

Historic home decked out for Halloween



Courtesy Photo

A locally historic home in Douglas has gotten a Halloween makeover. Homeowner Chris Bilodeau said he and his family decorate the home each year to help get the community in the holiday spirit.

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — A locally historic home in Douglas has gotten a Halloween makeover. Homeowner Chris Bilodeau said he and his family decorate the home each year to help get the community in the holiday spirit.

“Halloween is our favorite holiday and we plan on doing it again and again. Our kids love it and the town seems to enjoy it as they stop and take photos,” Bilodeau said.

The Bilodeau family purchased the home

in 2017; Bilodeau grew up in Whitinsville and said he recalls driving by the house, built by the Schuster family, since he was eight-years-old.

“The Schuster family was prominent in Douglas in the late 1800s into 1900s. Winfield [Schuster] was going to purchase the Red Sox. His father, Walter, built my home for Winfield’s sister Eleanor in 1930,” Bilodeau said. “Some of the Red Sox stayed at our

Please Read HALLOWEEN, page A6

Local police warn of ‘Grandparent Scam’

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — A Grafton resident who was recently scammed out of more than \$8,000 has prompted several local police departments to issue warnings regarding a “Grandparent Scam” that is impacting residents throughout the area.

The Douglas and Northbridge Police Departments have both shared a statement, originally penned by Grafton Chief of Police Normand A. Crepeau, Jr., in which details of the scam are discussed.

Recently, a Grafton resident was scammed out of more than \$8,000, the statement reads.

“Although I’ve posted numerous warnings to be cautious about fraud and phone scams directed towards the elderly, the Grafton Police Department continues to receive calls and complaints regarding this issue,” Crepeau said in the statement.

The “Grandparent Scam” preys on elderly members of the community by taking advantage of their love and concern for their grandchildren.

The scam involves a grandparent receiving a phone call or email from someone who identifies themselves as the victim’s grandchild, often times in a panicked situation that requires immediate action. One example is a scammer claiming to be a grandchild who has been “arrested in another country,” the statement reads, and needs money wired quickly to pay the bail.

“The grandparent scam has been around for a few years but the scam and scam artists have become more sophisticated. Thanks to the Internet and social networking sites, criminals can sometimes uncover personal information about their targets, which makes the impersonations more believable,” the statement reads.

Common scenarios include a grandparent receiving a phone call from a “grandchild,” often late at night or early in the morning residents aren’t thinking as clearly.

“Usually, the person claims to be traveling in a foreign country and has gotten into a bad situation, like being arrested for drugs, getting in a car accident or being mugged—and needs money wired ASAP. And the caller doesn’t want his or her parents told,” the statement reads.


Please Read SCAM, page A10

Reenactment brings American Revolution to life with a boom!

UPTON – The American Revolution came to life with a boom, as cannon and musket smoke hung over the field at the Battle for Daniels Farm Reenactment, co-hosted by BVT through a competitive grant provided by The New England School Development Council (NESDEC), held in Blackstone on Oct. 5 and 6.

While spectators watched intently from the sidelines, British and Colonial troops in revolutionary-era uniforms, advanced on each other from opposite sides of the field. Amid mock musket and cannon fire, shouting commands and waving their flags, reenactors battled for ownership of the historic cider mill located on the property.

This living history event was eighteen months in the making with a close collaboration between BVT, Daniels Farmstead and reenactors from the 85ème Régiment de Saintonge. Mr. Edward Evans, Academic Curriculum Coordinator along with teachers and instructors at BVT



Courtesy Photo

Students of the 1st BVT in the white uniforms participate in the cannon demonstration during the reenactment.

Please Read REENACTMENT, page A10

Douglas celebrates Fire Prevention Month

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

DOUGLAS — October is Fire Prevention Month, the goal of which is to raise awareness about fire safety and help ensure homes and families are prepared in the event of an emergency. Recently, the Douglas Adult Social Center celebrated the month with a pancake breakfast with town officials.

Douglas Fire Chief Kent Vinson, Fire Department Clerk Lisa Freeman, and Douglas Select board Chair Kevin Morse cooked the breakfast and spoke with residents about fire safety.

“It was certainly an honor to cook a pancake breakfast at our Senior Center. We look forward to serving them and meeting with them more throughout the year with the goal of keeping them safe, increasing their quality of life,” said Vinson. “In addition to being a member of the Council on Aging, as Fire Chief I have always been determined to advocate for our more vulnerable populations in the community.”

Vinson said he was the first SAFE (Student Awareness of Fire Education) Coordinator in the Douglas Fire Department starting in the year 2000. The program was originally a state grant program designed to educate children on key fire safety behaviors, including proper handling of matches and lighters, exit drills in homes, and escape plans and meeting places to ensure everyone has escaped a fire.

“The foundation of every escape plan is making sure we have working smoke detectors in our homes to alert us as early as possible should a fire break out,” he said.

The implementation of this program reduced the fatalities of children in fires in Massachusetts more than 70 percent, which is why six years ago the state expanded the program to the senior citizen population,



Courtesy Photo

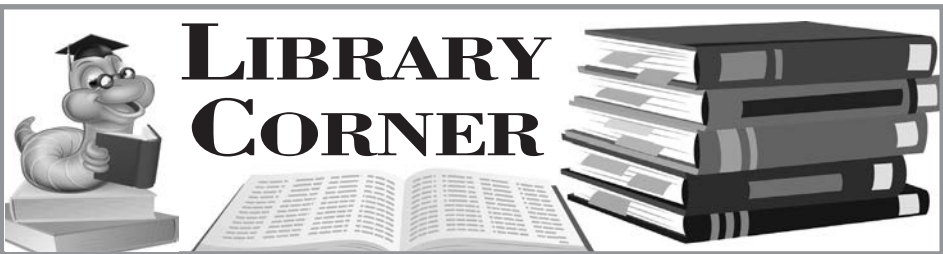
Recently, the Douglas Adult Social Center celebrated Fire Prevention Month with a pancake breakfast with town officials.

Please Read FIRE PREVENTION, page A6

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Uxbridge Free Public Library

15 North Main St.
(508) 278-8624

Special Hours
The Library will be closed on Wednesday, November 27 and Thursday, November 28 in observance of Thanksgiving Day.

Adult Programs

Gentle Yoga – Mondays at 7pm
Join us for this popular Library Trustee-sponsored program with Marise Nazzaro. Registration required.

Sit and Knit – Thursdays – November 14 and 28 at 1:30pm
Join this informal group with a textile project of your choosing. No registration needed.

Card Making – Thursday, November 7 at 6:15pm
Come in to learn about the paper craft of making greeting cards for family and friends. Go home with a couple of your own unique creations. This program is sponsored by the Friends of the Library. Registration required.

Ukulele Workshop – Thursday, November 7 at 6:30pm
Learn to play the ukulele at this workshop for ages 13 and older. This program is sponsored by the Massachusetts

Cultural Council. Registration required.

Uxbridge Senior Center Book Club – Tuesday, November 12 at 1pm
Join us for our monthly discussion. This month's featured read is The Boys in the Boat by Daniel James Brown. Pick up a copy at the circulation desk! No registration needed.

Fall Wreath Making – Thursday, November 14 at 6:30pm
Join Ana Mendes to make your very own Fall tulle “tutu” wreath. Supplies will be provided. Feel free to bring any small decor you'd like to add to your wreath. This program is sponsored by the Board of Library Trustees. Registration required.

Bookies Book Club – Monday, November 18 at 6:30pm
Join us for our monthly discussion. This month's featured read is Little Fires Everywhere by Celeste Ng. Pick up a copy at the circulation desk! No registration needed.

Youth Programs

Creation Station – Tuesdays from 3:30-4:30pm
It's time to get creative! Come in and see what colorful creations you can make! No registration needed.

Crafty Wednesday - Wednesdays from

10am-4pm
Drop in to see what our craft of the week will be! No registration needed.

Lego Club - Thursdays from 3:30-6pm
Be a Master Builder and create with our different LEGOs! Ages 5 & up and no registration needed.

Toddler Time - Saturdays from 10-11am

Join us for relaxed play with blocks, instruments, bubbles, and more to encourage healthy growing! No registration needed. Best for ages 0-2.5 years.

Knitting Nights Club - Mondays from 6-7pm

Drop-in for some knitting time and make new friends! No registration needed. Best for ages 10 and up.

Read to Lexi - Mondays, November 4 and 18 from 4-5pm

Bring a book or check one out and read with Lexi by your side. Registration is required. Call to sign up for a 15 minute slot.

Candy Bar Bingo - Saturday, November 9 from 11am-12pm

Bring a candy bar to play, and take a candy bar if you win! No registration needed.

Music & Movement: Thanksgiving Celebration - Tuesday, November 12 from 11-11:45am

Bring your thankful thoughts to this month's Music & Movement with Miss Deb! Best for toddlers and preschoolers. Brought to you by the Library Board of Trustees.

Robots at the Library - Thursday, November 14 from 4-6pm

Meet the BVT Robotics Club, learn about their robots, and try them out with different obstacles! Registration is required. Best for ages 5 and up.

Syrup Saturday Book Club - Saturday, November 16 from 11am-12:30pm

Join for our first monthly book club meeting! Come with book suggestions for each month, and enjoy some pancakes on us! No registration needed. Best for ages 8 and up.

Teen Advisory Board Meeting - Monday, November 18 from 3:30-4:30pm

Not sure what to do after school? Come to the library and talk about program ideas, eat snacks, and hang out! No registration needed.

Kids Yoga – Thursday, November 21 from 4:30-5:30pm

It's yoga time!! Practice some poses and maintain your wellbeing throughout the school year. Best for ages 6 and up. Registration is required. Brought to you by the Library Board of Trustees.

Pajama Story Time - Thursday, November 21 from 6:30-7pm

Dress in your jammies and bring your stuffies to Miss Jenn's story time! Stuffies can stay over in the library, and follow their night on Facebook the next day!

Relaxation Day at the Library - Saturday, November 30 from 11am-12pm

November 30th is Personal Space Day! Relax in the library with puzzles, coloring, bath bomb and Play-Doh making, and more. Registration is required for making bath bombs and Play-Doh. Best for ages 10 and up.

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Thanksgiving project needs your help

UXBRIDGE — The Uxbridge Senior Center is organizing our annual Thanksgiving meal distribution to almost 200 seniors and homebound. We are looking for assistance from volunteers to make this project a success. The amount of organization and preparation is surmountable, but with many hands, the work is attainable and rewarding.

This project will take place on Monday, Nov. 25 at the Uxbridge Senior Center located at 36 South Main Street. It will be an all-day event since the Senior Center will be doing all the preparing, cooking, packaging and distribution.

Volunteers can help by donating food items such as uncooked turkey breasts, bags of potatoes, boxes of stuffing, small cans of cranberry sauce, gravy, cut green beans or small pies. Others may help by volunteering their time to help prepare, cook, package or deliver the meals.

If you can help in anyway, please reach out to the Uxbridge Senior Center by Nov. 6, contact Lisa Bernard, Director, at 508-278-8622. Thank you for your consideration and support.

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A STONEBRIDGE PRESS PUBLICATION TRIBUNE STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(508) 909-4101
frank@stonebridgepress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

PRODUCTION MANAGER
JULIE CLARKE
(508) 909-4105
production@stonebridgepress.news

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

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

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TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$307,500, 141 Blackstone St, Rosalie Benoit RET, and Benoit, Rosalie, to Gattoni, Holly.

\$201,000, 38 Montcalm Ave, Sullivan, Amanda, and M& T Bank, to Reem Property LLC.

DOUGLAS

\$430,000, 91 Martin Rd, Kavcic, Lisa A, to Conley, Shane L, and Conley, Kristine M.

\$299,900, 167-167A Main St, Josey, Brian, and Josey, Amy, to Bennett, Taylor.

\$275,000, 37 NW Main St, Doyon, Janet R, to Mandozzi, Cheryl A.

\$237,050, 151 Martin Rd, Lakeview Loan Servicing, to Walter Real Estate Ent.

\$182,000, 44 Shady Ln, Butler, Roger D, and Butler, Robin J, to Saucier, Tina O, and Saucier, Timothy G.

NORTHBRIDGE

\$522,687, 97 Roosevelt Dr, Presidential Farms Inc, to Reardon, Gregory M.

\$445,000, 111 Hastings Dr, Kane, Paul T, and Kane, Kathleen A, to Dejordy, Thomas J, and Dejordy, Alison M.

\$444,000, 60 Kristin Ct, Melanson FT, and Melanson, Dennis, to Gonska-Alcazar, Mahely.

\$293,000, 314 Sutton St, Marquedant, Robert B, to Alvarenga, George N.

\$215,000, 109 Border St #109, Domenech, Damien, to Withum, Robert J, and Warren, Courtney L.

\$175,000, 35 School St #35, 35-37 School St Condo T, and Violette, Gerald M, to Bowse, John C.

\$125,000, 17 D St #17, Obrien, Samantha, and Obrien, Christopher, to Bouley, David M.

UXBRIDGE

\$489,900, 26 Ricca Way, Wescott Custom Homes LLC, to Shields, Steven, and Shields, April.

\$390,000, 30 Chocolog Rd, Lundberg, Carol A, to Wissekerke, Libbi, and Wissekerke, Tyler.

\$384,500, 101 Londonderry Way, MTGLQ Investors LP, to Johnson, Lee A, and Ethier, Marc L.

\$376,760, 120 Rogerson Xing #120, Rogerson Crossing RT, and Boardman, Chad R, to Morais, John C.

\$354,000, 426 Douglas St, Knapik Builders Inc, to Costello, Kristin E.

\$307,500, 561 Chocolog Rd, Farrell, David L, and Farrell, Shannon L, to Longenbaker, Christopher, and Longenbaker, Melissa C.

\$240,400, 97 S Main St, Austin, Yon H, and Wilmington Svgs Fund Soc, to Wilmington Svgs Fund Soc.

\$200,000, 111 Rivulet St, Baker, Gerald W, and Baker, Robert S, to TTK Real Estate LLC.

\$100,000, 72 Harvest Rd #72, Garber, Carol J, to Camille, Barry E.

ATA announces auditions for “You’re A Good Man, Charlie Brown”



Keri McCarthy, music director and Matt Mariner, producer and director of Apple Tree Arts' production of «You're A Good Man, Charlie Brown».

