

Auburn News

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Second dispensary proposed for Auburn

BY GUS STEEVES
STAFF WRITER

AUBURN – TriChome is hoping its second chances works better than its first.

On Oct. 23, by a 4-1 vote, the firm received a letter of support from the selectmen to go forward with the process of siting a medical marijuana dispensary at 15 Technology Drive. During the summer, it received one for a cultivation facility right across the street, but that proposal fell through “because of changes made by the property owner that weren’t sustainable for business use,” TriChome CEO Alex Mazin said.

The current parcel is vacant, so Mazin plans to build a new facility. He said it’s only large enough for a 12,000 square foot building, which isn’t big enough to grow in. Instead, they’ll sell medical cannabis products, but he noted no actual product will be stored in places patients have access to. He later noted they plan to

have no more than three days of product on hand and to get deliveries on a “completely randomized” schedule.

“Since we’re developing from the ground up, it allows us to think through the security plan,” he said, noting his intent is to have patients come in one side and exit the other. The security will include having all card-carrying patients and caregivers enter through a “sally port,” with locked doors on either end; no one without an ID card can go beyond that.

“I like to think of this as a pharmacy...but the general public cannot have access to it,” said Mazin’s lawyer, Philip Silverman, who noted Massachusetts has “one of the strictest” security requirements in the country.

Silverman said he sees the benefits of such a facility as including a “host community agreement” to cover necessary town services, providing eight to 15 jobs, and giving local patients access to the medica-

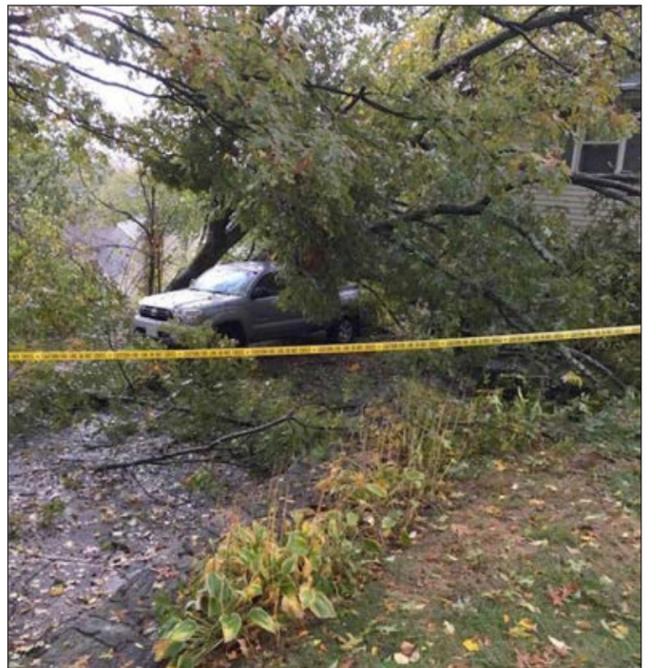
tion because “patients should not have to drive all over the state to get their medicine.” Mazin projected they’d open in the summer of 2019 and serve 60-80 patients a day, but given that the state’s total of patients is “growing by 10 percent every month,” that figure might be 100-120 daily.

“Ten an hour for an eight hour day is an ample estimate,” he said.

Mazin added he might “start the cultivation process” here if they can build a big enough building, but that would require coming back for another letter and additional permits. Overall, though, they plan to get their product from a TriChome facility in Lakeville.

Selectmen were generally supportive, with even Ken Holstrom, the sole no vote, wishing them well. He voted no because he doesn’t want to

Please Read **DISPENSARY**, page A7



Auburn Fire Department photo

A tree came down on Upland Street, causing some damage to one house, but not enough to require evacuating it, Fire Chief Steven Coleman said.

Region hit by outages from wind, rain

BY GUS STEEVES
STAFF WRITER

AUBURN – About 842 buildings in town were among the roughly 436,000 places across southern New England that lost power due to the high winds and rain early this week.

According to Fire Chief Steven Coleman, all of Auburn’s sites had power again by Tuesday and nobody was injured, although trees did hit a car and house on Upland Street.

“I think we fared better than most,” he said. “National Grid over the years has upped their game when it comes to preparedness. Every town now has a community liaison. There was a time when we had no

idea what was going on at the Grid, but they have a much better plan today.”

