substitute for a local newspaper*

– Warren Buffett



## Stonebridge Press

In Print and Online

www.stonebridgepress.com

# OBITUARIES

## Rev. H. Allen Tadgell, Jr., 90



CHARLTON- Rev. H. Allen Tadgell, Jr., 90, of 88 Masonic Home Rd., formerly of Oxford, died Tuesday, July 23 at St. Vincent Hospital in Worcester after a brief illness.

He leaves his wife of 64 years, Joyce E. (Smith) Tadgell, his daughter Kimberley J. Marchand and her husband Robert of Georgetown, MA, sisters-in-law Dorothy Jean Dresser of Dripping Springs, TX and Pauline H. Smith of Greenville, NH, and several nieces and nephews. He is predeceased by his son Mark A. Tadgell in 2016.

Rev. Tadgell was the pastor at the former Leicester Federated Church for 14 years, retiring in 1994. He also served at First Congregational parishes in Winchendon, Wilmington, and Fairhaven. Born in Medford, he was the son of Henry A. Tadgell, Sr. and Esther L. (Dale) Tadgell. He graduated from Belchertown High School and American

International College in Springfield, and earned his Master's degree in Theology from Boston University.

Allen spent summer vacations at the family home in Wolfeboro, NH and enjoyed boating and fishing. He was an avid Red Sox fan.

A Memorial Service for Allen will be held on Saturday, August 3 at the First Congregational Church of Leicester, 1 Washburn Square, Leicester at 11 a.m. A visitation will be held from 10 to 11 a.m. prior to the services. In lieu of flowers, memorial donations can be made to: First Congregational Church of Leicester and Leicester Unitarian Church.

MORIN FUNERAL HOME, 1131 Main St., Leicester is assisting the family with arrangements.

www.morinfuneralhomes.com



## Barbara H. Hade

CHARLTON- Barbara H. (Krawczyk) Hade passed away Friday at her home with her loving family at her side. She leaves her husband and best friend of forty nine years, Ronald L. Hade, two sons, Nathan Hade of Webster, Joshua Hade of Charlton, two daughters, Troy Bernard and Heather Hade both of Charlton, three grandchildren, Conor Leonard, Kennedy Bernard and Emerson Bernard.

She was born in Belgium daughter of the late Roch J. Krawczyk and Stella (Ochala) Krawczyk living in Charlton

most of her life. There are no calling hours. Please omit flowers, donations may be made in her memory to the Webster-Dudley Food Share, 4 Church St. #2, Webster, MA 01570. A private graveside service will be held at St. Hedwig Cemetery, Southbridge, MA. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

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



# Dining & Entertainment

Visit these fine establishments for great food and 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

**PRIME RIB**

Thurs, Fri, Sat  
5 - 8:30 pm  
(get it while it lasts!)

Summer Seafood Fest  
Going on now thru Aug 30th!

**E.B. Flatts**  
Breakfast & Lunch Daily  
Dinners - Thurs, Fri, Sat  
Rt. 9 East Brookfield 508.867.6643

Function Rooms for 5-250 guests

**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 9/30/19

**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

Our Annual Summer  
**Seafood Fest!**

**Beach Baskets 'n Sea Dog Favorites**

Going on now thru Aug. 30

(Think Boardwalks, Beaches, and Salt Water Taffy!)

Lobster Roll  
(Just the knuckles and the claws!)

Shrimp Po' Boy  
(Grilled sub roll with fried shrimp, lettuce, tomatoes, 'n pickles, topped with a squiggle of remoulade sauce)

Native Ipswich Whole Belly Clams

Fried Scallops

Jumbo Shrimp

High Tide Combos  
(Combo up 2 different items: Clams, Haddock, Scallop Pebbles, or Jumbo Shrimp)

All served with homemade onion rings, fries, and cole slaw

**E.B. Flatts**

245 West Main Street  
East Brookfield  
508.867.6643

... Proudly Serving You ...  
Breakfast & Lunch Daily  
Dinners: Thurs, Fri, Sat

**Hours:**  
Sun thru Wed  
7 am-1:45 pm  
Thurs, Fri, Sat  
7 am-8:45 pm

**308 LAKESIDE**

Acoustic Fridays

August 2nd  
Rodger Ekstrom

August 9th  
Wibble

August 16th  
Billy Goodspeed

August 23rd  
Dan Feeley

August 30th  
Liam Coleman

**LOBSTER ROLL?**

Enjoy one on a Sunday Friday with live music from 2-5!

**AUGUST SATURDAY NIGHTS!**

Saturday, August 3rd **BAD TICKETS** at 9pm

Saturday, August 31st  
**The Island Castaway Band**  
9pm

**CASUAL WATERFRONT DINING ON LAKE LASHAWAY**

308 EAST MAIN STREET, EAST BROOKFIELD  
774-449-8333 308LAKESIDE.COM

Open 7 Days  
Open 11 - Close

Free Valet Parking Friday & Saturday Nights

Find us on Facebook

**YOUR AD HERE**

To advertise on this page call Mikaela  
at 508-909-4126

**DINE OUT & SEE A SHOW!**

CHALLENGING MINDS AND FORMING HEARTS FOR OVER 125 YEARS

# Saint Joseph School

## Welcomes You!



**We offer:**

- National Junior Honor Society ■ STREAM ■ Accelerated Reading ■ Spanish ■ Library
- Student Council ■ Technology Enhanced Learning featuring Promethean Interactive Boards
- Chrome Books ■ iPads ■ Art ■ Music ■ Homework Room
- Rigorous Curriculum including Advanced Math ■ Small Class Sizes
- Affordable Morning & After School Care ■ Nutritious Lunches Prepared Daily on Premises
- Experienced, Diverse, Certified Faculty including a Reading Specialist
- Affordable Tuition ■ Financial Aid and Scholarships Available

**Enroll by August 30th to qualify for our New Family Scholarship!**

Call for more details.

**NOW OPEN**

**Richard A. Nowak Gymnasium**

*And*

**Daniel and Catherine Ivascyn Parish & Performing Arts Center**

**Extra-Curricular Activities:**

- Basketball ■ Soccer ■ Cheerleading ■ Band ■ Drama Club
- Dance Club ■ Choir ■ Robotics ■ Math Club ■ Children of Mary

**Call Today! 508-943-0378**



Saint Joseph School | 47 Whitcomb Street | Webster, MA

508-943-0378 | email: principal@sjs-webster.com | www.sjs-webster.com

Saint Joseph School

**Kevin Meehan**  
Owner

If You Can Dream It, You Can Drive It!

## IMPERIAL CARS.com

**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**

**Mike Penner**  
General Manager

**THE CARFAX® 1-OWNER VEHICLE EVENT**

Save Thousands!

**100% CREDIT APPROVAL**

**We sell more, so you save more!**

Take a test drive & we will buy you a meal at the Miss Mendon Diner!

» ALL IMPERIAL CERTIFIED

» FREE CAR FAX REPORT

» 5 DAY EXCHANGE PROGRAM

**OPEN TO OUR RETAIL CUSTOMERS ONLY**

**ALL PRICED WELL BELOW KBB BOOK VALUE**

<p><b>2016 CHEVY SILVERADO</b> NEW Retail Price: <del>\$42,505</del> #39840L • 1500 CUSTOM, ALLOYS, 4X4, 22K MILES, BACK-UP CAM <b>WHOLESALE PRICE: \$28,377</b></p> <p><b>SAVE \$14,100 OFF OF RETAIL PRICE!</b></p>	<p><b>2017 TOYOTA CAMRY</b> NEW Retail Price: <del>\$25,800</del> #H0883 • SE TRIM, BACK-UP CAM, GREAT ON GAS, BLUETOOTH <b>WHOLESALE PRICE: \$15,977</b></p> <p><b>SAVE \$9,800 OFF OF RETAIL PRICE!</b></p>	<p><b>2019 GMC TERRAIN SLT</b> NEW Retail Price: <del>\$38,015</del> #39847RV • HEATED LEATHER, ALL-WHEEL DRIVE, 18" ALLOYS <b>WHOLESALE PRICE: \$29,377</b></p> <p><b>SAVE \$8,600 OFF OF RETAIL PRICE!</b></p>
<p><b>2016 CHEVY CRUZE</b> NEW Retail Price: <del>\$24,495</del> #39836LV • PREMIER, 18" ALLOYS, BACK-UP CAM, HEATED LEATHER <b>WHOLESALE PRICE: \$15,977</b></p> <p><b>SAVE \$8,500 OFF OF RETAIL PRICE!</b></p>	<p><b>2018 NISSAN ALTIMA 2.5</b> NEW Retail Price: <del>\$28,180</del> #H0858RV • 17" ALLOYS, SV TRIM, REMOTE START, BACK-UP CAM <b>WHOLESALE PRICE: \$15,377</b></p> <p><b>SAVE \$12,800 OFF OF RETAIL PRICE!</b></p>	<p><b>2016 DODGE JOURNEY</b> NEW Retail Price: <del>\$29,295</del> #D9912L • SXT, 3RD ROW SEATS, ALL-WHEEL DRIVE, ALLOYS, V6 <b>WHOLESALE PRICE: \$17,477</b></p> <p><b>SAVE \$11,800 OFF OF RETAIL PRICE!</b></p>
<p><b>LIKE NEW 2016 GRAND CHEROKEE LAREDO 4X4</b> #D9940L NEW RETAIL PRICE: <del>\$38,390</del> <b>WHOLESALE PRICE: \$25,677</b></p> <p>Roof Rails, Back-Up Cam, 3.6L V6, 17" Alloys, Bluetooth, Keyless Start.</p> <p><b>SAVE \$12,700 OFF OF RETAIL PRICE!</b></p>	<p><b>SPECIAL PURCHASE #H0831RV</b></p> <p><b>Like New 2017 HYUNDAI TUCSON SE SUV</b> ALL-WHEEL DRIVE NEW RETAIL PRICE: <del>\$27,015</del> <b>STARTING AT ONLY: \$16,377</b></p> <p>5 Available Low Miles, Back-Up Cam, Bluetooth, Roof Rails 17" Alloys!</p> <p><b>SAVE \$10,600 OFF OF RETAIL PRICE!</b></p>	<p><b>LIKE NEW 2016 CHEVY EQUINOX LS AWD SUV</b> #39891L NEW RETAIL PRICE: <del>\$28,795</del> <b>WHOLESALE PRICE: \$15,477</b></p> <p>7" LCD, Satellite Radio, 17" Alloys, All-Wheel Drive, Back-Up Camera.</p> <p><b>SAVE \$13,300 OFF OF RETAIL PRICE!</b></p>
<p><b>2018 HYUNDAI ELANTRA</b> NEW Retail Price: <del>\$21,450</del> #H0926V • GT HATCH, ALLOYS, BLUETOOTH, BACK-UP CAM <b>WHOLESALE PRICE: \$15,977</b></p> <p><b>SAVE \$5,500 OFF OF RETAIL PRICE!</b></p>	<p><b>2018 CHRYSLER PACIFICA</b> NEW Retail Price: <del>\$37,545</del> #D9742R • HEATED LEATHER, NAV, 17" ALLOYS, POWER LIFTGATE <b>WHOLESALE PRICE: \$25,977</b></p> <p><b>SAVE \$11,600 OFF OF RETAIL PRICE!</b></p>	<p><b>2017 SUBARU FORESTER</b> NEW Retail Price: <del>\$29,595</del> #H0859RV • AWD, BACK-UP CAM, PREMIUM TRIM, MOONROOF <b>WHOLESALE PRICE: \$20,677</b></p> <p><b>SAVE \$8,900 OFF OF RETAIL PRICE!</b></p>
<p><b>2016 HONDA ACCORD</b> NEW Retail Price: <del>\$26,180</del> #H0842LV • EX-L COUPE, ALLOYS, HEATED LEATHER, MOONROOF <b>WHOLESALE PRICE: \$17,777</b></p> <p><b>SAVE \$8,400 OFF OF RETAIL PRICE!</b></p>	<p><b>LIKE NEW 2017 FORD ESCAPE SE SUV</b> #P1211L NEW RETAIL PRICE: <del>\$29,495</del> <b>WHOLESALE PRICE: \$18,477</b></p> <p>4x4, 17" Alloys, Bluetooth, Turbo, Nav, Back-Up Camera, SYNC</p> <p><b>SAVE \$11,000 OFF OF RETAIL PRICE!</b></p>	<p><b>2016 HYUNDAI SANTA FE</b> NEW Retail Price: <del>\$29,880</del> #H0906V • SPORT TRIM, ALLOYS, ALL-WHEEL DRIVE, BLUETOOTH <b>WHOLESALE PRICE: \$16,977</b></p> <p><b>SAVE \$12,900 OFF OF RETAIL PRICE!</b></p>
<p><b>LIKE NEW 2016 FORD F-150 4x4 SUPERCREW</b> #P12129V NEW RETAIL PRICE: <del>\$39,985</del> <b>WHOLESALE PRICE: \$28,977</b></p> <p>XLT Sport Trim, Alloy Wheels, Satellite Radio, Back-Up Camera.</p> <p><b>SAVE \$11,000 OFF OF RETAIL PRICE!</b></p>	<p><b>LIKE NEW 2016 HYUNDAI SONATA SPORT SEDAN</b> #H0796L NEW RETAIL PRICE: <del>\$25,640</del> <b>WHOLESALE PRICE: \$15,977</b></p> <p>Back-Up Camera, Keyless Start, 17" Alloys, Heated Seats, Bluetooth.</p> <p><b>SAVE \$9,600 OFF OF RETAIL PRICE!</b></p>	