GRAFTON — Apple Tree Arts welcomes adults and teens 16 years and older to participate in open auditions for the musical “You’re A Good Man, Charlie Brown” Nov. 7 and Nov. 8, 6-8:30 p.m. at One Grafton Common in Grafton. Interested actors are invited to email Matt Mariner, creative dramatis manager at matt.m@appletrerearts.org to schedule a time slot.

“You’re A Good Man, Charlie Brown” is a heart-warming, fun show to watch that’s easily adaptable to our theatre at the Great Hall,” explained Matt Mariner producer, director and choreographer of the musical. “The play’s storyline and

great music appeals to adults as well as to children. It’s interesting for an adult audience to watch adult actors portray children and see them (the actors) learn first-hand the ups and downs children experience daily,” Mr. Mariner said. He will be joined by music director Keri McCarthy, a professional voice teacher and theatre educator.

The musical comedy is based on the characters made popular by cartoonist Charles M. Schulz in his comic strip “Peanuts.” The play follows a day in the life of Charlie Brown and his friends Lucy, Linus, Sally, Schroeder and Snoopy. The

1967 production with book by John Gordon and music and lyrics by Clark Gesner was modernized in the 1999 Broadway revival. A few of the musical numbers were changed and new ones were added.

Theatre attendees will enjoy favorite songs such as “Beethoven Day,” “Happiness” and “My New Philosophy” from the two-act show.

Rehearsals are scheduled three times a week on Sundays from 2:00-5:00 p.m., Monday and Thursday evenings from 6:30-9 p.m. After January, the cast will meet on Wednesday evenings, too. Additional rehearsals will be added as needed for the Feb. 7, 7:30 p.m. and Feb. 8, 2 and 7:30 p.m. performances.

Founded in 1989, Apple Tree Arts, a nonprofit 501 (c) 3 organization has grown to serve over 1,000 children and adults annually with early childhood music classes, group keyboard lessons, private music and voice instruction, ensembles, theatre arts programs and concerts. For more information, visit www.appletrerearts.org.




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Assumption School Discovery Days scheduled

MILLBURY — Are you considering a new educational option for your child? Discover Assumption School in Millbury - where individualized attention with small class sizes, a nurturing, family learning environment, a challenging hands-on and service learning curriculum, with an outstanding dedicated teaching staff are the hallmarks.

All are invited to visit, tour, and experience Assumption education on Tuesday, Nov. 5 and Thursday, Nov. 7 from 9:15 a.m. until noon for Pre-school 3 and 4 year old program and until 2 p.m. for Kindergarten through Grade 8. Focused on the whole person, Discover Catholic Schools, showcases the forming of each child intellectually, spiritually, and morally. Assumption School’s Discovery Days are held as part of a national campaign promoting the excellence and uniqueness of Catholic schools. Discover Catholic Schools Week, November 3-9, 2019 is sponsored by the New England Catholic Educational Association.

Principal Mrs. Julie Olson, points to recent initiatives which strengthen and individualize Assumption student learning: adoption of MAP Growth Testing to track individual progress, expansion of hands-on service learning

projects, and renovation of the former library to offer a large and technical learning lab.

Mrs. Olson reports, “Students in Catholic schools consistently achieve higher, and Assumption is no exception. We offer an alternative, high quality education option guiding each student in the quest for learning to achieve personal academic excellence, develop leadership skills in a supportive, values-based atmosphere, and in service to the community.”

With more than 90 years of experience, Assumption School is a cornerstone of the community with students and teachers representing 14 cities and towns across two states bringing diversity and commitment while providing an alternative high quality educational option in a nurturing, family and faith-based environment. Enrollment is currently open from pre-school through grade 8. Discovery Day/Open House appointments are not required, but families may pre-register online at www.assumptionschoolmillbury.org. You may also call the office for more information at (508) 865-5404, to request a private meeting, or to participate in a student shadow day at Assumption School.

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Friday’s Child



Fayth
Age 10

Hi! My name is Fayth and I like donuts!

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

Fayth is legally free for adoption and would do well in a loving, structured home environment with a single mother or two-parent family. Fayth currently lives with a female child who is the same age as her and they are doing very well together. Interested families should be able to maintain the Open Adoption Agreement with Fayth’s birth

mother, and the connection she has with her two sisters. They should also be open to supporting Fayth’s needs when it comes to her hearing loss.

Who Can Adopt?

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

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

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



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SENIOR SCENE

Millbury Senior Center

Foxwoods Trip!
Monday, November 4th
The bus leaves the Millbury Senior Center at 7A.M and returns at 4:45 P.M.
Cost is \$26.00. Call or stop by the Senior Center to reserve your seat! (508) 865-9154

SENATOR MOORE TURKEY LUNCHEON
Thursday, November 21st at noon.
Sponsored by Michael O. Moore
Call (508) 865-9154 or stop by for reserve seating!

Annual “SHINE OPEN ENROLLMENT” FOR 2019
Millbury Senior Center
Monday, October 21st at 11A.M - 12P.M.
Everyone welcome... come listen to our SHINE representatives!
Information Regarding Health Insurance for 2019.
There will be a question answer period afterwards!

“MEMORY CAFÉ”
Please join us!
Tuesday, November 26th from 2:00 P.M. – 3:30 P.M.

A Memory Café is a monthly gathering for people with memory loss / challenges and their care partners. It is a time to socialize, make new friends, and have a good time.
Fourth Tuesday of each month, refreshments will be served.
Our Outreach worker, Julie Fitzgerald, is happy to answer any questions, call to RSVP 508-865-9154!

Millbury Senior Center Transportation Services
Residents can travel on Monday through Friday 9 A.M. to 3 P.M.
ADA clients and job assignments (disabled) 7 A.M. to 4:45 P.M.
We require a 48 hour Reservation for rides
One - way van ride in town is \$1.50; one town out \$1.75
ADA ride costs are \$2.75 in town and \$3 for one town out.
All rides to the Senior Center are 25 cents
Escorts are also available!
Our service is curb to curb, call for more information or a Reservation!
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ACTIVITIES
MONDAY
8:30 A.M..... Walking Club

9:30 A.M..... Light Exercise
12:00 noon..... Lunch
12:30 P.M..... Wii Bowling
12:45 P.M.....Mahjong Game
1 : 00 P. M..... Cribbage
1:00 P.M....Game Day, including Cribbage, Scrabble, Chinese Checkers , Scat & Wii Bowling
TUESDAY
9:00-10.00A.M...Blood Pressure
9:30-10:30 A.M.....Tai Chi
10:45-11:30 A.M.....Zumba Gold
12:00 – 12:45P.M.....Yoga (classes will resume in September)
Noon...Lunch
1:00 P.M....Cribbage & Scat
WEDNESDAY
9:30 A.M..... Craft Class
12:00 noon..... Lunch
1:00 P.M..... Social Bingo
THURSDAY
9:00 A.M.....Cards
10:00-11:30 AM...Adult “Coloring Class”
12:00 Noon..... Lunch
12:45 PM.....Whist
2:30-3:30 P.M...Computer & Cell phone class, Reservations required 508-865-9154
FRIDAY
9:00 A.M.....Shopping
9:30 A.M.....Light Exercise
12:00 noon..... Lunch
12:30 P.M..... Bridge & Scat

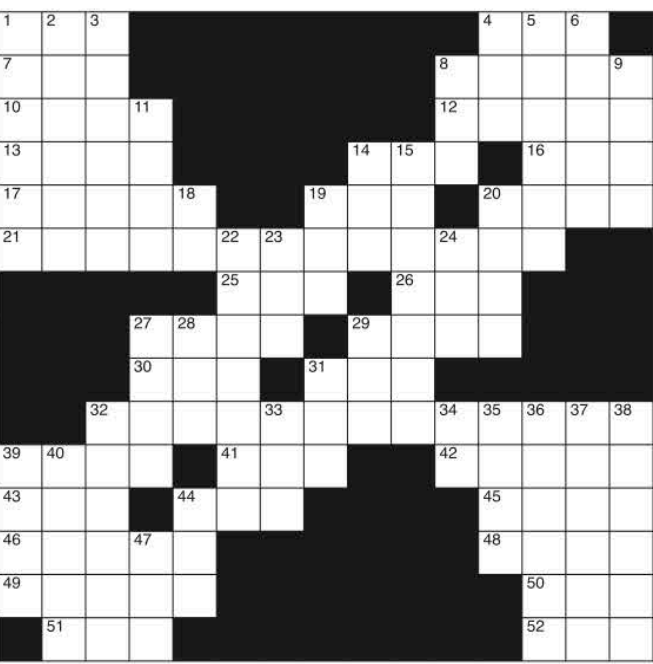
November news & events at Beginning Bridges

UXBRIDGE — Beginning Bridges CFCE supports parents as their children’s first, best and most important teachers in the communities of Mendon, Northbridge, Upton & Uxbridge. We are

a non-profit, family support organization that provides FREE comprehensive services. Our programs include weekly playgroups, music and movement activities and early literacy story hours. We also sponsor parent education programs, offer the Ages & Stages Developmental Questionnaire and can connect families to resources. Our goal is to support parents as they guide their children to reach their optimum potential. We work with many community partners who share the same goal of strengthening our communities. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts

Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start).
Find us on Facebook: Beginning Bridges CFCE and check out our new Web site at:
<https://www.beginningbridgescfce.weebly.com>.
To be kept up-to-date on our programming and events, please send your email address to Emily Murray: Emurray@smoc.org.
Upcoming Events
Monday Drop-In Playgroup at the Playcenter, every Monday from Sept. 23, 2019-Jan. 13, 2020, 9-10:45 a.m.: Drop in for a free and fun Playgroup at the Playcenter hosted by Beginning Bridges, CFCE. Registration is not required for this playgroup. Just show up, take a ticket from the check in board (there are 12 tickets - that is the number of available slots each day - if you take the #12, please let the facilitator know so she can place the stop sign out to alert any later arrivals that playgroup is full for the day). No registration is needed. Just show up, take a ticket from the check in board (there are 12 tickets - that is the number of available slots each day - if you take the last ticket,

please let us know so that we can place a stop sign out to alert any later arrivals that playgroup is full for the day.) It is safest to explain to your children upon departing your home that you are going to PLAY! If the stop sign is out, you could take your child to an area playground.
Tuesday, Nov. 12 at 6:30 p.m.: Deb Hudgins’ Music & Movement at the Whitinsville Social Library. Drop in for a theme based music and movement program perfect for the preschool aged child.
Thursday, Nov. 21 at 3:30 p.m.: Deb Hudgins’ Music & Movement at the Taft Public Library in Mendon. Drop in for a theme based music and movement program perfect for the preschool aged child.
Thursday, Nov. 14: Muffins with Mom: Taft Public Library: 29 North Ave., 9:30-10:30 a.m. Beginning Bridges CFCE, Muffin House Café, & Taft Public Library invite you to: Muffins with MOM! This is a free drop-in event for up to 15 families, first come, first serve. Light refreshments will be served and families will be provided the opportunity to build social connections and learn about family friendly resources.



CLUES ACROSS

1. Computer key

4. Periodical (abbr.)

7. Hot beverage

8. Capital of Ghana

10. Shrek is one

12. Behemoth

13. Good friend

14. Form of “to be”

16. Where travelers rest

17. European country

19. Everyone has one

20. Pop

21. Feelings of anxiety

25. Small amount

26. Moved quickly

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

30. 8th month (abbr.)

31. Basics

32. Transcending national boundaries

39. Natives of Kashmir

41. Returned material authorization (abbr.)

42. Cigar wrapper

43. Brew

44. Popular video game series

45. Abba __, Israeli politician

46. Jewelled headdress

48. French cleric

49. Bizarre

50. Unit of measurement

51. Foul-mouthed Hollywood bear

52. “Partridge Family” actress

CLUES DOWN

1. Type of bomb

2. Smooth

3. Clothing pattern

4. Defunct phone company

5. Something to take

6. Type of piano

8. Consumed

9. “Pitch Perfect” actress Kendrick

11. Ray-finned fish

14. Heat storage stove

15. Shrink back

18. Yukon Territory

19. Connects words

20. Sound unit

22. Furniture with open shelves

23. Cool!
24. 007’s creator

27. Source of the Nile River

28. Not safe, but ...

29. Helps little firms

31. Comedienne Gasteyer

32. Conceptualize

33. Root mean square (abbr.)

34. Integrated circuit

35. Evergreen trees and shrubs genus

36. Apprehended

37. Suitable for growing crops

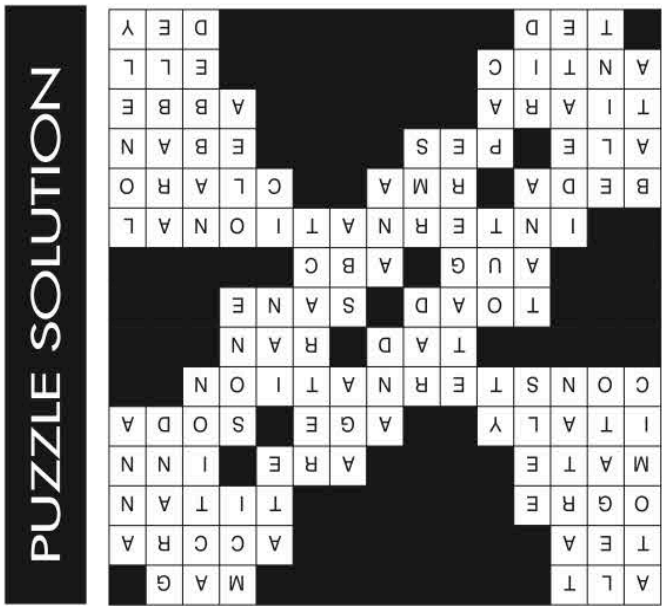
38. Isolated

39. Footwear company

40. Electronic intelligence gathering

44. Political action committee

47. Free of



Lasell University students shine at Boston Fashion Week

NEWTON — Lasell University students, alumni, and faculty participated in Boston Fashion Week this September as curators, producers, designers, and fashion industry thought leaders.
Sarah Reese of Uxbridge, was one of the participants.
Samuel Bettencourt of Uxbridge, was one of the participants.
The French Cultural Center in Boston partnered with the Lasell University Fashion Collection (LFC) to present a pop-up exhibit (pictured above), “100 Years of French Fashion,” which included 19 garments and artifacts from the Lasell collection. The collaboration marked the public launch of the LFC’s online catalogue, and served as a way to highlight student work through the installation’s written research and mounted artifacts. Fashion Merchandising and Management students Deanna Plaisted ‘21, Kendra Sperry

‘20, and Matthew Searth ‘21, as well as Fashion Design and Production students Elizabeth Witherell ‘20 and Sarah Reese ‘20, worked with LFC faculty to curate and present their work at the exhibit.
“This was a significantly positive and upbeat evening that celebrated not only the sagacious power of research regarding dress and appearance, but also the facilitation of our identity as a strong and vital University,” said Lynn Blake, program chair of fashion design.
The partnership was fostered by Jill Carey, professor and curator of the LFC. Carey and Stephanie Hebert, collections manager, are eager to move forward with additional partnerships that highlight the historical and scholarly opportunities available through the LFC.
“Without a doubt, the exhibit at the French Cultural Center represented Lasell University as a leader in community cul-

ture,” said Anne Trevenen, dean of the School of Fashion and associate professor of fashion design.
Three student designers - Allie Doyle ‘20, Sarah Reese ‘20, and Sarah Rudker ‘20 - featured work at the “Fall/Winter ‘19 Trend Report” presentation by Fashion Group International (FGI) of Boston. Nine additional students, all interns for FGI, produced the event.
At “The Process/The Next Generation of Fashion” presentation, Lasell University School of Fashion students and alumni Eunice Bruno ‘19, Samuel Bettencourt ‘20, and Mariana Lenskaya ‘19 showcased designs alongside peers from Framingham State University, Massachusetts College of Art + Design, and School of Fashion Design, Boston.
“Our students stood out as articulate, accomplished, and professional in every sense,” said Trevenen. “We were certainly seen and heard in the very best way.”

