

Local students organize empowerment event for teen girls



With the help of their guidance counselor and 12 other girls, a pair of students at Auburn Middle School recently developed and implemented Better Together, the first ever AMS Girls Conference.

BY ERICA CHICK

CORRESPONDENT

AUBURN — We live in a world where active shooter drills are the norm. We live in a world where suicide attempts are on the rise in girls between ages 10 and 15. We live in a world where Instagram influencers make a career out of telling people how to look, eat, and live. That environment is particularly hard on young women.

Fortunately, a pair of teens from Auburn are still paying attention to what really matters in this world.

Jordyn Bolduc and Arianna Rodriguez-Weagle, both eighth graders at Auburn Middle School, took note of how genders were stereotyped in the ALICE (Alert, Lockdown, Inform, Counter, Evacuate) training videos.

Bolduc stated, “We were watching a video about ALICE training and I noticed that in the video all the guys taking charge were

guys that play sports and all the girls in the background were acting all scared and didn’t know what to do. I didn’t feel like that was the message that we want to send and we don’t want to follow the stereotypes. I would like to change that stereotype and make us stronger and believe in ourselves more and make a change out there...because if we’re not confident then how can others put their confidence in us?”

“When I watched the video, I thought, ‘I would not be sitting in the back screaming, I would be much more helpful.’ The girls in the video are shown backing away, hiding, and timid and I feel like that’s not an accurate portrayal of the girls in our grade, they’re much more confident than that.”

Together, the girls, with the help of Karin Graves, Guidance Counselor at Auburn Middle School, and 12 other girls, developed

Erica Chick Photo

Please Read **EMPOWERMENT**, page **A12**

Oxford selectmen delay sewer rate hike

BY GUS STEEVES

CORRESPONDENT

OXFORD – Selectmen put on hold proposals to hike some sewer rates and start allowing remote participation last week.

According to DPW Director Sean Divoll, discovery of what’s termed “inflow and infiltration” – water being piped or leaking into the sewer system that shouldn’t be there – is becoming an issue in the northern part of town, thus sparking his request to hike rates there from \$10.98 to \$12.35 per 1,000 gallons. This plan does not affect the southern part of the sewer system, which will still pay \$16.86.

“Because our systems are relatively new, we didn’t have to deal with it for quite some time. But since our system is about 20 years old, we’re starting to see some issues with the northern part of the system,” Divoll said.

He added that “preliminary investigation ... narrowed it down to Route 20 being a problem area.”

“This summer is our target date to get a lot of that work done,” including some during the Route 20 project, he said.

In practice, Oxford has two distinct systems. The northern one, with about 400 connections serving about 1000 people, runs from Oxford High School north to Auburn and pumps wastewater through that town to the Upper Blackstone treatment plant, paying both of them fees. The southern section, serving the IPG area, pumps to and pays Webster for treatment. Divoll said the two pay different rates “because of the difference in cost” for treatment, and the Town Meeting’s approved sewer budget of \$490,150 was based on his proposed rate hike.

Selectman John Saad, however, urged the board to delay action until the affected residents get notified, observing that nobody was present for the hearing. Although Divoll posted the proposed rate on the town’s website and advertised it in the paper as the law requires, Saad said the residents should get direct mailings instead. The rest of his board agreed unanimously, continuing the public hearing until June 18.

“A lot of people don’t read those little notices in the paper,” Saad said. “... I feel very uncomfortable doing it this way.”

He was also the first to raise objections to the idea of allowing board members to participate in meetings remotely (by phone or Internet video).

“I feel if you get elected to a position, you should make every effort to be there,” he said.

While there are sometimes good reasons to miss meetings, and he felt the board has generally been “very flexible” to accommodate them, he said his “biggest fear is the possible abuse of it.”

Chair Dennis Lamarche said the board has discussed doing this before, but took no action. “Now, we have a member who’s having a hard time meeting our schedule,” so he felt it “would behoove us” to look at it again, he said.

He was referring to new selectman John Daniels, who wasn’t present due to military duty.

The concept isn’t particularly new; the Attorney General has allowed towns to create policies for doing so for some time. According to the law (940 CMR 29.10), members can use only

Please Read **RATE HIKE**, page **A7**

NEC project opens conservation hearing

BY GUS STEEVES

CORRESPONDENT

CHARLTON — The Northeast Energy Center project took another step in its lengthy process toward possible approval by opening its public hearing before the Conservation Commission Wednesday.

There was a little confusion over exactly which property was affected, since the legal ad described it as “on route 169 south of Sherwood Lane.” NEC is considering two sites there – its preferred site between the Incom solar array and the road, which access from

Rte 169, and one alternate site closer to Millennium Power with access from Sherwood.

In this case, Conservation Agent Todd Girard said, the board is going by the assessors’ lot identification numbers, not by a street address, since these lots have different addresses depending on which documents you look at. Because no commissioners have walked the property yet, the board continued the hearing to June 19, with a site walk planned for June 17.

“This is just the beginning,” Chair Thomas

O’Malley said. “They’re making an appointment for us to go out and look at it.”

Girard noted the site is “pretty adventurous terrain,” being fairly steep with ledge and outcrop.

Engineer Dwight Dunk of Epsilon Associates said his overview identified two intermittent streams with “bordering vegetative wetlands” and a small isolated wetland on the edges of the property. Project documents also depict an endangered bat species living there, but NEC partner Boris Brevnov said he believes there would not be “enough environ-

mental disturbance” to trigger a Mass Environmental Protection Act review on May 29. He did not attend the conservation hearing.

Dunk said state regulations require all development projects to design their stormwater systems so that no more runoff escapes the property after construction than before it.

“I help projects through the process,” he said. “I’m never going to indicate whether it will or will not happen because the state makes the decision.”

NEC is seeking to build

Courtesy Photo

Please Read **NEC**, page **A7**



Sisters organize Alzheimer’s walk in mother’s honor

BY ANNIE SANDOLI

CORRESPONDENT

SOUTHBRIDGE—Sisters Cathy Czyzewski and Donna Viens, Southbridge natives who now live in Melbourne, Fla., have witnessed the damaging effects of Alzheimer’s Disease and are looking to make a difference in the lives of those it impacts.

Their mom, Louise Peterson, struggled with Alzheimer’s for over 15 years and passed away last October. They watched her struggle with her memory, day-to-day tasks, and living on her own and watched her disposition and personality change completely.

“My mom started early, when she was about 70, and had to leave her home to go into assisted living,” said Czyzewski. “She died at 87, so she had it for quite some time. We saw how she changed from herself to a shell of herself.”

In honor of their mom, Czyzewski

and Viens are organizing the Memory Mile, a fundraising event that will take place on Sunday, June 23 starting at Westville Lake in Southbridge from 7 a.m. until 2 p.m., and later moving to Hyland Orchard in Sturbridge from 2 to 8 p.m. in conjunction with the Alzheimer’s Association’s Longest Day campaign, which takes place near the June 21 Summer Solstice every year and symbolizes the challenging journey of those living with or caring for someone who has Alzheimer’s. Although the sisters orga-

Courtesy Photo

Please Read **ALZHEIMER’S**, page **A7**



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Four Score adding retail sales

BY JASON BLEAU
CORRESPONDENT

CHARLTON – As Four Score Holding LLC continues their permitting process for a marijuana cultivation operation in Charlton, the company has decided to ad retail sales to the agreement, and earned support from selectmen pending permitting during a meeting on June 4.

Following a relatively brief discussion with Four Score representative Daniel Glissman, selectmen approved the addition of medical and recreational marijuana retail sales at the companies facility setting a deadline of March 2021 for Four Score to receive proper permits before having to come before selectmen again for a new agreement. Originally the town agreed to allow cultivation, manufacturing and related transportation from the proposed business at 144 Sturbridge Road on Route 20 using a vacant 20,000-squarefoot facility already on the property. The amendment will allow for medical and recreational sales on site as well but is contingent upon Four Score’s suc-

cess in receiving permits from both the town and the state beyond the Board of Selectmen.

Selectman Bill Borowski said his only concern was that allowing retail could prove to be an issue down the road when it comes to how many retail sites are in the town as recently approved bylaws allow for only two retail sales businesses for the product in Charlton.

“I think the only jeopardy for this board, or the town, is that potentially, depending upon the future, that we could have three. I think that is a risk that I am willing to take based upon the fact that we don’t know what’s going to happen in the future. I think Four Score has been a good partner with the town to date. I would expect that to continue,” Borowski said. “I think it’s zoned properly. It’s in a good location on Route 20. Like everyone else I’m a little concerned about the traffic on Route 20 but if we’re not going to encourage development, more specifically economic development, on Route 20 I don’t know where we’re supposed to expect it in town.”

Selectmen did receive previous input from town counsel Jonathan Silverstein during a meeting in May indicating that allowing retail sale for Four Score through a host agreement amendment would be perfectly legal and would depend on special permitting from the Planning Board. It was thought that agreements with Valley Green Grow and Green Gold Group LLC would create an issue, however Valley Green Grow is exempt from the bylaw as a grandfathered application.

The next roadblock was how long selectmen were willing to let the agreement stand to allow Four Score to negotiate the permit process with the Cannabis Control Commission, or CCC, at the state level. Daniel Glissman said this process could take several years given the current influx of applications since the legalizations of recreational marijuana.

“The Cannabis Control Commission from the date that you turn in your application is running from a six to nine month backlog just to get the provisional license and you can’t build out

until you get your provisional license,” Glissman said, calling it an extensive process from there.

Originally, Four Score had planned to open in 2020, however those plans now seem unreasonably optimistic. Wirth that in mind, and using Green Gold Group’s application process as a comparison, selectmen agreed to give Four Score until March of 2021 to obtain the proper licensing and permits in order to set up shop under the current host agreement with the recreational and medical sales amendment. Glissman called this a much more likely possibility than a 2020 opening.

“I think Q1 in 2021 would probably be a bit more realistic just given the uncertainties surrounding the state permitting process. If it moves quicker through the CCC it will improve our timeline. Presumably we’re looking at a provisional license some time at the end of 2019 which would then give us a construction window in early 2020,” Glissman said.

Auburn resident Brianna Courteau receives degree from WPI

WORCESTER — On Saturday, May 11, on the Worcester Polytechnic Institute (WPI) campus quadrangle, 1,019 Bachelor’s degrees were awarded during the university’s 151st commencement ceremony. Brianna Courteau of Auburn, Mass., was awarded a bachelor of science degree in biology and biotechnology with high distinction.

WPI President Laurie Leshin and Board of Trustees Chairman Jack Mollen presided over the celebration, at which the keynote address was given by Ellen Stofan, the John and Adrienne Mars Director of the Smithsonian’s National Air and Space Museum.

In her remarks, Stofan lauded the graduating seniors, whom she called “the next generation of STEM innovators,” before pointedly asking, “Where do you go from here?” She noted that students are graduating 50 years after the Apollo 11 Moon landing on July 20, 1969. The historic milestone was spurred, in part, Stofan noted, by the challenge President John F. Kennedy placed before Congress in an address in May 1961.

Stofan, who has more than 25 years of experience in space-related organizations and a rich background in plane-

tary geology, also received an honorary doctor of science degree.

WPI awarded Gordon Hargrove, executive director of Friendly House in Worcester, an honorary doctor of humane letters degree for his “distinguished leadership of a vital Worcester institution, his passion for making miracles happen in the lives of others, and his inspiring example to generations of WPI students, faculty, and staff.”

President Leshin told the graduates that while she is sad to see them go, she and the campus community feel a great sense of pride in all of their accomplishments at WPI. “Over the past four years, we have all watched, and hopefully helped you discover, your passions and strengths, we’ve seen you work very hard, and we’ve seen you truly make a difference.”

Class speaker Emily Molstad, of Newington, Conn., a major in mechanical engineering with materials science and engineering, recalled for her classmates the “nine words we heard when we arrived, and over and over again throughout our four years here: Go to class. Do the work. Ask for help. These words, repeated so often, weren’t always easy to practice day to day, but once we followed them, they put us on the path to success.”

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI’s pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor’s, master’s, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Voters reject ban on public marijuana consumption

BY ANNIE SANDOLI
CORRESPONDENT

STURBRIDGE— Voters at the annual town meeting at Tantasqua Regional High School on Monday, June 3 voted against the two most contested articles up for debate — one that would have rezoned the property at 7 Cedar St. from Suburban Residential to a Commercial Tourist District and another that would have prohibited the public consumption of marijuana and marijuana products and open containers of marijuana in motor vehicles.

Rezoning the property at 7 Cedar St. would have allowed for a 96-space parking lot to be put in, extending the Commercial Tourist District to include the properties at both 420 Main St. and 7 Cedar St., but residents expressed their desire to keep that area the way it is. The zoning map amendment, which was sponsored by the Planning Board, needed a two-thirds majority to pass and ended up getting less than half of the vote.

The public marijuana consumption bylaw, which was sponsored by Sturbridge Police Chief Thomas J. Ford III and supported by the Board of Selectmen, would have banned any form of using or consuming marijuana on public property in the town. The proposed article read as follows:

“No person shall smoke, burn, vaporize, ingest or other wise use or consume marijuana or marijuana products while in or upon any public place, including but not limited to any public way or any way to which the public has a right of access, sidewalk, footway, passageway, stairway, bridge, park, playground, recreation area, boat landing, public building, schoolhouse, school grounds,

cemetery, parking lot, or any area owned, leased, or occupied by to otherwise under the control of the Town of Sturbridge, or any place to which members of the public have access as invitees or licensees, or in or upon any other place accessible to the public.”

The second part to the bylaw would have also prohibited having an open container of marijuana or marijuana products in reach of a driver or passenger while operating a motor vehicle.

“No person shall, upon any way or in any place to which the public has a right of access, or upon any way or in any place to which members of the public have access as invitees or licensees, or any area owned, leased, or occupied by or otherwise under the control of the Town of Sturbridge, possess an open container of marijuana or marijuana products in the passenger area of any motor vehicle,” it read.

Although the bylaw specified that the public consumption bylaw would not have applied to the medical use of marijuana and both sides of the argument were presented at the meeting, it still proved to be too strict for the majority of voters. If it had passed, violators would have faced a \$300 fine for each offense and could also be fined by the state statute at the same time.

Voters approved the other 41 articles that were on the table, including Article 42 that was sponsored by the Board of Selectmen and will impose an excise tax of \$3 on adult use marijuana.

For more information on the Annual Town Meeting or the articles that were voted upon, call the Town of Sturbridge at 508-347-2500 or go to <https://www.town.sturbridge.ma.us/town-clerk/agenda/annual-town-meeting>.

Southbridge Credit Union giving back with Red Cross blood drive

STURBRIDGE — Southbridge Credit Union (SCU) will host a community blood drive with the American Red Cross on Friday, June 21 from 9 a.m. to 2 p.m. at the Hobbs Brook location, 120 Charlton Rd., Sturbridge, MA 01566.

For more information or to make an appointment to donate, call or sign up online at redcrossblood.org, enter 01566 for the zip code and find our blood drive listed as Southbridge Credit Union.


