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# Auburn's Benison takes on the Marathon



Courtesv photo

Delaney Benison, in black, comes across the finish line at the Mary Beth Benison Foundation 5K in Worcester last October.

BY GUS STEEVES

AUBURN – For most people, the prospect of running 26 miles isn't all that appealing. But to Auburn's Delaney Benison, "it feels like a party, and that helps you get through it."

She's specifically talking about running a marathon. Next week, Benison is running her second Boston Marathon, her first as an official entrant (No. 28397) and as part of a charity team (the 15-40 Connection).

Benison, who now lives between long-distances (22

in New York City after graduating from Fordham University last year, got her start as a runner in high school (Notre Dame in Worcester) "mostly to keep up with sports." She said she turned to running itself in college, doing her first marathon three years ago, as a sophomore. That time, she basically did it to prove she could, but this time she's actually been training for it in January, gradually lengthening her runs. Today, she's alternating miles) and more moderate

"Last time, I wasn't very serious about training," she said. "I kinda grew into it

this time around."

A key part of that has been support from both family and friends and the 15-40 Connection. She joined their team via email and hasn't actually met any of them yet; the first time they'll all get together is at a Sunday brunch. But her involvement with the Connection is more personal; her aunt

Please Read MARATHON, page A4

# Warrant features medical pot changes

BY GUS STEEVES NEWS CORRESPONDENT

AUBURN – Although most of this year's warrant is pretty routine, town meeting representatives will face three petitioned articles aimed at changing how the town regulates medical marijuana, even before the first dispensary comes on line.

All three were drafted by Selectman Tristan Laliberte and Connor Toomey, with Laliberte saying his aim was to eliminate some restrictions that aren't applied to other kinds of business.

Article 31 aims to eliminate the prohibition on having such firms in the Aquifer Protection zone and within one mile of each other; Article 32 alters the minimum distance from a residence to 100 feet (now 250) and would allow them to stay open until 10 p.m. (now 8 p.m.); Article 33 eliminates the minimum and maximum building size restrictions.

"I reached out to the town manager and town planner about this and asked why this specific restriction was added," Laliberte wrote by email regarding the first petition. "The reasoning seemed to be that facilities close together would harm business. That sounded reasonable but we do not have similar bylaws for any

other business. Since we only banned recreational marijuana I saw this as similar to saying that two pharmacies could not be within 1 mile of each other."

He raised similar concerns about the other articles, generally describing the rules as "unnecessary" and largely aimed at "attempt[ing] to limit where these facilities could operate."

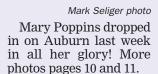
Regarding the aquifer district, Laliberte added, "There have been no instances of water being contaminated by THC or by fertilizer. The plants must be grown inside. The building has to be locked and only employees can enter. There are vents to prevent even the smell from escaping the building. I am overly confident that there is absolutely no risk to any water sources."

While those three address medical pot, Article 29 formalizes the town's prohibition of recreational sales and related businesses in the zoning bylaws, finishing the process town voters began last spring when they voted to ban it.

Elsewhere, the warrant takes on a couple of ongoing road issues. One would send the Legislature a request for special legislation to straighten out Faith Avenue, based on a

Please Read **MEDICAL POT**, page **A2** 

# JUST A SPOONFUL OF SUGAR...





# Frost announces \$609,252 in Chapter 90 funding for Auburn

Assistant House Minority Whip Representative Paul K. Frost (R-Auburn) is pleased to announce the town of Auburn is slated to receive \$609,252 in funding assistance for local road and bridge repairs as part of a \$200 million Chapter 90 bond authorization unanimously approved by the House of Representatives on April 5.

"Local aid is what individuals rely on most on a daily basis," Frost said. "I'm glad the House of Representatives made a strong priority in this bond bill to support local aid for our cities and towns. I know these funds will go a long way in helping a lot of people in

my district and throughout the Commonwealth."

The town should have \$609,252 to spend on local roads for the upcoming construction season. The Chapter 90 formula used to distribute funds to communities is based on road miles, population and the number of people who are employed by businesses within the community. The funds are paid out as reimbursements to communities for qualifying infrastructure work. The funding may be used on a variety of municipal roadway projects, including mending potholes, crack-

Please Read **CHAPTER 90**, page **A4** 

# Girl Scouts recruiting in Auburn and Oxford

KIMBERLY MASCHI NEWS CORRESPONDENT

Girl Scouts have been around since the year 1912 and in 2018 this group is now recruiting in Auburn and Oxford. A grand adventure for girls all over awaits!

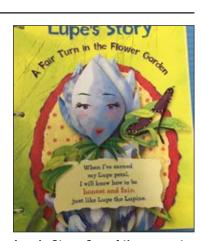
"Girls can do anything" says
Kerry O'Brien the Community
Development Specialist for Girl
Scouts in the area. Through
various programs and opportunities, the Girl Scout troops
will create future women

leaders. "We are the premier female leadership builders in this country" says Kerry. The girl scouts help girls of all ages, K-12, learn new skills, collect badges, work well in a team, and enhance their self-image and self-esteem. Being apart of this group is a long-standing tradition for most families.

In the Auburn Public Library on April 5th there was a recruitment meeting where girls of all ages poured into the Library to learn what it is to become a Girl Scout. Anyone and everyone is welcome to join and the benefits of becoming a Girl Scout are many. There are numerous camps, day and night, that are scheduled where children will learn subjects from science, nature and art. The Girl Scouts offers many adventures such as visiting a botanical garden or going to the Worcester Historical Museum. There's snorkeling instructions and rope course team building. Each adventure

and lesson let the Girl Scouts earn badges. There are new badges like wood working that would entice many Dads to become troop leaders! For each badge, old and new, there are stories that accompany each lesson. When the troop reads the story they all come up with a way to earn that badge. This is a team building exercise and a way for the child to learn and grow. These activities teach

Please Read GIRL SCOUTS, page A12



Lupe's Story. One of the many stories the Girl Scouts read, honest and fair.

# Pakachoag Church and Holy Cross bring "An Evening in Paris" to Auburn

On April 21, 2018 at 7:00 p.m., Pakachoag Church will present the Holy Cross Chamber Singers in concert



for "An Evening in Paris." A Parisianthemed reception will follow for audience members to greet the artists and enjoy light refreshments. The concert is free and open to the public and will take place in the Great Hall at Pakachoag church, located at 203 Pakachoag Street in Auburn. Freewill donations in support of Arts at Pakachoag will be gratefully accepted

Under the direction of Allegra Martin, the new Director of College Choirs at College of the Holy Cross, the Chamber Singers will perform a broad program of French music ranging from Renaissance madrigals and sacred music to Romantic-era songs of Durufle, Massenet, Viardot, and Poulenc, and conclude with a set of mid-twentieth century popular songs by Charles Trenet and Edith Piaf. The concert is a joint effort by Pakachoag Church and College of the Holy Cross to highlight the College's musical offer-

ings within the larger community in a setting that is ideal for chamber music performances.

performances.

The Chamber Singers is a select auditioned choral ensemble of approximately 16 singers who display the highest level of musical excellence. As an outreach ensemble for the College, the Chamber Singers perform at collegiate and alumni functions, short-

### AUBURN ITEMS

SUPPER PLANNED

There will be a community roast pork supper at the First Congregational Church, 128 Central Street, Auburn on Saturday, April 21 at 5 p.m. Tickets are \$10 for adults and children 10 and under are free. No reservations are needed. Additional parking is available at the Town Hall.

BOY SCOUT BOTTLE DRIVE

Auburn Boy Scout Troop 101 will have its annual spring bottle and can drive at the Auburn Fire Station at Drury Square on Saturday April 28, from 9 a.m. to Noon. If you have a larger collection of returnables, we would be happy to pick them up. Please call (508) Chris 868-5634, Beth (981-6840,) Fred (508-612-9228,) or Jeff (774-289-4423.) Your donations help fund boy scout activities. Thank you.

5K PLANNED

On Sunday, April 29 for the second year the Tarentino Strong Road Race will be hosted in Leicester. The Tarentino Strong Road Race was created and held in honor of Auburn Police Officer Ronald Tarentino who was killed in the

line of duty on May 22nd, 2016. Officer Tarentino served with the Leicester Police Department for seven years and then for the Auburn Police Department for two years. Officer Tarentino was a well-respected police officer who served with great distinction in both the Leicester and Auburn communities. With participation and support from over 1,500 runners, walkers, volunteers and police officers, the 2017 road race was a great success and the Officer Ronald Tarentino Jr. Charitable Fund was created. The charitable fund's mission is to provide educational scholarships and to also help people who have experienced catastrophic circumstances; assistance will be offered in the form of financial support and or donating items that can assist the families of first responders in times of illness, catastrophic events and injuries. The fund supplies scholarships at Leicester and Auburn High School, and at Tewksbury High School where Officer Tarentino was raised. The last weekend in April will again be hosting the Tarentino Strong Road Race beginning and ending

at Leicester High School. Registration is well underway with over 500 people who have registered to take part in the great event. Online registration will remain open until Monday, April 16. If you have not registered for the event you can do so by visiting the online registration page at https://racewire.com/register.php?id=8848. Visit us on Facebook – https://www.facebook.com/Officer-Ronald-Tarentino-Jr-Charitable-Fund-792243620933473/

SUTTON LIBRARY PLANS EVENT The Friends of the Sutton Free Public Library are pleased to announces the fourth annual Arts & Crafts Festival on June 9. The fun takes place on Sutton Common, from 10 a.m.-3 p.m. Rain location is in First Congregational Church. There will be big Book Sale at the Library, and Whittier Farms will provide lunch and goodies. You can purchase chances to win items donated by the artisans at the Raffle. Folks who would like to donate books to the sale may do so starting May 21. Artisans (no resellers) may obtain a registration form at the Library, 4 Uxbridge

Road, Sutton or online through the Library's website or The Friends page on Facebook.

Boy Scout Yard Sale 2018

Auburn Boy Scout Troop 101, which is celebrating its 94th Anniversary this year, will have its famous Annual Yard Sale on Saturday, May 26 (Memorial Day Weekend) at Auburn Library. The yard sale helps fund scouting programs and equipment. If you have usable furniture, scout or camping equipment, sporting goods, old aquariums, antiques, collectibles, books, games, children's items, or any other materials suitable for a yard sale that you wish to contribute to us, please call (508) Chris (868-5634,) Beth (981-6840,) Fred (508-612-9228,) or Jeff (774-289-4423) for a pickup. We will also accept clean, undamaged cloth and clothing for our Cub Scout fund-raiser. Thank you. Please - no TVs or computer monitors, no junk. Thank you very much for your contributions.



### **Car Buying Tips**

Customers ask place: When is the best time to buy a Car or Truck?

The RIGHT answer: (PART 3) The NO TIME LIKE THE PRESENT theory. Almost every day is a good day to buy a new car or truck. We know that most new cars have rebates from the manufacturer. They may also have special finance terms or some combination of both. This theory is based on the fact that if you are trading your car, its value is at its highest right now. Depreciation is always eating away at the value of a used car. The other aspect to consider is the factory incentives when buying a new car. Incentives can be a volatile thing and can change at the drop of a hat. Manufacturers like Ford watch the markets very closely. They adjust their strategies based on sales and production targets in an effort keep the factories moving. As inventory levels, market share and consumer demand change the rebates and incentives change. A strong economy and low inventory might mean fewer rebates. High inventory or the desire to gain market share might mean higher rebates. In any case what we know today is how a vehicle is priced. If a customer finds a vehicle that fits their needs and the numbers make sense then buy now. Waiting could cost you more. Our current economy appears to be at a turning point. If the rebates go down or stay the same and your trade has lost more value your cost to buy will have gone up. Let us here at Place Motor show you how to take advantage of the current incentives and get the most for your trade. Let us show you why we are the Right Place to buy a Ford since 1923.

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### **MEDICAL POT**

continued from page 1

proposal the Planning Board approved earlier this year. According to DPW Director Bill Coyle, it will shorten the road "by approximately 1000 feet or 0.2 miles and would eliminate the circuitous alignment.'

A second one continues sewer line repairs on Upland Street made necessary by an emergency breach last October. According to Sewer Director Jeff Mitchell, "We are appropriating this money [\$200,000] to inspect and perform work that would be needed to repair or rehabilitate various sewer lines in the area downstream from the collapse area as well as other areas of concern. This work could include the re-lining the sewer main with a fiberglass type material that is resistant to hydrogen sulfide and relining manholes in the same area with an epoxy type coating. This will hopefully illuminate the chance of further collapses of the sewer main."

Mitchell's other item seeks to use \$90,000 to start design work for a new sewer bypass in the event there are problems with the Pinrock pump station on Rte 20.

"As it stands now, there is no way for us to bypass and cross Route 20 in the event that there is a failure of the Pinrock pump station or the force-main which carries the wastewater form the pump station to the treatment plant," Mitchell said by email. He noted this is a three-phase project, with final design and bidding/construction coming later. Other significant projects include

a request to repurpose \$127,685 from the Pakachoag renovation account to build a new bathroom there; repurpose \$40,000 remaining from the library window project to fund a new HVAC system there; transfer \$185,000 from Medicaid receipts to the schools for special needs students; and \$300,823 to purchase all of the streetlights and finish their conversion to LEDs (another project that began last year).









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WCL Board member Mel Crouse present Farmers of the Year award to Ed and Dave Davidian In appreciation of your preservation of land, providing wildlife habitat and recreation to sportsmen and sportswomen, farmers from Davidian Brothers Farm. Founded in 1920, the Farm is a 250 acre operation run by Ed and Dave Davidian, 500 Church Street, Northborough.



Central Massachusetts reps from the Senate and House present awards to Words of Wisdom recipient Ralph True, in recognition of his efforts to inform, educate, and promote issues for sportsmen and sportswomen through his column The Great Outdoors for the Stonebridge Press publications, particularly the Blackstone Valley Tribune.



Central Massachusetts reps from the Senate and House present awards to Sportsman of the Year Bonnie Booth, Massachusetts Wildlife Board of Directors. In recognition of her work promoting the League for the sportsmen and sportswomen

Worcester County League of Sportsmen's Clubs presented awards to distinguished outdoors advocates and leaders at the annual banquet. Over 275 people attend the banquet each year including legislators, Massachusetts Wildlife officials, members of the more than 50 sporting clubs in the county, and other outdoor and sporting NGOs.

This year's award recipients are as follows:

Legislator of the Year Award: Senator Anne Gobi, in



Central Massachusetts reps from the Senate and House present awards to Hall of Famer Ken Stidsen, in recognition of lifelong leadership and passion for sportsmen and programs in Worcester County, for a list of all inductees over the years: http://www. wclsc.org/hall-of-fame.html

recognition of her support of issues concerning sportsmen and sportswomen in the State Legislature.

Words of Wisdom Award: Ralph True, in recognition of his efforts to inform, educate, and promote issues for sportsmen and sportswomen through his column The Great Outdoors for the Blackstone Valley Tribune and other Stonebridge Press publications.

Mentor of the Year Award: Jack Whitehead In recognizing his work providing information and education for the vouth of Massachusetts, in the inaugural launch Young Guns Youth Trap competition program.

Sportsperson of the Year Booth, Award: Bonnie Massachusetts Wildlife Board of Directors In recognition of her work promoting the League for the sportsmen and sportswomen

Hall of Fame Inductee: Ken Stidsen, In recognition of lifelong leadership and passion for sportsmen and programs in Worcester County.

For a list of all inductees over the years: http://www.wclsc. org/hall-of-fame.html

Farmer/Landowner of the Year: Ed and Dave Davidian In appreciation of your preservation of land, providing wildlife habitat and recreation to sportsmen and sportswomen , farmers from Davidian Brothers Farm. Founded in 1920, the Farm is a 250 acre operation run by Ed and Dave

Worcester League of Sportsmen's Clubs represents more than 25,000 sportsmen from over 50 clubs in Worcester County and adjacent towns. Since 1875 sports-

Davidian, 500 Church Street,

men in Worcester County have been committed to the 4 Point Action Program consisting of Public Relations, Legislation, Conservation Education that promotes and protects interests of sportsmen and citizens in the areas of conservation, environment, farmer, landowners and sportsmen relations, hunting, fishing,

waters. Find us on Facebook and the web at http:// www.wclsc.org/

and access to public



### ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4142 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



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# Savers Bank part of assistance program

Savers Bank has been selected to participate in specialists, Lisa Birtz at (877) 247-1815 or Dan the Federal Home Loan Bank of Boston's Equity Builder Program, which assists local homebuyers with down-payment and closing costs.

The \$3.1 million program provides grants to financial institutions to assist households at or below 80 percent of the area median income. Borrowers are eligible to receive up to \$11,000 in assistance on a first come first serve basis. Buyers must also complete a homebuyer counseling pro-

"We are pleased to be able to offer this assistance to help ease some of the challenges associated with a home purchase. Homeownership is key to building wealth and creating financial stability, and programs that assist homebuyers are a critical component in ensuring that our communities continue to thrive," said John Fearing, senior vice president and chief lending officer, Savers Bank.

Savers Bank is eligible to receive up to \$110,000 in 2018 through the Equity Builder Program depending on availability of funds.

Since 2003, the Equity Builder Program has awarded more than \$35 million in EBP funds assisting 3,150 income-eligible households to purchase a home.

To learn more about applying for assistance, contact one of our dedicated residential lending Kirschner at (877) 247-1816.

Northborough.

Savers Bank is a full service community bank with offices in Southbridge, Uxbridge, Auburn,

Grafton, Charlton, and Sturbridge. Savers Bank is a member of the Federal Deposit Insurance Corporation (FDIC), the Federal Home Loan Bank, the Co-operative Central Bank, and Massachusetts Bankers Association. Founded in 1910, Savers Bank has assets of over \$500 million, offers a full range of consumer and commercial banking services, and a strong legacy of community commit-

ment and customer service. The Federal Home Loan Bank of Boston is a cooperatively owned wholesale bank for housing finance in the six New England states. Its mission is to provide highly reliable wholesale funding and liquidity to its member financial institutions in New England. The Bank also develops and delivers competitively priced financial products, services, and expertise that support housing finance, community development, and economic growth, including programs targeted to lower-income house-

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# April Real Estate Market Update

According to Bankrate.com as of 04/06/2018 the rate on a 30 year fixed loan was 4.29% which is steady with where the rate was the last couple months. The fear of the future rate hikes most likely are having an affect on our current market causing people to purchase to keep their payments down. This is coupled with low inventory which is driving prices up in most areas. Refinancing is definitely still a good option but always look at the effective rate of your mortgage and if you have been paying it down for years the better rate may lower your payment

but may not help you to pay down your loan as quickly.

Today we have 1322 single family homes for sale in Worcester County compared to 6 months ago where we had 1986. Inventory did tick up about 8% from this time last month. If

we look back to 12 months ago we had 1554 homes for sale in Worcester County which shows a 14.9% decrease in inventory year over year. The average days



REALTOR'S REPORT

> **JAMES** BLACK

on market is currently 118 days which is a 16.3% decrease in days on market from last month. If we look at homes sold over past 12 months compared to the same time for the previous year there is an almost 1.6% increase

in sales and a 6.0% increase in average sales price while it is taking 18.9% less time to sell the homes this year than last year in Worcester County.

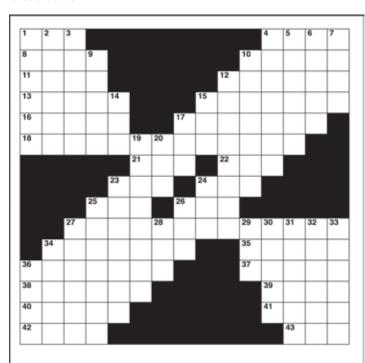
shows that prices are still rising and homes are still selling quicker than a year ago.

The numbers again are all positive and showing continued growth with no immediate signs of a change in the market. It is important to hire a Realtor familiar with your market especially in this market where it seems you can just put a sign out front and get a bunch of offers. The right agent will ensure you get the most money for the house in the shortest amount of time.

# Community leaders hear positive impact of Scouting



Tyler J., a Cub Scout from Pack 148 in East Brookfield, tells everyone why he enjoys being



- Upon
- 4. Roman Statesman 8. A protective covering worn
- over the face 10. Perfected
- 11. British school
- 12. Colored with red powder
- 15. What bowlers hope to knock down
- 16. Finnish lake
- 17. Damaged regions of tissue
- 18. World-renowned guitarist
- 21. Political action committee Oxygen reduction system
- 23. Part of a circle
- 24. Italian monk's title
- 25. Kidney problem (abbr.) 26. One point east (clockwise)
- of due north
- 27. Home to a world famous bay
- 34. Mollusk 35. Large nest of a bird of prey
- 36. Predict
- 37. Reconnaissance 38. Move in a particular direction
- 39. Cut with a tool
- 40. True firs
- 41. Heaven's opposite
- 42. Employed
- 43. "Partridge Family" actress Susan

20. Bag-like structure in a plant

More than 100 community leaders gathered at the Mohegan Council's annual Prepared.

Scouting has on the community. speaker

For Life. Breakfast

at the College of the

Holy Cross to hear

the positive impact

Reverend Judith Hanlon of Hadwen Congregational Church, Worcester, said of Scouting at her church to Breakfast goers, "Thank you for believing that values and morals are important. I am grateful that the Boy Scouts of America has become a progressive organization.' "Boy Scouts of America is one of the

nation's largest and most prominent values-based youth development organizations. For over a century, the BSA has helped build the future leaders of this country. And BSA's numbers are ever-growing: beginning in June 2018, Mohegan Council will introduce 'family scouting' to its Cub Scout Packs, where girls will be invited to join the Cub Scout program. In February 2019, a program will be launched for 11-17-yearold girls, similar to the Boy Scouts program."

"To me, (Scouting) is unique in the fact that, you take such young people – kids — and (while) it's about the wilderness, outdoors, environmental awareness, about being a good citizen, the byproduct is these kids are learning self-reliance, confidence, and leadership, and they don't even realize that they're learning all those things.' Said John Creedon Jr., owner of the Worcester Brave Hearts on The Hank Stolz Experience.