Recent graduates Ammy Thach ‘19 and Cailin Flannery ‘19 showcased work at “Prophecy,” an event aimed to “push your senses further than the runway ... through a showcase of designers that are creatively talented, accomplished, and extremely energetic about sharing their vision of style,” according to the event website. Behind the scenes, more than 20 first-year student producers represented Lasell.
Faculty member Alicia Kennedy, instructor and author of Fashion Design, Referenced, participated in WBUR CitySpace’s GlamSlam, a storytelling event at which local fashion professionals shared significant moments in their careers.
For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

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Small Stones Festival of the Arts presents “A Night in Bollywood”

GRAFTON — Enjoy an evening of music and dance featuring Din Check, New England’s premiere Bollywood band at “A Night in Bollywood” Friday, Nov. 15, 6-9:30 p.m. at the Great Hall, One Grafton Common in Grafton. Admission costs \$30 and includes a Bollywood dance workshop, concert and light refreshments. Henna tattoos, beer, wine and soft drinks will be available to purchase. Tickets are available at tinyurl.com/y29adqv or visit Apple Tree Arts’ office at One Grafton Common.

Priya Asthana of the Center for Arts and Wellness in Westborough will lead an hour-long Bollywood dance workshop prior to Din Check’s performance. Ms. Asthana, a dancer and choreographer, is recognized for her dance style and the fresh perspective she brings to Bollywood Dance. She is trained in Indian classical dance, Bharatanatyam, Kathak and jazz dance.

Din Check’s repertoire spans different genres, styles, popular singers, eras as well as multiple languages. The full ensemble includes vocalists, guitarists, drummers, pianists and a violinist who perform popular Bollywood songs from the golden oldies to the latest hits and infusions or “mash-ups” of classic American rock music and Indian music.

The band is well-known for bringing events to life and getting crowds on their feet with



Courtesy Photo

Enjoy an evening of music and dance featuring Din Check, New England’s premiere Bollywood band at “A Night in Bollywood” Friday, Nov. 15, 6-9:30 p.m. at the Great Hall, One Grafton Common in Grafton.

their lively concerts. Founded by Jolly Bhatia, Sam Rao and Sameer Bhambhani in 2011, Din Check plays at festivals, award shows, restaurants and charity events. Din Check or noise check is the phonetic sound of the tabla, an Indian percussion instrument. The name fits well for a band known for their animated, energetic-rhythmic

performances.

The 2019 prize-winning artwork and photography of the Small Stones Festival of the Art will be on display during “A Night in Bollywood.” The Festival features a juried exhibit of fine art painting and fine art photography and a music program organized

by Apple Tree Arts, Worcester County Camera Club and the Blackstone Valley Art Association.

The Festival runs Nov. 8-16 with the opening event Friday, Nov. 8 and weekend exhibit hours Sat., Nov. 9, 10 a.m. - 7 p.m. and Sun., Nov. 10, 11 a.m. - 4 p.m. at the Great Hall.

The Festival music program includes The Kelly Clark Jazz Trio, the Sutton Ukulele Strummers and Flutists. In addition to “A Night of Bollywood,” a chamber music concert is planned for Nov. 16, 7:30 p.m. featuring Claflin Hill Symphony Orchestra’s chamber members and Apple Tree Arts’ actors in a musical and theatrical performance of Igor Stravinsky’s “L’Histoire du Soldat – The Soldier’s Tale.”

The Great Hall with its renovated proscenium stage and intimate 150-seat auditorium has become the venue of choice for concerts, art festivals, professional meetings and performances. The 2019-2020 Grafton Performing Arts Series debuted with a sold-out Peter Yarrow concert in August followed by a sold-out Tom Rush concert in September. 8&1East, a modern and jazz-based dance company will perform their annual Christmas shows in mid-December and a spring headliner concert is planned.

Founded in 1989, Apple Tree Arts, a nonprofit 501 (c) 3 organization has grown to serve over 1,500 children and adults annually with early childhood music classes, group keyboard lessons, private music and voice instruction, ensembles, theatre arts programs and community events and concerts. For more information, visit www.appletreearts.org.

National Defense University visits BVT

UPTON – Blackstone Valley Tech students and staff welcomed veterans and active-duty military officials from 55 countries and the United States, on Friday, Sept. 20, when the International Fellows Class of 2020 from the National Defense University visited the school.

The National Defense University (NDU), based in Washington, D.C., provides graduate learning opportunities for international military leaders and their U.S. counterparts from all Military Services and the Interagency. The International Fellows are involved in a one-year intensive program focused on educating, inspiring, and developing national security leaders. As part of their studies, the group of 63 International Fellows visited Massachusetts to learn about education in the United States.

“Our visit to BVT is one of the highest-rated visits and continues to be a cornerstone of our Boston practicum,” said an NDU staff representative.

The group received a first-hand look at BVT’s best practices in vocational and academic education during the visit. Student representatives were on hand to demonstrate and discuss

their school projects with them. The International Fellows participated in a question and answer session with students and administrators. The group was interested in the technical skills students were developing in their vocational classrooms. Students spoke about their experiences with career enrichment, co-op, and the importance of exploring career pathways.

National Defense University Health and Fitness Director, Anthony Spinosa, said, “I was very impressed with the BVT Health Services students CPR demonstrations and the hands-on learning that occurs at BVT.”

The International Fellows viewed a variety of vocational programs and school resources such as the school-based health center and the school’s transition room. The Nurse’s Suite and the concept of providing medical attention on-site to alleviate time out of school was a point of interest to this group. The comprehensive tour showcased the opportunities, challenges, and successes that students who choose to pursue a vocational-technical education and schools in the United States face.

The fellows were particularly interested in learning the ways students decide which vocational program to study during their high school years and their plans to continue pursuing their chosen fields. The fellows were amazed to see the numerous opportunities and amount of options that students have available to them. Several commented that they were impressed by the technical skills BVT students had learned now in high school, would allow them to work anywhere in the world.

This visit continues to be an example of how BVT works to expand students’ knowledge and perspective. Interacting with foreign officials gives students a better understanding of global citizenship.

“Speaking with the fellows from the National Defense University was a unique experience. They were an interesting and diverse group. I heard many accents that I hadn’t heard before,” said Leah Cook of Blackstone, a sophomore in Engineering & Robotics.

“Our group wished we had more time to spend at BVT because they enjoyed

it so much and it’s an educational experience different from what they are accustomed to seeing,” said another NDU staff representative.

The recent visit marked the fourth consecutive year the National Defense University has toured Blackstone Valley Tech to showcase different styles of education in the United States.

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school’s Web site is www.valleytech.k12.ma.us.

Purgatory Chasm hosting program on birds of prey

SUTTON — Join us at Purgatory Chasm State Reservation on Oct. 20 from 1 to 2 p.m., for a special opportunity to meet wildlife rehabilitation expert Tom Ricardi. He will introduce you to some of the birds of prey he cares for. See live hawks, falcons, owls, and more. Learn about the lives of these fascinating predators and the challenges they face in the wild.

This special event is open to the public at no additional cost. Parking fees apply: \$5 for Massachusetts registered vehicles, \$10 for out-of-state vehicles. 2019 Annual and Senior Passes are also available. Reservations are not required for this event. All children must be accompanied by an adult. An ASL interpreter will be assisting with the event. Other reasonable accommodations are available upon advance request.

Located at 198 Purgatory Rd. in Sutton. The park can be accessed easily along Route 146, at Exit 6.

For more information, please call (508) 234-9610.

Boy Scout Troop 1 to host pancake breakfast

BLACKSTONE — Blackstone Boy Scout Troop 1, chartered by St. Paul’s Church, will hold its “all you can eat” Pancake Breakfast from 8 a.m. to noon Sunday, Oct. 27 in the lower level of the hall at 48 St. Paul St.

Join the troop for eggs, sausage and pancakes, coffee and orange juice. Tickets are \$6 for ages 12 and over, \$4 for children age 3 to 12, and free for children under age three. Funds raised will help the troop with trips, summer camp and troop supplies.

Troop 1 is known for its diverse activities, which have included trips to West Point, Pennsylvania and Washington, D.C., hiking Mt. Greylock, biking on Block Island, The Adventure Park at Heritage Museum and the troop’s yearly trip to Camp Yawgoog.

Designed for boys ages 11 to 18, Boy Scouting combines outdoor activities, sports, academics and more in a fun and exciting program. For more information on Troop 1, contact Committee Chair, Tara Corcoran, tscorcoran@aol.com.



Laure Gildea — Courtesy Photo

AUTUMN TWILIGHT

Reader Laurie Gildea recently captured this stunning image of a sunset over Douglas Reservoir.

Local artist donates prize for BSTRA’s Pet Portrait Raffle



GRAFTON — North Grafton artist, Janet Aleid, has a track record of supporting local causes, and this year she has donated a Gift Certificate for a framed 12 by 16 inch acrylic painting to local nonprofit organization Bay State Trail Riders Association, Inc. to be used for a raffle prize. With a value of \$350, this prize will be desirable for any pet lover who

would like to have a portrait of their favorite pet.

BSTRA’s Fundraising Director, Lynn Paresky, said “Janet is truly a talented artist, and BSTRA is thrilled to have her support. She has been one of our Deluxe Blue Ribbon Business Sponsors for several years, and she has quite a following. Janet loves to paint

animals, and when you provide her with a favorite photo of your pet, the painting is always lifelike and captures the personality of your pet.”

BSTRA’s Pet Portrait Raffle is open to the general public with tickets and order forms available online at www.bstra.org/support/raffle. The deadline for ticket purchase is 5 p.m. on Dec. 12, and the drawing will take place later that evening. Your tickets will be entered into the raffle and stubs will be mailed to you upon purchase. Winner will be notified and the Gift Certificate will be mailed to him or her.

“If you want to win this pet portrait to give to someone for the holidays, we’ve timed the drawing so that the Gift Certificate will arrive in time for Christmas gift giving,” explained Paresky. “So many people have a favorite pet – or have just lost a special pet – and would love to have a portrait of that special friend for their wall, so it makes a perfect gift. But many will want the Pet Portrait for themselves for the same reason.”

Raffle tickets are very reasonably priced so anyone can participate. The per ticket price goes down when more tickets are purchased – 30 tickets are just \$20; 12 tickets are just \$10; and five tickets are just \$5.

“With ticket prices this low, no one is excluded, and many people with an eye on the prize buy tickets several times in \$20

increments, increasing their odds of winning,” said Lynn.

BSTRA’s raffle raises funding for local trail improvement projects in State Forests and Parks right in our community.

“As a matter of fact,” explained Paresky, “we put 100 percent of the money raised from our fundraising efforts directly into community trail projects that benefit a wide variety of user groups for outdoor recreation and fitness. This year’s largest project was in the Upton State Forest, and it was funded by a Partnership Grant awarded to BSTRA from the Department of Conservation and Recreation with BSTRA picking up the funding match. It was one of our major projects with a total cost of close to \$80,000. We have a history of commitment to the Upton State Forest and have put approximately \$100,000 into this forest to date.”

BSTRA is a 501 (c)(3) nonprofit organization with an extensive track record of dependability, credibility and accomplishment. Since 1989, BSTRA has put more than \$617,775 into trail within State Forests and Parks within 34 towns in Massachusetts, including Bellingham, Brimfield, Carlisle, Carver, Douglas, Franklin, Ipswich, Mendon, Middleboro, Peru, Shirley, Upton, Uxbridge, Warwick and Wilbraham, as well as Eastford (Connecticut) and Pascoag, Burrillville and Exeter (R.I.).

“BSTRA couldn’t take on all

its trail improvement work without the support of the community,” said Paresky, “and its Pet Portrait Raffle is just one of its fundraising activities to help with project funding. We raise money from several events that take place in the forests and parks during the year, with our largest event for National Trails Day. Donations from businesses and individuals in the community make up the balance of our fundraising income.”

“Since our Officers and Board of Directors are all volunteers with no salaries, we are able to put 100 percent of the donations into trails. That’s pretty impressive when you look at most other nonprofit organizations,” said Paresky.

Those who would prefer to make a tax-deductible donation to BSTRA (rather than participate in the raffle) can mail their checks payable to BSTRA, Inc. to BSTRA Fundraising Chairman, c/o 76 NW Main St, Douglas, MA 01516. Donations can also be made online at www.bstra.org/donate.

“If you are concerned about the loss of trails and lack of trail maintenance in your area, we invite you to be part of the solution by making a tax-deductible donation to BSTRA,” said Paresky. “It’s an easy way to support trails in your community for outdoor recreation and fitness.”

Millbury Women’s Club fundraiser celebrates voting rights

MILLBURY — The Millbury Women’s Club annual fundraiser this year, is a simple vision - to enlighten and educate people about the power of their vote and participating citizenship.