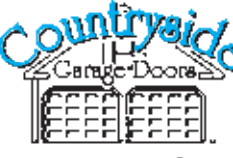
“Hosting a blood drive coincides with SCU’s core values of giving back to the community,” said Lismarie Collazo, Director of Marketing and Community

Outreach “With a simple blood donation; we have the ability to help save the life of someone who could be a coworker, loved one or neighbor.”

Blood is routinely transfused to patients with cancer and other diseases, premature babies, organ transplant recipients and trauma victims, according to the Red Cross.

“The short amount of time it takes to donate can mean a lifetime to a patient with a serious medical condition,” said Collazo. “We urge eligible donors to join us in the selfless act of giving blood.”

Donors of all blood types are needed, especially those with types O negative, B negative and A negative. According to the Red Cross, type O negative is the universal blood type that can be safely transfused to anyone, and is often used to treat trauma patients.



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\$360,000, 134 Rochdale St, Twarog, Marek B, to Twarog, Melissa A, and Keane, Joseph M.

\$355,000, 42 Elridge Rd, Bergeron, Michelle L, to Mccarthy, Stephen, and Mccarthy, Pamela.

\$325,000, 11 Pine Valley Dr, Haynes, James C, and Haynes, Darlene R, to Leboeuf, John J, and Leboeuf, Ann M.

\$293,000, 22 Lesley Ave, Klimavich, Christopher, to Dolan, Patrick.

\$278,000, 179 West St, Brooks, James A, and Brooks, Dionne K, to Covello, Samuel L.

Local talent takes the stage in support of SONG



Kevin Flanders Photo

Members of the Heavy Intentions rock band celebrate their talent show victory.

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE – A wide range of talents was on display last week, as performers took the stage in support of a local organization.

The talent show was just one of many activities included in the annual spring music festival hosted by Supporting Orphans Nationally and Globally

(SONG). The 12th annual festival took place on June 8, drawing guests from throughout the area to Hyland Orchards.

After several performers showed off their talents at the show, Heavy Intentions was named the winner. The three-man youth rock band consists of Nolan Harold, Damien Sargent, and Aidan Joyce. Singers and dancers also

took the stage, and the rest of the day was filled with performances from area bands.

For Wally Connor, the founder and director of Brookfield-based SONG, it's always a thrill to receive strong community support at the festival each year.

"This is a great family event with a lot of activities going on. Everyone had a lot of fun at the talent show," Connor said.

SONG, Inc., formerly known as Socks for Siberia, supports orphaned children in the U.S. and around the world. Last year, Connor visited children being supported by his organization in Pakistan. Looking ahead, SONG members will travel to Uganda and South Africa in advance of the organization assisting children in those nations.

Connor and his team thank the residents, volunteers, and bands who attend SONG events each year. Locally based, The Otters band is always eager to give back and get involved with SONG events.

"They have been coming here for twelve years, and the majority of their gigs are for charity," Connor said of The Otters.

The festival also featured raffles, face painting, a bounce house, a silent auction, a pie eating contest, sack races, and several more events. Raffle prizes included Boston Red Sox tickets



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and a weekend getaway to Mystic, CT.

For more information about the organization, or to learn how you can help, visit www.supportingorphans.org.

CAPTIONS:

044: Stephen and Jocelyn Shoge, of Worcester, spend the day with their 1-year-old daughter Ellis. Kevin Flanders photo.

045: Warren's Luisa Feeney is having plenty of fun under the sun. Kevin Flanders photo.

046: Members of the Heavy Intentions rock band celebrate their talent show victory. Kevin Flanders photo.

047: The Witaszek family, of Warren, enjoys some music and shade in the pavilion. Kevin Flanders photo.

Talent 1-4: Local performers take part in the talent show. Courtesy photos.

Charlton sets policies for digital sign

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen has decided who they would like to partner with as the town prepares to transition from the current, manually changed sign on the ground of the town library to a digital sign that will change and shift on its own.

Currently, Charlton utilizes and old-fashioned sign board in front of the town library which has to be changed and updated by hand regularly to keep up to date with local events. However, in the last year, the town decided to replace that sign with a new one similar to other local communities which is completely digital and able to show even more events and notices at any given time.

Board of Selectmen Chair David Singer brought the matter forward at a meeting on

June 4 where the board agreed on a contractor they want to work with for the transition. They first addressed concerned made from an abutting property owner although Singer acknowledged that these issues were brought to the selectmen directly and the property owner in question, who was not named during the discussion, missed their opportunity to bring their concerns to the table at zoning meetings.

"The sign required a special permit and variance from the Zoning Board of Appeals which we did apply for and were approved. At the end of the zoning appeal period a resident contacted various town officials with concerns, but never appealed the decision of the zoning board in the time that was required," Singer explained.

Officials confirmed that the resident, and all abutters,

were informed of the meeting by mail. Even though the citizen did not make the zoning meetings selectmen said they wanted to be courteous of public concerns all the same. One issue brought forward was the assumption that the sign couldn't be erected in front of the library because it was thought to be a historic property. This was proven false. Another concern was how long the sign would be operational. When considering a policy for sign usage and operation at the June 4 meeting selectmen agreed, in some cases reluctantly, that the sign would be turned off after 10 p.m. and turn back on at 6:30 a.m. Selectman Singer explained a few other details contained within the approved policy for the sign.

"Given its proximity to the center of town, the sign will generally consist of black and white lettering for informa-

tional messages. Special town sponsored town wide events including Old Home Day and Earth Day may display color but only for seven days preceding the event," Singer said.

He added that the display will be limited to only two messages at any given time and will not change more than once per minute. Selectmen agreed to approve the policy with the mindset that it can be improved upon once the sign is operational.

As for where the sign would come from, selectmen chose a contractor to work with the community on the upgrade with three bidders considered all well below the \$40,000 approved for the project at town meeting. Quotes were received back in April to cover

purchase and installation and while the lowest bidder was Guthman Signs for \$31,856 they did not meet the criteria specified in the bid package. Instead selectmen unanimously chose to work with Diversified Signs who turned in a bid of \$34,137.89. Graphics Unlimited was the third bidder offering a price tag of \$34,470.

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Environment Massachusetts creating a buzz about bees in Charlton

CHARLTON — Bees are dying off at alarming rates across the United States, threatening our food supply. This summer, young adults working with Environment Massachusetts will visit Charlton and neighborhoods across the Commonwealth to talk about how we can work together to save the bees.

"Many of the fruits and vegetables growing across Massachusetts will be a thing of the past if bees keep dying off at their current rate. People are worried that our bees are dying, but they often don't know what they can do to help," said Sam Kooharian, a canvasser working with Environment

Massachusetts. "I'm walking our neighborhoods this summer to not only educate people about this critical problem, but also to encourage them to act. That's the fun and rewarding part."

Worldwide, 100 crops provide 90 percent of the world's food, and bees pollinate 71 of them. Neonicotinoid pesticides, commonly known as neonics, threaten bee populations. Maryland and Connecticut have already banned neonics for consumers.

"No bees means no food, and the first step in saving the bees is eliminating the pesticides that kill them,"

said Ben Hellerstein, State Director for Environment Massachusetts. "Massachusetts can play a big role by restricting the use of neonics."

While other factors including global warming, habitat loss and disease contribute to bees dying, restricting neonics is a step Massachusetts can take today. Canvassers are knocking on doors in Charlton and other communities across Massachusetts to build support for An Act to protect Massachusetts pollinators (H.763), filed by Representative Carolyn Dykema.

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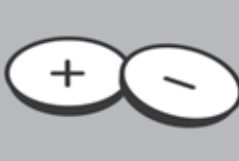
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Baker joins 29th Annual legislative event



Gov. Charlie Baker with Center of Hope program members Adam Bowler and Alex Bowler.

CourtesyPhoto

WORCESTER — The Center of Hope Foundation, Inc., one of 700 non-profit Arc Chapters that serve adults with Intellectual and Developmental Disabilities, led the 29th Annual Legislative Event on Thursday, May 30 at the AC Hotel by Marriott, along with co-sponsors HMEA, Venture Community Services, Life-Skills, Arc of Opportunity, Open Skies Community Services, Riverside Community Care, the Arc of Massachusetts, Central Mass South Chamber and the Worcester Regional Chamber of Commerce. The area service providers all came together to bring awareness of the needs of the ID/DD community.

Cindy Howard, COO of the Center of Hope, said “Our communities and legislators need to learn about the needs of people in the disability community and come to value the people we serve. We are extremely grateful for the funding that helps us offer opportunities that help people lead meaningful lives while participating in their communities.”

Governor Charlie Baker was the featured speaker for

this event and was presented an award for his devotion and commitment to advocating financially and personally for individuals with disabilities. He said he’s glad to “get a front-row seat to all the great work that people do.”

Legislators of Central Massachusetts and members of local organizations presented awards to those who have shown remarkable dedication and support to those we serve. The following awards were given: Rosemarie Derry, Family Support Professional; Eileen Harris, Making a Difference Award; Michael Seibold, Leadership; Peter Geoffroy, Hero; Jessica Santiago, Linda Cournoyer Award for Excellence in Advocacy; Peggy Akinlosotu, Direct Support Professional; Dan Stewart, Shining Star and Lynda Moore, Legacy of Leadership.

A few local businesses also received awards for their inclusion in the workforce. Chartwells, Community Inclusion Champion; Southbridge Hotel and Conference Center, Ripple Effect Award; Harrington Healthcare, Civic Engagement Award; and Dell Technologies,

Corporate Community Partnership. These businesses have opened their doors and offered employment opportunities to folks with disabilities. Their realization that they receive valuable and dedicated employees has led to numerous paid and meaningful opportunities for our folks.

Cody Decarteret, a Webster resident, was awarded the Courage and Bravery Award for his help during a fire that broke out in his house. He was able to stay calm, alert his mother and help firefighters navigate when they arrived at the scene.

The Center of Hope Foundation and other local service providers continue to advocate for these individuals and will continue to fight for additional funding, not only for supporting these individuals but also to open up new opportunities within the community.

If you or your company would like to learn more on how you can help with this mission, please contact the Center of Hope at (508) 764-4085.

Quinebaug Lodge hosts dedication of Traveling Tyler Sword

CHARLTON — On Monday, June 3, the Quinebaug Masonic Lodge in Southbridge dedicated the Traveling Tyler Sword in Memory of Bro. Armand J. Richards to his wife Lucille, who is 93 years old. The ceremony took place at the Overlook Masonic Home in Charlton.

Inside the Chapel Room friends and family assembled to witness the dedication of the Sword to Lucille. Brother Richards proudly stood guard at the west gate of Quinebaug Lodge for 15 years and exemplified to his fellow brethren on how a Master Mason should act and support his fellowman. He there stood a just and upright Mason, and always lived by the Plumb, Level and Square. A Tyler is a Master Mason who guards and protects his fellow brethren while a meeting is in session with his mighty sword in hand or by his side guarding the west gate of our lodge.

Our lodge doors are always unlocked when we have a meeting. We are a very traditional lodge. When unexpected guests arrived, Armand would challenge these individuals with the secret Masonic handshake, test and challenge them with the official Masonic Cipher



Pictured: The Traveling Tyler Sword in display case with plaque, masonic door knocker and peep hole and Sword. Lucille Richards with her family behind her.

Courtesy Photo

book and ask them questions only a Freemason would know before they could gain entrance to our lodge meeting room, the west gate entrance. Armand was also our lodge Ritualist who taught the Masonic traditional ways and how to read the Official Cipher book, our Masonic code book.

The Traveling Tyler Sword, which was created by a brethren from the Quinebaug Masonic Lodge, will be like the Traveling Gavel. Other lodges in our district or state may come to collect it by attending one of our official monthly meetings. To collect these items and return it to their lodge there must be a minimum of three people attending which must include the sitting Worshipful Master, the installed Tyler and any other lodge member who is in good standing. In return the lodge that it was taken from must go to one of their meetings to retrieve it. This is how fellow Masons meet new brethren.

Armand was a true Master Mason serving his lodge for more than 50 years with dedication and enthusiasm. Members of the Quinebaug Lodge are very proud of his dedication to Freemasonry.

Moore supports bill to curb distracted driving

BOSTON — Sen. Michael O. Moore (D-Millbury) announced that the Senate unanimously passed legislation which would prohibit the use of handheld mobile devices while driving.

According to the National Highway Traffic Safety Administration, distracted driving accounted for 3,450 deaths in 2016. In the prior year, an estimated 400,000 people suffered from injuries because of distraction-affected crashes.

“The use of mobile devices while driving is a serious issue that we see all too often,” said Senator Moore. “Whether on highways or back roads, it’s hard not to find a distracted driver whose attention is focused on their phone. With thousands of lives at risk, this issue merits a legislative response.”

Passage of this bill puts Massachusetts in line with the northeastern states of Connecticut, New Hampshire, and New York. Forty-six states currently ban texting while driving for all drivers and fourteen states ban the use of handheld

devices for all drivers.

In 2010, the legislature banned texting while driving but did not ban the use of handheld devices for talking or other purposes. The 2010 law banned handheld use for 16 and 17-year olds. The law has been difficult to enforce and hands-free technology has improved significantly since the passage of the 2010 law.

The Senate has acted in previous sessions to address these concerns. This bill, which builds upon the 2010 law, would ban drivers from holding and using a cell phone while driving. Drivers, however, can make a single tap or swipe to activate or accept a hands-free call or to use a navigation device. The bill also makes exceptions for phone calls in emergency purposes, such as situations where the safety of the driver, passenger or a pedestrian is at risk or first responder intervention is necessary.

Under the bill, an initial violation results in a \$100 fine and second time offense is a \$250 fine, while subsequent offenses carry a \$500 fine. In addition to fines, a driver who commits a second or subsequent offense is required to complete an educational program on driving behavior selected by the Registrar of Motor Vehicles.

The bill also considers concerns that enforcement of the hands-free ban could lead to disparate impacts, such as racial profiling, in certain communities. It requires law enforcement to document stops and submit aggregate data, including race and ethnicity, to the Department of Public Safety for the production of annual reports to the Legislature and the public.

The Senate version of the bill will now be reconciled with a version passed by the House of Representatives before being laid on the Governor’s desk. To continue tracking the legislation, S.2216, visit the Legislature’s Web site, www.malegislature.gov.

Bay State Savings Bank awards scholarships

WORCESTER — Bay State Savings Bank has awarded six \$500 scholarships and one four-year \$4,000 scholarship to seven area high school seniors based on their academic achievements, character and service to community.

The \$500 scholarship recipients were: Claremont Academy – Johana Dhivers; Doherty Memorial High School – Sean Grow; North High School – Bertha Amoako; Worcester Technical High School – Nathaniel Felix; University Park Campus School – Voldivain Mboma, and Auburn High School – Dayna Tang (Elizabeth Roy Memorial Scholarship awarded to the banking student with the highest GPA). Bay State Savings Bank’s four-year, \$4,000 scholarship presented annually to an Auburn High School student was awarded this year to Olivia Curnen.