SALE ENDS 08/07/19. CANNOT BE COMBINED WITH ANY OTHER DISCOUNT OR PROMOTION AND MUST USE DEALER SOURCE FINANCING. SOME RESTRICTIONS APPLY. SEE US FOR DETAILS. 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. SEE US FOR DETAILS. ADVERTISED PRICE DOES NOT INCLUDE TAX, TITLE, REGISTRATION OR DOCUMENTATION FEE. VEHICLE MUST BE PAID IN FULL AND TAKE SAME DAY DELIVERY. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CALL 1-800-526-AUTO TO SEE WHICH INCENTIVES YOU QUALIFY FOR.

8-18 UXBRIDGE ROAD, RTE. 16 • MENDON, MA  
[www.imperialcars.com](http://www.imperialcars.com)

**INLAND DOCKS**

**Summer's Here!**

Boat Docks & Swim Raft  
Boat Lifts/PWC Lift  
Waterfront Accessories  
Seasonal Install/Removals

SHORE SIDE DOCKS  
Specialty Boat Dock Material

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

**STURBRIDGE VILLAGER**  
Serving  
Sturbridge, Brimfield, Holland and  
Wales

**CHARLTON VILLAGER**  
Serving Charlton,  
Charlton City  
and Charlton Depot

**PRE-ORDER NOW PRE-ORDER NOW PRE-ORDER NOW**

**SALES TAX HOLIDAY August 17 & 18**  
**BEST DEALS OF THE YEAR AND NO SALES TAX!**  
**ALL APPLIANCES IN STOCK FOR QUICK DELIVERY OR PICK UP!**

**TAX FREE TAX FREE TAX FREE**

**MATTRESS SALE!** TWIN: Reg. \$299 **NOW \$199**  
FULL: Reg. \$499 **NOW \$299**  
QUEEN: Reg. \$599 **NOW \$299**

**FRIGIDAIRE**  
4 Piece  
Stainless Steel  
Appliance Package  
**\$1699**

**BAD CREDIT? NO CREDIT?**  
**NEW FINANCING AVAILABLE!**

**WEBER GRILL SALE!**

<b>55" LED TV</b> Reg. \$489 <b>\$429</b>	<b>32" LED TV</b> Reg. \$139 <b>\$119</b>	<b>18 CU. FT. REFRIGERATOR</b> Reg. \$599 <b>\$499</b>	<b>DELUXE TOP LOAD WASHER</b> Reg. \$419 <b>\$399</b>	<b>14 CU. FT. UPRIGHT FREEZER</b> Reg. \$599 <b>\$469</b>	<b>GE FRONT LOAD WASHER OR DRYER</b> Reg. \$899 <b>\$699</b>	<b>LG WASHER OR DRYER</b> Reg. \$899 <b>\$699</b>	<b>FRENCH DOOR ICE AND WATER REFRIGERATOR</b> Reg. \$1499 <b>\$1499</b>
<b>65" 4K TV</b> Reg. \$1799 <b>\$599</b>	<b>SAMSUNG 55" OLED</b> Reg. \$1499 <b>\$949</b>	<b>21 CU. FT. WHITE TOP MOUNT REFRIGERATOR</b> Reg. \$799 <b>\$649</b>	<b>7 CU. FT. CHEST FREEZER</b> Reg. \$299 <b>\$229</b>	<b>MAYTAG TOP WASHER</b> Reg. \$699 <b>\$499</b>	<b>GE SELF CLEANING SMOOTH TOP STOVE</b> Reg. \$799 <b>\$539</b>	<b>FAMOUS MAKER GAS OR ELECTRIC RANGE</b> Reg. \$499 <b>\$399</b>	<b>KITCHENAID DISHWASHER</b> Reg. \$699 <b>\$649</b>
<b>40" SMART TV</b> Reg. \$329 <b>\$219</b>	<b>SAMSUNG FRENCH DOOR 26 CU. FT. BOTTOM REFRIGERATOR</b> Reg. \$1499 <b>\$1099</b>	<b>FRENCH DOOR BOTTOM FREEZER</b> Reg. \$1499 <b>\$1099</b>	<b>DELUXE ELECTRIC DRYER</b> Reg. \$399 <b>\$369</b>	<b>OVER THE RANGE MICROWAVE OVEN</b> Reg. \$219 <b>\$179</b>	<b>DELUXE DISHWASHER</b> Reg. \$399 <b>\$319</b>	<b>Huge Rebates on Dishwasher and Kitchen Packages!!</b>	

PRICES GOOD WHILE SUPPLIES LAST  
INSTANT FINANCING UP TO \$10,000

Check www.whitcosales.com for special coupons

**WHITCO**

Hours: Mon.-Sat. 10 am-9 pm  
Sunday 12 pm-7 pm  
140 Main St., Spencer, MA  
508-885-9343

# The VILLAGER

Mailed free to requesting homes

**B**  
Section

Friday,  
August 2, 2019

**Hearthstone Market & Catering**  
STURBRIDGE, MA

SEE OUR WEBSITE FOR WEEKLY SPECIALS!

**Hot Summer Deals on All Meals**

Many delicious Grab 'n' Go options to choose from!

**WEDNESDAYS**  
Family Meal Specials  
Starting at \$26.95!

**THURSDAYS**  
Senior Citizen Day!  
15% OFF

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

**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.

**Crooked Creek Farm**  
~ est. 1992 ~

Pasture Raised • Natural Meats

**ASK US ABOUT OUR FREE LOCAL DELIVERY!**

**Our family farm produces the highest quality cuts of pork and beef.**

With over 25 years of experience raising Beefmaster cattle around the U.S., you will find our grass-fed beef and locally raised pork's natural flavors are unmatched. Store purchased meats are raised with high levels of hormones, constant levels of antibiotics, and sit on the shelf for weeks. Our meats contain no hormones or antibiotics and are as fresh as it gets.

To purchase your meat packages you can do so by Email, by Phone, or in person at the weekly Holden, MA Farmer's Market.

**CALL/TEXT: (508) 868-0276 or (508) 868-5902**  
www.CrookedCreekFarmMA.com Email: CrookedCreekMA@Gmail.com

**SOUTHBRIDGE DENTAL CARE**

**JAMES PARK, D.M.D.**

No need to travel, your hometown has it all!

**Do you dislike dental impressions?**

We now offer the 3D Intra Oral Scanner for crowns and bridges. Please give us a call to schedule your next appointment.

44 Everett Street, Southbridge, MA  
508.764.4600  
Monday - Friday 8:00am - 5:00pm  
Saturday 8:00am - 12:00pm

**Auburn Animal Hospital**

Always Welcoming New Patients

Devoted to the health and care of your pet

Providing Superior Veterinary Care since 1995  
209 Southbridge Street, Auburn, MA 01501  
P: 508-832-0022 | F: 508-832-6229 | W: auburnanimal.com

HOURS:  
Mon 7:30am-6pm • Tues: 7:30am-7:30pm • Wed - Fri: 7:30am-6pm • Sat: 7:30am-Noon

**Say it in living color!**

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

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

**Wyndemere Woods**  
Independent/Assisted Living

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

**Sealy** Find Your Best Night's Sleep Today!

**FOR A LIMITED TIME ONLY**

**SPECIAL SAVINGS**  
Sealy Response Firm or Plush Queen mattress only **\$299**

Upgrade to an adjustable Base

We also carry **STEARNS & FOSTER** **TEMPUR-PEDIC**

**Sealy Response**  
Cushion Firm Queen mattress only **\$499**

**Carrington Chase**  
Plush EuroTop Queen mattress only **\$599**

**Sealy Response**  
Firm or Pillowtop Queen mattress only **\$799**

www.sundeenfurnitureinc.com

**Sundeen Furniture**

241 Providence Rd., Whitinsville • 508-234-8777  
FREE DELIVERY & REMOVAL • FREE FINANCING AVAILABLE  
M.T.W. 9:30-6:00; TH., FRI. 9:30-8:00; SAT. 9:30-6:00; SUN 11-5

# REAL ESTATE



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



Each Office Independently Owned and Operated



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

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



**DUDLEY** - 4 Tobin Dr! TOBIN FARM ESTATES!!! 11 Rm 3,638' Colonial! 4 Bdrms! 2.5 Baths! 2 Story Grand Foyer! Liv & Din Rm w/Hrdwds & Custom Wainscoting! Fully Appliance Granite Eat-In Kit w/Maple Cabs & Island! 1st Flr Frplcd Fam Rm w/Klipsch Surround Sound, Skylights, Hrdwd Flrs & Recessed Lighting! Sunrm off the Kit! 1st Flr Laundry! Composite Deck w/Vinyl Railings! Master Suite w/New Carpet, Walk-in Closet & Full Bath w/Skylight! 3 Add'l Bdrms on 2nd Flr! You'll Love the Finished Lower Level w/Custom Wet Bar, Kegeator, Wine Fridge, Stools & Surround Sound! Plumbed for Future Bath! Flat Back Yard w/New Horse Shoe Pit, Garden, Shed, Fire Pit & More! 2 Car Garage! **\$499,000.00**

**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** - 12 Blueberry Way! 3,753' Custom 9 Rm Cape on an Unbelievable 1.69 Acres! From the Circular Drive to the Multilevel Composite Decks to the **Incredible Pool** w/Waterfall and In-water Stools surrounded by Stamped Concrete & Screened Gazebo to the **Lighted Tennis Court!** Gracious 2 Story Entry Foyer! **New Granite Kit** w/Breakfast Bar & Dining Area w/**New Tile Flr!** Formal Din Rm w/Hrdwds! Spacious 30' Frplce Liv Rm w/**New Hrdwds!** 1st Flr Bdrn w/Full Bath & New Hrdwds! 3 Second Flr Bdrms! Master Suite w/Full Bath, Dressing Area & Multiple Closets! 4 Bdrms, 4.5 Baths Total! 40' Recently Finished Walk-out Lower Level Frplce Fam Rm! 2 Car Attached Garage! C/Air! Buderus 42 Oil Heat! Shed! Landscape Lighting! Make a Move! **\$489,900.00**