The issues came from a somewhat unusual convergence of weather forces. A front coming from the south that had briefly existed as Tropical Storm Philippe collided with one from the west, lashing our region with winds up to 65 mph and periods of heavy rain. It was similar to the conditions that created heavy snowfall this week in 2011, when many people lost power for a week or more.

“Thousands of trees and hundreds of power lines came down Sunday night and Monday

Please Read **OUTAGES**, page A3



DISNEY TAKES ON AUBURN

Gus Steeves photo

Auburn High School welcomed a bevy of Disney characters to entertain children last week, just in time for Halloween. As the senior class hosted the character breakfast, younger children enjoyed interacting with their favorite Disney characters. Elsa (Elisa Frotten) carries Connor Hope around the cafeteria, as he excitedly points out his favorite people. More photos page 12.

Auburn firefighters among graduates

STOW — State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy Director David C. Evans announced the graduation of the 257th class of the Massachusetts Firefighting Academy’s fifty-day Career Recruit Firefighter Training Program on September 29, 2017.

Among them were Grant C. Ellerbe and Travis T. Parisi of Auburn.

“This rigorous professional training provides our newest firefighters with the basic skills to perform their jobs effectively and safely,” said Ostroskey.

The Massachusetts Firefighting Academy, a division of the Department of Fire Services, offers this program tuition-free. The

ceremony took place at the Department of Fire Services in Stow.

The 33 graduates, three women and 30 men, represent the 20 fire departments of: Arlington, Auburn, Bourne, Chelsea, Clinton, Cohasset, Falmouth, Hingham, Hyannis, Leominster, Lexington, Milton, Plainville, Randolph, Taunton, Waltham, Westborough, Westminster, Weymouth and Yarmouth.

The guest speaker was Everett Fire Lieutenant Gary Ostler. He is a graduate of Career Recruit Firefighter Class #149 and a 16-year veteran of the Everett Fire Department. Lt. Ostler is also a member of the federal Urban Search &



Courtesy photo

33 graduates of the 257th class of the Massachusetts Firefighting Academy. Among them are two from Auburn, Grant Ellerbe and Travis Parisi.

Please Read **FIREFIGHTERS**, page A7

Energy fund gearing up for winter

The Massachusetts Good Neighbor Energy Fund, a cooperative effort between the state’s sponsoring energy companies and their customers to

help households in temporary financial crisis pay their energy bills, announces that its 2016-17 “Give the Gift of Warmth” campaign raised \$448,003 in contributions. Most importantly, the donations to the campaign provided energy assistance to 1,233 Massachusetts households in need.

“Raising close to a half million dollars for thousands in temporary crisis shows the commitment of the Fund’s sponsoring energy companies and the true giving spirit of our sponsors’ cus-

tomers,” said Patrick Murray, chairperson of the 2017-18 Good Neighbor Energy Fund campaign and customer satisfaction and regulatory compliance lead supervisor for National Grid. “Donations from other sources, including companies and foundations, also added to the community effort to ‘Give the Gift of Warmth’ to all our neighbors in need.”

The fund is often the last resort for families who have not qualified for federal and state assistance programs.

The Salvation Army, which administers the fund, pays the energy provider directly for households whose gross income falls between 60 and 80 percent of the state’s median income levels. For example, in the upcoming 2017-18 GNEF campaign year, a household size of four would need to have a total gross yearly income of between \$66,115 and \$88,153 to qualify.

Since its establishment in 1985, the

Please Read **ENERGY FUND**, page A6



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AUBURN TIMES

WORLD WAR I PROJECT
Auburn Historical Society's monthly meeting will be held on Tuesday, Nov. 21 at 6:30 p.m. at the Auburn Senior Center, 4 Goddard Drive. Featured speakers Linda Hixon & Zach Washburn's topic will be "They Ventured Far: The World War I Biography Project." Everyone is welcomed. For more information call the Auburn Historical Society (508) 832-6856.

GETTING THROUGH THE HOLIDAYS

The Bereavement Center at The Overlook in Charlton. Saturday, Nov. 4, 1-4:30 pm. The first holidays after the death of a family member are always dreaded and difficult. We can't take that pain away but we can share some strategies to help you cope. Please join us by calling Susan Fuller at (508) 434-2200.