In 2008, in time for the presidential election Lyn had a vision of a magnificent way to deliver a powerful, visual statement about voting. Out of thin air, she made the two live political mascots appear - a donkey and an elephant! She called her public service campaign Your Vote is Magic!

Lyn Dillies is an illusionist and lecturer, and Your Vote is Magic is a unique

program which strategically integrates some of her spectacular illusions from her national touring show.

Her show is empowering, educational, as well as entertaining. It really is magical!

Learn more about Dillies at www.magicoflyn.com.

Come join the Millbury Women’s Club Nov. 3 at 2:30 p.m. at Apple Tree Arts, Grafton Centre and be inspired and mesmerized with Your Vote is Magic!

Light refreshments along with great raffle prizes!

Tickets are \$35 each, and can be purchased by calling Nancie Prior at 508-865-4181. Please leave a message with phone # if there is no answer. See you there!

Soter announces office hours

REGION — Rep. Soter announces his office hours in all four of the towns in his district for the month of November. In addition, he will be visiting each of the town’s senior centers for folks who may feel more comfortable speaking there. Residents are encouraged to stop by to share any concerns they may have or just to get to know the Representative better.

Town Wide Office Hours:
Bellingham: Bellingham Municipal Center (Arcand Room)
10 Mechanic St, Bellingham, MA 02019
Tuesday, November 12th
4:30 PM – 5:30 PM

Uxbridge: Uxbridge Library
15 N Main St, Uxbridge, MA 01569
Saturday, November 16th
10:00 am – 12:00 PM

Millville: Millville Elementary School
122 Berthelette Way, Millville, MA 01529
Monday, November 4th
5:30 PM – 6:30 PM

Blackstone: Blackstone Public Library (Quiet Study #1)
86 Main St, Blackstone, MA 01504
Monday, November 25th
6:00 PM – 8:00 PM

Senior Centers Office Hours:

Uxbridge Senior Center:
36 S Main St, Uxbridge, MA 01569
Friday, November 8th
11:00 AM – 12:30 PM

Bellingham Senior Center:
40 Blackstone St, Bellingham, MA 02019
Friday, November 15th
11:00 AM – 12:00 PM

Millville Senior Center:
40 Prospect St, Millville, MA 01529
Monday, December 9th
10:45 AM – 11:45 AM

Blackstone Senior Center:
15 St. Paul Street, Blackstone, MA 01504
Monday, November 25th
11:00 AM – 12:00 PM

HALLOWEEN

continued from page A1

home and Winfield’s home behind me.” Bilodeau said his family, including children Haley, 12, and Abigail, nine, love decorating the home to get passers-by into the holiday spirit.

“It feels good to give something back in a time where everyone is so stressed with social media and politics,” he added.

Bilodeau said he recognizes that members of the community often times have stressors, including taxes, bills,

town decisions, policies, and more. This is a nice way to bring people together in a small way, for even a short time, he added, and have some fun.

“We just feel honored to be the caretakers of such a wonderful home. We feel it is part of the town and will be long after us,” he added. “I used to drive by it and dream of owning it and never saw it decorated. To be able to give this home some of our personal touch is such an honor and we hope it brings joy to the town as well, even for just 30 seconds driving by after a stressful day of work.”

FIRE PREVENTION

continued from page A1

Vinson added. “Statistics began to show that more and more senior citizens were dying in fires and thus the need to expand the program and get SAFE (Senior Awareness of Fire Education) educators into the community with the same goal of reducing fire deaths in that population,” Vinson said.

Topics discussed include how to heat homes safely during the winter season, slip and fall safety to prevent fall injuries, and more.

“It is important for an elected official to be accessible to the community. I was honored to participate in the Pancake Breakfast hosted by the fire department for our seniors,” said Morse. “The elderly community is a vital part of the community, they are the keepers of our

history and all too often are forgotten about.”

Morse added that education topics such as fire safety are key to the senior community; advanced age may lead to mobility hurdles, making a fire all the more dangerous, he said.

“I look forward to participating in more events like this in the future,” he added.

Rousseau said that town officials play a vital role at the Adult Social Center and also go to seniors’ houses and help by changing batteries in smoke detectors, carbon monoxide detectors, and more.

“The Fire Chief, Police Chief, the Town Administrator, and many other town officials actively visit the center, which is amazing for us as they are on hand for seniors to be able to ask any questions about things going on in town,” said Adult Social Center Director Patrice Rousseau.



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A perfect time to be outdoors



THE GREAT
OUTDOORS
.....
RALPH
TRUE

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

This writer fished Wallum

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

Duck & Goose hunting opened under ideal conditions this past Monday in Massachusetts. Some local marshes held many birds for hunters this year, and it should only get better in the next couple of weeks. The big blow that we had last week stated the migration of ducks and geese, bringing some great shooting



for the season opener.

Pheasant hunting opened a couple of weeks ago at the Uxbridge Rod & Gun Club under their preserve permit. Turnout of members was great, and they did very well harvesting pheasant. This week's first picture shows Frank and Joyce Dagineault taking a break during one of the hunts. Enjoying the fall colors and some bird hunting prior to the opening of deer hunting in Rhode Island, the pair still get out and do as much hunting as possible being in there

80's, although they will tell you that they are slowing down a bit. We all are.

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

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

Take A kid Fishing & Keep Them Rods Bending!

Put Fall leaves to work in your landscape



GARDEN
MOMENTS
.....
MELINDA
MYERS

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

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

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

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

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



Melinda Myers Photo

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

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

Start with a compost pile that's at least three feet high and wide for efficient decomposition. Place a mixture of shredded fall leaves, grass clippings free of herbicides, vegetable scraps and other landscape

trimmings in an 8- to 10-inch layer. Cover with compost and sprinkle with a low nitrogen, slow release fertilizer.


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

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

As you begin putting fall leaves to work in your landscape, you'll start considering them a gift versus a curse from nature especially as you see the

results of your efforts – a more beautiful landscape.

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



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EDITORIAL

Healing through service

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

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

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

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

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

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Country music finds beauty in our imperfections

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

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

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

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

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

None among us is perfect. Not one.

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

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

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

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

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

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


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

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

"Where've you been?"

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

Be creative when withdrawing from retirement accounts



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

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

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

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

Here are a few suggestions:

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

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

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

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

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

Painting Tips

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

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

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

Be sure to check out the "oops" gallons of paint at your favorite paint



TAKE THE HINT
KAREN TRAINOR

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

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

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

Want to repaint but you're not sure if that dried paint surface is latex or oil based? Here's a trick to test: Scrub a

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

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

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

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



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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.

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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.

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

Friday, Jan. 17, 2020: Foxwood Casino. Free lunch buffet or \$10 food voucher and \$10 casino slot play. Cost is \$30.

Friday, Feb. 14, 2020: Foxwood Casino. Free lunch buffet or \$20 food voucher and \$10 casino slot play. Cost is \$30.

Friday, March 20, 2020: Foxwood Casino. Free lunch buffet or \$10 food voucher and \$10 casino slot play. Cost is \$30.

MARY QUEEN OF THE ROSARY PARISH

Chloe Fallon of Upton, a senior art student in Drafting & Design Technology, said, “It was a very insightful and fun way to learn more about observational drawing. I found myself talking to the subjects of my sketches, which was something I hadn’t experienced before. Overall, I think it was a very beneficial stepping stone in improving my drawing abilities.”
Several students commented that the living history event at Daniels Farmstead was a blast. Thanks to Corporal Evans and the 1st BVT, who bravely defended the farmstead, the Cider Mill is safe!

Ethan Rheault of Millbury, a freshman in exploratory said, “The reenactment was pretty cool. I liked speaking with the reenactors who demonstrated how the cannon works and how to load it. Having an opportunity to handle the swords and bayonets was neat as I find the history of things like that really

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.

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

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:

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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.

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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.
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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, Carole King, Johnny Cash, Janis.
We also have the following 2 to 5 Day Overnight Trips for Singles and Double Occupancy.
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For more information, please contact Dick Lisi at 508 410 1332 or at lisirichard15@yahoo.com

Turn To **TRIPS** page **A15**

REENACTMENT

continued from page **A1**

built a curriculum around the reenactment, using the event as an opportunity to integrate the American Revolution into seemingly unrelated subjects.

BVT hosted teacher in-service workshops, where reenactors worked directly with teachers as they developed their curriculum. The curriculum ranged from Revolution-themed Math problems and blackout poetry in English to gesture drawings in Art classes and battlefield first-aid techniques in Health Services.

A platoon of thirteen BVT students volunteered to join Mr. Evans, otherwise known as “Corporal Evans” as reenactors in the weekend event. Participating as the 1st BVT, under the direct command of Dana Rock and Jess Reardon of

the 85ème Régiment de Saintonge, those students set up camp, participated in drills, and learned how much work went into every aspect of daily camp life before marching out for battle.

“It was so much easier getting on the uniform in a warm gym. Securing all of those buttons on a cold field was a battle,” said Lauren Flynn of Upton, a junior in Multimedia Communications. “A lot of work went into getting dressed, I really appreciate a zipper!”
Tyler Morin of Bellingham, a freshman in exploratory, said, “I really enjoy acting and I saw the reenactment as great opportunity to take on a new role, learn more about history and make some new friends at BVT.”

BVT’s Art School Prep students took a field trip to Daniels Farm the Friday prior to the weekend event, for a mini reenactment and took in the sights and sounds of the era.

SCAM

continued from page **A1**

ment reads.
Sometimes, instead of the “grandchild” making the phone call, the criminal pretends to be an arresting police officer, a lawyer, a doctor at a hospital, or some other person. There have also been reports about the phony grandchild talking first and then handing

the phone over to an accomplice to further spin the false tale.
While it’s commonly called the grandparent scam, criminals may also claim to be a family friend, a niece or nephew, or another family member. The financial losses in these cases—while they can be substantial for an individual, usually several thousand dollars per victim—typically

don’t meet the FBI’s financial threshold for opening an investigation, the statement reads.
Those who believe they’ve been victimized are encouraged to contact their local police department.
To avoid scams such as this, police are asking individuals to resist the pressure to act quickly; always confirm the identity of a caller and contact your family member directly

to determine whether or not a call is legitimate; never wire money based on a request made over the phone or in an email, especially overseas; never provide bank or credit card account numbers to any caller, regardless of who they say they are; and be suspicious of all requests for money wires, Green Dot money cards, or cash requests.
Northbridge Police also

issued a statement regarding a separate recent scam; several residents have reported receiving calls from someone claiming to be from the Massachusetts Police Association collecting money.
“This is in no way associated with our [department]. We do our fundraiser by mail. We will not call you,” the statement said.

TRAINOR

continued from page **A8**

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

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

Are your paintbrush bristles "shedding" on a freshly painted surface? Even the best of brushes sometimes

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

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

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

Avon Skin So Soft cleans paint brush-

es easily, and as a bonus, leaves the brushes soft and silky.

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

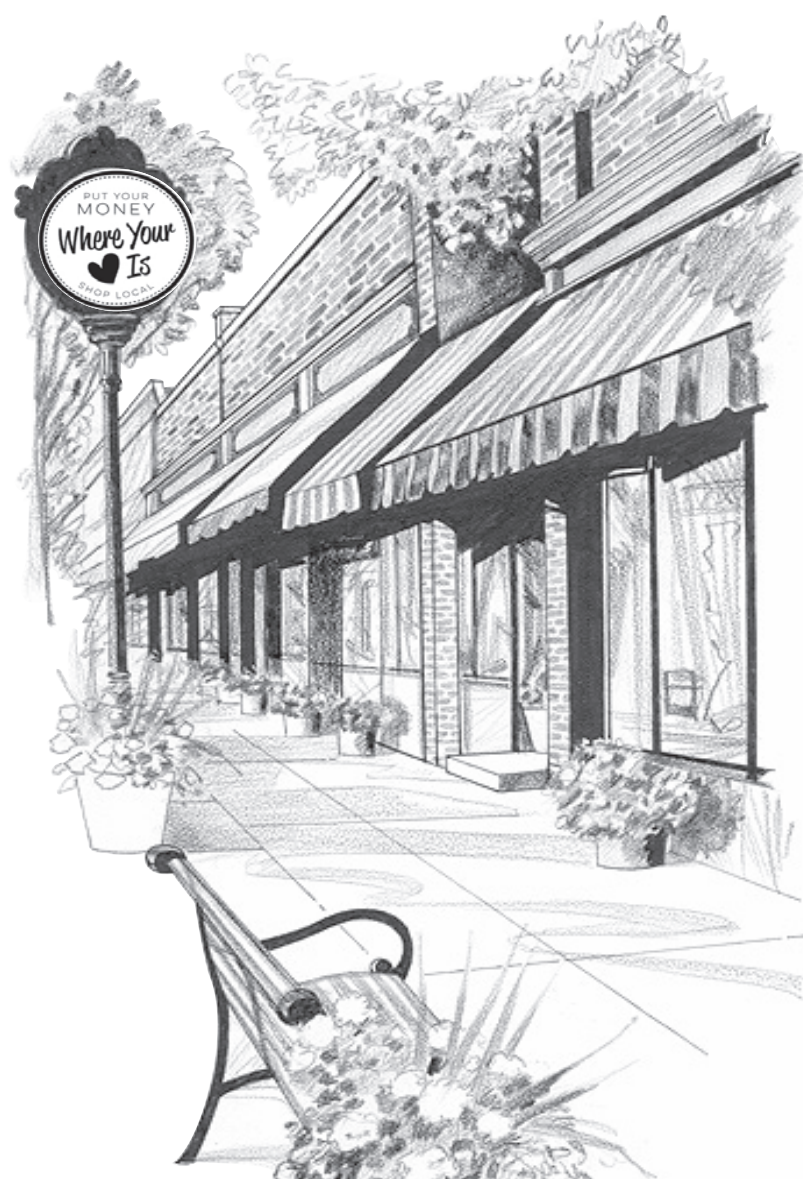
Win Dinner for Two at the Publick House
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common

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

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

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Dr. Rancourt has over 29 years of experience testing and fitting hearing devices on premature newborn to elder patients. Her approach is to partner with families and patients to provide individualized solutions. She has worked in both pediatric and specialty hospitals in metro Boston, private practice, and in the hearing aid industry.