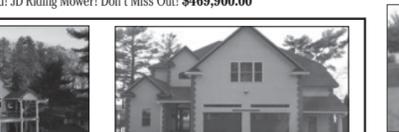
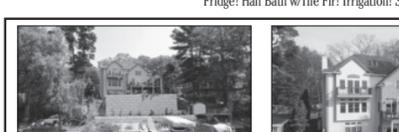


**PUTNAM** - 49 Fox Road! Fantastic 2,680' 9+ Room Center Hall Colonial Set on 3 Beautiful Acres! Featuring Center Island Stainless Appliance Kitchen! Formal Dining & Living Rooms w/Hardwoods! Comfortable Brick Fireplace Family Room! Office/Den! Half Bath w/Laundry Closet! Side Entry Foyer w/Coat Closet! Upstairs to 4 Spacious Bedrooms! Huge Master w/Hardwoods, Full Bath & Walk-in Closet! Full Hall Bath w/Double Sinks! Full Walk-up Attic w/Plumbing Leads for Additional/Future Expansion! 5 Zone Oil Heat! 24X30' Detached Garage w/Second Floor Storage! Convenient to Everything Putnam! **\$369,900.00**

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

**DUDLEY** - 2 Brandon Rd! 2 Family! 6/5 Rms! 3/2 Bdrms! 1/1 Baths! Level Corner Lot! 1st Flr w/Appliance Kit! Din Rm! Liv Rm w/Picture Window! 3 Bdrms! Full Bath w/Tub/Shower! 2nd Flr w/Appliance Kit! Din Rm! Liv Rm! 2 Bdrms! Full Bath! Gas Heat! Young Roof! **\$229,900.00**

**DUDLEY** - 4 Brandon Rd! 2 Family! 6/5 Rms! 2/2 Bdrms! 1/1 Baths! Both Flrs w/ Eat-in Pantry Kitchens! Liv Rms! 2 Bdrms! Baths w/Tubs/Showers! Off-Street Parking! Recent Roof! Vinyl Siding! Porch! Gas/Electric Heat! **\$209,900.00**



**DUDLEY** - 24 Hickory Dr! 8 Rm 50' Split on Dble Corner Lot! Fully Appliance SS Kitchen w/Tile Flr, Cherry Cabinets, Corian Counters & Island! Din Rm w/Slider to Deck! Liv Rm w/Cherry Cabinetry, Recessed Lights & Picture Window! Slate Entry w/Coat Closet! Full Bath w/Tile Flr! Master w/Wall to Wall, Triple Closet & Recent Refreshed Master Bath! 2nd & 3rd Bdrms w/Wall to Wall & Dble Closets! Lower Level Fam Rm w/Stone Fireplace w/Pellet Insert! Office/Play Rm w/Wall to Wall! Half Bath w/Recent Vanity! C/Air! Oil Heat! 2 Car Garage! Generator! Replacement Windows! Flexible Floor Plan! **\$299,900.00**



**DUDLEY** - 94 Tracy Road! 7 Rm 4 Bdrn 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 Bdrn 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** - 50 West Point Rd! Killdeer Island! Stunning 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, It Has It All! Expansive 2 Story Foyer! Cherry Cabinet Kit w/Oversized Center Isl, Dble Oven, High End Appliances and Walk-in Butler's Pantry! Din Rm w/Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm Overlooking the Lake, Custom Built Cabinets, Gas Frplce! 1/2 Bath + Laundry Nearby! An ELEVATOR to Service All 3 Floors! Glorious Stairway leads up to 3 Spacious Bdrms each with their Own Private Baths! Luxurious Master w/Tray Ceiling, Walk-in Closet + Private Balcony! Expansive Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level boasts Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrn w/Frplce & Private Bath! Slider to Patio! 13 Individual Splits to Control Rm Temps! Oversized 2 Car Garage! This Home is Loaded w/Quality & Detail! Quick Closing No Problem! Don't Delay! **\$1,145,000.00**

**WEBSTER** - 26 Spring St! 5 Rm Ranch on Quiet Side Street! Walk into the 3 Seasons Rm w/Tile Flr, Ceiling Fan & Slider to Deck! Cabinet Packed Eat-In Kit! Spacious Liv Rm w/Hrdwds! 3 Bdrms! Finished Lower Level w/Tile Flr, 10' Bar w/Drop Lights! Vinyl Siding! Replacement Windows! **\$239,900.00**

**SUTTON** - LAKE SINGLETERY WATERFRONT! 5 W. Sutton Rd! 8 Rm Cape! 3 Bdrms! Screen House at Waters Edge! Gravel Access to the Water! Well Maintained! Kit, Formal Din Rm! Fireplace Liv Rm! Den! Sun Rm! Updated Windows! New Furnace & Septic to be Installed by Seller! **\$499,900.00**



**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 Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level 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! **\$529,900.00**

**WEBSTER LAKE** - 39 Bates Point! Panoramic Views of South Pond! Southern Exp! Park Like Grounds! Extensive Patio, Paver Walkways & Perennial Gardens! 18X24 Covered Composite Deck, w/Vinyl Railings! 90' U-Shaped Dock! Beautiful 7 Rm A/C/D Ranch! 14,549' Level Lot! Lake Facing Cathedral Ceiling Great Rm w/Gas Frplce, Maple Hrdwd Flrs, Custom Granite Wet Bar w/Maple Cabinetry! Appliance Granite Kit w/Maple Cabinets & Porcelain Tile Flr! Formal Din Rm w/Cathedral Ceiling, Skylight & Birch Flooring! 20' Master w/Cathedral Ceiling, Skylight, Ceiling Fans, Walk-in Closet & Dble Closet! Bdrn w/Trajectory Flr, Dble Granite Vanity, Custom Tile Shower, Linen Closet & Cathedral Ceiling w/Skylight! Entry Foyer! Mud Rm w/Tile Floor! Finished Walk-out Lower Level w/2 Bdrms, 1 Lake Facing! Liv Area w/Wet Bar & Frig! Full Bath! Laundry Rm! Work Shop & Storage! 26X32 Detached Garage w/2 Stalls & 2nd Flr Storage! Start Packing! **\$749,900.00**

**WEBSTER LAKE** - 17 Wakefield Ave! South Pond! Western Exposure! Protected from the Storms - Quiet Cove! 24 Acre Lot! 104' Waterfront! Water Views! 2,412' 8 Rm Content! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Fireplaces! C/Air! Composite Decks! Patio! 2 Car Carport! **\$535,000.00**

**WEBSTER LAKE** - 207 Beacon Park! 110' Garden Unit! 5 Rms! 1 Level Living - No Stairs! Spectacular Sandy Beach! Fantastic Lakeside Pool! Appliance! Kit & Din Rms w/Parquet Wood! First Spacious Liv Rm! 2 Bdrms! Master Bath & Walk-in Closet! 2 Tile Baths! C/Air! Garage! **\$249,900.00**



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

**WEBSTER LAKE** - 50 Union Point Rd! Panoramic Views of Middle Pond - South Facing - Tons of Sun! Principal Residence or as a Second Home this 6+ Rm Gambrel Colonial will be Ready for You! You'll Appreciate its Easy Access and Taken Back by the Ever Changing Lake Vistas! Featuring Appliance 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! **\$649,900.00**

**WEBSTER LAKE** - Steps Away From! 110 S. Shore Rd! Killdeer Island! Access to Swimming & Boating w/Killdeer Island Club Assoc Membership! Perfect 1st Home or Summer Retreat! 7 Rms! 2 Bdrms! Full Bath! 12x25' Deck w/Water Views! Garage! Don't Delay! **\$299,000.00**

**WEBSTER LAKE** - 206 Treasure Island! 1,874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Cherry & Granite Kit, w/SS Appliances! Din Rm w/Sliders to Deck! Frplcd Fam Rm! Patio! New C/Air, Heat & Hot Water! Garage! 2 Slips! Pool! Beach! Listed by Another - "SOLD" by C21 Lake Realty! **\$345,000.00**

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

hope2own.com  
508.943.4333  
Sharon Pelletier - Broker  
Licensed in MA, CT & RI

**We Want Your Listings!**

**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, & wall to wall carpeted Bedrooms. Granite counters, center island & dining rm w/sliders! Master BR, private master full bath w/extra wide shower & walk in closet, plus 2 more spacious BRs & a full hallway bath, 24' lower level family room, half bath w/laundry hookups! Two car garage! Central AC. **\$309,900.**

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

<p><b>THOMPSON, CT - 8 LILLIAN AVE, LOT #2</b></p> <p><b>ON DEPOSIT</b></p> <p>There is No Place Like Home - especially when it is a beautiful newly constructed home! This split level style home has an attractive modern flare! You'll be delighted with the natural light that will brighten the interior of this home! Open floor plan, cathedral ceilings! Granite counters, center island &amp; dining rm w/sliders! Master BR, private master full bath w/extra wide shower &amp; walk in closet, plus 2 spacious BRs &amp; a full hallway bath, 24' lower level family room, half bath w/laundry hookups &amp; utility closet, two car garage! Central AC. <b>\$309,900.</b></p>	<p><b>WEBSTER - 129 LAKE STREET</b></p> <p>Large Beautiful 1930's vintage hip roof 3 Family, large kitchens with pantry's, french doors dividing the dining room from the living room. 3 bedrooms each floor. City gas to each apartment, enclosed front and rear hallways. 2 car garage. Comes with an extra lot that is level to the road and landscaped <b>assisted sale \$179,000</b></p>	<p><b>DUDLEY - 188 WEST MAIN ST</b></p> <p>COMMERCIAL/BUSINESS LOCATION IN THE HEART OF DUDLEY! 3 BEDROOM, BATH RANCH! LARGER THAN IT APPEARS! 19,582 +/- sq ft Lot. Natural Gas Heat! Hard wood floors! BRING YOUR VISION, LARGE FLAT YARD GIVES YOU GREAT PARKING AREA, FOR A SMALL BUSINESS FROM HOME!! CONTRACTORS DREAM! <b>\$178,500.</b></p>	<p><b>WEBSTER - 21 ARKWRIGHT RD</b></p> <p><b>ON DEPOSIT</b></p> <p>Simply Move In &amp; Enjoy this Beautifully UPDATED Ranch! Close to I-395! Town water &amp; sewer, HIGH EFFICIENCY NAVIEN brand heating/hot water system, Bamboo hardwood floors, crown moldings! 2 BRs, full bath w/whitewalk-in shower, 6x16 year Sunroom w/outdoor access! (3rd BR, or Office). <b>\$199,900.</b></p>	<p><b>WOODSTOCK, CT - 606 PROSPECT ST</b></p> <p>Pristine Colonial on 2.54 Acres in Historic Woodstock! 3 BR, 2-1/2 Baths. This Home is a Must See! Peaceful Country Setting! Vaulted Ceiling Family Room w/Built ins, Cherry Cabinets, Sunken Dining Rm, Cathedral Mstr! Hdw'd &amp; Tile Flr! Potential for Home Office, Teen/In-law Suite, Craft Rm &amp; Media/Game Rm. Resurfaced Driveway <b>\$399,000.00</b></p>
<p><b>THOMPSON, CT - 25 BONNETTE AVE</b></p> <p><b>SORRY, SOLD!</b></p> <p>Roomy 1300 sq.ft., Hip roof Ranch Attached 2 car garage! PLUS 32x32 Detached Garage! Eat in Kitchen, Fireplace living room with bow window! 3 bedrooms, enclosed heated sun room, central air, Koi Pond, on .87 +/- acre! <b>New Price \$249,900</b></p>	<p><b>WEBSTER - 12 ERNEST ST</b></p> <p><b>SORRY, SOLD!</b></p> <p>Welcome home to this Huge, Sprawling, Ranch Style Home! 2,848 SF +/- of Living Area on One Level! In-ground pool, built-in hot tub, w/ire pit! Carport/pavilion for entertaining! Separate wings for private family living &amp; entertainment, BR suites, 10 rooms total! simply Amazing! <b>New Price \$299,900</b></p>	<p><b>WEBSTER/DOUGLAS/THOMPSON BUIDABLE LOTS</b></p> <p>Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest. <b>\$132,900</b></p> <p>Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water &amp; Sewer <b>\$295,000</b></p> <p>Thompson - east Thompson Rd. White's Highway 23 acres! Abuts Mass. Line Beautiful view! <b>\$99,900</b></p> <p>Killingly - 37 Katherine Ave River Frontage 2/3rds acre. Town Water &amp; Sewer <b>\$55,000</b></p>	<p><b>WEBSTER - 34 EASTERN AVE UNIT A</b></p> <p><b>NEW LISTING</b></p> <p>AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave, fenced in &amp; private. Easily accessible! 195's! There's a lot to love about Webster! Unit 34 A is a 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! <b>NEW PRICE \$164,900</b></p>	<p><b>WEBSTER LAND - COOPER RD</b></p> <p><b>LAND FOR SALE</b></p> <p>Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, not on the lake. Priced to Sell! <b>\$129,400.</b></p>