ANNUAL TURKEY DINNER
Stop by for the annual "Turkey Dinner" for area seniors, sponsored by Senator Michael O. Moore. The event is free and open to local senior residents. Monday, Nov. 20 at noon-1 p.m. at Auburn Senior Center, 4 Goddard Drive.

SANTA PANCAKE BREAKFAST
Santa Claus Pancake Breakfast at Bay Path High School, 57 Old Muggett Hill Road, Charlton, Saturday, Dec. 2, 7:30-10:30 a.m. Tickets \$5, children under 5 free. Free 5x7 family picture with Santa Claus professionally taken by Casson-Foster Photographers. You will receive an e-mail approximately one week after the event, notifying you that your photo is ready to be picked up in the main office at Bay Path. Raffle available.

ANNUAL CHRISTMAS BAZAAR

Saturday, Dec. 2, 9 a.m.-2 p.m. at St. Joseph's Parish Center, 68 Central St., Auburn.
Come and enjoy an old fashioned Christmas Bazaar and check out the collectibles, Attic Treasures, plants, jewelry, knit goods, holiday décor, toys, candy & baked items and so much more! Take a chance on one of our many raffles. There is something for everyone! Free Parking. Handicap Accessible.



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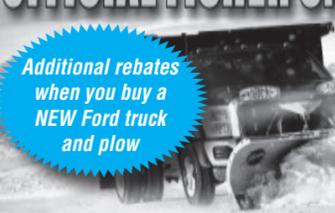


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AUBURN NEWS STAFF DIRECTORY

EDITOR
RUTH DEAMICIS
(508) 909-4130
ruth@stonebridgepress.news

STAFF WRITER
GUS STEEVES
(508) 909-4129
gus@stonebridgepress.news

LOCAL NEWS AND ADVERTISING
Phone: (508) 764-4325
Fax : (508) 764-8015

TO PLACE A RETAIL AD
(508)764-4325
jean@stonebridgepress.news

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A STONEBRIDGE PRESS PUBLICATION

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

CHIEF FINANCIAL OFFICER
RON TREMBLAY
(508) 909-4102
rtremblay@stonebridgepress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

EDITOR
RUTH DEAMICIS
(508) 909-4130
ruth@stonebridgepress.news

ADVERTISING MANAGER
JEAN ASHTON
(508) 909-4104
jean@stonebridgepress.news

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

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McGovern speaks at public forum



BY SARAH CHAMPAGNE
NEWS CORRESPONDENT

Congressman Jim McGovern was the principal speaker at a public health care forum Oct. 14 at the Oxford Senior Center. The talk was sponsored by the Oxford Democratic Town Committee.

Other speakers were Dr. Adam Gaffney, instructor at Harvard Medical School and a pulmonary critical care physician, and Dr. Peter McConarty, retired clinical associate professor at UMass and retired family doctor.

The purpose of the forum was to discuss health care payment options and the opioid crisis in the U.S. The speakers argued for the need for a single-payer health care system and outlined the problems that occur in the current system.

“One adverse lifetime event

Sarah Champagne

Congressman Jim McGovern was a speaker at a public health care forum

such as divorce or losing one’s job and suddenly it can mean losing health insurance,” commented Gaffney.

McConarty asked attendees of the forum the question he says he always asks medical students – “What is the most important question in health care?” While medical students often give answers such as “How do we cure diabetes” or other similar questions, those attending the event provided the answer that Dr. McConarty was looking for. That question is – “What kind of insurance do you have?” This one question is too often an exclusionary one for the purpose of treating American patients, argued the panelists.

“I don’t come from a family of doctors. I come from a family of patients,” commented McGovern at the panel.



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.

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McGovern argued for expanding Medicare and giving Medicare the same bargaining power with pharmaceutical companies that the Veterans’ Administration (VA) has on behalf of veterans.

The panel was attended by people from a wide geographic range of towns. McGovern represents the 2nd Congressional District of Massachusetts.

Engaging with ‘millennials’ focus of new report

BOSTON — Last week the State Senate’s bipartisan group of millennial legislators unveiled the Senate’s report on its 2016 Millennial Engagement Initiative, sharing the priorities of millennial residents from across the Commonwealth.

