

Auburn News

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Friday, August 2, 2019

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Jeff Towle named Vice President of Operations at R.H. White



Jeff Towle

AUBURN — R.H. White Companies, a construction services and utility management firm, announced the appointment of Jeff Towle as Vice President of Operations. In this role, Mr. Towle will manage the day-to-day operations of the company's five business units – building construction, mechanical construction, utility construction, construction services and the company's water

utility management division, WhiteWater, Inc.

A construction industry veteran, Mr. Towle brings more than 25 years of leadership experience in the industry to R.H. White. His career has spanned the mechanical, utility and building construction trades where he served in several positions of increasing responsibility including high-level leadership roles at

Cianbro Corporation, Northeast Utilities (aka Eversource) and, most recently, Burns & McDonnell.

“Jeff will ensure that the safety of our people remains a core value while also focusing on quality and productivity to deliver consistent and sustainable financial results. He will work closely with our senior management team and business unit leaders to develop and execute

action plans that complement and support our goal to achieve a zero-incident safety culture while strengthening our existing behaviors to attain a zero-incident quality culture as well. This is no easy task, but I am confident that Jeff is up to the challenge,” said Jim McCarthy, President & CEO.

A native of Maine, Jeff earned his B.S.

Please Read **TOWLE**, page A5

Pasture Prime Players hosting auditions for “haunting” new production

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

The auditions will be held on Thursday, Aug. 8 at 7 p.m.

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

A chilling and mystifying

study in mounting terror in which a small group of “psychically receptive” people are brought together in Hill House, a brooding, mid-Victorian mansion known as a place of evil and “contained ill will.” Cut off from the outside world by its remote location and shunned

by all who know its forbidding and sinister reputation, Hill House has remained empty and silent except for the daily visits of its grumbling caretaker, Mrs. Dudley. Its isolation is broken by the arrival of Dr. Montague, an investigator of supernatural phenomena who

has been granted a short lease by the present owner. His mission is to delve into the morbid history of the house and to come to grips with the occult forces that have made it uninhabitable for many years. He is

Please Read **HAUNTING**, page A5

Blueberry Festival celebrates milestone fifth year



Jason Bleau Photos

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

BY JASON BLEAU
VILLAGER CORRESPONDENT

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

Hosted by the Charlton Arts & Activities Center, the annual event serves as a major fundraiser for the local hub of arts and enter-

tainment in town and included several new features in 2019, such as a clown magic show, musical acts, and even more vendors than ever before. And, of course, the event also included a few festival staples from blueberry shortcakes to pie eating contests providing a fun time for all and continuing a modern Charlton summer tradition.

Berthiaume receives community service award



Courtesy Photo

Pictured: Professor Lindsay Guertin and Carleen Berthiaume.

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

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

The practical nursing program at Bay Path Practical Nursing Academy is in its 10th year and prepares local students for careers in healthcare as an LPN. The Community Service Award

was developed to honor a person who is making significant contributions to the Bay Path Practical Nursing community through their time, actions, talents and dedication through any volunteer work done. The honoree select-

Please Read **BERTHIAUME**, page A5



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Federated Church holds annual auction

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—The Federated Church of Sturbridge & Fiskdale is get-

ting ready for its 70th annual auction, taking place Saturday, Aug. 10 on the Town Common with booths opening at 9am and bidding starting at 10 a.m.

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

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

The items in the auction are priced anywhere from \$10 to over \$1200 and are mainly antiques donated by members of the church and residents of Sturbridge and the surrounding communities. Some items are picked up at yard sales by Auction Committee members throughout the year and many are

in perfect condition or restored to their original form.

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

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

The 70th annual auction will once again be conducted by Robert

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

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

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



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Sturbridge police and fire departments host National Night Out

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—The Sturbridge Police and Fire Departments will be hosting National Night Out, an annual event that gives residents the opportunity to meet and greet local first responders and take part in community-building efforts, on Tuesday, Aug. 6 from 4 to 8 p.m. on the Town Common.

The event is for all ages and will include talks, activities, demonstrations by emergency personnel such as Police, Fire, and EMS throughout the evening with lots of programs and

activities, including many directed at teaching young children about emergency services.

"This is our third year on the Town Common," said Sergeant Larry P. Bateman of the Sturbridge Police Department "Before that, we held it at the Heritage Green in a more secluded area. It's a little bigger this year, with a few more vendors participating, such as All Star Incentives and about half a dozen more."

National Night Out is a nationwide community-building campaign that was started in 1984 to enhance the relationship between safety and law enforcement officials and community members and happens on the First Tuesday in August each year. The yearly event in Sturbridge is part of a wider celebration that includes block parties, festivals, parades, cookouts, and other community events all over the country in cities, towns, and neighborhoods in all 50 states.

"It is an opportunity to come meet and greet the public safety officials and ask us any questions you have," said Bateman. "It really has a community focus and is for anyone who wants

to attend."

Those who take part in National Night Out on the Sturbridge Town Common will see a K-9 demonstration, a fire truck ladder climb, a tour of some of the trucks and equipment used by emergency personnel, and become introduced to specialty units from the Central Massachusetts Law Enforcement Council, including the Motor Unit and SWAT team. Announcements will be made throughout the evening on specific times for the scheduled activities and demonstrations.

Local businesses based in and around Sturbridge will be set up as vendors at National Night Out, selling food, drinks, and merchandise and introducing residents to what their company does. There will also be a free raffle open to everyone who attends.

For more information on National Night Out, go to <https://natw.org>. If you have further questions about the event on the Sturbridge Town Common, go to the event's Facebook page or contact Sergeant Larry Bateman at 508-347-2525, ext. 325.



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St. Andrew Bobola Polish Festival returns Aug. 23 & 24

DUDLEY — St. Andrew Bobola Church will hold its fifth annual Parish Polish Festival on Friday and Saturday, Aug. 23 and 24 on the church grounds at 54 West Main St., Dudley.

It will be two days of family fun and entertainment, Polish and American Food, Grand Prize money raffle, Gift basket raffles, hourly 50/50 money raffles, Games of Chance, Pastry Booth, Quilt raffle, Major Prizes raffle (i.e. lottery trees, etc.), and kids games and prizes/raffles booth!

Festivities start Friday

at 4:30 p.m. with music for dancing provided by Maestro's Men, starting at 5:30pm. Saturday's events begin at 1 p.m. An Outdoor Mass will be held at 4 p.m., followed by entertainment and dancing to The Eddie Foreman Orchestra beginning at 5:30pm. Polish food includes Cheese Pierogi, Cabbage Pierogi, Kielbasa, Kapusta, Golabki, and a Polish Platter (made by the local parishioners)! American Food includes Hot Dogs, Hamburgers, Cheeseburgers and French Fries, cooked to order. Pierogis, frozen by the half or dozen, will also be available for take out.

So, mark your calendars and come join in the fun, great food, dancing and entertainment at the St. Andrew Bobola Polish Festival! Hope to see you there!



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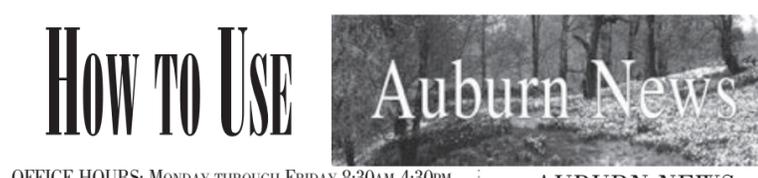
CLASS OF 1974 TO HOLD REUNION

AUBURN — The Auburn High School Class of 1974 has announced plans for a 45th reunion Sept. 21 from 4-9 p.m. at the Auburn Elks Club.

For more information, please contact Joan at jr756xray@aol.com or Carol at golfwidow7777@gmail.com.

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- AUBURN**
\$499,900, 19 Goddard Dr, Ranauro, Ronald P, and Ranauro, Amy E, to Mcglynn, James, and Mcglynn, Crystal.
\$470,000, 81 Bryn Mawr Ave, Borisov, Eleonora, to Waddell, Richard L.
\$420,000, 33 Old Cart Rd, Donahue, Jane L, to Duquette, Stephen M, and Duquette, Rebecca M.
\$383,527, 34 Whitman Bailey Dr #34, JW Land& Development LLC, to Henderson, Judith M.
\$310,000, 28 Upland St, TCP Homes Inc, to Hemming, Pamela J, and Hemming, Scott P.
\$280,000, 57 School St, Richard E Steelman IRT, and Kusy, Linda, to Chaves, John M, and Chaves, Ana C.
\$270,100, 5 Bay Ridge Rd, Gaulin Arline C Est, and Gaulin, Raymond W, to Racicot, Ryan.
\$267,000, 11 Thayer Ave, Richardson, Samuel, and Richardson, Tanya, to Miskalo, Joao C, and Miskalo, Marinilda C.
\$245,000, 3103 Forest Park Dr #3103, Oloughlin, Mary M, to Irawan, Gunardi N.
\$128,000, 16 Federal Hill Rd #16, Rounds, Barrett J, to M& D Maine LLC.
\$135,000, 26 Maple St #2, Hunter-Knight, Wayne, and Wheeler-Knight, Lisa, to Wheeler-Knight, Lisa.



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Jason Bleau Photos

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



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



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



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



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



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



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

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Bay Path student attends State Police training program



Lana Antocci

CHARLTON — Miss Lana Antocci recently returned after spending a week attending the American

Legion / MA State Police Youth Cadet Training Program. Miss Antocci was able to pursue her interest

in this program by being sponsored, selected and by participating in the program that took place on

July 15-19. The graduation program lists 124 youth cadets that participated and earned a Certification of

Achievement for completion of the program. Miss Antocci was also honored as one of two Youth Cadets chosen by the American Legion and State Troopers to receive the American Legion / State Trooper Youth

Cadet Scholarship in the amount of \$500.00 for her leadership and overall outstanding performance and achievement in the program.

The Massachusetts State Police student trooper program is intended to recruit youths representing all communities and cultural backgrounds and to increase their understanding of the job of police officers. The program is designed to expose young adults to the demands of police training and to develop better relationships between the youth of our communities and the police that serve them.

The Student Trooper program is an intensive, one week, residential learning experience for young adults, ages 15 through

17. The program is held at the Massachusetts State Police Academy in New Braintree.

The Student Trooper program is not a summer camp. The program is mentally and physically demanding. The Massachusetts State Police Academy uses a paramilitary approach to training, and discipline is strict. Vigorous physical training, including running and calisthenics, is required. Reveille is at 5:30 a.m. and "lights out" is at 10 p.m. Candidates should be highly motivated and willing to work as a team to succeed in the daily challenges.

Veteran Massachusetts State Police trainers provide classroom and hands-on training in topics such as First Aid/CPR, Criminal Law, Officer

Safety, Crime Scene investigations, safe driving, leadership, internet safety, team building and physical fitness. State Troopers will also observe and participate in

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

and the Air Wing. Student Troopers who graduate from the program will be proud of their accomplishments.

The lessons learned will serve them well for years to come.

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

Quaboag Community Summer Theater presents "The Addams Family"

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

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

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

"Our group has served as an outlet for local creativity and theatrical passion since

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

The theatre was first started in 2006 as part of the Quaboag High School Drama Club, but stopped after just a year due to a lack of funding. However, five years later, in 2011, it received enough interest and support to reopen and became independent from the Quaboag High School Drama Club in 2015, allowing actors of all ages and from various areas in the region to participate.