On The shores of Lake Chargoggagoggmanchauggagoggschaubunagungamaug

<p><b>WEBSTER LAKE - 118 POINT BREEZE RD</b></p> <p>Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697 +/- SF Lot, 50' Rd &amp; Water Frontage at a Great Price! Contemporary Ranch offers 996 +/- SF of living area w/2 BRs &amp; 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/tremendous potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Westerly views across Middle Pond! Additional land &amp; shore frontage available. <b>NEW PRICE \$299,900</b></p>	<p><b>WEBSTER LAKE - 54 KILLDEER RD</b></p> <p><b>SORRY, SOLD!</b></p> <p>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 unparalleled privacy, &amp; a friendly level lot at water's edge - like very few waterfront properties! The 3700 SF +/- Mid-Century Modern Home is unique w/massive modern windows! 180 panoramic views across the lake to stunning Western sunsets. 5 spacious BRs that overlook the rooms below. A 30x32 +/- deck! garage w/summer kitchen, 1/2 bath. Family owned gem for 60+ years! <b>\$1,495,000</b></p>	<p><b>WEBSTER LAKE - 32 JACKSON RD</b></p> <p>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 deck &amp; 8x8 storage shed. Park like grounds! <b>New Price \$375,000</b></p>
---	---	--



# 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

**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

**RESIDENTIAL & COMMERCIAL LOANS**  
Have a special situation and would like to sit down and talk? Call Ron today and get the service and selection you need from

**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

**POST ROAD REALTY**

**PAOLUCCI TEAM**  
John and Cassie Paolucci

121 West Main Street  
West Brookfield, MA 01585

774-200-3523 CELL  
508-784-0677 FAX  
Cassiem77@aol.com

WWW.POSTROADREALTY.COM

**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

**Mary Hicks Realtor®**  
**CENTURY 21**  
North East

Direct: 508.612.4794  
Home Office: 508.867.2222  
www.maryhicks.com

Please call for all your Real Estate needs  
270 Main Street, Spencer, MA 01562  
maryangela87@yahoo.com  
Each office is independently owned and operated.

**Experience Matters**

Local & Regional Knowledge  
Proven Marketing Program  
Listing Consultation Includes

- Prelisting Recommendations
- Staging, Clean-Up, Fix-Up, & Clear-Out
- Establishing The Listing Price

Guiding You Through The Buyers Financing, Inspecting, & Appraisal Process

We Are With You From Listing Through Closing!

**ReMax Advantage 1**  
179 Shrewsbury Street  
Worcester MA 01604

**2 SISTERS REALTY**

**DONNA CAISSIE**  
Broker | 774.641.3325  
**SANDRA TERLIZZI**  
Realtor | 508.414.9032

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

Proudly associated with

**TOP PRODUCING TEAM**  
WORCESTER COUNTY

**ERA Key Realty**  
REAL ESTATE SERVICES

860-428-9315  
ERA Key Services  
LauraHackett@erakey.com  
Laura247615@charter.net

**Laura Hackett**  
Realtor

Buyer and Seller Representation

**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

**ERA REAL ESTATE**

**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

**"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

**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.

**Jules Lusignan**  
#1 in Sales 2006-2019  
South Worcester County  
**\$149,199,980 SOLD**

**Jules Lusignan**  
Owner  
Broker  
Founder

**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

**Norcom Mortgage** **Jeremy Nowicki**  
Sales Manager | NMLS ID # 1075354  
Licensed in: MA

We make homes happen.

Apply Online:  
JeremyNowicki.NorcomMortgage.com

**978.302.9938**

**FREE OPEN HOUSE LISTINGS**  
when you advertise in this section

**Re/Max Professional Associates**

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

ConradAllen.com  
Licensed in MA & CT

**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

**OPEN HOUSE SATURDAY 2-4**  
WEBSTER, MA - \$299,900  
38 Third Street  
2-Family, Finish the renovations

**PENDING**  
RUTLAND, MA - \$339,900  
3 Brooke Haven Dr  
4 Bed, 2 1/2 Baths, Lots of Land

**OPEN HOUSE SUNDAY 12:30-2**  
**MUST SEE**  
PRICE REDUCED  
Webster, MA - \$328,900  
80 Sutton Road  
3 Bdrm, Hardwood Floors Throughout, Not a Drive By!

**Dudley:** Cherry cabinet kitchen, 6.7 acres, private setting yet convenient location, 4 bedrooms, 3.5 baths, hardwood floors, 2500 sq. ft. cape, and first floor family room – office – library. What a property to come home to – close to school, highways, MassPike, rtcs. 395, 290, 146, 20, 495.  
7 Dudley Oxford Rd ~ \$425,000

**FEATURE PROPERTIES**

**OPEN HOUSE SATURDAY 12:30-2**  
THOMPSON, CT - \$259,900  
223 Stawicki Road  
3 Bedroom, Split, Full Inlaw COMPLETELY REMODELED

**OPEN HOUSE SATURDAY 11-1 SUNDAY 12-2**  
NORTH WOODSTOCK, CT - \$244,900  
657 Brick Yard Rd  
3 bedrooms, 2 Bath, Lots of Land, Ability to finish basement

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

**MAUREEN ASSITED WITH SALE!**

**NEW LISTING**  
Webster: 2 units, 3 bedrooms, fireplace, sided, 2900 sq. ft., garage  
23 Klebart Ave ~ \$264,900

**SOLD!**  
Oxford: 2 bedrooms, new septic.  
112 Main St ~ \$223,500

**ON DEPOSIT**  
Charlton: 3 bdrms, new construction, central air, HW floors throughout.  
24 Dodge Rd ~ \$339,900

**Hometown REALTY**

East Brookfield, MA  
125 Maple Street

**REDUCED \$339,900**

WATERFRONT on Lake Lashaway!  
Newly renovated kitchen & bathroom. 2 bedrooms & 1 full bath. Passed Title V & ready for quick sale. Dock included. Fishing, kayaking & boating with your kids at your own beach house is priceless. Call (508) 864-3356

Christi Cournoyer  
384 Main St., Southbridge, MA  
508-764-3202



**Open House Directory**

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
<b>SATURDAY, AUGUST 3</b>				
<b>DUDLEY</b>				
7 Dudley Oxford Rd	S	10-Noon	\$425,000	Re/Max Advantage 1/Jo-Ann Szymczak 774-230-5044
<b>WEBSTER</b>				
38 Third St	S	2-4	\$299,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
<b>N. WOODSTOCK, CT</b>				
657 Brick Yard Rd	S	11-1	\$244,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
<b>THOMPSON, CT</b>				
223 Stawicki Rd	S	12:30-2	\$259,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
<b>SUNDAY, AUGUST 4</b>				
<b>WEBSTER</b>				
80 Sutton Rd	S	12:30-2	\$328,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
<b>N. WOODSTOCK, CT</b>				
657 Brick Yard Rd	S	12-2	\$244,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578

# California Avocados Hit Their Peak Just In Time For Summer

(NAPS)

Summer is upon us and it's time to celebrate as California avocados are at the peak of their season and freshly picked in season produce is at its peak in flavor and nutrition. The nutrient-dense fruit stands as the highlight of any dish, now readily available and undeniably delicious. This is the perfect time to take advantage of the warmer weather by enjoying and sharing the heart-healthy superfood.

The California Avocado Commission (CAC) has enlisted the well-known culinary talents of Sam Zien, of Not Not Tacos in San Diego, to develop a recipe that consumers can make right at home. Zien prides himself on creating innovative and often unexpected dishes that honor the Golden State's flavors

and distinct personality.

Zien's Pearl Couscous with California Avocado and Crispy Tofu offers as many flavors as it does textures. For example, the combination of the recipe's chili spice contrasts nicely with the fresh, California avocado's creamy quality to provide a layered complexity.

"This dish is a great example of how something as subtle as the California avocado can really impact a single bite," said Zien.

**PEARL COUSCOUS WITH CALIFORNIA AVOCADO AND CRISPY TOFU** [3]

Recipe created by Sam Zien of Not Not Tacos for the California Avocado Commission

Serves: 4  
 Prep time: 30 minutes  
 Cook time: 30 minutes  
 Total time: 60 minutes  
**Ingredients:**  
 • 1 lb. extra firm tofu  
 • 2 1/2 Tbsp. extra virgin olive oil, divided  
 • 1/2 tsp. sea salt  
 • 1 tsp. chili powder  
 • 1 1/2 cups water  
 • 1 cup pearl couscous  
 • 3 large shiitake mushrooms, stems removed and thinly sliced  
 • 2 Tbsp. fresh lemon juice  
 • 2 tsp. soy sauce  
 • 1 clove garlic, peeled and minced  
 • 1 tsp. minced ginger  
 • 1/2 tsp. sugar  
 • 2 tsp. sriracha  
 • 3 radishes, thinly sliced  
 • 1/4 cup finely diced red onion  
 • 1/4 cup finely chopped green onion  
 • 1/3 cup diced tomato  
 • 3 Tbsp. finely chopped cilantro  
 • 1/8 tsp. coarse sea salt, or to taste  
 • 2 ripe, Fresh California Avocados, seeded, peeled and diced

**Instructions:**  
 1. Preheat oven to 375 degrees F.  
 2. Drain the tofu by removing from the package, lay flat and slice in half horizontally. Place the slices in a single layer of 3-4 sheets of paper towels. Top tofu with additional paper towels and a heavy object (i.e. cast-iron pan) and let sit 15 minutes.  
 3. Uncover the tofu, cut into small

cubes and place into a large mixing bowl.

4. Add about 1/2 Tbsp. olive oil and season with salt and chili powder.

5. Heat a large oven-safe pan over medium heat and add the seasoned tofu cubes.

6. Place the pan over medium heat, and cook, shaking the pan occasionally until tofu begins to brown on all sides, about 5 minutes.

7. Transfer the pan to the oven and cook tofu for 20-25 minutes or until crispy, remove and set aside.

8. Alternatively, after seasoning the tofu cubes you can place them in a single layer in an air fryer and cook at 375 degrees F for 15 minutes.