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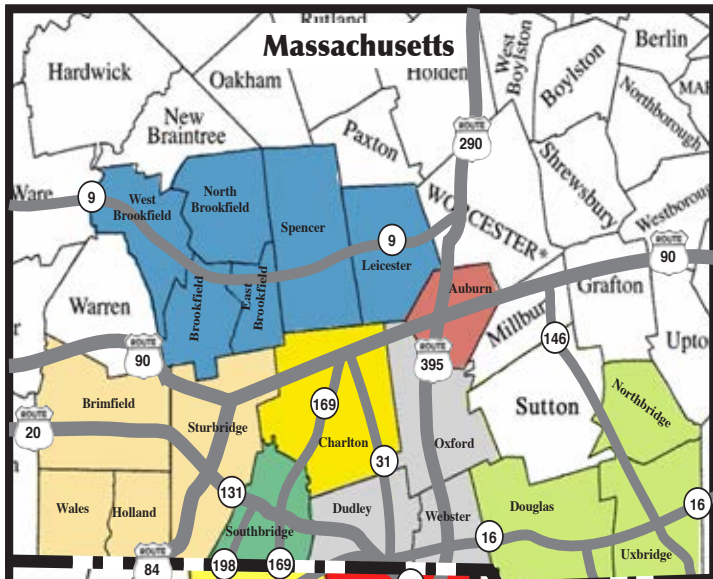
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Selectmen considering recreational marijuana licenses

BY ANNIE SANDOLI
CORRESPONDENT

STURBRIDGE—The Board of Selectmen is currently working on a decision regarding the town’s allocation of recreational marijuana licenses after representatives from four dispensaries spoke on why their businesses would be a good fit for the town at a special meeting on Monday, May 6.

Although there are four potential candidates, Caregiver-Patient Connection of Barre, 253 Organic of Montague, The Herb Company of Allenstown, New Hampshire, and Heal Inc. of Newton, the town’s zoning ordinance only allows the board to approve up to two adult use facilities in the town.

“We are in the process of vetting the site plans and business models of the four applicants,” said Sturbridge Town Administrator Jeffrey Bridges. “On June 18, we will have a meeting with the town’s attorney to talk about the pro-

cess and community agreements and all the elements that come with this decision. We would like to move it along as prudently as possible and make a very deliberate process to consider options for what is in the best interest of town.”

Part of the decision the board is faced with involves a consideration to lift a moratorium on adult use sales for one of the candidates, Heal, Inc., which received a special permit from the Sturbridge Planning Board on March 22, 2017 to operate a medical marijuana dispensary at 660 main street. The company made a written commitment on July 18, 2016 to not sell recreational marijuana or marijuana infused products for at least five years, or until July 18, 2021, due to the adult use ballot question that was pending at that time. After the 2016 election, there were two attempts to ban the sale of adult use marijuana in Sturbridge that did not pass and the town enacted zoning in

late 2018 to regulate the sale of recreational marijuana. After recently learning that three other dispensaries are after the town’s two licenses, Heal asked the BOS to consider lifting the moratorium.

“Sturbridge’s zoning specifies that only two adult use dispensaries may operate in town, and further notes that the town may not prevent an existing medical facility from converting to adult use sales,” said Heal, Inc.’s attorney Katherine Braucher Adams in a written statement. “Therefore, if Heal waited until 2021 to add adult use sales to its offerings, the town would have three such facilities in town assuming that the town approved of two other facilities in the next two years.”

If the town decides to lift the moratorium and Heal, Inc. is granted one of the two licenses, the company’s current plan is to open later this year for both medical and adult use. According to Adams, Heal,

Inc. has its provisional approvals from the Cannabis Control Commission for its medical licenses and cultivation will take place in Warren, with dispensaries in Sturbridge and Provincetown. The company has already applied for adult use licenses in Warren and Provincetown and will be able to apply for an adult use license for Sturbridge if and when the moratorium is lifted and a Host Community Agreement with the Board of Selectmen is executed.

“The company hopes to commence operations (both medical and adult use) in the fall of 2019,” said Adams. “Due to the variety of regulatory approvals needed, it is difficult to predict an opening date with any precision.”

If Heal’s moratorium is not lifted, the company could potentially become the third recreational marijuana business in 2021, but this raises some questions and concerns as a town that has been divided

on this issue.

Bridges said that this decision is just the first step in the process and that the companies that are chosen will still have work to do before they open shop, including Heal, Inc. even though they have completed their medical marijuana facility.

“The site plan process will still need approval and vendors are working through site issues and supply issues,” he said. “Once the Board of Selectmen negotiate the vendors, there will be a Host Community Agreement. Even Heal would still need an updated site plan, as the expectation on recreational traffic is much heavier than medical and the facility would need to take more things into consideration.”

For more information on the town’s pending recreational marijuana decisions or for updates, call the town at 508-347-2500 or go to <https://www.town.sturbridge.ma.us>.

Local residents receive graduate degrees at 151st WPI Commencement

WORCESTER — Worcester Polytechnic Institute (WPI) President Laurie Leshin and Board of Trustees Chairman Jack Mollen presided over the university’s 151st Commencement celebration, awarding over 850 Master’s and doctoral degrees at the Graduate Ceremony, held on the campus Quadrangle.

John Bylund of Auburn, Mass., was awarded a master of science degree in mechanical engineering.

Mark Millay of Auburn, Mass., was awarded a master of science degree in mechanical engineering.

David Berthiaume of Auburn, Mass., was awarded a master of science degree in applied mathematics.

Charles Alberts of Auburn, Mass., was awarded a master of science degree in applied statistics.

This year’s graduate address was given by Freeman A. Hrabowski III, president of the University of Maryland, Baltimore County.

In his remarks, Hrabowski expressed his excitement at being asked by his longtime friend, Laurie Leshin, to speak at WPI’s graduate commencement. “I’ve been watching the progress of WPI for a long time,” he said. “You’re a national leader in project-based learning, and you’re the alma mater of Robert Goddard. In my area, that’s a big deal.”

WPI awarded honorary degrees to Hrabowski and to Kevin O’Sullivan, who recently retired as president and CEO of Massachusetts Biomedical Initiatives.

In her remarks, President Leshin congratulated the Class of 2019 for “enduring stress, overcoming setbacks, and pushing boundaries.” As students leave campus with a degree, Leshin said she anticipates they will continue to “break barriers and open new doors.”

Graduate student speaker Doreen Manning then gave her remarks.

Manning, who received her master’s of business administration, told her fellow graduates that she took an indirect route since “earning a master’s degree had simply not been on my career radar.”

Manning said her worldview is different now.

“So as I leave the podium today, I will do so not only with a diploma, but with new insights into myself and my role within the world,” Manning said. “Yet even more important, when I meet with alumni in my position as editor of the WPI Journal, I get to tell them, with pride, ‘I’m an alum, too!’ “

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI’s pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor’s, master’s, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Memory Mile site.

“We hope for a good turnout to bring awareness and raise funds because it is such a prominent thing in a lot of people’s lives,” said Czyzewski.

The sisters are grateful for all the support they have already received, as the three bands who are playing are donating their time and Hyland Orchard is donating their venue, and are eventually hoping to make this walk a local and annual Summer Solstice tradition that brings people together for a good cause and acts as a comfort to those who suffer from Alzheimer’s or love someone who is struggling with the disease.

“It’s important for our family because we saw the effects of Alzheimer’s,” said Czyzewski. “We just want to do something in honor of our mom and so appreciate any support we receive.”

For more information on the Memory Mile event or to donate to the cause, go to <https://www.facebook.com/memorymile.weezie>.

Local Scouts hosting Venturing Program recruitment night

BY ANNIE SANDOLI
CORRESPONDENT

STURBRIDGE—Crew 2163 of the Boy Scouts of America Venturing Program is looking for local boys and girls between the ages of 14, or who have completed eighth grade, and 21 to join a group that encourages adventure, excitement, leadership, responsibility, recognition and community service and will be hosting a recruitment night on Thursday, June 20 at Jimmy D’s Ice Cream and Sandwich Shop located at 413 Main St. for anyone who is interested in joining or learning more about the program.

Venturing is a Co-Ed program for older scouts that prioritizes the outdoors and hands-on activities such as camping, rock climbing, mountain biking, swimming or kayaking, building or inventing, and volunteering for a local establishment, program or cause. It is youth-led, youth-inspired, and less structured than other Boy Scouts of America programs, with the members deciding how often the group meets and what activities or projects they want to focus on.

“The Cub Scouts and Scouts BSA programs both have very specific requirements to work your way up through the ranks, but this program is based on the interests of the group,” said Chrissy Chamberland, the Scoutmaster of the newly established Scouts BSA troop 163, an all female unit of the Boy Scouts of America for girls ages 11 to 18. “You can do anything that interests you. The Crew already exists but we

are trying to get more members, youth especially, but we always need adults to help us out and supervise.”

Although it is an outdoor program, the members can choose to pursue other interests as well. It is mainly about preparing teenagers and young adults for the future, helping them figure out what they want to do for the world around them, and providing adult mentoring while allowing them to experience their own personal growth and discovery.

“The program focuses on refining leadership abilities, helping them advocate for themselves, and preparing them for the future and their next step in life,” said Chamberland.

Chamberland said that current Crew 2163 members will be available at the recruitment night event to talk about their experiences and answer any questions that prospective Venturers may have about what it is like to be involved in the program.

“Come with an open mind, talk to the Crew, and ask questions,” she said. “The next closest Venturing Crews in Massachusetts are near Grafton or Holden, so really anyone in this general area is welcome to participate and can start at any point throughout the year.”

For more information on the Venturing Program or upcoming recruitment event, go to the event’s Facebook Page at <https://www.facebook.com/events/620393595038019> or contact Chrissy Chamberland at chris-sycsm163@gmail.com.

NEC

continued from page 1

a natural gas liquification and storage facility on 11 acres here. The project’s center point is a single two million gallon storage tank hooked into the nearby Tennessee Gas pipeline, although the route its feeder lines will take haven’t been decided – either north along 169 and Cady Brook via Millennium or across Cady to connect near Carpenter Hill Road. Such a project is not allowed under local zoning bylaws, so NEC has petitioned the state for a total exemption from such zoning. That request has both sparked opposition from some neighbors and a proposed bylaw change that would allow energy facilities in this area; the latter is to be debated at Town Meeting June 12, after this paper’s deadline. After a false start last fall, the state’s process resumed May 29 with a well-attended Department of Public Utilities Siting Board public hearing at Charlton Middle School. Those wishing to comment on the project can send email to hearing officer Kathryn Sedor at kathryn.sedor@state.ma.us anytime during

the months-long quasi-judicial process. Over the summer, she said then, the participants will engage in discovery, followed by courtroom-like hearings sometime in the fall leading to a decision later this year.

At the May 29 hearing, wetland-related issues were not commonly raised among the numerous safety, traffic, health and other concerns citizens had about the project. Among those mentioned were potential runoff and/or erosion from storms onto Route 169 and across it to Cady Brook, while others were worried it might cause water contamination issues akin to those attributed to the landfill.

A few people looked long-term at the impact fossil fuels have on climate, arguing a new facility was both unnecessary and contrary to preventing climate change. One, Etel Haxhiaj of Worcester, noted a lot of the gas stored at this facility would be fracked gas, which has caused widely reported health and water contamination problems in the communities from which it comes.

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

RATE HIKE

continued from page 1

five reasons for participating remotely: personal illness or disability, emergency, geographic distance or military service. Once the selectmen approve it, all boards in town may use it (although the town doesn’t have to fund it for all of them), and a quorum of members must be at the posted meeting site for absent members to use it – It cannot be used to create quorum. Those using it must be “clearly audible” to everyone in the room, and visible to all if video is used, so email, text and similar methods are not legal.

Town Manager Jennifer Callahan said the new Town Hall phone system is capable of doing this. But she urged the board to take time to consider what the chair’s responsibilities are when it’s used, and how to identify remote par-

ticipants, acknowledge their desire to speak, and record them in the minutes, among other issues.

Selectman Meghan Troiano said she agreed with the concept, noting it could “potentially come in handy” for “time-sensitive” issues. But she also agreed with Saad’s concerns and the need for it to be limited.

So did Cheryll Leblanc, who said, “As I’m reading it, it’s not on an emergency basis, but it can become the norm.”

Lamarche said he doesn’t want it to become regular, but sees potential for using in important votes, arguing, “instead of canceling a meeting, we can do it remotely.”

Saad said he’d wait to see the final policy, which he feels “should only be used in extreme emergency.”

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

ALZHEIMER’S

continued from page 1

nized a similar event in Melbourne, Fla. in 2016, this is the first time they have brought it back home to Massachusetts.

“The nature of the Longest Day is that teams will do something from sun up to sun down, using the the light of the longest day to outshine the darkness of Alzheimer’s,” said Czyzewski. “We decided on walking because our mom always loved to walk, and my sister and I grew up in Southbridge, so we wanted to bring it back home where we have childhood friends and things. Our mom spent the majority of her life in that area until we brought her down to Florida when the signs of Alzheimer’s started getting severe.”

There will be food trucks, live music at Hyland Orchard, and a 5K run with a \$25 registration fee starting at 9 a.m. For those who cannot be there in person, the family is asking people to take their own mile-long walk and share a photo to the event’s Facebook page or donate to the cause through the

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STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

A note to the Class of 2019

Most of you reading this week's Editorial have been, or will be, present for one graduation speech, if not more, in the coming days. Honors students will speak, guest speakers will offer words of advice, some will stick with you, some may not. We remember none of the words spoken at our own graduation, except for "I was stone cold sober" — this spoken by an honors student who was in a car accident on her way to graduation, giving our class her advice was to be careful driving. For some reason, the thought of losing a classmate, especially on graduation day, stuck with us into adulthood, and we have, as a result, always been a careful driver.

Thoughts about the next step after graduation come to mind. We remember not having a solid idea ourselves on what our next steps would be after graduation. Waking up the morning after graduation was eye opening. Never would we set foot as a student in our high school again. The comfort provided by that building and its wonderful staff would no longer be there. We felt "booted from the nest," so to speak, and that wasn't necessarily a bad thing; it was just the start of a new journey.

A quote never far from our mind is "Set your life up as though you never want a vacation." Simply put, this means find your passion and get paid for it. We've all heard this day in and day out. While it's not always that simple as time goes by due to life changes it is a great jumping off point, especially for a new graduate.

You may not know what your passion is quite yet, and that is OK. Those are light bulb moments that just appear out of nowhere, and when they do show up, use that momentum to make a go of it. Finding your niche in the world by finding your passion will, in turn, help you find happiness.

Success in this life is not about how much money you can make, or how big your house is. Success comes from happiness and self-satisfaction. If you can find the time during your work week to do the things you love, the things that make you laugh and put a smile on your face and give you enough money to support yourself, then you will know you're doing something right. This life is meant to be lived, and lived well. As a new graduate, there is nothing standing in your way of reaching your goals unless you allow that to happen. Remember to stay relaxed about your future. Life is a journey and a super amazing one at that. Choose to keep friends and family in your circle who will always encourage you. Choose the ones who are honest, genuine and encouraging, and make sure you are that way in return. Be appreciative of your parents and caregivers, never forget to ask how they are doing, for they were once in your shoes and one day you will be in theirs.