Senator Eric P. Lesser (D-Longmeadow) led the Senate’s millennial outreach last year with a series of roundtable discussions with millennials in 11 cities and towns across the Commonwealth. Rosenberg, Lesser and Millennial Caucus co-chair Ryan C. Fattman (D-Sutton) heard directly from young people about the policies they would like to see state government pursue.

“There are close to 76 million millennials in America; we now make up the

largest living generation in the country. The perpetual idea that each generation should be better off than the previous one has dimmed in recent years, but through these policy initiatives it is our hope to harness innovation, creativity, and continue to give Americans the best foundation possible to be successful,” said Fattman.

The senators’ main takeaway was that young people have a growing frustration with both private and public institutions, and that more direct engagement from elected representatives is necessary.

One major recommendation from the Millennial Engagement Initiative report is that legislators should promote civics and financial literacy education to better prepare young people to

get results from complex institutions. This will help them address political challenges and better manage their finances.

The Initiative also found that young people are burdened with large amounts of debt — not only student loans, but credit card payments and housing costs as well. They also need more diverse transportation options, since millennials are not buying cars as their parents’ generation did and rely more on public transit.

The senators’ report recommends a series of proposed bills, including Lesser’s Student Loan Bill of Rights to protect borrowers from servicers that steer them into costly repayment plans; a study of rapid transit systems introduced by Senator Patrick M. O’Connor;

and several bills introduced to promote financial literacy education in schools.

The report formally establishes the state legislative Millennial Caucus to advance, monitor and evaluate the recommended policies in the report. And it creates a “Millennial Scorecard” to track the progress of these policies and show what Massachusetts legislators did to support the Millennial Agenda throughout the 2017-2018 session.

Since Lesser, age 31, and Fattman, age 33, were elected as the youngest members of the State Senate in 2014, three more millennial lawmakers have joined them in the Senate: Joseph A. Boncore, Julian Cyr and Patrick M. O’Connor.

OUTAGES

continued from page 1

morning, causing extensive damage,” National Grid spokesman Robert Kievra stated by email Wednesday, noting the storm “made its way farther inland than initially expected.” Among the downed lines were 10 long-distance transmission lines.

He said National Grid “opened ‘storm rooms’ or operation centers” in several places, including Worcester, where there was also an emergency operations center “to manage coordinating response between Mass. and our customers.” The firm’s website noted they called in staff from as far away as Florida to prepare for this. Kievra added they fielded “more than 960 crews” in Massachusetts and Rhode Island by Wednesday and ultimately responded to more than 1600 911-related calls in the first 24 hours in Massachusetts alone.

According to the 2015 Department of Energy Regional Climate Vulnerability report, we should expect and prepare for more extreme and unpredictable weather and its effects on the power grid. Among other things, it notes “low-lying infrastructure, such as roads, railroads, refineries and power lines, is vulnerable to more frequent flooding from heavy precipitation events” and more

frequent, more severe wind and storms of various kinds. Overall, the region’s energy grid “is characterized by an extensive network of older, lower-capacity transmission lines” going into a climate era in which people are likely to have a greater demand for power — especially for summer cooling, with temperatures projected to rise by 2.5 to 5.5 degrees F by mid-century and up to 8.5 degrees by 2100.

The report states our region has the most excess energy capacity of any in the U.S. — about 10.7 percent of peak load, or roughly 10,825 MW in reserve — but extra heat hits the energy system in various ways. Most power plants become less efficient at producing energy as air temperature rises; nuclear plants (30 percent of the region’s supply) have a harder time cooling because of higher water temperatures; insulation in the transformers “begins to break down at an exponentially increasing rate” when their average temperatures exceed 104 degrees (which can happen from ambient heat and the overload caused by excess demand); and the power lines themselves face “physical deformation” and reduced transmission capacity under extreme temperatures and loads, it states.

“New generation capacity with sources and supply chains less affected by

increasing temperatures and decreasing water availability (e.g. wind and solar photovoltaics) can help make the region’s power sector more resilient to climate change,” it observes, citing increased energy efficiency, smart-grid and distributed (localized) generation among the things that will help.

Regardless of what the grid does, Coleman notes families should take steps to prepare themselves for outages and other events and be able to sustain themselves for 48-72 hours without outside assistance. Elements of that should include a generator that can keep the home’s heat running, stored non-perishable food, flashlights or candles, and other basic necessities. Preparedness takes a team effort.