This year's show, which is based on the book by Marshall Brickman and Rick Elice and the characters created by Charles Addams with music and lyrics by Andrew

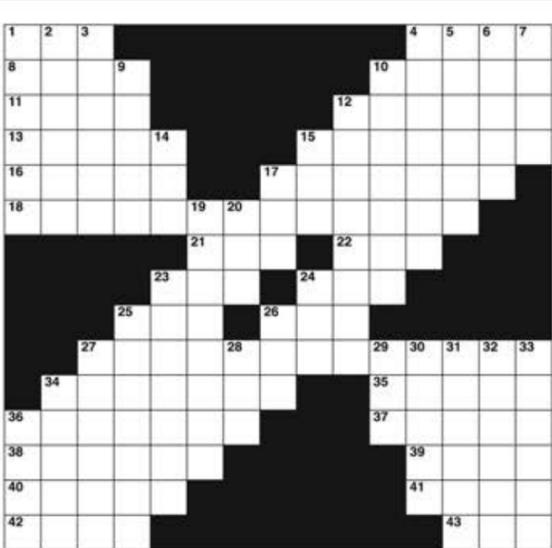
Lippa, centers around the crazy world of the Addams Family, fictional members of a grim, ghoulish American household.

"In the kooky, upside-down world of the Addams Family, to be sad is to be happy, to feel pain is to feel joy, and death and suffering are the stuff of their dreams," says the QCST Web site. "The Addams Family has lived by their unique values for hundreds of years and Gomez and Morticia, the patriarch and matriarch of the clan, would be only too happy to continue living that way. However, Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family — a man her parents have never met. And if that weren't upsetting enough, Wednesday confides in her father in that they are engaged and begs him not to tell her mother. Now, Gomez must do something he's never done before — keep a secret from

his beloved wife. Chaos ensues, secrets are disclosed, relationships are tested, and everything changes on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents."

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

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

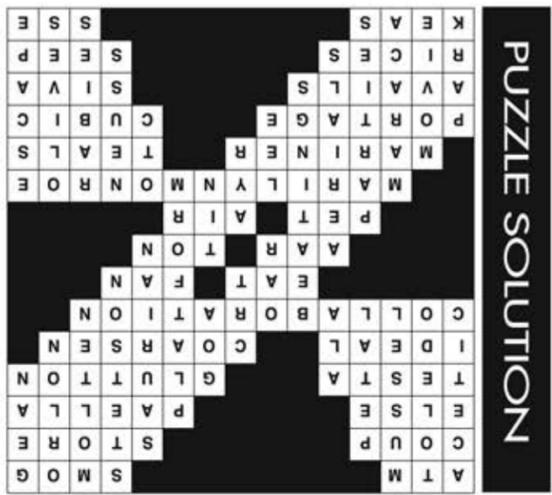


CLUES ACROSS

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

CLUES DOWN

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



PUZZLE SOLUTION

Run out the summer season in support of Second Chance

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

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

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

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Oxford selectmen approve remote participation

BY GUS STEEVES
CORRESPONDENT

OXFORD – Selectmen unanimously approved allowing town boards and commissions to use “remote participation” under emergency circumstances last week.

Town Manager Jen Callahan said using it would require a situation where “all board members must vote” on an issue, with certain requirements. Most of them are taken directly from the Attorney General’s guidance and state Open Meeting Law, but she noted towns’ versions can otherwise “be as narrow or as broadly defined” as they wish.

Among them, there must be a quorum of members physically present, those joining remotely must be clearly identified, and all votes must be by roll call. The remote-participating person must be clearly audible (and visible, if on Skype or the like) to all people in attendance, and must notify the chair at least 48 hours

in advance of needing to use it. If there are transmission or sound quality issues, the chair has the right “to terminate the participation of the remote member,” although s/he can add them back in if the problems are resolved. Under all circumstances email, text and similar methods are not legal. In executive sessions, the remote person must be alone and not recording the proceedings.

The new policy applies to all town boards, but individual boards can opt out.

The idea was born in June, when the board asked Callahan to investigate it, and she worked mostly with Dennis Lamarche and John Saad to draft it.

Saad said he was “very impressed with the initial presentation” of the idea, but concerned about possible abuses by people who simply don’t want to show up or “don’t want to participate in certain parts of the meeting,” he said. He thought the final plan

addressed those concerns.

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

He was referring to new selectman John Daniels, who wasn’t present at either meeting due to military duty. According to the law (940 CMR 29.10), members can use only five reasons for participating remotely: personal illness or disability, emergency, geographic distance or military service.

In other business, selectmen voted to set the date for the Fall Town Meeting as Oct. 2, and opened the warrant, which will close Aug. 27. The closing date was subject of some concern, as some members noted the town’s now working with the police department over potentially eliminating civil service requirements. Callahan agreed that process could take longer

than Aug. 27, but they can draft the relevant article(s) and simply leave them off the warrant if the negotiations aren’t complete by then.

Callahan also noted she’d recently received notice from the Mass Municipal Association about significant changes being proposed by the FCC for municipal cable TV contracts. She noted they could “have a really severe impact” on how much towns get paid by Charter Communications and similar firms, and would allow the corporations to break even existing contracts.

According to the MMA’s document, “the FCC is attempting to overtly interfere with long-term contracts freely and consensually negotiated between two parties. The FCC order would ignore the entire negotiation process, tip the scales, and give industry an unearned financial benefit.” It would also allow the corporations to deduct things they agreed by contract to provide for free from their payments, demand

communities change existing contracts to suit them or be sued, and other things.

“In addition, the Order would prohibit and preempt Massachusetts cities and towns from using their cable franchising authority to regulate or charge for non-cable services offered by cable companies, including the use of public rights-of-way for non-cable equipment and services. This includes the ability to impose any fees or to require service quality or performance standards for the provision of information services via cable systems.”

That provoked decidedly non-complimentary remarks from Lamarche that the others agreed with.

“The cable company doesn’t want to give the homeowner or the town anything, but they want, want, want. It just fries me,” he said.

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

HAUNTING

continued from page 1

joined by three others, all unacquainted, but all having their particular reasons for accepting Dr. Montague’s invitation to share his Hill House sojourn. Their visit begins with jovial informality, but their sensibilities are soon jolted by strange and eerie occurrences. Led

by the learned Dr. Montague, the visitors have come to probe the secrets of the old house and to draw forth the mysterious powers that it is alleged to possess—powers which have brought madness and death to those who have lived therein in the past. As they struggle to disguise their mounting fears they are joined by Dr. Montague’s wife and a friend, who have come to Hill House

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

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

BERTHIAUME

continued from page 1

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

Berthiaume has a passion for helping others. She has the distinction of being the first student recipient of the Community Service Award, past award recipients were all alumni. She has made important contributions to the Bay Path Practical Nursing Academy through her participation in mentorship, blood pressure

clinics, information sessions, college fairs, health fairs, SkillsUSA, tutoring, and participation in all other volunteer events.

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

TOWLE

continued from page 1

Degree in Mechanical Engineering at Pennsylvania State University.

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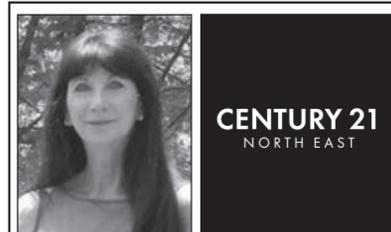
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LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 9 Westwood Drive, Auburn, Massachusetts
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Muriel M. Bouchard to Wells Fargo Home Mortgage, Inc., said mortgage dated February 18, 2003, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 29094 at Page 297 and now held by U.S. Bank National Association, not in its individual capacity but solely as trustee for the RMAC Trust, Series 2016-CTT by virtue of an assignment from The Secretary of Housing and Urban Development to U.S. Bank National Association, not in its individual capacity but solely as trustee for the RMAC Trust, Series 2016-CTT dated June 15, 2017 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 57471, Page 125, previously assigned by Wells Fargo Bank N.A. Successor by merger to Wells Fargo Home Mortgage, Inc., to The Secretary of Housing and Urban Development by virtue of an assignment dated May 19, 2010 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 46162, Page 335 for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at Public Auction on August 26, 2019 at 11:00AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land with the buildings thereon known as and numbered 9 Westwood Drive, Auburn, Worcester County, Massachusetts being shown as Lot 10 on Plan of Westwood Acres owned by J.E. Murray et ux dated June 27, 1962 and recorded with the Worcester District Registry of Deeds, Plan Book 270, Plan 106.

The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication. For Mortgagors' Title see deed dated October 22, 1965 and recorded in Book 4612 at Page 537 with the Worcester County (Worcester District) Registry of Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale.

Other terms to be announced at the sale.

BENDETT & MCHUGH, PC
270 Farmington Avenue
Farmington, CT 06032
Attorney for U.S. Bank National Association, not in its individual capacity but solely as trustee for the RMAC Trust, Series 2016-CTT
Present Holder of the Mortgage
(860) 677-2868
August 2, 2019
August 9, 2019
August 16, 2019

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
19 SM 003145
ORDER OF NOTICE

TO:
The Heirs, Devisees or Legal Representatives of the Estate of Donna M. Morrissey
Michael Morrissey

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C.c.50 § 3901 (et seq)

MTGLQ Investors, L.P.
claiming to have an interest in a Mortgage covering real property in Auburn, numbered 23 Federal Hill Road, Unit No. 23 in Building 2 of the Village Green Condominium, given by **Donna M. Morrissey to "MERS", Mortgage Electronic Registration Systems, Inc., a separate corporation that is acting solely as nominee for "Lender", Mackinac Savings Bank and its successors and assigns,** dated September 18, 2006, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 39817, Page 283, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at

Three Pemberton Square, Boston, MA 02108 on or before **Aug. 26, 2019** or you may lose the opportunity to challenge the foreclosure on the ground noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on July 11, 2019

Attest:
Deborah J. Patterson
Recorder
August 2, 2019

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 76 Bancroft Street, Unit C-1, Pine Ledge Condominium, Auburn, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Karen E. Davis to Mortgage Electronic Registration Systems, Inc., as Nominee for Quicken Loans Inc. and now held by Quicken Loans Inc., said mortgage dated February 28, 2014, and recorded in the Worcester County (Southern District) Registry of Deeds in Book 52115, Page 375, as affected by an Assignment of Mortgage dated May 27, 2015, and recorded with said Registry of Deeds in Book 53947, Page 213, as affected by Loan Modification Agreement dated October 13, 2015, and recorded in Book 54491, Page 1, of which mortgage the undersigned is the present holder, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on August 23, 2019, at 10:00 AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

LAND SITUATED IN THE CITY OF AUBURN IN THE COUNTY OF WORCESTER IN THE STATE OF MA

THE UNIT ("UNIT") KNOWN AS C-1 IN PHASE 1B OF PINE LEDGE CONDOMINIUM, A CONDOMINIUM ('CONDOMINIUM') IN AUBURN, MASSACHUSETTS, PURSUANT TO MASSACHUSETTS GENERAL LAWS, CHAPTER 183A, BY MASTER DEED DATED DECEMBER 13, 1984, RECORDED WITH THE WORCESTER DISTRICT REGISTRY OF DEEDS ON JANUARY 30, 1985 IN BOOK 8547, PAGE 1, ('MASTER DEED'), AS AMENDED, WHICH UNIT IS SHOWN ON THE FLOOR PLANS ('PLANS') RECORDED SIMULTANEOUSLY WITH THE MASTER DEED, AND IS SHOWN ON THE COPY OF A PORTION OF THE PLANS ATTACHED TO A DEED RECORDED WITH WORCESTER DISTRICT REGISTRY OF DEEDS, BOOK 8597, PAGE 368.