Of course, none of us have it all figured out, no matter how far we are along life's path, but there are a few tips worth being shared. The first is to always stay active and fit, wear sun-block, drink plenty of water and don't ever smoke. Your future self will thank you. Try to do as much as possible without involving your phone. To truly be present in an experience is to leave your phone in your back pocket and take it all in.

The next 'must' on the list is to travel. Travel, travel, travel. Explore those other countries and cities that you have always wanted to visit. Even if that means a short road trip right next door into Vermont, Maine or Canada, seize the opportunity. Tickets and hotels are much more affordable than you might think. Go to a professional sporting event at least once. Go see live music as much as possible. Learn to play an instrument and to speak at least a little of another language. Experiencing life through the eyes of other places and other cultures will make yours a million times more fruitful.

If you do the right things, the right things will happen. Congratulations to you all, and cheers to a fun filled future.

Living in the present with your family

As a young entrepreneur and CEO, I found myself planning for and living my life inside my head, as I worked to anticipate and capitalize on the future. Success in life requires all of us to plan and look forward. However, my problem as a young man and business leader was my reluctance to leave the office and the future behind, as I would arrive at home to live in the present. I was always looking ahead and planning for success to come, and in the process, I missed out on too many of life's impromptu and cherished moments.

I feel fortunate. I do not have many regrets, but I do regret the vast amount of time I spent away ... even when I was home.

I'm not alone. I hear it from others. We seem to arrive at a point in our lives where we understand what we have missed, and why. With that realization often comes a commitment to do better, and that's good ... but we can never retrieve lost time. The family events, recitals, games and other happenings can never be revisited. I didn't miss much. My body was present, but my mind was absent. I was often physically with my family and mentally at work. It is a common problem with breadwinners and is compounded by the two career households.

Our children and mates need us mentally and emotionally present. Most of us know what to do to live a life in the now, but it's not that simple. Career pressures, financial demands and professional goals, pull and tug us away from home and family. We just must make the conscious decision to be present.

I remember having this conversation with Arlene at a swim meet. I was there in the bleachers physically present but taking calls on my mobile phone. We were driving home, and she said, "Why don't you just stay at work next time? You really aren't here."

"What do you mean?" I responded. "The kids need me here!"

She shrugged. "I agree, so why not be here next time and not on your phone?"

POSITIVELY SPEAKING

BY GARY W. MOORE

I acted offended but knew she was right. Later that night, I confessed that I needed her help. I asked her to remind me as I start drifting away and she said, "Okay, then leave your mobile phone and laptop in your car."

It was always a struggle. I was tugged in every direction, but I began working hard to be mentally where I was physically, and I became a happier guy.

Today's professional demands are tough. Young professionals travel for work today more than any other time in history. Competition is tough and career performance is essential to success. However, the same is true for having a successful marriage and raising happy, successful children.

When we make the decision to marry, that is an incredible commitment that is more important than your career. When you bring a child into the world, compound that commitment by ten. Your family needs you present.

Ask a teacher which kids have enough parent time and involvement and they will tell you. The kids without that close parental connection act out in negative ways in response to what they are missing at home. Your children and your significant other need and deserve your time and attention. Kids equate love with time. Make sure they understand and feel that love from you.


So, what now? Breathe.

I have found that by taking a moment to focus on my breathing, it brings me to my most basic function and helps me clear my mind. Once breathing has my attention, I look around, fully realize where I am and change my focus to remaining there.

The adage that says, "On their death bed, no one wishes they spent more time at work." Always be the best you can be in your career ... but make the same effort with your family.

Gary can be reached at gary@garyw-moore.com.

Smart financial moves for 'gig' economy workers



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

Not that long ago, most people worked for some type of an organization, such as a business or the government or a school district. But today, more and more workers are going their own way and joining what's known as the "gig" economy. If you will be one of them, you'll want to make the right moves to advance your financial goals in what can be a challenging work environment.

But first, you may find some comfort in knowing the prevalence of gig work. About 36 percent of U.S. workers are now gig workers, according to a study from the Gallup organization, which defines the gig economy as one made up of a variety of arrangements — independent contractors, online platform workers, contract workers, on-call workers, temporary workers and freelancers. People join the gig economy for many reasons, but most of them, like you, could benefit by considering these actions:

Establish your own retirement plan. When you're a full-time employee, your employer may offer a 401(k) or similar retirement plan. But as a gig worker, you need to save for your own retirement. Fortunately, you've got a lot of attractive options. Depending on your circumstances, you might be able to open a SEP-IRA or even a "solo" or "owner-only" 401(k), which offers many of the same features of an employer-sponsored 401(k). Both these plans allow you to make pre-tax contributions, which can lower your taxable income. Plus, your earnings can grow on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawal, and any withdrawals you make before you turn 59 ½ may be subject to a 10% IRS penalty.)

Create an emergency fund. Working in the gig economy can bring rewards and risks. And one of those risks is unpredictable — and often uneven — cash flow. This can be a cause for concern during times when you face a large unexpected expense, such as a major car repair or medical bill. To avoid dipping in to your long-term investments to pay for these costs, you should establish an emergency fund containing at least six months' worth of living expenses, with the money kept in a liquid, low-risk account.

Address your protection needs. Many companies provide some life insurance as a benefit to their employees, though the coverage is often inadequate. But, as is the case with your retirement plan, you will need to meet your own protection needs if you work in the gig economy. In addition to purchasing enough life insurance to protect your family, you also may want to consider disability insurance. A financial professional can help you determine what types of coverage, and how much, you require.

Keep track of your expenses. If you do your gig work out of your home, you may be able to deduct some of your expenses — phone lines, utilities, internet, newspapers, equipment, mileage and so on — from your taxes. Consequently, you will need to track all these costs. And you will need to consult with your tax advisor on what can, and can't, be claimed as a business necessity.

These aren't the only moves you may need to make as a gig worker — but they can help provide you with a steady path in a world in which you can't always tell what lies around the corner.

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

Hints for a Healthy Herb Garden

It's no surprise gardeners everywhere are rediscovering the joys of herbs. The versatile plants are inexpensive, easy to grow and they add a bit of mystery to the garden. Whether grown in a small pot or a generous backyard plot, magical herbs bring beauty, fragrance and legendary healing powers to a garden. This week's column will outline some tips and tricks to keep your herbs growing hearty and healthy.

"Edible landscaping" is a popular buzz phrase today and herbs fit the bill. Many perennial herbs will grow well in hot, dry sites, making them an ideal ground cover. Herbs are also a good choice for filling in rocky sites. They serve as a mulch to hold the soil and smother weeds. Top choices for dry ground areas are Chamomile, lavender, oregano and thyme.

In areas where a particular herb is borderline hardy, you can increase the odds of planting success by growing the herb on the south side of a brick or stone wall. In winter, protect marginally hardy plants by covering with an inverted bucket or burlap wraps.

Wait until after the dew dries on your plants before harvesting. You risk mildew if you don't. Your plants oils are at their best once they have been warmed from the sun.

Did you know the more you harvest your plants, the healthier they become? If your goal is to produce a sturdy, full plant be sure to pinch off the tips of the plant often.

To dry fresh herbs and protect them from bugs, hang them in cheesecloth to dry upside down and they will dry to perfection. The airy cheesecloth allows them to dry without getting buggy or dusty.

Fresh herbs, such as dill, parsley and basil will keep in a tall cup of water in the refrigerator for three to four weeks. Cover the herbs loosely with an upside down plastic bag and change the water every four days.

TAKE THE HINT

KAREN TRAINOR

Before placing herbs in the freezer, strip them of leaves and lay the leaves in a single layer on a baking sheet. Once they're frozen, pack them in heavy plastic containers or plastic bags. When frozen separately, the leaves won't mat together and provides easy pinching for recipes.

When freezing basil, it is necessary to blanch the leaves to prevent them from turning black. To do: place leaves in a strainer and quickly pour boiling water over them. Lay wet leaves on paper towels and allow to cool naturally before freezing.

A blend of garden herbs comprise this luxurious and relaxing spa bath, which makes an excellent "gift from the garden." Fill a tea ball or tie in a cheesecloth the following: one part fresh or dried rosemary, one part rose petals and one part lavender flowers. Hang the bag over the tub faucet and allow running water to wash over it as the tub fills.

Nettles is a gardeners best friend, and the herb is one of the richest mineral sources you can grow in your garden. Growing nettles in the garden can repel pests and attract beneficial insects. In addition, a fertilizer made from the plant will keep your garden growing lush and lovely. To make: Steep eight ounces of the herb in a half gallon of water for a week. (Cut the recipe in half for less coverage.) This resulting fertilizer, while not the best smelling, is highly effective!

Harvesting Hints

*For best flavor, cut or snip herbs in the morning, after the dew has evaporated from the leaves but before the midday sun heats the plant.

*Most annual plants can be harvested twice during the planting season. Cut plants back to about five inches above the ground and feed after cutting. Annual herbs can be harvested until frost.

*Perennial herbs may be harvested once during the first year and up to three times each season after the initial growth

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SPORTS

Brien, Gowaski engage in pitchers' duel, with Minutemen edging past Rockets



BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — Years from now, when someone decides to Google pitchers' duel, a video of the first-round Central Mass. Division 3 baseball game between Bay Path Regional and Auburn High may very well pop up on the screen.

The Minutemen, the No. 14 seed, upset the third-seeded Rockets, the defending Division 3 District Champions, 1-0, in eight innings under the lights at Memorial Field on Thursday, June 6.

With the win Bay Path advanced to the quarterfinal round of the tournament, where it played at No. 6 Quabbin Regional on Monday, June 10. There, the Minutemen upended the Panthers, 5-0, as they advanced to the District semifinals, where it played No. 2 Uxbridge High after press time.



Both pitchers — Bay Path's Dylan Brien and Auburn's Aidan Gowaski — went the distance and both were outstanding.

Brien recorded the eight-inning shutout by allowing just three hits, one walk and one hit batsman while striking out seven. The sophomore threw 92 pitches.

"Dylan pitched great. He kept his pitch count down and our defense played great behind him," Minutemen head coach Mark Sansoucy said. "The two double plays we were able to make got us out of a couple of innings; those were big. All of our fielders played great, especially our outfielders. The right fielder, with the sun right in his eyes at the beginning of the game, made a couple of big plays early and our center fielder and left fielder made big plays, too. We were able to track everything down."

Eight of Auburn's 24 outs came on fly balls to Bay Path's left fielder, senior Andrew Flanagan, center fielder, junior Nate Shoemaker, and right fielder, junior Cam Stittitis. In addition, senior shortstop Andrew Fritze recorded one putout and two assists.

As good as Brien was, Gowaski was even better. He allowed just one hit and the run was unearned. The junior walked four and struck out 14.

"Aidan absolutely deserved better; he threw eight innings and battled the whole way," said Auburn head coach Eric Swedberg, who was also impressed with Brien's performance. "Hats off to him; he pitched very well."

The Minutemen (12-9) scored the only run of the game in the eighth inning without the benefit of a hit.

Fritze, Bay Path's No. 9 hitter, got the inning started by reaching on an Auburn error. He moved to second on a passed ball by Auburn catcher Colin Fitzgerald during the at-bat of the next hitter, senior Dom Esposito. Fritze then went to third when Esposito grounded out to third base for the first out of the inning. Sophomore Erik Johnson was up next and Gowaski struck him out for the second out of the



Photos courtesy Mark Seliger, www.SeligerPhotography.com

The Bay Path Regional varsity baseball team upended Auburn High, 1-0, in eight innings on Thursday, June 6 in the first round of the Central Mass. Division 3 Tournament.

inning.

Gowaski then walked Shoemaker, giving the Minutemen runners on first and third with two out. Up next for Bay Path was Flanagan. During Flanagan's at-bat Fitzgerald had another passed ball, on which Fritze scampered home to give the Minutemen a 1-0 lead.

"Andrew was very alert on the play," Sansoucy said. Once he saw the ball go by the catcher he took off for home."

Auburn went 1-2-3 in the bottom of the eighth, the last two batters striking out.

The Rockets (14-7) had two very good opportunities to take a lead in the game's middle innings.

In the bottom of the fourth junior Mike Breen laced a leadoff single to right field, Auburn's first hit of the game. The Rockets' next batter, junior Coleman Picard, was up next and Picard drove Brien's offering into the gap between left and center field.

Shoemaker was able to run down the ball for the first out of the inning. On the play Breen was off and running at the crack of the bat and was half-way between second and third when Shoemaker caught the ball. Shoemaker stopped and turned and threw to the cutoff man, who relayed the ball to first, where Breen was out by

two steps.

In the bottom of the fifth Fitzgerald led off with a single to left field. Evan Bond then attempted a sacrifice bunt, but popped the ball up. Brien was off the mound quickly and made a diving grab of the ball. He then got his to his knees and threw to first to double off Fitzgerald, who was sliding into second base at the same time Brien made the catch.

After the game, on the Bay Path side of the field at least, all the talk was of Brien's performance on the mound.

"I tried to keep the ball down and away, out of the strike zone," Brien said. "I tried not to leave anything up; those were pitches they could hit. I threw mostly my fastball and my slider."

Johnson said he knew in pre-game warmups that Brien was ready to face the hard-hitting Rockets' lineup.

"From the get-go I could tell Dylan was on; his head was in the game," said Johnson, who thought the pitcher-friendly strike zone helped the Minutemen. "The strike zone was perfect for us. He [the home-plate umpire] gave us a lot to work with, but he was very consistent. He had the same strike zone for both teams."

SPORTS BRIEFS

Annual golf tournament to benefit Saint Jean Baptiste Educational Foundation

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

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Our third golf day will take place on Thursday morning, July 25 when we will play at Green Hill Golf Course in Worcester. Our group discounted rate is \$39 for 18 holes of golf and cart. There will be prizes for the three closest to the pin shots on all the par-3 holes and a fun prized putting challenge. New are prizes for chipping in from off the green with a lofted club. Come have some fun and play a nice course that provides some great views of Worcester. To sign up, please contact Dick Lisi at (508) 410-1332 or at wscgolfclub@gmail.com. You can also view our complete schedule on Facebook at Worcester County Senior Golf Club.

POSTSEASON SCOREBOARD

All results through Tuesday, June 11

Tuesday, June 11
Central/Western Mass. Division 2 Girls' Lacrosse Semifinals
(10) Mount Greylock 10, (3) Auburn 8 — Check back to next week's edition of the Auburn News for a full story and photos on this game, which ended the Rockets' season at 15-5.

The Rockets reached the semifinals by topping No. 6 Granby High, 16-14, in the District quarterfinals back on Thursday, June 6.