“I find myself worrying about the community aspect of it. My wife had to ask ‘Is there gas in the generator?’” he admitted.

Coleman said this storm didn’t require the opening of an emergency shelter, but the town has plans for that if needed. When that happens, the primary shelter is at the high school with a backup at the middle school; he noted they also sometimes open “warming centers” during particularly cold snaps at the high school and/or the senior center.

LEARN HOW IT WORKS

America Recycles day tour at Casella Waste Systems, Auburn Wednesday, Nov. 15 10-11:30 a.m. Are you a “wish-cycler?” Do you put items into the recycling bin and hope for the best? Has recycling become too confusing and you wish you had a handle on the do’s and don’ts?

Join Blackstone Heritage Corridor, Inc. on a behind-the-scenes tour at Casella and learn the ins and outs of recycling and see first-hand where your recycling goes and how it gets sorted. You’ll leave with a better understanding of what should only go in the bin!

Adults only (age 18+). Participants should dress appropriately with long pants and closed-toed shoes. Safety glasses and hard hats will be provided. Space is limited. Please RSVP to bcombs@BlackstoneHeritageCorridor.org or call (508) 234-4242.

Choral group planning annual auction

STURBRIDGE — The Quinebaug Valley Singers, centered in Sturbridge announce the second annual auction, to be held Sunday, Nov. 5 from 2 to 4 p.m. at the Federated Church of Sturbridge and Fiskdale, 8 Maple St. in Sturbridge. The many high-quality items, gift certificates and services to be auctioned can be previewed at 1:30 p.m.

This is an unusual auction, benefiting an unusual organization. The Quinebaug Valley Singers, founded over 30 years ago, draw their 50+ members from many communities in south-central Massachusetts and northeastern Connecticut. They present two pairs of concerts a year, in December and May. Under the leadership of music director Nym Cooke, they have established a reputation for top-notch performances and unusual, creative programming.

This year’s QVS auction will feature both live bidding (led by experienced auctioneer Roland Parent) and silent bidding. A registration fee of \$10, payable either at the door, in advance from any QVS member, or by contacting the auction’s co-chairs (see below), buys a bidding paddle, and you’re ready for the fun of bidding—and the

excitement of winning treasures!

But there are other special features as well. Light refreshments will be served, free of charge. And there will be live musical entertainment: the chorus will sing, and some talented instrumentalists will solo. A great time is guaranteed for all!

For further information about the auction, or to reserve a bidding paddle, contact either of the auction’s co-chairs, Linda Lambrecht (lamfam151@gmail.com) or Carol Curtin (carolcurtin77@gmail.com). If you would like to donate an item, a gift certificate, or a service, contact Jeanne Adler (jadadler@charter.net).

And come to the Quinebaug Valley Singers’ holiday concerts! You have a choice of two venues on two dates: St.

Joachim Chapel, St. Anne/St. Patrick Parish in Fiskdale, on Saturday, Dec. 9 at 7:30 p.m., or Charlton Baptist Church on Sunday, Dec. 10 at 3 p.m. Both concerts are free, and (as always) will include yummy refreshments.

More information about the Quinebaug Valley Singers may be found on their Facebook page (Quinebaug Valley Singers – QVS) or on their website (www.qvsingers.org). Or by calling Linda Lambrecht at (774) 402-0218 or Carol Curtin at (508) 341-6828.



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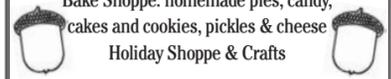
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Should I rush to get my home on the market before the holidays?

Traditionally we will see a slow down in the market starting just before thanksgiving and then picking up after the new year. So the answer to the question could be yes or no. I always suggest looking at the inventory of similar homes because if there are no similar homes in your area then you may want your home to go on the market because someone relocating from another area is going to relocate regardless of what holidays come up. If your home is not on the market then you may miss out on a great opportunity. The other thing to consider is that during this time-

frame you will most likely only have serious buyers because only serious buyer want to trek through snow and cold weather to look at homes. At the same time, if you are looking to buy a home as well then you may have less homes to view as many people take their home off the market in the fall and winter.