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SPORTS

Rallying Rams may have found season’s turning point by defeating Groton-Dunstable



Northbridge quarterback Ryan Boyce throws up and over the reach of Groton-Dunstable defender Matt Lamarre.



Brennan Mahoney of Northbridge sizes up Groton-Dunstable's Doug Tompkins while carrying the ball.



Ryan Boyce of Northbridge has plenty of time to survey the field before throwing a pass.



Northbridge's Aidan Fair keeps his leg moving after the catch in attempt to break free from a Groton-Dunstable defender.

BY KEN POWERS
SPORTS CORRESPONDENT

NORTHBIDGE — The Northbridge High varsity football team’s come-from-behind, 32-14 victory over Groton-Dunstable Regional could be — could be, no guarantees — the game the team looks back on as its defining moment of the season.

“We needed it, we needed it,” said Rams’ head coach Ken LaChapelle after his team weathered the storm — figu-

ratively and literally — at Lasell Field on Friday, Oct. 11. “I was curious when Groton-Dunstable went ahead 14-0 if we’d respond. I was pleased to see that we did. It was important that we bounced back.”

Only time will tell if it was the turning point of the season, but there’s no question that the turning point in this game came on the final play of the first quarter. On fourth-and-10 on the Crusaders’ 18-yard line, LaChapelle

called for a reverse pass, a play he’s used many times over the years.

Rams’ quarterback Ryan Boyce handed the ball to running back Brennan Mahoney who tossed the ball to quarterback-turned-flanker Jake Stuczynski, who ran laterally behind the line of scrimmage, stopped and threw the ball to Tim Visbeek in the end zone. Visbeek made a leaping catch of the ball, ripping it away from a Groton-Dunstable defender in the process.

Northbridge then successfully executed the two-point conversion, Boyce passing to Aidan Fair, to cut its deficit to 14-8 heading to the second quarter.

“We practice it every week; it’s part of my staple of plays, we’ve been doing it for 50 years,” LaChapelle said of the reverse pass. “It worked well; [Visbeek] made a nice catch. Stuczynski did a nice job, too. He put it in the one spot where only his receiver could get it. That was important to us. It gave us a lift and we ended up tying it right before the half.”

Northbridge (2-3) knotted up the score, 14-14, with 6:21 left in the first half on a five-yard run by Mahoney (14 carries, 63 yards, 2 TDs).

The Rams put the game away in the second half.

Boyce gave Northridge its first lead of the game, 20-14, three minutes into the third quarter, scoring from eight yards out on a delayed quarterback keeper. The scoring drive (six plays, 32 yards) was set up by a fumble recovery by Rams’ defensive end Trevor Hoffman on the second play from scrimmage of the second half.

Mahoney’s second score of the night, a two-yard run with 42 seconds remaining in the third quarter, pushed Northbridge’s lead to 26-14. The Rams closed out the scoring with 9:09 left in the game, Boyce hitting Fair with a five-yard scoring strike on a fourth-and-goal play. LaChapelle called timeout before the snap to go over the play with his team.

After the game, LaChapelle was quick to praise the importance of his defense — a mainstay for the Rams all season — in the win.

“Our defense is pretty solid. We’re not big, but we can go get them,” said LaChapelle of the unit, which sacked Groton-Dunstable quarterback Bradley teDuits six times and recovered two fumbles. “My coaches prep our players very well for these games.”

Running the Northbridge defense, day-to-day, is assistant coach Steve

Falconer.

“We’ve been on a pretty good run, defensively. Our ends, Zach Hayes and Trevor Hoffman, who we’ve been waiting for to be our strength, stepped up today,” said Falconer, who serves as the Rams’ defensive coordinator. “Zach went down in the fourth quarter and we ended up changing to a three-man front. Out linebackers played well, too. It was a team effort, but really our ends shined today.”

Falconer said his message to the defense at halftime was to continue what it started in the second quarter.

“We asked them at halftime to prove to us and define for us what they think Rams football is, and look what we did,” Falconer said. “[Groton-Dunstable] scored their 14th point late in the first quarter and we pitched a shutout from that point. The defense bowed up and did what they needed to do.”

LaChapelle said it’s possible that in the middle of next month he, his coaching staff and his team might look back at this win as the day Northbridge turned its season around.

“That’s what we’re hoping to do,” LaChapelle said. “Right now we’re fighting just for playoff life. If we can somehow end up 4-4, to be realistic, we might be the third or fourth seed, but we might be playing pretty good by then, too.”

SPORTS BRIEFS

Ski or snowboard at Wachusett Mountain

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

Softball pitching lessons available in Southbridge

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



Northbridge's Caleb Visbeek does his best to run around Groton-Dunstable defender Doug Tompkins.

SPORTS

Crusaders lose to Ashland again, but in epic five-set match



Whitinsville Christian's Ella Rejmer leaps into the air before hitting a serve versus Ashland.

Nick Ethier photos



Whitinsville Christian's Hope Brookhouse digs out a low serve from Ashland.

BY KEN POWERS
SPORTS CORRESPONDENT

NORTHBRIDGE — A not-so-funny thing happened to the Whitinsville Christian School's (WCS) girls' varsity volleyball team as the Crusaders were on their way to avenging their season-opening loss to Ashland High.

The Clockers went on the attack inside the Nehemiah Center.

Trailing 2-1 in its best-of-five match with WCS,

Ashland went on the offensive in the fourth set, attempting a spike on seemingly every possession. The result was a 25-11 victory to tie the match at two sets each. The Clockers kept their momentum rolling in the match-deciding fifth set, outlasting the Crusaders 15-9 to win, 3-2.

The loss, the Crusaders' first after 13 consecutive wins, left them at 13-2 on the season. WCS is undefeated this year when it



Whitinsville Christian's Maggie Rejmer tips the ball up and over the net, as well as a pair of Ashland defenders.

plays anyone other than Ashland High. Ashland improved to 13-1 with the win. Set scores of the match were 21-25, 25-21, 20-25, 25-11 and 15-9.

After the match, Ashland head coach Jay Warren said Taylor Simpson, one of two freshmen on his team, started to heat up in the fourth set and he decided to let the Clockers ride her wave of momentum.

"I'm very lucky in the middle; I have a pretty solid middle. We knew from the first time we played them that Whitinsville is a very good defensive team," Warren said. "But they don't play a lot of teams that hit from the right side, and we're good from the right side as well as in the middle and that made the difference."

"We started hitting from the right side and Taylor got hot and that opened up their defense and we were able to take advantage of that," Warren added. "When Taylor gets hot we just keep feeding her. She got hot and it opened up the right side and she kept getting some good swings and some kills, and that led us to some runs and that made all the difference."

Anna May, the Crusaders' senior captain, said WCS's ability to block a lot of Ashland's spike attempts, something that worked well

through the first three sets, stopped working.

"We got stuck in a rotation where we couldn't get our blocks down, so our back row was fighting to get all the balls up," explained May, the lone senior on the WCS roster. "And they had that great outside player [Simpson] that was just killing us on all those hits. They were feeding her and we couldn't stop it."

Simpson had four kills and two blocks in the fourth set and two kills and a block in the fifth set.

"That's a really good team. They got real hot in the fourth set and it seemed like we couldn't get anything going, especially our serve," WCS head coach Kris VandenAkker said, looking over at the Ashland bench. "Our blocking, they took it away from us and [Simpson] just kept hitting the ball, and she was hitting it straight down. We haven't seen any opponents hit like that against us. We're not used to that."

The Crusaders started the match strong, jumping out to a 10-4 lead in the first set, prompting Warren to call time out. Ashland methodically erased its deficit, coming all the way back to take a 20-19 lead. WCS closed out the set, however, by winning five of the final six points.

After dropping the sec-



Olivia Fleming of Whitinsville Christian passes the ball up and away to a teammate.

ond set, the Crusaders took advantage of another quick start in the third game, erasing a 2-1 Ashland lead with a 9-2 run that put them ahead, 10-4. Keying the run were junior Maggie Rejmer and sophomore Hope Brookhouse, who each had a kill. WCS scored seven points in the third set on blocks.

Overlooked in the loss may be the play of junior Fiona Shaw, the Crusaders' Libero, but it shouldn't be. Shaw

played on the back line the entire game, finishing — unofficially — with 34 digs.

"Fiona played great; she seems to get to everything," May said. She'll be in an ice bath tonight. She definitely puts her body on the line for us."

VandenAkker agreed with her captain's assessment of Shaw's play.

"Fiona is good," VandenAkker said. "She's out there the whole game just killing it from the back row."



Ella Rejmer (12) and Hope Brookhouse (11) of Whitinsville Christian try to defend a spike provided by an attacking player from Ashland.



From left, Olivia Fleming and Fiona Shaw of Whitinsville Christian go for the ball on an Ashland serve.

OBITUARIES

Gerard J. “Gerry” Morin, 84



WHITINSVILLE – Gerard J. “Gerry” Morin, 84, of Hill Street died on Oct. 9, 2019, at his home after a long illness. . He was predeceased by his wife of 51 years, Janice (Bloniasz) who passed away in 2010,



He is survived by 4 daughters, Deborah J. Fischer of Douglas, Doreen J. Rondeau of Las Vegas, NV, Diane J. Schwab and her husband Joseph of Shrewsbury, Darlene J. Morin of Whitinsville; 7 grandchildren, Hope Bradshaw and her wife Emma, Ethan, Ashley, and Jacob Rondeau, and Daniel, Timothy, and Ryan Schwab; a brother, Raymond Morin, and several nieces and nephews. He was also predeceased by a grandson, Nathan Schwab; a sister, Germaine Letourneau of Saint-Philemon, Quebec; brothers, Maurice, Alfred, Adrien, John, and J. Philip. Born in Whitinsville on July 8, 1935, he was son of the late Joseph and Clarida (Bilodeau) Morin and was a lifetime resident of Whitinsville.

Mr. Morin served 3 years in the U.S. Marine Corp. where he also attended cook and baking school. He was in Korea for 3 months and then was stationed in Iwakuni, Japan for one year where he chose heavy equipment operator as his field of choice and learned the skill of grading on a new grader. He worked 45 years at the Northbridge Highway Department. He most enjoyed his time operating the grader for the Town of Northbridge. He was meticulous and took great pride in clearing the roads of snow in the winter. Always with a smile, his co-workers referred to him as “Happy” or “Hap”. In addition to working for the Northbridge Highway Department, Gerry held numerous positions through the years in various town departments.

Some of the positions he held were Captain of the Ladder truck of Northbridge Fire Department, Deputy Forest Warden, and also Deputy Tree Warden for the Town of Northbridge. In his earlier years, it was not out of the ordinary for Gerry to hear a fire call on his scanner and jump in his car with family members to “just see” and then getting out of the car to lend a helping hand, sometimes not returning to the car for an hour or more. Gerry also took great pride in his yard and enjoyed riding his mowers and keeping his lawn at just the right length, often letting family and friends know how many trailer loads of debris he had picked up that day.

He enjoyed time spent with family and getting updates on all of his grandchildren’s activities. He enjoyed visits with his many friends that would stop by to chat. He enjoyed cooking “nice” meals and letting family know the process in which he prepared the meal, always mentioning how many servings someone had; confirmation to him that the meal was tasty. In later years, Gerry could usually be found sitting in his recliner watching his favorite sitcoms and “resting his eyes”. He will be dearly missed by all that knew him. He was a member of St. Denis Church in Douglas and was thankful for the friendship he formed with Father Juan Escudero over the past year.

His Funeral Mass was held on Sat. Oct. 12 at 11 am in St. Denis Church, 23 Manchaug St., Douglas. Burial will follow in St. Patrick’s Cemetery. There are no calling hours. In lieu of flowers, donations can be made to MetroWest Hospice in Marlborough, St. Denis Church in Douglas, the Northbridge Fire Department, or a charity of one’s choice. To leave a condolence message for the family please visit <http://www.jackmanfuneralhomes.com>



Loretta S. Reed, 80

U X B R I D G E - Loretta S. (Lavallee) Reed, 80, passed away Wed. Oct. 9, 2019 at Umass University Campus after a period of declining health. She was surrounded by her loving family.

She is survived by 8 children, Catherine M. Cilley and her husband Steven of Princeton, ME, Robert F. Smith III and his companion Helen Pouliot of Woonsocket, RI, Tina L. Harpin and her husband Richard of Uxbridge, Sharon L. Guilbeault and her husband Edward Blackstone, Lori L. Diadone and her husband Terry of Princeton, ME, Menna M. Laforest and her husband Raymond ”Jim” of Woonsocket, RI, Deanna A. Ciak and her husband Randell of Blackstone, and Samantha R. Manzo of Woonsocket; 26 grandchildren; 27 great- grandchildren; 1 great- great-grandchild; a sister,

Rosemary Galas of Millville; 2 brothers, Ernest Lavallee of Uxbridge, and Romeo Lavallee of Douglas, as well as many nieces and nephews. She was predeceased by a grandson, Joshua Cilley, 3 brothers, Herman, Valmore, and Frank Lavallee, and 2 sisters, Juliette Thomas, and Evelyn Kloczkowski.

Born in Uxbridge on June 10, 1939 Loretta was the daughter of Herman A. and Ella D. (Lajoie) Lavallee and has lived in the Uxbridge area for most of her life. Loretta enjoyed helping family and neighbors with home projects, landscaping & carpentry. She especially enjoyed spending time with her children, grandchildren, and siblings.

Following cremation, Loretta’s memorial calling hours were held on Tues. Oct. 15 from 4-7 PM in Tancrell-Jackman Funeral Home, 35 Snowling Rd., Uxbridge. To leave a condolence message for her family please visit: <http://www.Jackmanfuneralhomes.com>

Michael J. Labbe



NORTHBRIDGE – Michael J. Labbe, 52, of Northbridge passed away Thursday, Oct. 10, 2019 at the UMASS Medical Center, Lake Ave., Worcester. He was the husband of Rachel Rietta.

Mr. Labbe was the Vice President of Allen Engineering.

Michael was born June 26, 1967 in Worcester. He the son of the late Richard H. and Lucille (Heney) Healey. Michael was a member of the Massachusetts Army National Guard.

Michael was an avid fan of the New England Patriots, enjoyed going to the beach and enjoyed birding. He also loved to cook and earned a certificate in Culinary Arts from Johnson and Wales University in Providence, RI. He especially enjoyed playing video games with his children and he was hilarious at it !