Other speakers in attendance were: Rob Bellin, Cubmaster of Pack 37 in Worcester and professor of biology at College of the Holy Cross; Donnie Stephens, Eagle Scout from Troop 232 in Dallas, PA and student from College



Courtesy photos

Rev. Judith Hanlon addresses those present at the breakfast.

of the Holy Cross, former vice-chief of the Order of the Arrow, BSA's National Honor Society; and Jeffrey Hotchkiss, Scout executive and CEO of Mohegan Council, BSA.

A Cub Scout, Tyler J., from Pack 148 in East Brookfield also spoke about why he likes being a Cub Scout.

Mohegan Council, BSA will be holding it's 36th annual golf Outing for Scouting on Friday, June 1 at Cyprian Keyes in Boylston. Interested individual golfers as well as sponsors can find more information at www.MoheganCouncilBSA. org/support.

### **MARATHON**

continued from page  ${\bf 1}$ 

worked for the organization after fighting cancer herself, and her grandfather died of cancer, Benison said.

According to email from spokesman Carl Setterlund, "15-40 Connection is a nonprofit based in Westborough that teaches people how to detect cancer symptoms early on and how to be proactive and advocate for yourself as a patient. Our goal is to improve cancer survival rates by helping people catch cancer early when it is localized and more treatable."

He noted the group speaks to local high schools (and was coincidentally doing a program for Auburn High freshmen Tuesday), colleges, workplaces "and other communities" regarding what they call "Three-Step Detect." The Connection's website summarizes that this way: Step 1 is to know how you "feel when you're at your best;" Step 2 is to contact a doctor if something changes for two weeks or more; and Step 3 is "communicate openly and honestly with your doctor," even if it feels embarrassing.

"Cancer affects everybody one way or another," Benison said. Setterlund was a bit more specific, writing, "Roughly 1 in 3 people are diagnosed with cancer at some point in their we want to equip them with the ability to advocate themselves and work with doctors to get the earliest possible diagnosis."

She's working with a youth club in Natick called the Strivers Running Club for Girls to raise \$7500 for the Connection, and said she's so far seen "support from here, there and everywhere." Some of that came from a house party she threw in New York, some of it comes from Strivers' Facebook page, which posts occasional videos of Benison's training process.

The club jumped onboard Feb. 23 with this post: "Meet Delaney our Boston Marathon Runner! We are reaching out to announce our Spring Community Project. We are very excited to combine our love of girls running with helping another female athlete achieve her goal. This session the STRIVERS will be rallying behind Delaney Benison as she trains and fundraises to run her first official Boston Marathon on Monday, April 16th! Stay tuned as we will tell you more about how you can help Delaney TOO

Benison said said her longterm goal is to be able to run fast enough to qualify for free entry into a marathon. At her age, 22, that would require a time of 3:35, and she estimated her last marathon was on the upper end of four hours.

Her brother, Deagan, is also a marathoner, having run in New York, Boston and, later this year, Chicago. Benison said he intends to join her during the hardest part of the Boston course, the infamous Heartbreak Hill, but won't be running the whole route this year.

"I'm really excited about this," she said. "It's cool to see all your work coming together."

### CLUES DOWN

- 1. Induces vomiting 2. Gloss or sheen on wood
- furniture 3. Meteorological line
- 4. Help shoppers save money 5. Heart condition
- 6. What tweens become and ends
- 9. Small knob
- 10. Island capital
- 12. Refinisher
- 14. Brazilian city 15. Pearl Jam's debut
- 17. Resinous substance of an insect
- 19. Stretched out
- 25. Confused 26. The Science Guy
  - 27. A young woman 28. Used to express good wishes

or animal

23. Reference works

24. Hoover's office

- 29. Body part 30. Draw blood
- 31. Curved \_ Kidman, actress
- 33. Profoundly
- 34. Fools
- 36. Wife (German)

### I 8 A л о в 9 O н F O R BEC s 3 3 1 8 ٨ T N SSO ٦ | Я Я d N U a 1 T B O U G E D E L O O N E s A M Ь

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### REAL ESTATE

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\$1,300,000 17 Washington St, Mobile Home Service Ctr, to Bees LLC.

\$180,000 133 Wallace Ave, Romeo, Edward S, and Romeo, Tina B, to 133 Wallace Avenue RET.

\$170,000 8 Dixon Ave, Feng, Xiaoxiang, to Oluoch, Rosemary.

### **CHAPTER 90**

continued from page 1

ing, and other surface defects and repair or replace signage, guardrail, storm grates, or road striping or painting.

The recent \$200 million for Chapter 90 bond funding passed in the Massachusetts House on April 5 and was sent to the State Senate.



### Affordable Rental Opportunity **Kateri Tekakwitha Senior Housing** 1 Kateri Way, Auburn MA

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# Art deco style



ANTIQUES, COLLECTIBLES & ESTATES

Europe and the United States during 1930s, according to Britannica. It was first WAYNE TUISKULA exhibited in Paris at the

deco.

style

devel-

originated

in the 1920s

oped into a

major style

Western

Exposition Internationale des Arts Décoratifs et Industriels Modernes in 1925.

Art decoarchitecture and decorative arts represented modernism. Some pieces were individually crafted, but most were mass produced. According to Britannica, "the intention was to create a sleek and antitraditional elegance that symbolized wealth and sophistication. The Art Encyclopedia (visualarts-cork.com) lists the major forms found in art deco pieces: "trapezoidal, zigzagged, and triangular shapes, chevron patterns, stepped forms, sweeping curves and sunburst motifs."

Some of the materials used

during manufacturing were bakelite plastic, molded glass, chrome, stainless steel, spelter and bronze.

Two buildings in New York exemplify art deco design. The Chrysler Building opened in 1930. The New World Encyclopedia describes the Chrysler Building's "highly decorative style known for its sharp angular or zigzag surface forms and varied ornamentation." The corners of the 61st floor were designed in the shape of 1929 Chrysler hood ornaments. It was the world's largest building for 11 months, before the completion of the Empire State Building.

Rockefeller Center is also illustrative of art deco design. The round art deco mezzanine and rotunda along with the building's sign lettering made from multiple lines are just some of the art deco features of the building. The statue of Prometheus is believed to be the most photographed sculpture in New York City. A statue of Atlas stands at the front entrance. On another historical note, John D. Rockefeller's employed over 40,000 to construct the building during the Great Depression.

Of course, there are more smaller scale art deco items

produced. Art deco furniture turns up fairly regularly in New England homes and typically doesn't bring the strong prices associated with other art deco pieces. Posters appeal to collectors. A 1929 Monte Carlo poster sold for \$8,500 and one from 1930 brought \$10,000. A German poster titled "Odeon Casino" realized \$26,000. Some art deco radios are also very desirable. A Fada bakelite radio in blue and orange brought \$9,400 in 2014. A Sparton Peachbird mirrored radio sold for nearly that amount in a recent online auction. Georg Jensen sterling silver is always popular in any pattern. A 64 piece art deco set recently sold for \$7,700.

Auction prices for important art deco pieces have been particularly strong. A bronze sculpture titled "The Aristocrat" depicts an elegantly dressed woman walking 2 dogs. It realized \$71,000. A Cartier 18 karat solid gold desk set sold for \$76,000 last year.

Rare art deco jewelry pieces are highly desirable. An art deco platinum, onyx and natural pearl necklace reached \$320,000 at auction in 2012. An art deco platinum, emerald and diamond bracelet brought \$370,000 in a 2011 auction. An art deco natural fancy blue



marquise-shaped 3.5 karat diamond certainly shined when it sold for \$1.4 million at a 2013 auction.

We will be offering an art deco lamp, prints and other items in our May 31st auction. Bidding is currently taking place for our online auction of a Sterling, MA estate full of antiques. The preview takes place at the estate on April 21st. Our online auction of a Weymouth, MA estate will be coming soon. This estate contains a Harley Davidson, 2 SUVs, many remote control helicopters and drones, along

with home furnishings. We also have an estate sale planned for early May in Southbridge with many pieces of yellow ware, other pottery and antiques. Our next live auction takes place in Worcester on May 31st. See www.centralmassauctions. com for details on these and other upcoming 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

# A lot of 'firsts' as reservoirs and lakes open for fishing



A catch from last year's Uxbridge Rod & Gun Club fishing derby is shown off. This year's derby is this Saturday.

This past Saturday the Wachusett Reservoir opened to shore fishing only, but anglers had little problems catching their limit of three lake trout each. Most fish were caught on shiners with a few catching them on hardware. After catching their limit of lake trout, a few of the anglers decided to filet the trout after they had arrived home. They were surprised to find a lot of crayfish and numerous other baitfish like small sunfish and even a small largemouth bass, inside of one of their lakers. It even had a rubber worm in it which had to be there from last year's fishing season.

Controversy rubber worms being used as fishing baits has been discussed for a long time, and the

makers of the rubber worm and other soft plastics discussed making them biodegradable. It is time to make all soft plastics biodegradable for both fresh and saltwater fishing. They are killing a lot of fish, as they are unable to digest

The Quabbin Reservoir will open to fishing on April 21, but the crowds of the '70s are no longer there. The regulations on washing boats before each fishing trip to the Quabbin has driven most anglers away from the once popular fishing site. The steep price to wash a boat is now around \$50 and must be done at a registered garage chosen by the Metropolitan police. A tag is affixed to your boat and trailer. If the tag is broken you will need to pay another fee before launching your boat at the Quabbin. The idea is to stop the transfer of weeds and zebra mussels into the lake, that can be catching a ride on your boat from other bodies of water. If you have a boat that can be used just to fish the Quabbin, it works out just great. Fishing at the Quabbin has been very good for those anglers that still fish there. Last year local angler Bob Czuprvna of Uxbridge caught numerous lake trout and salmon on most of his fishing trips to the Quabbin. Czupryna is a regular at the Quabbin Res.!

Wallum Lake in Douglas will open to fishing this Saturday. Anglers should enjoy a day of fishing catching brown, rainbow, tiger, and brook trout. Bass fishing anglers also catch smallmouth bass and largemouth bass at Wallum Lake, with smallmouth bass providing some great fishing. Remember that Wallum Lake is governed by Rhode Island regulations, and allows anglers to retain five trout daily. Brood stock salmon are no longer available from THE GREAT **OUTDOORS RALPH TRUE** 

federal hatcheries, and are missed by anglers that fish this pristine body of water. Be sure to have all of the necessary safety equipment on board your boat, and anglers fishing from a canoe must wear life preservers at all times, at this time of year.

The Uxbridge Rod & Gun Club will hold their annual fishing derby at the club grounds this Saturday April 14, for members only. The derby will start at 7:00 am. The club will also serve breakfast to members and guests. This week's picture shows a very happy young lady with her catch last year.

The West Hill Dam will hold their ver-

nal pool walks on April 14 & 21 from 7:30 to 9:30. Contact Viola for more information. Call 978-318-8417

Wild turkey hunting opens April 30 this year, and by the looks of it, harvesting a wild turkey in Massachusetts should not be too hard if you can shoot straight! More next week.

The New England Outdoor Writers will hold their annual banquet at the Singletary Rod & Gun Club this Saturday April 14. The day will start at Carl's Diner for breakfast in Oxford, and then proceed to the Singletary Rod & Gun Club for a business meeting and banquet. More on the event next week.

Take A Kid Fishing & Keep Them Rods Bending!!

# \* \* Triday's Child



Hi! Our names are Devondrick and Eliajah and we want to be a police officer and professional

Devondrick and Eliajah are friendly brothers who are looking for a family together! Devondrick is an outgoing young man of Cape Verdean descent. He presents as quiet and shy around people he does not know but once

he feels comfortable, he is friendly, outgoing, and funny. Devondrick is very athletic and loves to play baseball, football, and basketball. He participates in team sports regularly, and is currently on local baseball and football teams. Devondrick is very competitive and takes pride in his abilities. He does well academically, especially in math. He has many friends at school with whom he enjoys spending time.

Eliajah is of Lebanese and Cape Verdean descent. He is funny, social and enjoys being around other children. He loves to play outside and watch television. Eliajah has played baseball in the past and would also love the opportunity to try soccer. Eliajah's foster mother says that Eliajah has a big heart, and that he is very helpful around the house and will even ask to help with chores! He does well in class and has friends at school.

Ready for adoption, Devondrick and Eliajah would like to be placed in a home together with a mother and a father, a single mother or a single father. Their social worker is open to exploring families with or without other children in the

### Who Can Adopt?

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-6273 or visit www.mareinc.org.

The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."

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# LEARNING Conference addressing autism draws diverse crowd

KIMBERLY MASCHI

April 2nd was Autism and Awareness Day and at UMass University Campus, in the Albert Sherman Center a group of doctors share what they are working on to help those in the Autism Community. These five detailed and important TED talks were provided by those who work hard to help those with autism and the families afflicted. The various doctors presented an assortment of speeches on medications that are helping, diagnoses that have clues, better diagnosing tools and a search for furthering clinical trials.

Dr. Andrew Zimmerman, MD was first to speak and he has some hopeful news. A new medication is showing promise to help heal main problematic symptoms in autism. Dr. Zimmerman discusses in this speech, Broccoli Sprouts in ASD: clues to cures by Andrew W. Zimmerman, Kanwaljit Singh, Susan Connors and Eileen Diggins, that trials are currently being conducted and all signs point to promising outcomes. The medication is called Sulforaphane and is derived from broccoli sprouts. Studies are currently being conducted, and although there is no immediate success with FDA approval, there is hope. The main premise behind this new medication is that many children afflicted by autism notably improve when they have a fever. Dr. Zimmerman discusses that the effects of "Sulforaphane stimulates the heat shock response and regulates synaptic nerves.'

This is exciting news in the autism community.

'Sulforaphane may provide clues to pathways involved in ASD," write DR. Zimmerman and team.

Next to speak at the UMass TED Talks was Jean Frazier, MD and she discussed the Fragile X which is "a single gene based neurodevelopmental disorder attributed to the loss of an important protein called Fragile X Mental Retardation Protein." Fragile X, which occurs in one out of 4,000 males and one out of 8,000 females, can cause a variety of developmental issues such as learning disability and speech delays.

'Fragile X is the leading known cause of autism," says Dr. Frazier. Through her and her teams research they are reaching new heights, Dr. Frazier states they are at the "cutting edge of trying to understand this protein." This team at UMass University Campus is looking into beginning a clinical study with

In order to have one's child diagnoses with autism, it is a long and grueling process that can take almost a year to complete. Dr. Roula Choueiri, M.D. is working hard to change that. Dr. Choueiri states the physicians need to "get them (children) in faster and an interactive test is better than a written questionnaire."

When diagnosing someone with autism there is a plethora of paperwork, the process can take a long time to finally get a diagnosis and by then, a lot of valuable time has passed the child

and family by. Dr. Choueiri and her team are working on a way to cut the wait time and get those who need the help faster than in previous years.

Mary Beth Kadlec, ScD, doctor of science, shares her information on the CANDO clinic and the future. Kadlec describes the CANDO as a service provider for those in the autism community "working together for families." Kandlec describes how the CANDO clinic is connected to helping those with autism. The clinic offers a variety of services including, evaluation and diagnosing, resources, health programs and speech and occupational therapies. As for the future, Kadlec is confident for that, they will continue in "Putting the Pieces Together for Families." The CANDO clinic is "embarking on a process to work with insurances," to help cover the cost that autism inflicts on the patients and families.

Last to speak is Doctor David Cochran, MD, PhD on medications to help those with autism. Dr. Cochran refers back to initial speaker Dr. Zimmerman and his work in Sulforaphane and believes this to be a promising medication.

"Autism is on the rise," says Dr. Cochran, an estimated \$90 billion are predicted to go into the cost to treat those with autism in the next year. Dr. Cochran look forward to new treatments and new targets in helping those with autism.

"UMass is still working hard for autism." sav Dr. Cochran.

Those who work at the UMass

Putting the Pieces Together for Familie

Slide from Mary Beth Kadlec, ScD presen-

Memorial Medical Center are dedicated, intelligent and vigilant in their strides to help those with autism and the families. Promising new techniques for diagnosing faster is essential in children receiving treatment in a timely manner. New medications are being tested and show promise for the future. The CANDO clinic is available and willing to help. New clinical trials are in the works and beginning soon. The doctors, staff and affiliates at UMass are not going to stop working and learning until they can properly help those afflicted with autism, not just for the month of April, which is autism awareness and acceptance month, but for every day of the year and for many vears to come.

### **LEGALS**

**Town of Auburn, Massachusetts** Notice is hereby published that Midstate Auto Group. has applied to the Auburn Board of Selectmen for a Motor Vehicle Class II License and an Auto Repair License at 496 Washington Street, Auburn, MA 01501. A public hearing will be held April 23, 2018 at 7:00 p.m. in the Board of Selectmen Meeting Room, 104 Central Street, Auburn, MA.

**Town of Auburn, Massachusetts** Notice is hereby published that L & L Certified Auto Services Inc / D.T. Automotive, LLC. has applied to the Auburn Board of Selectmen for an Auto Repair License at 199 Southbridge Street, Auburn, MA 01501. A public hearing will be held April 23, 2018 at 7:05 p.m. in the Board of Selectmen Meeting Room, 104 Central Street, Auburn, MA.

April 13, 2018

**Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate** and Family Court 225 Main Street Worcester, MA 01608

(508) 831-2200 Docket No. WO18C0125CA In the matter of: Elizabeth James Ann Bitar Of :Auburn MA **NOTICE OF PETITION FOR** 

**CHANGE OF NAME** To all persons interested in petition

described:

A petition has been presented by Elizabeth J Bitar requesting that: Elizabeth James Ann Bitar

be allowed to change his/her/their name as follows: Elizabeth Ann Bitar

IF YOU DESIRE TO OBJECT OR THERETO, YOU YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT Worcester ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00 AM) ON 0/5/01/2018

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: April 3, 2018

> Stephanie K. Fattman Register of Probate

April 13, 2018

(SEAL) **COMMONWEALTH OF MASSACHUSETTS** LAND COURT **DEPARTMENT OF THE TRIAL** COURT

18 SM 001665 **ORDER OF NOTICE** 

TO: David P. Luksza; Kelly C. Luksza and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C.c. 50 §3901 (et seq):

New Penn Financial LLC d/b/a **Shellpoint Mortgage Servicing** claiming to have an interest in a Mortgage covering real property in Auburn, numbered 11 Wallace Terrace, given by David P. Luksza and Kelly C. Luksza to Mortgage Electronic Registration Systems,

Inc., as nominee for Lendia, Inc.,

its successors and assigns, dated December 14, 2006, and recorded with the Worcester County (Worcester District) Registry of Deeds in Book 40348, Page 348, 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 May 7, 2018 or you will be forever barred from claiming that you are entitled to the benefits of said Act. Witness, JUDITH C. CUTLER Chief

Justice of this Court on March 26, 2018 Attest:

Deborah J. Patterson Recorder (17-004348 Orlans) April 13, 2018

(SEAL) **COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL** 

> **COURT** 18SM002120 **ORDER OF NOTICE**

To:

Amy B. Hasting a/k/a Amy B. Hastings Marc A. Messina

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C.c. 50 §3901 et seq.: Ditech Financial LLC f/k/a Green Tree Servicing LLC

claiming to have an interest in a Mortgage covering real property in Auburn, numbered 4 Vincent Street. given by Amy B. Hasting and Marc A. Messina to Bank of America, N.A., dated October 4, 2007, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 41910, Page 335, 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 May 21, 2018 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of said Court on April 3, 2018. Attest: Deborah J. Patterson Recorder

18-031423

April 13, 2018

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE By virtue and in execution of the Power of Sale contained in a certain mortgage given by Christopher P. Lugo a/k/a Christopher Lugo, and Laurie A. Lugo a/k/a Laurie Lugo to Mortgage Electronic Registration Systems, Inc., as nominee for Family Choice Mortgage Corporation dated July 20, 2005, recorded at the Worcester County (Worcester District) Registry of Deeds in Book 36880, Page 169, as affected by Loan Modification Agreement dated August 1, 2012 and recorded at Book 49475, Page 50; said mortgage was then assigned to JPMorgan Chase Bank, National Association by virtue of an assignment dated January 25, 2012, and recorded in Book 48535. Page 290; and further assigned to Secretary of Housing and Urban Development by virtue of an assignment dated September 21, 2015, and recorded in Book 54630, Page 302; and further assigned to U.S. Bank National Association, not in its individual capacity but solely as Trustee of OWS REMIC Trust 2015-1 by virtue of an assignment dated October 23, 2015, and recorded in Book 55773, Page 283; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 11:00 AM on May 8, 2018, on the mortgaged premises. This property has the address of 10 White Terrace, Auburn, MA 01501. The entire mortgaged premises, all and singular, the premises as described in said mortgage: PROPERTY ADDRESS: 10 White Terrace, Auburn, MA The land with the buildings thereon situated on White Terrace, Auburn, Massachusetts, bounded and described as follows: BEGINNING at a stake on the southerly side of White Terrace which is located northeasterly 30.32' from a stone bound at an angle in the street; THENCE N. 48 degrees 14' 30" E. along the southerly sideline of White Terrace for a distance of seventy five (75) feet to a stake; THENCE S. 41 degrees 45' 30" E. by Lot A for a distance of one hundred (100) feet to a point; THENCE S. 48 degrees 14' 30" W. by Lot #2 for a distance of seventy five (75) feet to a point; THENCE N. 41 degrees 45' 30" W. by Lot C for a distance of one hundred (100) feet to the stake at the point of beginning. Containing 7,500 square feet of land, more or less, and is Lot B on plan of White Development and subdivision of land in Auburn, Mass. And recorded with the Worcester District Registry of Deeds, Plan Book 177, Plan 48. Being the same premises conveyed to Christopher P. Lugo and Laurie A. Lugo by deed dated June 4th, 2003 and recorded in the Worcester District Registry of Deeds in Book 30290, Page 25. Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, inso-

far as the same are now in force and

applicable. In the event of any typo-

graphical error set forth herein in the

legal description of the premises, the

description as set forth and contained

in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale. Terms of Sale: Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be. In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms, if any, to be announced at the sale. Dated: April 9, 2018 U.S. Bank National Association, not in its individual capacity but solely as Trustee of OWS REMIC Trust 2015-1 By its Attorney DOONAN, GRAVES & LONGORIA, LLC, 100 Cummings Center, Suite 225D, Beverly, MA 01915 (978) 921-2670 www.dgandl. com 53160 (LUGO) April 13, 2018 April 20, 2018 April 27, 2018

# Planning & prepping 'Plants in a Pot'

There are many reasons to plant a vegetable garden, among them the security of knowing where the food you bring to the table comes from. A healthy eating revolution coupled with food safety issues, has contributed to a renewed interest in backyard gardening. Make that back porch, patio, and windowsill gardening!