SAID UNIT IS CONVEYED TOGETHER WITH:

1. AN INDIVIDUAL INTEREST OF 0.19% OF THE COMMON AREAS AND FACILITIES ('COMMON ELEMENTS') OF THE CONDOMINIUM DESCRIBED IN THE MASTER DEED, ATTRIBUTABLE TO THE UNIT. IN THE EVENT (AS PROVIDED IN THE MASTER DEED) SUBSEQUENT PHASES ARE ADDED TO THE CONDOMINIUM BY AMENDMENT OF THE MASTER DEED, THE UNDIVIDED INTEREST OF THE UNIT IN THE COMMON ELEMENTS SHALL BECOME THAT SPECIFIED IN EXHIBIT C OF THE MASTER DEED, AS AMENDED FROM TIME TO TIME.
2. AN EXCLUSIVE RIGHT AND EASEMENT TO USE ANY SHED, STEPS, BULKHEAD OR CHIMNEY EXTENDING FROM THE EXTERIOR OF THE UNIT AS PROVIDED IN THE MASTER DEED.
3. THE EXCLUSIVE RIGHT AND EASEMENT TO USE GARAGE C-1.
4. THE EXCLUSIVE RIGHT AND EASEMENT TO USE THE DECK OR PATIO ADJACENT TO SUCH UNIT, IF ANY, AND TO WHICH THERE IS A DIRECT ACCESS FROM THE INTERIOR OF SUCH UNIT.
5. THE CO-EXCLUSIVE RIGHT TO USE ANY ENCLOSED PORCH ADJACENT TO SUCH UNIT, IF ANY, WITH OTHER UNIT OWNERS WHICH UNITS HAVE DIRECT ACCESS TO SUCH PORCH FROM THE INTERIOR OF THEIR UNIT.
6. A NON-EXCLUSIVE EASEMENT TO USE ONE (1) PARKING SPACE.
7. AN EASEMENT FOR THE CONTINUANCE OF ALL ENCROACHMENTS BY THE UNIT ON ANY ADJOINING UNITS OR COMMON ELEMENTS EXISTING AS A RESULT OF CONSTRUCTION OF THE CONDOMINIUM, OR WHICH MAY COME INTO EXISTENCE HEREAFTER AS A RESULT OF SETTLING OR SHIFTING OF THE BUILDING OR OF THE UNIT AFTER DAMAGE OR DESTRUCTION BY FIRE OR OTHER CASUALTY, OR AFTER A TAKING IN CONDEMNATION OR EMINENT DOMAIN PROCEEDINGS, OR BY REASON OF ALTERATION OR REPAIR

TO THE COMMON ELEMENTS MADE BY OR WITH THE CONSENT OF THE TRUSTEES OF PINE LEDGE TRUST (THE 'TRUSTEES').

8. THE EASEMENT IN COMMON WITH THE OWNERS OF OTHER UNITS TO USE ANY PIPES, WIRES, DUCTS, FLUES, CABLES, CONDUITS, PUBLIC UTILITY LINES, AND OTHER COMMON ELEMENTS LOCATED IN ANY OF THE OTHER UNITS OR ELSEWHERE IN THE CONDOMINIUM SERVING THE UNIT.

9. RIGHTS AND EASEMENTS IN COMMON WITH OTHER UNIT OWNERS AS DESCRIBED IN THE MASTER DEED.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated June 2, 2009, and recorded in Book 44386 at Page 42 with the Worcester County (Southern District) Registry of Deeds.

Said Unit will be conveyed together with an undivided percentage interest in the Common Elements of said Condominium appurtenant to said Unit and together with all rights, easements, covenants and agreements as contained and referred to in the Declaration of Condominium, as amended.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

TEN THOUSAND (\$10,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within forty five (45) days after the date of sale.

Other terms to be announced at the sale.

Marinosci Law Group, P.C.
275 West Natick Road, Suite 500
Warwick, RI 02886

Attorney for Quicken Loans Inc.

Present Holder of the Mortgage

Telephone: (401) 234-9200

MLG File No.: 18-12953

August 2, 2019

August 9, 2019

August 16, 2019

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
19 SM 002258
ORDER OF NOTICE

TO:
Maria T. Gomez a/k/a Maria Gomez and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq)

Specialized Loan Servicing LLC claiming to have an interest in a Mortgage covering real property in Auburn, numbered 43 Chestnut Avenue, given by Maria T. Gomez to Mortgage Electronic Registration Systems, Inc., as Nominee for GN Mortgage, LLC, dated September 13, 2007 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 41812, Page 97, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before September 2, 2019 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper Chief Justice of said Court on July 25, 2019.

Attest: Deborah J. Patterson

Recorder

14293

August 2, 2019

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
19 SM 003195
ORDER OF NOTICE

TO:
Ronald H. Bushee and Patricia E. St. George Bushee

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. §§ 3901 et seq.:

LoanCare, LLC

claiming to have an interest in a Mort-

gage covering real property in Auburn, numbered **29 Carroll Street**, given by Ronald H. Bushee and Patricia Bushee a/k/a Patricia E. St. George Bushee to Wells Fargo Bank, N.A., dated November 6, 2007, and recorded or filed at Worcester County (Worcester District) Registry of Deeds in Book 42057, Page 372, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before September 2, 2019 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of this Court on July 17, 2019.

Attest:

Deborah J. Patterson

Recorder

August 2, 2019



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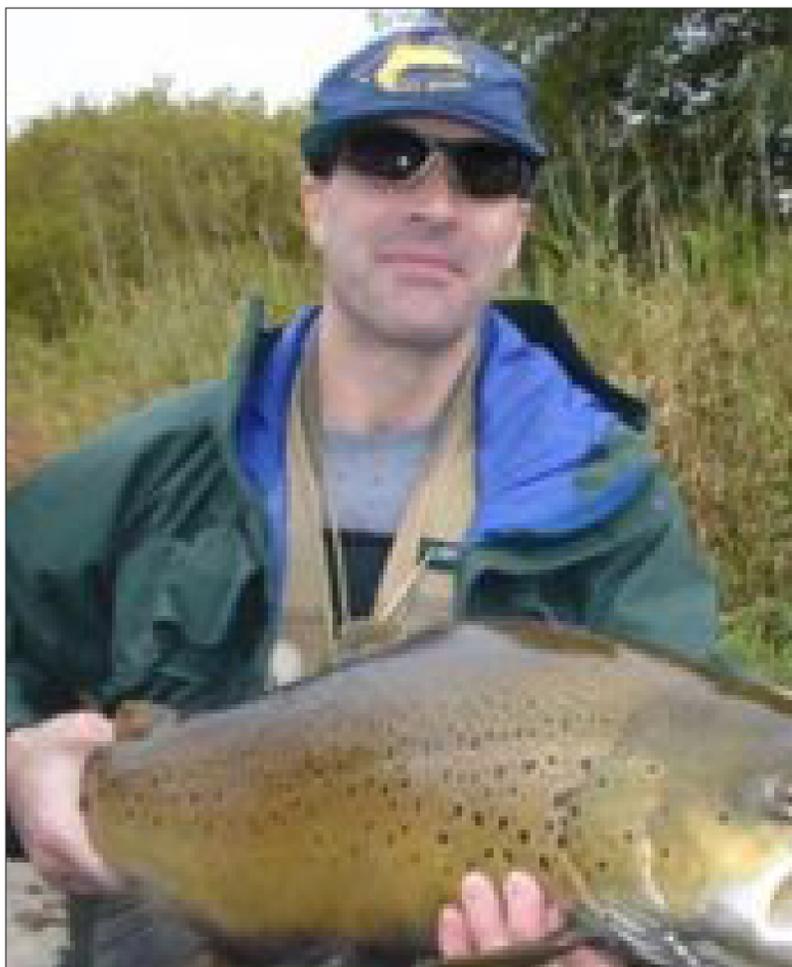
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We'd Love To Hear From You!

Lucking out on Lake Ontario



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

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

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

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

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

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

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

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

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

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

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

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OPINION/COMMENTARY



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BRENDAN BERUBE
EDITOR

EDITORIAL

Don't sweat the small stuff

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

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

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

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

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

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

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

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

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

Turn To **EDITORIAL** page **A15**

The combined wisdom of Edison and the Babe

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

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

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

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

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

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

POSITIVELY SPEAKING

BY GARY W. MOORE

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

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

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

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

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

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

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

Keep Your Cool Under the Hot Summer Sun

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



TAKE THE HINT
KAREN TRAINOR

es the heat into the air.

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

Some quick tips:

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

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

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

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

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

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

And "just say no" to caffeinated, sweet, or alcoholic beverages during a heat wave. They act as diuretics and can play havoc with your body temperature.

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

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

Heat cramps first treatment: Get the person to a cooler place and have him

Turn To **TRAINOR** page **A15**

Can your family benefit from a special needs trust?



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

If you have a child or another family member with disabilities, you obviously have concerns and questions. How can you help your loved one achieve the greatest quality of life possible? Can you arrange for adequate services? What's the best way to pay for them? Can you get some financial help?

Fortunately, you are not alone. Your disabled family member may well be eligible for several government programs. But these programs won't cover everything, so you may want to help close the gaps. Yet, some government benefits impose eligibility restrictions based on the level of assets or resources available to the recipient, which means the financial help you're willing to provide could backfire – unless you establish a special needs trust.

A special needs trust allows the beneficiary – your family member – to receive government benefits while still receiving funds from the trust. You, as the donor, supply these funds, while a trustee holds and administers them according to your wishes. Generally speaking, the beneficiary can't use the trust for basic support – food, clothing and shelter – or to receive benefits that can be provided by the government. Instead, the trust can be used to provide specialized therapy, special equipment, recreational outings and other items.

When considering a special needs trust, you'll need to explore several issues, but it's especially important to focus on these two:

Naming a trustee – You could name a trusted family member or friend as a trustee. This choice works well for many people, but it does have the potential to cause familial conflicts. Another possibility is to name a trust company, which can provide professional management, expertise and continuity of administration. You can even name an individual and a trust company as trustees, combining the personal touch of a family member with the technical and administrative skills of a professional trustee.

Funding the trust – You can fund the trust during your lifetime or have it activated upon your passing. You don't have to be the sole donor, either – you can structure the trust so other family members can contribute to it. And a trust can be funded with many types of assets – securities (stocks and bonds), IRA proceeds, insurance death benefits and more.

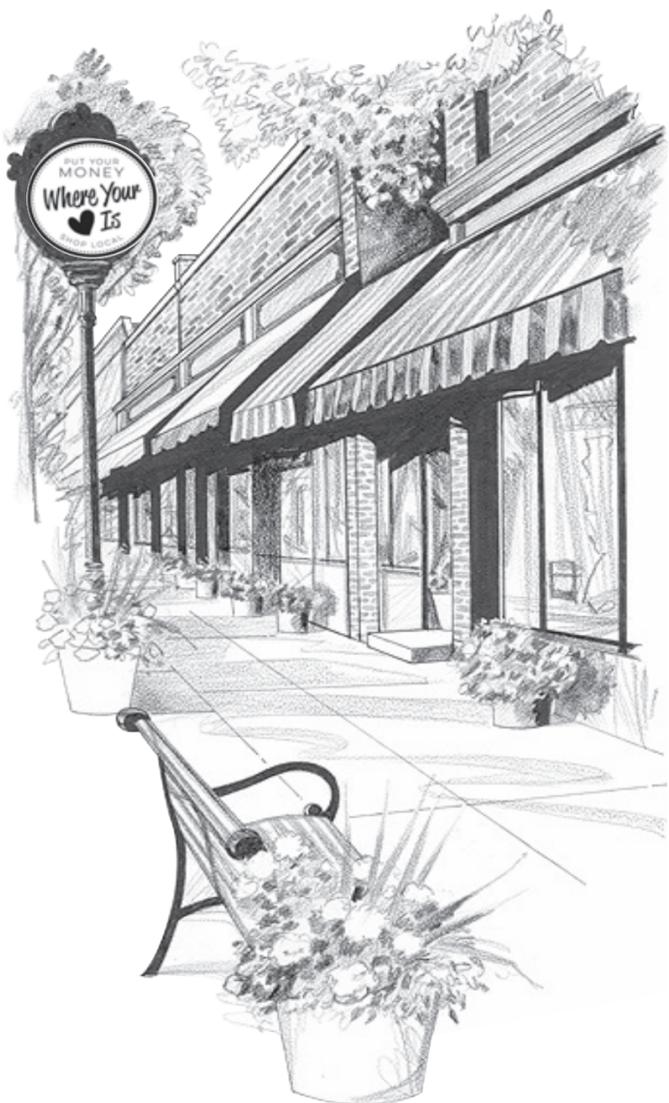
While it's important you understand the fundamentals of a special needs trust, it's not a do-it-yourself endeavor. In fact, creating this trust can be complex. For one thing, there are a few different types of special needs trust, so you'll need to determine which is right for your needs. Also, it's important to be familiar with the requirements of various federal, state and local benefit programs for people with disabilities. For these and other reasons, it's essential to work with a local estate-planning professional who knows the regulations in your area. You may also need to bring in your financial professional, who can help with the funding elements of a special needs trust, and who can possibly recommend a trust company, if you choose to use one.

