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Friday, October 4, 2019



Photo courtesy Charlton Police Department

Charlton Police Chief Graham Maxfield

Charlton Police Chief chosen as interim Town Administrator

BY JASON BLEAU

CHARLTON — As Charlton Town Administrator Robin Craver ends her 13-year stint as Charlton's highest non-elected authority in the town hall, the Board of Selectmen in town have now appointed a temporary successor to lead the community until a permanent administrator is hired.

Craver announced her res-

ignation in July effecting Oct. 1 leaving the town seeking new leadership. She has since become one of three finalists for the Town Administrator position in Bourne. Craver herself told selectmen during a meeting on Sept. 24 that she had reached out to retired managers and administrators to bring forth candidates for selectmen to consider filling the post on an interim basis. However, selectmen took a different route

announcing an in-house hire in the form of Police Chief Graham Maxfield to take on the role.

The decision came after a divided discussion among selectmen that began with Selectman Bill Borowski explaining that he had, in fact, discussed the idea with the Chief of Police and felt he would be a worthy candidate to serve in the post until a new administrator be put in place.

"The [candidate] that jumped

out at me was Chief Maxfield, reason being that he has a command staff in place who can help with that type of work," Borowski said.

The idea of hiring an internal candidate received divided opinions from selectmen, although it wasn't Maxfield's qualifications that drew the decision into question. Selectman Deborah Noble was

Please Read GRAHAM, page A5

Charlton recovering from cyber attack

BY JASON BLEAU

CHARLTON — In the wake of a cyber attack on the town of Charlton's computer network in late August, the town hall is nearly fully up to date as the recovery effort is being lauded by town officials.

Charlton suffered an attack to its shared network in the town hall on Aug. 30 by what Town Administrator Robin Craver called "malicious software" that froze documents, emails and the

main servers, leaving many departments helpless and seeking answers. The attack did not affect payroll or emergency services and reportedly did not involve the theft of personal information.

During a meeting of the Board of Selectmen on Sept. 24, Craver and Finance Director Donna Folgio provided an update on the status of the recovery.

"There's been a lot of work done to get us back up and running and I do want to say a big thank you to the staff that

came in over Labor Day," Craver said. "They've been working very hard and I think you can feel very comfortable about the staff that you have here.'

Craver also received recognition from selectmen who noted that the Town Administrator took time out of her vacation to help respond to the situation.

Foglio said the attack was first detected by Charlton Police the Department and that the town's outside consultant for IT services, Micronet,

was soon contacted and shut down the servers to terminate the attack. In the days and weeks that followed the FBI became involved and the culprits were identified.

"The FBI was contacted, and the attacker was identified as a group known to the FBI and that their MO was to encrypt data, not take data, and to make a request for ransom, which once paid an encryption key would be provided to the town," Foglio said, later detailing response measures being taken

by the town, "The town recognizes that it's not possible to prevent every cyber attack but wants to develop and implement a plan to ensure a faster recovery in the event of a future attack. The town is currently working with the insurance company who is providing assistance from a cyber specialist.'

After three weeks, 14 of the 17 departments in the town hall were considered "caught up" while at least one remaining department was still recovering. Foglio noted

that Charlton was not the only town to be attacked and that incidents like these are becoming an unfortunate "new norm" and that the problem isn't if, but when an attack will occur in the future and how to prepare for it.

A member of the public did inquire about whether or not a ransom had been paid in order to correct the issue with the servers. Craver refused to discuss any ransom or potential financial impact of the attack in the open forum.

Charlton, Dudley deemed high risk communities for EEE

BY JASON BLEAU

As the concern over the Eastern equine encephalitis virus, also known as EEE or Triple-E, grows, both Charlton and Dudley have been deemed a "high risk" community after a local man was confirmed to have contracted the virus.

The state Department of Public Health confirmed the 11th case of EEE in a press release on Sept. 25, an unidentified Charlton resident in his 70s. State Representative Paul

same day confirming that his office was notified about the case.

office has been informed by the Massachusetts Department of Public Health that Auburn & Charlton have been raised to the High Risk Category for EEE, now joining Millbury & Oxford," Rep. Frost wrote. "DPH is confirming a human EEE case in Charlton."

The press release from the State DPH also singled out Dudley, Leicester, Southbridge and Spencer as high risk com-

Frost took to social media that munities while confirming that an Essex County resident became the fourth recorded the EEE virus. A 12th human case of the virus was later recorded in Hampden County, again a resident in their 70s, leading several more communities to be deemed as "high

> As of Sept. 26, 35 communities were deemed as critical risk, 53 were considered high risk and 121 were considered moderate risk in the commonwealth. Eight confirmed ani

mal deaths from the virus have also been recorded.

The EEE virus is spread death in Massachusetts from mainly through mosquito bites and the threat of the illness has led many schools and communities to cancel outdoor activities after dark. State Epidemiologist Dr. Catherine Brown released a statement in the State DPH's press release warning that while the mosquito population is dwindling for the season, the risk is still there for infection.

"The weather is keeping them active," said Dr. Brown.

"We continue to emphasize the need for people to protect themselves from mosquito bites."

While EEE is considered a rare disease, it can be fatal and affect people of any age. This is not the first time Massachusetts has been a hotbed for the virus. Outbreaks occurred from 2004-06 and again in the first few years of the 2010s. Aerial spraying has been taking place throughout the state in an attempt to control the population of potential-

Please Read **EEE**, page **A2**

Midstate Trail to host ultramarathon Oct. 12-13

BY GUS STEEVES CORRESPONDENT

OXFORD — For long distance hikers, downtown Oxford is notable for something most other people wouldn't notice. It's the lowest point on the Midstate Trail.

That will become a factor later this month when the first Midstate Massive Ultra trail race comes through town Oct. 12 and 13. Instead of the slow pace of hikers, people might (depending on what time it is) see up to 100 runners following the trail from the New Hampshire border to its end in Douglas State Forest.

"This is just a spectacular resource in our backyard and almost nobody knows about it," said race organizer Rich Mazzola.

This is his first time organizing an ultramarathon — a two-day race over the peaks, valleys, steep ledges and lowlands of the Midstate Trail. It will have three starting points: Windblown Ski Area in New

Hampshire for those seeking to do the whole distance (about 100 miles), Rutland's Long Pond for those doing half, and Bay Path for those doing 30 miles. The longer two actually run through the night of Oct. 12, while the third route is a daytime run Oct. 13.

Unlike most marathons, there won't be water stops every mile or so, just at 16 set locations which vary from 3.7 to 8.7 miles apart.

'To do this, you need to readjust how you take in water and nutrition,' Mazzola said, describing trail running as "a different dynamic" than a road race. "You need to get your joints flexible enough to accommodate an uneven running surface. They're not running it terribly quickly. You can go at your own pace completely.'

Mazzola said he expects around 100 runners total.

'We are prepared to be able to handle most weather situations so we can provide a safe event for all participants. However, we do require the



support of state and local officials to conduct this race safely and will only do so with their continued approval, the race handbook states. "... If a significant event were to occur on or near race weekend and state and/or local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event.'

The potential impact worries Midstate Trail Committee chair Kimball Simpson, who notes much of the trail's length is on private prop-

Please Read MIDSTATE, page A5



The Midstate Massive Ultra race route's last half runs through Spencer, Charlton, Oxford, Sutton and Douglas.



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Local Freemasons warmly welcome public to Open House

Freemason Members of the Seven Southern Worcester County Masonic Lodges will open their Lodge doors to the public on Saturday, Oct. 19, from 9 a.m. to 3 p.m., for their annual "Open House," a day of offering public information about Freemasonry and its charitable work.

If you've ever wondered who the Freemasons are, what they do, whether they are the descendants of the Knights Templars, or what the inside of their Lodge buildings look like, here's your chance to visit, meet and talk with Massachusetts Masons and learn more.

The seven Masonic Lodges listed below will host their annual Autumn Open House to help the public gain a better understanding of Freemasonry, and the posi-

tive impact that it has on its members, their families, and their communities. Members will offer tours of their buildings, discuss the fraternity's history, provide printed information, discuss Masonic rituals, explain what they do, and describe Masonry's many charitable programs.

Freemasonry helps men to be the best possible version of themselves through the practice of Brotherhood, Service, and Integrity. Our Lodges provide opportunities for fellowship, charity, education, and leadership.

"The Open House is a great opportunity for anyone interested in learning more about Freemasonry to meet and talk with Masons in their community, and enjoy a tour of our Masonic Lodges" said James Gonyea, District Deputy Grand Master of Masons in the 24th Massachusetts Masonic District and the presiding officer of more than 1,000 members. Although many have heard of us, very few are aware that for more than 300 years we have been part of an unbroken tradition of great men who have changed our world in big and small ways. Benjamin Franklin, George Washington, Thurgood Marshall, and John Glenn, for example, all joined the Masons prior to achieving the greatness we recognize them for. There are countless other great men, whose names are not widely known, that made their families, workplaces, and communities better because they were Masons. I warmly invite the public to

join us on Saturday October The branches are located at:

Olive Branch Lodge – 7 Depot Street – Douglas, MA 01516

Solomon's Temple Lodge - 20 Court Street - Uxbridge, MA

Webster Lodge – 27 Brandes Street – Webster, MA 01570 Oxford Lodge – 22 Mt. Pleasant Street – Oxford, MA

Quinebaug Lodge – 339 Ashland Ave. - Southbridge,

Joel Prouty Lodge – 780 Southbridge Street - Auburn, MA 01501

Rose of Sharon Lodge – 88 Masonic Home Road – Charlton, MA 01507

Freemasons trace their roots to the stonemason guilds that built Europe's cathedrals and castles during the early part of the last millennium. As construction of these buildings declined, they began accept-

ing members from outside their trade. These new members, influenced by the "Age of Enlightenment," transformed the organization from a group for builders to one focused on developing the character of its members. Officially, Freemasonry was founded in London, England in 1717. In 1733 it was formally organized in Massachusetts, making it the oldest Masonic group in the Western Hemisphere and the third oldest in the world. In 2019, Massachusetts Freemasonry celebrates its

286th Anniversary. Freemasonry, the world's oldest and largest charitable fraternity, seeks to bring together men of every country, religion, race, background, and opinion and develop the bonds of friendship between them.

Commended Shepherd Hill students in the 2020 National Merit Scholarship Program

William F. Chaplin, Jr., Principal of Shepherd Hill Regional High School, has announced that Hannah C. Guerin, Madison P. Hill and Ryan P. Moore, have been named Commended Students in the 2020 National Merit Scholarship Program. A Letter of Commendation from the School and National Merit Scholarship Corporation (NMSC), which conducts the program, was presented by the principal to these scholastically talented seniors.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although these students will not continue in the 2020 competition for National Merit Scholarship awards, these Commended Students placed among the top 50,000 scorers of more

than 1.5 million students who entered the 2020 competition by taking the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/ NMSQT).

"Those being named Commended Students have demonstrated outstanding potential for academic success,' commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.'

Rep. Frost October **Office Hours**

CHARLTON — Representative Paul Frost (R-Auburn) announces he will be holding an office hour in Charlton on Oct. 10 at the Charlton Office Hour at 10 a.m. This is an opportunity to meet and discuss issues with Representative Frost and a member of his staff.

Constituents do not need to wait for office hours to voice any concerns or request assistance, or to schedule an alternative opportunity to meet with Representative Frost. You can always contact his office at the State House by calling (617) 722-2489.

Office Hours and Locations for October:

Oct. 8: Oxford Senior Center: 10-11

Oct. 10: Charlton Senior Center: 10-11

Oct. 15: Millbury Senior Center: 11 a.m. – noon

Oct. 17: Auburn Senior Center: 11

a.m. - noon

Uber 911 safety integration now available across all of Massachusetts

Uber today announced that it is rolling out its 911 information sharing program to the entire state of Massachusetts. This means that when a rider or driver uses the in-app emergency button to call 911, key trip details will be automatically sent to 911 dispatchers in an emergency. The product is available in other cities and counties in the United States, but Massachusetts is the first place in the country where it's available statewide.

Uber first introduced the emergency button for all riders and drivers in 2018. The feature shows GPS location and car details (make, model, color, and license plate) in the app so that when a rider or driver taps Uber's emergency button to call 911, they can tell dispatchers that information.

Uber has partnered with RapidSOS to pilot 911 integration with local emergency authorities. This technology allows the rider or driver's exact location (even as the car is moving) and car make/mode, color and license plate number to be sent to the 911 center electronically. The feature was made available in Boston and Springfield in September 2018 and in Cambridge in

"Safety is at the heart of everything we do, and we believe technology can help make the roads safer than ever before. Every second counts in an emergency, and we want to make sure our users get help quickly with accurate information if faced with an emergency situation," said Chad Dobbs, Head of Rides for Uber in Massachusetts.

"I am happy to see that this 911 enhancement has been expanded to our community and throughout the state. With many of our residents, young adults and college students using Uber to get in and out of the city, anything we can utilize to make it safer is a benefit to all," said Michael Lawn, Chief of the Watertown Police Department.

"Our mission is to connect the world to public safety to get the fastest and most appropriate care possible to an emergency incident," said Jeff Robertson, SVP & GM of Public Safety at RapidSOS. "We are excited to expand our partnership with Uber to the state of Massachusetts, connecting life-saving data from riders and drivers to all 911 centers across the state.'

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SHEPHERD HILL'S SALONIS APPOINTED AT BOARD OF **SELECTMEN MEETING**



Courtesy photo

Dudley Student Representative Albert Salonis was appointed at the Board of Selectmen meeting on Monday, Sept. 23. He is a 12th grade student at Shepherd Hill Regional and enjoys involvement in local government.

Pictured, from left, Steven are Sullivan, Chairman, Paul Joseph, Kerry Cyganiewicz, Student Representative, Albert Salonis, parents Terry and Albert Salonis, Jason Johnson and Jonathan Ruda, Town Administrator. John Marsi was absent.

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continued from page **1**

ly infected mosquitos. The Department of Public Health has made resources available on its website for prevention and protection from the EEE virus as well as a map of high-risk communities and schedules of aerial spraying.

CHARLTON ALMANAC

REAL ESTATE

CHARLTON

\$390,000, 19 E Applewood Dr, Swenson, Frederick C, and Swenson, Cyndi K, to Slade, Sarah, and Doray, Eric.

\$352,000, 263 N Sturbridge Rd, J Dubois Contracting LLC, to Guevara, Jose A, and Guevara, Kimberly A.

\$255,000, 333 Stafford St, Carlson, Everett A, to Black, Shayn G, and Black, Jamie L.

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Backpack Drive helps local schools in need





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

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

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



Patrick Sweeney with Re/Max Professional Associates and a member of the Community Action Committee of the Realtor Association of Central Massachusetts delivering the backpacks from the annual Backpack Drive from RACM to Eastford Elementary School in Southbridge. Over 200 backpacks and school supplies were collected by the CAC and donated to area schools in need. There will be another Backpack Drive in August of 2020.