For those who don't have room to plant a sprawling plot, container gardens fit the bill. From whiskey barrels to plastic buckets, plants are sprouting up on back decks, front porches, and even on balconies. Many vegetables grow successfully when contained in pots. Benefits include the ability to position the pots to increase growing condition, and a reduced risk of pest invasions.

Read on for tips to plan to plant:

Crop Pickings: Luckily, some of the best loved vegetables are appropriate for container gardening. Crops that do well include tomatoes, lettuce, peppers, cucumbers, beans, as well as, carrots, cabbage, peas, beans, beets, cauliflower and broccoli. In addition, there are many varieties of dwarf vegetables that are specially bred to grow well in containers.

Container Choices: Once you've decided which plants to pot up, there are a few general rules to follow to ensure thriving container crops. The size of the container depends upon the crop that will be grown. Typically most vegetables can thrive as long as there is enough space for proper root development. Shallow rooted crops such as lettuce, peppers, radishes, and herbs require a space at least six inches in diameter with an eight inch soil depth. Tomatoes, cucumbers, squash and beans grow well in deeper buckets, such as five gallon buckets, half whiskey barrels, and deep patio

Bushel baskets, half barrels, wooden tubs, or large pressed paper containers are ideal for growing tomatoes, squash, pole beans, and cucumbers. Note that container plants do best when transplanted from seedlings into the container, allowing for a hardening off period.

Select Soil: The perfect planting material for containers should provide

quick and steady drainage with enough water retention to keep the roots moist. Some gardeners suggest a traditional soil mix, others prefer a soil free potting mix that offers a lightweight medium that is free from soil borne diseases. A good rule of thumb is to mix equal parts of sand, garden soil and peat moss. This mixture may be heated in a low oven for an hour to kill any weeds, insects or bacteria.

Water Well: Proper watering is essential for a successful container garden, due to the fact their root system is restricted. Usually once a day is sufficient, but keep mind containers are much apt to dry out in hot weather, causing the plant to produce poorly or worse. Also, avoid soaking the leaves when watering, as wet foliage encourages disease. And make sure the pot is equipped with proper drainage. Inadequate drainage will cause the mix to become water logged, and the plants will be deprived of necessary oxygen.

Proper Placement: Placement is important, since growing vegetables need at least five hours of direct sunlight each day. Flowering and root vegetables need even more sun. Check the requirements of each variety you are growing. Since the container garden offers mobility, moving a pot to ensure it receives sufficient sunlight is a valuable advantage.

Pot Couture: Container plants encourage creativity. A handsome garden pot

TAKE THE HINT

**KAREN TRAINOR**  or two on the patio adds ambiance and beauty to an outdoor space. A row of trellised pole bean pots can serve as a decorative barrier along a deck or balcony. And a window box of lettuce, radishes and peppers, not only offers lush

greenery, but handy salad pickings at your fingertips.

Rx for Container Gardening: While container gardening is typically user friendly, with less risk of insect invasion or disease, the gardening method is not foolproof. The University of Maine Cooperative Extension offers the following suggestions for treating common container garden problems.

Symptoms: Plants tall, spindly, and unproductive.

Cause: Insufficient light.

Cure: Move container to area receiving more light. Reduce feeding intervals.

Symptoms: Plants yellowing from bottom, lack vigor, poor color

Cause: Excessive water. Cure: Reduce watering intervals;

Check for good drainage.

Symptoms: Plants wilt although sufficient water is present.

Cause: Poor drainage and aeration. Cure: Use mix containing higher percent organic matter; increase number of holes for drainage.

Symptoms: Marginal burning of leaf edges.

Cause: High salts.

Cure: Leach container with tap water at regular intervals.

Symptoms: Plants stunted in growth; sickly, purplish color.

Cause: Low temperature or low phos-

Cure: Relocate container to warmer area. Increase phosphate level in base solution.

Symptoms: Holes in leaves, leaves distorted in shape.

Cause: Insects

Cure: Hand pick or use insecticidal

Symptoms: Plant leaves with spots; dead dried areas, or powdery or rusty

Cause: Plant Diseases

Cure: Remove diseased areas where observed. Call your Extension Office or bring in a leaf for diagnosis.

Win Dinner for Two at the Publick

Your tips can win you a fabulous dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. Hints are entered into a drawing for a three course dinner for two at the historic Publick House Inn! One winner per month will win a fabulous three course dinner for two at the renowned 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 thee 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 publications? Send questions and/or hint to: Take the Hint! c/o Stonebridge Press, PO Box 90. Southbridge, MA 01550. Or email kdrr@aol.com.

# National archery shoot returns to Sturbridge for sixth year

**BY JASON BLEAU** 

STURBRIDGE - Continuing long-standing tradition, Sturbridge will play host to one of several marquee national archery events for the sixth year in a row. The Sturbridge Conversation Commission has approved a request from the Hamilton Rod & Gun Club to once again hold the Rinehart R100 archery shoot which includes different events and challenges on courses across the United States.

Billed as "the greatest archery shoot in the world." professional and competitive

archers from across North America turn out for any of the numerous events hosted across the nation from March through September. Sturbridge will be the host town for the Massachusetts shoot, with the Hamilton Rod & Gun Club continuing to host the event as it has for several years.

The club's archery chairman Dan Krasnecky appeared Conservation the Commission in Sturbridge in mid-March to seek his annual approval from the commission to host the event on the club's property as well as some public property. Krasnecky said the event is a popular event that puts Sturbridge on the map and draws in hundreds of participants from across North America to challenge their archery skills on the local course.

"We have somewhere in the neighborhood of 300 to 500 shooters that walk through," Krasnecky said. "We make lanes about three feet wide anywhere from 20 yards or 10 yards all the way out to 55 yards long depending on the target size and the ability of the archer. I try to do something different every year. This is our sixth year now. People keep coming back, all the way from Canada, New York, and Colorado. It's kind of exciting. It's good for the town. They've got to stay somewhere and eat somewhere so it benefits all of us.'

The Hamilton Rod & Gun Club can fit around 300 vehicles in its parking lot, making it a prime location for the expected number of archers who will compete. Each year the number increases, so for 2018 the event will be held for three days, giving an extra day for archers to take to the

"Because of the quantity of people that we have, Rinehart requested that we open the shoot Friday afternoon at noon time, so we agreed to try to get

more people through and more options," Krasnecky aid. "For those three days we add the town to our insurance policy. We renew in May so once we renew we add the town to make sure the town is covered by our policy for those three days and we cover Rinehart as well."

The Conservation Commission approved the event noting that not once have they received any complaints about the shoot and they hope 2018 will be no different. The Rinehart R100 archery shoot will be held from June 22 through June 24.

### CONCERT

range tours in the New England area, and other events. In the Fall of 2017, through the Arts Transcending Borders program on campus, they collaborated with Theatre of War Productions and the Phil Woodmore Singers to present "Antigone in Ferguson" at Holy Cross. They present a challenging repertoire ranging from classical part songs and Renaissance motets to contemporary choral music.

The Chamber Singers are led by Allegra Martin, the director of College Choirs at the College of the Holy Cross, where she started in August of

2017. Originally from Lexington, MA, Allegra spent a decade working in Boston, where her diverse positions included Director of Music at First Parish Cohasset, Artistic Director of the Cantilena Women's Chorale, and Chorus Director at Lasell College and Lasell Village. She is currently a doctoral candidate at the University of Illinois in Champaign-Urbana, and her research focuses on the choral cantatas of Margaret Bonds and Langston Hughes. Her areas of interest include Renaissance choral music, 20th-century American music, women's choral repertoire, and new music. She earned her Masters in Choral Conducting from Westminster Choir College, and her BA in Physics and Music from Williams

College. Past teachers have included Andrew Megill, Sun Min Lee, Andrea Solya, and Joseph Flummerfelt.

Allegra is also an active professional singer, and was one of the founders of Anthology, a women's vocal quartet that performed in the greater Boston area for six years and commissioned 22 works of new music in that time. She currently sings with the Schola Cantorum of Boston and has sung in the past with Cappella Clausura, and the Video Game Orchestra. While at the University of Illinois, she performed Julia Wolfe's award-winning Anthracite Fields with Bang on a Can and Vivaldi's Juditha Triumphans with the Venice Baroque Orchestra. While at Westminster, she sang with the New York Philharmonic

and the Philadelphia Orchestra, as well as in opera productions at the U.S. Spoleto Festival. In the summer of 2016 she performed Britten's War Requiem with Kent Nagano and the Montreal Symphony Orchestra.

Pakachoag Church has a long history of promoting arts and culture as a form of religious expression. It is committed to deepening cultural connections and providing opportunities for personal enrichment within the Central Massachusetts area, embracing the point of view that artistic expression, broad religious values, and diverse cultural traditions naturally intersect.

For more information about Pakachoag Church, visit pakachoag.

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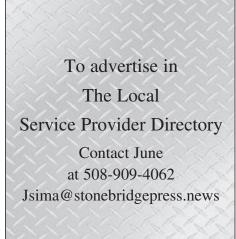












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Frank G. Chilinski

STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

# Another look at a freedom



We are fast approaching a unique process in Americana.

Open town meetings are rapidly becoming an anachronism. It is more and more difficult for towns to encourage enough people to take time to actually show up and be part of the political

Norman Rockwell, famous for his Saturday Evening Post covers and slices of life; using his own neighbors as models to create his realistic paintings of what now seem idealistic ways to be; is famous for one of those called Freedom of

It was part of a series of four, Freedom of Religion, Freedom from Want and Freedom from Fear were the other three. They were used as part of a campaign to encourage the purchase of bonds to help pay for World War II.

Freedom of Speech shows a middle aged man standing before his fellow townsmen (there is one woman, but she is nearly hidden by all those men); speaking his piece. He is surrounded by rapt listeners. Whether they are agreeing or not is hard to tell, but they are listening.

In a day when actually listening to someone else without shouting them down if you don't agree with them, this is refreshing.

The ideal of free speech, which many often forget, is that everyone has the right to do it, and you don't have to agree with what you hear. You have the right to what you wish to believe, but they have the right to what they wish to say.

The political correctness people have it wrong. It isn't that our delicate ears can't deal with the possibility of hearing something that strains our egos or casts aspersions on our beliefs; it's how we respond.

No, we don't want people running around screaming horrible "nicknames" for other people, we would hope good manners would enter in there somewhere. But how people respond to such language is much, much more important than if someone says it.

Which is why the removal of any monuments or statues or plaques or commemorative information worries us.

Because where does it end?

See, we understand that the interpretation of a statue can be in the intent of the person who placed it there, or in the resulting impact it has on those who view it many, many years later.

Was the statue placed because the people wanted to commemorate a person whose values they also valued? Most likely; and they also wanted others to remember that person for those things, and perhaps others were not as enamored of them. But it was most likely the person with the money to pay for the statue that got it erected; and over the years, different values may have been attributed to both the original guy AND his statue.

It happens.

Flags represent many things; statues represent many things. Are we going to, as an old saying points out, cut off our nose to spite our face? Will we give in to the haters who point out in spite that even our founding fathers owned slaves? Yes, they did. It was common practice, in many countries. Including Great Britain until laws were passed abolishing it.

Vikings held slaves so we can count Norway

and Sweden in there too.

Even some Native Indians had a bound servant system for their captured enemies.

Are we going to tear down buildings built with slave labor? Harvard University buildings? The White House? The Capitol building?

Societal systems change. We can understand we were wrong. We can apologize and make amends but we can't "undo." It happened.

We can only hope that somehow, the rant to tear down statues, abolish the flying of flags and otherwise destroy artifacts of what happened whether we like it or not will stop, as people real-

ize the reminders won't erase the history. And it shouldn't. Because we shouldn't forget

the history.

# Gearing up for spring sports

ROCKETS

REVIEW

JOSEPH FAHEY

**DIRECTOR OF** 

**FACILITIES AND** 

**MAINTENANCE** 

The snow has finally melted from the fields and it appears that spring is here at last! Our sports fields and the track at Auburn High School will be used continuously over the next six months. These fields will not only be used by the

Auburn Public Schools' athletes, but will also be used by the many youth groups in town and by our commu-

In order to provide safety and to protect the fields and track, rules must be followed. These rules were provided to us by the manufacturer of the turf and track to protect not only the athletes, but to extend the life of the track, fields, courts and playgrounds. There is signage posted on the fences.

You will see our upgraded baseball field that was transformed to a multiuse field by removing the infield mix and installing synthetic turf. That will not only provide continuous play during inclement weather for all users, but will also prolong the life expectancy of the turf.

As a reminder, below is a list of the rules that we have posted at our schools and we ask that everyone please comply with them:

Basketball / Tennis Court - No Pets, No Bicycles, No Rollerblades, NO Skateboards and No Street Hockey

The High School Track / Field will be closed from 7:30am to 2:00 pm each day that school is in session.

No Pets, No Wheels (Strollers, Bicycles, Skateboards

Rollerblading)

Lanes 1&2 are closed; Lanes 3&4 are for runners; Lanes 5&6 are for walkers. This is to evenly wear the lanes.

Turf Fields – The following are prohibited

Sports Drinks, Soda, Alcohol, Coffee or any beverage other than water

Food, peanuts, seeds, or

Tobacco products of any

kind Golfing, javelins, grills, metal cleats or spiked footwear

Dogs and other pets or animals Sharp objects such as tent stakes corner flags, or objects that would penetrate the artificial surface

Unauthorized vehicles, bicycles, scooters, or marking of lines Permitted Play Only

Playground- closed during school hours

Do not use equipment when wet No Running, Pushing or Shoving Do Not Use Play Equipment Improperly

No Bare Feet, Wear Proper Footwear

Working together and adhering to these rules, we can keep everyone safe, allow them to use these resources and extend their useful life for years to come.

Thank you for your continued interest in and support of the Auburn Public Schools!

Mr. Joseph Fahey is the Director of Facilities and Maintenance for the Auburn Public Schools. To contact him to share an idea, a concern or to ask a question, he can be reached at 508-832-7755 or via e-mail at jfahey@ auburn.k12.ma.us.

Council's

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in the final confir-

mation of all lifetime

appointed judges and

# Strategies for your investment 'garden'



FINANCIAL Focus

**DENNIS** ANTONOPOULOS

If you're a gardener, your busy season is at hand, as April has been designated National Garden Month. But could the skills you deploy at gardening be transferred to other areas of your life – such as investing?

Here are a few ideas for doing just that:

Establish a timeline. As a gardener, you typically follow a well-defined timeline. You need to get the soil ready a few months before you want to plant, and you need to plant at different times, depending on what plants you choose. You even need to set up a schedule for watering, feeding, weeding and other garden care. As an investor, you may also need to observe a timeline. During the early and middle stages of your career, you probably need to invest primarily for growth, so you can build resources for a comfortable retirement. Then, as you near retirement, you may want to lower your risk level by shifting some - though certainly not all – of your investment dollars from growth-oriented vehicles into more income-producing ones. And once you do retire, your focus will shift to preserving your money, so one of your key decisions will center on how much you can afford to withdraw each year from your

investment portfolio. "healthy" Choose investments. Gardeners like to choose plants they know will really last. That's why they look for things such as green leaves, as opposed to brown or yellow ones, and thick stems, which usually indicate a plant is strong, healthy and capable of surviving a transition from the pot to the ground. And when Governor's Council you invest, you, too, should look for signs of health in the investments you choose. For example, when picking stocks, look for companies with solid fundamentals, such as experienced management, strong earnings and the demonstrated ability to produce products and services attractive to consumers. Or, when considering bonds, consider those that independent rating agencies have awarded the highest grades, in terms of the

> financial strength of the issuer. Feed your investments properly. Things like fertilizer and plant food can be valuable, but the most important element in plant nutrition is water. Under-watered plants will not survive, but overwatering your plants can certainly damage them severely. When you invest, you also need to know the right amount of "food," or "nutrients," to apply. If you don't put enough money into investments, they may not grow as much as you'd like. On the other hand, it is possible to "overwater" certain investments. For example, if you constantly put money into just one or two investments, they could end up crowding out others in your portfolio, causing you to lose the value of diversification. And if these particular investments are already growth-oriented vehicles, highly subject to market risk, they could take a big hit during a market downturn. Ultimately, seek a balance in how you distribute your investment dollars.

> Year after year, successful gardeners reap the rewards of their labors. And following some of their habits can help you work toward a long-lasting and fruitful investment garden, too.

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 Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

# Getting to know the Governor's Council

I ask you, "Who among us has the power to take away your child, your home and even your freedom with a single

decision?" lifetime The appointed judges in Massachusetts. that's who. The

seriousness of the Governor's Council business is best understood when one asks themselves these life changing questions. The Governor's Council is the final approval of all lifetime appointed judges and clerk magistrates in Massachusetts. The Council consists of eight members, all elected throughout the state. I am your Governor's Councillor for the 7th District, which includes 65 cities and towns and is primarily made up of all Worcester

County. In addition, the Council approves members of the Massachusetts' Parole Board, Administrative Law Judges for the Department of Industrial Accidents, the Appellate Tax Board and all notary publics and justices of the peace. These are all important roles. But by far, the most crucial job of the Council is to vote on the lifetime appointed judges and clerk magistrates. Nobody becomes a judge, or a clerk magistrate in Massachusetts without a majority vote of the Governor's Council. This applies to every judicial position from the local District and Probate Courts right on up to the highest court in our state, the Massachusetts Supreme Court (SJC). All of the confirmation hearings are open to the public and anyone is welcome to come in and testify either for or against a nominee. No other entity can override the Governor's



LIFE, LIBERTY AND THE GOVERNOR'S COUNCIL

> **IEN CAISSIE GOVERNOR'S** COUNCILLOR, **7TH DISTRICT**

clerk magistrates in Massachusetts. Prior to conducting confirmation hearings, receive substantial personal and professional background information on each nominee. As a practicing attorney who is in court daily on criminal and civil matters, due diligence to me means conducting an exhaustive review of nominees' qualifications, courtroom experience, their cases and legal writings. For myself, vetting nominees properly at their confirmation hearings requires intense preparation and the ability to formulate tough questions on issues of public safety, victims' rights, and judicial philosophy. The taxpayers of Massachusetts deserve judges who understand that public safety is paramount and that victims need to be heard. Every nominee must demonstrate to me that they understand judges are to apply the

Our Founding Fathers estabthe Governor's Council as a Constitutional body in the Massachusetts' Constitution because they understood the awesome power judges wield over our lives. This is an historical principle that compelled me to first run and one that I have always taken to heart in carrying out my duties.

law, not make the law.

It has been and continues to be my pleasure representing the good people of Worcester County as their voice on the Governor's Council.



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# **SPORTS**

# Rainy conditions don't bother Rockets, who produce 20 runs in win over Uxbridge

BY DEAN P. ST. LAURENT

AUBURN — The rain didn't stop the Auburn High and Uxbridge High varsity baseball teams from getting their respective seasons underway on Wednesday, April 4, as the defending Division 3 state champion Rockets opened up with a dominant 20-3 win over the Spartans.

Although both teams battled the non-favorable weather conditions for most of the contest, it was a ball game early. Auburn scored first and got out to a quick start by scoring in each of the first three innings to give the Rockets an early 4-0 lead going into the top of the fourth.

"It wasn't an ideal day for baseball, but our season is officially started and we got a win under our belt," explained Auburn head coach Eric Swedberg. "Today was productive."

Uxbridge started to gain some life in the top of the fourth by taking advantage of some mistakes due to the weather and some timely hitting and good at-bats. The Spartans got themselves back into the game by tallying three runs to make it a 4-3 game. Highlighting the Spartans' offense was Alex Currie, who recorded two doubles.

"The first three innings were OK, but I don't think we came out with any intensity at all," explained Uxbridge head coach Peter Rice. "We made some lazy plays and routine errors, which cost us early. We were able to come back and

get three runs in the fourth and take advantage of some mistakes and passed balls and then that next inning got away from us, let up some run including a home run by their catcher who is a heck of a player and then we got into the situation where I didn't have these guys ready to go into pitch."

Entering the bottom of the fourth the Spartans had some momentum after getting within a run of the Rockets, but a switch was turned on and sparked by an RBI triple by Colin McKeon to open the scoring in the bottom of the fourth inning, followed by a two-run bomb to right-center by catcher Brian Sarkisian, the Rockets took a 7-3 lead.

Auburn scored a staggering 13 more runs in the bottom half of the fourth to open up a commanding 20-3 lead. The top four batters in the Rockets' lineup combined for seven of the team's 11 hits and eight of the 20 runs the team produced. Sarkisian had two RBIs, leadoff hitter Mike Been went 2-for-3 with a triple and three RBIs, McKeon went a perfect 2-for-2 with a triple and a double to go along with three RBIs and Michael Collins also added two singles.

Auburn was able to take advantage of the conditions with patient at-bats to make the pitcher work and when a ball was in the zone, the Rocket batters swung hard.

"We took advantage of the fact that they haven't been outside, they made a couple mistakes that we took advantage of and after that it was a matter of the conditions making it hard on their pitchers," Swedberg expressed.

With one win under their belt, the Rockets already have goals set after winning it all last season.

"Get 10 wins, we are 1-0 now," Swedberg expressed of reaching the playoffs and ultimately having a chance to defend their title.

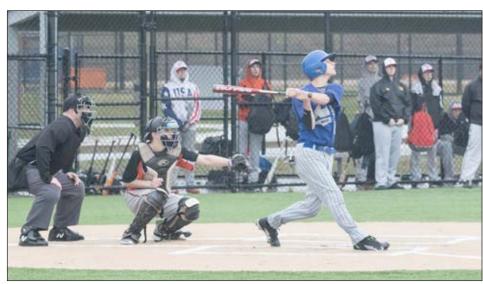
Despite losing their first game of the season, Uxbridge has a lot to look forward to and will look toward their starting pitching rotation for leadership and

"My expectations are high; we have a lot of returning starters, our three starting pitchers are all back from last year and my catcher did a great job," expressed Rice. "There were a few players I put out there that I thought did a good job and played with intensity

"Harrison Mansfield will be our ace: he is a big lefty, Jack Hughes who threw today and threw well, and Holden Thiebault," Rice concluded.