You'll do anything you can to make life better for a disabled child or family member – and one tool you have at your disposal is a special needs trust. Consider looking into one soon.

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

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

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SPORTS

Playoff results from Auburn Recreation and Culture Girls' Basketball Summer League

AUBURN — Following a 10-game regular season schedule at Auburn High, the Auburn Recreation and Culture Girls' Basketball Summer League began its playoffs on Thursday, July 25. There, the 10-team bracket got trimmed down to the Final Four.

Below are the final regular season stands as well as the playoff results as of press time.

Standings

1. Leicester High, 9-1
2. Shrewsbury/Worcester, 9-1
3. Worcester Union, 7-3
4. Grafton High, 7-3
5. Quabbin Regional, 7-3
6. Quaboag Regional, 3-7
7. David Prouty Regional, 3-7
8. Burncoat High, 2-8
9. Auburn High, 2-8

10. Bancroft School, 1-9

Playoff Results — July 25 at Auburn High

- (7) David Prouty 49, (10) Bancroft 19
 (9) Auburn 25, (8) Burncoat 20
 (1) Leicester 56, (9) Auburn 20
 (7) David Prouty 40, (2) Shrewsbury/Worcester 38
 (3) Worcester Union 36, (6) Quaboag 24
 (5) Quabbin 33, (4) Grafton 31

In the semifinals, Leicester is set to square off with local rival David Prouty, while Worcester Union and Quabbin will tangle. The winners will match up in the final immediately afterward. Check back next week for results from the Final Four.



Nick Ethier photos

The Auburn High girls' basketball team won its opening round playoff matchup in the Auburn Recreation and Culture Girls' Basketball Summer League, but the Rockets fell immediately afterward in the second round on Thursday, July 25.



Auburn's Faraday a 'living legend' in world of Martial Arts

BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — A living legend. It's a compliment that

gets thrown around a lot these days as a term of endearment, but in reality it is someone who, while still living, is

famous for doing something extremely well. Town resident Michael P. Faraday, who grew up in Webster, is without a

doubt, a living legend.

Faraday, 49, has been involved in the world of Martial Arts for 39 years. He holds an eighth-degree black belt and the title of Hanshi. Faraday had his living legend status confirmed in late June by the American Martial Arts Alliance (AMAA) of Durham, N.C., at the group's annual convention in Las Vegas.

In a ceremony held June 29 at The Orleans Hotel & Casino, Faraday was inducted into the AMAA's Hall of Fame as a legend of his sport. Going forward, Faraday will now be considered a Living Legend of the Martial Arts, or the Martial Science, as Faraday prefers to call it.

Presenting Faraday for induction, as well as presenting him with the ring presented to all inductees, was Grandmaster Jessie Bowen.

"I was notified in February that I was going to be inducted into the Hall of Fame and, to be honest, I was pretty surprised because I never considered myself a living legend," said Faraday, who was introduced to the sport by a relative when he was 10. "I wasn't nervous because I knew a lot of the individuals that were there and I had even worked with some of them before."

"I remember thinking on the red-eye flight home about all the years I've been doing this and all the great people, all the living legends that I've met," Faraday continued. "All these people that I've looked up to and respected consider me to be who they are. I was like, 'wow.' I never considered myself to be in that group."

For Faraday, the Martial Science is not just a hobby; it's not just something he does in his free time.

"It's not just a sport to me," said Faraday, who attended the induction ceremony with his wife Tammy, his 18-year-old son Mason and his sis-

ter-in-law, Dr. Brandy Barnes. "To me this is an art, it's a way of life, it's a path that is led. It's not just for the weekend people. This is something you do every single day of your life."

Faraday is a 1989 graduate of Bartlett High and has lived in Auburn since 1994. He has been a letter carrier for the United States Postal Service in Webster for more than 30 years. In addition to participating in the martial arts Faraday has taught the sport in Auburn for several years.

"When I teach I'm interested in the quality of the experience for my students. That way it helps them and it helps me," Faraday said. "You can learn from anybody. It doesn't matter what stage of life my student might be in, I try to make it fun and educational."

One thing about Faraday's teaching; it's all conducted outside.

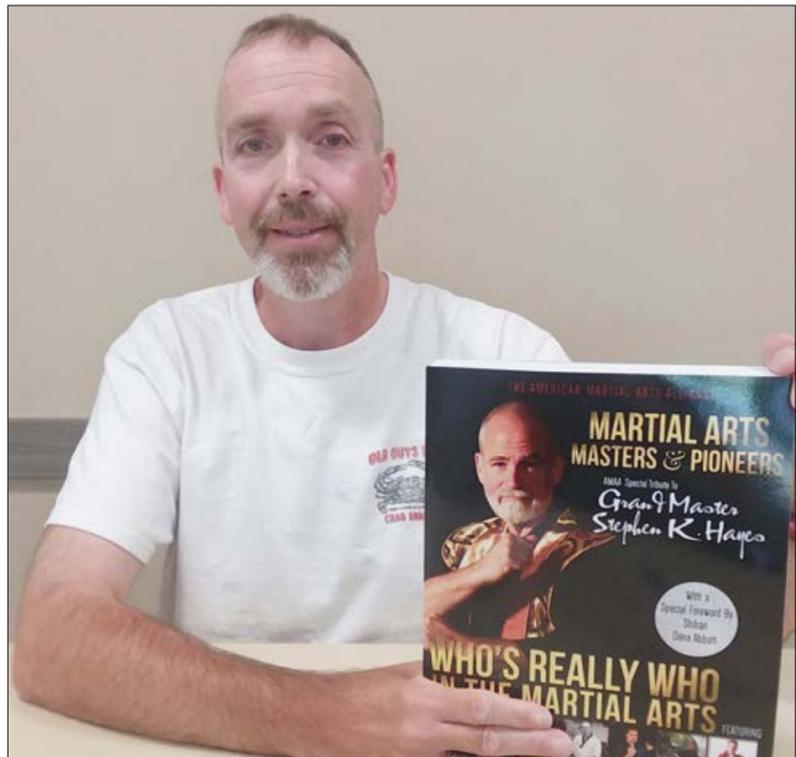
"It doesn't matter if it's a zero-degree Saturday, or raining, or a heat wave, we're going to train for 45 minutes and were going to do it outside," Faraday said. "My teaching is just like delivering the mail. Whether it be snow, sleet, hail, rain or

gloom of night, it's going to happen."

A past member of the USA International team, Faraday has traveled all over the world winning 26 medals for his country. He has also competed in national competitions and earned three medals in the process. Faraday has a career record of 46 wins, 1 loss and 1 disqualification for excessive force.

Faraday has been inducted into 15 different Halls of Fame, both nationally and internationally. He has produced three DVDs on karate instruction and karate seminars that he has led. He has participated in two documentaries relating to the Martial Science. One, filmed in London last year, is called "The Spirit of Karate," while the other, which is still in production, is called "The Martialist II."

Despite juggling a busy schedule that includes work and the martial arts, Michael has found time to author 24 books (available at Barnes and Noble and on Amazon.com) and is a noted philosopher and humanitarian.



Ken Powers photo

Michael P. Faraday

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THE FARADAY FILE	
Name:	Michael P. Faraday
Age:	49
Occupation:	Letter Carrier in Webster for the United States Postal Service
Experience:	Student of the Martial Arts for 39 years
Status:	Eighth Degree Black Belt
Classification:	Hanshi
Instructors:	Ron "The Black Dragon" Van Clief, Honolulu, Hawaii
Accomplishments:	Shidoshi Glenn Perry, Washington, D.C.
Member of Team USA International Travel Team, 26 medals won	
National Tournament Competitor, 3 medals won	
Tournament Record: 46 wins, 1 loss, 1 disqualification for excessive force	
Honors: 15-time inductee into various National and International Halls of Fame	
Other: Subject of 3 Instructional DVDs	
Involved with two documentaries "The Spirit of Karate" and "The Martialist II"	

SPORTS

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

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

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

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

- (3) Grafton 67, (14) Auburn

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

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

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

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

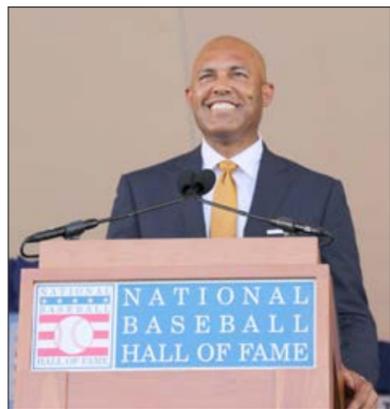


Jason McKay photos

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

Cooperstown honors latest inductees into Baseball Hall of Fame

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



Photos courtesy Dick McGrath

Mariano Rivera



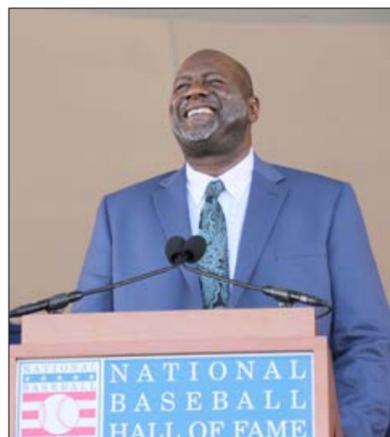
Harold Baines



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



Edgar Martinez



Lee Smith



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

SPORTS BRIEFS

Multi-age basketball clinic coming to Auburn

Auburn High School has announced a multi-age basketball clinic to be held in the second week of August. Coordinated by varsity coach Daniel Koen, the camp will incorporate the 5 Pillars of Auburn Basketball: Passion, Unity, Humility, Thankfulness, and Effort (110%).

Participants will be divided by age to effectively improve offensive and defensive skills while also building teamwork abilities. The camp will run from Aug. 12-15 from 8 a.m. to 1 p.m.

Koen is an Auburn High Alumnus who took over as the varsity coach this past season. He played basketball while in college at Fitchburg State and has coached at the middle school, high school and college levels.

The cost of the camp is \$95, and the registration form should include the player's name, which grade they are entering, emergency contact information, a listing of medical concerns/allergies and a signature. Please mail Koen (5 Thayer Ave. Auburn, MA 01501) or email dkoen33@yahoo.com.

Sign up for annual Oxford

Little League Steven J. Horgan Memorial Golf Tournament

The annual Oxford Little League Steven J. Horgan Memorial Golf Tournament, now in its eighth year, is set for Sunday, Sept. 22 at 11 a.m. at Pine Ridge Country Club. There will be a shotgun start, food, prizes, contests, sports collectibles and a silent auction. The sign up deadline is Sept. 14, and the cost is \$100 per player or \$25 for the dinner only. There are also tee and green sponsors for \$200. To register for sponsorship/golf/dinner, please email your foursome/dinner guests to horgangolftournament@gmail.com. All checks should be payable to the Oxford Little League and mailed to: Oxford Little League Steven J. Horgan Memorial Golf Tournament PO Box 671 North Oxford, MA 01537. Only the first 36 foursomes will be accepted, so please sign up early.

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

Come join the fun. Paddle for Recovery with Casi, bring the entire family and play volleyball with the Holy Cross volleyball team, enjoy a

potluck BBQ, hang out on the beach, swim and enjoy the end of summer!

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

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

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

Schedule of events:
4-5 p.m. Registration, BBQ, Social
5-7:30 p.m. Volleyball Clinic and pick-up game (for kids and adults)
5:30-7 p.m. Paddle for Recovery for survivors (limit 10 spots, sign up early!)

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

attend this event.