Monday, June 10
Central Mass. Division 2 Softball Quarterfinals
(3) Leicester 3, (6) Auburn 2 — The Rockets played with the Wolverines, the reigning Central Mass. Division 2 champions, but fell just shy of the upset. Auburn finished with a record of 11-11.

There was a quarterfinal round game of the Rockets by virtue of defeating No. 11 Clinton High in the first round, 12-0, back on Thursday, June 6.

Central Mass. Division 3 Boys' Tennis Semifinals
(2) Bromfield 4, (3) Auburn 1 — The Rockets' tremendous season came to a close after falling short versus the Trojans. Auburn finished 16-2.

A 3-2 victory over No. 6 Littleton High on Tuesday, June 4 in the playoff quarterfinals led the Rockets to the aforementioned semifinal round contest.

SPORTS

Bay Path succumbs in District quarterfinals to Millbury



MILLBURY — After a hard-fought and successful season, the Bay Path Regional varsity softball team played in its final game on Saturday, June 8 versus Millbury High in the quarterfinal round of the Central Mass. Division 3 Tournament. The second ranked Woolies struck for two runs in the bottom of the second inning and it

was enough en route to a 5-0 victory over the 10th seeded Minutemen. “We had a very good season. We were 11-9 and played a much harder schedule this year than past years; [because of it] we were better prepared today,” said Bay Path head coach Rick Carrero. “We came out a little flat, but we hung in there.”

The Minutemen finished 12-10 after winning their first round District contest over No. 7 St. Bernard’s High, 3-1, back on Thursday, June 6.

Carrero praised his team for playing for

their teammate, Trish King, who has been battling cancer.

“There were a lot of schools that did good things for her. The kids are constantly reminded of it, but they were a class act through it all,” he said.

Carrero also wanted to thank recently graduated senior Katie Ryan for the way she helped build the program over the last three seasons.

“She’s been the captain for three years,” Carrero said of Ryan. “She took over this team in the Districts three years ago when we got

our first win in like 20 years. She’s been the heart and soul of the team. Our success that we’ve had in turning around and getting us where we are could not have been done without her.

“I’ve never coached a more intense leader who’s team-first completely. She is a tremendous team player, she’s like a third coach,” concluded Carrero.

— Nick Ethier

Nick Ethier photo

Bay Path shortstop Kyleigh Sutherland makes a perfect throw over to first base to record an out versus Millbury.



THE GREAT OUTDOORS

RALPH TRUE

My brother Ken and I fished the Providence River this past Friday, and had a great time catching school bass and snapper bluefish on light rods. The day started out great with picture perfect weather and calm seas. Heading out to the lighthouse a mile from our launch site at Hanes Park, we noticed a guy with a fish on. After watching him land the striper which was not huge, but was a legal size fish we decided to start fishing

in the area. My fish finder was showing small schools of porgies, but we were unable to snag a few to fish with. After numerous attempts, we gave up and started to use plastic baits and jigs.

We watched the other angler catch numerous other bass and release them. Now I do not want to be called a “Googan” (weekend anglers that fish to close to professional anglers), but I cruised by him at a safe distance. He must have noticed our frustration being unable to snag a few porgies for bait.

A family fishing trip

“Would you fellas like a few porgies to fish with?” he asked.

I quickly turned our boat around and maneuvered our boat over to his. My brother Ken handed our landing net over to him to make transfer of the bait fish easy. We thanked him a couple of times and headed away from his fishing spot.

Quickly changing our fishing gear for drift fish
Turn To **RALPH** page **A12**

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LEGALS

(SEAL)
**COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
19 SM 002593
ORDER OF NOTICE**

TO:
Sarah J. Legendre
And to all persons entitled to the benefit of the Servicemembers Civil Relief Act: 50 U.S.C. App. § 3901 (*et seq.*): Branch Banking and Trust Company claiming to have an interest in a Mortgage covering real property in Auburn, numbered 3 Tuck Farm Road, Unit 2 a/k/a Unit 3-2 a/k/a Unit 3-2F, Meadow Brook Condominium, given by Sarah J. Legendre to Mortgage Electronic Registration Systems, Inc. as nominee for Fairway Independent Mortgage Corporation, dated December 18, 2012, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 50150, Page 4, and now held by the plaintiff by assignment has/have filed with this court a complaint for determination of Defendant's/Defendants' 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 **July 8,**

2019 or you may lose the opportunity to challenge the foreclosure on the grounds of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of said Court on **May 24, 2019**. Attest: Deborah J. Patterson
Recorder
June 14, 2019

**THE COMMONWEALTH OF MASSACHUSETTS MASSACHUSETTS DEPARTMENT OF TRANSPORTATION – HIGHWAY DIVISION
NOTICE OF A PUBLIC HEARING
Project File No. 607733**
A Public Hearing will be held by MassDOT to discuss the proposed Auburn-Rehabilitation of Auburn Street, From Walsh Avenue to Millbury Street Project in Auburn, MA
WHERE: Auburn Town Hall - Selectmen's Room, 2nd Floor
104 Central Street
Auburn, Massachusetts 01075
WHEN: Thursday, June 27 at 7:00 PM
PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Auburn-Rehabilitation of Auburn Street, From Walsh Avenue to Millbury Street Project. All views and comments made at the hearing will be reviewed and considered to the maximum extent possible.
PROPOSAL: The proposed improvements include pavement rehabilitation and reconstruction, decorative street lighting, landscaping, traffic signal upgrades at the intersection of Auburn Street and Southbridge Street (Route

12), full traffic signal reconstruction at Auburn Street and Brotherton Way and additional emergency pre-emption equipment at the fire station located on Auburn Street. Geometric improvements include resetting the curb to provide a consistent roadway cross section, including bikeable shoulders, and providing sidewalks and ADA compliant wheelchair ramps.
A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The Town is responsible for acquiring all needed rights in private or public lands. MassDOT's policy concerning land acquisitions will be discussed at this hearing.
Written views received by MassDOT subsequent to the date of this notice and up to five (5) days prior to the date of the hearing shall be displayed for public inspection and copying at the time and date listed above. Plans will be on display one-half hour before the hearing begins, with an engineer in attendance to answer questions regarding this project. A project handout will be made available on the MassDOT website listed below.
Written statements and other exhibits in place of, or in addition to, oral statements made at the Public Hearing regarding the proposed undertaking are to be submitted to Patricia A. Leavenworth, P.E., Chief Engineer, MassDOT, 10 Park Plaza, Boston, MA 02116, Attention: Roadway Project Management, Project File No. 608273. Such submissions will also be accepted at the hearing. Mailed statements and

exhibits intended for inclusion in the public hearing transcript must be postmarked within ten (10) business days of this Public Hearing. Project inquiries may be emailed to dot.feedback.highway@state.ma.us
This location is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (including but not limited to interpreters in American Sign Language and languages other than English, open or closed captioning for videos, assistive listening devices and alternate material formats, such as audio tapes, Braille and large print), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), fax (857-368-0602), TTD/TTY (857-368-0603) or by email (MassDOT.CivilRights@dot.state.ma.us). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten (10) business days before the meeting. In case of inclement weather, hearing cancellation announcements will be posted on the internet at <http://www.massdot.state.ma.us/Highway/> JONATHAN GULLIVER
HIGHWAY ADMINISTRATOR
PATRICIA A. LEAVENWORTH, P.E.
CHIEF ENGINEER
June 14, 2019
June 21, 2019

OBITUARIES



WEBSTER-Barbara E. (Lefebvre) Smith age 81 passed away Friday, June 7, 2019 at the Univ. of MA Healthcare Center Hospital, Worcester, MA. She was the wife of the late Sgt. Joseph J. Smith III who died Oct. 20, 2014. Barbara leaves her broth-

er John E. Lefebvre Jr. and his fiancée Linda Littleton of Webster and her sister Eleanor Lebeau of South Carolina, nieces and nephews and her brother-in-law Brian and Gloria Smith. She was born in Webster daughter of the late John E. Lefebvre Sr. and Flora (Noack) Lefebvre and lived here all her life. Barbara was a Registered Nurse and Nursing Supervisor at Hubbard Regional Hospital for forty years.

Barbara was the finest example of what a nurse should be. In many ways she was a character in the best sense of the word. She was caring, kind and compassionate, but yet ran the hospital in the most professional way. Barbara was a member of the Webster Fire Dept. Women's Auxiliary. She was an avid Cat lover. Funeral Mass was held Wed., June 12, 2019 at 11 AM in St. Louis Church with a calling hours from 9:30

am to 10:45 am in the funeral Home. Burial will be in Mt. Zion Cemetery, Webster. Omit flowers and donations in her memory may be made to the Cat Connection of Webster. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

COMMUNITY CALENDAR

Saturday, June 15

“LIBERACE: A CENTENNIAL CONCERT”: 7 p.m., Bethel Lutheran Church, Auburn. Celebrate the life and talents of Liberace on the 100th anniversary of his birth in this one-man show, featuring some of Liberace's most requested classical piano pieces, popular songs and original songs composed by Liberace himself. It is adapted, directed and performed by a local actor and director, John Leslie.

Sunday, June 30

ALBANIAN DAY PICNIC: St. Nicholas Albanian Orthodox Church will hold its annual Albanian Day Picnic on Sunday, June 30 noon to 5:30 p.m., on the church grounds, 126 Morris St., Southbridge. The Albanian Day Picnic will feature shish-kabab, traditional pies, such as spinach, leek, sauerkraut, and squash, baklava, date-filled cookies, twist cookies, and other Albanian dessert specialties. Ethnic music will be provided by the Mosaic Ensemble. The public is invited. The picnic will be held rain or shine and admission is free. This event is sponsored in part by a grant from the Southbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Tuesday, July 16
PREPARING YOUR ESTATE PLAN: 5:45 p.m., Brookdale Eddy Pond East, 667 Washington St., Auburn.
It's a topic people tend to put off or

ignore, but one of the most important things you can do is to develop a sound estate plan. Doing so lets you take a giant step toward a more secure future for yourself and generations to come. Attend our Preparing Your Estate Plan presentation and you'll learn more about: What to consider when creating your will; The benefits of trusts in estate planning; How to help reduce taxes on your estate; and How insurance can help protect your family.

ONGOING EVENTS

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

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

STORY TIME: Have a little one in the house? Looking to get out and do something? The Auburn Public Library

may have just the thing for you. Mother Goose Story time is for children ages 6-15 months. It's a great place for children and their grownups to listen to stories, share nursery rhymes and have time to connect with others during musical free play. Mother Goose Story Time is held Tuesdays at 10 a.m. Please stop by and join us. For information, you call the library at (508) 832-7790.

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

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

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly

guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

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

BOYS' GROUP: Chuck wants boys in the 6th through 10th grades to join The Man Cave. The Man Cave is a boys' group that meets from 7:30 to 8:45 p.m. Thursdays at the AYFS, 21 Pheasant Court, Auburn. This is where members will learn that peers their own age share similar concerns. Group members will be able to discuss ways to cope with their concerns as well as receive positive feedback. Each week will center around a particular topic for discussion. No cost to join. For information, call Brandon Pare (508) 832-5707 x 16 or Dan Secor (508) 832-5707 x 14. Free food available.

RALPH

continued from page A11

chunks of fresh bait for stripers, we were a lot more optimistic that we were finally going to start catching fish. Ken had a hookup within a few minutes, but he lost the fish. After numerous strikes on the bait chunks and no hookups, we cut down on the size of the bait. Ken landed a nice school striper, and it was released. The next fish was a snapper bluefish. After catching a couple more snapper blues the bite slowed and most boats in the area had left.

We decided to leave the area and head for a spot that often produced bass & Blues. We left the area with one legal size 30 inch striper and a couple of bluefish. We rigged our rods with plastic baits to do some trolling at a new site. The bait barely hit the water and I yelled fish on. «Oops»; fish off. After reeling my bait in, I realized that a third of my six-inch rubber bait was missing, as shown in this week's picture, along with other chewed up plastics. A sure sign of bluefish.

We managed to catch numerous bluefish before it was time to head for home. It was a great day to be on the water, but the big bass had eluded us again. Wait till the next time. Fishing was heating up in the area, and fishing should be great by the time you read this column. Because of the exceptionally cool weather this spring ,fishing is a couple of weeks behind!

Christian Issley landed a huge bass that weighed in at 53.72 pounds recently, and other anglers are catching 50-pound bass in both Mass. & Rhode Island. There are still tons of schoolie bass around and fly fishermen are having a great time catching them. Not every angler needs to catch a fifty pound bass but, it is a lot of fun when you do.

Fluke fishing has exploded in both Mass. & Rhode Island waters with fluke in the eight-to-10-pound size being brought into local shops in the area to be weighed. Massachusetts is enjoying great seabass fishing, but they do not become legal until June 24 in Rhode Island. Many Rhode Island anglers are not happy with



the regulations again this year.

George Anderson of Uxbridge caught some nice fluke several years ago in Rhode Island, as this second picture shows. There are more to be caught in the next few months. Senior citizens can still catch fish. Take a senior citizen fishing this year. This writer's boat was called the Red Cross boat because of all the handicapped seniors I brought along to fish over the years. I enjoyed every trip. We had great times!

The Whitinsville fish & Game Club has started to open their trap range every



Friday night under the lights. Members and non-members are encouraged to participate.
Take A Kid Fishing & Keep Them Rods Bending!

EMPOWERMENT

continued from page 1

and implemented Better Together, the first ever AMS Girls Conference. Better Together is a conference designed to help girls at Auburn Middle School face the challenges of girlhood. An evening of food, music, and activities promote healthy body image, self-esteem, and encourage a sense of sisterhood where girls support one another to be kinder to themselves and each other.

Delaney Kirkorian, one of the 14 girls who put the conference together, spoke about making a difference.

She commented, “I’m part of Better Together because there’s always room to make a difference whether it’s stopping global warming or helping a girl feel better about herself, a change is still a change. When girls think about themselves they always want a perfect body, they want to be liked and be perfect in everybody else’s eyes and they forget that they need to be perfect in their own eyes.”

The keynote speaker for the event was Aivi Nguyen. Nguyen is the daughter of immigrants who fled Vietnam during the war. They were poor and could not speak English. As an only child, she grew up in the housing projects of Great Brook Valley and Upland Gardens. Through hard work and perseverance, she graduated from an ivy league college and then from law school. Nguyen became a lawyer and then the youngest partner in the Worcester law firm, Bowditch & Dewey.

During her keynote speech, Nguyen talked about being her authentic self. “I’m really successful, and I’m really successful in a world where nobody

really looks like me,” she said. “Nobody has my story. I’m a business litigator. My clients are rich people fighting over money. I can go into a room and it’s 26 white men all over the age of 50 and me. I used to be awful about it. I used to think, ‘How can I fit in?’ but then one day I thought, ‘I’ll never fit in.’”

“When I was your age, I fell into the trap... my clothes mattered, my hair mattered, who I hung out with mattered. I would pretend I liked certain music even though I hated it... because I just wanted to be like the five people who were the coolest ones in school. And it turns out that when you fake it, it sucks. When you are not comfortable in your own skin, it stinks. So what ends up mattering is that you’re comfortable in your own skin, and that’s called authenticity.”