Nigel Belgrave of Auburn keeps an errant throw from becoming an error versus Uxbridge.



Mike Breen of Auburn watches as he launches an RBI triple deep to the outfield.

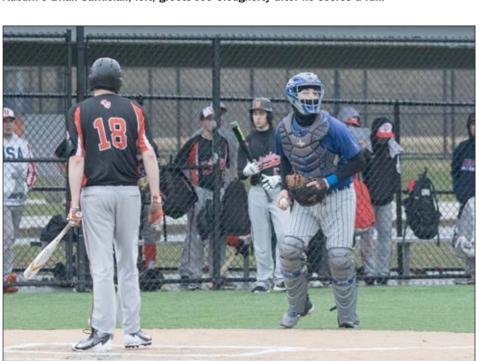


Mathew S. Plamondon photos

Auburn's Joe Clougherty slides safely back into first base ahead of the tag provided by Uxbridge's Cam Pomerov.



Auburn's Brian Sarkisian, left, greets Joe Clougherty after he scores a run.



Auburn catcher Brian Sarkisian looks an Uxbridge runner back to first base following a passed Auburn's Drew Sluckis makes the throw over to first base to record an out.



Joe Hopper of Auburn pitches through the unfavorable weather conditions.



# Mary Poppins soars over Auburn High School stage

It was supercalifragilistic expialidocious as the Drama Club at Auburn High School staged Mary Poppins last week. From the flying Miss Poppins to the dancing chimney sweeps, the entire production was a masterpiece

Photos by Mark Seliger www.seligerphotography.com























# Mary Poppins soars over Auburn High School stage

















# **OBITUARIES**

### Georgette F. (Chouinard) Arsenault, 93



SOUTHBRIDGE-(Chouinard) Arsenault, 93, a resident Southbridge passed away peace-fully on April 5th, in the Southbridge

Rehabilitation Healthcare Center, after an illness.

She was the daughter of the late Roland and Dora (Larochelle) Chouinard. Georgette was born on March 2, 1925. Georgette grew up and made her home in Southbridge and was married to Emile L. Arsenault for 62 years, who predeceased her in April 2008. She leaves her three daughters, Suzanne Ciccolo and her husband J. Laurence of Auburn, Ruth Minko and her husband John of Chicopee and Judy LaBarge and her husband Barry of Kensington, CT; her two sisters Rollande Gibeault, of Sturbridge and JoAnne Sohenuick her husband John of Southbridge and a brother Wilfred Chouinard and his wife Theresa of Ocklawaha, FL; her four grandchildren, Joseph Ciccolo, Anne Ziniti, Jonathan Minko and Jennifer Karr; her four great grandchildren and one on the way; and many nieces and nephews. She was also predeceased by her brother Roger Chouinard.

Besides being a wife and mother, Georgette enjoyed knitting, crocheting, reading, shopping, tag sales and spending time with her family and many friends. She will be dearly missed.

The family wishes to thank the staff of the Southbridge Rehab and Healthcare Center and the Hospice of Western and Central MA caregivers who visited with her for the kindness they've shown Georgette and their compassionate care.

A funeral Mass for Georgette will be held on Monday, April 16th, at 11:00am in Notre Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial will follow in Oak Ridge Cemetery, Southbridge. There are no calling hours.

In lieu of flowers donations may be made to the Hospice of Western and Central MA, 1325 Springfield St., Suite 12, Feeding Hills, MA 01030.

www.morrillfuneralhome.com

### Susan E. Marsh, 68



SPENCER- Susan E. (Lareau) Marsh, 68 of Howe Village, died Thursday, April 5th. at her home.

She leaves her sons Michael Cloutier and wife Meghan N.Brookfield, Keyes Adam

Worcester and Aaron Keyes of Auburn, a grandson Michael John Cloutier of N.Brookfield, her sister Campbell of Spencer. She is predeceased by her brother Robert H. Lareau, Jr.

Sue was a licensed hairdresser and owned and operated Hair Designs by Susan in Spencer for 26 years, retiring in 2003.

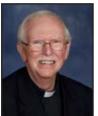
Born in Worcester, she was the daughter of Robert and Beatrice (Rochette) Lareau, Sr.

Memorial calling hours will be held on Thursday, April 12 from 4:30 to 6:30 p.m. with a prayer services at the conclusion, in the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr.,

In lieu of flowers, contributions may be made to Second Chance Animal Services, P.O. Box 136, E.Brookfield, Ma 01515.

www.morinfuneralhomes.com

### Rev. James F. Hoey, 79



SHREWSBURY/ SPENCER- Rev. James F. Hoev, 79, of 35 Julio Dr., Shrewsbury, died Thursday, April 5 in St. Vincent Hospital, Worcester on his 79th. birthday.

He was the former pastor of Mary, Queen of the Rosary Parish in Spencer for 20 years prior to his retirement in 2016.

Fr. Jim, was born in Worcester, the son of Robert V. and Marion R. (Bowker) Hoey and graduated from the former St. Peter's High School in Worcester, and later attended Holy Cross College in Worcester. Then, realizing his call to the priesthood, he attended St. John's Seminary in Brighton where he received his Master's Degree in 1965. He was ordained into the priesthood on Feb. 13, 1965 at St. Paul's Cathedral in Worcester by Bishop Bernard J.

On March 1, 1965, Fr. Jim was named assistant at Sacred Heart of Jesus Parish in Gardner, assistant at St. Anne's Parish in Shrewsbury from 1969 to 1976. He became associate pastor at St. Mary's of the Hills in Boylston in 1976, temporary administrator of St. Theresa's Parish in Harvard in 1976, associate pastor at St. Joseph's Parish in Auburn in 1977 and associate pastor at St. Joseph's Parish in Worcester in 1977-81. He was associate pastor at St. Mary's Parish in Sutton 1981-82 and became pastor at St. Theresa's Parish in Harvard from 1982-88. He was named pastor at Our Lady of the Lake in Leominster from 1988-96 and pastor

at Mary, Queen of the Rosary Parish in Spencer in 1996 until his retirement in 2016. After his retirement, Fr. Jim has been assisting at St. John's Church in Worcester. He also was Chaplain at St. Mary's School and assisted at Our Lady of Czestochowa in Worcester.

Fr. Jim leaves his best friends, Paul and Irene Bleau of West Boylston and their family; his cousins: David and Michael Hoey of Worcester, Elizabeth McDonough of Shrewsbury, John Burke of Clinton, and Kathy Hoey of W.Springfield, Mary Ann Derzius of Westminster, Patricia Lefebvre of Leominster, Kathleen Kiernan of Florida, Virginia Danachaud, Mary Jane Gellani of Marion, Richard Danachaud of New Jersey, Carol Kelleher of Georgia, Dan Grady of Maryland, Timothy Hoey, and Margerite Flatley of Manchester-by-the Sea.

His funeral Mass will be held on Thursday, April 12 at 11 a.m. in Our Lady of the Rosary Church, 7 Church St., Spencer with Bishop Robert J. McManus presiding.Burial will follow in St. John's Cemetery, Worcester. Calling hours at Our Lady of the Rosary Church are Wednesday, April 11 from 3 to 7 pm. when the Vigil Prayer Service will begin.

In lieu of flowers, contributions may be made to either St. John's Food for the Poor, 40 Temple St., Worcester, 01604 or Mary, Queen of the Rosary Food Pantry, 60 Maple St., Spencer, Ma. 01562. The J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is directing arrangements for the family.

www.morinfuneralhomes.com

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



# COMMUNITY CALENDAR

### Tuesday, April 17

HISTORICAL SOCIETY: Auburn Historical Society will meet on Tuesday, April 17 at 6:30 p.m. at the Auburn Senior Center, 4 Goddard drive, Auburn. Our speaker will be Sari Bitticks, and her topic will be "The captives of King Phillip's War and why they refused to be redeemed. It is all a Matter of Underwear". Everyone is welcomed, the event is free and refreshments will be served.

### Saturday, April 21

SUPPER PLANNED: There will be a community roast pork supper at the First Congregational Church, 128 Central Street, Auburn on Saturday, April 21 at 5 p.m. Tickets are \$10 for adults and children 10 and under are free. No reservations are needed. Additional parking is available at the Town Hall.

### Saturday, April 28

BOY SCOUT BOTTLE DRIVE: Auburn Boy Scout Troop 101 will have its annual spring bottle and can drive at the Auburn Fire Station at Drury Square on Saturday April 28, from 9 a.m. to Noon. If you have a larger collection of returnables, we would be happy to pick them up. Please call (508) Chris 868-5634, Beth (981-6840,) Fred (508-612-9228,) or Jeff (774-289-4423.) Your donations help fund boy scout activities. Thank you.

### Saturday, May 26

Boy Scout Yard Sale 2018: Auburn Boy Scout Troop 101, which is celebrating its 94th Anniversary this year, will have its famous Annual Yard Sale on Saturday, May 26 (Memorial Day Weekend) at Auburn Library. The yard sale helps fund scouting programs and equipment. If you have usable furniture, scout or camping equipment, sporting goods, old aquariums, antiques, collectibles, books, games, children's items, or any other materials suitable for a yard sale that you wish to contribute to us, please call (508) Chris (868-5634,) Beth (981-6840,) Fred (508-612-9228,) or Jeff (774-289-4423) for a pickup. We will also accept clean, undamaged cloth and clothing for our Cub Scout fund-raiser. Thank you. Please - no TVs or computer monitors, no junk. Thank you very much for your contributions.

### 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 vour 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)  $832-5044 \times 155$  for information.

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

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

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

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

NUMISMATICS: Looking for a new hobby? Come learn about the hobby

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

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

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

### **GIRL SCOUTS**

continued from page  $oldsymbol{1}$ 

independence and strength, which every girl needs and deserves.

'We must tell girls their voices are important"-Malala Yousafzai, seen in the Girl Scout program guide. To fund these activities, the Girls count on their parents and family. They also raise funds themselves so that they can go to the adventures they chose. This teaches the girls about money and money management.

Kerry states "Cookies fund adventures! It also teaches the girls finical literacy money management, goal setting, people skills, business ethics and decision making"

So, the next time you are walking into a store and you see the Girl Scouts out selling the cookies. Know that the money earned from each box goes to the team's camps, activities and classes. With each purchase of a box you are sending a girl to study a wilderness skill, have an aviation adventure, or to join a science-based experience.

Splurge on the thin mints, gorge on the peanut butter patties, and sink into those caramel delights. Each yummy morsel brings the girls you purchased from closer to an experience they will never forget.

G. go-getter. I. innovator. R. risk-taker. L. leader.

To join, the girls would have to be in kindergarten by October of 2018 to be eligible to join. Parents are also asked if they can volunteer their time to be troop leaders. To become a troop leader there is a very low yearly fee, a QUERY check, trainings and lesson plans provided to better assist the leader and the troops. In Auburn and Oxford area please call Kerry O'Brien at (508)749-3633 or e-mail at kobrien@gscwm.org.

ERIENCE THE getter / innovator / risk-taker / leader

Slogan of the Girl Scouts



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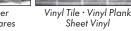
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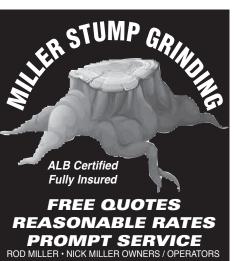
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24 MOS. FOR

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STK# 270119 | MODEL# 4432 MSRP \$27,144



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24 MOS

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Friday, April 13, 2018





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NEW/LISTING

DUDLEY - 9 Page Ln! Newly Renovated

6 Rm, 3 Bdrm, 2.5 Bath Cape! 1 Acre Lot! Cul-de-sac! Hrdwds Throughout! Open Lin Rm, Kit & Din Area! SS Appliance Granite

Kit w/Isl! Slider to Composite Deck! 1st

Flr Master w/Walk-in Closet & Master

Bath! 2nd Flr w/2 Large Bdrms & Full Bath! Garage Under! **\$329,900.00** 

SOLD



**Jules** Lusignan



Cimoch

Therrien

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



John Kokocinski



Sandi

Grzyb



Counihan

### Listings Always Needed - We're Always Busy Selling!!!





WEBSTER - 9 Asselin Ave! Hospital ear! Brian Acres! Ideal 7 Rm Split Entry! ely Landscaped .57 Acre Lot! In-Ground bove Ground Pool! SS Applianced Kit! Din Rm w/Slider to Sunroom! Liv Rm w/ Frplc! 3 Bdrms! Updated Bath! Frplc Fam Rm! 2 Z Oil Heat! 2 Car Garage! Shed! \$279 900 00



WEBSTER - 11 Upper Gore Rd! Convenient 6 Rm Ranch! Fully Applianced Oak Kit! Frplc Din Rm w/Hrdwds! 3 Bdrms w/Hrdwd Firs! Spacious Liv Rm w/Brick Hearth! 1st Fir Laundry! Large Trex Deck! Updated Windows, Siding & Furnace! Garage! Shed! Sold w/Add .39 Acre Lot!



North Pond! 62' Waterfront! Panoramic Views! 8 Rm Colonial! Kit w/Double Oven! GLEAMING Hrdwd Firs! 4 Bdrms! 2 Full Baths! 14X20 Trex Deck! Newly Painted! Prof Landscaped! Fenced Yard! Plenty of Docks Included!





Cabinets! 1st Flr Office! Master w/New Bath

WEBSTER LAKE - 60 Bates Point Rd! Middle Pond! Absolute Prime 52' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 8 Rms 3 Bdrm 2 Baths A/C'd Ranch! Custom SS Applianced Granite Kit! Din Rm w/Hrdwds & Slider to Waterfront Deck w/Awning! Lake Facing Frolc Liv Rm w/ Cathedral, Skylight & Hrdwds! Comfortable Master Bdrm! Frplcd Lower Level \$729,900.00





WEBSTER LAKE — 48 Laurelwood Drl Reid Smith Cove! One of the Lake's Best Lots! Beautiful 10 Rm, 3,686' Contemp! 104' Waterfront, 228' Rd Frontage, 33,628 Sq. Ft, or .77 Acres! The Best on Market! Gradual Sloped Lawn to Beach/Shore! Private Rd w/Woods Across Street! Location, Slope to Water, View & Exposure, Things You Can't Change, After that it's One's Imagination! Front, Back, & Side Yards, Space to Roam, Entertain, Park & Expand! Main Level, White & Black Granite Kit, Center Isl w/Gas Range & Sink, Wall Ovens! Din Area! Lake Facing Din Rm! Frpled Liv Ruvel, thethedral Open to Sun Rm w/Water View! Lake Facing Office/Possible 4th Bdrm! Half Bath! Upstairs, 3 Bdrms, 2 Bathrms! Amazing Lake Facing Master, Bath w/Whirlpool, Steam Shower, Dble Vanity, Cathedral w/Skylight & Laundry! Walk-out Lower Level w/ Frpled Fam Rm, Summer Kit & 3rd Full Bath, 3.5 Total! C/Air! Gas Heat! 2 Car Garage & More! \$1,100,000.00



WEBSTER - 24 Linwood St! Well Maintained 2 Family! Each Unit Consists Of An Eat-In Kit w/Gas Range, Pantry w/ Abundant Cabinets! 2 Carpeted Bdrms! Knotty Pine Heated Sun Room Or Den! Full Baths w/Laundry! 2nd Flr w/Screened Porch Newer Roof, Siding & Wir Furnaces! Garage! \$219,900.00





King

SOLD DOUGLAS - 93 Monroe St! 10.97 ACRES! Updated 1867 8 Rm Farm-

ACRES! Updated 1867 8 Rm Farm-house! Flexible Floor Plan! Loads of Charm! Flopt Lix Rm! Fam Rm w Cathedrals! Slider to Deck! Din Rm! 4 Bdrms! 2 Baths! 2 Car Attached Ga-rage! Additional 3 BAY, 50x85. GARAGE BUILDING! \$594,500.00



SHREWSBURY - 747 Grafton St! 8 Rm Cape! .5 Acres off Route 20! Great Business Location! House Needs Total Rehab! 1st Flr Consists of Eat-in Kitchen w/Built-in Hutch! Large Liv Rm! Master Bedroom w/Closet! Office! Full Bath!

SOLD





AUBURN - 13 Inwood Rd! Cute 6 Room Cape! 2-3 Bedrooms! All Hardwoods on Both Levels Under Carpeting! Finished 2nd Floor with Bedroom & Office!
Lower Level Playroom! Vinyl Siding!
Replacement Windows! Oil Heat!
8,276' Level Lot! Shed! 1 Car Garage!
\$179,900.00



qualify for traditional financing! Being sold AS IS! Title 5 Passed but there is Town Sewer in the Street! Easy Access to Rte 146! Close to Singletary Boat Ramp! \$120,000.00



STURBRIDGE - 13 Main St! Work & Live Here! Completely Remodeled! "Turn Key" 1st Fir Beauty Salon w/CAir, Handicapped Bthrm, Kit, Gas Heat! 2nd Flr - Applianced Kit, Liv Rm, 2 Bdrms, 1.5 Baths, New Oil Furnace! 13 Parking Spaces! 2 Car Garage! Sep Utilities! Town Services | Rte 20 84 & 901



CHARLTON - 44 Oxford Rd! 8 Rm CHARLIUN — 44 OXIOTA KLI 8 KIII Colonial w/Farmers Porch! 1.38 Acres! New Quartz Kitchen! Formal Dining Rm w/Hrdwds! Frplcd Fam Rm w/Hrdwds! Spacious Liv Rm! 4 Bdrms! Master Bath! 2.5 Baths Total! 16X30 Deck! 2 Car Garage! Shed! 2016 Roof! Many Updates!

\$344,900.00



WEBSTER – 56 Chase Ave! Well Maintained 2 Fam! 64 Rms! 3/2 Bdrms! Applianced Eat-in Kits! Formal Din Rm! Carpeted Liv Rm! Large Bdrms! Updated Full Baths! Skylight! Hrdwds! 6 Panel Drs! 2Z Oil Heat! Furnaces 1 Yr Old! Newer Plumbing & Electric! Fenced Yard wiPatio! \$219,900.00



ON DEPOSIT



Rms! 3/3/3 Bdrms! Excellent Investment or from #122! Fantastic 2.72 Acre Lot with Owner Occupied! Quiet Side Street! Easy Access! Off Street Parking! Large Fat-in Homes! Build Your Dream Home Here! Access! Off Street Parking! Large Eat-in Kits w/Gallev/Pantry, Formal Dining & Liv ut! Coin Operated in Basement! \$259,000.00



ON DEPOSIT WEBSTER LAKE - 15 Lakeview WEBSTER LAKE - 33 Beacon Rd! 6 Rd! Reid Smith Cove! Enjoy the Music Rms. 3 Bdrms. 2 Baths! 141' Waterfront! 12,458' Lot w/Plenty of Privacy! Kit, Maste Bdrm, Master Bath, Roof & Windows Nev of Indian Ranch & the Indian Princess! 7 Rm Summer Cottage w/4 Possible Bdrms! Master Overlooking Lake! Great Potential!
Or Tear It Down, Build Something New! 50'
X 118' Lot w/Gentle Slope, Almost Level! in 2013! Enjoy Sunsets from Wrap-aroun Porch! Beautiful Lake Views! Frolc Liv Rm! SS Appliances C/Air! 2 Car Garage! \$519,900.00



WERSTER LAKE - Access! 124 Gore Rd! 440' Waterfront! Great Location! Direct Highway Access! 3.4 Acres! UNDEVELOPED LAND w/EXOUISITE VIEWS! Explore the Opps! Build a staurant, Hotel, Condominiums! Cozy 4



Townhouse! 6 Rms! 1,874"! Hrdwd Floors!
Applianced Granite Kit! Open FIr Plan!
2 Bdrms! Master Bath w/Whirlpool Tub,
Separate Shower & Bidet! 3 Baths! Frpled Fam Rm! CAir! Gas Heat! Trex Deck! Recent Windows/Doors! Garage! 2 Boat Slips! Heat



WEBSTER LAKE - 82 Lakeside Ave! South Pond! Prime 157' Waterfront w Western Expo! Reautiful Sunsets! Panoramic Lake Views! 10+ Rm. 4 Bdrm. 4.5. Bath, A/C'd, 3,832' Custom Colonial! Lake Facing Quartz Kit w/Heated Flr! Din Area w/Custom Wall Unit & Slider to Waterfront Deck w/Elect Awning! Frplc Liv Rm! Din Rm w/Tray Ceiling! Lake Facing Master w/Master Bath! Upstairs 3 Bdrms, 2 Lake Facing! Lower Level Fam Rm w/2nd Kit, Sauna & Full Bath! 3 Car Attached, 1 Car Detached! Security! Generator! Boat House! \$1,195,900.00



WEBSTER LAKE – 8 Reid Smith Cove Road! Panoramic Lake Views! West Expo! Super Sunsets! 9,698' Lot! Gently Sloping! 2,254' Custom Contemp Cape, Built 09 as 2nd Home, Like New! Open Flr 9,998 Lort ventyl solpnig: 4,254 Custom Contemp Cape, butin va ac zin rione, Like New Cyber I rir Plant Spectacular Lake Facing Great Rm w/T Ceiling, Recessed Lights, Sidlers to Trex Deck, Stone Jas Frpic, Surround Sound & Gleaming Hrdwds! Granite Kit w/sl, SS Appliances, Soft Close Cabinets Hrdwds & Recessed Lights! 1st Fir Master w/Tile Bath, Whirlpool Tub/Shower, Dble Sink & Linen Closet! Upstairs Sitting Area Overlooking Grand Rm w/Lake Views! Hrdwd Hall to 2 Bdrms w/Recesser Lights, Ceiling Fans & Dble Closets! Full Bath & Linen Closet! Lower Level Walkout Fam Rm w/Tile Flr



ON DEPOSIT

WEBSTER LAKE - 3 Long Island!