In addition to his wife Rachel, he is survived by his children, Mark Labbe, Xavier Labbe and Liz Labbe, his brother, Richard Labbe and his wife Terri Pastori of NH, his sister, Deb MacDonald of Spencer, MA, and his stepfather, Rene R. Healey of Northbridge.

A Celebration of Life will be held on Sunday, October 20, 2019 at 1 PM at the Whitinsville Golf Course, 179 Fletcher St., Whitinsville. Family, friends and colleagues are welcome to attend to help celebrate Mike’s life and legacy.

Memorial donations in Michael’s memory may be made to the American Heart Association, 39 Dalton St., Boston, MA 02199

Arrangements are under the direction of the Buma Funeral Home, Whitinsville. bumafuneralhome.com

Estelle I. Jussaume, 88

DOUGLAS- Estelle I. Jussaume, 88, of Gilboa St., a lifelong resident of Douglas, died on Friday, October 11, 2019 at home after a brief illness. Friends and family were grateful for the opportunity to pay respects before she passed with loving family by her side.

She is survived by 3 brothers, Richard E. Jussaume (Hannah) of Kennebunkport, ME, Donald N. Jussaume (Geraldine) of Colorado Springs, CO, and Kenneth L. Jussaume (Ginger, deceased) of Douglas; 2 sisters, Rosemarie Rae (Kenneth, deceased) of Franklin, NC, Beverly A. Kozlowski (Ronald, deceased) of Medway, and sister of the late Edward R. Jussaume. She was a treasured Aunt to many nieces and nephews, and valued friends including Sister Hilda Chasse, Sister Rena Mae, and Frances Kelley (deceased).

Born on September 19, 1931, Estelle was the daughter of Edward F. and Emma H. (Doyon) Jussaume. She was a graduate of Douglas Memorial High School and the Salter Secretarial School. She worked as a private secre-

tary at Heald Machine which became Cincinatti Milichron Co. She retired at 67 and then did secretarial work for Gogolinski Accounting/Financial several years.

In her younger years she enjoyed golf, travel, and playing tennis. She played tennis for Heald Machine Co. She was a lifelong member of St. Denis Church and was a member of their St. Anne’s Society. She was a long-time member of the Board of Directors and volunteer for the Abby House in Worcester until recently. Always a fighter, and very independent, she was loving, kind, and generous to everyone. She donated her time and resources to many charities over the years.

Her Funeral Mass was held on Tues. Oct. 15 at 11 am in St. Denis Church, 23 Manchaug St., Douglas. Burial followed in St. Denis Cemetery. There are no calling hours. Memorial donations in Estelle’s memory may be made to Abbys House: 52 High St., Worcester, MA 01609. To leave a condolence message for the family please visit: [ww.Jackmanfuneralhomes.com](http://www.Jackmanfuneralhomes.com)

Mary H. (Tolman) MacNeill, 82

Mary H. (Tolman) MacNeill, 82, also known as “Happy”, passed away peacefully at Beaumont Nursing Home in Northbridge, MA on October 6th, 2019 after a period of declining health. She was born in Boston, MA on December 14, 1936, she was the daughter of the late Lee Tolman and Helen (Tebbetts) Tolman. She is survived by her two sons Kenneth C. MacNeill Jr. and his wife Kitty of Fair Oaks, CA and James D. MacNeill and his wife Tracey of Douglas, MA, Two Granddaughters: Christina and Caitlyn, Four Grandsons: Kristofer and his wife Kayla, Kevin

and his wife Diana, Shawn, and Caleb, and one Great Granddaughter Lily. She had 3 half-sisters, Karen Krautter of Somerfield, FL, Catherine Bigelow of Moline, IL and she was predeceased by Nancy Tolman.

She graduated from North Quincy High school and she worked at Wyman Gordon’s in Grafton for 29 years before retiring. She enjoyed camping and her cats.

Service will be private. In Lieu of flowers, donations can be made to the Connecticut Humane Society, 701 Russell Road, Newington, CT 06111.

Frances A. Roy, 82

MENDON- Frances A. (Jessie) Roy, 82, of Blackstone St. died Thurs. Oct. 10, 2019 after an illness. Her husband Raymond T. Roy died May 5, 1980.

She is survived by her 3 children, Frank Thomas of Worcester, Daniel Thomas and his lifelong companion Carol Cribbi of Milford, and Marie Thomas of Mendon; her 4 step-children whom she loved as her own, Patricia Wheeler of Florida, Gloria Mercier of Attleboro, James Roy and his wife Janet of Natick, and Donna Comendul

of Uxbridge; many grandchildren, great grandchildren, and many nieces and nephews. She was predeceased by a step-son Raymond Roy and a brother Raymond Jessie. Born in Worcester, MA on Oct. 25, 1937 she was the daughter of Harold and Barbara (Sullivan) Jessie, and grew up in Worcester.

Frances was primarily a home-maker, caring for her family over the years. Always devoted to her Catholic faith she was a caring and loving mom and, especially to her daughter Marie. In her younger years, she loved dancing with her husband and dining out, especially at Willowbrook Restaurant and Lowell’s Dairy.

Her funeral service was held Wed. Oct. 16 at 11 am in Tancrell Jackman Funeral Home, 35 Snowling Rd. Uxbridge. Burial will follow in Swan Dale Cemetery in Mendon. Calling hours at the funeral home in Uxbridge were Wed. Oct. 16 from 9:30 to 11 am. To leave a condolence message for the family please visit <http://www.jackmanfuneralhomes.com>

Saturday, October 19

PANCAKE BREAKFAST: Boy Scout Troop 316 of Douglas will be having a pancake breakfast at the Olive Branch Lodge, 7 Depot St., Douglas, on Saturday, Oct. 19 from 8-11 a.m. For \$5 a hearty breakfast of pancakes, sausage, fruit, coffee & juice will be served to you. All proceeds to benefit the scouts of Troop 316. Come and start your morning off right!

WHITINSVILLE CHRISTIAN OPEN HOUSE: 10 a.m. We invite you to come and learn more about New England’s premier Pre-K-12 Christian school. Please register at whitinsvillechristian.org.

PORKETTA DINNER: 5 p.m., Whitinsville Fish & Game Club, White Court, Douglas. Join us for a delicious dinner, meet our members and get a look at our facility. Refreshments served beginning at 5 p.m., dinner at 6 p.m. Tickets can be purchased on our Web site or at the Club on Sunday afternoons.

Sunday, October 20

NEW ENGLAND COUNTRY MUSIC CLUB DANCE: 1-5 p.m., Progressive Club, 18 Whitin St., Uxbridge. With live country music by Branded. Silent auction fundraiser at the break.

Saturday, October 26

HOME BAKED HAM & BEAN SUPPER: 5 p.m., Community House, 8 Court St., Uxbridge (located behind the Town Common). Sponsored by the Uxbridge Congregational Church. Menu includes home baked ham, home baked beans, potato salad, coleslaw, brown bread, beverages & dessert. Donation of \$10 per adult, children under 6 free. Raffles will also be available. For reservations, call 508-278-2654 after 5 p.m. Limited tickets will be sold at door. Come enjoy great food and fellowship.

Friday, November 8

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and

“Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Saturday, November 9

HOLIDAY CRAFT FAIR: 9 a.m.-2 p.m., Millbury Senior Center. Featuring new items, along with creative crafts. Great gifts for the holidays! Luncheon served, along with homemade chicken soup, hot dogs, and pastries. Also featuring food items to go and raffles. For more information, call (508) 865-9154.

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Tuesday, November 12

DOUGLAS LIBRARY INTREPID READERS BOOK DISCUSSION: 6:30 p.m. The Intrepid Readers, will be discussing Trevor Noah’s “Born a Crime.”

Noah’s path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Born to a white Swiss father and a black Xhosa mother, at the time such a union was punishable by five years in prison. As he struggles to find himself in a world where he was never supposed to exist, his mother is determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. With an incisive wit and unflinching honesty, Noah weaves together a moving yet funny portrait of a boy making his way through a damaged world in a dangerous time. Call the Library 508-476-2695 for a copy of the book. New members always welcome.



UMA
FUNERAL HOMES
Uxbridge • Whitinsville • Milford
www.bumafuneralhome.com

TRIPS
continued from page A10

ard15@ yahoo.com

Sturbridge Recreation

New York City Holiday bus trip: Saturday, Dec. 14; depart from Burgess Elementary School at 7 a.m. on our Lizak charter. Arrive approximately 10:30 a.m. (a rest stop will be made along the way) for a day to do as you please in the wonderful Big Apple! Ice skate at Rockefeller Center, take in a show on Broadway, do some Christmas shopping, marvel at the light displays, and more! Drop off will be as close to Rockefeller Center as possible. Depart from the city at 6:30 p.m. and enjoy a peaceful ride home. Arrive back home in Sturbridge by 10 p.m. Cost: \$50 per person. Contact the Sturbridge Recreation Departmetn at (508) 347-2041 or recreation@town.sturbridge.ma.us for more information.

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.

Nov. 16 — “Do As You Wish Day in New York City” – shop for Christmas, do some sightseeing, visit a museu, 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 FacebookThe 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:

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

Friday, October 18, 2019 • 15

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.

CALENDAR
continued from page A14

Homemade refreshments, inspired by the title being discussed, will be served.

Friday, November 15

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the show-piece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Saturday, November 16

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the show-piece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Sunday, November 17

“AMERICAN BUFFALO” BY DAVID MAMET: 2 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the show-piece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Friday, November 22

28TH ANNUAL TURKEY RAFFLE: 6:30 p.m., Millbury First Congregational Church, 1 River St. Top four prizes include a grand prize two-night escape at the Grand Hotel in Ogunquit, Maine; a 50-inch Samsung UHD Smart TV; a case of assorted wines; and a Thanksgiving food basket complete with turkey. In addition, numerous items on display will be raffled off during the evening. Refreshments will be sold during the event, including hot dogs and other delicious surprises. Please come early and enjoy the fun. For raffle tickets and information, please contact Linda

Polissack at (508) 598-7968 or Janice Fortin at (508) 826-6381.

Friday, November 29

“THE WOLVES” BY SARAH DELAPPE: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. “The Wolves” was a finalist for the 2017 Pulitzer Prize for Drama. The play follows the highs and lows of a high school soccer team during a funny and turbulent season. Women of various ages play the teens because as Gertrude Stein noted, “We are always the same age inside.” “DeLappe has created an ensemble of distinct female characters without leaning on traditional feminine tropes to define them.” - New York Times Tickets: \$20, \$15 ages 65 and over, \$10 ages 16 and under \$16 each for groups of 10 or more. Tickets available at the door or for reservations, call: 774-287-8384.

Saturday, November 30

OPEN STUDIOS WITH ALTERNATIVES' WHITIN MILL ARTISTS: 10 a.m.-4 p.m., Alternatives' Whitin Mill, 34 Douglas Rd., Whitinsville. Meet the talented resident artists who call the Red Brick Mill Building their home for art making and get a head start on your gift list for the holidays. There will also be visiting artists in attendance. Enjoy stained glass, fused glass, jewelry, pottery, drawings, prints, photographs, cards, ornaments, demonstrations and more! For more information, contact Cristi.Collari@openskycs.org.

“THE WOLVES” BY SARAH DELAPPE: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. “The Wolves” was a finalist for the 2017 Pulitzer Prize for Drama. The play follows the highs and lows of a high school soccer team during a funny and turbulent season. Women of various ages play the teens because as Gertrude Stein noted, “We are always the same age inside.” “DeLappe has created an ensemble of distinct female characters without leaning on traditional feminine tropes to define them.” - New York Times Tickets: \$20, \$15 ages 65 and over, \$10 ages 16 and under \$16 each for groups of 10 or more. Tickets available at the door or for reservations, call: 774-287-8384.

Friday, December 6

“THE WOLVES” BY SARAH DELAPPE: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. “The Wolves” was a finalist for the 2017 Pulitzer Prize for Drama. The play follows the highs and lows of a high school soccer team during a funny and turbulent season. Women of various ages play the teens because as Gertrude Stein noted, “We are always the same age inside.” “DeLappe has created an ensemble of distinct female characters without leaning on traditional feminine tropes to define them.” - New York Times Tickets: \$20, \$15 ages 65 and over, \$10 ages 16 and under \$16 each for groups of 10 or more. Tickets available at the door or for reservations, call: 774-287-8384.

Saturday, December 7

SUTTON CHRISTMAS CHAIN OF LIGHTS: 10 a.m.-4 p.m. Spend a day with your family and friends at the Town of Sutton's Annual Christmas Chain of Lights today. Free trolleys will transport visitors over rolling countryside to participating locations throughout historic Sutton. Farms, unique specialty stores, church fairs, and area businesses welcome the holidays with musical entertainment, children's activities, food, fun and Santa! Route information, maps, location descriptions and brochures are available at www.sutton-chainoflights.weebly.com.

Sunday, December 8

MILLBURY CHAIN OF LIGHTS: 11 a.m.-2:30 p.m. Craft/Vendor Fair & Winter Carnival. Assumption School event to be held at Our Lady of the Assumption Hall. For information and to apply as a vendor, please contact Terri Yaz by email at TYaz48@yahoo.com or phone (508) 865-5404.

Thursday, December 14

JINGLE JAUNT 5K: 10:30 a.m., Sutton Center, Town Common, First Congregational Church, 307 Boston Rd. Registration: \$20; registration begins at 9:15 a.m.

ONGOING EVENTS & INFORMATION

FARMERS' MARKET AT DANIELS FARMSTEAD: Farmers' Market begins July 7 and continue every Sunday, 11am to 3pm, though September 29, grill open 11:30 to 2:30 serving grilled franks, burgers (both Angus beef and veggie) Italian sausage with peppers & onions, cold beverages and all the fix-ins, Picnic tables, Homemade goodies, Tours, Music 12:30 to 2:30 p.m.

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This eight-week session is offered at St. Peter's Parish Center in Northbridge, MA. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry and St. Peter's Parish. For more information visit: http://kundaliniyogacma.wix.com/site or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

NEED EMERGENCY ASSISTANCE? The Salvation Army is here to help serve emergency needs in the Blackstone Valley area. Services include assistance with food, clothing, utility payments and heating needs. To find out how we can help with your emergency needs, call 508-342-7122. Leave your name and telephone number and your call will be returned.