Patrick Sweeney with Re/Max Professional Associates and a member of the Community Action Committee of the Realtor Association of Central Massachusetts delivering backpacks from the Annual Backpack Drive from RACM to Park Avenue Elementary School in Webster, Over 200 backpacks and school supplies were collected by the CAC and donated to area schools in need. There will be another Backpack Drive in August of 2020.

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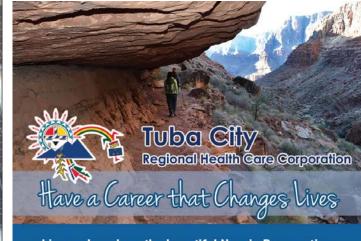


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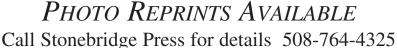
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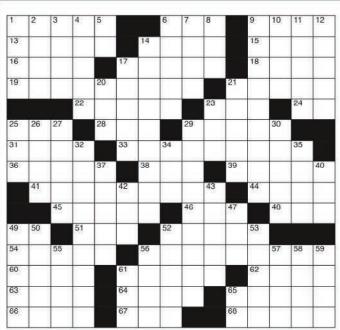
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Harvest season bits Old Sturbridge Village with Apple and Agricultural Days



Courtesy photo

Old Sturbridge Village will celebrate the harvest season with Apple and Agricultural Days in October.



CLUES ACROSS

- 1. Fertile desert spots 6. Married woman
- Some animals travel in one 13. Fear
- 14. Hawaiian island
- 15. Fit to work
- 16. Electronic countercountermeasures
- 17. Former Senator Specter 18 Cambodian currency
- 19. Dave Matthews Band hit
- 21. Lists ingredients
- 22. Endangered antelope Jerry's TV partner
- 24. Blue grass state
- 25. Obstruct
- 28. Luke's mentor __ Wan
- 29. Fencing swords 31. Oh. heavens!
- 33. Insensitive to changes in price 36. Hillsides
- 38. Brew

CLUES DOWN Lyric poems

- 2. Genus of saltwater clams 3. Ingroup
- 4. Type of lounge chair
- 5. Memory card 6. Archipelago
- 7. Common Korean surname 8. It's up there
- 9. Quantity that helps to define 10. First month of the Jewish
- ecclesiastical year 11. Metal-headed golf club
- 12. A shade of green
- 14. Begin
- 17. A good thing to have 20. Language spoken in Laos
- 21. Loosely compacted sediment
- 23. Naturally occurring protein
- 25. Woman 26. Central Indian city
- 27. Volcanic craters
- 29. Largest existing land animals

- 839. Gland secretion
- 41. A typical example
- 45. You put it on your pasta
- 46. Expresses surprise 48. News organization
- 49. Disorder of the lungs (abbr.) 51. One millionth of a gram
- 52. Some are of the "suit" variety
- 54. Group of organisms 56. Produces
- 60. Passage into a mine
- and cheeses 62. Semitic fertility god
- 63. Dry or withered
- 64. Religious ceremony
- Winger, actress
- 66. German river 67. Midway between northeast
- and east
- 68. Take something or somebody somewhere
- 30. Rumanian city
- 32. Equal to 10 meters
- 34. Historic Nevada city 35. A point of transition
- 37. Remove 40. Overwatch character
- 42. Records electric currents
- linked to the heart 43. Settles in calmly
- 47. Partner to his
- 49. Banking giant
- 50. Slowly disappeared
- 53. Sword with a v-shaped blade
- 55. Fabric with smooth, shiny surface
- 56. Wild cherry tree
- 57. Traditional Japanese socks
- 58. Make of your hard work
- 59. Stony waste matter
- 61. Woman (French)

65. Unit of loudness

EDE Я A SOLUTION I a A A ∃ W HACEK G E M C 0 NE PUZZLE 3 A 0 3 Q A

STURBRIDGE Old Sturbridge Village is celebrat-

ing the harvest season with Apple and Agricultural Days, select Saturdays and Sundays in October. As the trees burst into color, the village transforms into a bustling operation as costumed interpreters harvest the grains, fruits and vegetables

have been growing at OSV all summer long.

Visit and learn how food makes its way from the farm to the dining room table in 19th century New England life. Explore the village, take a tour of gardens and root cellars, and meet the oxen as additional guest teams arrive at the village to plow and demonstrate field preparation.

Witness the apple harvest — one of the most popular items of fall.

Apples at the village are selected and fermented to get "squeezings" from the fruit, a process that produces a different variation than the sweet cider typically recognized at today's farm stands. Cider in the 1800s was kept through the spring planning, summer heat, and into the harvesting of the following season so it could be enjoyed yearround. During Apple and Agriculture Days, costumed interpreters will

be cooking and demonstrating the fermentation process using the ox-powered Cider Mill on-site.

For two days only during Apple Agriculture Days, on Oct. 12 and 13, enjoy a special screening of Forgotten Farms in the Old Sturbridge Village Visitor's Center. This documentary-style film examines class divides in today's farm and food communities. Once at the center of a thriving local food economy, dairy farmers are often "forgotten" in today's new farming landscape, with New England alone losing over 10,000 conventional dairy farms in the past 50 years. Following the screening on Oct. 12, Old Sturbridge Village will host a panel discussion, featuring the film's director, Dave Simonds, producer, Sarah Gardener, local dairy farmers, and OSV's agricultural and horticultural staff.

Apple and Agriculture Days at Old Sturbridge Village take place during normal operating hours from 9 a.m. to 4 p.m. on Oct. 5, 6, 12, 13, 14, and 19. Activities are included with Standard Daytime Admission, a season pass, or membership to Old Sturbridge Village. Save \$2.50 per adult, senior, or youth ticket when you purchase online instead of at the door. Purchase tickets by visiting: https://www. osv.org/visit/purchaseone-day-tickets-online/.

More information on Apple and Agriculture Days 2019 can be found online at: https:// www.osv.org/event/ apple-and-agriculture-days/.

Bay Path's Still awarded CTE scholarship

CHARLTON — Chelsea Still of Plainfield, Conn., has been awarded a 2019-2020 scholarship from the Horatio Alger National Career & Technical Scholarship Program (CTE scholarship).

Ms. Still is a full-time practical nursing student at Bay Path Regional Vocational Technical High School Practical Nursing Academy. She receives a \$2,500 award for her practical nursing studies. CTE scholarships are awarded on a competitive basis of verification of good academic standing, high school completion or earned high school equivalency credential, enrolled in a career or technical certificate program leading to employment, attending a nonprofit post-secondary institution, Pell Grant eligibility, U.S. citizenship, and

be under the age of 30. Ms. Still has worked as a nursing assistant at Westview Healthcare since 2012. She is certified in dementia care and healthcare provider CPR. She is an officer of the UNICEF Club and has previously volunteered representing Bay Path PN Academy for healthcare advocacy with UNICEF Unite at Worcester for the office of Rep. McGovern, meeting with Jon Niedzielski (District Director).

She is a 2010 graduate of Plainfield High School and has taken courses at Three Rivers Community College in Norwich and Quinebaug Valley Community College in Danielson. She is currently with the National Auto Dealer Service in Pomfret as an Administrative Assistant.

The Horatio Alger Association honors the



Chelsea Still

achievements of outstanding individuals who have succeeded despite adversity and who are committed to supporting young people in pursuit of increased opportunities through higher educa-

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Bay Path UNICEF Club Officers offer support



Courtesy photo

WORCESTER — Giovana Ortiz-Associate, Community Engagement, New England Region UNICEF USA sends her thank you to Bay Path UNICEF Club Officers, Alumni and members for all their support of UNICEF and for advocating for children. An email from Representative McGovern's Office stated he is in support of the bill to keep girls in school. Once an update is in with official co-sponsor-

ship, the UNICEF Club will be notified. A meeting with Rep. Jim McGovern (MA-2) and Jon Niedzielski, District Director was scheduled for Thursday, Sept. 19. Bay Path UNICEF Club Officers in attendance were Felisters Mburu of Shrewsbury, Sikorrya Seguin of Dudley, Fjolla Shehu of Worcester, and Chelsea Still of Plainfield, Conn. Alumni representatives present were Elizabeth Lartey, LPN from Worcester, PN Class of 2018 and Emily Lamoureux of Charlton, PN Class of 2019.

Bay Path Regional announces eighth grade tour and Open House dates

CHARLTON — Bay Path Regional Vocational Technical High School, located at 57 Old Muggett Hill Road in Charlton, is pleased to announce that its annual eighth grade tours will take place during the day on Wednesday, Oct. 9, 2019. Bay Path is arranging the tours with district schools and will provide transportation to and from the local schools to Bay Path. The tours give in-district eighth graders the opportunity to see the 22 vocational programs offered by the regional vocational technical high school

On Thursday, Oct. 10, the school will hold its annual Open House from 6 to 8 p.m. All shops and academic classrooms will be available to tour. All faculty will be on hand to answer parent and student questions. In addition, all sports team's coaches and extra-curricular activity advisors will be set up in the cafeteria to answer questions about the school's robust after-school offerings. All seventh and eighth grade students are urged to encourage the Open House

with their parents or guardians to learn about Bay Path offerings.

For the second year running, prospective students may apply to attend Bay Path Regional Vocational High School online at the school's website located at www.baypath.net. Once at the homepage click on the large red button entitled "Apply Now." Applications are accepted throughout the year however, applications received after Jan. 8, 2020 may be placed on a waiting list if all available seats are assigned. All students interested in attending Bay Path are encouraged to apply as soon as possible.

Bay Path Regional Vocational Technical High School serves students from Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer and Webster. At this time the school is unable to accept students from outside the 10-town district. Students with questions about the school are encouraged to call the guidance office at (508) 248-5971.



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

GRAHAM

Friday, October 4, 2019

continued from page 1

outspoken against hiring from in-house to avoid accusations of favoritism.

"I am of the mindset that organizationally speaking that bringing in an interim is a very apolitical move. In other words, you're not showing favoritism to one employee over another. Not that the chief wouldn't be an absolutely qualified candidate and if I had to pick on internal candidate that's the one," Noble said.

Even still, there was some debate about whether or not selectmen should have made a decision at the Sept. 24 meeting at all. Selectman Karen Spiewak felt the board needed more time to consider candidates interested in the interim position.

"We have a challenge ahead of us, but we have many options. I just want to make sure we look at all our options,' Spiewak said, later adding to her comments. "I think this is a little premature. I know we have to move kind of quickly, but I want to make sure we look at all our options.'

Spiewak's statements sparked a

rebuttal from Selectman Noble, who noted that the Board had plenty of time to decide on a temp and admitted that selectmen had not acted fast enough on the matter. With the Sept. 24 meeting being the final Board of Selectmen gathering before Craver's departure, Noble and others were adamant about having a leader in place once Craver moves on.

'We need a point person. It would be nice if we had a lot of time to plan. We've had three months, and this is where we are. We're a little slow of this folks, let's admit it. We should have had this settled a good 30 days ago, but we didn't. That's on us," Noble said, later noting it was imperative that a decision be made that night. "I want to know who's going to be in charge on October 2 and I think the rest of the town does, too."

Before a vote was taken, several other candidates were discussed including the board's administrative assistant Mary Devlin and Finance Director Donna Foglio. Water & Sewer Superintendent Peter Boria also approached the microphone making his interest in the position known publicly. In the end the vote was unanimous to offer the interim position to the police chief.

MIDSTATE

continued from page 1

erty where many of the owners had agreed to open it to hikers with "hand-shake agreements." He said his com-mittee "didn't want to be involved in it in any way," but if Mazzola has secured owners' permission, they won't inter-

"The impact of lots of footsteps on the trail and lights at night could be upsetting to landowners, but I believe they've been notified, so that's not an issue," Simpson said. "I wouldn't want to be running the trail with a headlamp in the middle of the night."

He also expressed concern about potential impact on wet areas along the trail, noting a lot of people "could cause them to expand. That would be a real issue.'

Mazzola said he's been reaching out to the various owners, adding signs and, in some cases, rerouting the race. He's run some of it, while his friend and co-organizer Andy Marx has run about 75 miles of it. The handbook notes the route has been revised "to avoid sensitive areas as designated by the Midstate Trail [Committee]."

"The trail itself is very, very well marked, but it's not marked from the perspective of a runner," Mazzola said. While hikers are willing take a little time to find where the route turns or crosses a road, runners tend to be impatient and "we don't want anyone to get lost," he said.

So he's traveling its length and adding reflective signs at all intersections.

One thing he said he didn't expect to be an issue was wild animals.

"That kinda goes with the territory. It's never been a problem," he said. "We're making noise, running the trail, have lights and are not trying to be

Mazzola said he's seeking volunteer groups "of all shapes and sizes" to staff the 16 aid stations along the route. Those who do will get donations. Sign-ups to race close Oct. 7 or when they sell out. Those interested in volunteering should email Carol at volunteers@newenglandraceevents.com.

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

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Felix and Felixiano Age 8 and 9

Hi! Our names are Felix and Felixiano and we care a lot about each other!

Felix and Felixiano are brothers of Caucasian and Hispanic descent. They are very close and play well together. Felix describes himself as a caring, friendly, funny boy who likes karate and is a good sharer. He loves to eat and will try almost any thing, including vegetables! Felix identified basketball as his greatest talent and when he grows up he wants to be a teacher or a firefighter. He is communicative, outgoing and likes to ask questions so that he knows what is going on around him. Felix enjoys school, and has a strong desire to learn. He particularly enjoys math.

Felixiano describes himself as a boy who does the right thing and likes to play catch with his friends. Felixiano also enjoys playing basketball, video games, giving hugs, superheroes, cooking and playing outside. His favorite color is red and his favorite food is pancakes. When asked what he wants to be when he grows up, he said to be a teenager. Others who know Felixiano say that he is a playful and curious boy who is eager to please, and is both endearing and imaginative. Felixiano is very smart and performs well in school. His teacher reports he is helpful in the classroom and gets along well with the other students.

Legally freed for adoption, Felix and Felixiano can be placed in a home of any constellation, with or without other children. Any prospective family must be open to maintaining relationships with the boys' siblings and biological parents.

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





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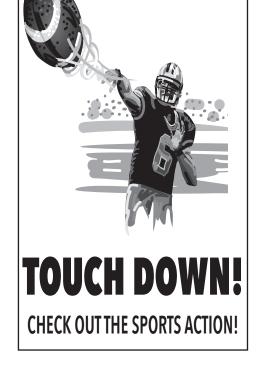


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Rallying for the future



Gus Steeves photos

WORCESTER — Several hundred area residents joined millions of other people in hundreds of world cities on Friday, Sept. 20, rallying to urge leaders to take the climate crisis seriously.

In Worcester, the City Council became one of the few municipal governments so far to approve a "Climate Emergency" resolution pledging to become carbon neutral by 2030, among other things.