Annual golf tournament to benefit Saint Jean Baptiste Educational Foundation

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



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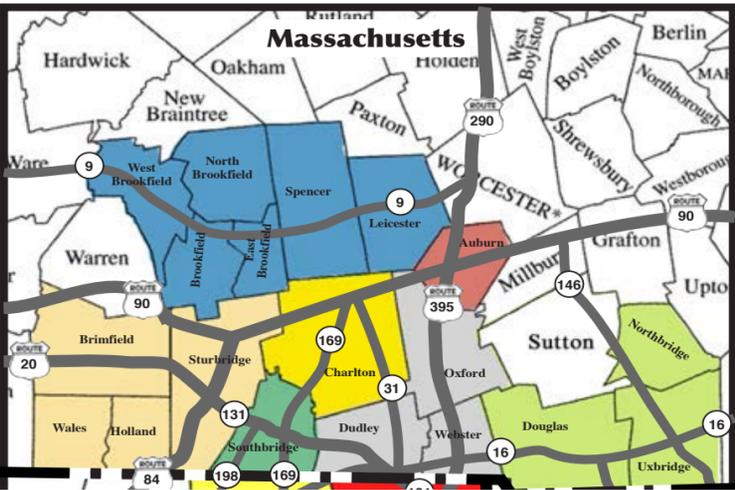
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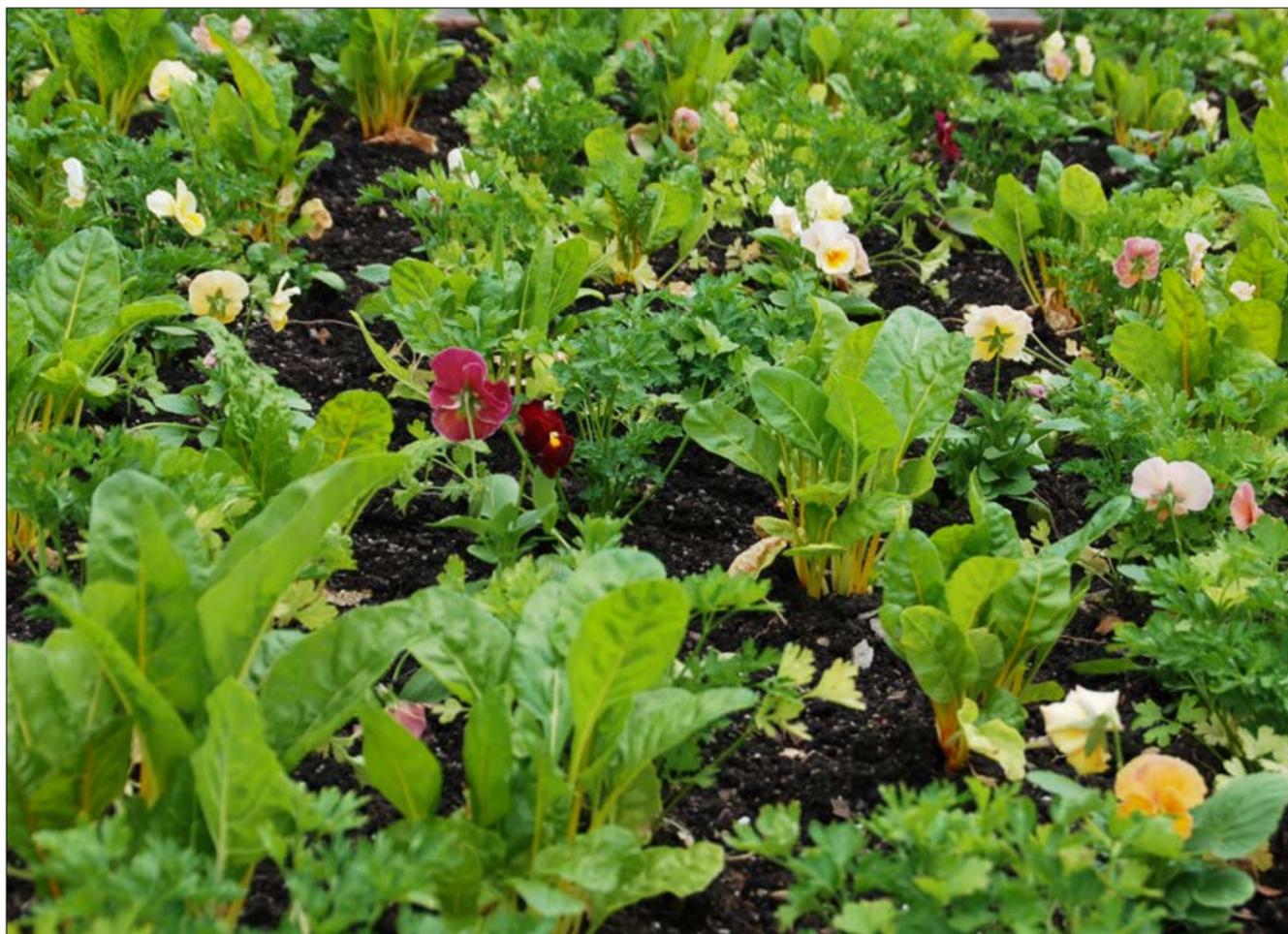
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Still time to make additions and changes to your landscape



Melinda Myers Photo

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



GARDEN MOMENTS

MELINDA MYERS

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

Many gardeners missed or limited spring

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

Late August is a good time to patch bare spots,

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

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

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

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

butterflies and hummingbirds to enjoy.

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

an unattractive plant.

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

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

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

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

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

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@stone-bridgepress.news.

CHURCH PILGRIMAGE

Pilgrimage to Italy, Holy Land, and Medjugorje

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

CHARLTON SENIOR CENTER

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

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

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

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

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

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

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

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

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

2019 Overnight Trips

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

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

DAUGHTERS OF ISABELLA

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

Aug. 11: Newport Playhouse Show & Lobster Fest \$102
Special lobster feast! 8:30 a.m. Southbridge, 9 a.m. Webster. Terrific "Funny Money" show & cabaret. Lobster feast & Newport's best show!

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

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

Oct. 6: NH Turkey Train \$92

Scenic rail tour round Lake Winnepesaukee and lunch! 9 a.m. Southbridge, 9:30 a.m. Webster. Spectacular New England footage! New Hampshire awaits!

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

DOUGLAS SUNSHINE CLUB

Sunny Portugal next April. The Douglas Sunshine Club is planning a trip to sunny Portugal April 21-30, 2020. This trip is with Collette Travel. An informational meeting is planned for Wed. June 12th at the Douglas Senior Center, 331 Main St., Douglas, at 6:30

p.m. If you are interested in the trip, this is a great opportunity to get a description of the travel arrangements and itinerary with a representative from Collette Travel who will also answer any questions you have about the trip. For more info call 508-476-4474.

DUDLEY SENIORS

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

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

FRIENDS OF THE STURBRIDGE SENIORS

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

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

Dessert and Coffee/Tea.

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

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

May 15, 2020 to May 22, 2020 Cruise 8 Days/7 Nights Boston to Bermuda aboard the Norwegian Cruise Lines "GEM" SHIP. Leave Boston Friday, May 15 and return Boston Friday May 22. Included are All of the Following, Roundtrip Transfers from Sturbridge to Boston and back, The Ultimate Beverage Package, The Ultimate 4 Night Dining Package, Specialty Restaurants for Free, Exclusive Best of Times Cocktail Party, All Luggage Handling Fees,

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

OBITUARIES

Thomas A. Mikolajczak, 97



SHREWSBURY – Thomas A. Mikolajczak, 97, formerly of Dudley, died Monday, July 22, 2019 at Shrewsbury Nursing & Rehabilitation Center after a period of declining health. His wife of 74 years, Florence R. (Mroczek) Mikolajczak, died in 2016 and his daughter, Linda Pellegrini, died in 1996.

He leaves 2 grandchildren, Kenneth J. Diaz and his wife Joan of Shrewsbury, and Susan Zawacki and her husband

Mitchell of Bristol, CT; great-grandchildren, Arielle Bocanegra, Max Diaz and Isaac Diaz; and several nephews and nieces. He was preceded in death by 4 brothers, Adolph, John, Nicholas and Joseph Mikolajczak, and by 3 sisters, Bernice Drescher, Loretta Kwasniewski and Mary Levitre.

He was born and raised in Dudley, a son of Stanislaus and Bridget (Rybacki) Mikolajczak and lived there all his life before moving to Shrewsbury a few years ago.

He was a World War II United States Marine Corps veteran, serving as a corporal in the Asiatic-Pacific Theatre;

He saw combat in Saipan and Iwo Jima.

Mr. Mikolajczak was a jet test operator at Pratt-Whitney Aircraft Company in East Hartford for 35 years before retiring in 1987.

He was a member of Saint Andrew Bobola Church in Dudley and the Auburn-Webster Lodge of Elks #2118. His favorite activities were riding his motorcycle and boating on Webster Lake, and more recently playing pool with his great-grandsons.

The funeral was held Monday, July 29, from the Sitkowski & Malboeuf Funeral Home, 340 School Street, Webster, with a Mass at 10:30 AM in

Saint Andrew Bobola Church, 54 West Main Street, Dudley. Burial will be in Saint Joseph Garden of Peace, Webster with full military honors. Visitation will be held from 9:00 to 10:00 AM Monday in the funeral home, prior to the Mass. Donations in his name may be made to the Webster-Dudley Veterans Council, 3 Veterans Way, Webster, MA 01570.

www.sitkowski-malboeuf.com



COMMUNITY CALENDAR

Monday, September 16

VOLUNTEER APPRECIATION NIGHT: 6 p.m., selectmen's meeting room, Town Hall. The Auburn Board of Selectmen cordially invite past and present board members to the second annual Volunteer Appreciation Night. For the purposes of ordering refreshments, please RSVP by phone at (508) 832-7720 or by e-mail at AuburnBOS@town.auburn.ma.us. Please include "Volunteer Recognition" in the subject line. Any questions may be directed to Selectman Tristan Laliberte at 721-9974 or Selectman Dan Carpenter at 832-2919.

ONGOING EVENTS

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

SUICIDE PREVENTION: Attempted Suicide Prevention Group. Held each

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

STORY TIME: Have a little one in the house? Looking to get out and do something? The Auburn Public Library may have just the thing for you. Mother Goose Story time is for children ages 6-15 months. It's a great place for children and their grownups to listen to stories, share nursery rhymes and have time to connect with others during musical free play. Mother Goose Story Time is held Tuesdays at 10 a.m. Please stop by and join us. For information, you call the library at (508) 832-7790.

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

HISTORIC HOUSES SCAVENGER HUNTS: The Auburn Historical Museum at 41 South St. will be hosting a family historic houses scavenger hunt on Tuesday and Saturday from 9:30 a.m. to noon for the month of July. Come and find out about some of the historic houses of Auburn that are in the newest book available at the museum. The event is free and open to the public.

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

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple din-

ner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

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

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

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



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

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

We've seen prices for porcelain collectibles like Hummels and Lladros drop for over a decade. There are plenty of collectibles that are still highly desirable. I've discussed comic books in previous columns. Comics remains a very hot market. 1960's and earlier superhero comic books in great condition can often bring hundreds of dollars. If you barely read your copy of the Hulk #1 from 1962, you could cash it in for enough to buy a house. A pristine copy sold for over \$300,000. Coins are also still strong. 1964 and earlier United



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

Some collector plates are selling for as little as \$1 on online auction sites. Hopefully, you have old advertising signs hanging on your walls instead of collector plates. We sold a 19th century trade sign in the shape of eyeglasses that brought over \$6,200 in one of our auctions. An old Campbell's Soup sign depicting an American flag, featuring multiple rows of soup cans depicting red and white stripes and blue cans rep-

resenting stars, sold at auction in 2013. The rare sign brought \$45,000.

One estate sale liquidator quoted in the Forbes article said that "old mahogany stuff from my great aunt's house is basically worthless." Prices have dropped considerably on most mahogany and other brown furniture. Even furniture by well known manufacturers such as Ethan Allen doesn't bring anywhere near what it used to. However, they can still be sold at estate sales, on Craigslist, etc. if they are well promoted and the price point is right. Midcentury modern furniture is fetching very strong prices though. We sold a Widdicomb mid-century mod-

ern chaise for \$3,500 to an out of state bidder in one of our 2017 auctions. A circa 1966 Warren Platner Settee for Knoll International sold for \$6,500 in a 2016 auction. If you happen to have furnished your home with midcentury modern furniture you could be literally be sitting on a windfall.