Cottage" Ready to Rough It! Loads of

Potential! Water on 2 Sides! Panoramic



ON DEPOSIT

Townhouse w/BOAT DOCK! 5 Rms! Move-in Condition! Panoramic Lake Views! Applianced! Din & Frplcd Liv Rm w/Hrdwds! Lake Facing Master! Custom Master Bath! 2 Bdrms! 2.5 Baths! CAir! Garage! \$288,000.00



w/2nd Floor! \$379.000.00



ed Pool, Sandy Beach! **\$344,900.00** 



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### hope2own.com 508.943.4333

Sharon Pelletier - Broker Licensed in MA, CT & RI

WE WANT YOUR



### Featured New Webster Lake Listing! **WEBSTER LAKE - 110 LAKESIDE AVE**

Panoramic Views Define this Unique Webster Lake Waterfront Contemporary! 190' of water-frontage spanning the horizon from East To West! Pavilion sits at water's edge! Lakeside patio, fire pit & sandy beach for swimming! Huge waterside decks & aluminum docks! Contemporary style home offers 2,497 SF+/-, 9 Rms, 4 Bedrooms, 2-1/2 Baths including private master bath. Open concept w/ kitchen/dining/living & year-round sun-room. Lake facing private master BR suite. Walkout lower level features a family room, half bath & lakeside 3 season room! 2 car attached garage!

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

**THOMPSON - 5 BEATTIE AVE** 

NEW LISTING! Under Construction! Craving some privacy? 1.31 acre +/- lot Conveniently located for commuters! Close to I-395! This Split Level home has

an attractive modern flare w/twin peaks & rectangular

window lighter above the front entry door! Open flr plan, cathedral ceilings, hrdwd & ceramic tile flrs! Granite counter-tops, center island! Dining rm w/

sliders to deck overlooking private back! 2 BRs, +Mstr

BR suite w/private bath! 1/2 bath/laundry, 2-1/2 bath

\$259,900.

total! Central Air, 2 car garage.

# **WEBSTER - 6 BOYDEN ST EXT** Buyers &/or investors take notice! A short sale offering with

full lender cooperation. A fantastic opportunity to own an affordable, move in ready, single family, 3 br, 1.5 Bath, split level style home with potential for a 2 family conversion! Appears to meet all criteria for conversion to a 2 family. Municipal Water & Sewe



Looking for a place for your at home BUSINESS? CORNER lot! 8,580 SF (.20 acre), 2 story single family home w/3 BRS, 2 Baths! Possible to convert this home back to a 2 family! Municipal Water & Sewerl Recent Natural Gas Buderus FHW Boiler. 2 Car Detached Garage! Auction online go to xome.com Apr. 7-10 \$185,000.



**WEBSTER LAKE - 203 BEACON PARK** 

Webster Lake Condo in BEACON PARK! 10 acres of Park like Grounds!, Natural Sandy Beach! Excellent for Swimming! Do your early morning laps in the inground pool! 12004-st Living space! 2 large bedrooms, dining and living room! 2 sliders - Deck! BOAT DOCK INCLUDED! Buy now - enjoy the 4th of JULY FIREWORKS



THOMPSON - 12 OAKWOOD DR



kept Ranch! 3 generous size bedrooms! Large living room with Bow Window, eat in kitchen. Oversized carport! Level fenced yard! Forced hot water by oil! Large shed! \$192,500

# **WEBSTER - 36 WEST AVE**

First Time Offered! Grand 1960 Custom Built Cape! 10+ Spacious Rooms Include: 4 BRs 3 Full Baths, 2 Full Kitchens, Dining Rm, 2 Lg Family Rms, Gorgeous Formal Living Rm w/Fireplace! Plus 2 Delightful 3 Season Enclosed Patio Rooms w/Slate & Terra Cotta Tile Flrs! 3,235 SF+/-. Outstanding ONE LEVEL LIVING w/2 BRs & full bath. 2nd floor - 2 huge BRs & full bath! Dynamite lower level in-law setup w/existing kitchen & full bath! \$279,900



Mid century, 6 room 3 bedroom Cape ready for the next generation to move in and make their own! 1.38 acres of land with in ground pool ( needs work ) , pool house.3 car detached garagel Single detached garage for home use. First floor bedroom, upper bedrooms with knotty pine and built ins . New roof and heating in 2010. \$224,900.

### LAND! WEBSTER/DUDLEY BUILDABLE LOTS

Webster Lake - 16 Black Point Rd. Waterfront, Boat Access, Buildable w/Town Water & Sewer. \$59,900 Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water & Sewer \$229,900 Dudley - View St. 17,280. SF mostly cleared land.

Dead end street \$49,900 Oxford - 4 Leicester St., 8.47 acres, mostly cleared

**Thompson** - East Thompson Rd. White's Highway 23 acres! Abuts Mass. Line Beautiful view! \$99,900.

On The shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

### **WEBSTER LAKE - 7 CEDAR DR**



English Tudor Style Colonial! Cathedral ceiling Dining & Fireplaced Living Room! 1600+ sq ft of living area! 3 Good size bedrooms. Master bedroom with Master Bath! 1 bedroom on the main living level. 2-1/2 Total Baths! 7 rooms total! Finished basement with Hearth! Forced hot air by oil! Central Air Conditioning! 14' X 42' car port! 3 car garage! Comes with Non-Seperable Waterfront Lot, on Pond! Enjoy Webster lake without the High Taxes!



**WEBSTER LAKE - 22 LAURELWOOD DR** 



1st Time Offered in Reid Smith Cove, Spectacular 3700+/- SF, 13 Rm/4.5 Bath Lake Home, Uniquely Designed for Lake-Style Living! Private Setting, Ideal Location, .68 Acres, 92' of Natural Shoreline, Prof. Landscape, Multiple Decks, Lakeside Cabana, 3 Mstr BR Suites w/Elegant 1st FIr Mstr ~ all w/ Private Baths, Finished Walkout LL w/Living & Billiard Rms & Summer Kitchen! Call Sharon at 508-954-7222 for More Information **\$1,150,000**.





Just in time for summer! Move in ready! This End Unit Condo is nice and bright with early morning natural light! Hardwood floors! Recent Energy Efficient Windows! 2 bedroom, 2 1/2 Baths, Fireplaced walkout Lower Level! Impeccable Park like grounds, Heated Pool! Boat Slip! Don't miss out! \$334,900



Perfect for Realtors, Mortgage Companies, Banks, Real Estate Attorneys, Home Inspectors, Chimney Inspectors, Lead Removal businesses, Insurance Companies, etc... any business involved in the buying or selling of real estate. To join this section, please contact your local sales rep, 1-800-367-9898 or email jean@stonebridgepress.news

& NS GROUP Dorrinda O'Keefe-Shea, Realtor CDPE, Notary Public **NS Lovett Real Estate** 

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Mary Hicks **Realtor®** 



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

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# FREE OPEN HOUSE LISTINGS when you advertise in this section



(C) Condo (B) Business (P) Land

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WARE

3 Hillside Terrace

11-12:30 \$334,900

Century 21 North East Group/ Dorrinda O'Keefe-Shea 978-434-1990

To have your open house listed in this directory please contact June at 508-909-4062



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Call any agent listed above for a showing

WEBSTER LAKE-

SUBDIVIDE A LOT



**SOUTHBRIDGE - RANCH** 

- Open Floor Plan
- \* Ist Floor Laundry \* 3 Bedroom
- · Rough plumbed for second bath
- 326 Whitetail Cir. ~ \$220,000

**SHREWSBURY** 55+ COMMUNITY



\* 2 Baths \* Garage \* Den \* Family Room \* Ranch Stye 6 Essex Dr ~ \$354,900



**SHREWSBURY - COLONIAL** 

- \* 4 Bedroom \* 2.5 Baths
- \* Fireplace
- \* 2-C-G
- 4 Minuteman Way ~ \$424,900



- \* Multi- Level
- <sup>†</sup> 3.5 Baths
- \* 130" Frontage
- \* Wrap Around Deck
- <sup>4</sup> 24x24 Master Bedroom Suite

16 Pattison Rd ~ \$799,900

# R

### Contemporary 3900 sq. ft.

- \* 2 Car Garage
- \* Cathedral Ceilings
- \* 46' Deck
- 13 Bates Cove ~ 1,475,000

### NOW! NOW! NOW! WEBSTER LAKE

- <sup>t</sup> Cathedral Ceilings

# Southbridge:INVESTORS TAKE NOTE!! Money Southbridge:Desirable 4 room 2 Southbridge:Yearning for Privace Southbridge: Vearning for Privacyt maker this property can bet 4 minly with all 4 froom bearborn 2 bedroom 2 bath Condol Kitchen has DW, Lovely-A-Frame with 6 mons 2 bedroom a partnernts. Updates include stiding. Stove and refrigerator included. Washer & New heating system. Updated Bath. BANK OWNED so limited information as to when Diver only 1 year old. Assigned parking. Hardwood floors. Updated roof. Front these updates were done. No Rental history of the Bild living from with sliders to deck. Lots por & big driveway. Move in ready, street parking on each side. Garage. Walk up attic. of storage! Low condo fees! \$115,900. MORTGAGEE'S SALE OF REAL ESTATE

Now offering rental services ··· WE NEED LISTINGS! ···

Southbridge:Great 2 family with many renovations! 5 rooms 2 bedroom units. Beautiful hardwood floors, natural woodwork, large kitchen 11 rental rooms plus caretakers 3 room apartment. Fortige:HUGE Brick 3 family! Fully hardwood floors, natural woodwork, large kitchen 11 rental rooms plus caretakers 3 room apartment. Fortiged, each unit has 3 bedrooms ANT

bardwood floors, natural woodwork, large kitchen 11 rental rooms plus caretakers 3 room apartment, wipantry, Dining room has closet, could be 3<sup>rd</sup> Expansion possible in the Carriage House in rear bedroom. Updated electrical service with landlord meter. Newer HW haters. Root in 2012. Windows & Doors 2008. Long term clean tenants. \$205,900.

Southbridge: HUGE Brick 3 family! Fully rented, each unit has 3 bedrooms AND irreplace! Large eat in kitchens! Hardwood floors too! Many updates aprox. 10 years prom. Good rental history. Walk to low! \$235,000.



± 1.8 ACRE SITE ON ROUTE 20

### 872 SOUTHBRIDGE ST.

This high visibility ± 1.82 acre site has extensive frontage on Route 20 in the Highway Business zone. The level parcel is close to the Oxford town line and Route 12. It is improved with multiple structures and was formerly used by a landscaping supply company. This flexible property is ideal for end user, investor or redevelopment.



Terms: \$10,000 deposit. Closing in 30 days. Property sold as is. 508-842-9000

### To Call Home.. Place



PUTNAM-Two bedroom, 2 full bath Condo. Lg. vaulted living/dining room, the kitchen has had a nice facelift and features newer white cabinets, counters, floors & updated appliances; plenty of working space plus a little informal eating space. Full bathroom and second bedroom with double closet on main floor. The upper level has a large master suite with vaulted ceiling wSkylight, plenty of closet space and a LARGE 4 piece bathroom with a jetted tub! Additionally, the second floor features a laundry room with extra storage; also a detached garage and parking spot. Pets are allowed. Convenient to downtown Putnam and just off 1-395 for commuting to MA, RI or CT. \$137,500

KILLINGLY-You must see this 3 BR, 2 1/2 bath, 1451 sq. foot

ape Cod home sitting nicely on 1 acre; re-built from the

subfloor up by a local respected builder; Hardwood floors, chef's

kitchen with granite countertops & stainless steel appliances; Ist floor master bedroom with full bath and walk-in closet; easily



around deck of this 1664 square-foot Colonial . The spacious living room with cathedral ceiling has a cozy corner woodstove and French doors leading out to a back porch. There are two bedrooms upstairs and an office space on the main floor as well as two full baths. The roof and furnace were recently replaced. This home sits nicely on 4 of an acre in Woodstock Valley. Call today for your private viewing.

THOMPSON-Located on 2 acres, this 4,352 Sq Ft., Georgian style

Contemporary is one of the first "energy efficient" homes in the area.

Sunken living room with fireplace, custom cherry kitchen, dining room office and exercise room all adorn the first floor with one wall of glass

sliders to balcony. Second floor has two oversized bedrooms with a shared bath and a lg. master suite with full bath, whirlpool tub, showe and walk-in closet. His and hers garages separated by a courtyard.

must see home! Call today for your private showing. \$419,900



THOMPSON-This Ranch style home is sitting on almost 5 acres with a

4 stall horse/pony barn and a fenced in pasture ready to go. The home features 4/5 bedrooms with 1 room being used as a laundry room and

I full bathroom. The kitchen opens to a dining room/eating space and the living room has a nice entertaining center. The bedrooms are all

good sized. There is a full basement under 1/2 of the home which has

ewer electrical panel and a new oil tank. Home features a paved

KILLINGLY-Great owner occupied, well maintained 1,635 sq ft, 2 Family, side by side. Unit A- has 2 bedrooms, unit B has 3 edrooms with each having 1 bath, dining area and living room ndry hookups, vinyl siding, fenced backyard and 2 driveways



accessible to 395; listed at only \$214,900



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# Patio Door Special! Window Special!

Special ends on May 6th

SAVE \$700 on every patio door<sup>1</sup>

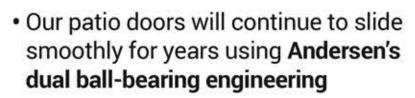
**SAVE \$325** 

on every window<sup>1</sup>

WITH

NO NO NO
Money Down Payments Interest
FOR 1 YEAR<sup>1</sup>

Interest accrues from the purchase date but is waived if paid in full within 12 months. Minimum purchase of four.



- Our 5-point locking system on our patio doors provides top-of-the-line security and peace of mind
- Our composite Fibrex® window material is twice as strong as vinyl so our weather-tight seals stay weather-tight
- We handle the entire process; we sell, install and warrant our windows and patio doors, so if you ever have an issue, you're covered



We handle every part of the replacement process



Sell



**Custom-Build** 



Install



Warrant



I would highly recommend Renewal by Andersen. The installation was performed by friendly and professional installers. They arrived on time and answered all my questions. They did an outstanding job and cleaned up after themselves. They gave detailed instructions on operating the windows and made sure I was completely satisfied.

- Mark A., Renewal by Andersen customer, Attleboro, MA





Call for your FREE Window and Patio Door Diagnosis

1-800-209-2746

DETAILS OF OFFER: Offer expires 5/6/2018. Not valid with other offers or prior purchases. Get \$325 off each window and \$700 off each patio door, with no money down and 12 months no payments, no interest when you purchase 4 or more windows or patio doors between 4/1/2018 & 5/6/2018. 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. 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. ©2018 Andersen Corporation. All rights reserved. ©2018 Lead Surge LLC. All rights reserved. J.D. Power: Renewal by Andersen received the third highest numerical score among 16 companies in the J.D. Power 2017 Windows and Patio Doors Satisfaction Study, based on 1,904 total responses, measuring the experiences and perceptions of customers who purchased windows and/or patio doors in the previous 12 months, surveyed February – March 2017. Your experiences may vary. Visit jdpower.com.

# CLASSIFIEDS

1-800-536-5836



### **ARTICLES FOR SALE**

APPLIANCES FOR SALE: Washer, Dryer, 2 air conditioners Call 508-278-6958

### 010 FOR SALE

12' CONTRACTORS Enclosed Trailer: \$2,400. Dewalt Laser & Stand \$275. 4 Adjustable Wall Brackets \$140. Ladder Racks For Truck \$125. Engine Stand \$50. (508) 892-9595

1949 INTERNATIONAL HAR-VESTER CUB TRACTOR: Runs Well. Two New Tires. Attachments Include Snow Plow, Harrow, Cultivator, and Land Plow. \$2,500. (508) 248-

1991 HARLEY DRESSER: 55,000 Miles. Runs Great! \$4,500 or Will Trade for Car of Equal Value. BASS BOAT 16 1/2FT LUND Very Good Condition! MANY EXTRAS \$3,750 O.B.O. Call for Info (508) 943-5797, Cell (508) 353-9722

BEAUTIFUL DW MOBILE HOME IN GATED SENIOR MOBILE HOME PARK \$16,000, 2 bdrms, 2 baths, working kitchen, dining room, LLR & 2 Florida rooms, completely furnish. 863-682-6473. Lakeland, Florida

2 LAZY BOY LEATHERswivel rocker recliners, beautiful rich mahogany color. Less than 1 year old, perfect condition. \$500 each. 774-280-2639

2 TWIN BEDS: Complete, In Excellent Condition. 508-423-

4 SNOW TIRES -235/50 R18 101T used 2 months- paid \$800, asking best offer. 508-

6-PIECE TWIN BEDROOM SET FOR SALE: Matching headboard footboard, 5-drawer chest, 6-drawer dresser with mirror, and night stand in dark oak. In very good condition. Asking \$500.00 or best offer.

ACORN STAIRLIFT - 3.5 years old; like new condition. 11 feet long. Asking \$1400 or best offer. Call 508-277-6568 if

Call 508-846-5486

**ALL BEST OFFER MOVING** SALE: 6 Chairs, Two wedding dresses size 14 & 18; Mother of bride dress size 18; Bridesmaid dresses, size 18: Piano: 2-draw Green Loveseat; 4-burner gas grill; Patio Table w/ Glass Top; Pressure washer: 6 Chairs: Umbrella Tools, Axes; Recliner; Twin Beds; Desks; Book Cases; TV. (774) 262-0442

ALUMINUM OUTSIDE PATIO FURNITURE WITH CUSH-IONS: 6 Swivel Chairs, Lounge Chair, Three-Seat Glider, Two-Seat Glider, Glass Coffee Table, Glass Side Table, Will Sell Individually, Excellent Condition, Never Been Outside! (508) 234-

ANGLE IRON CUTTER For Shelving 4W296, HK Potter 2790. Normally Sells For \$700. \$50 OBO. Call 5pm-8:30pm, (508)867-6546

**BICYCLES FOR SALE:** One Men's And One Women's Bicycle Specialized Crossroad Size Medium, Avenir Seat, Himano Revoshifts, 7 Speeds & More. Mint Condition Must See. Asking \$175/Each. Call (508) 347-3145.

**COLLECTIBLES** - Crockpots, jugs, antique flat metal irons, a variety of old glass lantems, jewelry making materials, tools, and other collectibles. 508-234-5766

COMPLETE **MACHINE** SHOP: Bridgeports, C & C Milling Machine, Lathes, Air Compressors, Fork Trucks, Drill Presses. A Complete Mezzanine 3.500 sa.ft. NEVER IN-STALLED! Pallet Racking, Electric Pallet Jacks. (508) 792-9950

**CRAFTSMAN ROLL Around** Tool Box: 6 Drawers, 52Hx34Wx19D \$100. Computer Desk 23Dx30Hx47W \$30.00. Glass Chess Set \$15.00. Poker Chips/ Aluminum Case \$20.00. Leapfrog 6 Books \$25.00. Call (508) 867-4546

ELECTRICAL MATERIAL: Industrial, Commercial, Residential. Wire, Pipe, Fittings, Relays, Coils, Overloads, Fuses, Breakers, Meters, Punches, Pipe-Benders. New Recessed Troffer, Flourescent 3-Tube T-8 277V Fixtures Enclosed \$56 Each. Call 5pm-8:30pm. (508)867-6546

**ENTERTAINMENT CENTER:** OAK 4'9"W 4'9"H 17 1/2"D. Excellent Condition. Has Drawers and Shelves \$150. Call (508) 347-7492. Can email picture

### 010 FOR SALE

**EXCELLENT ITEMS FOR** SALE!! TV ARMOIRE: Solid Wood, Corner Space, Fits 40" Flat Panel, 57h x 40w > 24d, Space for Electronics and Storage. \$300 OBO. LG WASHER AND DRYER Models WT5070CW and DLEX5170, Large Capacity and TrueSteam, Like New \$500 for pair, \$300 if sold separate. In Northbridge, Call (508) 801-6367

FINLAND BLUE FOX **JACKET**: By Michael Valente Size 8, very good condition. \$100 OBO. Vintage Black American Sable Coat, sz. small \$50 OBO 508-864-4075

FLY RODS - 2 ALBRIGHT A/5 490 9 FT. #4 RODS, 2 Orvis reels Battenkill BBS II. Asking \$300 each set or best offer. 508-347-3145

FOR SALE 8' POOL TABLE: Red Felt/Slate. Excellent Condition! \$400. CALL (508) 988-0698

FOR SALE DR MOWER: Electric Start with Attachments-Snowblower with Cab, Chains, 500 Watt Generator, Woodchipper. Like New Condition. Original Cost \$5,000. Selling for \$3,500. (860) 774-6944.

FOR SALE WOOD AND/OR COAL IRON STOVE: \$500 or best offer. WOOD PELLET STOVE \$500 or best offer. Call 508-471-0959

FULL LENGTH MINK COAT: Size 12. New \$2,400. Asking \$300. 508-612-9263

GARMIN GPS 12XL Personal Navigator: powerful 12 channel receiver, moving map graphics, backlit display for night use. New!! Perfect for Hunters, Boaters, and Hikers. REDUCED \$125/best offer. (508)347-3145

GLASS TOP PEDESTAL TABLE: Silver base, 36"high, with attached 24" round top \$120. GLASS TOP FOR A TABLE 1/2" Thick, 44" Square \$100. (508) 347-8942

**GORGEOUS** HAND-**CARVED** China Cabinet From China \$4,000 New, \$1,500 OBO. Cherry Dr Table & Six Chairs \$900 OBO. Oak Table & Four Chairs \$75 OBO. Dove-Tailed Dresser \$80 OBO. (860)

JAMAICA WICKER Queen Bed Set: Head & Foot Board. Woman & Man's Dresser. 2 Nightstands. Paid \$5,400. Ask-\$1,200. 2 SEATER LANCER POWER CHAIR 4' Long, Olive Color. NEVER BEEN USED! Asking \$350.