The concept, and countless protests worldwide, are being spurred by growing concern over scientific reports from the International Panel on Climate

Change and other bodies projecting increasingly dire consequences if the climate continues to warm. Largely due to growing concentrations of greenhouse gases in the atmosphere (primarily carbon dioxide and methane, both of which are significantly higher today than they were a century ago), scientists argue we're seeing more severe storms, more erratic weather patterns, desertification in some areas, and an overall increase in global temperature. That temperature varies greatly by region; in some, like the Arctic, it's rising very rapidly; in others, it may even

be cooling.

According to data from the National Oceanic and Atmospheric Administration website, the global average is now 0.79 deg C (1.42 deg F) above the 20th-century average, with almost all of that warming happening since 1980. Projections for the future range greatly, largely dependent on whether atmospheric carbon keeps growing, levels off or declines. The best IPCC model (RCP 2.6) shows a roughly stable temperature slightly above that of the present through 2300. The worst (RCP 8.5) projects an increase that ranges from 3 deg C to more than 12 deg C above present by 2300. The wide range is in part because scientists do not yet have a good handle on numerous natural feedback loops that might be trig-

gered by such events as melting permafrost and sea ice or ocean acidification.

Worcester's event was organized by Climate Strike Worcester, a coalition of several regional envionmental groups. Participants primarily came from four Worcester colleges — Holy Cross, Worcester State, WPI and Clark — in marches to the City Hall rally site from WPI and Clark. Several older residents (one dressed like Greta Thunberg) and younger children were also involved, as were representatives of the state's Green-Rainbow Party, Socialist Alternative and Extinction Rebellion. One counter-protestor carrying a "useful idiots" sign also walked by the peaceful crowd.



















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Frank G. Chilinski PRESIDENT/PUBLISHER

Brendan Berube **EDITOR**

EDITORIAL

Don't give in to the winter blues

So often, people strive to become happier by doing this, or obtaining that; however, sometimes it's what we give up that makes us more content. With the fast drop in temperatures, down into the 30's, we know winter is coming. With this, we want everyone to enjoy the changing leaves, tall sunflowers and all things pumpkin.

For many out there, winter is a dreaded season. It's not so much the snow as it is the frigid temperatures and high cost of fuel. We happen to enjoy the fall and winter seasons ourselves, but for those who are having glum feelings about the colder weather, or even for those who love all weather, we have some tips on some things you can toss, to create more happiness in your world.

One thing you can say "be gone" to is the idea that you have to always have a positive outlook on any given situation. If you try to avoid negative feelings all of the time, you're not creating a healthy space for when you are truly happy. If you need to vent, do it. If you're upset and need to cry into a bowl of ice cream, have at it. It is your overall life satisfaction that matters.

Minimize your time on social media. Remember the days when you didn't know what your friends, family or even celebrities were doing every second of the day? Those were blissful times. The only way we knew what someone was up to was to pick up the phone, wait for the dial tone, and make that call. We're not sure we ever inquired about what our friends were eating. All of that unnecessary knowledge is overwhelming at times, and simply put, unnecessary.

One study showed that the more time people spend on social media, the more depressed they are. When we spend too much time online we know that we are wasting time. The idea of wasting time can inflict a feeling of depression on anyone who is typically highly motivated and energetic. Documenting every aspect of your life can be exhausting and takes away from the actual experience. If you order a rack of lamb, just enjoy every bit of it without feeling the need to share it with the world. Your experiences will be more fulfilling overall.

Don't compare yourself to others. We love the phrase "No one is you, and that is your power." People have been comparing themselves to others since the dawn of time. The idea of keeping up with the Joneses is outdated. Don't do that. Love the idea that the person sitting next to you or walking down the street is nothing like you.

Keep like minded company. If you have friends who are Eeyore like or always seem to be complaining, less is more. We don't have time in our precious lives to listen to chronic complaining. At the end of your life, do you want to think to yourself, 'Wow I spent so much time listening to people complain?' We're guessing you don't.

Have realistic goals. If you start with lower expectations and grow from there your success rate in reaching your higher goals will be greater and less stressful to obtain.

Forgive others. This one is extremely hard. However, forgiving those who have hurt you is key to feeling relaxed and happy.

Eating too much sugar can lead to depression. Balance in your meals has been scientifically proven to make people happier. More vegetables, more fiber and less processed food.

Opt to spend your money on experiences rather than things. Experts say the satisfaction of an experience will last much longer.

Lastly, choose good posture. While sitting up you automatically feel more energetic and positive. Slouching can lead to feel nervous, sleepy, sluggish and fearful.

A quote by Jim Rohn sums it up, we think: "Happiness is not something you postpone for the future; it is something you design for the present."

Views and commentary from Charleton, Charleton City, Charleton Depot and beyond

If it were easy, would everyone really be doing it?

POSITIVELY

SPEAKING

By Gary W.

MOORE

I find it fascinating how the most successful people I know are rarely the most talented. It doesn't matter

... whether it's business, inter-personal relationships, the arts, sports ... the people who achieve the greatest heights all share a single quality that propels

them above others. It's not talent, intelligence or luck. It's not knowing the right people or being in the right place at the right time. What is it that the successful have that others do not?

Persistence.

Successful people simply do not quit. They don't give up. I've told the story before, but it's appropriate to do so again.

I'm the author of three successful books. To begin writing a book isn't hard, but completing the task is monumental. There are thousands of people out there that have a book in their head and heart. They began writing with passion but at some point, early in the writing process, they stop. Starting and completing a book project of eighty thousand words or so is a monumental task that few ever complete. Why do they stop? They do not have the persistence to finish. Now let's look at the very few who do finish. Writing the book, as difficult as it is, is easier than getting published. My first book, "Playing with the Enemy," was rejected seventy-four times by publishers. It was the seventy-fifth that took a chance on an inexperienced and unknown author and "Playing with the Enemy" became a surprise hit. A surprise to everyone but me. I knew if I could get it published, the book would resonate with audiences. That belief is what drove me to not quit.

What would happen if you didn't quit?

How many talented baseball players left their dreams of major league stardom behind because they gave up too soon? How many artists or musicians stopped short of the coming success they could have enjoyed? How many marriages end in divorce because one or both parties in the relationship just decide to give up? In each case, they didn't have the persistence to see it through to a successful end.

Is persistence the only quality needed to succeed?

Of course not, but it is the most important. Who really thinks Johnny Cash or Bob Dylan had a great singing voice? They had talent to be sure but I'm certain I can find someone within five miles of my home with a better voice.

So, if persistence is most important, where and how do I get it?

Persistence is driven by your belief system. If you believe you have talent or ability, that belief drives your success. If you don't believe, sell yourself! Face it, if you think you don't have a chance, why would you try?

It's rarely the most talented that achieve the pinnacle of success. Of course, talent matters, but ability is something

that can be achieved through dogged determination. Sticking with your dream and driving to greater heights through practice, study and a passionate drive that always ask the question: If others can reach the top and achieve their dreams, why not me?

My dad had a simple statement that is applicable. If I were to ask him why most people don't succeed, he'd respond, "It's easier not to ..." Apply that as the answer to almost any question.

Why aren't you disciplined? It's easier not to be.

Why weren't you on time? It's easier not to be.

Why didn't you stay and work on your marriage? It's easier not to work

on it. Why won't you quit smoking? It's eas-

ier not to quit. Why aren't you a good student? It's

easier not to get good grades. Why didn't you get that promotion?

It's easier not to get it. Why are you not financially success-

ful? It's easier not to be.

Why didn't you finish that book you were writing? It's easier not to finish.

Apply that answer to almost any question of success or achievement and it is almost always true. It is easier not to succeed. Success takes persistent hard work. It takes the attitude that screams that you will not be denied the success you desire. It requires that dogged persistence that says, yes, it's easier to quit, but you are willing to stick to the task at hand and pay the price for success. As the old adage proclaims, "If it were easy, everyone would be doing it!"

The truth is, if you dig in and not quit, you will find the only resistance is you. If you chisel away the resistance, you will find a clearer path to your success.

Take the road less traveled. The vast majority will always say, "It's easier not to." In a world dominated by those unwilling to pay the price, success is there for the taking for those who do.

It's never too late.

Why not you?

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

How to become a long-term investor



FINANCIAL Focus JEFF BURDICK

It's a fairpredictable pattern: When stock market rises, more people invest, but after a large-scale

drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?

To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.

So, to reach that point where the market's ups and downs have less of a cumulative impact on your holdings, consider the following actions:

Only invest money you won't need for a long time. If you can tell yourself that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.

Keep your focus on what is most important to you. If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.

Don't spend excessive time reviewing your investment statements. A bad month or two can cause some noticeably negative numbers on your investment statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing – and you may even be less tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.

Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon – and

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

Add sugar to pears and TAKE cook down until mixture stick with them. thickens (can take up THE to four hours). Add the crushed pineapple and HINT continue to cook and stirring periodically until KAREN thick and of a syrup conor jeff.burdick@edwardjones.com. TRAINOR sistency. Once desired

Gift Tip: A perfect pairing for poultry, a jar of homemade pear honey is an ideal gift for the Thanksgiving host.

thickness is achieved,

pour hot liquid into hot

Thanksgiving Pickled Eggs

for ten minutes.

For some New Englanders pickled eggs are as traditional as cranberry sauce on the Thanksgiving table. This recipe is sure to "hit the spot!"

Ingredients: eight eggs; 1 (15 ounce) cans beets with liquid; 1/2 cup white vinegar; 1/2 cup white sugar; 1/2 cup

Turn To TRAINOR page A15



Harvest Goods = Impressive Gifts

With today's appreciation of homemade foods, hand crafted side dishes and condiments have never been more popular. Merging the art of basic canning with fresh, delicious ingredients and a dash of creativity results in upscale food gifts that

rival pricey gourmet food catalog offerings. Such creative goods are an ideal way to bring something truly special to the harvest table or to share with family and friends throughout the year.

The following recipes are not only easy to whip up; they'll also earn rave reviews from lucky recipients!

Pear Honey

This old fashioned recipe relies on fresh pears for its smooth, fruity flavor. Ingredients: six cups of ground pears; five cups sugar; four cups crushed pine-

Directions: Peel and core pears. Process pears until coarsely ground.

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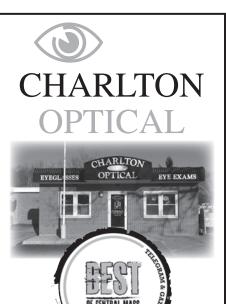
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Rams rack up points to outscore North Middlesex, 53-21

DUDLEY — Richard Carmignani Memorial Field saw a multitude of points when the Shepherd Hill Regional varsity football team hosted North Middlesex Regional on Saturday afternoon, Sept. 28. And the majority of them came from the Rams, who outscored the Patriots, 53-21, to improve to 3-0 on the young season.

Nate Cooper and Mike Raymond both scored a pair of touchdowns to lead The Hill's offense, while Gabe Dos Santos threw for one TD and rushed for another score. Other Rams' touchdowns were had by Xavier Nieves, Tyler Brassard and Anthony Sacco.

Next up for Shepherd Hill is a date at St. John's High on Friday afternoon, Oct. 4 with a 4 p.m. kickoff.



Jason Mckay photos

Shepherd Hill's Gabe Dos Santos jukes away from a North Middlesex defender.





Tyler Brassard of Shepherd Hill outruns the North Middlesex defense with plenty of open field Shepherd Hill's Mike Raymond lays a hard hit on North Middlesex's Ryan McGrath.



Gabe Dos Santos of Shepherd Hill has time to throw thanks to great blocking from his offensive line.



Tyler Reinke celebrates with the football after a North Middlesex fumble.



Shepherd Hill's Mike Raymond sprints down the field as a North Middlesex defender attempts to tackle him.

SPORTS BRIEF

Charlton Youth Basketball announce Travel Division tryout schedule

The Charlton Wildcats Travel Division teams play in the SCMYBL, which is a competitive basketball league in South Central Mass. Participating would require a three-day commitment each week (all games are played on Sundays) from November through mid-March. Unlike in-town basketball, playing time is not equal and travel to other towns is required.

Please note that the below dates/times are the final tryouts for the Travel Division only. The in-town evaluation dates will be announced at a later time.

Fifth Grade: Tuesday, Oct. 8; Charlton Middle School from 5-6

Sixth Grade: Tuesday, Oct. 8; Charlton Middle School from 6-7

Seventh Grade: Tuesday, Oct. 8; Charlton Middle School from 7-8

Eighth Grade: Tuesday, Oct. 8; Charlton Middle School from 8-9

Please check the Charlton Youth Basketball website for any updates to dates and times of tryouts at http://www.sportsmanager.us/ CharltonBasketball.htm. more information email scotneri@ gmail.com or rschulman@charter.

Tomahawks too much after rallying by improved Shepherd Hill



Nick Diamond of Shepherd Hill flicks a ball up and over Algonquin defender Max Deschaine.



Shepherd Hill's Matvey Zhuk keeps his foot on the ball while keeping Algonquin's Will Smith away from it.

BY KEN POWERS

NORTHBOROUGH — The Algonquin Regional boys' varsity soccer team spotted Shepherd Hill Regional an early one-goal lead and then charged back, scoring three unanswered goals and defeating the Rams, 3-1, at the Richard Walsh Athletic Field on Tuesday, Sept.

With the win the Tomahawks improved to 4-1-2 overall and 3-0-0 in the Mid-Wach League's A Division. Shepherd Hill fell to 3-3-1 overall and 0-3-0 in league play with the loss.

The Rams grabbed a 1-0 lead in the game's 16th minute, senior Nick Diamond heading the ball past Algonquin goalkeeper Brendan McCarthy.

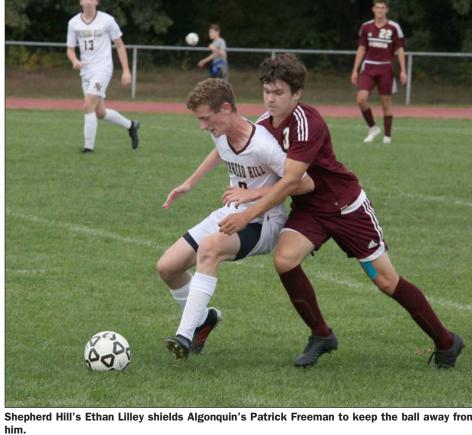
Diamond's header came after a 40-yard boot into Shepherd Hill's attacking zone by junior captain Matt Nguyen. Nguyen's high kick was right on the mark and Diamond positioned

himself to the left of the goal, leaped up and headed it into the far side of the net. Diamond's goal got Algonquin's

attention. "It certainly did, but it was more like, 'I can't believe we're allowing this to happen" said Ken Morin, the Tomahawks' longtime head coach. "But, it's what happens when you have young players.

"At times we need to play faster. We want to possess the ball but at times we do it really slowly," explained Morin, who has seven sophomores and 15 juniors on his roster. "And that invites teams to get on you and apply pressure. We just have to be better at hitting the ball harder. After Shepherd Hill scored we started moving the ball really quickly and it made a huge difference.'