FREE WILL DINNERS: The First Congregational Church of Sutton, 307 Boston Road, presents its monthly free will offering of open seating dinners 4:30-6:30 p.m. on the second Saturday of each month. All welcome. Dinners served with bread, beverage and desert. For information, call 865-6914.

SENIOR BREAKFAST: St. John's Episcopal Church Senior Breakfast held first Friday of the month 8-9 a.m. at the church, 3 Pleasant St., off Route 122A, Sutton, and is handicapped accessible. Suggested donation is \$5. For information, call Cyndy Rogers, (508) 529-4437.

PARENT SUPPORT: Parent Support Group in Millbury sponsored by Parent Professional Advocacy League. Free and confidential Parent Support Group on the second (workshop) and fourth (sharing) Friday of the month 10:30 a.m.-noon at the Millbury Public Library. Call PPAL (508) 767-9725 for information. PPAL is a statewide network of parents and professionals and adolescents with emotional, behavioral and mental health needs.

CARING: The Caregivers Group meet in the library at the Northbridge Senior Center fourth Tuesday of month 3-4 p.m. If currently caring for a family member or close friend, come and join others who share your compassion.

AL-ANON: A “Serenity on The Hill” Al-Anon step meeting held at 10 a.m. Wednesday at Congregational Church of Grafton, 30 Grafton Common, in the fireplace room.. Support group for fam-

ily and friends of problem drinkers. Newcomers welcome. For information: 508-366-0556.

YOGA GROUP:join the Sunshine Yoga Collaborative in our mission to bring community based yoga to Uxbridge and the surrounding communities! Classes are appropriate for just beginning to advanced student. Class is Sunday 7:30-8:30 a.m. at Alternatives, Unlimited, 50 Douglas Road, Whitinsville. Extra yoga mats, but most bring their own. \$5 donation per class, which given to local organization. Visit Facebook: Sunshine Yoga Collaborative.

RECOVERY: Every Monday, Celebrate Recovery, a Biblically based step program designed to heal a wide variety of habits and harmful behaviors, such as drug dependency, abuse, eating disorders, depression, anger, pornography, broken relationships. Group meets every week in two-part session, an open group followed by gender-specific small share groups. Starts at 7 p.m. and ends at 9. Come at 6:30 p.m. for coffee and conversation. Pleasant Street Church, 25 Cross St., Whitinsville, (508) 234-5268, ext. 14, or email howard@pscr.org.

BREAKFAST: The John 21 Community Breakfast at St. Patrick's Church has been established as a response to the needs of many people in our community. Breakfast will continue each and every Saturday 8-10 a.m. in the Parish Center, 1 Cross St., Whitinsville. Our mission is to serve a nutritious breakfast, free of charge, every Saturday morning in the spirit of community fellowship and hospitality. Teams of volunteers prepare and serve breakfast on a rotating basis. All welcome. For information contact ministry coordinator at John21Breakfast@gmail.com. To make a donation contact St. Patrick's rectory at 508-234-5656.

Legos Club: first and third Mondays of each month, ages six and up 3-5 p.m. at Whitinsville Social Library. Information about programming, visit the library's website www.northbridge-mass.org/whitinsville-social-library.

PROJECT KIBBLE: In this tight economy, it can be tough to make ends meet. What about your four-legged friends? Project Kibble collects donations of pet food and supplies and distributes them to local food pantries. We accept dog and cat food, kitty litter, small rodent and fish food. All donations must be unopened and unexpired. For more information contact projectkibble@gmail.com or call Christine 508-234-8131.

12-STEPS FOR OTHERS: Adult Children of Alcoholics 12-step support group meets 7:30 to 9 p.m. Mondays at the Hopedale Unitarian Church, 65 Hopedale St. For information, Rose at (508) 234-9004.

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This 8-week session is offered at St. Peter's Parish Center in Northbridge. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry and St. Peter's Parish. For more information visit: http://kundaliniyogacma.wix.com/site or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

PEOPLE'S COFFEE HOUR: Every Tuesday starting Oct. 15 from 1 to 2:30 p.m. at the Second Congregational Church of Douglas (289 Main St.), we are hosting a no Bible experience necessary study including coffee and refreshments. The study is called ‘Pilgrim's Progress, a guided tour by Derek W.H. Thomas’. Study guides are provided free of charge. This study will run to the end of May. All attendees are welcome to anything from our food and kid's clothing closet. All are welcome. Call Jeanie (508-476-9978) for more information.



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How to start exercising at home

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

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

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

Get outdoors for cardio
A mix of cardiovascular activity,

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

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


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

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

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

Many people find that they can effectively workout at home with little to

no equipment necessary. With such convenience, individuals may find they make more time for exercise, which is an important component of a healthy lifestyle.



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

SATURDAY OCTOBER 19


3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR
9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables
Serving Lunch
American Legion Gaudette Kirk Post 138
175 Main Street
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MONDAY, OCTOBER 28

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

SUNDAY, OCTOBER 27,

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



WEDNESDAY, OCTOBER 23

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

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE
1:30-2:30. Barbara Perman, President, Moving Mentor
Tea & Refreshments will be served
Limited seating
Quaboag Rehabilitation & Skilled Care Center
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SUNDAY, NOVEMBER 15

MURDER MYSTERY DINNER
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SUNDAY, SEPTEMBER 29

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

SATURDAY NOVEMBER 16

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

SUNDAY NOVEMBER 17

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

SATURDAY, DECEMBER 7

Mary Queen of the Rosary Christmas Faire
Vendors, Crafts, Raffles, Baked Goods, and so much more!
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MURDER MYSTERY DINNER
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The Fashionable Murders.
6:30 pm
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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**



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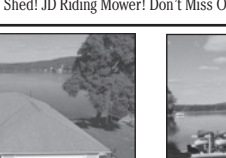
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WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck!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

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

DUDLEY - 94 Tracy Road! 7 Rm 4 Bdrm 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 Bdrm 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**

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CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunsets! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Flr Plan! Applianced Granite Kit w/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 West Point Rd! Killdeer Island! 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, Has It All! 2 Story Foyer! Granite Kit w/Center Isl, Dble Oven, High End Appliances & Walk-in Pantry! Din Rm w/ Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Cabinets, Gas Frplce! 1/2 Bath & Laundry! An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths! Master w/ Tray Ceiling, Walk-in Closet & Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level w/Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrm w/Frplce & Private Bath! Slider to Patio! 13 Zones! Oversized 2 Car Garage! Loaded w/Quality & Detail! **\$1,175,100.00**

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

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

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

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

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

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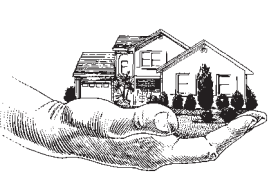
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DUDLEY: 4 bedrooms, fireplace, gas heat, central air, hardwood floors.

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

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256 Mendon Street
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1:00 PM-BLACKSTONE
28 Kanatha Street
sgl fam, 1,386 sf liv area, 0.29 ac lot, 6 rm, 4 bdrm, 1 bth, Worcester(Worc): Bk 36000, Pg 373

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

Auctioneer makes no representation as to the accuracy of the information contained herein.

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STURBRIDGE: MONEY MAKER! Commercial building on Rt 20 in the heart of Sturbridge! 7429 SF of living area! 94 acres with 34 parking spaces. Multiple possibilities for your use, vision and enjoyment. Currently being used as an inn with some long term rentals. Fully gutted & renovated main building w/ post & beam & cathedral ceilings. Fully insulated. Sprinkler system. Updates include wiring, plumbing, & electric. **\$849,000.**

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

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

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

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ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 19				
DUDLEY 71 Mason Rd	S	10-Noon	\$359,900	ReMax Advantage 1 / Maria Reed 508-873-9254
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, OCTOBER 20				
DOUGLAS 417 NE Main St	S	1:30 -3	\$349,000	Re/Max Town & Country / Deb Hackett 491-774-4891
SOUTHBRIDGE 483 Alpine	S	Noon-2	\$289,900	Aucoin Ryan Realty 508-765-9155
POMFRET, CT 280 River Rd	S	Noon-3	\$264,900	Hope Real Estate Group / June Cazeault 860-377-2044

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OPEN HOUSE SAT 10/19 12:00-1:30 196 Hill Rd, Thompson \$435,000 NEW LISTING One of the most stunning Antique homes in NECT. Alpheus Russell House circa 1795. Completely remodeled, exceptional architectural detail. John Downs 860-377-0754	OPEN HOUSE SAT 10/19 12:00-1:30 245 Westford Road Eastford \$339,000 NEW PRICE Hillside contemporary home abutting Bigelow Brook! Includes extra building lot! Great in-law. Prior plant nursery location with valuable stock. John Downs 860-377-0754	OPEN HOUSE SAT 10/19 10:00-11:30 69 Lyon Hill Road Woodstock \$254,900 NEW PRICE Immaculate 3 BR, 2 BA Cape. 1st floor bedroom and full bath. New hardwoods! 2 Car Garage. John Downs 860-377-0754	OPEN HOUSE SAT 10/19 10:00-11:30 87 Ragged Hill Rd, Pomfret \$739,900 Rare opportunity to own one of the finest homes in NECT This reproduction features authentic historic details & custom craftsmanship. 5.52 acres. John Downs 860-377-0754	Pomfret \$239,900 Private 3 BR, 2 full BA Ranch on just under 2 acres. Recent kitchen, baths & electrical, 2 car garage. Move in ready! Robert Viani 401-741-2432	Hampton \$250,000 A beautifully maintained antique home w/meticulous craftsmanship. Outside is a patio overlooking the sprawling lawn & antique barn! Gelhaus Realty Group: Vivian 860-455-5363
Danielson \$229,900 NEW PRICE 3 + BR, 2 BA, 2 car garage. Move in condition, motivated! Immediate occupancy, neighborhood setting. Robert Viani 401-741-2432	Brooklyn \$479,900 4 BR, 3.5 BA, in-law w/1500 SF on lower level, sep. entrance, 3 bay att. garage, center island, fieldstone fireplace, sunroom, sauna w/shower. Rachel Sposato 860-234-1343	Woodstock \$630,000 Horse property! Custom 3000 SF ranch, 41 acres to ride, hunt, and fish. Huge heated barn for all your toys and a workshop. Maryann Miller 860-949-6130	Brooklyn \$525,000 4 BR, 3.5 BA, 12+ acres. This Colonial has been restored & is move-in ready! Zoned for commercial & residential use! Open a bed & breakfast!! Gelhaus Realty Group: Kristen 860-377-0118	Killingly Waterfront \$695,000 Sensational living on Alexanders Lake. Glassed in front w/the most beautiful views. Open living, wood floors, fireplaces, wine room, front patio. Rachel Sposato 860-234-1343	Putnam \$199,000 Completely renovated medical office Condo adjacent to DKH. 1,133 SF, 7 rooms. Association fees pay for snow removal, lawn & trash. Mary Collins 860-336-6677
Ashford \$374,900 2002 Sturbridge Village Freeman Farm House replica. 3 BR, 2 BA, Ash flooring, 2 FPS, 17.8 acres. Concrete core tested! Robert Viani 401-741-2432	Thompson \$277,000 NEW PRICE Great 3 BR, 3 BA oversized Raised Ranch in Thompson w/2 acres! Quiet country road, yet close to amenities. Motivated seller! Kathy Durand 860-208-3934	Putnam \$165,000 Well cared for Victorian w/in walking to downtown. 3 BR & 2 full BA & hardwood floors. Private drive w/a detached 2 car garage & shed. Gelhaus Realty Group: Vivian 860-455-5363	Putnam \$2,000/mo. Commercial Lease 2 rentals- side by side! Combo of 4000 SF or rent individually. Offices, waiting rooms already set up! Lease per unit is \$2000. Triple net lease. Rachel Sposato 860-234-1343	Land for Sale Eastford \$125,000 Build your dream home on this 7.5 acre parcel that abuts Yale Forest. Private, peaceful & picturesque. Enjoy country living at its best! Gelhaus Realty Group: Vivian 860-455-5363 Putnam \$125,000 .27 acres. Commercial land, close to 395 on Kennedy Drive Build your business location. Near medical offices! Rachel Sposato 860-234-1343 Canterbury \$59,900 Buildable 2 acres, beautiful lot on Raymond Schoolhouse! Build your dream home Rachel Sposato 860-234-1343	

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LEGALS

(SEAL)
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OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF
THE TRIAL COURT
#19 SM 003990
ORDER OF NOTICE**

TO:
Edward C. Hirsch and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 et seq.: People's United Bank, N.A. claiming to have an interest in a Mortgage covering real property in Uxbridge, numbered 8 Washington Court, given by Edward C. Hirsch to Mortgage Electronic Registration Systems, Inc. as nominee for People's United Bank, dated July 12, 2011, and recorded in Worcester County (Southern District) Registry of Deeds in Book 47609, Page 33, and now held by Plaintiff by Assignment, has filed with this court a complaint for determination of Defendant's Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 11, 2019 or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on September 27, 2019. Attest:
Deborah J. Patterson
Recorder
October 18, 2019

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Donna Lemieux a/k/a Donna M. Lemieux, Michael F. Lemieux a/k/a M.F. Lemieux to Mortgage Electronic Registration Systems, Inc., as nominee for Union Federal Bank of Indianapolis, dated December 16, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 38071, Page 83, as modified by a certain modification agreement dated November 21, 2012, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 50274, Page 164, of which mortgage the undersigned is the present holder, by assignment from:
JPMorgan Chase Bank, N.A., as Trustee to The Bank of New York Mellon f/k/a The Bank of New York as successor Trustee to JPMorgan Chase Bank, N.A., as Trustee for the Certificateholders of Structured Asset Mortgage Investments II Trust, 2006-AR4 Mortgage Pass-Through Certificates, Series 2006-AR4, recorded on February 5, 2010, in Book No. 45434, at Page 255
Mortgage Electronic Registration Systems, Inc. to JPMorgan Chase Bank, N.A., as Trustee, recorded on February 5, 2010, in Book No. 45434, at Page 253
The Bank of New York Mellon f/k/a The Bank of New York as successor Trustee to JPMorgan Chase Bank, N.A., as Trustee for the Certificateholders of Structured Asset Mortgage Investments II Trust, 2006-AR4 Mortgage Pass-Through Certificates, Series 2006-AR4 to JPMorgan Chase Bank, NA, recorded on January 11, 2013, in Book No. 50274, at Page 162
JPMorgan Chase Bank, National Association to The Bank of New York Mellon f/k/a The Bank of New