I always suggest not to rush to get your home on the market as it may not show as well as it could and thus caus-



REALTOR'S
REPORT

JAMES
BLACK

ing you to take a lower price for the home. If you decided today to move I would suggest making any necessary repairs, stage the home for pictures and then reevaluate the market when the home is ready to market to decide if it is the right time and this way you can win the beauty competition because that is what you are entering when your home

goes up for sale. I was looking at an article last year posted on Realtor.com that said staged homes sell 88% faster and for 20% more money than homes that were not staged for the sale. This tells me staging is important to the sale of your home.

So there is really no cut and dry answer to this question. If you meet with a Seasoned Realtor that is familiar with your market and your situation they should be able to guide in what is the best decision for you and your home.

Bay Path seeking solar leases

BY GUS STEEVES
STAFF WRITER

CHARLTON – Bay Path Tech is looking at leasing dozens of acres on its campus to become one or more solar arrays.

According to Principal Cliff Cloutier, they target properties comprise about 73 acres in two larger and three smaller pieces in two main areas. The larger two, totaling 40 acres, are north of the school “near the old lagoon,” he told last week’s School Committee meeting. The rest are across Muggett Hill Road, where the plan is to “keep away from the road as much as possible and hide it in the back,” he said.

“It’s clear there’s a market for this even if we don’t use the elec-

tricity,” said Superintendent John LaFleche, who noted the school already buys solar credits from an array on Boy Scout property and doesn’t need the power. “Under the new SMART regulations, you can put 5 MW on one contiguous parcel,” so the total project could include 10 MW. But at this point it’s not clear how much of it the member towns will have to approve.

The “SMART regulations” LaFleche cited are the Solar Massachusetts Renewable Target rules, which the state filed in August and are available online at www.mass.gov/eea/docs/doer/rps-aps/225-cmr-20-draft-clean-081117.pdf. Under those rules, the state is aiming to add “1600 MW of new

solar generating capacity,” with a lot more flexible rules for projects under 25 kW. Up to 25 kW, projects can get funding for 10 years; larger projects, for 20 years, and the state is requiring the distributors to “concurrently issue competitive solicitations” for proposals of 1.5 MW each totaling about 100 MW, due later this month. The state sets “ceiling prices” based on sizes; in the 1.5 MW range, it is 17 cents per kWh, with bonuses for various things, according to the draft regulations.

To qualify, all projects must start producing power after Jan. 1, 2018; they can get bonuses if they are “co-located with an energy storage system” that’s at least 65 percent efficient

or if they’re serving a low-income community, among other things. There are also provisions for floating solar arrays, provided they aren’t in “natural water bodies” and “do not interfere with the continued use of the water body for its designed purposes.”

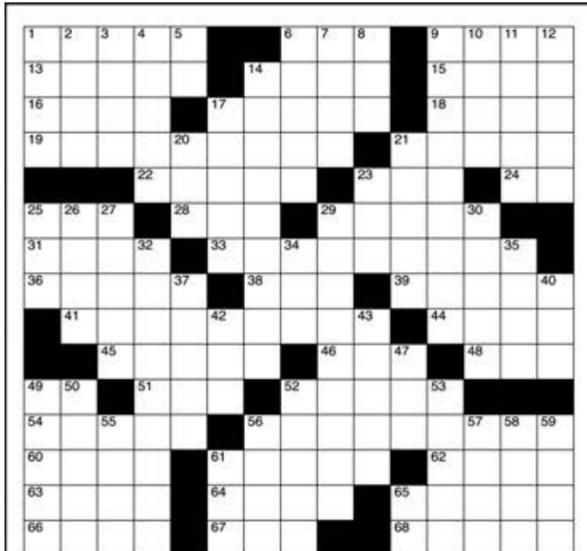
Bay Path’s project seems like it would fit under the standards for “other pervious open space,” which require the developer to leave all soils in place; use minimal quantities of concrete, asphalt and “footings and other permanent penetration;” and “avoid creating a negative impact to soil and water best management practices” including causing erosion.

LaFleche said his goal

is to seek proposals in early November for a 20-year lease, but he’d like to have a solar-experienced lawyer in place to help negotiate the deal. He noted he has already talked to Southbridge and plans to modify their standard request for proposals.

“One of the more important facets of the lease” is removal and disposal of the panels, he said. “Is it hazardous waste 20 years from now? Who knows what it is 20 years from now.”