9. While the tofu bakes, bring water to a boil in a medium saucepan and add couscous and shiitake mushrooms; stir then reduce heat to a simmer, cover and cook until the water is absorbed, about 10-15 minutes.

10. Remove from heat, put in a large bowl and allow to cool.

11. Combine lemon juice, soy sauce, garlic, ginger, sugar, sriracha and remaining olive oil in a small bowl and mix until sugar dissolves. Set aside until ready to serve.

12. Once couscous is cooled, add radishes, red onion, green onion, tomato, cilantro and sea salt.

13. Dress the couscous mixture evenly then spoon on plates, adding the crispy tofu and diced avocado.

Pearl Couscous with California Avocado and Crispy Tofu

## LEGALS

### NOTICE OF REQUEST FOR PROPOSALS TOWN OF STURBRIDGE REQUEST FOR PROPOSALS ARCHITECTURAL SERVICES for a FEASIBILITY STUDY for the STURBRIDGE SENIOR CENTER PROJECT INVITATION TO SUBMIT PROPOSALS

The Town of Sturbridge, Massachusetts is accepting sealed proposals from qualified firms for the "Feasibility Study for the Sturbridge Senior Center Project" at the Office of the Town Administrator, Town Hall, 308 Main Street., Sturbridge, MA until 11:00 AM local time on August 23, 2019. Each proposal must be sealed in an envelope and clearly marked the "Feasibility Study for the Sturbridge Senior Center Project".

The full Request for Proposal can be found on the Town's web page at [WWW.Town.Sturbridge.MA.US](http://WWW.Town.Sturbridge.MA.US) and click the link for "RFPs & RFQs". Interested parties will need to register at the site. All addendums and clarifications will be posted on this site and it is up to the interested parties to check periodically.

Funding for the proposed Feasibility Study is contingent upon authorization by Town Meeting anticipated to be sometime this fall. All proposals must remain valid until December 31, 2019. The Town reserves the right to waive any informality, and reserves the right to reject any and all proposals, wholly or in part, and to accept any proposal

or part thereof, deemed by it to be in the best interest of the town. Jeff Bridges Town Administrator August 2, 2019

### Town of Brimfield Zoning Board of Appeals

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Matthew Capen, regarding the property at 45 Sixth St. Brimfield, MA, Parcel ID Map 5A Block B Lot 28. Applicant proposes to re-build the home with the same footprint. The second floor will extend over the middle section of the house while the left side will remain a single story. The Board will review the application for a special permit, examine the relevant plans, and also determine whether the changes will be detrimental to the neighborhood. Abutters are invited to consider the proposal and provide public input. The hearing will be held on Monday, August 5, 2019 at 6:30 PM, at the Town Hall Annex. July 26, 2019 August 2, 2019



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

### FRIDAY, AUGUST 2

**RODGER EKSTROM**  
 from 7-10 in the bar  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### SATURDAY, AUGUST 3

**BAD TICKERS**  
 at 9 pm  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### FRIDAY, AUGUST 9

**RED SOX GAME:**  
 for \$105: round-trip motor coach transportation, ticket to game (right field box seating rows A-G) Bus departs Danielson at 4pm. Call 860-423-2591. Reserve your spot now!

**WIBBLE**  
 from 7-10 in the bar  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### FRIDAY, AUGUST 16

**BILLY GOODSPEED**  
 from 7-10 in the bar  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### THURSDAY, AUGUST 22

**FARMER'S DINNER**  
 From our gardens to your plate. Featuring local pasture raised chicken. Advanced tickets required  
 Salem Cross Inn  
 260 West Main St., W. Brookfield, MA 508-867-2345 salemcrossinn.com

### FRIDAY, AUGUST 23

**DAN FEELEY**  
 from 7-10 in the bar  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### SATURDAY, AUGUST 24

11am-6pm  
 Open House & Fall Registration  
 Live dances, free mini trial classes, fun & games, free give-aways, meet the teachers, check out the studio. Also register August 27 and September 4th 6-8 pm at the studio or call/email to register at anytime. Classes begin Sept. 9  
 Dance Techniques  
 62 Wall St., Spencer, MA 01562  
 508-885-4559

### FRIDAY, AUGUST 30

**LIAM COLEMAN**  
 from 7-10 in the bar  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### SATURDAY, AUGUST 31

**THE ISLAND CASTAWAY BAND**  
 at 9 pm  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

### SUNDAY, SEPTEMBER 8

**FARMERS DINNER**  
 From our gardens to your plate. Featuring Salem Cross Farm Pasture raised beef. Advanced tickets required.  
 Salem Cross Inn  
 260 West Main St., W. Brookfield, MA  
 508-867-2345 salemcrossinn.com

### SEPTEMBER 12-14

**ORIGINAL SEWING & QUILT EXPO**  
 Auburn Sewing Center will be at the DCU Center. Classroom machines on sale. Stop by their Brother & Janome booth for make-it, take-it projects. Classes and demonstrations 9am-5pm  
 50 Foster St. Worcester, MA 01608  
 www.dcucenter.com

### FRIDAY, SEPTEMBER 13,

**MURDER MYSTERY DINNER**  
 An interactive dinner theater  
 The Fashionable  
 117 West Main St., Spencer, MA

**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  
 salemcrossinn.com or call 508-867-2345. 260 West Main Street  
 West Brookfield, MA 01585

### 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  
 salemcrossinn.com or call 508-867-2345. 260 West Main Street  
 West Brookfield, MA 01585

### 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  
 salemcrossinn.com or call 508-867-2345. 260 West Main Street  
 West Brookfield, MA 01585

### ONGOING

**JUNE THROUGH AUGUST**  
 5 p.m.  
**WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW AT KLEM'S**  
 All makes and models. Proceeds benefit the Masonic Children's Charity  
 KLEM'S  
 117 West Main St., Spencer, MA

508-885-2708 (Ext. 104)  
 www.klemsonline.com

**SUNDAYS THIS SUMMER**  
 with live music from 2-5 on the patio  
 308 Lakeside  
 308 East Main Street  
 East Brookfield, MA 01515  
 774-449-8333

**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 salemcrossinn.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

# SUMMER TIME

Home Town Service,  
**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**

**2008 ZODIAC and 14' CANOE**, excellent condition. ACTI-V 9'4", electric pump/air accessories, air floor. 2009 Honda 8HP, serviced. \$2,195 Canoe: oars/ seats, no leaks. \$275 860-983-0800 Sturbridge

**24 FOOT POOL, ABOVE-GROUND**, 4 years old, filter, motor, all supplies included (except liner) Ready to go \$950 or best offer 508-498-0166 leave message

**ATV TIRES:** Four ATV Tires Buzz Saw Brand, 26/10R12. Excellent cond. \$200 for all four. 508-259-8805

**BED ROOM SET** Heywood Wakefield 3 Pieces A tall dresser with 5 drawers Dresser with mirror 7 drawers Night stand cabinet style Dark Wood Asking \$150.00 for All Call 1-508-347-3145

**BOBCAT-MOBILITY** Scooter red 4 months old, only used indoors. Less than 10 miles on it. No signs of wear, in like new condition. Bought new for \$675 make reasonable offer. 774-280-0414

**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

**COFFEE & TWO END TABLES:** Cherry finish w/glass tops. Very good condition. \$125 Call 508-735-2560

**Couch**, 84 inches long. Dark red fabric with pillows, good condition. \$150. 508-410-5167

**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 Asking \$150.00 for All Call 1-508-347-3145

**010 FOR SALE**

**EXERCISER BIKE** Pro-Form XP Whirlwind 280 Time, Distance, Speed, Calories Perfect Condition Asking \$125.00 Call 1-508-347-3145

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

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

**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

**FREEZER COMM. FRIGIDAIRE** Compact Chest Freezer Heavy Duty 5.0 Cu Ft. 27" Wide 34" High Asking \$125.00 Call 1-508-347-3145

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

**FURNITURE FOR SALE** Ladies bureau w/ extra large mirror, man's bureau, queen size bed, 2 twin beds, 2 Lazy-Boy chairs, excellent condition. Best offer. Can be seen at The Old Cider Mill, Route 9, West Brookfield or call 774-232-9382.

**GENERAC GP500 Gasoline Generator**-Unboxed, never used. Original manual + warranty 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**

**LETTER PRESS COMMERCIAL PRINTING EQUIPMENT** - all together, poster press 14"x22", job press 10"x15", Seybold 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

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

**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

**SEASONED HARDWOOD FIREWOOD** cut split delivered. \$225 per cord. CALL 508-282-0232

**SIX Windsor Back Chairs.** Light wood. Good condition. \$110.00 508-259-8805

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

**STEREO EQUIPMENT** RECEIVER ONKYO AV HT R8230 Digital 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

**TIRES: Four NEW** Goodyear Wranglers LT 265-60R20 BW \$150 Each. 508-259-8805

**TIRES: Two used** Goodyear Wranglers LT 265-60R20 BW. \$150 each. 508-259-8805

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

**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

**TRUCK CAP:** fits newer Dodge Trucks. 6.6 Bed size Removable front window, screens, side windows that open, rugged inside, Lights inside. Excellent cond. RED \$140. 508-259-8805

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

**WHITE OUTDOOR PRODUCTS SNOWBLOWER.** 10hp Tecumseh, two stage, 30 in. width. Electric start, well maintained! \$600.00. 508-347-3775

**100 GENERAL**

**107 Misc. FREE**

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

**130 YARD SALES**

**ART SALE** August 3 rain date August 4 10 am - 4pm 21 Hisgen Rd Holland, Ma original oil paintings for sale

**DEADLINE FOR YARD SALE SUBMISSIONS IS NOON MONDAY FOR ALL MASS. WEEKLY PAPERS** Deadline subject to change due to holidays Call for more info

**INDOOR YARD SALE** 178 Mechanic St Southbridge, MA 01550 August 3, 10am-1pm Everything must go. No offer refused.

**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 CONDITION. \$1500.00. CALL 508-987-0386 LEAVE MESSAGE.

**265 FUEL/WOOD**

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

**284 LOST & FOUND PETS**

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



**LET US KNOW!!!** Please call us so that we can take your ad out of the paper...

**Town-To-Town Classifieds 508-909-4111**

**287 FEED**

**HAY FOR SALE** - \$4 a bale off wagon (pick up only), cash 508-826-3312

**298 WANTED TO BUY**

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

**298 WANTED TO BUY**

**WANTED:** 24' Pontoon Boat & trailer (used). Webster area. 617-750-0969

**WAR RELICS & WAR SOUVENIRS WANTED:** WWII & EARLIER CASH WAITING! Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 40 Years Experience. Call David 1-(508)688-0847. III Come To YOU!

**300 HELP WANTED**

**310 GENERAL HELP WANTED**

**BRIMFIELD FAMILY** looking for a responsible, compassionate, caring woman no history of smoking, drugs, or alcohol. with a motherly background to be a live-in helper. My family lost my mom on 12/10/16. Job is full-time. Driving a must. Job duties a r e companionship for me and Dad, help keep house clean, someone to care for me if Dad's not there, take me out to stores, share a bedroom with me. \$150 monthly. Please call 413-301-2058 for an appointment.