Algonquin tied the game, 1-1, 16 minutes later, junior Carsten Boloz scoring on a direct kick from 20 yards out. The right-to-left kick was angled perfectly, getting past Rams' senior goalkeeper



Shepherd Hill's Ethan Lilley shields Algonquin's Patrick Freeman to keep the ball away from



Shepherd Hill's Nick Diamond tries to keep possession against the defense of Algonquin's Adarsh Padala (25) and Will Smith (2).

Jake Fortin and into the far side of the

The Tomahawks took the lead, 2-1, in

the third minute of the second half. Algonquin senior Jake Thibodeau sprinted downfield, got behind the Shepherd Hill defense and received a pass in from classmate Patrick Freeman. Thibodeau, who induced Fortin to come out of the net and charge the ball, then changed directions, streaked past Fortin and scored into a wide-open net.

Sophomore Charlie Hynes pushed the Tomahawks' lead to 3-0 in the final 30 seconds of the game. Hynes dribbled the ball along the left endline, cut into the field of play, dribbled around his defender and then dribbled around Fortin and pushed the ball into the net.

"Algonquin is a quality team. They possess the ball well and they move the ball well. What we have to do now is figure out if it's us," Shepherd Hill head coach Tim Cormier said." I think this game, for us, was a case of adjusting a little bit too late.

"We're only [seven] games into the season, but for us this was a good start," Cormier said. "We know where we're at and we know the teams we're up against. We're not going to be able to just show up and win games. We have to be able to put together a better performance and a better game plan than we did today. In that regard this game was a step back.'

Cormier said the momentum shift in the game was not a case of Algonquin making an adjustment or flipping a

"It wasn't about that at all," Cormier said. "We've played skilled teams in the past. For whatever reason we took a step back today. We started getting emotional, the in-game drama got the best of us and we lost our focus.

Morin said Shepherd Hill is becoming a team to be reckoned with.

They are 100 times better than they have been," Morin said. "I thought last year that I could see it coming. I told [Cormier] after the first time we played them last year, 'you guys are coming.' High school soccer is a matter of getting enough players around those two or three really good players. They have a couple of very good guys and now they're working on filling in around them so they can be consistent. We're still working on that ourselves."



Matt Nguyen of Shepherd Hill sends a free kick on its way.

SPORTS BRIEF

Bay Path boys' varsity soccer results

Saturday, Sept. 21

Bay Path 1, Advanced Math and Science Academy 1 — Playing on Homecoming, the Minutemen's boys' varsity soccer team tied the Eagles. Bay Path went ahead thanks to a goal by Devin Hanlan.

Tuesday, Sept. 24 Bay Path 3, Tri-County 1 — Competing in a 1-1 tie through halftime, Devin Hanlan of the Minutemen scored a pair of second half goals to lift the boys' varsity soccer team to victory. Ben LaPointe had the first half goal, and Colin Richardson recorded two assists. The Minutemen are now 5-2-1.

TRIPS OFFERED

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

BAY PATH ADULT EVENING SCHOOL

Fall 2019 catalog offerings

New England Patriots vs. the Baltimore Ravens — "Tours and Pours" 3 Days/2 Nights Nov. 2-4

included: Roundtrip What's Motorcoach transportation, lodging, five meals, city tour of Baltimore, three brewery tours, distillery tour, winery, reserved seats at M & T Bank Stadium Tour Director, and more!

\$799pp double occupancy, \$949 single occupancy, \$789 triple occupancy, \$779, quadruple occupancy.

For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

A Country Christmas in Nashville, Tenn. at the Gaylord Opryland Hotel 4 days/3 nights Dec. 6-9

What's included: Roundtrip airfare from Logan Airport, including transportation, three-night lodging, seven meals, Gaylord Opryland exclusive dinner show, ticket for holiday show at Opry House, tour of the Ryman & Grand Ole Opry, ICE Gaylord Opryland, General Jackson Showboat river cruise, and so much more!

Standard view room \$1,899pp double occupancy, \$2,249pp single occupancy Atrium view room \$1,999pp double occupancy, \$2,399pp single occupancy.

For a brochure and complete itinerary, please contact Lori Doughwright at (508) 248-5971, ext. 1715.

Wine Country Pacific Coast Cruise 9 days/8 nights April 6-14, 2020

included: Roundtrip What's Motorcoach transfers, roundtrip airfare from Logan Airport, one night precruise stay in Los Angeles, 8 day/7 night cruise on board Princess Cruises-The Star Princess, visiting Los Angeles, Santa Barbara, San Francisco, Astoria Oregon, Victoria, B.C., Vancouver, B.C., winery tours, all meals on board ship, and more!

*A valid passport is REQUIRED for this trip

Prices starting at \$2,499pp double occupancy (plus tax, transfers & government fees)

For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

CHURCH PILGRIMAGE

Pilgrimage to Italy, Holy Land, and Medjugorje

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

CHARLTON SENIOR CENTER

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

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

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

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

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

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

Dec3(Tues) Johnny Mathis Christmas Tribute - Ultimate tribute to Johnny Mathis with Christmas songs and some of his biggest hits - Davensport Yacht Club -\$92.00

2019 Overnight Trips

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

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

DAUGHTERS OF ISABELLA

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

Oct. 6: NH Turkey Train

Scenic rail tour round Lake Winnipesaukee and lunch! 9 a.m. Spectacular New England footage! New Hampshire awaits!

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

DOUGLAS SUNSHINE CLUB

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

DUDLEY SENIORS

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

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

FRIENDS OF THE STURBRIDGE **SENIORS**

Tuesday, Dec. 3 to Thursday, Dec. 5 Overnight Trip 3 Days/2Nights. Prices are \$459 for Double Occupancy and \$559 for Single Occupancy. On Wednesday see the Spectacular Awe Inspiring Special Effects and complete with Live Animals "Miracle of Christmas Show " at the Milenium Sight and Sound Theater. Following the The Miracle Show is Dinner at the always delicious Plain and Fancy Restaurant. Also included in this trip and happening on Tuesday is a Dinner Show production of Irving Berlin's Musical "Holiday Inn" featuring thrilling dance numbers, laugh out loud comedy and a Parade of Irving Berlin's Hit Songs. Thursday features a visit to Hershev's Chocolate World and Milton Hershey School and Founders Hall before we head home with rest stops on our way back. This Trip includes 2 nights Lodging, 2 Breakfasts, 2 Dinners, Tickets to The Miracle of Christmas and Tickets to the Holiday Inn Show and a Full Commentary Back Country Tour of the Farmlands of Lancaster Country.

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

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

LEICESTER SENIOR CENTER

Thursday, Oct. 17: Trip to Twin Rivers and Wright's Chicken Farm. Bus leaves

Southbridge, 9:30 a.m. Webster. at 9 a.m. \$7 food credit and \$10 slot play. Cost is \$59.

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

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

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

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

MARY QUEEN OF THE ROSARY **PARISH**

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

USA: SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020 JAPAN: March 26 to April 9, 2020

JAPAN & CHINA: March 26 to April 22, 2020

SPAIN & PORTUGAL: September 9-24, 2020

PAXTON SENIORS

Are you interested in joining another wonder trip in 2019?

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

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

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

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

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

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

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

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

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

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

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

FRIENDS OF STURBRIDGE **SENIORS**

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

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

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

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

We also have the following 2 to 5 Day Overnight Trips for Singles and Double Occupancy. Saturday June 29 to Wed July 3 Nova

Scotia, Bay of Fundy, Royal Nova Scotia International Tatoo Tuesday, Dec. 3 to Thursday Dec 5th Pennsylvania Dutch

and The Miracle of Christmas Show, Hershey's Chocolate World and more 459.00 Double occupancy

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

STURBRIDGE RECREATION

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

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

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

2019

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

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

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

UXBRIDGE SENIOR CENTER

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

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

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

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

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

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

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

Youth deer hunt passes, while pheasant hunting approaches





THE GREAT
OUTDOORS
RALPH
TRUE

This past Saturday the one day youth deer hunt was held in Massachusetts. The annual event allows a young hunter 12-17 to hunt deer with a licensed adult hunter, with a special permit from Mass. Fish & Wildlife. They can hunt with a bow or a shotgun. This past Saturday young Tyler was hoping for another harvested deer with his bow, no report as of this deadline.

This week's picture shows Tyler with his first doe he harvested with his dad a few years ago using his shotgun.

Upland bird hunters in Mass. are gearing up for the Oct. 19 opening of pheasant hunting. A few clubs received their Pheasant from Mass. Fish & Wildlife a number of weeks ago, and the results of their success in raising the pheasant are great this year. The clubs

that raise pheasant from the state are required to stock the birds in open covers that are accessible to all Mass. licensed hunters.

Concerned local bird hunters are worried about West Hill in Uxbridge being stocked this year with pheasant because of a dispute with an abutting land owner, which has shut down access to a section of the West Hill. There should not be a problem, as the access to the site can be made at the Dam area on Hartford Ave.! It was used for years prior to the shutdown for access to the hunting site and hopefully it will be used this year if no changes or settlements are made with the abutting landowner. Unfortunately, hunters will have a longer walk to the hunting areas, as they will need to park at the parking lot off of Hartford Ave. Stay Tuned!

Hunting open covers in October will no longer offer great hunting for Woodcock and Grouse locally because of the near extinction of grouse in the valley, and the low populations of woodcock in the area due to lost habitat. The word upland bird hunting is rarely used by this writer, because of



the loss of these two great game birds in the valley area. Areas in other parts of the state also no longer have the woodcock and grouse populations they once had, but are not in as bad a shape as were are.

Flights of woodcock do provide some limited shooting if you are in the right place at the right time. Owning a good pointing bird dog can provide some fast shooting on these birds that are often called timber doodles. When the woodcock flush they often rise straight up, giving the hunter a somewhat easy shot. The whistle of the bird when they take flight is a great sound, and gives the hunting a slight edge in making a good shot. Numerous bird dogs do not like the taste of woodcock in their mouth as they have a

livery taste, but other dogs are

not bothered by the taste.

Woodcock are great table fare if they are prepared correctly, and it takes quite a few birds to make a meal for the family. People that cook with numerous wines make the taste of the bird a lot sweeter, while grouse do not need any special dressings or preparation.

The Salmon River continues to give up some impressive Coho salmon for anglers that are fishing there now. They had a good dose of rain last week in the area, and that is good news, helping to move the fish upstream.

Fish stocks of some species in the saltwater are being devastated by Cormorants and seals. These protected species are causing serious damage to our winter flounder populations, especially in Rhode Island waters. The winter flounder fishing is nearly non-existent in the Narragansett Bay area for years now because of cormorants. In past years I have watched these birds eat hundreds of the recently hatched winter flounder in Rhode Island waters.

Seals eat massive amounts of fish daily and their populations continue to rise annually also. Something needs to be done soon. The commercial fishermen cannot be all to blame for our dwindling fish stocks in Rhode Island and Massachusetts. Numerous attacks by sharks are also becoming more frequent because of the out of control of seal populations. There should be some type of control of these two species.

Take A Kid Fishing & Keep Them Rods Bending!!

TRIPS

continued from page **A12**

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

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

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

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

The Silver Club of the Uxbridge Senior Center invites you to join them on a couple of Christmas trips.

There is a trip to Boothbay Harbor, Maine for the Gardens Aglow on Nov. 21 and 22 for the great price of \$199. After traveling along the Maine Coast, we'll arrive in Freeport, Maine to explore this quintessential Maine village There will be time for shopping at the dozens of brand-name outlets, flagship L.L. Bean Store, and local boutiques housed in historic brick buildings; then enjoy an included late lunch buffet at the Harraseeket Inn. We will arrive in Boothbay Harbor in the late afternoon and check in to the Flagship Inn. This evening we'll experience Gardens Aglow; walk through the Coastal Maine Botanical Gardens' dazzling, outdoor display of 650,000 lights illuminating their meticulously cared for gardens. You'll also have a chance to peruse the visitor's center & gift shop and get a bite to eat. We will stop in the village of Boothbay Harbor afterwards to experience "The Festival of Lights." After breakfast we will head home with a stop

in Kennebunkport for lunch and shopping. *Please note this tour includes periods of outdoor walking on dimly lit, potentially uneven surfaces, and overnight accommodations that require walking up and down stairs.

On December 5 and 6th there is a trip to the Trapp Family Lodge and it includes one dinner and one breakfast both at the lodge, glassblowing at Simon Pearce Company, a meeting with a member of the Von Trapp family, a stop in Montpelier, and of course the luxury of being at the Trapp family Lodge! It is \$379 for the double occupancy per person and \$499 per person for a gingle

Capture the Christmas spirit as we enjoy a little of Austria and a lot of Vermont on this memorable getaway. Situated on 2,500 acres in Stowe, Vermont, the Trapp Family Lodge serves as our magnificent home away from home. Enjoy great shopping, superb dining and exceptional hospitality on this great Christmas holiday tour.

On Wed, Dec.18 we will travel to

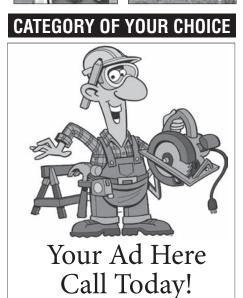
the Newport Playhouse to see "A Christmas Cactus" For \$79, you will enjoy a great play, a bountiful buffet and the Christmas Cabaret.

Show Synopsis: Christmas Eve is tough for private investigator Cactus O'Riley, a white-hot redhead with the holiday blues. She is trying to lure her secretary Fred away from his protective mother, dodging the affections of closing her business. She doesn't need the added aggravation of two fugitives who burst into her office looking for justice and a dead detective named Jake Marley. Cactus also doesn't need Fred's mother, who arrives to take Fred home but decides to stay because she thinks this is the Christmas murder mystery party she has always dreamed of attending. Christmas turns into a dickens of a holiday for Cactus as she solves mysteries, delivers small miracles and takes a second chance on love and sleuthing.

All trips leave from the Whitinsville WalMart. Call Sue at 509-476-5820 for more information.









To advertise in The Local Service Provider Directory Contact June at 508-909-4062 Jsima@stonebridgepress.news

www.StonebridgePress.com

OBITUARIES

Ruby L. (Cash) Stanikmas, 97



LEICESTER- Ruby L. (Cash) Stanikmas, 97, of Pine Street died Thursday, Sept. 26 in Life Care Center of Auburn after a brief illness.

Her husband William Stanikmas died in 2005. She

leaves a son Scott D. Stanikmas and his wife Ellen of Charlton whom she has been living with and being cared for, five grandchildren; Richard Hynes, Jr., Heather Brooks, Steven & Michael Stanikmas and Julianne Thom, two great grandchildren; Shaleigh & Dalton Brooks, a brother Charles "Bill" Cash of Zanesville, and several nieces and nephews. She was predeceased by a son William "Tim" Stanikmas, a daughter Christina Hynes and several brothers and sisters.

Ruby was born in Zanesville, Ohio, daughter of Clyde C. and Hazel (Brown) Cash. She worked in the medical records department at Fairlawn Hospital for many years before retiring. She served her country in the United States Navy during WW II, working as a courier in the records department in Washington DC. She

passionate care.