LaFleche said it could take about two years before any panels actually start producing energy.

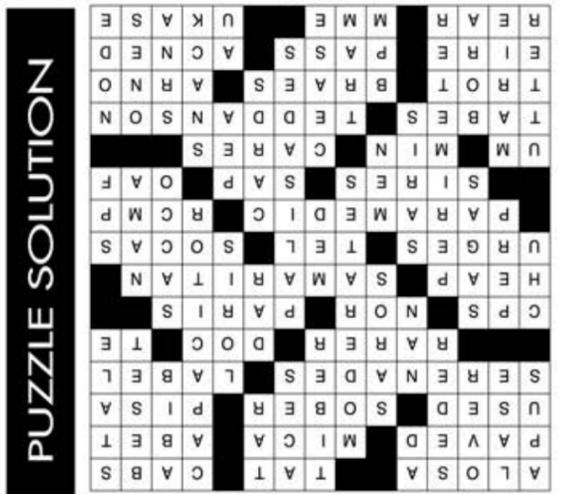


CLUES ACROSS

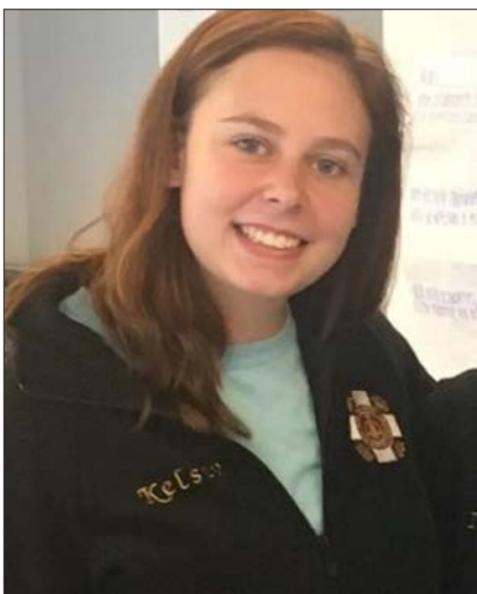
- 1. River herrings
- 6. Body art (slang)
- 9. Taxis
- 13. Covered with asphalt
- 14. Mineral found in granite
- 15. Assist
- 16. Handled
- 17. Not drunk
- 18. Home to a famous tower
- 19. Songs
- 21. A way to designate
- 22. More infrequent
- 23. Medical man
- 24. Tellurium
- 25. Cycles/second
- 28. Neither
- 29. Home to a famous tower
- 31. Former Ravens tight end Todd
- 33. One who helps
- 36. Tries to persuade
- 38. Israeli city __ Aviv
- 39. Political distance (abbr.)
- 41. Emergency first aid worker
- 44. Canadian law enforcers
- 45. Fathers
- 46. Drain of resources
- 48. An awkward stupid person
- 49. Home of the Wolverines
- 51. Chinese
- 52. Gives a hoot
- 54. Emaciation
- 56. “Sam Malone”
- 60. Horses do this
- 61. Hillsides
- 62. River in Florence
- 63. Republic of Ireland
- 64. Lapse
- 65. Blemished
- 66. Backside
- 67. Woman (French)
- 68. An edict of the Russian tsar

CLUES DOWN

- 1. The Bird of Paradise
- 2. Emit coherent radiation
- 3. Above
- 4. Passover feast and ceremony
- 5. Commercial
- 6. Rome is on its banks
- 7. Kershaw and King Felix are two
- 8. Seaman
- 9. Stores an electronic charge
- 10. Teething babies need ___
- 11. Threaten persistently
- 12. Not fresh
- 14. Presides over
- 17. Astronomical period
- 20. Harding’s self-proclaimed mistress Britton
- 21. Nocturnal primate
- 23. Patriotic American women
- 25. Vietnamese river
- 26. Suspect
- 27. Heroic tales
- 29. Fences of wooden stakes
- 30. Venetzi’s partner
- 32. Outermost parts of an area
- 34. Type of student
- 35. Noncoding RNA gene
- 37. Frocks
- 40. Sunscreen rating
- 42. Opposite of women
- 43. Needed to play games
- 47. A partner to carrots
- 49. Absolute
- 50. Disgraced French aristocrat Antoinette
- 52. End
- 53. Food eaten between meals
- 55. Cold wind
- 56. Streetcar
- 57. Soluble ribonucleic acid
- 58. Singles
- 59. Intersecting point
- 61. Beats per minute
- 65. Gold



PUZZLE SOLUTION



Kelsey Tillotson

UNICEF Club names secretary

UNICEF Club for Bay Path Practical Nursing Academy named Kelsey Tillotson, of Spencer as club secretary.