Nguyen continued to talk about how real beauty and self-esteem truly begin from within.

The girls were able to attend four workshops: The Power of Podcasting with co-hosts of Pop It Podcast, Molly O’Connor and Sarah Connell. Connell is a teacher in the Auburn Public School District. Food and Teen Nutrition with Rachael Lang. Confident Me with Julie Duchesneau and Michele Prunier, where girls participated in a powerful, personal reflection activity and created a positivity journal. Lastly, Darcy Cook, President of Cook Professional Resources, Inc. led a Self-Defense workshop noting that their cell phone is their number one distraction that can put them at risk. Cook’s two sons attend Auburn Public School and she was happy to give back to the community at this event.

Finally, the girls broke up into teams

and worked together to design a look and craft the fashion using a mix of fabrics and recycled materials. This challenge was all about team-building, collaboration, creative design, leveraging team strengths, time management, and crafting a brief presentation as a runway show.

“Girls can attack each other, verbally and mentally, not necessarily physically. We wanted to show girls that they can come together and not put each other down. Because the moment you come together it can make you feel so much better and makes a stronger and nicer environment,” said Gabrielle Mahoney, who is also one of the organizing team members.

When asked what she wants to move towards, she said, “I definitely know that I want to go into the engineering

TRAINOR

continued from page A8

year. Harvest up to 75 percent of the top growth in late spring and another quarter in late summer. Stop harvesting about one month before the frost date. Late pruning could encourage tender growth that cannot harden-off before winter.

*Flowering herbs should be harvested when the buds are apparent or when flowers are just opening. This is when their oil concentration is at its peak.

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

field, and then become a marine biologist and study sharks.”

These girls, on the cusp of becoming young women, aim to be more and do more. They want all the girls to be given that same opportunity. As do the staff at Auburn Middle School.

Karin Graves stated, “There was a tremendous amount of enthusiasm for the event. Response from the students was overwhelmingly positive. They face so much pressure to look and behave in a certain way ... and to meet false ideals of flawlessness and thinness ... it’s overwhelming for them. Our girls should grow up in a culture where girls support each other and one that values health and confidence. The conference is the start of encouraging such a culture here at AMS.” They truly are better together.

win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

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



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2014 Subaru Legacy 2.5i Premium

AWD, H-4 cyl, auto, Gray, 68K mi.,
A273202A**\$13,598**

2014 Kia Sportage LX

SUV FWD, I-4 cyl, auto, Gray, 60K mi.,
A272658A**\$13,998**

2015 Scion iC

Base Car FWD, I-4 cyl, auto, Blizzard Pearl,
66K mi., A5415**\$13,998**

2016 Honda Fit LX

FWD, I-4 cyl, CVT, White Orchid Pearl, 32K
mi., A273036A**\$14,998**

2016 Toyota Corolla LE

Sedan, FWD, I-4 cyl, auto, White, 18K mi.,
A271938A**\$15,998**

2016 Toyota Corolla S PLUS

Sedan, FWD, I-4 Manual, Blue Crush Metallic,
Black Leather, 14K mi., A5359**\$15,998**

2013 Toyota RAV4 LE

SUV, 4x4, I-4 cyl, 6 spd auto, Spruce Mica,
78K mi., A5222A**\$16,998**

2015 Toyota RAV4 XLE

SUV AWD, I-4 cyl, auto, Red, 42K mi.,
A5235B**\$16,998**

2011 GMC Terrain SLT-2

SUV, AWD, I-4 cyl, auto, Olympia White, Jet
Black Leather, 45K mi., A272768A**\$16,998**

2016 Honda Civic Sedan LX

FWD, I-4 cyl, CVT, Taffeta White, 33K mi.,
A5458**\$16,998**

2015 Jeep Patriot High Altitude Ed

SUV, 4x4, I-4 cyl, auto, Maximum Steel
Metallic Clearcoat, 48K mi., A272574A**\$16,998**

2017 Toyota Camry LE Hybrid

FWD, I-4 cyl, auto, Super White, 57K mi.,
A271661A**\$17,998**

2013 Toyota Highlander Ltd

SUV AWD, V-6 cyl, auto, Magnetic Gray
Metallic, Ash Leather, 125K mi., A5435**\$17,998**

2017 Toyota Camry LE

FWD, I-4 cyl, auto, Super White, 20K mi.,
A271814A**\$18,998**

2013 Toyota RAV4 XLE

SUV, AWD, I-4 cyl, auto, Shoreline Blue Pearl,
31K mi., A273048A**\$18,998**

2016 Ford Escape Titanium

SUV, 4x4, I-4 cyl, auto, Shadow Black, leather,
30K mi., A5448XX**\$20,998**

2015 Nissan Xterra Pro-4X

SUV, 4x4 V-6 cyl, auto, Lava Red, 89K mi.,
A271481A**\$22,598**

2015 Audi A4 Premium Plus Car quattro

TFSI 4 cyl, auto, Brilliant Black, Velvet Beige/
Moor Brown, 31K mi., A5475XX**\$24,998**

2016 Ford Explorer XLT

SUV, 4x4, V-6 cyl, auto, Shadow Black, 43K
mi., A272857A**\$24,998**

2014 Lexus GS 350

AWD, V-6 cyl, auto, Black Sand Pearl, leather,
61K mi., A5207A**\$25,998**

2016 Toyota Highlander LE

SUV, AWD, V-6 cyl, auto, OOH LA LA Route
Mica, 36K mi., A5416**\$28,998**

2017 Toyota Highlander LE

SUV, AWD, V-6 cyl, auto, Midnight Black
Metallic, 19K mi., A5433**\$29,998**

2017 Toyota Highlander XLE

SUV, AWD, V-6 cyl, Shoreline Blue Pearl, Ash
Leather, 32K mi., A273065A**\$33,598**

2017 Toyota Tundra SR5

Crew Cab, pickup, 4x4, V-8 cyl, auto, Magnet-
ic Gray Metallic, 33K mi., A5473**\$35,998**

2017 Toyota Tundra TRD

Off Road, Crew Cab, Pickup, V-8 cyl, auto,
Silver, 20K mi., A272925B**\$35,998**

2016 Toyota Tundra 1794 EDITION

Crew Cab, 4x4, V-8 cyl, auto, Midnight Black
Metallic, Black Leather, 49K mi., A273064A**\$38,998**

2018 Toyota Sienna XLE

Mini Van, Passenger, AWD, V-6 cyl, auto, Bliz-
zard Pearl, Bisque Leather, 8K mi., A272986A**\$39,998**

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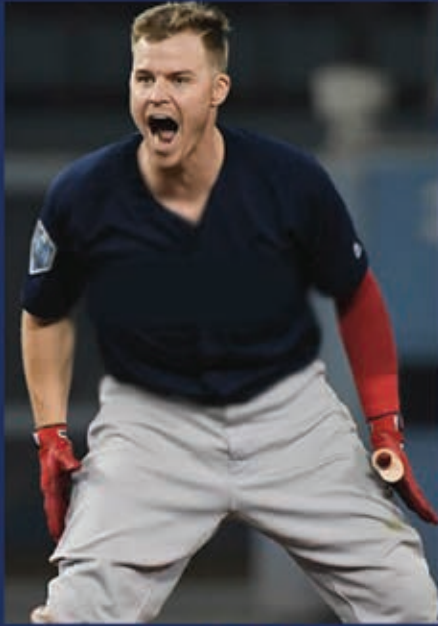
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DUDLEY - 4 Tobin Dr! TOBIN FARM ESTATES!!! 11 Rm 3,638' Colonial! 4 Bdrms! 2.5 Baths! 2 Story Grand Foyer! Liv & Din Rm w/Hrdwds & Custom Wainscoting! Fully Appliance Granite Eat-in Kit w/Maple Cabs & Island! 1st Flr Frpld Fam Rm w/Klipsch Surround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



ON DEPOSIT



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! Frplc Din/Liv Rm! 2/3 Bdrms! Master w/Bath! Town Services! In Time for Summer! **\$449,900.00**



NEW PRICE



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



NEW PRICE



ON DEPOSIT



ON DEPOSIT



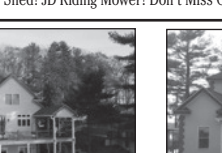
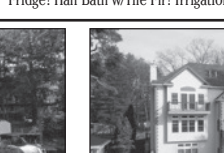
ON DEPOSIT



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



ON DEPOSIT



ON DEPOSIT



ON DEPOSIT



DUDLEY - 94 Tracy Road! 7 Rm 4 Bdrn Colonial On 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplc LivRm w/Recessed Lights! Formal Din Rm! Eat-in Kit Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr 1/2 Bath w/Laundry! Master Bdrn w/Dble Closet & Full Bath w/Linen Closet! 2nd Flr Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16X21 Deck! Garage Under! Save on Your Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! **\$359,000.00**



NEW LISTING



ON DEPOSIT



SOLD



CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! **\$549,900.00**



NEW LISTING



SOLD



ON DEPOSIT



CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Point Rd! East Facing = Beautiful Sun Rises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Entry Foyer! Natural Woodwork! Open Flr Plan! Appliance Granite Kit w/Is, Recessed Lighting, Tile Flr & Water View! Tiled Din Area w/Slider to Deck! Sunken Frplc Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd Flr! 1/2 Bath w/Pedestal Sink! 2nd Flr w/4 Bdrms, 3 w/Water Views! Master w/Cathedral, French Dr to Balcony, Bath w/Skylight & Separate Tub/Shower, Walk-in Closet & Laundry! Hall Full Bath! 3.5 Baths Total! Finished Walk-out Lower Level w/31' Fam Rm! Full Kitchen! Full Bath & Laundry! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! Enjoy for the Summer! **\$579,900.00**



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Featured New Construction Listing!

THOMPSON, CT - 6 LILLIAN AVE, LOT #1



to deck! 2 spacious BRs, full bath, plus Mstr BR suite w/private bath! LL fam rm, w/sliding door. 1/2 bath/laundry, 2-1/2 baths total! Central Air, 24x25' 2 car garage. Come Choose your Colors! **\$309,000.**

THOMPSON, CT - 6 LILLIAN AVE, LOT #1

New Construction! No Place Like a New Home! especially a newly constructed one! on a country lot! House overlooks a beautiful field. Conveniently located for commuters - off Rt 193, close to I-395! This 46' x 26' Split Level home has an attractive modern flare w/in peaks & rectangular window lighter above the front entry door! You'll be delighted w/the natural light that fills the interior of this home! Cathedral ceilings, hrdwd & ceramic tile flrs in baths w/carpets in BRs & LL family rm. Plan calls for white kitchen cabinets, granite counter-tops, a center island, & dining rm w/sliders for white kitchen cabinets, granite counter-tops, a center island, & dining rm w/sliders

Patio! 2 Car Carport! **\$535,000.00**

THOMPSON, CT - 6 LILLIAN AVE, LOT #1

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Mass. Mortgage broker number NMLS #1241

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FEATURE HOME - CHARLTON
24 Dodge Road ~\$347,500

New Construction! Cathedral ceilings, Master bedroom suite with full bath, 5" oak hardwood floors throughout, Applianced kitchen, 1.5 + acres, Less than 1 hour commute to Boston, Hartford, Providence

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80 Sutton Road
3 Bedroom,
Hardwood Floors Throughout,
Must See, Not a Drive By!

PENDING

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

FOR RENT

DUDLEY, MA
2 Chase Ave.,
Apt. 1R
\$1,000/Month
First/Last/Security

SOLD

DUDLEY, MA
32 Partridge Hill Road
\$249,900
RECENTLY REMODELED!
MUST SEE!

COMING SOON

THOMPSON, CT
223 Stawicki Road
\$259,900
3 Bedroom, Split,
Full Inlaw
COMPLETELY REMODELED

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

Open House Directory

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

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, JUNE 15				
CHARLTON				
24 Dodge Rd	S	10-12	\$347,500	Re/Max Advantage 1 / Maria Reed 508-873-9254
DUDLEY				
7 Dudley Oxford Rd	S	10-12	\$425,000	Re/Max Advantage 1 / Joanne Szymczak 774-230-5044/508-943-7669
2 Chase Ave. #1R	A	12-2	\$1000/mo	Re/Max Professional Associates / Patrick Sweeney 774-452-3578
SUNDAY, JUNE 16				
WEBSTER				
293 Thompson Rd	S	11-1	\$249,900	Re/Max Advantage 1 / Joanne Szymczak 774-230-5044/508-943-7669
80 Sutton Rd	S	12-1:30	\$349,900	Re/Max Professional Associates / Patrick Sweeney 774-452-3578

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VIEW NOW!
Woodstock, CT: 21 acres, Muddy Brook runs through the property, 4 BR, 2 BA, A sanctuary of wild life.
480 Route 197 ~ \$650,000



W. Boylston: Great location, Antique lovers will appreciate this home which combine quality features and updates.
44 Central St ~ \$354,900



Webster: 20'x20' Family room, Minutes to Rtes. 395, 20, 12, Mass-Pike, 290, Fireplace, Garage, Hardwood Flrs., Near Webster Lake.
293 Thompson Rd ~ \$249,900



Dudley: 2500 Sq. Ft. Cape, Privacy, 4 Bdr, 3.5 BA, 3 story Barn, Formal dining, Cherry cabinet kitchen with quartz countertops, 1 hour commute to Boston, Providence & Hartford, 6.7 acres.
7 Dudley Oxford Hill Rd ~ \$425,000

NEW PRICE

BUYERS — BE QUICK
This is a Hot Market!
Limited Opportunities!



Call for a buy consultation. We can assist you in finding and negotiating your first or next home
 A Team Of Experienced Agents

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

SATURDAY, JUNE 14

TONGUE TIED
 9 pm
 308 Lakeside
 308 East Main Street
 East Brookfield, MA 01515
 774-449-8333

flea MARKET

SATURDAY, JUNE 15

WEST BROOKFIELD ANNUAL FLEA MARKET ON THE COMMON
 Sponsored by the First Congregational Church of West Brookfield
 New format—no fence or admission charge for public. Come visit, find treasures, and eat at food trucks! Vendors set up at 5:30 – 7:30 a.m. Flea Market opens at 8 a.m., closes at 2 p.m. \$40 for a 20 x 20 Space - No electricity available. To receive an application, email: FCCofWBfleaemarket@gmail.com Or call: 508-867-3241

100th ANNIVERSARY CELEBRATION FOR THE AMERICAN LEGION



Grand Parade & Family Fun Day
 Parade begins at 9:30 am - parade route from David Prouty High School to the Highway Department. Parking free at Spencer Fairgrounds with shuttle to parade route starting at 6:30 am
FAMILY FUN DAY
 Spencer Fairgrounds - open at 11 am - festivities begin at noon. Military static displays, guest speaker Teddy Roosevelt IV, NE Patriots Super Bowl trophies on display, kid's carnival, live music & entertainment, vendor booths, beer garden, and more! Event is free and open to the public. Check out Facebook.com/AL100Post138 for more info.