(508) 461-9621 MEC 650 PROGRESSIVE LOADER: w/ extras \$250. 400 ANDERSON WINDOW 51x32 RO \$200. THERMATRU DOOR 36-80 Left Hand Inswing Full View with Grill \$185 or best

offer. (508) 892-9595 MOTORS: 1/2HP 230/460V 1725RPM, 56 Frame \$30.5HP, 230/460V 1740RPM, 184T Frame/TEFC \$100. 5HP. 230/460V 3495RPM, 184T Frame/TEFC \$100. 4 Motor Speed Controls Hitachi .1100 400/460V Best Offer. Call 5pm-

8:30pm 508-867-6546

MOVING SALE: Hillsboro Full-Size Iron Sleigh-Bed with Box Spring & Mattress. Excellent Condition. \$1,000. Walnut Dresser & Nightstand and Full/Queen Headboard. Excellent Condition \$450. Beige Reclining Lift Chair \$350. White Couch and Blue Velvet Chair & Floral Chair \$450, 48" Round Slate and Cherry Coffee Table with Matching End Table \$500. Antique Dining Room Set; Table w/ Six Chairs, Buffet Server, China Cabinet & Secretary. Excellent Condition \$1,500. Queen Size Hillsboro Iron Bed w/ Beautyrest Black Box Spring and Mattress. Excellent Condi-

NEW BALANCE SNEAK-ERS: 3 Pair. Black Leather Walking Shoes, Velcro Close, Never Worn! 91/2 Wide. \$60/each. (508) 637-1304

tion. \$2.000. (508) 987-2419

NICHOLS and STONE Pedestal Dining Table: 78"x60"plus 18" Extension, 6 Side Chairs \$800. Harden Gold Wedge Sofa Excellent Condi-

tion \$400,. (774) 241-0141

NORDIC TRACK TRL625: Recumbent cycle w/stabilizing floor bar for secure balance. TREADMILL - for therapeutic fitness (walking & jogging) (for up to 400 lbs.) \$250 each OBO both in excellent condition. 508-892-3998, 508-723-4452

NORDITRAC EXERCISE, EX-ERCISE BIKE, LARGE PET CARRIER. THREE SPEED MEN'S COLOMBIA BIKE. BEST OFFER. (508) 278-3988

### 010 FOR SALE

REMEMBER YOUR SWEET-**HEART:** Collection of Victorian Era hand-painted items ALL with roses: vases, rose bowls pitchers, chocolate pot, cake sets, planters. No reasonable offer refused. 508-237-2362

SEARS 12" BANDSAW. New Total Gym. (774) 241-0027

SMALL BUREAU \$75. Printer's Antique Drawers \$20 Per. Fake Brick Fireplace With Heater \$140 Kitchen Chairs. Spare Tire P225/60r16 Eagle GA With Rim \$45 Vanity Table & Chair \$135. Car Sunroofs \$100. Per. Homemade Pine Coffee Table & 2 End Tables \$100. Antique Lamp Jug \$40. Antique Croquet Set \$40. Wood Truck Ramps 8 Foot \$100.00. Drop Leaf Cart \$50. End Table W/Drawer \$50. End Table W/Drawer \$60. Elvis Presley Silhouette \$50 (he talks!), Indian canvas painting \$60, 28 ft. wooden ramps, \$100, 9 golf clubs \$100, Call 1-508-764-4458 or 1-774-452-3514

SNOW TIRES: Like new (4) Firestone Winter Force 215/60-15. \$240. BECKETT BURNER, CONTROL AND AQUASTAT: Runs great, Instruction, wiring and owners manual \$250. AR-TIFICIAL CHRISTMAS TREE WITH STAND: 6 FT. Storage box included. Excellent condition \$50. CAST IRON CHRIST-MAS TREE STAND: Beautiful SUNBEAM WHOLE HOUSE HUMIDIFIER: Used, works great, 6-7 gallon, faux wood cabinet on casters. \$50. 14" SNOW CHAINS: Used. very good condition \$25. 15" CARLE SNOW CHAINS: New

SOLID ROCK MAPLE Bedroom Set: Full Box Spring & Mattress \$450. Cracker Barrel Rocking Chair Brand New! \$75. Rocker/Glider Chair \$75. Hutch Top Comes Off \$75. Three Piece White Wicker Outdoor Set, Loveseat and Two Chairs \$100. (508) 764-6425

\$45. Call Ed. 508-479-9752

STEREO EQUIPMENT - excellent condition. Marantz receiver Model 2215 \$325, Dual 1219 turntable \$245. Teac Reel to reel A1250 with Sure Microphone, \$165, Sylvania turn table \$189, Pioneer Disc player PO 5010, \$25, Pioneer DVD player DV-C503 \$45 Call 508-885-4053, 8am-8pm, if no answer, please leave mes-

TOOL SHEDS Made of Texture 1-11: 8x8 \$1075 8x10 \$1260; 8x12 \$1350: 8x16 \$1675 Delivered Built On-Site Other Sizes Available. CALL (413) 324-1117

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. \$28/Ton

(508) 278-5762 Evening TWO DRESSERS best offer. Custom made parlor cabinet, \$1500. Glass door hutch - best offer. John Deere snowblower (like new) \$700 - must be seen! Call for appt. 774-507-6315

TWO SOFA TABLES: ONE DARK OAK w/ Shelf Underneath \$125. ONE MAHOGANY COLORED \$100. Both Very Good Condition. Can email Pictures. (774) 239-3006

TWO USED RECLINERS, \$75 each. Dishwasher, bought new, never used, \$225 or best offer. 508-764-3567 please leave message

WOOD STOVE - good heater for workshop, garage, or green house \$100 or best offer. 508-943-6520

WOODSPLITTER: 21 Ton, Horizontal/ Vertical \$1.600. Floor Jack \$20. Shop Vac 16 Gallon \$50. Craftsman Sanders, Home-Lite Chainsaw, Wheeled Bikes, 8 Barrels For A Floating Dock \$10/Each, Glass Top Table 42"X68" \$50. Player Piano (Needs Work), Includes 140 Rolls, \$1,000, Dishes For 8 Still In Box. GPS Garmin 255, Canon Power Shot Camera 1010x. (508) 885-3136, (860) 888-5207

### **100 GENERAL**

130 YARD SALES

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

### 130 YARD SALES

ESTATE/INDOOR YARD SALE - Saturday, April 14 and Sunday April 15 from 9:00-4:00. 11 Forest Avenue Southbridge. Mahogany Furniture. Vintage glassware, religious items, Winnie the Pooh Collectibles, Jewelry, Clothing, Books, Videos. ALL MUST GO!!

YARD SALE, Saturday April 14, 9am-2pm Household items, iigsaw puzzles and many other items. 20 Huguenot Road, Ox-

### **200 GEN. BUSINESS**

### **205 B**OATS

15' STARCRAFT ALLIMINUM CANOE with Keel. \$350. Call (508) 278-2083

16FT OLDTOWN OTTER KAYAK: 2 Person, Paddles Included, \$500, (508) 347-9979

2013 MIRRO-CRAFT 14'6" Boat Trolle1416 2013 40HP Yamaha Motor, Full Cover Hummingbird Fish Finder, Many Extras, Boat, Motor, and 2014 Trailer Like New, Ready to Go! Call (860) 935-0340 Leave Message. Price \$8,500.00

CANOE - 17' GRUMMAN ALUMINUM, flat bottom. Ideal for fishing and family fun. \$850. Call Sue 860-412-9632

OLD TOWN CANOE: 1931 old town 18' restored Maine guide canoe. Clear resin coated. Mahogany gun wales and caned seats, a third seat mahogany caned seat and back, Paddles included, Perfect for the wooden canoe enthusiast. \$5800.00. (508)479-0230

### **265 FUEL/WOOD**

CORD WOOD - Seasoned, cut, split, delivered, \$250 a cord. 508-826-3312, 508-344-9214

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

284 Lost & Found **PETS** 

Did you find your pet? Or find a home



LET US KNOW!!! Please call us so that we can take your ad

out of the paper... Town-To-Town **Classifieds** 508-909-4111

### 298 WANTED TO BUY

ROUTE 169 ANTIQUES 384 Worcester St., South bridge MA. Looking To Purchase Antiques And Collectibles Single Items O Entire Estates. We Buv It Al And Also Do On-Site Estate Sales And Estate Auction We are now accepting deal ers for our multi-dealer group shop. Call Mike Anytime (774)230-1662.

\$ BUY & SELL \$ **ALL GOLD & SILVER ITEMS** Specializing in NUMISMATIC COINS gold & silver of any

lualified with over 30 years expe rience 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

<u>)341-6355 (cell)</u>

### ARCHway, Inc.

An agency serving adolescents and adults on the autism spectrum is seeking energetic and creative people to fill the following positions:

### Registered Nurse (RN)

Full time position, during the school day, M-F 8:30 a.m. - 4:30 p.m. Current License Required. Salary is commensurate with experience.

### Special Education Teacher (BA/M.Ed) Severe Disabilities:

All levels Classroom teacher needed to teach students on the autism spectrum preacademic and vocational skills. Classes are small and energy levels are high. Full time/year round position with 8 weeks paid vacation, health and dental benefits. Salary is commensurate with experience.

### **Residential Shift Supervisor:**

Come and directly supervise a team of residential instructors as they work together to develop functional living, social, and daily life skills in the people with autism whom we support. This full time position includes a three day weekend, health and dental benefits and generous paid time off. Associates Degree in Human Services or similar field strongly preferred. 2+ years of supervisory experience may be substituted for degree. Valid Driver's License Required. Schedule: Second shift Wednesday through Friday, and Saturday all day. Salary is commensurate with experience. Part Time Residential Instructor positions also available to teach activities of

daily living and social skills. Starting Pay is \$13.50/hour

To apply: Fax/mail a letter of interest and resume along with salary requirements to:

ARCHway, Inc. 77 Mulberry St., Leicester, MA 01524

298 WANTED TO BUY MOPEDS & OLDER SCOOTERS AND MOTORCYCLES. Call Travis. (774) 242-9227

WAR RELICS & WAR SOUVENIRS WANTED: WWI & EARLIER CA\$H WAITING Helmets, Swords, Daggers, Bay nnets. Medals. Badges, Flags Jniforms, etc. *Over 30 Years E* Call oerience. -(508)688-0847. <u>I'll Come To</u>

### **300 HELP WANTED**

CAFETERIA ASSOCIATE experience in food services preferred. Duties include food preparation, serving meals, cashier when needed, closing and clean-up duties. Please contact Food Service Director at kchanaki@dcrsd.org

### 310 GENERAL HELP WANTED

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

ADVANCED BEHAVIORAL HEALTH

HAMPTON INN STUR-BRIDGE is now hiring for the following positions: Breakfast Attendant, Front Desk Associate, Night Auditor. Apply in Person: Hampton Inn, 328 Main St.,

Sturbridge, MA 01566 MASONS/LABORERS, EX-PERIENCED - We are seekings masons for unit masonry and masonry restoration. Projects are located in New England. Travel required. To apply call 508-494-3949 or email michele@colonialmr.com

### 311 PART-TIME

HELP WANTED TOWN OF WEBSTER PARKS AND RECREATION Summer jobs - The Town of Webster seeks applicants for part-time Gate Collector & Caretaker positions at Webster Memorial Beach, Applications will be accepted through April 13. and are available either on line at www.webster-ma.gov or Town Administrator's office. Town Hall, 350 Main Street. Webster MA 01570 "Please mail to the address listed above" attention: Recreation Department NO FMAILS AC-

### CEPTED

313 CLERICAL 2nd and 3rd shift full-time Dispatcher for 4-5 nights a week We will train qualified applicants. Dispatch Solutions is an E/O/E. All applicants must pass a preemployment drug screen and criminal background check to be eligible for employment. Call 508-347-5000 or email slawson@

mobilemedtransport.com

### 325 Professional HELP WANTED

BASED IN North Brook field: Home Every Night Class A Driver And/Or General Mechanic For 18-Wheel Trailer Trucks

Contact H.R. Salem Transport, LLC.(800) 262-9081

### **400 SERVICES** 405 COMPUTERS

COMPUTER TUTORING FOR ALL AGES - for more info: www.computertutoringfor allages.weebly.com Also, Summer Robotics camp at your

home for Middle School or High

School students! 774-200-7693 \*\*\*\*\*

# Fax: 508-892-0259 Email: scombs@archwayinc.org

### **ALTERNATIVES** UNLIMITED INC.

ALTERNATIVES

is currently seeking Shared Living **Providers** 

to open their hearts and

homes to adults with intellectual and developmental disabilities The ideal candidate would be able to provide a safe, structured and stable living environment. If qualified. Shared Living Providers receive a generous tax free monthly stipend. Training and support provided. Experience in Human Services and advocating for people with disabilities

but not required. Contact Diane at: 509.266.6576 or: diane.pickett@ alterantivesnet.org

is beneficial,

### 442 LICENSED DAY CARE

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

### **454 Home**

**IMPROVEMENT** 

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

### **500 REAL ESTATE**

### **525 Houses for Rent**

**BROOKFIELD SMALL HOUSE ON SOUTH POND: 1** Washer-drver bedroom. hookups, Oil heat, Year-round, Applianced. \$850/month 413-262-5082

### **546 CEMETERY LOTS**

**CEMETERY 2 PERSON LOT** PAXTON MEMORIAL PARK in Valor Section. Plot #445. Two Together, Prime Location. \$5,000 or best offer. Call (508)

WORCESTER COUNTY MEMORIAL PARK: Garden of Faith, Paxton, MA, 2 LOTS FOR SALE, BUY ONE FOR \$2,500, GET 2nd LOT FOR FREE!! Call Dick. 508-612-9263

WORCESTER COUNTY MEMORIAL PARK: Paxton, MA. Garden of Heritage. Plot 535C 1-2, Asking \$3,000. (508) 248-7750

### **550 Mobile Homes**

PARK MODEL: Located at Highview Campground, West Brookfield, Seasonal 4/15-10/15 Two Bedroom with Addition and Storage Shed. (508) 873-6312, (508) 867-8736

### **575 VACATION RENTALS**

CAPE COD TIME SHARE FOR SALE: Edgewater Beach Resort, 95 Chase Avenue, Dennisport, MA 02639 On the water, Studio (Unit 706). Permanent Week 33 (August). Deeded rights. You'll own it for a lifetime & can be passed down to your children and grandchildren. \$5000. (508)347-3145

# Local News

### **FOUND HERE!**



washer/dryer, screened in porch w/ picnic table, grill cable TV. Outdoor shower. On dead-end street. Near shopping, theater,

fishing, playground, 10 minutes from bay and ocean side beaches.

restaurants, bike trail.

Off season rates available Call Janet at 508-865-1583 after 6 pm, or email June at iunosima@icloud.com

for more information

# **Aut** motive

### **700 AUTOMOTIVE**

**705 AUTO ACCESSORIES** CAR COVERS: Custom Fit, Excellent Condition. (Hail, Snow Protection). Audi A4, A5, and Subaru CXT. NEW LASER CUT FLOORMATS for recent Email: verizon.net. SAVE \$\$

### 720 CLASSICS

FORD CUSTOM 1951 **CONVERTIBLE:** V8, Standard Transmission with Overdrive. Excellent Driver & Show-Car. \$42,900. (860) 377-7230 1977 CORVETTE Automatic,

Red, Rebuilt Original Motor 350HP, Rebuilt Front Suspension, Rebuilt Rear End with 3:55 Gears, Excellent Body, Solid Frame, Painted and Restored in 1996, Runs Excellent, No Winters! \$11,000 obo. Call or Text 774-318-7014 ""64" TBIRD: Very Good Con-

### Automatic, Runs Strong, Black with Red Interior. Asking \$13,500 obo.(774) 230-4156

dition, Older Restoration, 390

**725** AUTOMOBILES 1999 FORD MUSTANG CONVERTIBLE: 35th Anniversary Edition. 121,000 miles. 5 speed manual transmission. V-8. Great Condition Inside and Out! Always Garaged. \$4,500 or best reasonable offer. Call (508)

943-7705 to See 2007 HYUNDAI ELANTRA, 4 cyl., automatic, a/c, power doors/windows, auto start, cruise control, tilt steering, exc. condition, 111,000 miles, \$4,500 508-

779-0542 2011 DODGE CHALLENGER: 305 hp V6 SE auto w/slap stick Mango Tango w/black strips 59,000 miles, Loaded, remote start. \$14,500. 508-864-1906 2011 SUBARU OUTBACK -

136,000 miles, great shape, reg-

ular maintenance, roof rack.

trailer hitch, back-up camera. \$7500.508-688-7666 2012 BUICK VERANO, crystal red, 19,500 orig. miles, 1 owner, meticulously maintained, gray leather, FWD, 6-auto, remote starter system, blue tooth, CD/MP3/NAV/AV \$11,800

774-745-0069

### 725 AUTOMOBILES

**2012 TOYOTA RAV4-** 79,000 miles. Well-maintained. 3rd row seats. black. one-owner. \$11,000.508-688-7666

### 740 Motorcycles

1982 HONDA GOLDWING ASPENCADE: 25.500 Original Miles, One-Owner, Recent Tires, Battery, Front Fork Seals. Plus Cover, 2 Helmets, Extras! \$3,000 or Best Reasonable Offer. (774) 696-0219

1985 HONDA ELITE MOTOR SCOOTER: 150 CC's, Only 2,257 miles, Original Owner, Excellent Condition. \$1,200. Call Dave (508) 765-0656

2005 HONDA REFLEX SCOOTER: 18k miles, Looks and Runs Great!\$1,700. Please Call (508) 335-2747 AMERICAN IRON HORSE (2005): Pro-Street Softail. 3.000

miles, Polished 111 S&S Motor,

6-speed, Dual Disc, 280 Rear, Right Hand Drive, Bought Leftover in 2008. \$11,000 or bo. (508) 733-8020, (774) 280-9865 CAN-AM SPYDER MOTOR-CYCLE FOR SALE: 2011 Excellent Condition, 13,000 Miles,

### Asking \$10,500. A Lot of Extras! (508) 248-5406 745 RECREATIONAL

One Owner Never Saw Rain

VEHICLES 2007 TRAVEL WILD RV Auto, White, ONLY \$8,995. Herb Chambers Toyota of Auburn,



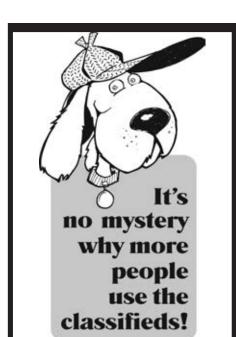
760 Vans/Trucks RAM (BIGHORN) TRUCK: Hemi Motor, 4 Door, In Great Condition, Only 37,000 miles. Call for more info. SERI-OUS INTERESTS ONLY. (413)

### 765 HEAVY EQUIPMENT

245-9651

1997 BOBCAT 763 skid steer loader in great condition. 1800 hours, 46hp. Auxiliary hydraulics \$2100.617-706-6736





### **NOW BOOKING**

**575 VACATION RENTALS** 

**NEXT SUMMER** 

**CAPE COD** 



CUSTOMERS ONLY!



Sale ends 4/11/18. Cannot be combined with any other promotion or incentives. Price based on MSRP/Sticker price and has no cash value. Not valid with prior sales. Some restrictions apply. New car prices listed include all applicable manufacturer incentives (not everyone will qualify) and Imperial incentives including a \$1,000 Imperial Trade Assistance for a qualifying 2007 our newer trade. See us for details. Lease prices include all applicable manufacturer lease incentives with qualifying credit and \$2,999 down, first months payment and our imperial Trade Assistance along with lease loyalty/conquest if you qualify. 24 months, 10,000 miles per year. Advertised price does not include tax, title, ion, documentation our acquisition fees and cannot be combined with any other incentives or promotions. Not ble for typographical errors. Call 1-800-526-AUTO to see which incentives you quality for.







F-150

LARIAT SUPERCREW

Just reduced to: | MSRP: \$56,490

4x4 • BACK-UP CAMERA • BLUETOOTH • ALLOYS

\$47,977 \$131/WK. 120 AVAILABLE

OR LEASE FOR ONLY \$179/mo. APPOINTMENT ONLIN

8 UXBRIDGE RD., RTE. 16, MENDON, MA

800-526-AUTO | OPEN DAILY 9-9, SAT 9-6, SUN 11-6

Sale ends 4/11/18. Cannot be combined with any other discount or promotion. Price

restrictions apply. New car prices listed include all applicable manufacturer rebates (not everyone will qualify) and Imperial discounts including a \$1,000 Imperial Trade Assis-

ance Bonus for a qualifying 2007 our newer trade. See us for details, Lease proses in-clude all applicable manufacturer lease rebates with qualifying credit and \$2,999 down, first months payment and our imperial Trade Assistance Bonus along with lease loyalty/conquest it you qualify. 24 months, 10,000 miles per year. Advertised price does not include lax, 15e, registration, documentation our acquisition fees. Not responsible for typographical errors. Call 1-800-525-AUTO to see which rebates you qualify for.

sed on MSRP/Sticker price and has no cash value. Not valid with prior sales. Some

BUY FOR: SAVE \$8,500

LT 4x4 EXTENDED CAB

\$29,377 \$80/WK

OR LEASE FOR ONLY \$329/mo. APPOI

BACK-UP CAM • BLUETOOTH • 3.6L V6 • NAV • 8" LCD

Just reduced to: | MSRP: \$35,460 | SAVE \$6,100

18 UXBRIDGE RD., RTE. 16, MENDON, MA

800-526-AUTO | OPEN DAILY 9-9, SAT 9-6, SUN 11-6

Sale ends 4/11/18. Cannot be combined with any other discount or promotion. Price based on MSRPISticker price and has no cash value. Not valid with price sales. Some

strictions apply. New car prices listed include all applicable manufacturer rebates (not veryone will quality) and imperial discounts including a \$1,000 imperial Trade Assis-

tance Bonus for a qualifying 2070 our never trade. See us for defails, Lesse prices in-clude all applicable manufacturer lesse rebates with qualifying credit and \$2,999 down, first months payment and our Imperial Trade Assistance Bonus along with lesse loyally/conquest if you qualify 24 months, 10,000 miles per year. Advertised price does not include tax, title, registration, documentation our scquisition fees. Not responsible for typographical errors. Call 1-809-526-AUTO to see which rebates you qualify for.

**20 AVAILABLE** 

BUY FOR:

### WHAT OUR CUSTOMERS ARE SAYING:

### "HIGHLY RECOMMEND"

Firas was extremely helpful and made the process as simple as possible. He greeted mediately and helped us through the process without being overwhe helped make sure we got the most for our trade ins as well as getting the best prices for the "new to us" cars that we purchased. I would highly recommend both Firas and Imperial when you are looking to buy a new car.

Mike Penner Bad Credit? Don't Sweat It. We ice your future



RAM 1500

Just reduced to: | MSRP: \$44,640

\$33,677 \$92, NK.