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

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



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

the deadline is Friday noon for the following week.

(Memoriams will run on the Obituary pages)

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

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

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

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



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TRIPS

continued from page A13

Drivers Gratuities and Best of Times Professional Tour Director. Early Booking Discount for those people who Book a Balcony Cabin by October 1st, you will receive a 1 Category Upgrade & Special On Board Credit. Prices start at \$1,199 Double Occupancy for an Inside Stateroom, \$1,399 for an Oceanview Porthole Window, \$1,899 for a Balcony Stateroom on Deck 9, \$1,949 for a Balcony Stateroom on Deck 10, and \$1,999 for Balcony on Deck 11. ALSO Add \$400 for Taxes, Transfers, and Gov't Fees. Single Occupancy is Available upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.com for questions or information on any of the above Trips.

LEICESTER SENIOR CENTER.

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

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

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

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

MARY QUEEN OF THE ROSARY PARISH

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

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

**MILLBURY SENIOR CENTER
1 RIVER ST.
MILLBURY, MA 01527**

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

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

PAXTON SENIORS

Are you interested in joining another wonder trip in 2019?

A group of Seniors from Paxton and surrounding towns are planning a trip this year to Italy. The group plans to leave Paxton on Sept. 9, with transportation provided to Logan and return. Our flight will take us to Rome, Italy for 10 days visiting many historical sites of Italy. Rome has many beautiful attractions that many of us have not seen on previous visits. After two nights in Rome, we will move on to one night in

Perugia where we will have the opportunity to visit Assisi, the birthplace of St. Francis of Assisi. Following our stay in Perugia, we move on to Florence, "the Cradle of Italian Renaissance," where we will view Michelangelo's incredible statue of David. After two nights in beautiful Florence, we will move on to Venice. On the way to Venice, we will stop at a 12th century castle and learn about the famous 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**

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

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

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

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

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

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

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

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

FRIENDS OF STURBRIDGE SENIORS

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

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

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

Wednesday August 28th Tribute Show hear Songs of Neil Diamond,

slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

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

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

**
Win Dinner for Two at the Publick House
Your tips can win you a great dinner for two at the historic Publick House

Carole King, Johnny Cash, Janis Tuesday Sept 17 Atlantic City Boys,4 Dynamic Lead Singers perform World Class Vocals and Comedy

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

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

Military Festival, Halifax Saint John plus more 1299 Double occupancy Saturday August 3 to Sunday August 4, Boston Red Sox vs NY Yankees game, Statue of Liberty, Ellis

Island, 399.00 Double Occupancy Tuesday 8/27 to Thursday Spectacular Saratoga NY Raceway, Lake George Cruise, Tour of Saratoga

Battlefield, Norman Rockwell Museum. 499.00 Double occupancy

Tuesday December 3 to Thursday Dec 5th Pennsylvania Dutch and The Miracle of Christmas Show, Hershey's Chocolate World and more 459.00 Double occupancy

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

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

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

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

Aug. 11 – "A Sunday Afternoon at Tanglewood" — a noon luncheon at the Red Lion Inn followed by the 2:30 p.m. concert with reserved seating in the Koussevitsky Music Shed. Thomas Ades, conductor, leads the Boston Symphony Orchestra with the music of Ives and Beethoven and guest pianist Inon Barnatan. The cost is \$127 (an inclusive luncheon, concert and motor coach transportation). A payment plan is available. The reservation deadline is July 30. Departure is 9 a.m., RMV parking lot, Southbridge.

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

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

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

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

7:45 p.m. Reservation deadline is Dec. 5.

UXBRIDGE SENIOR CENTER

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

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

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

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

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

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

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

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

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

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

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

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

WEST BROOKFIELD SENIOR CENTER

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

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

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

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

EDITORIAL

continued from page A8

low.
In the book "Don't Sweat the Small Stuff, and It's All Small Stuff" by Richard Carlson, he talks about how when you die, your 'In Basket' won't be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this, he says we put off having fun or spending time with loved ones. Keeping a full 'In Basket' means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die, there will still be things left to finish, and that someone else will do it, so there is never a reason not to step back, take in a deep breath, and smell the proverbial roses every once in a while.

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<p>2016 CHEVY CRUZE NEW Retail Price: \$24,495 #39836LV • PREMIER, 18" ALLOYS, BACK-UP CAM, HEATED LEATHER WHOLESALE PRICE: \$15,977</p> <p>SAVE \$8,500 OFF OF RETAIL PRICE!</p>	<p>2018 NISSAN ALTIMA 2.5 NEW Retail Price: \$28,180 #H0858RV • 17" ALLOYS, SV TRIM, REMOTE START, BACK-UP CAM WHOLESALE PRICE: \$15,377</p> <p>SAVE \$12,800 OFF OF RETAIL PRICE!</p>	<p>2016 DODGE JOURNEY NEW Retail Price: \$29,295 #D9912L • SXT, 3RD ROW SEATS, ALL-WHEEL DRIVE, ALLOYS, V6 WHOLESALE PRICE: \$17,477</p> <p>SAVE \$11,800 OFF OF RETAIL PRICE!</p>
<p>LIKE NEW 2016 GRAND CHEROKEE LAREDO 4X4 #D9940L NEW RETAIL PRICE: \$38,390 WHOLESALE PRICE: \$25,677</p> <p>Roof Rails, Back-Up Cam, 3.6L V6, 17" Alloys, Bluetooth, Keyless Start.</p> <p>SAVE \$12,700 OFF OF RETAIL PRICE!</p>	<p>SPECIAL PURCHASE #H0831RV Like New 2017 HYUNDAI TUCSON SE SUV ALL-WHEEL DRIVE NEW RETAIL PRICE: \$27,015 STARTING AT ONLY: \$16,377</p> <p>5 Available Low Miles, Back-Up Cam, Bluetooth, Roof Rails 17" Alloys!</p> <p>SAVE \$10,600 OFF OF RETAIL PRICE!</p>	<p>LIKE NEW 2016 CHEVY EQUINOX LS AWD SUV #39891L NEW RETAIL PRICE: \$28,795 WHOLESALE PRICE: \$15,477</p> <p>7" LCD, Satellite Radio, 17" Alloys, All-Wheel Drive, Back-Up Camera.</p> <p>SAVE \$13,300 OFF OF RETAIL PRICE!</p>
<p>2018 HYUNDAI ELANTRA NEW Retail Price: \$21,450 #H0926V • GT HATCH, ALLOYS, BLUETOOTH, BACK-UP CAM WHOLESALE PRICE: \$15,977</p> <p>SAVE \$5,500 OFF OF RETAIL PRICE!</p>	<p>2018 CHRYSLER PACIFICA NEW Retail Price: \$37,545 #D9742R • HEATED LEATHER, NAV, 17" ALLOYS, POWER LIFTGATE WHOLESALE PRICE: \$25,977</p> <p>SAVE \$11,600 OFF OF RETAIL PRICE!</p>	<p>2017 SUBARU FORESTER NEW Retail Price: \$29,595 #H0859RV • AWD, BACK-UP CAM, PREMIUM TRIM, MOONROOF WHOLESALE PRICE: \$20,677</p> <p>SAVE \$8,900 OFF OF RETAIL PRICE!</p>
<p>2016 HONDA ACCORD NEW Retail Price: \$26,180 #H0842LV • EX-L COUPE, ALLOYS, HEATED LEATHER, MOONROOF WHOLESALE PRICE: \$17,777</p> <p>SAVE \$8,400 OFF OF RETAIL PRICE!</p>	<p>2016 HYUNDAI SANTA FE NEW Retail Price: \$29,880 #H0906V • SPORT TRIM, ALLOYS, ALL-WHEEL DRIVE, BLUETOOTH WHOLESALE PRICE: \$16,977</p> <p>SAVE \$12,900 OFF OF RETAIL PRICE!</p>	<p>LIKE NEW 2017 FORD ESCAPE SE SUV #P12211L NEW RETAIL PRICE: \$29,495 WHOLESALE PRICE: \$18,477</p> <p>4x4, 17" Alloys, Bluetooth, Turbo, Nav, Back-Up Camera, SYNC</p> <p>SAVE \$11,000 OFF OF RETAIL PRICE!</p>
<p>LIKE NEW 2016 FORD F-150 4x4 SUPERCREW #P12129V NEW RETAIL PRICE: \$39,985 WHOLESALE PRICE: \$28,977</p> <p>XLT Sport Trim, Alloy Wheels, Satellite Radio, Back-Up Camera.</p> <p>SAVE \$11,000 OFF OF RETAIL PRICE!</p>	<p>LIKE NEW 2016 HYUNDAI SONATA SPORT SEDAN #H0796L NEW RETAIL PRICE: \$25,640 WHOLESALE PRICE: \$15,977</p> <p>Back-Up Camera, Keyless Start, 17" Alloys, Heated Seats, Bluetooth.</p> <p>SAVE \$9,600 OFF OF RETAIL PRICE!</p>	

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

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



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



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

WEBSTER - 12 West Ave! 1,680' Townhouse! 7 Rooms! 3 Bedrooms! 3 Baths! Appliance Island Kit w/Tile Flr! Din Rm & 13x24 Liv Rm w/Wood Laminate Floors! Master Bath & Walk-in Closet! 11X19 Family Rm! Recently Painted Throughout! Central Air! Garage! **\$164,900.00**



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

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

WEBSTER - 28 Colonial Rd! Immaculately Maintained 8 Rm Colonial Across from w/Views of & Beach Access to Webster Lake! Applianced Kit! Dining Area! Dining Rm! Fam Rm! 3 Comfortable Bdrms! Master Bath w/Dble Vanity, Whirlpool Tub, Separate Shower! 2.5 Baths! C/Air! **\$285,000.00**

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



CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! **\$529,900.00**

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

WEBSTER LAKE - 17 Wakefield Ave! South Pond! Western Exposure! Protected from the Storms - Quiet Cove! 24 Acre Lot! 194' Waterfront! Water Views! 2,412' 8 Rm Contemp! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Bedrooms! C/Air! Composite Decks! Patio! 2 Car Carport! **\$535,000.00**

WEBSTER LAKE - 207 Beacon Park! 1,100' Garden Unit! 5 Rms! 1 Level Living - No Stairs! Spectacular Sandy Beach! Fantastic Lakeside Pool! Applianced! Kit & Din Rms w/Parquet Wood Flrs! Spacious Liv Rm! 2 Bdrms! Master Bath & Walk-in Closet! 3 Tile Baths! C/Air! Garage! **\$249,900.00**



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

WEBSTER LAKE - 50 Union Point Rd! Panoramic Views of Middle Pond - South Facing - Tons of Sun! Principal Residence or as a Second Home this 6+ Rm Gambel Colonial will be Ready for You! You'll Appreciate its Easy Access and Taken Back by the Ever Changing Lake Vistas! Featuring Applianced Kitchen w/Linen, Dining Area, Lake Facing Fireplace Living Rm with Custom Cabinetry, All with Hardwood Floors! Ideal Lake Facing 3 Seasons Rm w/Tile Floor & Anderson Sliders All Around! 3 Second Floor Bedrooms! Spacious Lake Facing Master w/Cathedral Ceiling & 2 Sliders to its Private Deck! 2 Full Baths! Central Air! Composite Decks & Flag Stone Patio for Your Enjoyment! 7,405' Lot with 50' on the Water! Sorry, Closing not before 9/10/2019! **\$649,900.00**