A graveside service was held on Tuesday, October 1 at 11 A.M. in Pine Grove Cemetery, Pine Street, Leicester. There are no calling hours. In lieu of flowers memorial donations may be made to Veterans Inc., 69 Grove Street, Worcester, MA 01605. MORIN FUNERAL HOME, 1131 Main Street, Leicester is directing funeral arrangements.

www.morinfuneralhomes.com

Lucille J. Patterson, 85



WEBSTER- Lucille
J. (Normandin)
Patterson, 85, of
Webster Manor
Nursings Home,
died Wednesday,
September 25, 2019
surround by her loving family.

She leaves three sons, Gary Patterson and his wife, Deborah, Alan Patterson and his wife, Diane and William Patterson; three daughters, Kimberly Nedzweckas and her husband, Todd all of North Grosvenordale CT., Cara Patterson-Vigneault and her husband, Leonard of Southbridge and Kelly Keefe and her husband, William, of Webster; seven grandchildren, Carey Ann Patterson and her wife,Erica of Charlton, Eric Patterson and his wife, Joanne, Chelsea Patterson, Adam Patterson, Amy Patterson-Erkkila and her husband, Emeli of North Grosvenordale, CT., Caroline Vigneault of Southbridge and Jacob Nedzweckas of Miami FL.; two great-granddaughters, Victoria and Madison Patterson; two sisters, Sandra

McDonald and Erleen McCarthy;

a brother, Roland Normandin. She was predeceased by her sister, Linda Normandin and her former husband, Leo J. Patterson.

She was born in Southbridge on October 29, 1933, daughter of the late Jeannette (Bouchard) and Eugene Normandin

She enjoyed spending time with her family and friends, singing with the church choir and was also an avid reader.

A funeral Mass was be held on Monday, September 30 at 10:00 A.M. in Saint Anthony of Padua Church, 24 Dudley Hill Road, Dudley. (Please go directly to church) Burial was private for family members and followed in Notre Dame Cemetery, Southbridge. In lieu of flowers, memorial contributions may be made to Hospice of Western and Central Massachusetts, 1325 Springfield St, Suite 12, Feeding Hills, MA. 01030.

The Shaw-Majercik Funeral Home, 48 School Street, Webster has been entrusted with arrangemens. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.



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

Doris B. Freehart, 85



SOUTHBRIDGE-Doris B. (Mongeon)
Freehart, 85, a long-time resident of Southbridge, died September 26th, at Southbridge Rehab & Health Care Center. Her husband was the late David J. Freehart,

who died in 1974.

She is survived by her daughter with whom she previously lived, Lynn Bashaw and her husband Abraham of Southbridge, Kenneth Freehart and his fiancée Kelly Connolly of Southbridge, Keith Conley of Southbridge,

12 grandchildren, 20 great-grandchildren, and 3 great-great-grandchildren. She is also survived by her sister Dolores Maynard of Southbridge, and brothers John Mongeon and his wife Yvette of Dudley, Richard Mongeon of

Webster, Gene Mongeon and his wife Cheryl of Charlton, and Larry and his wife Pauline Mongeon of Fitchburg, many nieces and nephews. She was predeceased by her son Edward Freehart in 2018, her daughter Donna Mathieu in 2018, and her daughter-in-law Tammy (Ravenelle) Conley in 2017.

Mrs. Freehart was born in Charlton, daughter of the late Adelard and Isabelle "Annie" (Farraher) Mongeon, and lived many years in Southbridge. She was a member of Saint Mary's Church and enjoyed knitting and sewing. She also worked for over 30 years as a house-keeper for the Sturbridge Truck Stop.

Private funeral services will be held for the immediate family. Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550 is directing the arrangements. www.sansoucyfuneral. com

Gloria T. Kochinskas, 81



C H A R L T O N -Gloria T. (Gallien) Kochinskas, 81, passed away at home while surrounded by her loving family and friends on Thursday September 26, 2019

Being predeceased by her husband, the late Richard P. "Koko" Kochinskas and her daughter Bonnie Breitschwerdt, Gloria is survived by three sons: Dennis DeSaulniers of Webster, John Kochinskas of Thompson, CT, and Steven Kochinskas of Charlton; one daughter: Sherry Born of CA; ten grandchildren; seven great-grandchildren; she also leaves many, relatives and friends.

Gloria was born in Northbridge, MA on September 5, 1938, daughter of the late Simon and Cecelia (Mahon) Gallien; she resided in Dudley prior to moving to Charlton in 2010. Gloria was a lifelong member of the PACC where she tended bar for many years; she was also a member of the friends of Webster Senior Center and you would often find her on shopping adventures at JC Penney or the Dollar Store, but nothing compared to the joy and excitement she felt when she spent quality time with her family, most especially her beloved grandchildren and great-grandchildren.

All were invited to attend calling hours on Monday September 30, 2019 from 5:00 - 7:00 pm with a service at 6:45 PM at the Shaw-Majercik Funeral Home, 48 School Street Webster, MA. Committal Services will be announced at a later date at the North Woodstock Cemetery.

In lieu of flowers, Gloria's family requests that memorial contributions be sent to Central MA Hospice, 191 Pakachoag Street Auburn, MA 01501

An online guestbook is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Robert E. 'Rob' Scully, 61



C H A R L T O N -Robert E. 'Rob' Scully, 61, passed away unexpectedly on Thursday, September 26, 2019 while spending time at his beloved camp near Bethel, Maine.

Rob was born in Holyoke on February 11, 1958, son of the late George B. and

Cecile (Pin) Scully, Sr.

He grew up always loving the out-

doors and often talked fondly of hiking trips during his early years. Rob graduated from the College of the Holy Cross in Worcester, then received

an MSW from UCONN. He worked passionately as a social worker for many years in the Worcester area.

Rob leaves behind his wife of 33 years, Beth of Charlton; his two children, Laura of Worcester and Cameron of

Charlton: his two sisters. Paula and

Liz of Portland, Oregon; his dear nieces

and nephews; and his dog and sidekick 'Scotty'.

Beside his parents, he was predeceased by a brother, George B. Scully,

Jr. and his uncle, Dr. Robert E. Scully. Rob retired seven years ago and enjoyed these years with family and friends. He was most proud of his kids,

HOSPICE VOLUNTEER TRAINING:

Cam and Laura, and was in touch with them both every day. His family has many memories of trips to Squam Lake, the White Mountains, and Maine, going camping, and hearing Rob's hunting tales. Rob was famous for his fresh-roasted coffee and homemade pizza, and he was often sought after for household projects. He could be found walking around Wells State Park or Old Sturbridge Village during nice weather, and he loved to keep up on current events.

Rob was patient, kind, and honest; he loved to laugh and joke while enjoying good food and beer; and was always someone who could strike up a great conversation. He will be most remembered for his integrity and devotion to his wife and his kids.

Friends and family are invited to attend a visitation period on Friday, October 4, 2019 from 5-6 pm at the ROBERT J. MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd., followed by a Memorial Service at 6 pm in the funeral home.

In lieu of flowers, donations may be made to: the Squam Lakes Association in Holderness, New Hampshire.

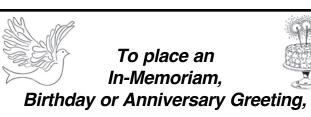
To send a message of condolence, please visit: RJMillerfunerals.net

CALENDAR

Saturday, October 5

STOP ABUSE TODAY INC. "TRIFECTA": A 5K, 10K, and marathon in support of Stop Abuse Today at Holland Elementary School, 28 Sturbrudge Rd. T the 5K and 10K both

start at 9 a.m. Register online at event. racereach.com/stop-abuse-today-5k-10k-13.1/register. Please note that the Half Marathon portion previously advertised has been canceled due to logistical issues. To register or for more information, visit https://event.racereach.com/stop-abuse-today-5k-10k/



the deadline is Friday noon for the following week.

(Memoriams will run on the Obituary pages)

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

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

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

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





Tuesday, October 15

register.

Ghostology 101: Explore the basics paranormal investigations at the Charlton Public Library at 6:30 p.m. Agawam Paranormal will be here to share "ghost hunting" skills, equipment, electronic voice phenomena and spirit photography/videography. This is basic training for paranormal investigators. Register on the library's calendar of events: www. charltonlibrary.

Tuesday, October 22

org.

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

Saturday, October 26

OLD STURBRIDGE VILLAGE SINGERS CONCERT: 3 p.m., Bethlehem Lutheran Church, 345 Main St., Sturbridge. The talented singers of Old Sturbridge Village will be holding a concert to benefit St. Luke's Guesthouse, which provides Christian hospitality to those in need of temporary shelter. All proceeds will go to this incredible place! Take a trip back into history with 19th century hymns, patriotic pieces, popular music and folk songs.

Saturday, November 2

Charlton Lions Club Meat Raffle: Six tables of beef, chicken and pork from Fairway Beef are yours for the winning from noon to 3 p.m. at our new location — Heritage Golf Course (85 Sampson

Road in Charlton). Come join us for an

afternoon of fun and fill your freezer with your prizes. Increase your chances with free "early bird special" tickets to those arriving before 1 p.m. For more information, email thecharltonlions@gmail.com.

ONGOING

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

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

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

TRAINOR

continued from page A8

water; 1/2 teaspoon ground cinnamon (optional).

Directions: Hard boil eggs, cool and peel. In a medium saucepan combine beet liquid, vinegar, sugar, water and cinnamon. Bring to a boil and stir under sugar is fully dissolved. Pour mixture over eggs. Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, and peel. Pack eggs loosely into canning jars. Pour bet mixture over eggs. Chill for at least four hours before eating.

Note: Pickled eggs should be refrigerated, not processed. Refrigerated pickled eggs can last up to ten days in the refrigerator.

Peach Salsa

Sweet and spicy, a fiesta of spices elevates this salsa from simple to sensational!

Ingredients: 9 cups fresh peaches, chopped; 2 tablespoons lime juice (fresh or bottled); 4 cups fresh tomatoes; 2 large bell peppers, diced; 1 large red bell pepper, diced; 2 cups sweet onions; ; 1 cup vinegar; 3 garlic cloves, chopped; 1 tablespoon cayenne pepper; 3 tablespoons honey; 1 tablespoon crushed red pepper flakes

Directions: Peel, pit, and dice peaches, and mix with lime juice. Peel and chop tomatoes. Combine all fresh fruits and vegetables in a large stainless steel pot. Add vinegar, honey, cilantro, cayenne, and crushed red pepper. Bring mixture to boil over medium heat. Cook for about three minutes, stirring frequently. Turn heat to simmer for three minutes more.

Ladle salsa into hot sterilized canning jars, leaving 1/4 inch headspace. Screw on band tightly and process in a hot water bath for ten minutes. Makes a dozen half pint jars.

Gift Tip: Present a jar of peach salsa with a spice packet of Old Bay seasonings for grilled fish. This lets the recipient know this salsa is not just for dipping tortillas!

Wine Jelly

Made from just four ingredients, this simple recipe transforms white or red wine into a sweet spread sure to impress.

Ingredients: 3 1/2 cups red or white wine; 1/2 cup fresh lemon juice; 1 (2 ounce) package dry pectin; 4 1/2 cups white sugar.

Directions: Combine wine, lemon juice, and pectin in a large saucepot. Bring to a boil, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam off top, if necessary. Ladle hot jelly into hot, sterilized jars, leaving 1/2 inch headspace. Tighten two piece lids. Process for five minutes in boiling water bath. Makes five half pint jars.

Hostess Gift Tip: Gift with crackers

and a wedge of aged cheese.

Roasted Red Cherry Tomatoes Rich, red Lilliputian tomatoes, fresh garlic and authentic Italian spices cre-

ate this savory Mediterranean side Ingredients: Two pounds of cherry or grape tomatoes; six whole, peeled garlic

cloves: 1/2 cup good olive oil; one tea-

spoon each fresh oregano and basil; 1/2 tsp each: salt and pepper Directions: Preheat oven to 425 degrees. Slice tomatoes in half and place in a bowl. Peel garlic, add to bowl with tomatoes. Stir in olive oil to coat. Pour mixture onto a shallow sheet pan

with rim. Roast for 30 minutes or until edges of tomatoes are slightly charred. Pack into two ounce canning jars and pour oil over tomatoes to fill jar. Makes four jars.

Gift Tip: Tie with a raffia bow and include a bruschetta recipe.

Festive Red & Green Jelly

The pop of festive colors in this pepper jelly make it a favorite accompaniment to the holiday meal.

Ingredients: 1 cup chopped red bell pepper; 1/2 cup chopped jalapeno pepper; 5 cups sugar; 1 1/2 cups apple cider vinegar; 1 six ounce bottle liquid pectin

Directions: Mince stemmed and seeded jalapenos in a food processor. Combine peppers, sugar and vinegar in a heavy pot. Bring to a rolling boil for three minutes. Remove from heat and cool for five minutes. Stir in pectin.

Allow to cool for two minutes, and then stir for two minutes. Ladle into four ounce canning jars. Process in a hot water bath.

Gift Tip: Save a few jars for impromptu Christmas gifts! String a silver jingle bell through red curling ribbon and tie a big bow on the top of the jar.

Win Dinner for Two at the Publick

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

CALENDAR

continued from page **A14**

Pilgrimage to Italy, Holy Land, and Medjugorje

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

ALZHEIMER'S SUPPORT GROUP: First and third Thursday of each month, 2:30-3:30 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practi-

cal information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass. org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

Grief Support Group: at Overlook Hospice, Charlton: Have you recently experienced the loss of a parent, child, sibling, friend or spouse? We are here to help. Join a safe, supportive and caring group to share your stories and support others who are learning to live again after the death of a loved one. Drop-in group for adults meets on the second and fourth Wednesday of every month, 1-2:30 p.m. Contact Susan Fuller at (508) 434-2200.

NUMISMATICS: Southbridge Coin Club meets on the third Friday of the month (except July and August). The doors open by 7 p.m. and the meeting begins at 7:30 p.m.

Collectors of all ages are welcome. The meetings include raffle, auction, and show and tell. Light refreshments are served. The meetings are held in the community room at the Southbridge Savings Bank at 200 Charlton Rd. (Route 20), Sturbridge.

ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Friday evenings at 7:30 p.m., Hitchcock Academy, Brimfield.

K9 NOSE WORK: A sport open to all breeds of dog and their people Saturday mornings over six weeks at Hitchcock Academy in Brimfield starting Jan. 19. Progressive training levels offered. Fee: \$145 per dog, per session. Instructor: Laurie Merritt, M.Ed., CPDT-KA, CNWI, Certified K9 NoseWork National Instructor Association of Canine Scent

SEN-I JUDO CLUB: This course runs all year long on Sundays, Mondays and Thursdays at Hitchcock Academy in Brimfield, and is well suited for all levels of practitioners, including beginners! Call Sensei Israel Lopez at (413) 279-4330 for more information.

WEIGHT **WATCHERS:** Traditional Weight Watchers Meetings Monday evenings at Hitchcock Academy in Brimfield. Times: WeighIn/ Registration 5:30 p.m., meeting 6 p.m. Leader: Angela Kramer. Visit www.weightwatchers. com to become a member or to learn more about Weight Watchers.