QUAD CAB . BACK-UP CAMERA . 20" ALLOYS . BEDLINER

OR LEASE FOR ONLY \$269/mo. APPOINTMENT ONLIN

10 UXBRIDGE RD., RTE. 16, MENDON, MA

800-526-AUTO | OPEN DAILY 9-9, SAT 9-6, SUN 11-6

Sale ends 4/11/18. Cannot be combined with any other discount or promotion. Price

based on MSHP/Shoter price and has no cash value. Not valid with prior sales. Some restrictions apply. New car prices listed include all applicable manufacture rebales (not everyone will qualify) and Imperial discounts including a \$1,000 Imperial Trade Assistance Bonus for a qualifying 2007 our newer trade. See us for details. Lease prices in-clude all applicable manufacturer lease rebales with qualifying credit and \$2,999 down, first morifies payment and our imperial Trade Assistance Bonus along with lease loyalty/conquest if you qualify. 24 months, to 0,000 miles per year. Advertised price does not include tax, title, registration, documentation our acquisition fees. Not responsible for typographical errors. Call 1-800-526-AUTO to see which rebales you qualify for.

Sticker price and has no cash value. Not valid with prior sales. Some

**BIG HORN 4x4** 

8

SAVE \$10.900

**70 AVAILABLE** 





BRAND NEW 2017 HYUNDAI | BRAND NEW 2018 HYUNDAI



BLUETOOTH • 16" ALLOYS 17" ALLOYS • BACK-UP CAM

Just reduced to: | MSRP: \$22,785 Just reduced to: | MSRP: \$23,655

LEASE FOR \$139/mo. LEASE FOR \$189/mo. BRAND SPANKIN' NEW 2018 HYUNDAI



OR LEASE FOR ONLY \$199/mo. BOOK YOUR 154 E. MAIN ST, RTE. 16, MILFORD, MA 800-526-AUTO | OPEN DAILY 9-9, SAT 9-6, SUN 11-6

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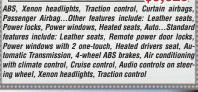
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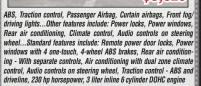




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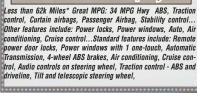
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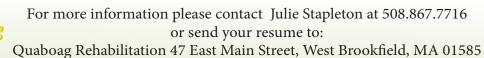
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# As I See It:

### BY MICHELE MILLER, CO-FOUNDER OF THE CENTRAL MASS LYME FOUNDATION, INC.

Lyme disease is one of the most misunderstood and controversial diseases across our country. Getting proper diagnosis and treatment options are extremely difficult. I quickly found this out after losing my mom, Jeanne, to complications from untreated late-stage Lyme disease. Mom was full of life until she developed a rash on her upper back while spending the winter in Florida in early 2011. The non-blistering rash was quickly diagnosed as shingles and she was prescribed a steroid. Her health would never be the same after that.

If you had asked me a few years back what Lyme disease was, I would have thought that after a tick bite you would get a bull's-eye rash and your doctor would prescribe a dose of antibiotics. All would then be okay, as so many think. But I soon found out it wasn't.

In May 2011, Mom came back from Florida and had trouble with her speech. My brother and I feared that she had a mild stroke, so an MRI was performed, then reviewed by a chief neurologist. A month later, Mom received what she described as a death sentence: she was told she had ALS, otherwise known as Lou Gehrig's disease. Her quality of life with this diagnosis would diminish rather quickly. Mom questioned the diagnosis and heard that a local holistic physician, who fortunately was Lyme literate could possibly help. Her first appointment with this doctor reviewed her past medical records and he ordered both the Elisa and Western Blot tests to determine what my Mom had been battling. These tests would be sent to a Lyme specific laboratory in Palo Alto, California. This lab has the highest accuracy for testing. Our next appointment, four weeks later, he would diagnose her with late stage Lyme disease and several co-infections, such as Babesia and Bartonella. Aggressive antibiotic treatment was prescribed but we were not aware at that time that this treatment could either kill her or save her. The next 1-1/2 years I would have to watch my Mom lose her capacity to talk, walk and swallow. Months later, unable to eat, she needed a feeding tube that would cause her to succumb to complications from aspiration pneumonia. Seeing her in this debilitating state has not easily been erased from my memory. I was angry that the medical system had failed her and recognized that I needed to seek counseling for the pain that my mother had endured. Cleaning out my parents' home and recalling the many happy times we shared there, I discovered numerous journals written by Mom throughout her life. In her last several journals she wrote about the pain she was suffering and about her feeling of being so alone in this illness. She wrote of her fear to leave this Earth and the people she loved dearly. She so wanted to be a part of her grandchildren's lives, watch them grown into adults, graduate from college, get married and raise their own families. These were milestones she knew she would never witness nor cherish as a memory.

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# HEALTH

### Spring 2018

A Stonebridge Press Publication

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## **CHRONIC PAIN**

### YOU DON'T HAVE TO LIVE WITH IT!!

If you suffer from chronic pain, you are not alone. Chronic pain is defined as pain that persists over time (longer than 3 to 6 months) and typically results from long-standing (chronic) medical conditions, injury, inflammation, or neurological disorders. (1) The National Institute of Health found that more than one out of every ten adults in the United States report having chronic pain. It has been suggested that the medical community's efforts to help patients manage pain along with false claims by pharmaceutical companies, led to the current opiod epidemic. (2,3) According to the 2015 National Survey on Drug Use and Health, 2.7 million people had a prescription drug use disorder. (4) It is plain from these statistics that chronic pain is a serious problem and that medication alone may not be the answer.

Pain is a complicated mechanism that involves the body's response to injury and neurological pathways in the brain. Sensory receptors in the body called nociceptors react to noxious mechanical, thermal, and chemical stimuli, sending information through the nerves in the spinal column to the brain for interpretation. In acute pain, the brain's reaction is incredibly fast, as when we quickly pull our hand away from a hot stove. When tissue



damage occurs, as in the example of a sprained ankle, the chemical inflammatory response is initiated as the body attempts to heal. In these circumstances, we feel pain with pressure or movement of the limb. In both of these examples, pain serves a purpose: to protect us from further injury and allow the body to heal. When pain persists longer than the protective response is required, chronic pain has set in.

So what can you do if you suffer from chronic debilitating pain? Since compensatory musculo-skeletal changes often contribute to persistent pain, a referral to physical therapy may provide the relief you seek. A physical therapist will perform an examination to identify the possible sources of your pain. Postural alignment, soft tissue restrictions, joint limitations, and muscle weakness

may all impact your condition. Physical therapy modalities such as heat/cold treatments and electric stimulation promote circulation for healing and muscle relaxation. Manual therapy including joint mobilization and soft tissue manipulation increase mobility and alignment. Therapeutic exercise increases flexibility, strength, and endurance for functional improvements. Most importantly, a physical therapist can teach you how to manage your chronic pain through self pain relieving techniques and instruction in a home exercise program.

In addition, complementary medicine offers alternatives to traditional medical management alone. An example of complementary treatment for chronic pain is Massage Therapy. Therapeutic massage can help to break the pain-muscle spasm cycle that often accompanies persistent chronic pain. Pain frequently results in muscle spasms as yet another protective response of the the body. Muscle spasms cause tightness essentially restricting movement, which encourages us to rest the area. This is helpful initially but quickly becomes detrimental, as lack of movement combined with the tight muscle causes even more pain. Massage techniques such as effleurage, petrissage, and deep tissue strokes increase circulation, decrease muscle spasm, and promote muscle relaxation, effectively breaking the pain/spasm circle.

Gone untreated, chronic pain can result in the inability to participate in everyday life. The physical, social, economic, and psychological impact can be devastating. Seeking non-pharmaceutical treatments may be the answer to gaining control of your pain.

- 1. NCCIH Pub No: D456, Modified Jan 24, 2017)
- 2. (Baker DW: History of the Joint Commission's pain Standards: Lessons for Today's Prescription Opiod Epidemic. JAMA. 2017;317(11):1117-8.
- 3. AND Johnson SR: the opiod abuse epidemic: How healthcare helped create a crisis. Mod Healthc. 2016;46(7):8-9.
- 4. (Hughes A: Prescription Drug Use and Misuse in the United States: Results from the 2015 National Survey on Drug Use and Health.)

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Pediatrics. Dr. Mahoney is board certified in Pediatrics, and has over 20 years of experience across a variety of healthcare settings including primary care, hospital and urgent care. Prior to joining our group, she worked as a Staff Pediatrician in the Emergency Department at MetroWest Medical Center in Framingham.

Dr. Mahoney is excited about her recent return to primary care, where she can develop long-term relationships with patients and their families. She is accepting new patients from birth to 18 years of age. If you're seeking a pediatrician, we hope you will consider joining Whitinsville Pediatrics.

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# Brain-healthy habits to embrace

ognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

### EXERCISE

Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal Neurology found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

### **QUIT SMOKING**

The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

### EAT HEALTHY FOODS

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids.

### DID YOU KNOW?

According to the American Heart Association, half of the men who die suddenly of coronary heart disease do not exhibit symptoms. The AHA also says that between 70 and 89 percent of sudden cardiac events occur in men. Both of those factors only highlight the importance men must place on protecting themselves against heart disease. The AHA notes that the steps that can help men reduce their risk for heart disease vary depending on their ages. For example, men in their 20s can make sure they exercise regularly, avoid smoking and secondhand smoke, and schedule routine wellness visits with their physicians. Men in their 50s may need to be more diligent in their efforts to prevent heart disease, especially if they have already been diagnosed with conditions such as high blood pressure, high cholesterol or diabetes. While young men and older men may need to employ different strategies in their fights against heart disease, men of all ages can benefit from routine exercise, nutritious diets and healthy lifestyles. More information about combatting heart disease can be found at www.heart.org.



Seniors can include healthy lifestyle habits, such as exercise and balanced eating, to reduce the risk of dementia and other neurological issues.

Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

### CONSUME CAFFEINE

Caffeine may help boost memory performance and brain health. A Journal of Nutrition study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from Psychology Today also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

### Work the brain

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

# 3 simple ways to a healthier heart

eart disease is a formidable foe. According to the American Heart Association, heart disease is the leading cause of death in the United States, accounting for approximately 800,000 deaths every year. The Government of Canada notes that heart disease is the second leading cause of death in that country, annually accounting for tens of thousands of deaths. (Note: Canada's population is slightly more than one-tenth the population of the United States.)

While heart disease exacts a devastating toll on the United States and Canada, its reach extends far beyond North America, as the American College of Cardiology notes that cardiovascular disease accounts for 31 percent of all deaths across the globe.

In spite of the prevalence of heart disease, men and women are not helpless against it. In fact, there are many ways for men and women to reduce their risk for heart disease.

### 1. Maintain a healthy weight.

The American Heart Association reports that between 60 and 70 percent of Americans are overweight or obese. Carrying around extra weight takes a toll on the body, increasing a person's risk for heart disease and stroke. Overweight or obese men and women can work with their physicians to develop a plan for effective, long-term weight loss, a plan that will likely include a combination of diet and routine exercise.

### 2. Understand and manage blood pressure.

The AHA notes that high blood pressure, a common condition affecting roughly one in three Americans, is often referred to as "the silent killer" because it does not necessarily produce symptoms. Blood pressure measures the force pushing outward on the walls of blood vessels as they carry blood oxygen to the body's organs, and the force created as the heart rests between beats. Over time, the arterial walls of people with high blood pressure may become stressed and develop weak spots or

HEALTHY LIFESTYLE

scarring that makes them vulnerable to the buildup of plaque. Plaque buildup can increase the risk of blood clots and stroke. Blood pressure can rise as a person ages, so managing blood pressure involves routinely checking it and making certain changes, such as eating healthier foods and exercising more often, if it is high.

### 3. Control cholesterol levels.

High levels of low-density lipoprotein, often referred to as "bad" cholesterol, can increase a person's risk for heart disease. The AHA notes that excessive amounts of cholesterol can be deposited into the arteries as plaque. When that happens, it leads to a condition known as atherosclerosis, or a narrowing of the inside of the artery walls. That narrowing leads to an increased risk for heart attack and stroke. Men and women should get their cholesterol levels checked at least once every four to six years beginning at age 20. Men and women who have been diagnosed with high cholesterol should recognize that cholesterol is only found in animal products, so a diet that is rich in fruits, vegetables and whole grains and low in animal products can provide a simple way for men and women to lower their cholesterol. A more thorough and detailed plan to lower cholesterol levels should be discussed with a physician.

More information about heart disease and how to combat it can be found at www.heart.org.



# Some lesser known allergy symptoms

llergy symptoms are a result of a person's immune system overreacting to something that is harmless to most people but sparks a reaction in people sensitive to the trigger. Some symptoms of allergic reactions, such as sneezing, are widely known. But people may be surprised to discover some of the other common allergy symptoms.

According to the American College of Allergy, Asthma, and Immunology, a host of physical symptoms are indicative of allergic reactions.

- Wheezing, shortness of breath: The ACAAI says that wheezing or shortness of breath are telltale signs of asthma, but notes that such symptoms also may be indicative of an allergic reaction. The ACAAI recommends people see an allergist if they develop unexplained wheezing that keeps returning or if the wheezing occurs alongside symptoms like rapid breathing or difficulty taking in air. Wheezing that appears after a person is stung by an insect, takes a medication or eats something he or she is allergic to is symptomatic of an allergic reaction and requires immediate medical attention.
- Cough: The appearance of a dry, persistent cough may indicate an allergy. Coughs are often a byproduct of a cold or flu, but such coughs tend to taper off after a few days. Chronic dry coughs that linger for more than three weeks may indicate the presence of an allergy. Allergy-related coughs may be more prevalent during certain times of year or in certain environments. The ACAAI notes that chronic dry cough has been linked to



allergies such as hay fever and may indicate an allergy to pet dander, dust, pollen, or mold.

- Headache: Though few people associate headaches with allergies, some headaches can be allergy-related. According to the ACAAI, sinus headaches and migraines have been linked to allergies. Sinus headaches may be characterized by localized pain over the sinus area and/ or pain in the face that may or may not be accompanied by a headache. A throbbing pain on one side of the head indicates a migraine, the symptoms of which may worsen when exposed to light. Among the more painful allergy symptoms, headaches should be discussed with an allergist.
- Nausea and vomiting: Nausea and vomiting may be a byproduct of food allergies. Seasonal allergies rarely, if ever, lead to nausea or vomiting. However, when a person eats a food he or she is allergic to, the immune system reacts to this allergy in much the same way it does to allergies like hay fever, releasing a chemical called histamine. When a person is dealing

with seasonal allergies, the histamine his or her body releases can cause sneezing, runny nose or other symptoms commonly associated with such allergies. But when histamine is released to combat food allergies, it can cause nausea and vomiting.

Allergies affect people in every corner of the globe. Recognizing symptoms of allergies can help people combat them more effectively.

### LYME

continued from page 3

As I saw it, my mother had suffered in silence, and I asked myself how many more were doing the same? In October, following her passing, I set up a table with information about Lyme disease at my local library. That evening, 23 people came to share their stories of the same isolation they experienced with this disease. I listened to them all and saw that these people had been misled down the same path as my mother. Even through my grief, this gave me the driving force to continue with the mission to raise awareness this terrible disease.

Our monthly meetings at the library continued, which led to my husband and I creating the Central Mass Lyme Foundation in memory of my mom. We are dedicated to increasing awareness about the seriousness of this disease as well as many other tick-borne illnesses.

On March 21, 2015, the foundation organized our first Lyme Disease Conference in New England. This conference drew hundreds of people

on a snowy morning to learn how to get help, but more importantly to connect with others who were hidden behind their doors like my mother, suffering in silence. That day, her voice would be heard loud and clear. It would be the fruition of battling this illness together with people who cared and understood, no questions asked. Since then, our foundation has organized 2 other conferences bringing the Lyme community together.

The mission of our 501c3 foundation is raising awareness about Lyme disease as well as other vector-borne diseases. We do not diagnose or treat. But we do raise awareness through our distribution of resources to our public libraries, presentations at local organizations and tables at public events. We also educate schools and provide materials for their parents and educators. This has been a grass roots effort with many volunteers who may be afflicted with Lyme or know someone who is.

As I see it, Lyme disease is easy to get, and very complex to treat. Our foundation will continue the fight for the many who don't have the strength to do it alone, and for their families who need the support. My Mom's mission has only just begun.

### Side effects of snoring include higher risk for Alzheimer's

noring may seem like a pesky yet minor increased risks of heart attack, problem, but it can be much more serious than some people know. Although snoring is a common problem among all ages and genders, the National Sleep Foundation says that men are twice as likely to snore as women, and snoring can worsen with age.

The aging process can lead to a relaxation of the throat muscles, resulting in snoring. Furthermore, the NSF says anatomical abnormalities of the nose and throat, illness and other factors may also contribute to snoring. Drinking alcohol, which can have an effect similar to muscle relaxants, in the evening can make snoring worse.

While many people may think snoring is a mere nuisance, it actually may be a symptom of obstructive sleep apnea. Over time, apnea can be associated with high blood pressure and

stroke or death, advises WebMD.

Now there is new evidence that those with obstructive sleep apnea may be at a higher risk of developing Alzheimer's disease as well. A new study published in the journal Neurology found that people with sleep apnea tended to develop memory problems and other signs of cognitive impairment earlier than people without such sleep disorders. Richard Osorio, MD, a research assistant professor of psychiatry at the NYU Center for

Brain Health, found that, among 2,000 people studied, those who reported having sleep apnea or snoring tended to develop signs of mild cognitive impairment, including memory lapses



and slower speed on cognitive skills, about 12 years earlier on average than those who didn't report any sleep-related breathing issues. Mild cognitive impairment often precedes dementia related to Alzheimer's disease.

researchers believe Some snoring and sleep apnea may contribute to a buildup of the toxic protein in the brain called beta-amyloid, which is a hallmark of Alzheimer's disease and other dementias.

lf snoring has become problematic, men are urged to visit a doctor or sleep specialist to see which therapies can be instituted to help improve sleep and overall health.

# How to recognize signs of heat stroke in dogs



ummer is a great time of year for people and their pets to enjoy the great outdoors and soak up some sun. Just as men and women exercise caution by applying sunscreen and staying hydrated on hot summer days, dog owners must take steps to protect their four-legged friends when bringing them outdoors.

Heat stroke can pose a serious threat to dogs on hot days. Dog owners

who routinely take their pets outdoors in summer must learn how to protect canines from heat stroke and how to recognize its symptoms.

### What is heat stroke?

Dogs suffer from heat stroke when their body temperatures exceed 104 F and the built-in mechanisms they rely on to cool themselves – including panting — cease to function properly. But any temperature 103 F or above is considered abnormal. According to PetMD, heat stroke is a form of nonfever hyperthermia that can lead to multiple organ dysfunction.

### Is heat stroke immediately evident?

Heat stroke can overwhelm dogs quickly, so dog owners should be especially diligent and watch their dogs closely when they are spending time outside on hot days. Dogs may first suffer from mild heat-related stress or moderate exhaustion before they begin experiencing the more severe symptoms of heat stroke, so dog owners should look for signs of stress or fatigue and bring their dogs inside immediately after noticing such symptoms. The consequences of heat stroke are severe, so dog owners should always err on the side of caution.

### What are the symptoms of heat stroke?

Dogs that are overheating and potentially suffering from heat stroke may exhibit a number of symptoms. Such symptoms are typically easy to spot, but dog owners still must pay close attention to their four-legged friends during summertime walks or play sessions in the backyard.

Turn To **HEAT STROKE** page **10** 

# **Understanding heartworm**

Conscientious pet owners understand they must be on the lookout for a host of issues that can affect the health and well-being of their pets. One such issue is heartworm.

### What is heartworm?

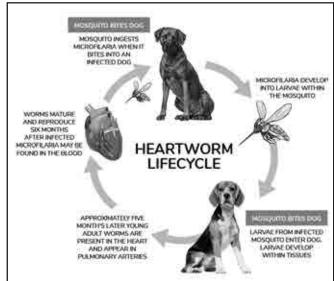
The American Heartworm Society notes that heartworm is a disease caused by footlong worms that live in the heart, lungs and associated blood vessels of affected pets. Known as heartworms, these worms can cause severe lung disease, heart failure and organ damage. Some instances of heartworm may even prove fatal.

### Who gets heartworm?

Heartworm disease affects dogs, cats and ferrets. Heartworms also live in wolves, coyotes, foxes, and sea lions. And while such instances are rare, heartworms have even been found in humans.

### How is heartworm transmitted among pets?

Mosquitoes transmit many diseases, and they even play a role in the transmission of heartworm. The AHS notes that adult female heartworms living in infected dogs, foxes, coyotes, or wolves produce microfilaria, which are microscopic baby worms that circulate in the animals' bloodstreams. When mosquitoes feed on the blood of these infected animals, they pick up microfilaria. Within 10 to 14 days, these microfilaria mature and develop into infective stage larvae. When mosquitoes then bite another animal, these larvae are deposited onto the surface of the skin of those animals,



ultimately entering their new hosts through the wound created by the mosquito's bite. The larvae then spend the next six months maturing into adult heartworms.

### How long do heartworms live?

Upon reaching maturity, heatworms can live for five to seven years in dogs and for two to three years in cats. According to Peteducation. com, heartworm in ferrets can be rapidly progressive and fatal.

### What are the symptoms of heartworm?

Heartworm symptoms can vary depending on the type of animal that is infected. Dogs infected with heartworm may exhibit few or no symptoms in the early stages of the disease, only gradually exhibiting symptoms as the infection persists. Such symptoms include mild persistent cough, reluctance to exercise, fatigue after moderate activity, decreased appetite, and weight loss. As heartworm progresses, dogs infected with the disease may develop swollen bellies due to excess fluid in their abdomens. Dogs infected with large numbers of heartworms may develop sudden blockages in their heart, which can lead to cardiovascular collapse, threatening the dog's life.

Cats may exhibit subtle or dramatic symptoms of heartworm. Coughing, asthma-like attacks, periodic vomiting, loss of appetite, and weight loss are some of the more subtle symptoms of heartworm in cats. But some cats may struggle to walk, experience fainting spells or have seizures as a result of heartworm. The AHS notes that the first sign of heartworm in cats is sometimes sudden collapse or sudden death.