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



**SEEKING AUTO TECHS:** High volume, independent shop seeks self-motivated, experienced General Auto Repair Tech and experienced Tire & Lube Techs. Benefits include health, dental, disability, life ins., 401k, FSA, overtime pay and training. Pay commensurate w/ experience and ability. APPLY IN PERSON: C&R TIRE, 649 MAIN STREET (RT. 20) STURBRIDGE, MA

**SJN FORMS INC** Looking for residential concrete foundation workers pay reflects experience full time work call Brian if interested 508-733-1513

**325 PROFESSIONAL HELP WANTED**

**BASED IN North Brookfield:** Home Every Night, Class A Driver And/Or General Mechanic For 18-Wheel Trailer Trucks \*\*\*\*\* Contact H.R. Salem Transport, LLC.(508) 867-3235

**HELP WANTED RECYCLING CENTER S T A F F** Part time (19hrs. Per week) Wednesdays and Saturdays. The Recycling Center Staff directs all aspects of daily operations and maintenance of the Town's landfill and recycling facility (transfer station). For an application, visit www.northbrookfield.net/home/pages/job-opportunities, Call 508-867-0201, Or email health@northbrookfield.net

**330 SALES**

**GATES GMC BUICK NISSAN** Only 45 mins from Sturbridge is looking for motivated Sales People to add to our Sales Team. No experience necessary, willing to train. Guarantee pay during training, competitive pay plans and benefits package. Call Nick Truax at 860-456-0055

**330 SALES**

**WORCESTER COUNTY MEMORIAL PARK**, Garden o Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

**330 SALES**

**WORCESTER COUNTY MEMORIAL PARK**, Garden o Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

**400 SERVICES**

**442 LICENSED DAY CARE**

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

**500 REAL ESTATE**

**505 APARTMENTS FOR RENT**

**DUDLEY - 2-BEDROOM APT.** Hardwoods, country setting, pond view, off-street parking, heat, hot water, rubbish and hook-ups included. Starting at \$995. 1st, last, security. No dogs. 860-935-9105

**530 HOUSES FOR SALE**



**LAKE LASHAWAY CUSTOM WATERFRONT HOME WITH MAGNIFICENT VIEWS** N. Brookfield - 3 beds, 3-1/2 baths Incredible 2515 sq.ft. built in 2006 \$749,900.00 Michelle Wesson Lamacchia Realty (508) 579-6531

**546 CEMETERY LOTS**

**DOUBLE LOT** at waldron-cemetery in Dudley. \$700 508-341-7873

**Worcester County Memoria** Park Garden of Valor, Paxtor Mass. 2 lots for sale. \$3,000 o best offer for both lots. (valued a \$8,500) Call 508-892-9843

**550 MOBILE HOMES**

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

**550 MOBILE HOMES**

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

**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 rwo12@aol.com

**576 VACATION RESOURCES**

**TIMESHARE FOR SALE** full flex week at The Manhattan Club in New York locatex across from Carnegie Hall Great buy; illness forces this sale. Asking \$7,000. For details 508-248-5123

**Automotive**

**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**

**1971 Chevy Impala Convertible** 400 2 barrel carb with 89,000 miles, 1 owner, runs smooth, new top in 2012, asking \$8,000 or best offer 508-885-6878

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

**2001 CAD EL DORADO TC** 72,000 miles. Must see! \$11,000 7 Hartley Street, Webster, Mass.

**725 AUTOMOBILES**

**2002 BMW 525iA.** \$3995. Call Ray for more details. 508-450-5241

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

**2007 TOYOTA COROLLA S** \$3995. Call Ray for more info. 508-450-5241

**2010 MAZDA M3 iSV.** \$6800. Call Ray 508-450-5241

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

**F250 work truck, 2012, RWD.** 71K, equipped with aluminum flatbed with fold-down sides. Recent brakes, battery, ac compressor, tires, 10 ply. Ready to work. 10,000 GVW. \$17,000 508-943-1941 or 508-320-2765

**725 AUTOMOBILES**

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

**740 MOTORCYCLES**

**2005 YAMAHA V-STAR 1100 CLASSIC, PEARL-WHITE** Has all options- hardbags, windshield, custom seats/exhaust, backrest, floor-boards. 20,000 well-maintained miles. Great looking & performing bike. \$3500 OBO 774-289-4550

**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 Sheldon's of Auburn. Bike is truly new condition. Call 508-414-9134 for showing. Firm \$14,000 as bike is MINT!

**Local Heroes**



**FOUND HERE!**

**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 generation 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 windshield, 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

**750 CAMPERS/ TRAILERS**

**2012 Cougar 324RLB** 5th Wheel Camper. 1 & 1/2 bath, kids room w/sleeping loft. Pictures available. Excellent condition. \$19,750. 413-245-4403 Please leave a message. Located in Brimfield Mass.

**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

**8' PLOW** - three cable hook, in good condition. \$700 or best offer. Call Jim at 774-317-0628. No texting please.



**What's On Your Mind? We'd Like to Know.**

Email us your thoughts to: news@stonebridgepress.news



**We'd Love To Hear From You!**

**"Every Town Deserves a Good Local Newspaper"**



# Triple Tax Savings Event on windows!

We're celebrating our Triple Tax Savings Event all month long!

Through August 31<sup>st</sup> only, buy four and get 18.75% off your entire project, and get an additional \$100 off each window and patio door with \$0 down, 0 monthly payments and 0% interest for one year!<sup>1</sup>

- From last year we know that these appointments fill up quickly; call today
- You must call by August 31<sup>st</sup>

Save on every window!



Save on every patio door!



Must call by August 31<sup>st</sup>, 2019

1 **18.75% OFF**  
your entire project<sup>1</sup>

Minimum purchase of four.

2 **AND \$100 OFF**  
each window and patio door<sup>1</sup>

No minimum purchase required.

3 **WITH \$0 Down**  
**0 Monthly Payments**  
**0% Interest**  
**FOR 1 YEAR<sup>1</sup>**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months. Participating states require the payment of sales taxes on all product sales.

### Don't settle for poor-quality vinyl windows.

Not only can they look shiny and low-end, some poor-quality vinyl windows can warp, leak and become drafty after just a few years. Our windows are made of our exclusive Fibrex<sup>®</sup> material, which is twice as strong as vinyl.

### Unlike some other companies, we warrant our windows and installation.\*

Renewal by Andersen is the full-service replacement window division of Andersen Corporation, and because they've been around for 116 years, you know we'll be around to stand behind our window, our service and our installation.\*



Call for your FREE Window and Patio Door Diagnosis  
**1-800-209-2746**

<sup>1</sup>DETAILS OF OFFER – Offer expires 9/14/2019. You must set your appointment by 8/31/2019 and purchase by 9/14/2019. Not valid with other offers or prior purchases. Get 18.75% off your entire purchase and 12 months \$0 money down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 7/28/2019 and 9/14/2019. Additional \$100 off each window or patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/31/2019 and purchase by 9/14/2019. 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<sup>®</sup> 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 only at participating locations. 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. \*See limited warranty for details.

# EXPRESS

POSTAL CUSTOMER PERMIT #231  
PRSRD STD U.S. POSTAGE PAID  
SOUTHBRIDGE, MA 01550

AUBURN NEWS • BLACKSTONE VALLEY TRIBUNE • SPENCER NEW LEADER  
SOUTHBRIDGE NEWS • STURBRIDGE VILLAGER  
CHARLTON VILLAGER • WEBSTER TIMES

Friday, August 2, 2019

CHECK OUT OUR SCAMBLE ON THE BACK PAGE

## OF THE SUMMER SEASON

Support these local businesses this Summer!

# ABC's

### A is for Appliance

**Repairing ALL Makes & Models**

**Complete Line of NEW APPLIANCES** All Major Brands

6 & 12 Months Financing Available

Service Calls Starting @ \$75 (pending location)

Instant Credit • In-shop repairs  
Delivery, Installation & Removal available.  
Oreck vacuums and bags.

**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

### B is for Breakfast

**Breakfast Burritos!**

Fresh scrambled eggs, peppers, onions, tomatoes, and cheddar cheese, with your choice of sausage or bacon or both all rolled into a warmed flour tortilla Topped with salsa & cheddar served with a side of home fries

Available Everyday 7am-11:30 am

**E.B.Flatts**  
Rte 9 East Brookfield  
508-867-6643

### C is for Customer Service

**Dorrinda O'Keefe-Shea**  
Realtor® Lic# 9508821  
Century, Centurion Honor Society, CDPE, Notary Public.

270 Main Street, Spencer, MA 01562  
109 West Street, Ware, MA 01082  
c: 978-434-1990 e: dorrinda@c21lovet.com  
www.DorrindaSellsHomes.com

Specializing in Residential, Commercial, Multi-family, & Land Sales!  
BUY WITH CONFIDENCE AND SELL WITH SUCCESS!  
Broker/Owner James D'Amico

### D is for Diner

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

Come by and check out our **NEW DAILY BREAKFAST & LUNCH SPECIALS!**

Breakfast Selections starting at **JUST \$3.99**  
Lunch Selections starting at **JUST \$4.99**

**ANY BURGER W/FRIES ONLY \$5.99**

Take Out Available 508-764-8019

### E is for Exit

**EXIT Real Estate Executives**

**Lisa Caron, Realtor**  
GRI, ABR, LMC, CDPE, SRS, SRES, PSA  
Notary Public  
Buyer & Seller Representation

42 W. Main St. • Brookfield, MA 01506  
c: 508.341.8299  
caronlisarick@aol.com  
lisacaron.com

### F is for Foxy Travel

**FOXY TRAVEL**

Your Full Service Travel Agency

International & Domestic Dream Vacations, Motorcoach Tours & More!

Call: 508.234.4585  
Visit: www.foxytravel.com

### G is for Gutters

**GARY'S GUTTERS**  
- Locally Owned -

Need new gutters... Look no further!

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

**50% Off GUTTER GUARDS** with gutter installation AND mention of this ad. Limit one per house, one per customer. Limited time offer

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

### H is for Hardwick

**Summer Garden Headquarters**

Lawn & Garden, Pet Products, Feed & Farm Supplies, Metal Roofing, Work Clothing, Fresh Local Eggs, Cheese, Maple Syrup Products, Country Toys, Propane, Wood Pellets

**HARDWICK FARMERS**  
Co-Operative Exchange, Inc.

444 Lower Road (Rt. 32), Gilbertville, MA 01031  
413-477-6913 hardwickfarmers.net  
Mon-Fri 8-6 • Sat. 8-5 • Sun 9-3

### I is for Ice Cream

**Janine's Frostee**

149 East St. Ware • www.janinesfrostees.com • 413-967-7990

Featuring Fresh Seafood 7 Days a Week & The Best Lobster Roll Around

Serving 50+ Flavors of Premium Hard & Soft Serve Ice Cream, Frozen Yogurt, Sherbert, Sorbet & More

Open 7 Days a Week @ 11am  
Call for Take-out

149 East St. Ware • www.janinesfrostees.com • 413-967-7990

### J is for Jeweler

Specializing in Custom Design and Jewelry Repairs

**Cormier JEWELERS**  
47 Central St., Southbridge, MA 01560

1-508-764-7415  
www.cormiers.com  
cormierjewelers@aol.com

WE BUY GOLD!

### K is for Kitchen Cabinets

Because Beauty can be affordable.

**White Shaker Cabinets Off the Shelf! and now Custom Colors Too!**

All WOOD CONSTRUCTION  
Have your NEW Kitchen today!

100% customer satisfaction  
Quality • Value • Convenience  
FREE initial design by an Architect (not just a designer)

Fully custom kitchens for any price range - Stop by today!  
30 Mill Street, Rochdale, MA | 978-877-8375

### L is for Lighting

**Benoit's Lighting, Inc.**

Hinkley • Generation Brands (Feiss, Seagull & Monte Carlo)  
Hubbardton Forge • Nuvo • Wac Lighting • and more

Lighting up your beautiful home and yard is our specialty.