YOGA: Hatha Yoga benefits are stress-relieving. Relax & rejeuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All levels welcome. Six weekly classes held on Monday nights at Hitchcock Academy in Brimfield from 7:15-8:45 p.m., beginning Jan. 21.

FENCING: Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time, it has grown into a modern sport while maintaining those virtues that made it great: honor, valor, and grace. Bring a water bottle, sneakers and comfortable clothing. Youth and adult classes with Andy Bloch at Hitchcock Academy. Fee: \$99.

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

Dining & Entertainment

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



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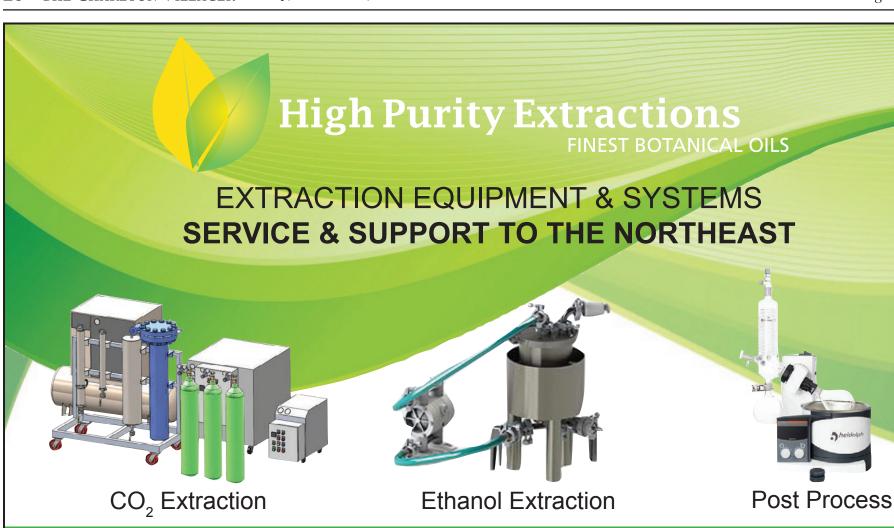
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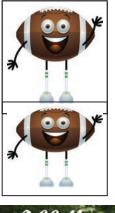
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Veterans Day Salute November 7-8, 2018

Stonebridge Press is saluting our veterans

(from all wars & branches, including honoring deceased veterans), reservists, and active duty U.S. Military members in the November 7-8th issue.



Please send in a photo of your loved one with his or her name, rank, branch of military, and hometown by email to julie@villagernewspapers.com

The deadline for photos is October 17. *There is no cost to submit a photo.*

If you submitted a photo in previous years, please DO NOT re-send. All previous submitted verterans photos will be run again.

Let's give our veterans the recognition they so greatly deserve!

LEGALS

Town of Wales Planning Board P.O. Box 834

Wales, MA 01081 Ph 413-245-7571 Fax 413-245-3261

The Town of Wales Planning Board will hold a Public Hearing on Monday, October 21, 2019 at 7:30 at the Wales Senior Center to discuss changes to the Town of Wales Zoning By-Laws. The following specific sections will be under

Section 4.2 Non-conforming Uses and Structures

4.2.3 Abandonment

Section 7.10 Large **Ground-Mounted** Solar Photovoltaic Installations

7.10.3 Definitions: "Designated Locations" & "As-Of-Right-Siting"

7.10.4.3 Fees

7.10.6 Required Documents 7.16.2 (a) & (b) Land Clearing, Soil Erosion and Habitat Impacts 7.18.2 Abandonment

7.18.3 Financial Surety Section 8.2 Zoning Board of Appeals 8.2.0Application Fees

Section 8.4 Special Permits Application Procedures8.4.5 8.4.3

Public Hearing 8.4.6 Review Procedures

Any person interested and wishing to be heard on matter should appear at said date and time. The current Zoning Bylaws are available to view on the Town website www.townofwales.net, on the Town Clerk's webpage. Copies of proposed changes are available to view at the Town Člerk's Office during regular hours.

Posted 9/26/2019 October 4, 2019

Town Of Wales Planning Board P.O. Box 834 Wales, MA 01081 Ph.: 413-245-7571 Fax 413-245-6197

In accordance with the provisions of M.G.L. Ch. 40A Section 11, the Plan-

ning Board will hold a Public Hearing on October 10th at 6:30 p.m. at the Wales Senior Center, 85 Old Stafford Rd., Wales, MA 01081, on the application submitted by Ray LaBonte, for a Special Permit for the construction of a self-storage facility located at 201 Main St. Lot 1.

Any person interested and wishing to be heard on this application should appear at the said date and time. Copies of the application and plans are available to view at the Town Clerk's Office. September 27, 2019 October 4, 2019

Town of Wales Zoning Board of Appeals P.O. Box 834, Wales, MA 01081 Ph 413-245-7571

Fax 413-245-6197

In accordance with the provisions of M.G.L. Ch 40A §10 & §11, the Wales Zoning Board of Appeals will hold a Public Hearing on October 8th, 2019 at 6:30 p.m. at the Wales Town Hall, 3 Hollow Rd. Wales MA 01081, on the application of Richard and Tamara Bingle of 4 Sichols Colony Blvd. for a variance in terms of the Town of Wales Zoning By-Laws pursuant to the Town of Wales Zoning By-law Sec. 8.5. Specifically, they wish to repair an existing family dwelling unit that has been unoccupied for 2 years or more.

Any person interested and wishing to be heard on this application should appear at said date and time. Copies of the application are available to view at the Town Clerk's Office

Posted 3/26/2019 September 27, 2019 October 4, 2019

STONEBRIDGE PRESS 9TH ANNUAL PET HALLOWEEN COSTUME CONTEST



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

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PUTNAM - 49 Fox Road! Fantastic 2,680' 9+ Room Center Hall Colonial Set On 3 Beautiful Acres! Featuring Center Island Stainless Applianced 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' Storage! Convenient to Everything Putnam! \$369,900.00 DUDLEY - 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 DUDLEY - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by son Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrm, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Flr! 2nd Flr Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out! \$469.900.00

Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! \$399,900.00



Set on 5.47 Acres! Stone Wall Entry Leads Up the 700+' Driveway! Nestled in the Woods! 6 Rms of Gorgeous Cedar! Applianced Granite Kit wSoft Close Hickory Cabinets! Ideal Open Flr Plan wSoaring Beamed Cathedral Ceilings w/Skylights! Gleaming Hrdwds! Liv Rm w/Spectacular Stone Frplc w/ Pellet Insert! 1st Fir Master w/Full Whirlpool Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! 3Z Buderus Oil Heat! 2 Car Garage! \$399,00.00



Upgrades! Hrdwds Throughout! Frplce Liv Rm w/Recessed Lights! Formal Din Rm! Eatin Kit Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd FIrs & Slider to Deck! 1st FIr 1/2 Bath w/Laundry! Master Bdrm w/Dble Closet & Full Bath w/Linen Closet! 2nd Flr Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16X21 Deck! Garage Under! S Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! \$349,000.00







Walk-out Lower Level w/Full Kitchen, 22' Lake Facing Family Rm w/Sliders to the Patio/Lake! 2 Lake Facing Bdrms w/Sliders to the Patio/Lake! Full Bath! Oversized 2 Car Garage! LP Gas Heat/Hydro Air! Generator! Private Boat Ramp! Docks! Don't Delay!



1st FIr w/Beautiful Hrdwds! Frplc Liv Rm! 1st FIr Master Bdrm! Office or 4th Bdrm! Custom Tiled Bath w/Laundry! Upstairs 2 Spacious Bdrms w/Hrdwds & 2nd Full Bath! Large Paver Patio! Shed! Gorgeous Views! \$299,900.00

DUDLEY - 61 Townfarm Rd! Charming 7 Rm Cape Set 1.9 Acres! This 3 Bdrm Home Completely Renovated 2015! Updates Include - Roof, Windows, Siding, Kitchen, 2 Baths, Furnace, Electric Panel, Well, Septic, Driveway & More

Ideal Open Flr Plan! Cabinet Packed Granite Kit w/Island & SS Appliances

SUTTON - LAKE SINGLETARY WATERFRONT! 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Septic Just Installed! Ouick Closing! \$474.900.00

REDUCED













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 Eatin 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' Walkout Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! \$499,900.00





CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edgel 2 Story Foyer! Natural Woodwork! Open Flr Plan! Appliance Granite Kit w/lsl, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplc Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Flr w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walk-out Lower Level w/31 Fam Rm! Full Kit! Full Bath & Laundry! Includes NEW A/C SPLITS SYSTEM! Enjoy Outside

from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! \$524,900.00



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



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



WEBSTER LAKE - 68 W Point Rd! Western Exposure - Spectacular Sunsets! 75' Waterfront w/Expansive Views! 6 Rm Yr Rd Ranch! Ideal 2nd Home! Renovate or Enjoy As Is! Open Flr Plan! Applianced Cabinet Packed Kit! Lake Facing Din & Liv Rms w/Water Views! Sliders to Screen Enclosed Porch! Master w/Ceiling Fan Storage Rm! 3 Bdrms, 2 Baths Total! Oil Heat! Covered Entry Ramp & Electric Chair Lift! Shed! Dock! Summer Will Be Back





WEBSTER LAKE — 603 Treasure Island! 1,874 Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Maple & Corian Kit wSS Appliances! Din Rm w Sliders to Deck! Frplcd Fam Rm! Patio! Newer C/Air, Heat & Hot Water! Garage! 2 Slips! Pool! Beach! Listed by Another — "SOLD" by C2! Lake Realty! \$335,000.00





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OPEN HOUSE, SAT. • 11-1

DUDLEY - 35 NW SCHOOLHOUSE RD SPACIOUS 1364 sf +/- stone faced Ranch on 2.93 +/-ACRES! PRIVATE SETTING, 2 car garage! sunny rear

yard! Scenic country area of Dudley amongst farms, fields & woods! This home features: one level living, 3 BRs, (14x16) Master BR w/walk-in cedar closet! 2 full baths, 3 season side porch, formal dining room, living room w/fireplace & pellet stove, open concept kitchen/ casual dining! Truly a rare find! \$249,900.

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

THOMPSON, CT - 6 LILLIAN AVE, LOT #1



Bedrooms. Grantle counters, center Island & dinling rm w/Silders/ Master BR, private master full bath w/extra wide shower & walk in closet, plus 2 more spacious BRs & a full hallby abth. 24 lower Level family room, half bath w/laundry hookups! Two car garage! Central AC. \$309,900.

developments with underground utilities! **WEBSTER - 3 STEFANIAK AVE.** CHAPLIN. CT - 74 FEDERAL HILL RD



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

DUDLEY - 71 EAGLE DRIVE

ON DEPOSIT IN ONE DAY! Wow! Young 8 room Center Hall Colonial! Better than new! 3

bedroom, 3 full baths! 23' X 23' Cathedral ceiling Family Room!

Hardwood & Ceramics throughout. Heat by forced hot air/oil,

Central air! 2880 Sq Ft of living area. In one of Dudley's finest

THE THE TEST

SOUTHBRIDGE - 79 N.WOODSTOCK RD



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

WEBSTER/DUDLEY/DOUGLAS LAND!

Dudley - Marshall Terrace 12,000 +/- Sq, Ft. Possible potential for a 2 family to be built! Town Water, Sewer, City Gas! Nice level lot.

Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest \$132,900

Webster -3 Lots Cooper Rd. Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, water/sewer access

OXFORD - 66 CHARLTON ST



NEW FORCED HOT AIR HEATING SYSTEM & HOT WATER TANK! RECENT 200 AMF CIRCUIT BREAKERS. ONE YEAR OLD WOOD STOVE! ENCLOSED SIDE PORCH CABANA FAMILY & WORK ROOMS. NEW 4BEDRM SEPTIC SYSTEM, COMPLETED

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Large 4 Family! 3 car garage! Off street parking. 2 bedrooms each unit! Walk-up attic with a lot of potential! Solar panels!! Fully \$369.900.

WEBSTER LAND - COOPER RD



ATTENTION DEVELOPERS

Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, Water/Sewer access

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



gas Fireplace living room! 2 baths. Appliances included. 2 zone heat. Large deck! Young

asphalt roof. Walk out lower living level. Town Water & Sewer, City Gas \$229,900.

ter & Sewer, City Gas

WEBSTER LAKE - 118 POINT BREEZE RD

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

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore front-**NEW PRICE \$299,900**



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ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN
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3700 SF-/- Mid-Certury Modern Home is unique w/msesive modern windows
810 pannarmic views across the labe to stunning Webern sursets. S spacious
BRS that overlook the rooms below. A 30x32-/- defd garage w/summer kilchen,
1/2 bath Family owned gem for 60-years!
\$1,495,000

WEBSTER LAKE – 32 JACKSON RD



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





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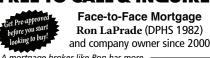
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OPEN HOUSE 12-2PM SUNDAY 483 Alpine Dr \$289,900

Beautifully maintained Colonial with 6 rooms 3 bedrooms 2 1/2 baths. Large kitchen/dining room combo with tile floor. Half bath and first floor laundry. Master bedroom with large walk in closet and master bath. 2017 Pellet stove to keep you warm. Cozy three season sun room which leads to patio/deck and a large flat yard. Finished lower level for your "man" or "woman" cave. New roof in 2019. Nothing to do but move in and enjoy the holidays.



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colors. New Roof being installed. \$239,900. | Conservation Area Trail Syste

bedroom & family room. Level yard. Tranquil Sturbridge Village and the Heins Farm

First floor master bedroom with stunning master bath! Lower level finished family room. 3 car garage. Brand new paved drive! 1.75 acres.