York successor Trustee to JPMorgan Chase Bank, N.A., as Trustee for the Structured Asset Mortgage Investments II Trust, Mortgage Pass-Through Certificates, Series 2006-AR4, recorded on February 26, 2018, in Book No. 58473, at Page 215 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on November 1, 2019, on the mortgaged premises located at 1084 Providence Road, Whitinsville, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT:
The land in said Northbridge, on the easterly side of the state highway leading from the village of Linwood to Plumbers Corner, so -called, now know as Providence Road, and a little south of saidPlummers Corner, and more particularly described as Lot Number eight (8) as shown on designated on a Plan on Building Lots at Plummer Park, Northbridge, MAss., and recroded with the Worcester District Registry of Deeds, Book 1656, Page 653, and bounded and described as follows: Beginning at the Northwesterly corner thereof on the easterly side of Providence Road, Thence northeasterly 118 feet along land now or formerly of Robert V. and Loretta G. Wallen to a point at the northeasterly corner of premises herein conveyed; Thence Southwesterly .60 feet along land now or. formerly of Robert V. and Loretta G. Wallen to the southeasterly corner of said premises conveyed ehrein; Thence southwesterly 118 feet along land now or formerly of Auria LaFlamme to a point on the easterly side of said Providence Road; Thence northwesterly 60 feet along the easterly side of said Providence Road to the place of beginning.
For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 21805, Page 343.
These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.
TERMS OF SALE:
A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.
Other terms, if any, to be announced at the sale.
THE BANK OF NEW YORK MELLON F/K/A THE BANK OF NEW YORK SUCCESSOR TRUSTEE TO JPMORGAN CHASE BANK, N.A., AS TRUSTEE FOR THE STRUCTURED ASSET MORTGAGE INVESTMENTS II TRUST, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-AR4
Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
2017040273
October 4, 2019
October 11, 2019
October 18, 2019

MORTGAGEE'S SALE OF REAL ESTATE 359 Union Street Northbridge (Linwood), MA 01588
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Paul N. Gallagher to JPMorgan Chase Bank, N.A. dated January 26, 2011, and recorded with the Worcester County (Worcester District) Registry of Deeds in Book 47165, Page 345, and assigned through assignments recorded with said Registry of Deeds at Book 55596, Page 238, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on October 25, 2019 at 11:00AM, at or upon the mortgaged premises more particularly described below, being all and singular the premises described in said mortgage, to wit: The land in Linwood, Town of Northbridge, with buildings thereon containing 13,500 square feet, more or less, bounded and described as follows: Beginning at the Southeastern corner of land, now or formerly of Louis Leacault on the Westerly side of the county road (Route 122) of a stone bound; Thence Northerly on said road, seventy-five (75) feet; Thence Westerly one hundred eighty (180) feet to a stone wall; Thence Southerly by said stone wall, seventy-five (75) feet; Thence Easterly about one hundred eighty (180) feet to the place of beginning. For title, see Deed at Book 34257, Page 346.
The description of the premises contained in said mortgage shall control in the event of an error in this notice. The Mortgagee reserves the right to postpone the sale to a later date by public announcement at the time and date appointed for the sale and to further postpone at any adjourned sale date by public announcement at the time and date appointed for the adjourned sale date.
The premises will be sold subject to and with the benefit of all rights, restrictions, easements, improvements, orders of condition, outstanding tax titles, municipal or other public taxes, assessments, betterments, liens or claims in the nature of liens and existing encumbrances of record created prior to the mortgage, or entitled to precedence over the mortgage, if any, insofar as the same are still in force and applicable to the premises. The premises will be sold without representation or warranty as to its condition or fitness for habitation, or whether it conforms to any applicable state or local building, zoning, health, or sanitary codes, or compliance with any federal, state, or local environmental statutes, regulations, ordinances, or by-laws.
If the premises is a condominium unit, then the premises will also be sold subject to Massachusetts General Laws chapter 183A, as amended, the applicable Master Deed and any and all amounts as may be due, following such sale, to the applicable condominium trust.
If the successful bidder at the foreclosure sale defaults in purchasing the property according to the terms of this notice of sale or the terms of the Memorandum of Sale executed at the time of the foreclosure, the Mortgagee

reserves the right to, among other things, resell the property under the power of sale contained in such mortgage or sell the property by foreclosure deed to the second highest bidder (or other successive bidders, in the order of their bid) provided that such other bidder deposits with Mortgagee's attorneys, Michienzie & Sawin LLC, the amount of the required deposit as set forth below within ten (10) business days after written notice of default of the previous highest bidder and title shall be conveyed to such other bidder within thirty (30) days of the default, which time periods may be reasonably extended by the Mortgagee in its sole discretion.
TERMS OF SALE: Ten Thousand and No/100 Dollars (\$10,000.00) is to be paid in certified check and/or bank cashier's check (dated no more than ninety days before the date of sale) to be paid by the Purchaser at the time and place of sale. The balance of the purchase price is to be paid by the Purchaser by certified check and/or bank cashier's check (dated no more than ninety days before the date of closing) within thirty (30) days thereafter, which time period may be reasonably extended by the Mortgagee in its sole discretion, at the offices of Michienzie & Sawin LLC, 745 Boylston Street, Boston, MA 02116. Other terms to be announced at the sale. This notice may be viewable at <https://www.masspublicnotices.org>.
Bayview Loan Servicing LLC present holder of said mortgage by its attorneys, **MICHENZIE & SAWIN LLC**
745 Boylston Street
Boston, MA 02116
October 4, 2019
October 11, 2019
October 18, 2019

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO19P3285EA
Estate of:
Russell Martin Hreczuck
Date Of Death: June 21, 2019
INFORMAL PROBATE
PUBLICATION NOTICE**
To all persons interested in the above captioned estate, by Petition of Petitioner **Susan J. Chase of Blackstone, MA**
A Will has been admitted to informal probate.
Susan J. Chase of Blackstone, MA- has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained October 18, 2019

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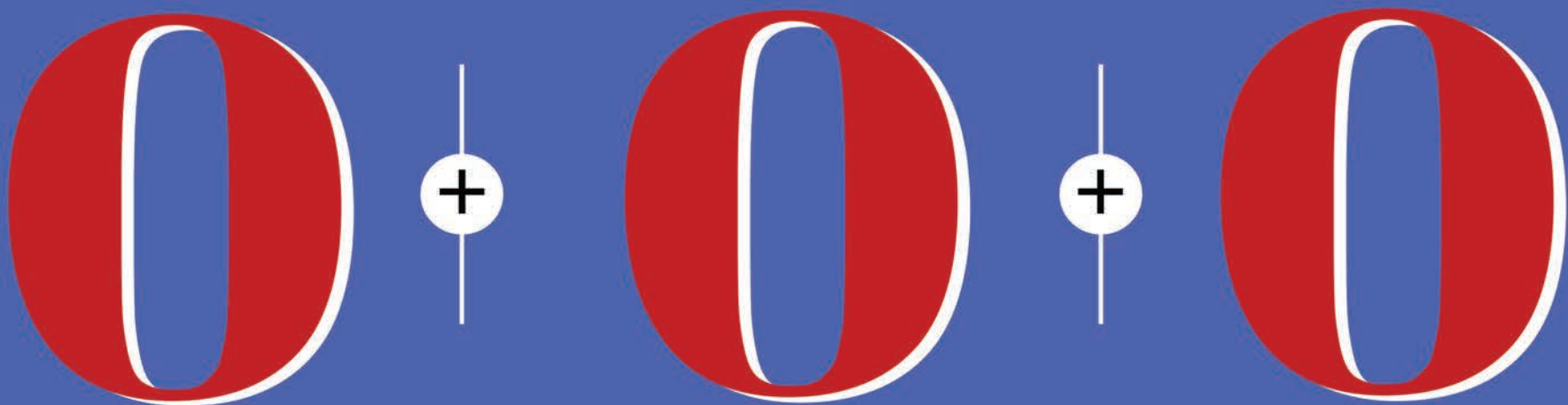


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HEALTH

Breast cancer signs and symptoms



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

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

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

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

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

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

Occupational therapy has many benefits



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

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

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

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

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

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

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

Potential treatment options after a breast cancer diagnosis

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

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

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



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

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

patients.

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

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

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

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

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

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

HEALTH

Exercise and aging: How to work out safely after 50

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

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

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

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



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

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

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

well off the beaten path.

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

decreasing your risk of injury during exercise.

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

3 tips to overcome everyday aches and pains



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

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

1. Begin a well-rounded exercise regimen.

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

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

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

3. Recognize your body may develop some limitations.

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

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




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WHOLESALE PRICE: **\$20,577**
SAVE \$17,800 OFF OF RETAIL PRICE!

2018 TOYOTA RAV4 SUV
#19788A • XLE TRIM, 18" ALLOYS, MOONROOF, ALL-WHEEL DRIVE
NEW Retail Price: ~~\$31,450~~
WHOLESALE PRICE: **\$24,377**
SAVE \$7,100 OFF OF RETAIL PRICE!

2016 FORD EXPLORER
#P12275LV • XLT TRIM, ALLOYS, NAV, BACK-UP CAM, MOONROOF
NEW Retail Price: ~~\$39,970~~
WHOLESALE PRICE: **\$25,977**
SAVE \$14,000 OFF OF RETAIL PRICE!

LIKE NEW 2016 GRAND CHEROKEE LAREDO SUV
#D9940L
NEW RETAIL PRICE: ~~\$38,735~~
WHOLESALE PRICE: **\$22,577**
SAVE \$16,200 OFF OF RETAIL PRICE!

2016 HYUNDAI TUCSON
#H0954L • SPORT TRIM, ALLOYS, BACK-UP CAM, BLUETOOTH, AWD
NEW Retail Price: ~~\$30,475~~
WHOLESALE PRICE: **\$18,877**
SAVE \$11,600 OFF OF RETAIL PRICE!

2018 TOYOTA COROLLA L
#H0861RV • LANE DEPARTURE, BLUETOOTH, BACK-UP CAM
NEW Retail Price: ~~\$19,800~~
WHOLESALE PRICE: **\$13,677**
SAVE \$6,100 OFF OF RETAIL PRICE!

2017 CHEVROLET CRUZE
#40215R • LT TRIM, HATCHBACK, ALLOYS, KEYLESS START, 7" LCD
NEW Retail Price: ~~\$23,140~~
WHOLESALE PRICE: **\$15,977**
SAVE \$7,200 OFF OF RETAIL PRICE!

LIKE NEW 2017 CHEVY SILVERADO CREW CAB
#119500A
NEW RETAIL PRICE: ~~\$43,810~~
WHOLESALE PRICE: **\$31,477**
SAVE \$12,300 OFF OF RETAIL PRICE!

2016 GMC SIERRA 1500
#H1161V • DOUBLE CAB, 4X4, V8, HIGH INTENSITY HEADLIGHTS
NEW Retail Price: ~~\$38,015~~
WHOLESALE PRICE: **\$28,477**
SAVE \$9,500 OFF OF RETAIL PRICE!

2016 DODGE JOURNEY
#D9912L • SXT, 3RD ROW SEATS, ALL-WHEEL DRIVE, ALLOYS, V6
NEW Retail Price: ~~\$29,295~~
WHOLESALE PRICE: **\$17,577**
SAVE \$11,700 OFF OF RETAIL PRICE!

2017 SUBARU FORESTER
#H0859RV • AWD, BACK-UP CAM, PREMIUM TRIM, MOONROOF
NEW Retail Price: ~~\$29,595~~
WHOLESALE PRICE: **\$18,677**
SAVE \$10,900 OFF OF RETAIL PRICE!

2018 HYUNDAI SONATA SEL
#H1034B • BACK-UP CAM, PZEV, 17" ALLOYS, HEATED SEATS
NEW Retail Price: ~~\$25,615~~
WHOLESALE PRICE: **\$18,677**
SAVE \$6,900 OFF OF RETAIL PRICE!

LIKE NEW 2017 CHEVY EQUINOX PREMIER SUV
#40041L
NEW RETAIL PRICE: ~~\$40,455~~
WHOLESALE PRICE: **\$23,777**
SAVE \$16,700 OFF OF RETAIL PRICE!

2017 RAM TRADESMAN QUAD CAB
#H1196LV
NEW RETAIL PRICE: ~~\$38,405~~
WHOLESALE PRICE: **\$24,377**
SAVE \$14,000 OFF OF RETAIL PRICE!

2016 FORD EDGE SEL SUV
ALL-WHEEL DRIVE
NEW RETAIL PRICE: ~~\$34,985~~
STARTING AT ONLY: **\$24,377**
6 Available
Heated Leather, Nav, Moonroof, Turbo, Back-Up Cam, Alloys!
SAVE \$11,000 OFF OF RETAIL PRICE!

2017 FORD ESCAPE SE SUV
#P12251LV
NEW RETAIL PRICE: ~~\$30,390~~
WHOLESALE PRICE: **\$18,377**
SAVE \$12,000 OFF OF RETAIL PRICE!

SALE ENDS 10/23/19. Cannot be combined with any other discount or promotion and may require dealer source financing. Some restrictions apply, see us for details. does not include specialty vehicles or renewed for your vehicles. Some vehicles may not qualify, see dealer for details. Prior sales excluded. Some restrictions apply, see us for details. Estimated KBB values are opinions and may vary from vehicle to vehicle. Value based on vehicle condition. Amount may be adjusted for mileage, wear and tear, and options. Value difference assessed on list price. Deductions from allowance may be made for equipment failure, body and/or interior damage, reconditioning cost and/or excessive mileage at a rate of 20c per mile assessed on mileage of 10,000 miles per year. New retail price based on MSRP of new models. Not valid with prior sales. Selling price including our \$1,000 imperial trade assistance bonus for a qualifying 2010 or newer trades. Advertised price does not include tax, title, registration or documentation fee. Vehicle must be paid in full and take same day delivery. 5 DAY OR 200 MILE RETURN EXCHANGE PROGRAM FOR YOUR TOTAL CONFIDENCE - if you're not happy with your imperial certified used vehicle, bring it back within 5 days or 200 miles and we'll give you a credit of your full purchase price toward the purchase of another vehicle. Not responsible for typographical errors; photos are for illustration purposes only.

**8-18 UXBRIDGE ROAD, RTE. 16 | MENDON, MA
154 EAST MAIN STREET | MILFORD, MA**