- 100's of lighting fixtures on display
- Indoor and outdoor
- Special orders

508-892-0080  
www.benoitslighting.com  
16 Pleasant St. • Rte. 56 South • Leicester, MA  
Wed, Thurs, Fri 10-3pm • Sat. 10-Noon  
other days by appointment.  
Call: 508-755-5171

### M is for Motorcoach

**FTI COACH**  
www.fticoach.com

From Weddings to Ski Trips and everything in between

The Finest in Motorcoach Service

### N is for Nursing

Dive Into A New Career at  
**Quaboag**  
Rehabilitation and Skilled Nursing Center  
47 East Main St., West Brookfield, MA 01585

**WE ARE CURRENTLY HIRING!**

NURSE UNIT MANAGER  
Evening Nurse Supervisor  
FT & PT Overnight Nurse  
CNA's All Shifts

Ask about our CNA Scholarship Program  
Come work for us!

We are a community facility in a beautiful small town with a family feel. We have great benefits • Flexible schedules Sign-on Bonus • Referral Bonus

Please contact Julie Stapleton at: (508) 867-7716 or apply online at quaboagonthecommon.com

### O is for Oil

**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 8/31/19. 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

### P is for Paint

**Benjamin Moore**  
Paint Like No Other®

Service Like No Other

**NAL'S**  
PAINT CENTER

Worcester  
Auburn • Leominster  
Shrewsbury  
Westborough

NAL'S offers a large selection of wall coverings and window treatments.

Find our BOGO Coupon on our website  
nalspaintcenter.com

### Q is for Quality Flooring

**100'S OF ROLLS OF STAINMASTER CARPET**  
Voted #1 in T&G Best of Central Mass

TAX FREE WEEKEND AUG 17-18

Stainmaster Remnants  
Pet Proof Carpeting in Stock  
Bound Area Rugs 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

### R is for Realtor

Why pay more?  
**List with us for only 1.5%!\***  
go purple >> save green

\*does not include buyer's agent commission, minimums apply

**PURPLE PORCH PROPERTIES**

Find us on f  
gopurpleporch.com

### S is for Septic

**Soper Construction Co., Inc.**

Site Work • Septic Systems • Excavation  
Water/Sewer Lines/Underground Utilities  
Home Construction • General Contracting

508-765-9003  
hiresoper.com

### T is for The Moving Crew

**MOVING?**

**FRESH START THE MOVING CREW**

CALL US TODAY  
508-868-4291

MDP# 31690 | USDOT# 2407387 | MC# 828326

### U is for Us

Stonebridge Press  
For all your advertising needs, call us!

June Simakauskas ~ 508.909.4062  
Spencer New Leader, Charlton Villager  
Auburn News

Mikaela Victor ~ 508.909.4126  
Southbridge News, Sturbridge Villager  
Legal Notices

Partricia Owens ~ 508.909.4135  
Blackstone Valley Tribune, Webster Times

Advertisers trust us,  
our readers trust our advertisers.

### V is for V.I.P.

For all your Jewelry needs...

Engagements, Weddings, Birthdays, Anniversaries, or Just Because!

Repairs or Custom Designs (make new jewelry out of that old vintage piece in your jewelry box)

Trust Cormier Jewelers of Spencer with all the VIP's in your life.

**Cormier Jewelers & ART GALLERY**  
A Family Business Since 1949  
136 Main Street • Spencer • 508-885-3385  
cormierspencer.com

### W is for Woody's

**WOODY'S Auto Body**  
Direct Insurance Repair Shop

- EXPERT COLLISION REPAIR • FOREIGN/DOMESTIC/CLASSIC • SCRATCH & DENT REPAIRS • FIBERGLASS REPAIR • MOTOR HOMES • ASE CERTIFIED TECHNICIANS • OUTSTANDING CUSTOMER SERVICE
- ALL INSURANCE CO. ACCEPTED INCLUDING OUT OF STATE • RENTAL CAR OR TRUCK CAN BE ARRANGED FOR YOU

WE NOW PAINT CHROME

**HOURS: MON - FRI 8-5**

Sean Wood - Owner  
324 Main St., Spencer, MA  
p: 774.745.8323 f: 774.745.8324  
woody'sautocollisionrepair.net

### X is for eXpo

**ORIGINAL Sewing & Quilt EXPO**

What will you Create today?  
Worcester, MA • DCU Center  
Sept 12, 13 & 14, 2019

Featuring: Auburn Sewing Center  
Classroom Machines on Sale. Stop by our Brother & Janome Booth for make-it & take-it projects.  
Classes & Demonstrations 9-5

Auburn Sewing Center ~ Since 1984  
850 Southbridge St., Westside Plaza,  
Auburn MA • 508-721-2449  
Auburnsew@hotmail.com

### Y haven't you been to Sheena's?

**Sheena's Salon & Spa**

Where beauty & style are born

508-885-4477 • 322 Main Street • Spencer, MA 01562 | Sheena Toscano ~ Owner/Stylist

hair | nails | lashes | waxing | skincare | facials | massage

Tuesday 10-8 • Wednesday & Thursday 10-7 • Friday 9-5 • Saturday 8-2  
SheenasSalonandSpa.com

### Z is for Zoom

**CAHILL'S TIRE AND AUTO SERVICE**  
FAMILY OWNED AND OPERATED FOR OVER 50 YEARS

FOOD SHARE - Always Accepted!  
Also accepting donations for SUICIDE PREVENTION • "Out of the Darkness Walk" • Sept. 14

Donations matched by Cahill's. Your generosity is much appreciated.  
Give And You Shall Receive!

33 SUTTON AVENUE  
OXFORD MASS  
508-987-0603

CAHILLSTIRE.COM

## FITNESS

## Getting outdoors really is good for you

People who live in regions where winters are cold often note the feeling of rejuvenation they enjoy on the first warm day of late-winter or spring. The chance to get outside and soak up some sun while breathing some warm air is a feeling unlike any other for those who spend much of their winters bundled up in layers of clothing.

The value of spending time outdoors extends well beyond dusting off winter cabin fever, providing long-term benefits that might surprise even the most ardent outdoor enthusiast. A 2018 report from researchers at the University of East Anglia found that living close to nature and spending time outside has wide-ranging health benefits, including a reduced risk for type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. Authors of the report studied data from across the globe, gathering evidence from more than 140 studies involving more than 290 million people.

Researchers cannot



pinpoint exactly why people who spend ample time in greenspaces enjoy better health. However, the benefits appear to be so wide-ranging as to suggest that people who currently do not spend much time in greenspaces should make a con-

certed effort to do so. The following are a handful of ways busy individuals can start spending more time outdoors.

- Dine al fresco. On nights when the weather is fair, take dinner into the great outdoors. People who live in pri-

vate homes can dine on the patio or on the deck in the backyard, while apartment dwellers can make use of local parks for nighttime picnics or dine on balconies or rooftop recreational areas, which have become popular in crowded metro-

politan areas. Rooftops and balconies may not pass the "Is it greenspace?" test, but dining in such areas can be more relaxing than an apartment dining nook.

- Get off the couch. Don't hesitate to get outside when night falls.

Spend time in the backyard or go for nightly walks around the neighborhood or in a nearby park. Say so long to television binge sessions, making healthier and more beneficial use of nightly free time by utilizing nearby greenspaces.

- Go hiking on weekends. Even city dwellers no doubt live within driving distance of local hiking areas. Hiking provides a host of cardiovascular benefits and can make for a great, full-body workout. Researchers associated with the UEA report suggested that the practice of forest bathing, which is popular in Japan and promotes spending time sitting down or lying in nature, exposes people to a diverse array of bacteria present in natural areas that may benefit the immune system and reduce inflammation.

People who think that accessing nature is helping them to stay healthy aren't wrong. In fact, making time to include nature in your daily or weekly routine can have positive and wide-ranging effects on your overall health.

## How much exercise does a person need?



Exercise is an essential component of a healthy lifestyle. Exercise helps people maintain healthy weights, improves mood, reduces the risk for various health ailments, and much more. But how much exercise is necessary for optimal health? Research indicates that the answer to that question depends on the person and his or individual health goals.

According to David Bassett, Jr., PhD, a professor of exercise physiology at the University of Tennessee in Knoxville, having a clear set of exercise goals can help a person determine just how much exercise he or she needs, particularly if a person is exercising to control his or her weight or reduce his or her stress.

The U.S. Department of Health and Human Services recommends that most healthy adults get at least 150

minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity, or a combination thereof, every week. Try to engage in strength training for all major muscle groups at least two times per week. The Mayo Clinic says a general goal for most people is to aim for at least 30 minutes of moderate physical activity every day.

Health experts say that this exercise needn't all occur at once, either. If a 30-minute walk is not possible, split that up into a few 10-minute walks throughout the day. Any activity is better than doing nothing at all.

For those with specific fitness goals, it could be wise to speak with a trainer or a doctor about which types of exercises (and durations) are effective. Physicians may be able to map out a fitness plan that works.

## Build an effective (and budget-friendly) home gym

Physical fitness is important. Exercise guidelines depend on the individual, but the American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic activity every week. That amount may need to be increased to meet specific goals, such as weight loss.

In order to meet their fitness goals, many people invest in home gyms. Home gyms can be a convenient way to maximize physical activity and help people maintain muscle mass. According to Spaulding Rehabilitation Hospital, a Harvard-affiliated medical center, staying fit can improve physical strength, reduce seniors' fear of falls, increase confidence, and improve sleep.

When setting up a home gym, people may be tempted to invest a fortune into their equipment. But such investments aren't entirely necessary. Here are some ways to have a functional, budget-friendly workout space in your home.

- Invest in elastic resistance bands. Invest in lightweight elastic bands. According to a study published in 2018 in the *Journal of Sports Science & Medicine*, such bands can improve strength just as effectively as many weight machines commonly found in gyms. Resistance bands don't take up much space and can be tucked out of sight when not in use.

- Dedicate a workout space. Many people find that areas away from the bustle of the household are great spaces to devote to home gyms. Include a full-length mirror that lets you make sure you're performing exercises correctly and invest in a stereo to pump in inspirational music. The fewer the distractions, the more likely you will



commit to your exercise regimen.

- Invest in a set of dumbbells. Adjustable dumbbells or a few of various weights are a good investment. Dumbbells are compact and can be used to perform a variety of strength-training exercises. Begin with light weights and work your way up to reduce your risk of injury.

- Try stability balls. Stability balls are used to perform various core exercises, according to Harvard Medical School. The body's core can be strengthened to improve balance, reduce back pain and more. Stability balls

also can be used to perform abdominal crunches, squats, hamstring curls, and body bridges. Balls also can double as a bench when working with dumbbells.

- Don't forget about cardio. Elliptical machines, stationary bikes and treadmills are effective, but there are other ways to get your daily dose of cardiovascular exercise. Lateral shuffles between two points on a gym floor, or setting up a circuit of jumping jacks or skipping rope can keep your heart rate up and improve health.

Home gyms can help people get and stay in shape.