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SPENCER, MA - \$259,900

Re/Max Professional Associates



N.WOODSTOCK, CT - \$244,900 657 Brick Yard Rd 24 Bay Path Road 3 bedrooms, 2 Bath,

3 Bdrm Ranch Lots of Land, **Immaculate Condition** Ability to finish basement





223 Stawicki Road 3 Bedroom, Split, Full Inlaw **COMPLETELY REMODELED**



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



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

MORTGAGEE'S SALE OF REAL ESTATE AT PUBLIC AUCTION

Friday, October 11, 2019

12:00 PM-FISKDALE (Sturbridge) 16 Camp Road

sgl fam, 1,288 sf liv area, 1.75 ac lot, 5 rm, 3 bdrm, 1 bth, Worcester(Worc): Bk 34897, Pg 29

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

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

BAY STATE AUCTION CO, INC. NORTH CHELMSFORD (978) 251-1150 www.baystateauction.com MAAU#: 2624, 2959, 3039, 2573, 2828, 116, 2526, 2484, 3246, 2919



(T) Townhouse

(D) Adult Community



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ADDRESS	STYLE	TIME	PRICE	REALTO	OR/SELLER/PHONE

\$249,900

	SATURDAY, OCTOBER 5
DLEY	

		AIUK	WAY, U	CTOBER 2
DUDLEY			Í	
35 New Schoolhouse Rd	S	11-1	\$249,900	Hope Real Esate

35 New Schoolhouse Rd	
WEBSTER	

THOMPSON, CT

223 Stawicki Rd

(C) Condo

(B) Business

90-A Sutton Rd 11-12:30 \$289,900

(X) Condex

12:30 -2 \$249,900

Re/Max professional Associates/ Patrick Sweeney 774-452-3578

(M) Multi-Family

(S) Single Family

Hope Real Esate Group/

Sharon Pelletier 508-954-7222

Re/Max professional Associates/

Patrick Sweeney 774-452-3578

SUNDAY, OCTOBER 6

SOUTHBRIDGE 483 Alpine Dr	S	Noon-2	\$289,900	Aucoin Ryan Realty 508-765-9155
STUBRIDGE 78 Stallion Hill Rd	S	Noon-2	\$415,000	Aucoin Ryan Realty 508-765-9155

WEBSTER

44 Central St

17 Cutler St

11-1 \$119,900 W. BOYLSTON

774-230-5044

12:30-2 \$334,900 ReMax Advantage 1 / Maria Reed 508-873-9254



CALL FOR A MARKET ANALYSIS



WEBSTER LAKE: • 130' frontage on the water

PUT YOUR TRUST IN US TEAMWORK AND EXPERIENCE Jo-Ann Szymczak 774-230-5044 Diane Luong 774-239-2937 Maria Reed 508-873-9254 Maureen O'Connor 508-981-4902 ReMax Advantage 1 179 Shrewsbury St., Worcester MA 01604

- 3 baths • 3 bedrooms, cathedral ceilings, office, den, family room
- Wrap around deck
- Fireplace
- 2 car heated garage
- Town water & sewer 16 Pattison Rd ~ \$749,900



Licensed in MA & CT

WEBSTER: 3 bedroom, 1/2 acre lot, sided-garage, hardwood floors, seller motivated-view now!



DUDLEY: New Construction. 4 bedroom, gas heat, central air, HW floors, Formal DR, Cathedral ceiling family room.

16 Francis Dr ~ \$419,900



Woodstock CT: 21 Acres. 4 bedroom, 2.5 baths, 2 fireplace, CEDAR LOG HOME, HUNTER'S PARADISE 480 Route 197 ~ \$650,000



DUDLEY: 18 lot subdivision \$575,000

LAND

DUDLEY: build-able lot, water & sewer \$75,000

LEICESTER: 1/2 acre lot sewers available \$20,000



WEBSTER: 2-Family. Contractors — check it out! Vinyl sided, 9 rooms, Offers! Offers! Offers! By appointment "Group Shows" 46 Granite St ~ \$94,900



E. BROOKFIELD: 136' on Lake Lashaway. New septic, 2 kitchens, 2.5 baths, 3 bedrooms, 2 car garage.

142 Gleason Ave ~ \$310,000

INVESTMENT PROPERTY

DUDLEY: COMING SOON 4 units \$300's

> DUDLEY: 401' Bungalow

with sub-dividable lot \$359,900



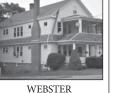
DUDLEY: 1st floor condo. 2 bedroom, hardwood floors, appliances, in unit washer /dryer, garage

17 Cutler St ~ \$119,900

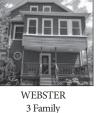


W. BOYLSTON: Offers Considered 3 bedrooms, 1.5 baths, sided, recent roof, kitchen windows, 1 + acres. 44 Central St ~ \$334,900

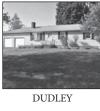
SZYMCZAK SELLS! MAUREEN MADE IT HAPPEN **ON DEPOSIT**



2 Family 23 Klebart Ave



61-63 Myrtle Ave



48 Airport Rd

Attend Buyer or Seller Coffee Hours in October

Become an informed buyer or seller.

> Call Jo-Ann 508-943-7669 774-230-5044









RE&THE

Local Events, Arts, and **Entertainment Listings**

SATURDAY, OCTOBER 5

16TH ANNUAL AUCTION, Sponsored by VFW Auxiliary to Thompson Memorial Post 10088.Food – 5 pm, Auction – 6 pm. VFW Post Home 654 Quinebaug Rd. (Route 131) Quinebaug, CT 06262. Benefit: veterans and community programs

FRIDAY, SATURDAY & SUNDAY OCTOBER 11, 12, & 13



EGYPTIAN FESTIVAL Friday 12-6, Sat & Sun 10-6 Egyptian &has Mediterranean food. shopping bazaar, Egyptian music, Photos dressed as a Pharaoh, Face painting, Church tour, Children's activities, and more. Rain or shine.

St. Mary & Pope Kyrillos VI Coptic Orthodox Church. 74 Gould Road, Charlton, MA



SATURDAY OCTOBER 19

3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR 9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables Serving Lunch

American Legion Gaudette Kirk Post 138 175 Main Street Spencer, MA 01562

WEDNESDAY, OCTOBER 23

FINANCIAL FRAUD & THE ELDERLY What to Know and How to Avoid It 1:30-2:30. Kim Brown Branch Manager, North Brookfield Savings Bank

Limited seating Quaboag Rehabilitation & Skilled Care Center 47 East Main Street West Brookfield, MA RSVP 508-867-7716

ReMax Advantage 1 / Jo-Ann Szymczak

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

ACOUSTIC FRIDAYS AT 308 LAKESIDE New England Weather 308 Lakeside

308 East Main Street, East Brookfield, MA 01515 774-449-8333

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE 1:30-2:30. Barbara Perman, President, Moving

Mentor Tea & Refreshments will be served Limited seating Quaboag Rehabilitation & Skilled Care Center 47 East Main Street

SUNDAY, SEPTEMBER 29



West Brookfield, MA

RSVP 508-867-7716

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

SUNDAY-TUESDAY

BUS TRIP TO ATLANTIC CITY Leave from Big Y Parking Lot Call 508-885-5560 or 508-885-2458 for more info and trip amenities

SUNDAY, NOVEMBER 15

NOVEMBER 10-12

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



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



Po Something FUN This Weekend!

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



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





TOWN OF SPENCER is seeking private snow plowers for the 2019-2020 Winter Season.

If interested, please contact the Office of Utilities and Facilities, 3 Old Meadow Road, Spencer, MA Monday-Thursday 8:00am - 5:00pm, call 508-885-7515 or on the Town website www.spencerma.gov

Applications should be submitted as soon as possible.

The Town of Spencer is an equal opportunity employer.

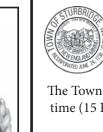
Sturbridge – Part-Time Front Desk Reception/Processor

Here's an opportunity to join a small dynamic insurance agency in Sturbridge, MA. We are looking for a part-time afternoon receptionist 2pm-5pm M-F, needs to be processor reliable, organized, personable, detail oriented individual who can maintain a flexible schedule. Also must have good working knowledge of Microsoft programs.

Email resume to: siacobucci@mccurdyinsurance.com



HELP WANTED



Senior Center Program Assistant Town of Sturbridge

The Town of Sturbridge is seeking applicants for the Parttime (15 HOURS/WEEK) position of Program Assistant for the Council on Aging.

The position requires planning, administration, and coordination of Senior Center Activities. Must be able to communicate effectively, have initiative and be selfmotivated. Ideal candidates will be proficient in Microsoft Office, including Publisher.

The position pays between \$16.75 and \$17.35/hour DOQ. For a full description, go to the vacancies link at www.town.sturbridge.ma.us. Submit resumes no later than October 17, 2019 to: The Town Administrators Office 308 Main Street, Sturbridge, MA 01566. Or email to amensen@town.sturbridge.ma.us.

The Town of Sturbridge is an EOE.

BECOME PART OF A GREAT TEAM!

Are you looking for an exciting and rewarding career in manufacturing?

Gentex Optics, Inc. is a subsidiary of Essilor International, a world leader in the manufacturing of Ophthalmic products, technology, and research and development. Our Mission is to Improve Lives by Improving Sight. We are currently searching for dedicated team members that are passionate about making a difference.

Benefits Include:

- Health, Dental & Life Insurance plans
- 401k plan
- Eye plan
- · Tuition reimbursement
- Employee Incentive Program
- · Clean, Air Conditioned Environment
- Employee Assistance **Program**
- · Wellness Program
- Vacation Time





- MANUFACTURING OPERATORS 12 hour day & night shifts, entry level
- Dispensing Optician
- Automation Technician
- CAFE SUPERVISOR
- Process Engineer
- Maintenance Technician
- OPERATIONAL EXCELLENCE PROJECT MANAGER
- Environmental Health & SAFETY SPECIALIST
- Active Directory & VM WARE ADMINISTRATOR

Apply to join our team today!

We are proud to be an equal opportunity employer M/F/D/V. Drug free workplace.

Please email resumes to: GentexJobs@essilorusa.com Call for more information: 508-943-3860



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WWW.ESSILORUSA.COM



YOUR

LOCAL

NEWS

ISSN - INFORMATION SUPPORT SERVICES & NETWORKING INSTRUCTOR

Bay Path Regional Vocational Technical High School

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

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

Job Description

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

Job Requirements

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

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

Bay Path Regional Vocational Technical High is an Equal Opportunity Employer



NOW HIRING

Front Desk / Night Auditor Part-Time to Full Time

High School Diploma or GED Preferred Pay based on experience. Apply in person.



328 MAIN STREET, ROUTE 20 STURBRIDGE, MA 508-347-6466



GOING CHECK OUT THE SPORTS ACTION!



TOWN OF DOUGLAS HIGHWAY DEPARTMNENT

The Town of Douglas Highway Department, 56 Main St. 508-476-3378 is now accepting applications for the Full-Time (40hrs) position of Laborer/Driver/Equipment Operator. Applicants must possess a valid Massachusetts Class B CDL and a 2B hoisting license with a minimum of 3yrs of experience operating equipment and snow plowing. Must have knowledge of construction and maintenance operations and be willing to work overtime. Starting pay is \$20.34 per hour with full benefits.

Applications can be obtained at the Highway Department and Selectmen's office and must be submitted by 3pm on October 21st, 2019.

The Town of Douglas is an equal opportunity employer.



Home Town Service, **BIG TIME RESULTS**

CLASSIFI

www.towntotownclassifieds.com 1-800-536-5836



010 FOR SALE

TRAC VAC

Model 385-IC/385LH

Used Once

Best Offer

BEAR CAT

VAC-N-CHIP PRO

& VAC PRO

Models 72085, 72285,

72295 Used Twice

Best Offer

CALL

(508)765-5763

TO SEE COME TO

22 TAFT ST. 2ND FLR

SOUTHBRIDGE, MA

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

TWO DBL HUNG VINYL

glazed white; 30 3/8 by 56 3/4

removable sash & screen;

\$85.00 each call Jim @ 508-

WE'VE MOVED! Light oak din-

ing-room table w/6 chairs & 2

leaves, Oak entertainment Ctr.,

various size lamps, small elec-

tronics & more. No reasonable

offer refused. Call 413-896-7047

PRODUCTS

SNOWBLOWER.

10hp Tecumseh, two stage, 30

in width. Flectric start, well main-

tained! \$600.00, 508-347-3775

100 GENERAL

107 Misc. Free

Free construction wood and

kindling wood; beams, ply-

wood, 2x4x, 2x6s, 2x8s, good

for woodstoves, not for building

Clean. Delivery possible. Ask for

J.D. 413-262-5082

OUTDOOR

\$1050. 508-259-8805

CLAD WINDOWS

inches; dbl pane;

Sturbridge area.

WHITE

892-3564

ARTICLES FOR SALE

010 FOR SALE

GROUND **ABOVE** OVAL POOL used 12 seasons.

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

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

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

CANON CAMERA AE-1 MANUAL

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

CHINA FOR SALE

8 place settings of Golden Peony by Princess. interested please call between

9am-6pm 508-764-8870

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

CUB CADET SNOW-BLOWER. 13hp Tecumseh OHV. 45 in. width, trigger steering, 6 FRWD, 2 REV, new condition. Hardly used! \$1.600.00.

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

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

ENTERTAINMENT 3 Pieces Each 6 ft 2 inches Tall 31 Inches Wide Adjustable shelves for TV's ect..

Cabinets for storage Call 1-508-347-3145

010 FOR SALE

FIREWOOD

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

FIREWOOD

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

FOR SALE

Brand new8ft Leers Cap. Fits a bed for 2016 and under. call 508-909-6070

FOR SALE

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

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

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

FURNITURE FOR SALE

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

GENERAC GP500 Gasoline Generator-Unboxed, never used. Original manual + warranty card. Provides 5500 watt power supply. Asking

SEWING SUPPLIES

\$575. 203-209-6418

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

010 FOR SALE

LETTER PRESS COMMER-CIAL 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 cuttingsaw, hand tool equipment, 2 steel draw cabinets. (will not sell separately) \$5,000. 508-764-

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

REESE 16K SLIDING FIFTH WHEEL HITCH \$375 or BO. ALSO WEIGHT **DISTRIBUTION HITCH**, for class C receiver on car or

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

truck \$300 or BO. call john

508 244 9699

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

Transport chair, Excel Deluxe by Medline 19" seat, up to 300

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

(508) 278-5762 Evening

Wallstone, \$25/Ton

lbs. Used once. 508-637-1304

130 YARD SALES

DEADLINE FOR YARD SALE SUBMISSIONS IS **NOON MONDAY**

FOR ALL MASS. WEEKLY **PAPERS** Deadline subject to change due to holidays

Call for more info YARD SALE

electronics &more.

265 FUEL/WOOD

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

284 LOST & FOUND

Did you find your pet?

LET US KNOW!!!

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

11 FABYAN RD Dudley, MA Saturday October 5 9am-3pm household items, furniture, Vintage sports

200 GEN. BUSINESS

205 BOATS

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

Pets

Or find a home for one?



Please call us so that we can take your ad

out of the paper...

298 WANTED TO BUY

LEE'S COINS & **JEWELRY** \$ BUY & SELL \$ ALL **GOLD & SILVER ITEMS** Specializing in NUMIS-MATIC COINS, Bullion Items, gold & silver of any form! Qualified with over 30 years experience & a following of many 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

HOUSE CLEANING AVAIL-**ABLE** Reasonable rates.

Plaza) (508) 637-1236 or

WAR RELICS & WAR

WWII & EARLIER CA\$H

WAITING! Helmets, Swords

Daggers, Bayonets, Medals,

Badges, Flags, Uniforms, etc.

Over 40 Year's Experience. Call

1-(508)688-0847. I'll Come To

300 HELP WANTED

310 GENERAL HELP

WANTED

Looking for experienced Me-

tools.Mon.-Fri. 401k Plan.

Health Benefits. Must apply

580 South St., Southbridge

WANTED: Seeking Quality

Homes Throughout Central

MA To Provide Foster Care

To Children In Need, 24/7

Support. Generous Reim-

bursement, \$1000 Sign-On

Bonus. Call For Details.