WEDNESDAY, JUNE 19

FREE DINNER
 6 pm at the Publick House

when you sign up for a Retirement Strategies Dinner Presentation Seating is limited. A \$25 gas card will be drawn. To Register Call 508-796-3902 or online at sites.google.com/view/theretirementwiz

FRIDAY, JUNE 21

SECOND CHANCE PET ADOPTIONS AT KLEM'S

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

SUNDAY, JUNE 30

ALBANIAN DAY PICNIC

St. Nicholas Albanian Orthodox Church will hold its annual Albanian Day Picnic. The Albanian Day Picnic will feature shish-kabab, traditional pies, such as spinach, leek, sauerkraut, and squash, baklava, date-filled cookies, twist cookies, and other Albanian dessert specialties. Ethnic music will be provided by the



Mosaic Ensemble. The public is invited. The picnic will be held rain or shine and admission is free. Noon to 5:30 p.m., on the church grounds, 126 Morris Street, Southbridge, MA This event is sponsored in part by a grant from the Southbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

FRIDAY, JULY 19

SECOND CHANCE PET ADOPTIONS AT KLEM'S

2 p.m. - 4 p.m.
 Come visit and cats and dogs available
KLEM'S
 117 West Main St., Spencer, MA
 508-885-2708 (Ext. 104)
 www.klemsonline.com

FRIDAY, SATURDAY, SUNDAY JULY 19, 20, 21

DOCKDOGS AT KLEM'S
 Canine Aquatics Competition!

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WEDNESDAY JULY 24,

Noon-7:00pm
 You are cordially invited to the **PEARL K. McGOWN NORTHERN TEACHERS' WORKSHOP**
Artisan Made RUG EXHIBITION
 Come experience hand hooked rugs that are like painting with wool at **THE PUBLIC HOUSE AND EVENT CENTER**
 227 Main Street, Sturbridge, Mass
 01655. **FREE ADMISSION**

FRIDAY, AUGUST 9

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

FRIDAY, SEPTEMBER 13,

MURDER MYSTERY DINNER

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

SUNDAY, OCTOBER 27,

MURDER MYSTERY DINNER

An interactive dinner theater
The Fashionable Murders. 6:30 pm
 Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required
 salemcrossinn.com or call 508-867-

2345. 260 West Main Street
 West Brookfield, MA 01585

SUNDAY, NOVEMBER 15

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

ONGOING



JUNE THROUGH AUGUST

5 p.m.
WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW AT KLEM'S
 All makes and models. Proceeds benefit the Masonic Children's Charity
KLEM'S
 117 West Main St., Spencer, MA
 508-885-2708 (Ext. 104)
 www.klemsonline.com

ACOUSTIC FRIDAYS

at 308 Lakeside
 June 14 - Rodger Ekstrom
 June 21 - Dan Feeley
 June 28 - Chris Barber
 308 East Main Street
 East Brookfield, MA 01515
 774-449-8333

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



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

TRIVIA SATURDAY NIGHTS
 7:00 p.m. register 7:30 p.m. start up
HILLCREST COUNTRY CLUB

325 Pleasant St., Leicester, MA
 508-892-9822

LIVE ENTERTAINMENT FRIDAY



NIGHT HEXMARK TAVERN
AT SALEM CROSS INN
 260 West Main St., W. Brookfield, MA
 508-867-2345 salemcrossinn.com

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



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LAND WANTED

Spencer/North Brookfield area

Buildable Lot/Acreage

Quiet Private Location

Lightly Wooded/

Open Pasture preferred

Partial Wetlands OK

Please call 508-885-9274

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

EXPERIENCED COOK

FULL TIME POSITION

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salemcrossinn.com

ARTICLES FOR SALE

010 FOR SALE

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

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

ABOVE-GROUND SWIMMING POOL, 24' x 54", filter system, 1 season. \$1,000 or best offer. 508-943-8769

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

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

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

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

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

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

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

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

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

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

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

GARAGE CLEARANCE: ARTIFICIAL CHRISTMAS TREE, bush trimmer, glass top table, etc. 508-728-5559 (Spencer)

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

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

010 FOR SALE

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

MOVING - MUST SELL 3 piece electric reclining living room set, brown. \$300 free-pedestal table w/4 chairs 508-612-6485

Queen size bedroom set, dark cherry, includes bed frame, headboard, 2bureaus, one end table \$500. Also lighter oval table with leaf and 4 cushion chairs, solid wood. \$200. 508-885-2262.

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

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

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

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

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

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

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

TOOL SHEDS Made of Texture 1-11: 8x8 \$1600 8x10 \$1800; 8x12 \$2000 8x16 \$2500 Delivered, Built On-Site. Other Sizes Available. CALL (413) 324-1117

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

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

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

VIKING RANGE, PROFESSIONAL SERIES, propane gas, 6-sealed burner, 36" infrared broiler, as new, never ill, still in original packaging, w/tags. Model VCGSC-5366BSS, trades considered. \$4,600 508-865-7470

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

010 FOR SALE

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

100 GENERAL

107 Misc. Free

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

130 YARD SALES

6/15 SOUTH 9-2 ST.
372 SOUTHBRIDGE MULTI FAMILY YARD SALE & FINE CRAFT ITEMS Birdhouses, wind chimes, centerpieces, beeswax candles. Small selection vintage linens

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

LARGE YARD SALE 75 PARK AVE, SOUTHBRIDGE 01550 SUNDAY JUNE 16 8AM-3PM
Furniture, Toys, Space Heaters, Air Conditioners, nick nacks and much more.

MULTI FAMILY YARD SALE SATURDAY, JUNE 15TH. 8-1
748 Dennison Drive, Southbridge, MA. Lots of great items. Household items, antiques, old tools, card collections, furniture, clothing, jukebox and records. So much more!

NEIGHBORHOOD YARD SALE- Saturday June 15 8am-2pm, 5 Founders Court, Oxford (Route 12-off Rocky Hill Rd. Household items, furniture, toys, books, clothes, quilt sets, jewelry, curtains, glassware, and much more!

THE ANNUAL MULTI-FAMILY YARD SALE at the top of Morris Street and neighboring streets in Southbridge will be held beginning at 9am **SATURDAY, JUNE 22. THERE IS NO RAIN DATE SCHEDULED.** Something for everyone. clothes, toys, tools, appliances, glass items, books, cookies, soda, water and much more. Stop by and say hello!

YARD SALE 8 BOUNTY RD., OXFORD SAT., 6/15 8:30AM - 1:30PM
Everything priced to Go !!! Tools, Gas Grill, Hutch, bedding, curtains, cookware, glassware, holiday décor, jewelry, and more.

YARD SALE with a variety of items including some furniture, sports equipment, toys and other miscellaneous items. Sat June 15th. Rain date Sat. June 22nd. 9:00 - 2:00

200 GEN. BUSINESS

205 BOATS

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

257 COLLECTIBLES

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

265 FUEL/WOOD

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

284 LOST & FOUND PETS

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

LET US KNOW!!!
Please call us so that we can take your ad out of the paper...
Town-To-Town Classifieds
508-909-4111

287 FEED

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

298 WANTED TO BUY

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

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

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

300 HELP WANTED

310 GENERAL HELP WANTED

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

Devereux
ADVANCED BEHAVIORAL HEALTH

Town of Spencer - Notice of Job Opportunity
Wetlands Soil Specialist
(Part-time – 19 hours / week)

The Town of Spencer seeks a proven conservation professional with excellent written and oral skills and thorough working knowledge of the Wetlands / River Protection Acts to administer these and local wetlands by-laws. Provides environmental / open space planning support and periodic Title V assistance by inspecting percolation tests and installations. Reviews stormwater permit project applications and issues stormwater permits. Performs annual gravel pit inspections. Provides technical support to the Conservation Commission.

Associates Degree in Environmental Science or related field and three (3) years of experience in a similar capacity; or, a combination of education and experience to demonstrate competency. MACC “Fundamentals” certification required to be completed within twelve months of hiring. This is a non-union position with a starting hourly rate of \$22.26, up to a maximum of \$27.63.

Submit cover letter, resume, and standard town application which can be found at www.spencerma.gov to Town Administrator, 157 Main Street, Spencer, MA 01562.
Applications will be accepted until position is filled. An EEO / AA employer.

325 PROFESSIONAL HELP WANTED

EASTFORD SCHOOL DISTRICT HAS THE FOLLOWING POSITION OPEN FOR SY2019-20:

School Counselor (068) or School Psychologist (070) Grades PK-8 One .7 FTE position (possibility of more)
The person in this position will be expected to assist all students to cope with challenges that impede their academic performance and personal development through individual and small-group counseling sessions and in class lessons as needed. The person in this position will also work in collaboration with classroom teachers to attain this goal. Dependent upon certification, the person may assume responsibility for administering evaluations. Send letter of intent, resume, copy of certification, 3 letters of reference and an unofficial transcript to:
Dr. Donna Leake, Superintendent Eastford School District P.O. Box 158 Eastford, CT 06242-0158 Closing Date: Open until filled

THE EASTFORD SCHOOL DISTRICT SEEKS APPLICANTS FOR: Long-term Substitute Social Studies Teacher Grades 5 through 8 This is for the start of the 2019-20 school year, 8/22/2019 - 1/5/2020 Social Studies certification preferred Submit letter of interest, resume, letters of reference and CT certification to:
Dr. Donna Leake, Superintendent Eastford School District P.O. Box 158 Eastford, CT 06242-0158

550 MOBILE HOMES

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

333 SURROGATE MOTHERS

VIABILITY INC. is looking for caring, energetic and reliable applicants for our FT Clubhouse Unit Coordinator (40 hr/wk, \$14/hour) and PT Van Driver (25 hr/wk; split shifts, \$14/hour). Visit <https://www.viability.org/careers> or contact Elizabeth at eproulx@viability.org

400 SERVICES

442 LICENSED DAY CARE

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

454 HOME IMPROVEMENT

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500 REAL ESTATE

505 APARTMENTS FOR RENT

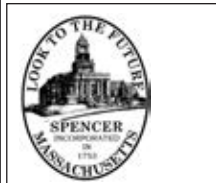
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546 CEMETERY LOTS

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



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Summer Seasonal Maintenance position –Sewer department. (\$15.00/hr). General duties required to maintain facility grounds, properties (mow, trim, and prune grounds on or around Department properties, also janitorial, and custodial as required.) This is a part time position and offers no benefits.

High school diploma or general education degree (GED); some related experience and/or training preferred. Familiarity with operating and maintaining small motorized equipment and general building and grounds maintenance practices. Valid Massachusetts Driver’s License required. Must be a minimum of 18 yrs. old.

Submit application letter, resume and standard town application form to Town Administrator, 157 Main Street, Spencer, MA 01562; or visit www.spencerma.gov. Open until filled. Review begins immediately. Subject to funding. EEO Employer.

546 CEMETERY LOTS

Worcester County Memorial Park Garden of Valor, Paxton Mass. 2 lots for sale. \$3,000 or best offer for both lots. (valued at \$8,500) Call 508-892-9843

725 AUTOMOBILES

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

700 AUTOMOTIVE

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

1997 Chevy Impala Convertible 400 2 barrel carb with 89,000 miles, 1 owner, runs smooth, new top in 2012, asking \$8,000 or best offer 508-885-6878

740 MOTORCYCLES

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

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

508-943-1790 or ndc0001@charter.net

750 CAMPERS/ TRAILERS

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

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765 HEAVY EQUIPMENT

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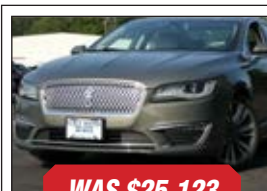
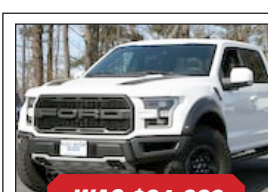
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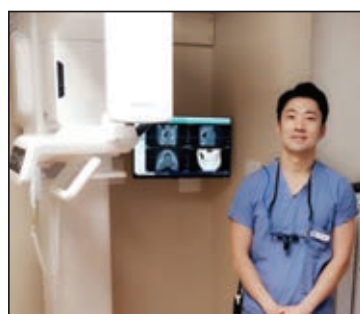
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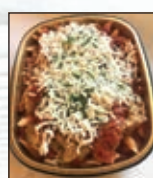
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HEALTH

Talking With Your Health Care Provider About Kidney Health

(NAPS)
Chronic kidney disease (CKD) is a serious health problem, affecting an estimated 30 million adults in the United States. Yet more than nine out of 10 people who have kidney disease don't know they have it. The sooner you find out you have kidney disease, the sooner you can take steps to prevent or delay serious health problems.

CKD means your kidneys are damaged and can't filter blood the way they should. Kidney damage can cause wastes to build up in your body and can lead to other health problems such as anemia, bone disease and heart disease. You can have CKD without any symptoms, especially in the early stages of the disease, and over time it may lead to kidney failure. If your kidneys fail, you will need dialysis or a kidney transplant to maintain your health. You can't reverse progressive kidney damage but you may be able to avoid or delay dialysis or a kidney transplant with medications and lifestyle changes.

Understand Your Risk for Kidney Disease

If you have diabetes, high blood pressure, heart disease or a family history of kidney failure, you are at risk for kidney disease. An estimated one in three people with diabetes, and one in five adults with high blood pressure, have CKD. Therefore, it's important for people who are at risk for the disease to get tested.

Get Tested Early
Testing for kidney disease is simple—it involves a blood test and a urine test. Your health care provider uses a blood test to check how well your kidneys



are filtering your blood and a urine test to check for protein in your urine.

Talk with Your Health Care Provider

If you have diabetes, high blood pressure, heart disease or a family history of kidney failure, talk with your health care provider about kidney disease. Stay informed and ask for the results of your kidney tests. You can start the conversation with your health care provider by asking these three

questions:

1. Have I been tested for kidney disease and how healthy are my kidneys?
 2. How often should I get my kidneys checked?
 3. What should I do to keep my kidneys healthy?
- Take Steps to Protect Your Kidney Health
If you don't have kidney disease but are at risk for it, your health care provider may suggest ways you can keep your kidneys healthy. Here are

some steps you can take to protect your kidney health:

- Manage your diabetes, high blood pressure and heart disease
- Make healthy food choices
- Aim for a healthy weight
- Make physical activity part of your routine
- Get enough sleep—aim for seven to eight hours of sleep each night
- Stop smoking

• Find healthy ways to cope with stress.

Learn More
For more information about kidney disease, kidney failure, diabetes and more, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) website at www.niddk.nih.gov.

Your doctor can tell you whether you have kidney disease and what to do about it.

Ten Easy Ways To Get A Dose Of Vitamin N(ature) In Just Ten Minutes

(NAPS)
A growing body of scientific evidence proves getting outside (i.e., being an "outsider") is good for our health and well-being. Exploring and appreciating nature—in our own backyards, community parks and school yards—reduces stress, improves memory, boosts heart health, and offers a host of other benefits for our minds and bodies.

"Having a living landscape of grass, trees, shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better," said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. "Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life."

On its 10th anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.