# FITNESS

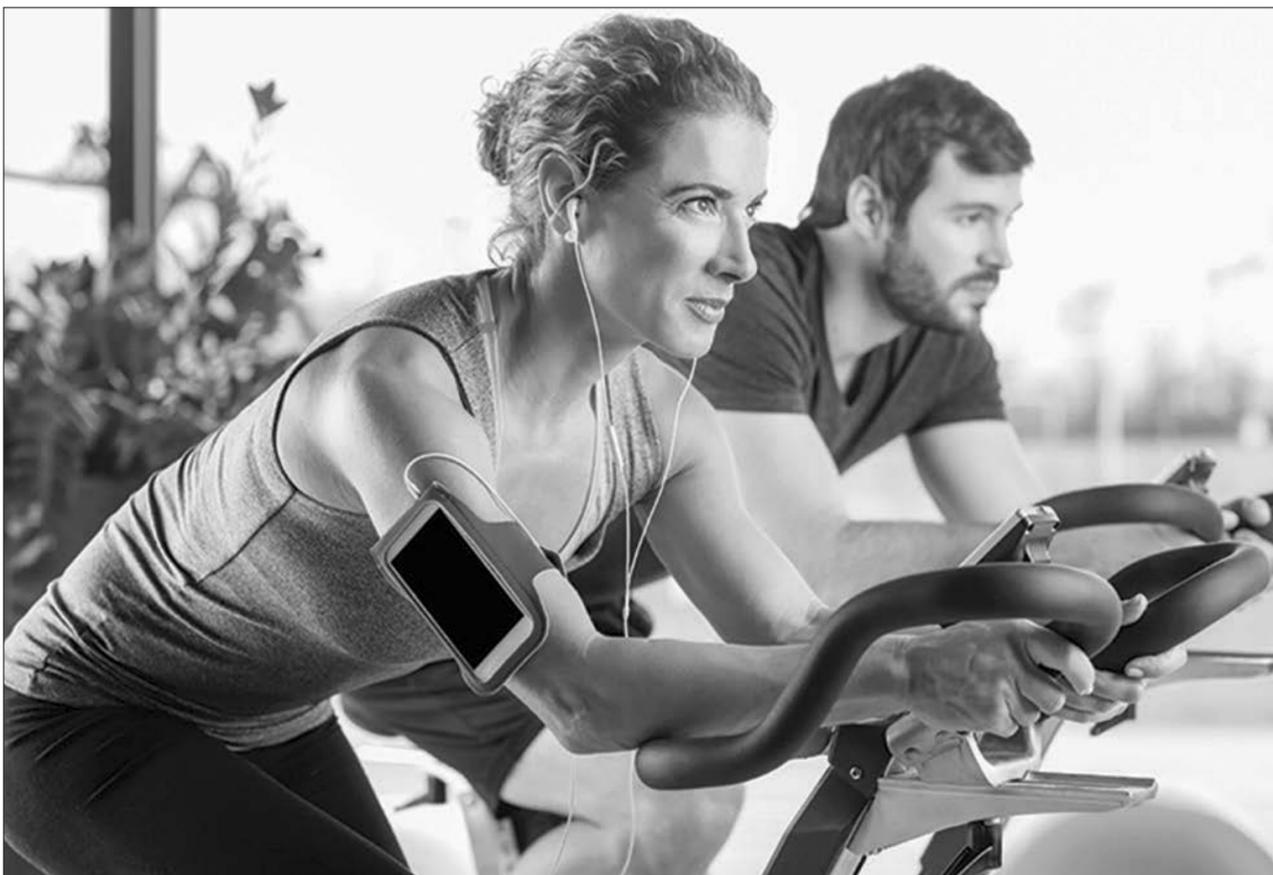
## Understanding the fitness-related ‘rhabdo’

Have you heard of “rhabdo”? No, it’s not the latest superfood seed imported from the heart of the rainforest. Also dubbed the “spinning disease,” rhabdo, short for rhabdomyolysis, is a serious condition known to the medical world for years, but is only recently garnering more widespread attention thanks to the high-impact fitness craze.

According to the Harvard Medical School, rhabdo is a rare condition that occurs when muscle cells burst and leak their contents into the blood stream. This can cause kidney injury, dark or brown urine, weakness, and muscle soreness. Trauma, medication and drug or alcohol misuse can contribute to rhabdo, but so can intense physical activity.

The Mayo Clinic states that rhabdo has been seen in extreme athletes, such as weight lifters and marathon runners. Rhabdo also can afflict people new to fitness regimens who are attempting to push themselves too far, too quickly.

According to Dr. Leslie Hamlett, a nephrology specialist at Freeman Health System in Missouri, she’s not surprised that those participating in intense workouts have been experiencing rhabdo. Dr. Hamlett feels that athletes crave the pain and burn — equating it to a job well done. However, the earliest symptoms of rhabdo mimic those of a really tough workout, making



them easy to overlook.

The following tips can help people reduce their risk of developing rhabdomyolysis.

- Avoid alcohol and drug abuse.
- Seek prompt medical help

after an accident or muscle trauma.

- Do not work out in excessive heat.
- Stay hydrated throughout a workout and attempt to maintain a normal body tempera-

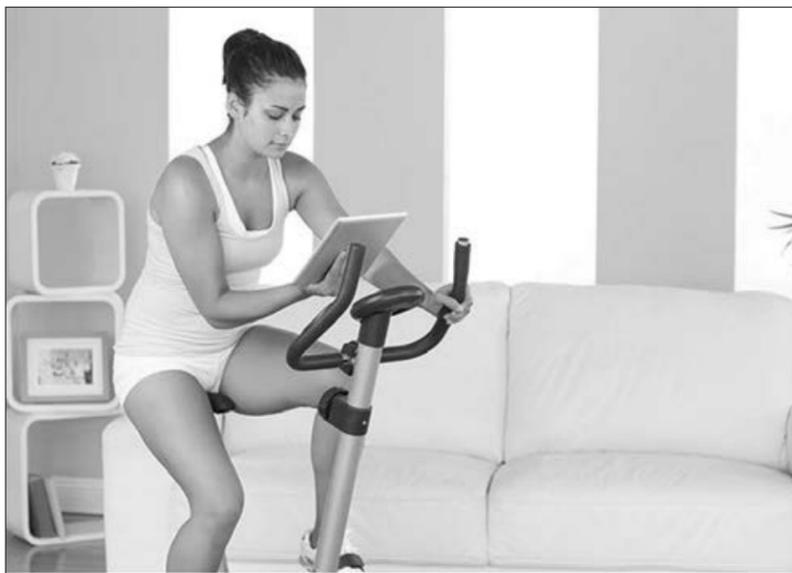
ture. Fluids with electrolytes can be beneficial.

- When working out, gradually increase intensity, whether you’re a seasoned athlete or a beginner.

Rhabdo is a serious medical

condition that those engaging in extreme workouts should familiarize themselves with early on. Although rare, the condition is serious enough to warrant caution while exercising.

## 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

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.

## Signs you might be overtraining



Exercise is a vital component of a healthy lifestyle. Many people find that pairing a nutritious, well-balanced diet with routine exercise is a successful formula for a long and healthy life.

People typically know when to stop eating. In fact, the brain signals when the stomach is full to prevent the body from eating too much. Exercise can be a little trickier, as men and women may be inclined to ignore certain warning signs of overexertion during a workout. The well-known workout motto “no pain, no gain” implies that rewards await those who push through their pain during a workout. However, ignoring signals that the body is being overtrained can have a detrimental effect on both short- and long-term health.

According to the American Council on Exercise®, there is a tipping point in regard to how much exercise the body can take. ACE notes that, when people pass that point, the exercise they engage in can actually do more harm than good. ACE refers to the tipping point as overtraining syndrome, or OTS, which can actually contribute to a reduction in overall fitness and increase a person’s risk for injury.

People dealing with OTS may not recognize its symptoms as readily as they would a full stomach. As a result, it can be easier to overtrain than overeat. For instance, people focused on living healthy often know when to call it quits at the dinner table, but might not know when to end a workout. Overtraining can be just as harmful as overeating,

and athletes can help themselves by learning to recognize various signs of overtraining.

• **Decreased performance:** ACE notes that a lack of improved performance, despite an increase in training intensity or volume, is a telltale sign of OTS. Athletes who recognize a decrease in their agility, strength and endurance might be dealing with OTS.

• **Increased perceived effort during workouts:** OTS can make seemingly effortless workouts seem difficult. An abnormally elevated heart rate during exercise or even throughout the day may indicate OTS.

• **Excessive fatigue:** Too much training can contribute to fatigue because the body is not being given ample time to recover between workouts.

• **Agitation and moodiness:** Overtraining can contribute to a hormonal imbalance that affects stress levels, potentially making people more irritable and contributing to moodiness.

• **Insomnia or restless sleep:** The overproduction of stress hormones that can occur when overtraining can adversely affect a person’s ability to get adequate sleep.

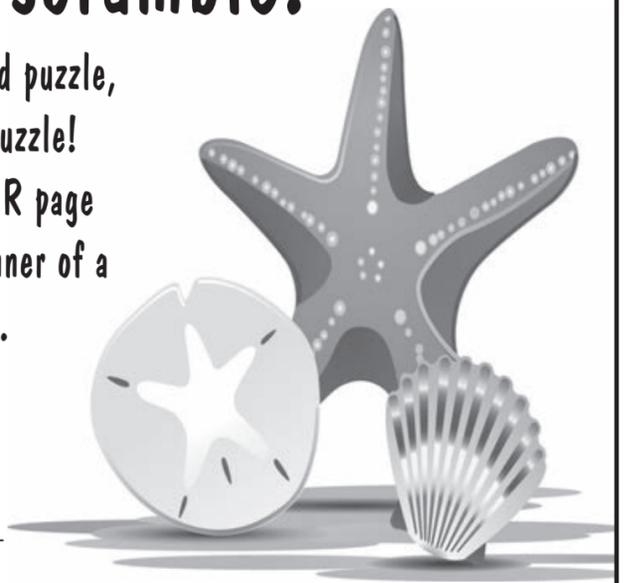
Additional signs of overtraining include loss of appetite, chronic or nagging injuries, metabolic imbalances, and stress and/or depression. More information about OTS and how to avoid it is available at [www.acefitness.org](http://www.acefitness.org).

# Welcome to our first scramble!

We've decided to change it up for Summer and instead of a crossword puzzle, we've created a scramble. We hope you'll enjoy this challenging puzzle!

Please find the answers (business names) on the ABC's of SUMMER page in this week's issue. We will unscramble for you and announce a winner of a \$25 Gift Card to an ABC Business in the August 16th issue.

Good luck!



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email (optional) \_\_\_\_\_

Newspaper you saw this in, circle one: Spencer New Leader, Auburn News, Southbridge News, Charlton Villager, Sturbridge Villager, Webster Times, Blackstone Valley Tribune

We love your feedback comments: \_\_\_\_\_

## ABC'S OF SUMMER SCRAMBLE

(These are not in alphabetical order)

1. ISEOTNB TNILGGIH INC

2. HRIKCAW ARFERSM C-POO

3. EB TSTALF

4. FTI OHACC

5. SAIL OGNAR ETXI ELATRY

6. WDOO'YS OATU OYBD

7. EGI RETISROIN

8. NCAIERMA UTNCOISD IOL

9. HSRFE RATTS EHT IMVGON WREC

10. AGSR'Y TURSEGT

11. OICERMR JWEERSEL

12. OYFX AVTRLE

13. URLPEP HRCOP PRIRTOPESE

14. EOREBITNSGD SRPES

15. SRPOE RNUICSNTOCOT OC NCI

16. SDVAE NCAPLAIEP

17. YUIQATL LNGFIORO

18. IRADNDOR AFHEOSEEKE-

19. LDSF'EEE FOEFEC PPESOH

20. BURANU WSIGEN RTECNE

21. S'LNA NPIAT ERCNET

22. E'NSSHEA ASNOL AND SPA

23. HILLCA ERIT DAN TUAO VREECIS

24. NNSJIEA ROEETSF

25. QAABGUO IAALIOBTHNTREI

26. MRECOIR RSELEWJE RAT LYGELAR



**Park AUTO**  
LLC

**Why Choose Us?**



Quality Vehicles Bought & Sold

Low Pressure Atmosphere

No Document Fees

Great Prices

1313 Park St., Palmer, MA 01069 413.283.3191

**PARKAUTOMA.com**

If it's  
important  
to you,



It's important  
to us.

**StonebridgePress.com**