Ferrets with heartworms may seem tired all the time and exhibit shortness of breath even after just a few minutes of activity. Ferrets may also experience fluid buildup in their abdomens due to heart failure and blocked blood vessels.

### Can pet owners protect their pets from heartworm?

The AHA recommends that pet owners get their pets tested for heartworm every 12 months. In addition, the AHS advises pet owners to give their pet heartworm preventive 12 months a year.

More information about heartworm is available at www.heartwormsociety.org.

### **HEAT STROKE**

continued from page 9

According to the American Kennel Club Canine Health Foundation, signs that a dog is overheating include:

- Panting followed by disorientation and fast, noisy breathing
- Collapsing or convulsing
- Bright red or blue gums
- Vomiting and diarrhea

Vomit and diarrhea connected to heat stroke may contain blood. In addition, the eyes of dogs suffering from heat stroke may be glazed-over and such dogs may be unresponsive to commands, or their replies to commands may be slower than usual.

### Can heat stroke be prevented?

Though dogs can suffer heat stroke even on mild days, dog owners can

take precautionary measures.

- Alter routines. Walking can be great exercise for dogs, but on hot days dog owners can walk their dogs when temperatures tend to be at their most mild, such as in the early morning hours or evenings when the sun is setting or has already set.
- Limit play time. Dogs generate heat when playing and exercising, and their body temperatures may rise considerably on hot summer days. To reduce dogs' risk of heat stroke, limit play time on hot days.
- Don't travel with dogs. Temperatures can be unbearable inside vehicles, so dog owners should not take their dogs along when running errands on hot days.

Dog owners must be especially mindful of their dogs' behavior on hot days. Protecting dogs from extreme heat can safeguard them from heat stroke, which can be fatal.

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### TUESDAY, MAY 8

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5:30 - 6:30 pm

Common Sports Injuries from A to Z Michael Brown, MD, Orthopedic Surgeon 7 - 8 pm

### THURSDAY, MAY 31

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Christian DiPaola, MD, Orthopedic Surgeon

5:30 - 6:30 pm

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Ira Ockene, MD, Cardiologist 7 - 8 pm

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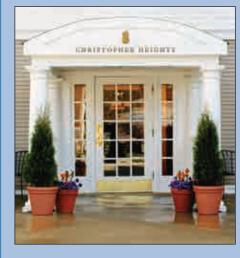


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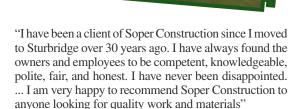
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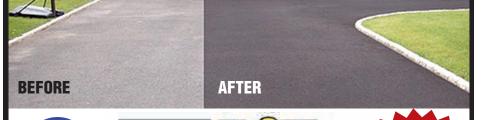
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# The Sounds of Spring

SUBMITTED BY NANCY CORMIER. THE BIRD STORE AND MORE 4 CEDAR STREET, STURBRIDGE, MA 508-347-BIRD

It's been a strange winter season to say the least. With an abundance of natural food and warmer temperatures our wintering birds didn't have much need for the bird feeders this season. The birds seemed to virtually



**Turkey Vulture** 

disappear, and from what we have heard, the same phenomena occurred throughout the Northeast. The birds were there just not at the feeders, and when the bitter cold weather came they literally flocked to the bird feeders, and then were gone again.

Spring has now officially arrived, and with it the return of the harbingers of spring. Many of you may think that the American Robin is a true sign of spring but what you may not know is that the Robin along with the Eastern Bluebird is a winter resident here. Robins and Bluebirds tend to gather in swampy areas

Turn To SPRING page 10

# HOME

### Spring 2018

A Stonebridge Press **Publication** 

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# Environmental health hazards encountered each day

nvironmental health risks can be found all over the world. Whether one resides in an urban or rural environment, it is difficult to avoid pollutants that can produce unfavorable effects on human health. For example, it's estimated that car emissions contribute to a staggering number of deaths in the United States alone, and many areas are deemed to have unsafe air that can contribute to long-term diseases such as lung cancer. So says the group Top Environmental Issues, which publishes information on an array of environmental topics and statistics. Other pollutants lurk in the soil or drinking water sources.

The process of addressing environmental hazards starts with individuals, who can educate themselves about various pollutants and how to reduce their impact on human health.

· Lead: Even though lead use has decreased, there remains some residual risk. The Occupational Safety & Health Administration says that lead enters the body primarily through inhalation and ingestion. Many people are exposed to lead by breathing in lead-containing dust at work or from hobbies that involve lead. Lead affects nearly every system in the body, but it can be particularly harmful to the brain and nervous system.

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· Mercury: Mercury is another metal that has drastic health effects. People may be exposed to mercury through their occupations or even their diets. Mercury occurs naturally in Earth's crust but is primarily released from coal-fired power stations and other industrial processes. According to the World Health Organization, mercury's potentially toxic effects include digestive and immune system interruption, nervous system impairment and skin and eye problems.



· Contaminated drinking water: All tap water contains trace amounts of natural microorganisms. However, contaminants can end up in drinking water from run-off from residential and commercial areas. The Clean Air Council says drinking water may contain contaminants such as arsenic, radon, trihalomethanes (chloroform, bromodichloromethane, dibromochloromethane, and bromoform), and pesticides.

· Pesticides: Chemicals used to prevent the proliferation of lawn and garden pests may be effective, but they also can produce adverse health effects. Pesticides have been associated with increased risk of cancer and can affect the developing nervous system. The Pesticide Action Network says close to a billion pounds of toxic chemicals are intentionally introduced into the environment and the food supply each year.

Many contaminants can potentially be found in the air we breathe, the water we drink and the land upon which our homes are built. Learning about some of the more common environmental hazards can help people take action to avoid them.

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# The benefits of water features in garden landscapes



Water features, such as ponds or waterfalls, can add a special touch to the landscape

Many homeowners aspire to make their homes appear as beautiful and welcoming as possible. Exterior renovations may be high on homeowners' to-do lists, and landscaping is oftentimes a key component of those projects.

When planning gardens, homeowners may benefit by considering more than just flowers and shrubs while giving thought to other elements that can breathe vitality into their landscape designs. Water features can do just that, as such features provide more than just visual appeal.

- Aesthetic appeal: Water elements stand out against the greenery and foliage and can be used to create focal points around the garden or yard. A single fountain can draw the eye, while a trickling stream or waterfall can deliver water to various spots in the landscape.
- Soothing sound: Rain drops on a rooftop or waves lapping on a shoreline elicit feelings of harmony and relaxation. Water features can bring that gentle sound close to home, further enhancing the ambiance.

Turn To LANDSCAPES page 9



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# The benefits of choosing solar energy

ome improvement trends come and go. What's popular among today's homeowners may feel dated to prospective buyers a decade from now. But solar energy is one home improvement trend that does not figure to go the way of sunken living rooms or popcorn ceilings.

According to the Solar Energies Industry Association®, solar energy experienced a compound annual growth rate of more than 60 percent between 2006 and 2016. Solar energy has also done wonders to improve the employment rate. According to the Solar Foundation's National Solar Jobs Census, in the United States there were more than 260,000 solar workers in 2016, an increase of 25 percent from the previous year. Things are equally rosy in Canada, where the Government of Canada reports installed capacity for solar thermal power has experienced a compound growth rate of nearly 14 percent since 2004.

The search for a renewable energy source has led many people to embrace solar energy, but there are many more reasons for homeowners to embrace going solar.

• Return on investment: Many people considering solar energy for the first time may experience some sticker shock when they learn the cost of installing solar panels on their homes. But data from the EnergySage Solar Marketplace indicated that, in the first half of 2015, solar shoppers who compared their options achieved payback on their solar investments

in 7.5 years. So in addition to monthly savings on their utility bills, homeowners can expect to recoup their solar energy investments in a relatively short period of time.

Property value: Whether



they plan to do so in the near or distant future, homeowners with an eye on selling their homes may be interested to learn that a recent study from the Lawrence Berkeley National Lab found that solar panels can significantly increase property value. The study analyzed the sales of more than 20,000 homes in California, Connecticut, Florida, Massachusetts, Maryland, North Carolina, New York and Pennsylvania, suggesting the desire for solar energy among prospective buyers is not exclusive to a particular region of the country.

• Energy independence: According to the U.S. Energy Administration, most of the energy consumed in the United States comes from fossil fuels like petroleum. The EIA also notes that, in 2016, the United States imported about 10.1 million barrels of petroleum per day. By embracing solar energy, Americans and citizens of any country that relies heavily on foreign oil imports, can take a big step toward increasing their energy independence.

The use of solar energy is on the rise, and there are many reasons for homeowners to embrace this increasingly popular energy source.





## **How to Stain Your Deck**

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Preparing Your Deck for Staining

Remove as many items as you can (planters, hoses, outdoor furniture, light fixtures) and cover other items (steps, plants, sidewalks/paths) with drop cloths.

Examine the deck for surface wear, cracked boards, and popped nails.

Make any necessary repairs before you stain your deck.

Applying the Stain Decks are often subjected to extreme environmental conditions (direct sun, cool damp shade, etc.) as well as heavy foot traffic. Proper care of your deck will help ensure the longevity of the finish.

Step 1 After properly preparing the wood, select an inconspicuous place on the actual wood you will be staining and test the stain to be sure you will be pleased with the final color results.

Step 2 First stain the vertical sections of the deck, such as the rails and posts, so that drips will not land on previously finished areas.



Step 3 Once the vertical surfaces are completed, proceed to the deck surface. For deck boards, stain two to three boards at a time to avoid lap marks. Do not stop in the middle of a board, or you will risk developing lap marks. Make sure to wipe up any excess stain.

### **Deck-Staining Tips**

The best way to apply deck stain is to use a roller or spray, followed by backbrushing to even out the stain.

Do not let stain puddle on the surface of the deck.

Stain does not stay mixed the same way paint does. You will need to stir the stain frequently during application.

To ensure proper stain penetration and even drying results, avoid applying stain in direct sunlight.

Soak the bottom of the deck posts in Benjamin Moore Alkyd Primer (366). This will give the posts added protection from the kind of ground moisture they are subjected to, and will help extend the life of the posts.

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# How to control common spring pests



Ants are a nuisance that become more active as the weather warms.

Just when winter thaws out and people are anxious to enjoy the blooming flowers and luscious lawns of spring, pesky pests can appear and impact comfort levels and safety.

Many pests resume their levels of activity as spring draws closer and temperatures warm up. The presence of these insects and rodents may cause problems in and around a home, which makes it essential to recognize them and avoid issues. The following are some of the more common spring pests and how to remedy infestations.

### **PAVEMENT ANTS**

Pavement ants are some of the most common pests residents encounter inside and outside of their homes. These ants are light brown to black with appendages that are lighter than the rest of their bodies. Small in stature, pavement ants have parallel lines on their heads and thorax, according to pest extermination company Orkin.

Although pavement ants nest outdoors, they can enter homes through small crevices in search of food scraps. Their large colonies may not disappear until treatment is introduced. Keep foods in tightly sealed containers, clear counters and floors of crumbs, and address water sources, such as leaks. Pesticides may be needed in extreme conditions.

### **FLEAS**

Fleas are tiny, jumping, biting pests that must find a host upon which to live. As ectoparasites, they feed on blood while living on the body of living hosts. Pets can bring fleas inside the yard and home in warm weather. According to the University of California Statewide Integrated Pest Management Program, flea larvae develop more quickly at higher

temperatures. At normal room temperatures, the entire life cycle of a flea is about 18 days.

Several flea control products are available to control fleas on cats and dogs. There also may be powders and sprays to alleviate flea infestations in the home. Vacuuming is also very effective in killing larvae in the carpet and at picking up adults.

### **WASPS**

An errant wasp, hornet or yellow jacket may have survived winter and ridden out the colder temperatures within a home. Once the weather warms, queens will begin to look for places to lay eggs and establish colonies. Treating areas where wasps are seen entering and leaving the home is key. Seal holes as soon as possible.

Although wasps help control other insect populations, their painful stings and potentially aggressive nature can make them challenging to have around a home. If a nest is found, hire a professional to remove it.

### **SPIDERS**

Many spiders are not harmful enough to humans and pets to be much of a problem. In fact, spiders can be helpful to have around to control the populations of other insects. Still, many homeowners would prefer these web-slinging friends remain outdoors. Therefore, sealing cracks in a home's foundation and repairing small openings around windows and doors can help keep spiders out. Also, alleviating moisture issues in basements, garages or attics may keep out other bugs that would be prey to spiders.

Homeowners can take the steps necessary to cut down on pests in and around their homes.

### DID YOU KNOW?

The U.S. Environmental Protection Agency notes that there is no practical way to eliminate all mold and mold spores in an indoor environment, including a home. But by controlling moisture in their homes or apartments, men and women can control indoor mold growth. One way to do just that is to prevent condensation in a home by adding insulation. In addition, clean building materials or furnishings that become wet as promptly as possible, and no more than 48 hours after the items have become wet. Mold produces allergens and irritants, and inhaling or touching mold or mold spores can trigger allergic responses such as sneezing, runny nose, red eyes, rashes on the skin, and even fever-like symptoms.

8 • HOME • A STONEBRIDGE PRESS PUBLICATION • April 12-13, 2018

## Use renovations to create healthier homes

ome renovation projects are done for several different reasons, whether to update styles, repair damaged or broken items or to achieve more living space. More than ever before, homeowners are choosing improvement projects geared toward making their homes healthier.

Establishing a healthy home means different things to different people. For example, to an environmentalist, a healthy home may incorporate eco-friendly or green products. To those with young children or mobility-impaired seniors, a healthy home may be one free from potential hazards. Others may view a healthy home as one that alleviates allergies.

The World Health Organizations says inadequate housing conditions, such as poor ventilation, radon, urban pollution, and moisture issues, can contribute to many preventable diseases and injuries — especially respiratory problems, nervous system disorders, cardiovascular diseases, and cancer. Furthermore, the U.S. Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies have found that indoor air pollution levels were roughly two to five times greater than outdoor pollution levels.

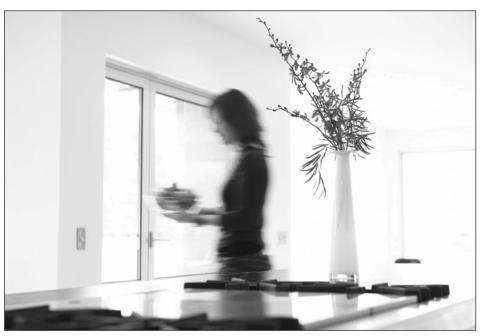
People interested in making their homes healthier can embrace these renovations and lifestyle changes.

### **LANDSCAPES**

continued from page 5

- Brings texture: Water has its own unique and fluid texture that can provide stark contrast to blades of grass or the hard lines of architectural elements, such as pergolas or retaining walls. A pond or fountain can soften lines.
- Enhance the natural ecosystem: Water features can attract wildlife to a property. Birds may visit to take a quick sip, and dragonflies are sure to dart and hover over the shimmering ripples. Inviting natural wildlife to the yard can add hours of entertainment by enjoying the animals and insects.
- Remedy problem areas: Rather than fighting with the landscape, homeowners can adapt it. An area of the yard prone to soggy conditions or flooding can be transformed into a pond or waterfall to work with natural surroundings.
- Foster a passion: Many people turn to water features so they can explore the hobby of nurturing an outdoor aquarium. Koi ponds are relatively easy to install and maintain, and the vibrant fish add visual appeal.
- Add a personal touch: Water features are as unique as the homeowners who create them. To set landscaping apart from neighbors' homes, homeowners can add fountains, ponds or flowing water elements to their properties. Decorative water features also can be melded with pools and spas to help these manmade recreational areas seem like they were carved right out of the natural landscape.

Water features can take landscapes to the next level with sounds, texture, movement, and beauty.



- Be aware of furniture materials. Toxic PBDEs, which are chemicals used as flame retardants on furniture fabrics produced prior to 2006, can send toxins into the air. Some manufacturers may still use these flame retardants in new forms, but with similar risks. Before purchasing furniture, ask if a product is treated, and select naturally fire-resistant materials like wool and cotton.
- Lighten up. Lighting is often underappreciated but can have a dramatic impact on whether a home feels inviting, warm and/or uplifting. Experiment with different types of bulbs and lighting fixtures to turn drab and dreary environments into brighter places. Lighting may improve mood and productivity.
- Let the sun shine in. Modify window treatments to let more sunlight into the house. There is evidence that the sun, particularly UV light, is a potent bactericide. The Sunlight Institute advises that there's no harm in letting natural sunlight do its work, as bacteria within eight feet of low-intensity UV light can be killed in 10 minutes.
- Inspect and service wood-burning appliances. A study published in the American Journal of Respiratory Cell and Molecular Biology has found regular inhalation of wood smoke limits immune activity and function, and anyone who burns wood indoors should be aware of these potential health risks. Ensuring proper ventilation of smoke and routinely cleaning the chimney can help cut down on particulate matter.
- Turn to nontoxic cleaning products, pesticides and insecticides. Always opt for nontoxic, natural products when cleaning in and around the house.
- Declutter the home. A cluttered, hectic space can affect emotions and mental state, never mind attracting dust and making a home harder to clean. Spending time in spaces that do not elicit stressful feelings is healthier and can help residents to rest and recharge.

Making a home healthier can be on the list of this year's renovation plans.

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during the winter, as there is a more plentiful food source in those areas. When the food source becomes scarce Robins will show up on your lawn and you may see Bluebirds at your suet feeder. This usually happens more toward spring, but in a severe winter you may see them under your bird feeders all winter.

If you truly want to know that spring is in the air watch for the return of the Turkey Vulture. It's easy to identify these large birds. In flight they have a V shape to their wing called dihedral, they also appear to be a large

bird with a very small head. The Turkey Vulture is one

of the earliest spring arrivals to our area. Another early spring arrival is the massive flocks of grackles and red winged blackbirds. If you have had the opportunity to witness one of these flocks it may give you flashbacks to the movie The Birds.

We have been seeing more activity at the bird feeders lately as the natural food crop has diminished. That said, it's a good time to do some springtime maintenance on your bird feeders and birdhouses. Bird feeders get dirty, and dirty feeders transmit disease. Birds can transmit diseases such as conjunctivitis by touching the edge of the seed port while feeding. Conjunctivitis is highly contagious and can cause blindness in the birds. Spoiled seed or rancid suet can cause beak rot, which softens the bird's beak causing it not to be able to eat. As they say, the best defense is a good offense. Take the feeders down and thoroughly wash them with a bleach solution. If the feeders are particularly dirty wash with mild soap and then bleach. Thoroughly dry the feeder before replenishing the seed. Birdhouses also need to be cleaned out and readied for the spring nesting season. Mice will use the birdhouses in winter. Make sure mouse nests are cleaned out prior to the mice breeding in them.

Take a step outside in the morning and you will hear the bird song chorus beginning. Our resident migrants are setting up their territories and will soon be looking for a mate. By the end of April and into early May our neotropical migrants will be returning. Neotropical Songbirds are species of birds that breed in the summer in the U.S. and Canada and migrate to the Neotropics (Mexico, Central America, S. America) during winter; they often return to the same areas during each migratory stop. Many of these birds do not frequent our feeders, but they do breed in our area. One must look to see them. Going out on a bird walk in May will introduce you to birds you may have never seen before. However some of our favorites such as Ruby throated Hummingbird, and Baltimore Oriole will grace our feeders.

The Ruby throated Hummingbird is already on its way back north. A quick look at the 2018 hummingbird migration map (http://www.hummingbirds. net/map.html) will show you where they have been seen. At last look they have been spotted in North Carolina. Our recommendation is to put your hummingbird feeders out on tax day. The hummingbirds will be returning to our area toward the end of April. Hummingbirds will readily



**Ruby throated Hummingbird** 

use the hummingbird feeders but the trick is to keep the nectar fresh and the feeder clean. Only use clear hummingbird nectar. Red dye is not good for the hummingbirds and can shorten their lifespan. Change your nectar every 2 -3 days, it's not necessary to completely fill your hummingbird feeder, just use the amount that is needed for a couple of days. Nectar will spoil very quickly in the heat and the hummingbirds will not use the feeder if the nectar is spoiled.

Baltimore Orioles will return within the first few days of May so it is best to have your oranges and grape jelly out for them around

the 28th of April. Returning Orioles will look for food in the place they found it in the previous year. If the food

is available when they arrive you will have a much better chance of them staying around your yard.

Migrating Indigo Buntings will be showing up around this time also. They will come to your seed feeder on occasion and this brilliant blue bird is always a treat to see.

One of the more unwanted visitors to the bird feeders is the black bear. The bear have been destructive to the bird feeders but we have a solution to feed your birds and save your bird feeders. The Bird Store and More has a Bear Proof Bird Feeder Pole that the bear can not topple or destroy. It has saved multitudes of feeders around the country, and enables you to enjoy the birds and not worry about the bear. When the food is not readily available the bear will not return.

Until then enjoy the songbird chorus around your yard.

### DID YOU KNOW?

Spring cleaning is a ritual that many people participate in as the last vestiges of winter disappear. Spring cleaning is a time to open windows, deep clean rooms and closets and take down and launder window treatments and linens. Others use spring cleaning as a time to sort and donate or discard clutter that might have accumulated over the winter. Even though spring cleaning seems like a modern invention, the act of spring cleaning is believed to have originated centuries ago. Some say that the ancient Chinese cleaned in preparation for their New Year as they hoped to wipe away any bad luck and misfortune from the previous year. Similarly, the ancient Hebrew practice of thoroughly cleansing a home before the springtime feast of Passover may have evolved into the spring cleaning we know today. Another possible connection is the tradition of "shaking the house clean" in Iran. Iranians celebrate Now Rouz (Persian New Year) with many different rituals, one of which involves buying new clothes and cleaning every corner of the family home to signify renewal.

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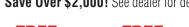
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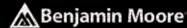




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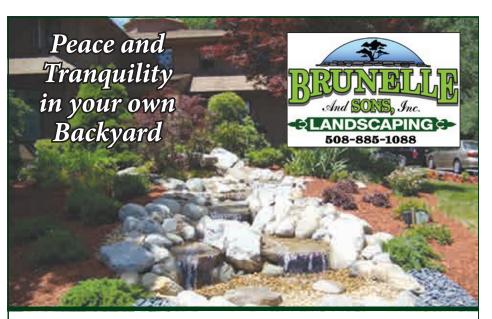
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