Take a walk. Lace up your athletic shoes and head out for a walk around the block or to your neighborhood park. While you're out, commit to turning off your cell phone and enjoying the natural setting around you (it's just 10 minutes, after all!).

Get your kids moving. A rousing game of tag or hide-and-seek in the family yard is a great way to counter computer and screen time.

Play with your dog. A dog's favorite "room" of



Getting outside is good for your mind and body.

the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.

Clean up your outdoor living room. Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.

Plant something. It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.

Dine alfresco. Taking a meal outside is one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. Enjoy your coffee break under a shade tree.

Study or read a book. Take the "work" out of homework by moving study or reading sessions to your backyard or community green space.

Swap a (short) commute for walking or biking. Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it's not too far, take a short walk or ride your bike instead.

Meet outside. Fresh air can be a catalyst for fresh ideas, so take your next brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.

Sit back and relax. Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.

Learn More
For more information on the benefits of our living landscapes and how to be an outsider, visit www.SaveLivingLandscapes.com. For more about the TurfMutt program, go to www.TurfMutt.com.

What You Need To Know About Cholesterol

(NAPS)
New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease.

What Cholesterol Is

Cholesterol is a waxy substance that your body makes to build cells. Too much can pose a problem. Extra cholesterol comes from foods including meat, poultry, dairy and tropical oils.

Why Cholesterol Matters

Cholesterol can slowly build up in your arteries and form a thick, hard deposit that narrows them and makes them less flexible. If a blood clot blocks a narrowed artery, a heart attack or stroke can result.

What To Do

Ask your doctor such questions as:
Q. What do cholesterol numbers mean?

A. Studies suggest optimal cholesterol levels are about 150 mg/dL and about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C). Levels in this range are linked to lower rates of heart disease and stroke.

There's no ideal target for LDL-C but "lower is better." Assessment with a risk calculator helps your doctor determine your personal risk and treatment options. A coronary artery calcium test may also help with your assessment.

Q. How can I lower my risk for heart disease?

A. A healthy lifestyle is critical. Also, while statins are still the first choice of medication for lowering cholesterol, new drugs are available for people who

have had a heart attack or stroke and are at risk for another. Your doctor will monitor your progress.

Q. How do I know if my medicine is working?

A. It may take a few tries to find the right medicine and dose.

"Finding the sweet spot for treatment is highly individualized," said Donald Lloyd-Jones, M.D., a member of the cholesterol guideline writing committee and chair of the Department of Preventive Medicine at Northwestern University in Chicago. "The latest guidelines strongly encourage patient and doctor to have detailed and personalized discussions about medication."

Ask your doctor about medicines, foods—such as grapefruit or pomegranate—or supplements that may interact with your cholesterol-lowering medication.

Q. When and how often should I follow up?

A. Have a follow-up visit one to three months after starting cholesterol-lowering medication to check that it's working, that you're taking it properly, and to monitor for side effects.

Learn More

The American Heart Association's Check.Change.Control.Cholesterol initiative, supported by Sanofi and Regeneron, has information and resources for managing cholesterol and other cardiovascular risk factors. Visit www.heart.org/cholesterol for further facts, and www.heart.org/MyCholesterolGuide to download the free guide.



It's a healthy idea to be your own advocate when it comes to managing your cholesterol levels.

TECHNOLOGY

Small Businesses Need To Invest In These Four Technologies



Anthony Bradley

BY ANTHONY BRADLEY
GVP OF RESEARCH, CAPTERRA

(NAPS)—Because they operate on razor-thin margins, small-business owners and managers may be tempted to put technology expenses near the bottom of any priority list. After all, small businesses have many fires to put out—and investing in a new technology tool can seem like a problem that can wait. But technology is a double-edged sword: Used correctly, it increases productivity, brings savings and gives you a competitive advantage. Ignored, it lets your competitors use it against you. And it's worth remembering that business software is the driver of technology value; without it, your hardware is useless. Software can be a thicket of specialty areas and product names: Which tool should be purchased now and which can be put off? Capterra recently surveyed small and midsize businesses (SMBs) and asked them about their

2019 and 2020 purchasing intentions and budgets for business software. The 2019 Capterra SMB Spending Survey illustrates four clear software categories that small-business leaders are prioritizing and can help other companies understand the competitive landscape and prioritize technology investments.

1. Finance and Accounting: This is the standout tech category, with 53.6 percent of respondents budgeting for it. If you don't correctly handle your accounts receivable, accounts payable, sales taxes, income taxes, reporting and audits, you'll derail your business—it's that simple. Among businesses investing in this technology, banking and construction lead the way, with over 60 percent of respondents budgeting for finance and accounting software. Transportation and wholesale industries have the highest average spend at \$56,330 and \$53,850. More findings include:
 - Transportation and wholesale businesses should expect to budget between \$50,000 and \$55,000 for finance and accounting software in the next 12 to 24 months.
 - Media, government, manufacturing, banking and retail should consider budgeting between \$30,000 and \$40,000 for finance and accounting tools.
 - Other businesses should consider budgeting between \$10,000 and \$30,000 for finance and accounting software.
2. Cloud Computing: This year, cloud software is the second most prevalent technology, with 47.8 percent of businesses surveyed budgeting for it. It delivers all the power of FAMGA

(Facebook, Apple, Microsoft, Google, Amazon). Cloud-enabled Software as a Service (SaaS) gives small businesses subscription-based access to robust business software and data storage technology. Industry experts suggest:

- Insurance and transportation businesses should expect to budget between \$40,000 and \$50,000 in the next 12 to 24 months for cloud computing technology.
- Businesses in the services, communications, manufacturing, health care, banking and education sectors should consider budgeting between \$30,000 and \$40,000 for cloud business software.

- 3. Data and Information Security: Over 40 percent of all industries budget for data security. Research shows cyberattacks can cost small businesses \$84,000 to \$148,000 per incident and that 60 percent of SMBs that are hacked go out of business within six months. The average budget spend on data security takes a tiered shape for business size. Larger businesses with more data, more customers and more employees will need more software licenses and greater functionality. Expert findings include:
- Government agencies (and those that work closely with them) should plan on budgeting between \$40,000 and \$50,000 for data security in the next 12 to 24 months.
- Those in the education industry should anticipate a \$40,000 spend.
- Retail, construction, health care and wholesale should expect to budget close to \$20,000.
- Other sectors may gain competitive advantage with a data security

budget between \$30,000 and \$40,000.

4. Digital Marketing: This year, 45.1 percent of SMB respondents plan to budget for digital marketing campaigns and tools. This is natural, given that ROBO (research online, buy offline) buying behavior is now the norm. Up to 88 percent of buyers do online research before purchasing in a store. The survey uncovered that digital marketing spend tracks with business size. At 60 percent and 50 percent, media companies and retail businesses have the highest percentage of smaller firms investing in digital marketing. Most industries are between 40 percent and 50 percent. More findings include:
 - If you're a smaller business in the media or retail sector, plan to spend \$10,000 to \$25,000 on digital marketing over the next 12 to 24 months.
 - If you're a midsize business in the media or retail industry, plan to spend \$35,000 to \$45,000 on digital marketing over the next 12 to 24 months.
 - If you're in another industry (especially insurance), you may gain a competitive advantage with a digital marketing budget between \$20,000 and \$40,000.Businesspeople know it's vital to find out where competitors are going. These results should indicate where your sector is headed and what technology to prioritize. Detailed information on survey findings—and over 500,000 verified reviews for every type of software—is on the Capterra site. Learn More For more information about how small businesses can make smart technology investments, visit www.capterra.com.

How To Use Online Reviews To Invest In The Best Technology For Your Office

BY MARK DIGIAMMARINO
(NAPS)

Anyone who's in charge of purchasing technology for a small business knows there's a bit of alchemy in the procurement process: You apply instinct. You ask your colleagues for advice. You research what the critics in the magazines say. Increasingly, you're also reading the online reviews on specialized sites. Reading online reviews is a logical extension of how people once bought goods—through word of mouth. Technology, however, is even better, because it provides access to many more experienced.



Mark DiGiammarino, Manager, Vendor Reviews, Capterra

Online reviews give depth and breadth. They explain the pros and cons of any product or experience. At their best, they're incredible tools, perhaps the best thing to have happened for consumers in decades. At their worst, they're a scam. Consider this: A London journalist once created numerous fake reviews on a restaurant site and made his humble garden shed an opening-night restaurant hit. As the manager of reviews for Capterra—a free site for software buyers to read objective and insightful reviews—I've learned how to navigate the world of online reviews. Here are four top tips: Check to see if the site monitors its review: Confirm the site has an FAQ page with transparent policy statements. Does it clearly state how the site makes money? Check to see if there's a way to report fake reviews. Make sure the site screens and reads all reviews before they go live. If it doesn't monitor reviews—or offer a way to report the fakes—the site isn't there to help you. It's essential to report fake reviews because the reviews community depends on honest participation. When users share reviews, they help you to learn from their discoveries. Fake reviews tear at the fundamental trust everyone in the community must have in each other when they read and share online

reviews. Look for verified reviewers: Reviewers should be verified as being real people and actual customers. You'll also need to know if they're buying products for large enterprises or small businesses like yours. Knowing who's writing the reviews matters. As an example, think about when you're in the market for a new car, and you get a recommendation from a neighbor on the best vehicle to buy. Isn't it important to know if that neighbor prefers a plush, magisterial ride—or a sports car with tight handling for the side roads? Verified reviewers should also be actual customers of the products they write about. No one likes a rubbernecker standing at the sidelines, making unqualified assessments. When users have either bought or demoed the product, however, they have something to say. They know the product's pros and cons. They're often passionate about the product and want to share their experiences with you. Read the negative reviews but read them fairly: Make sure to understand what's truly behind a negative review—it could be that one person's lemon is your lemonade on a hot day. For example, a honeymooner might not like a hotel that you, with

kids, would consider a perfect vacation destination. Negative reviews are most useful when you can find specific patterns: If most of the reviews say the company has an excellent product but substandard customer service, then take that into account before you decide to buy or move on. Also, look for a vendor response: If the vendor hasn't responded to the negative reviews, then that's useful to know. When the business responds to the reviews—if, for example, it says it's working to improve customer service consider that a point in its favor. Remember that negative reviews are also a snapshot in time. Take into account recency and don't fault a vendor for something that occurred two years ago, especially if the vendor has responded to the negative review. Be open to discovering new product: At Capterra, it's common for a user to come to the site looking for a marquee-name software product. But after some research, that user may then decide upon software from a smaller, less well-known provider. Often, it's because the product is better priced and better suited to the user's business. And usually, it's because others in the reviews community thought it was a better product. Those software vendors that have a smaller footprint in the marketplace may have more utility and suitability for you. Be open to the unexpected when you read reviews. Finding the best reviews in a sea of bad ones is no small challenge, but online reviews offer you a chance to avoid the mistakes of others and gain from the wisdom inherent in online reviews. Use these tips to learn from reviewers who have honestly shared their positive and negative experiences. Use reviews to discover new products and services that can take your business to a new level.

Great Grass Ideas



The grass can be greener on your side of the fence.

(NAPS)

For a lawn that turns the neighbors green with envy, heed these four hints:

1. Water well: Water your lawn early in the morning when temperatures are cool to cut down on diseases and destructive insects.
2. Feed it: Use fertilizer that provides nitrogen, phosphorus and potassium.
3. Mulch it: Mulch prevents evaporation and weed growth, helps drainage, encourages root development and cools the soil.
4. Mow wisdom: Cut the grass early in the morning or in the evening, not during the heat of the day. Cut off no more than a third of the grass blade.

Want to make mowing easier and still get a beautifully groomed lawn? Consider a robotic mower. Models like the Honda Miimo, powered by a high-performance lithium-ion battery, do the mowing for you. Because a dealer-installed boundary wire goes around the area to be mowed, the mower detects the electric field and stays within it, monitoring its own charge and returning to its docking station at need. Independent 360-degree sensors and a floating cover detect solid contacts. And, if Miimo comes too close to a person or pet, the lawn mower stops, turns, and moves in a different direction. Learn more at www.miimo.honda.com and www.powerequipment.honda.com/dealer-locator.

TECHNOLOGY

How To Make Meetings More Efficient



You can make your next meeting more productive.

(NAPS)
In 2019, company leaders and their employees have an opportunity to transform how they work in order to achieve stronger results and more creative and compelling outcomes. CIOs, IT decision makers and employees all have a role to help S.W.I.T.C.H. workplace environments and leverage IT investments for the benefit of the company and the bottom line.
S=Security. When connecting devices to the network, everything should be IT friendly with all communications

encrypted, to eliminate the risk of hacking.
W=Who. Knowing your audience and meeting participants' needs is essential for putting the right technology in the right place. Small conference rooms, for example, also known as huddle spaces, may require different technology than a formal boardroom. In Barco ClickShare's most recent study, 72 percent of workers with huddle spaces said it encourages productivity and 75 percent said it stimulates creativity.
I=Integration (and

interactivity).Do you know how the workflow and digital workplace are supported? Do users have an appropriate way to interact with technology? Finding the answers to these questions can help amplify integration and interactivity in meetings.
T=Technology. Three-quarters of respondents referred to technology provided by their employer as inconvenient. The solution: Invest in technology that will be adaptable and flexible for the long term.
C=Cross-Platform. Bring Your Own Device

(BYOD) is a growing trend. So much so that 57 percent of employees prefer using their own device at work. Having technology that works with any device brought into the meeting is important for productivity and security.
H=Human-centric. At the end of the day it's all about understanding and anticipating how people engage with the technology. Simply put: If it isn't easy to use, people won't use it. Today's users want technology that's intuitive and adapts to their preferences.

These ideas can help the everyday meeting room user have confidence that the technology will be reliable and dependable, and enable them to be productive and efficient.
The Matter with Meetings
Once the technology is set and operating flawlessly, there is the matter of the meeting itself. According to a recent study by Barco ClickShare:
• Only 30 percent of meeting time is actually spent working toward meeting objectives.

- On average, 12 percent of meeting time is spent trying to set up or connect technology.
- To make your next meeting more productive, consider these five ideas:
 1. Set a clear objective for every meeting. The most important aspect of any meeting should be the reason for calling it, and who should attend. Nevertheless, over half the people surveyed said they were often asked to attend meetings that turned out to be irrelevant to them. Everyone should be clear about his or her own role and responsibility in the meeting.
 2. Reduce the number and length of meetings. Studies suggest the ideal meeting length is 21 minutes, instead of the now average 48-minute meeting. Ideally, the meeting should end as soon as its objective is achieved.
 3. Choose the right technology and accommodate for BYOD security.
 4. Keep an eye on advances in meeting technology and keep current tech optimized. Seventy-two percent of employees say businesses should invest in more modern technology to enable better meetings in which they're more engaged.
 5. Provide accessible, agile meeting environments.
- Mr. Bertier is responsible for all strategic marketing activities at Barco, Inc., a technology leader that develops networked visualization solutions. He strongly advocates design and usability in product development. Learn more at www.barco.com.

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