Devereux Therapeutic Fos-

ADVANCED BEHAVIORAL HEALTH

ter Care. (508)829-6769

Must have own

PARENTS

FIVE STAR AUTO

EXPERT SERVICE

Full Time Mechanic

NOW HIRING!

chanic.

in person.

508.756.0257

FOSTER

SOUVENIRS

WANTED:

(508)341-6355 (cell)

and fairness are our best times policies! Lee's Coins & available. Bonded- Call Wendy Jewelry, 239 West Main for a FREE Street, East Brookfield 774-262-9166 (Route 9 - Panda Garden

442 LICENSED DAY

325 Professional

HELP WANTED

BASED IN North Brook-

field: Home Every Night

Class A Driver And/Or Gen-

eral Mechanic For 18-Whee

Contact H.R. Salem Trans-

400 SERVICES

433 CLEANING

Weekly, bi-weekly or monthly

port, LLC.(508) 867-3235

Trailer Trucks

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 num-

448 FURNITURE

SOLID OAK RECTANGULAR DINING TABLE about 35 yrs old in sturdy condition but could use a light sanding on refresh Asking \$75. CALL (508)637-1698

SOLID ΟΔΚ RECTANGULAR **DINING TABLE** about 35 yrs old in sturdy condition but could use a light sandon top refresh Asking \$75. CALL (508)637-1698

454 Home IMPROVEMENT

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

500 REAL ESTATE

505 APARTMENTS FOR RENT

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

530 Houses for Sale

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

546 CEMETERY LOTS

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

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

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

575 VACATION RENTALS

CAPE COD **DENNISPORT** Clean 2 bedroom Cottage

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

> Large Private Lot, Great for Children!

\$700.00 A Week 508-280-8331 rwo12@aol.com

576 VACATION RESOURCES

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

motive

700 AUTOMOTIVE

715 Auto Services

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

725 AUTOMOBILES

1987 BMW 325i Convertible, red with black leather interior. 153.000 miles and in good condition, no rust, newer top, needs a tune-up. \$4100 or B/O, Adam 508-735-4413

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

2003 MERCURY GRAND **MARQUIS GS** Like New 21712 miles.

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

savianojohnt@yahoo.com

CALL 508-377-8729

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

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

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

FOR SALE 1995 Cadilac Fleetwood brougham Florida car. Needs water pump and AC compres-

sor. \$1000 interested

725 AUTOMOBILES

PLACE MOTORS

2014 FORD F150 Crew cab STX 4X4 tow package bluetooth and more

\$23919 STK#9077A

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

Call (508) 943-8012

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

740 Motorcycles

DAVIDSON (low rider). Accessories added:

windshield, crash bar, saddle babied miles and care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly condition. 508-414-9134 for showing. Firm \$12,000 as bike is MINT!

2014 Victory Vision Tour

Loaded with options Only 2.000

miles, not even broken in Paid

\$20,000. Asking \$13,500. Call

774-200-6387 email

740 Motorcycles

HARLEY DAVIDSON

(low rider). Accessories added: windshield, crash bar, saddle 5300 babied miles and care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly condition. 508-414-9134

for showing. Firm \$12,000 as

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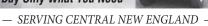
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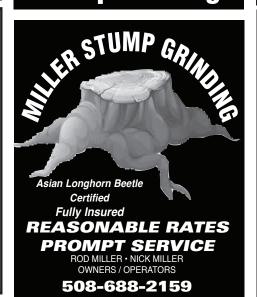
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The rise of craft and home brewing has created more beer flavor profiles than ever before. In fact, there's likely a beer for everyone, whether you're a novice or connoisseur.

The Brewer's Association, a trade association that represents small and independent American craft brewers, reports that, in 2018, small and independent brewers collectively produced 25.9 million barrels and experienced a 4 percent total market growth. The BA also states that these small brewers achieved a collective retail dollar take-in of \$27.6 billion.

While wine will always have its enthusiasts, beer is fast on its heels as a popular mealtime beverage. Much in the way wines are paired with certain foods, it has become the natural course of action to pair certain foods with particular styles of

"Beer is a great match for food because of the complexity of its flavors, its ability to provide refreshment and to interact with many food flavors," says Marc Stroobandt, a master beer sommelier for the Food and Beer Consultancy, UK.

Although each person has his or her preferences, here is a brief listing of generalized pairings, courtesy of the Brewer's Association and CraftBeer.com.

 American Amber Lager: Creamy risotto, wild rice, polenta

• American Pale Ale: Game birds, such as duck and quail

Belgian-style Dubbel: Pork chops, sausage, tenderloin

Belgian-style Flanders: Grilled ribeye, root vegetables

· Blonde Ale: Chicken,

salads, salmon, nutty cheese Dark Lager:

Barbecue, sausage, roasted meat Hefeweizen:

• Imperial Stout: Smoked goose, foie

Weisswurst, seafood,

gras, strong cheeses · IPA: Spicy foods, curries

· Porter: Roasted or smoked foods, black-

ened fish The Brewer's

Association recommends matching delicate dishes with delicate beers and strong dishes with assertive beers. Commonalities, like aromas and sub-flavors. also work together. A beer with roasted notes may pair well with chocolate, for example. Opposites also attract, in that a spicy food may taste best when paired with a sweet beer.

Pairing might once have been limited to matching wines with certain foods. But the booming craft beer business has popularized pairing flavorful beers with foods to make meals even tastier.

What to know about food portions

Portion control is a big part of a healthy diet. In fact, the National Institute of Diabetes and Digestive and Kidney Diseases notes that, when it comes to maintaining a healthy weight, how much food a peron eats is just as imp what he or she eats. No two people are the same,

so a portion that's satisfying and healthy for one person won't necessarily be the same for another person. Answering some common questions about food portions can help people understand this vital component of a healthy lifestyle.

What is the difference between portions and servings?

The NIDDK notes that a portion is how much food a person chooses to eat at one time, while a serving size is the amount of food listed on the Nutrition Facts label. The portions a person eats may or may not match a serving size. That's because a healthy portion size is typically based on various factors, such as age, weight and gender, unique to individuals.

Should calories come into play when determining healthy portion sizes?

Calories definitely merit consideration when determining healthy portion sizes. However, the amount of calories a person needs is based on a number of factors, including how physically active that person is. The NIDDK notes that a 150-pound woman who exercises vigorously throughout the week will need more calories than a woman about the same size who is not as physically active. When trying to determine their calorie needs, men and women should consult with their physicians, who will consider their lifestyle, age, medical history, and other factors before advising patients about how much they should eat.

What if I am still hungry after reducing portion sizes?

It's likely that people accustomed to big portions will still be hungry as their bodies adjust to reduced portion sizes. In such instances, people can try taking more time to eat. Even if there's less food on the plate, eating slowly gives the brain a chance to receive the



message that the stomach is full. According to the NIDDK, it can take as long as 15 minutes for that message to make its

way to the brain. Eating slowly reduces the risk of overeating, and you may even be surprised to learn that a smaller portion

size than you're used to is all you really need to feel satisfied. Portion control is a great way to get healthy and main-

tain a healthy weight

Vegetarian-friendly foods high in protein

tarian lifestyle for a number of reasons. Some individuals have an aversion to eating meat because they're concerned about animal welfare, while others find that a low-calorie, vegetarian diet promotes long-term health.

Vegetarianism can certainly be a healthy option, but those who eschew meat and sometimes eggs often have to find alternative sources of protein to meet dietary needs. According to the Dietary Reference Intakes, the average sedentary man should have 56 grams of protein per day, while an average sedentary woman should consume 46 grams per day. The amount of protein needed will increase if a person is more active, advises Healthline.

Protein helps a person feel fuller, longer, and it is crucial for all cells in the body. Protein is used to build and maintain bones, muscles, skin, and much more. The Academy of Nutrition and Dietetics also states that protein is very important as one ages because aging men and women don't absorb or metabolize amino acids, which are the building blocks of protein, as well as they did when they were younger.

Those adhering to vegetarian diets will find there are plenty of nonmeat protein sources. Meatless protein sources that offer the biggest health bang for one's buck are "complete pro-



Vegetarians have several non-meat choices to get their recommended protein allowances.

teins," which have the essential amino acids the body requires. Some com-

plete proteins include:

milk.

· eggs,

 cheese. soy, and

• quinoa.

Some other great protein sources may not have all of the amino acids, but

they can be paired with other foods to get a fuller nutrient package.

• seitan: This is a meat alternative made from wheat gluten.

• lentils: Lentils pack 18 grams of protein per cooked cup.

• beans: Many forms of beans contain a high amount of protein per

• nutritional yeast: This is a strain of yeast that has a cheesy flavor. It can be sprinkled on foods to add a protein punch. ancient grains:

Ancient grains include spelt, teff, barley, sorghum, farro, and einkorn. These ancient grains are higher in protein than common grains.

· hemp seeds: These seeds come from hemp, which is in the same family as marijuana. However, hemp will not cause a high because it only has trace amounts of the THC compound that produces that effect. Hemp seeds contain 50 percent more protein than chia seeds and flax seeds, offers Healthline.

In addition to these foods, peanuts and other legumes, almonds, peas, oatmeal, spirulina, broccoli, brussel sprouts, and sweet corn also are good protein sources for vege-

Even though it may seem like skipping meat products would leave vegetarians lacking for protein, there really are quite a number of alternative protein sources out there.

Skewered chicken goes great on the grill



Grilling chicken is an easy way to transform this versatile food into something even more delicious. Various cultures serve chicken in kebab form after grilling it over an open flame, and taste is a big reason this particular method of cooking chicken is so beloved.

While you might not expect to see kebabs on the menu at your favorite Italian restaurant, "spiedini" is Italian for "little skewers," proving that Italian chefs recognize how delicious chicken can be when served in kebab form. In this recipe for "Spiedini of Chicken and Zucchini with Almond Salsa Verde" from "Cooking Light: Dinner's Ready" (Oxmoor House) by The Cooking Light Editors, skewers are paired with a zesty salsa full of nuts, herbs and citrus,

which makes for the perfect complement to the smoky grilled flavor.

Spiedini of Chicken and Zucchini with Almond Salsa Verde Makes 6 servings

Salsa:

cup chopped flat parsley

tablespoons chopped almonds, toasted

tablespoons chopped fresh chives

tablespoons capers, chopped 3 teaspoon grated lemon rind 3 tablespoons fresh lemon juice

tablespoon extra-virgin olive oil

teaspoon chopped fresh thyme

teaspoon chopped fresh orega-1/2

teaspoon kosher salt 1/4 1/8 teaspoon freshly ground black

pepper garlic clove, minced

Spiedini:

no

pounds skinless, boneless chicken breast, cut into 1-inch pieces

small zucchini, cut into 1-inch

slices (about 11/4 pounds) Cooking spray

1/4 teaspoon kosher salt

teaspoon freshly ground black 1/8 pepper

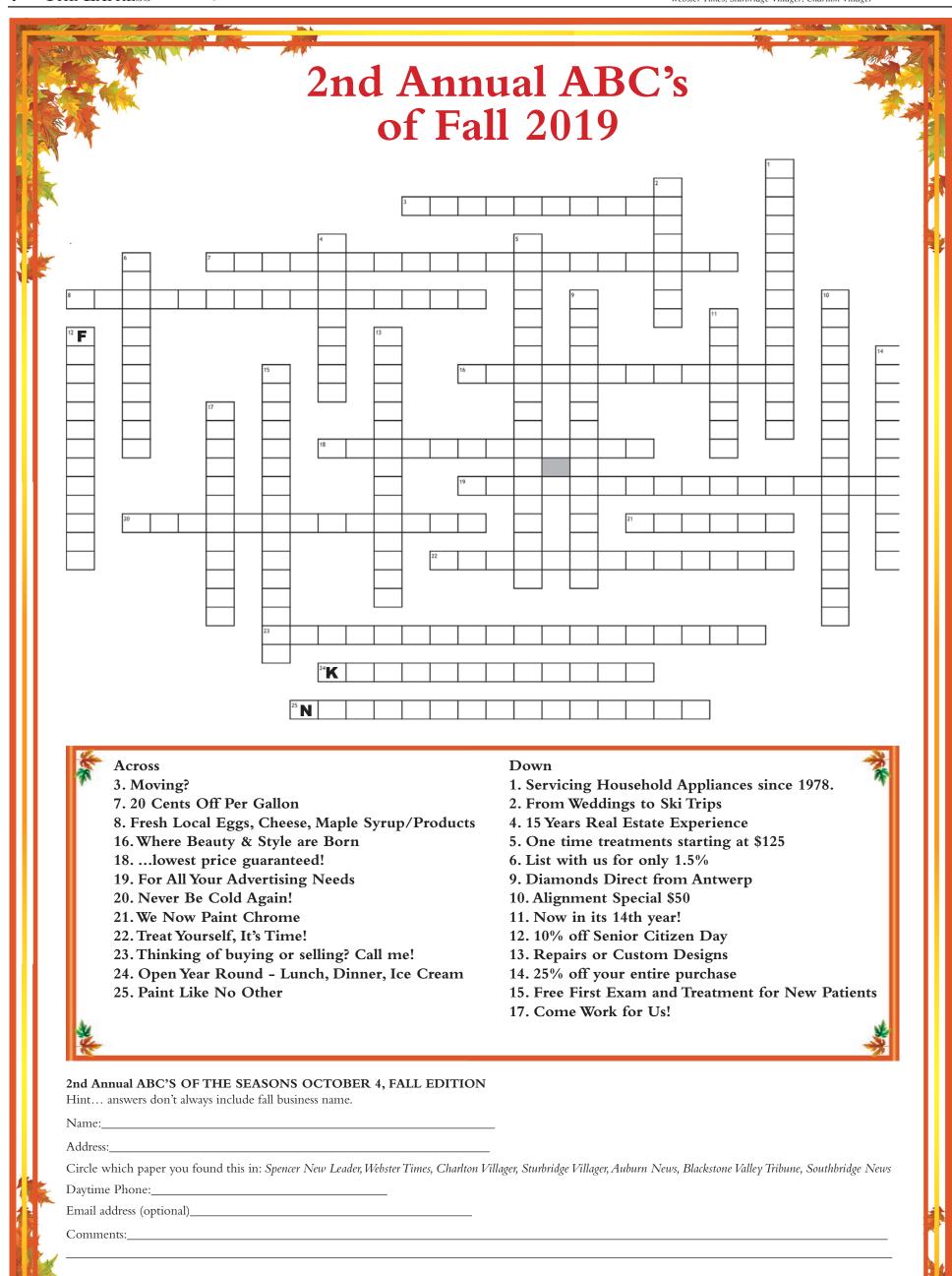
Soak 12 (10-inch) wooden skewers in water for 30 minutes to prevent burn-

Bring the grill to medium-high heat To prepare the salsa, combine the first 12 ingredients; set aside.

To prepare the spiedini, thread the chicken and zucchini alternately on each of the 12 skewers. Coat the spiedini with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place on a grill rack; grill 6 minutes or until done, turning once. Serve

Tip: Prepare the salsa up to a day ahead, and assemble the skewers earlier in the day. Coat with the seasonings just before grilling.

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