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

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

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Featured New Construction
THOMPSON, CT - 6 LILLIAN AVE, LOT#1
There is No Place Like Home - beautiful newly constructed home! Split level style home has an attractive modern flare! Open floor plan, cathedral ceilings, hardwood floors, tile floored baths, & wall to wall carpeted Bedrooms. Granite counters, center island & dining rm w/sliders! Master BR, private master full bath w/extra wide shower & walk in closet, plus 2 more spacious BRs & a full hallway bath. 24' lower level family room, half bath w/laundry hookups! Two car garage! Central AC. **\$309,900.**

THOMPSON, CT - 8 LILLIAN AVE, LOT #2
ON DEPOSIT
There is No Place Like Home - especially when it is a beautiful newly constructed home! This split level style home has an attractive modern flare! You'll be delighted with the natural light that will brighten the interior of this home! Open floor plan, cathedral ceilings! Granite counters, center island & dining rm w/sliders! Master BR, private master full bath w/extra wide shower & walk in closet, plus 2 spacious BRs & a full hallway bath. 24' lower level family room, half bath w/laundry hookups & utility closet, two car garage! Central AC. **\$309,900.**

WEBSTER - 129 LAKE STREET
Large Beautiful 1930's vintage hip roof 3 Family, large kitchens with pantries, french doors dividing the dining room from the living room. 3 bedrooms each floor. City gas to each apartment, enclosed front and rear hallways. 2 car garage. Comes with an extra lot that is level to the road and landscaped. **assisted sale \$179,000**

DUDLEY - 188 WEST MAIN ST
COMMERCIAL/BUSINESS LOCATION IN THE HEART OF DUDLEY! 3 BEDROOM, BATH RANCH! LARGER THAN IT APPEARS! 19,582 +/- sq ft Lot. Natural Gas Heat! Hard wood floors! BRING YOUR VISION, LARGE FLAT YARD GIVES YOU GREAT PARKING AREA, for a SMALL BUSINESS FROM HOME!! CONTRACTORS DREAM! **\$178,500.**

WEBSTER - 21 ARKWRIGHT RD
ON DEPOSIT
Simply Move In & Enjoy this Beautifully UPDATED Ranch! Close to I-395! Town water & sewer, HIGH EFFICIENCY NAVIEN brand heating/hot water system, Bamboo hardwood floors, crown moldings! 2 BRs, full bath w/tiled walk-in shower, 6x16 year-round Sunroom w/outdoor access! (3rd BR, or Office!). **\$199,900.**

WOODSTOCK, CT - 606 PROSPECT ST
Pristine Colonial on 2.54 Acres in Historic Woodstock! 3 BR, 2-1/2 Baths. This Home is a Must See! Peaceful Country Setting! Vaulted Ceiling Family Room w/Built Ins, Cherry Cabinets, Sunken Dining Rm, Cathedral Mstr! Hrdwd & Tile Flr! Potential for Home Office, Teen/In-law Suite, Craft Rm or Media/Game Rm. Resurfaced Driveway **\$399,000.00**

THOMPSON, CT - 25 BONNETTE AVE
SORRY, SOLD!
Roomy 1300 sq.ft., Hip roof Ranch Attached 2 car garage! PLUS 32x32 Detached Garage! Eat in Kitchen, Fireplace living room with bow window! 3 bedrooms, enclosed heated sun room, central air, Koi Pond, on .87 +/- acre! **New Price \$249,900**

WEBSTER - 12 ERNEST ST
SORRY, SOLD!
Welcome home to this Huge, Sprawling, Ranch Style Home! 2,848 SF +/- of Living Area on One Level! In-ground pool, built-in hot tub, w/fire pit! Carport/pavilion for entertaining! Separate wings for private family living & entertainment, BR suites, 10 rooms total! Simply Amazing! **New Price \$299,900**

WEBSTER/DOUGLAS/THOMPSON BUIDABLE LOTS
Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water & Sewer **\$295,000**
Thompson - East Thompson Rd. White's Highway 23 acres! Abuts Mass. Line Beautiful view! **\$99,900**
Killingly - 37 Katherine Ave River Frontage 2/3rds acre. Town Water & Sewer **\$55,000**

WEBSTER - 34 EASTERN AVE UNIT A
AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave. fenced in & private. Easily accessible (95)! There's a lot to love about Webster! Unit 34 A is an 1,037 SF +/- END UNIT. Large living room w/picture window, an eat-in kitchen, access to rear deck, 2 spacious bedrooms, 1-1/2 baths, full basement! **NEW PRICE \$164,900**

WEBSTER LAND - COOPER RD
LAND FOR SALE
Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, not on the lake. Priced to Sell! **\$129,400.**

On The shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg

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 w/ater 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 frontage available. **NEW PRICE \$299,900**

WEBSTER LAKE - 54 KILLDEER RD
SORRY, SOLD!
KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOOKING FOR! 2.45 +/- Acres! 345 +/- road front, 336/384 +/- depth, 275 +/- Lakefront! Mature landscape provides unprecedented privacy, & a friendly level lot at water's edge - like very low waterfront properties! The 3700 SF +/- Mid-Century Modern Home is unique w/massive modern windows! 180 panoramic views across the lake to stunning Western sunsets! 5 spacious BRs that overlook the rooms below. A 30x32 +/- det'd garage w/summer kitchen, 1/2 bath! Family owned gem for 60+ years! **\$1,495,000**

WEBSTER LAKE - 32 JACKSON RD
AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 det'd garage & 8x8 storage shed. Park like grounds! **New Price \$375,000**



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ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE

SATURDAY, AUGUST 3

DUDLEY 7 Dudley Oxford Rd	S	10-Noon	\$425,000	Re/Max Advantage 1/Jo-Ann Szymczak 774-230-5044
WEBSTER 38 Third St	S	2-4	\$299,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
N. WOODSTOCK, CT 657 Brick Yard Rd	S	11-1	\$244,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
THOMPSON, CT 223 Stawicki Rd	S	12:30-2	\$259,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578

SUNDAY, AUGUST 4

WEBSTER 80 Sutton Rd	S	12:30-2	\$328,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
N. WOODSTOCK, CT 657 Brick Yard Rd	S	12-2	\$244,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578



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OPEN HOUSE SATURDAY 2-4 WEBSTER, MA - \$299,900 38 Third Street 2-Family, Finish the renovations	PENDING RUTLAND, MA - \$339,900 3 Brooke Haven Dr 4 Bed, 2 1/2 Baths, Lots of Land	OPEN HOUSE SUNDAY 12:30-2 PRICE REDUCED Webster, MA - \$328,900 80 Sutton Road 3 Bdrm, Hardwood Floors Throughout, Not a Drive By!
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Dudley: Cherry cabinet kitchen, 6.7 acres, private setting yet convenient location, 4 bedrooms, 3.5 baths, hardwood floors, 2500 sq. ft. cape, and first floor family room – office – library. What a property to come home to – close to school, highways, MassPike, rtes. 395, 290, 146, 20, 495.
7 Dudley Oxford Rd ~ \$425,000

FEATURE PROPERTIES

OPEN HOUSE SATURDAY 12:30-2 THOMPSON, CT - \$259,900 223 Stawicki Road 3 Bedroom, Split, Full Inlaw COMPLETELY REMODELED	OPEN HOUSE SATURDAY 11-1 SUNDAY 12-2 NORTH WOODSTOCK, CT - \$244,900 657 Brick Yard Rd 3 bedrooms, 2 Bath, Lots of Land, Ability to finish basement
--	---

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NEW LISTING Webster: 2 units, 3 bedrooms, fireplace, sided, 2900 sq. ft., garage 23 Klebart Ave ~ \$264,900	Webster: Split, near lake, 3 bedrooms, fireplace, 20'x20' pokey room, easy commute to rte. 495, 395, Worcester 293 Thompson Rd ~ \$244,900	MAUREEN ASSITED WITH SALE! SOLD! Oxford: 2 bedrooms, new septic. 112 Main St ~ \$223,500	ON DEPOSIT Charlton: 3 bdrms, new construction, central air, HW floors throughout. 24 Dodge Rd ~ \$339,900
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California Avocados Hit Their Peak Just In Time For Summer

(NAPS)

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

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

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

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

PEARL COUSCOUS WITH CALIFORNIA AVOCADO AND CRISPY TOFU [3]

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



Avocado Commission

Serves: 4
Prep time: 30 minutes
Cook time: 30 minutes
Total time: 60 minutes

Ingredients:

- 1 lb. extra firm tofu
- 2 1/2 Tbsp. extra virgin olive oil, divided
- 1/2 tsp. sea salt
- 1 tsp. chili powder
- 1 1/2 cups water
- 1 cup pearl couscous
- 3 large shiitake mushrooms, stems removed and thinly sliced
- 2 Tbsp. fresh lemon juice

- 2 tsp. soy sauce
- 1 clove garlic, peeled and minced
- 1 tsp. minced ginger
- 1/2 tsp. sugar
- 2 tsp. sriracha
- 3 radishes, thinly sliced
- 1/4 cup finely diced red onion
- 1/4 cup finely chopped green onion
- 1/3 cup diced tomato
- 3 Tbsp. finely chopped cilantro
- 1/8 tsp. coarse sea salt, or to taste
- 2 ripe, Fresh California Avocados, seeded, peeled and

Instructions:

1. Preheat oven to 375 degrees F.
2. Drain the tofu by removing from the package, lay flat and slice in half horizontally. Place the slices in a single layer of 3-4 sheets of paper towels. Top tofu with additional paper towels and a heavy object (i.e. cast-iron pan) and let sit 15 minutes.
3. Uncover the tofu, cut into small cubes and place into a large mixing bowl.
4. Add about 1/2 Tbsp. olive oil and season with salt

and chili powder.

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

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

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

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

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

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

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

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

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

Pearl Couscous with California Avocado and Crispy Tofu

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

FRIDAY, AUGUST 2

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East Brookfield, MA 01515
774-449-8333

SATURDAY, AUGUST 3

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

FRIDAY, AUGUST 9

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

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

FRIDAY, AUGUST 16

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

THURSDAY, AUGUST 22

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

FRIDAY, AUGUST 23

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

SATURDAY, AUGUST 24

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

FRIDAY, AUGUST 30

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

SATURDAY, AUGUST 31

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

SUNDAY, SEPTEMBER 8

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

SEPTEMBER 12-14

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

FRIDAY, SEPTEMBER 13,

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

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

SUNDAY, OCTOBER 27,

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

SUNDAY, NOVEMBER 15

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

ONGOING



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

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

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

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

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

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

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

SUMMER TIME

Print Worthy Moments

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



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ARTICLES FOR SALE

010 FOR SALE

2008 ZODIAC and 14' CANOE, excellent condition. ACTH-V 94", electric pump/all accessories, air floor. 2009 Honda 8HP, serviced. \$2,195 Canoe: oars/ seats, no leaks. \$275 860-983-0800 Sturbridge

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

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

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

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

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

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

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

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

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

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

ENTERTAINMENT CENTER 3 Pieces Each 6 ft 2 inches Tall 31 Inches Wide Adjustable shelves for TV's ect. Cabinets for storage Asking \$150.00 for All Call 1-508-347-3145

010 FOR SALE

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

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

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

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

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

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

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

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

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

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

010 FOR SALE

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

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

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

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

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

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

STEREO EQUIPMENT RECEIVER ONKYO AV HT R8230 Digital Dolby Wrat Wide Range Amplifier Tech. **TEAC** W-450R Stereo Double Reverse Cassette Deck Dolby-BC NR HXPRO Auto Reverse **SONY** Mega Storage 300 CD High Density Linear Converter System Asking \$300.00 for ALL Call 1-508-347-3145

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

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

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

010 FOR SALE

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

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

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

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

100 GENERAL

107 Misc. Free

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

130 YARD SALES

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

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

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

200 GEN. BUSINESS

205 BOATS

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

265 FUEL/WOOD

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

284 LOST & FOUND PETS

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

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



Town-To-Town Classifieds 508-909-4111

287 FEED

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

298 WANTED TO BUY

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

298 WANTED TO BUY

298 WANTED TO BUY

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

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

300 HELP WANTED

310 GENERAL HELP WANTED

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

330 SALES

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

400 SERVICES

442 LICENSED DAY CARE

FOSTER PARENTS WANTED: Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 247 Support. Generous Reimbursement. \$1000 Sign-On Bonus. Call For Details. Devereux Therapeutic Foster Care. (508)829-6769



500 REAL ESTATE

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

505 APARTMENTS FOR RENT

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

505 APARTMENTS FOR RENT

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

750 CAMPERS/ TRAILERS

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

760 VANS/TRUCKS

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

760 VANS/TRUCKS

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

325 PROFESSIONAL HELP WANTED

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

325 PROFESSIONAL HELP WANTED

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

330 SALES

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

330 SALES

Worcester County Memorial Park Garden of Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

400 SERVICES

442 LICENSED DAY CARE

FOSTER PARENTS WANTED: Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 247 Support. Generous Reimbursement. \$1000 Sign-On Bonus. Call For Details. Devereux Therapeutic Foster Care. (508)829-6769

400 SERVICES

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

442 LICENSED DAY CARE

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

500 REAL ESTATE

505 APARTMENTS FOR RENT

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

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760 VANS/TRUCKS

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

760 VANS/TRUCKS

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

530 HOUSES FOR SALE



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

546 CEMETERY LOTS

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

Worcester County 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

546 CEMETERY LOTS

Worcester County Memorial Park Garden of Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

550 MOBILE HOMES

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

575 VACATION RENTALS

CAPE COD DENNISPORT Clean 2 bedroom Cottage

Cable TV, Wifi, Close to Beaches, Golf, Bike Trail, Shopping, Restaurants and Amusements Sorry, No Pets Large Private Lot, Great for Children! ***** \$700.00 A Week 508-280-8331 rwo12@aol.com

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

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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

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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

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

Automotive

700 AUTOMOTIVE

715 Auto SERVICES

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

725 AUTOMOBILES

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

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

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

725 AUTOMOBILES

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

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

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

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

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

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

725 AUTOMOBILES

VEHICLES 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

2005 YAMAHA V-STAR 1100 CLASSIC, PEARL-WHITE Has all options- hardbags, windshield, custom seats/exhaust, backrest, floor-boards, 20,000 well-maintained miles. Great looking & performing bike. \$3



Triple Tax Savings Event on windows!

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

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

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

Save on every window!



Save on every patio door!



Must call by August 31st, 2019

1 **18.75% OFF**
your entire project¹

Minimum purchase of four.

2 **AND \$100 OFF**
each window and patio door¹

No minimum purchase required.

3 **WITH \$0 Down**
0 Monthly Payments
0% Interest
FOR 1 YEAR¹

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

Don't settle for poor-quality vinyl windows.

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

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

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



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

¹DETAILS OF OFFER – Offer expires 9/14/2019. You must set your appointment by 8/31/2019 and purchase by 9/14/2019. Not valid with other offers or prior purchases. Get 18.75% off your entire purchase and 12 months \$0 money down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 7/28/2019 and 9/14/2019. Additional \$100 off each window or patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/31/2019 and purchase by 9/14/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved. *See limited warranty for details.

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SOUTHBRIDGE NEWS • STURBRIDGE VILLAGER
CHARLTON VILLAGER • WEBSTER TIMES

Friday, August 2, 2019

ABC's

CHECK OUT OUR SCAMBLE ON THE BACK PAGE

OF THE SUMMER SEASON

Support these local businesses this Summer!

A is for Appliance

Repairing ALL Makes & Models

Complete Line of NEW APPLIANCES All Major Brands

6 & 12 Months Financing Available

Service Calls Starting @ \$75 (pending location)

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

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

B is for Breakfast

Breakfast Burritos!

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

Available Everyday 7am-11:30 am

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

C is for Customer Service

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

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

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

D is for Diner

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

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

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

ANY BURGER W/FRIES ONLY \$5.99

Take Out Available 508-764-8019

E is for Exit

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FITNESS

Getting outdoors really is good for you

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

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

Researchers cannot



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

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

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

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

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

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

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

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

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

How much exercise does a person need?



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

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

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

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

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

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

Build an effective (and budget-friendly) home gym

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

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

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

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

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



commit to your exercise regimen.

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

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

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

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

Home gyms can help people get and stay in shape.

FITNESS

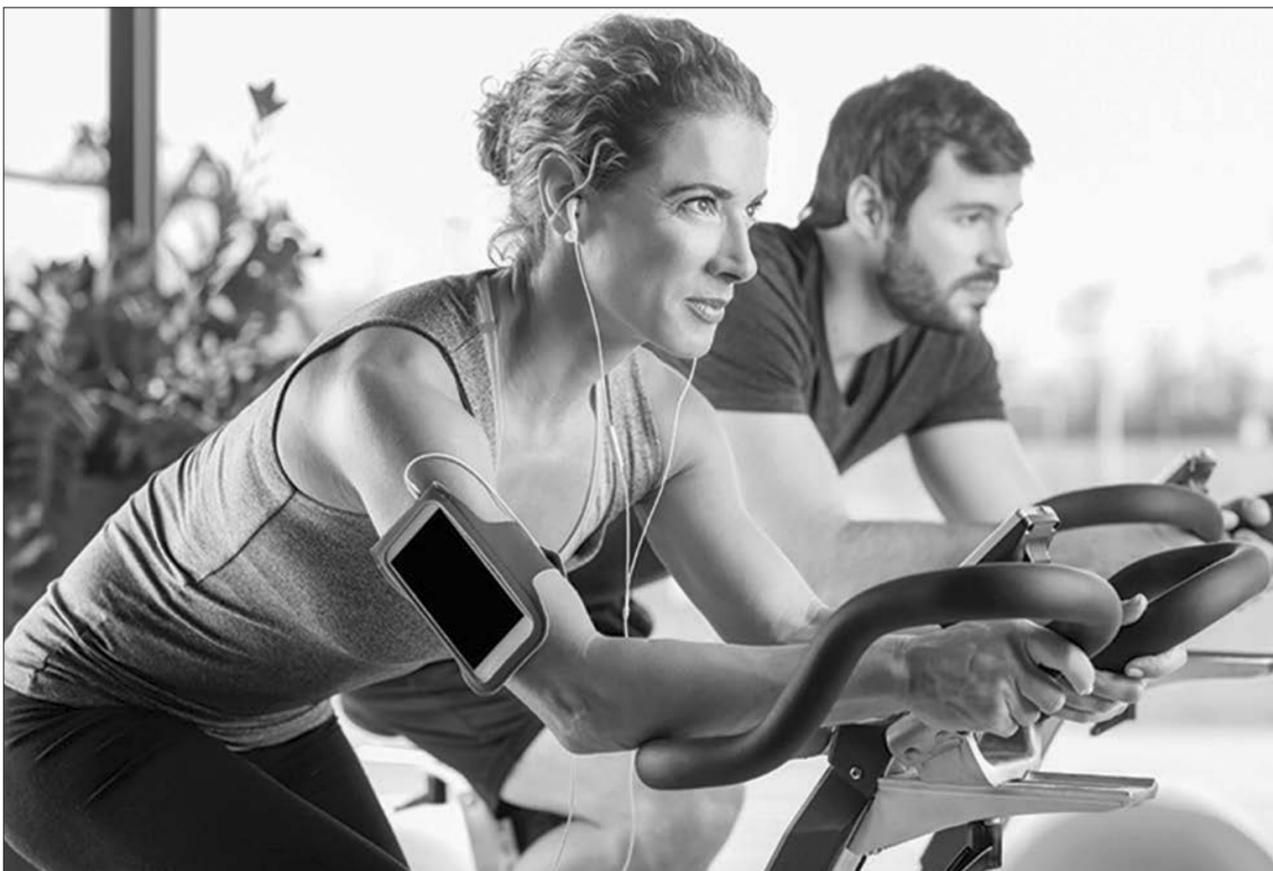
Understanding the fitness-related ‘rhabdo’

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

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

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

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



them easy to overlook.

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

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

after an accident or muscle trauma.

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

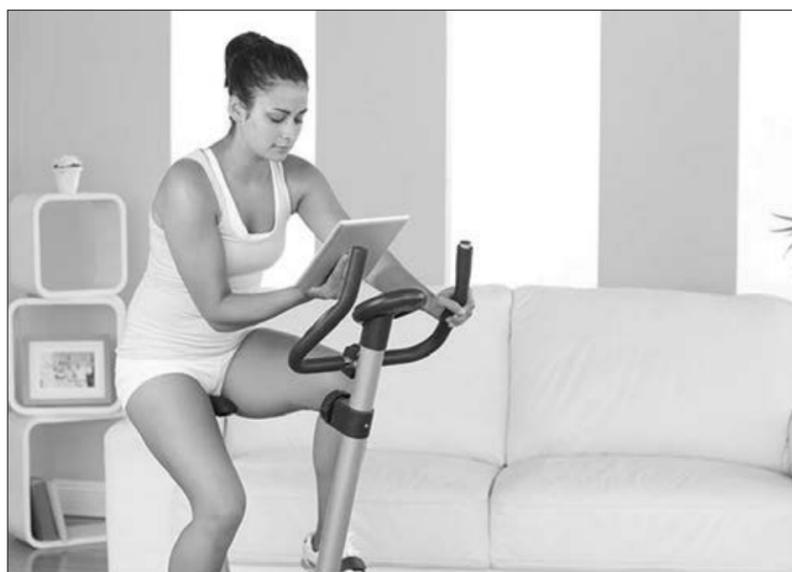
ture. Fluids with electrolytes can be beneficial.

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

Rhabdo is a serious medical

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

How to start exercising at home



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

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

BODY WEIGHT EXERCISES

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

GET OUTDOORS FOR CARDIO

A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help

shave off the pounds when paired with strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

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

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

SET UP A HOME GYM

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

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

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

Signs you might be overtraining



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

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

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

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

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

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

• Increased perceived effort during workouts: OTS can make seemingly effortless workouts seem difficult. An abnormally elevated heart rate during exercise or even throughout the day may indicate OTS.

• Excessive fatigue: Too much training can contribute to fatigue because the body is not being given ample time to recover between workouts.

• Agitation and moodiness: Overtraining can contribute to a hormonal imbalance that affects stress levels, potentially making people more irritable and contributing to moodiness.

• Insomnia or restless sleep: The overproduction of stress hormones that can occur when overtraining can adversely affect a person’s ability to get adequate sleep.

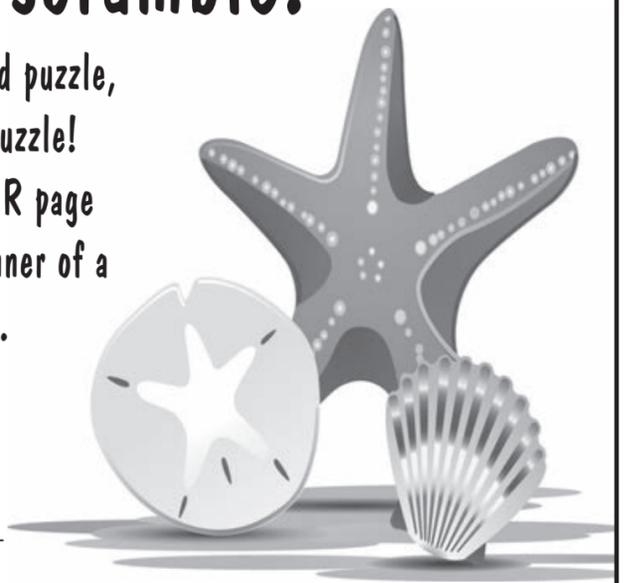
Additional signs of overtraining include loss of appetite, chronic or nagging injuries, metabolic imbalances, and stress and/or depression. More information about OTS and how to avoid it is available at www.acefitness.org.

Welcome to our first scramble!

We've decided to change it up for Summer and instead of a crossword puzzle, we've created a scramble. We hope you'll enjoy this challenging puzzle!

Please find the answers (business names) on the ABC's of SUMMER page in this week's issue. We will unscramble for you and announce a winner of a \$25 Gift Card to an ABC Business in the August 16th issue.

Good luck!



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