Tillotson earned her medical assisting certificate at Grafton Job Corps and her high school diploma at Penn Foster High School in 2015 with a 3.6 GPA. Tillotson has worked for Patriot Direct Family Medicine, in Natick since April 2017. Her expected graduation at Bay Path Practical Nursing Academy is June 22, 2018.

Tillotson had the opportunity to go Wentworth Institute of Technology in Boston, with the UNICEF Club to meet club members from all over the New England region, brainstorm collaboration opportunities, work through challenges, showcase the amazing work that they have done in the past and discuss goals for the year ahead.

Enjoy fall foliage, but get ready for winter



GARDEN
MOMENTS
.....
MELINDA
MYERS

Enjoy the fall color and plan a few colorful additions for next season. A few well-known favorites include several maples, sweetgum, serviceberry and redbud. Check out the ginkgo that drops its leaves in a few days and the katsura tree with its fragrant burnt vanilla-scented, yellow fall

foliage.

The colorful leaves of fothergilla, Virginia sweetspire and oak-leaf hydrangea add energy to any landscape. Look for the brilliant fall foliage of arrowwood viburnum, cotoneasters and sumac. And, if you are lucky you will catch a glimpse and whiff of the fragrant yellow flowers of common witchhazel (*Hamamelis virginica*).

Water plants as needed until the ground freezes. New plantings, evergreens, and container planters need the most attention. Water thoroughly when the top 4 inches of the soil is crumbly and moist. Give all plants a thorough watering before the ground freezes. Properly watered and cared for plants have a greater rate of winter survival.

Don’t rake those leaves into the street. Recycle that valuable resource right in your landscape. Shred fall leaves with the mower and leave on the lawn, dig them in the garden or bag and save them for mulch in next year’s garden. Many gardeners tuck bagged leaves behind the shrubs surrounding their home for added insulation. Next summer spread the leaves over the garden to conserve moisture, suppress weeds and improve the soil as they decompose.

Keep cutting your grass as long as it continues to grow. Grow your grass tall and leave the clippings on the lawn. They add water, nutrients and organic matter to the soil. Chop fallen leaves and leave them in place. As long as you can see the grass for the leaves there is no problem.

Place black bird netting over groundcover plantings as soon as the leaves start to fall. Simply lift the leaf-filled netting and dump the leaves in the compost pile, garden or

other area to be recycled. Replace the netting until all your leaves have fallen.

And for your indoor plants, start forcing your Christmas cactus now for holiday bloom. Keep the soil slightly dry and the plants cooler, 50 to 55°, at night. Do not fertilize during this period. If you are growing them in a warmer location of 55 to 75° you will need to give the plants 13 to 15 hours (respectively) of darkness and 10 hours of daylight for three months to form buds. Cover or move the plants to a dark location each night and back into bright sunlight during the day. Once buds have formed and the plant is blooming provide consistent soil moisture, a draft-free location and moderate light.

Finish moving houseplants, hibiscus and other patio plants that can’t survive your winters indoors. Gradually introduce them to the lower light conditions in your home. Check for and control pests. Wait a few weeks before moving them in with your indoor plant collection. Place the plants in the sunniest window or add an artificial light. Wait two weeks if you need to move it to a shadier spot in the house. Gradually decrease the light, so the plant has a chance to adjust to its new location with minimal leaf loss. Consider adding some artificial light for better winter growth and survival.

Gardening expert Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including *Small Space Gardening* and *the Midwest Gardener’s Handbook*. She hosts *The Great Courses “How to Grow Anything: Food Gardening For Everyone” DVD set* and the nationally syndicated *Melinda’s Garden Moment TV & radio segments*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and spokesperson for *Milorganite*. Myers’ website is www.melindamyers.com.

ALMANAC REAL ESTATE AUBURN

\$393,667 4 Amherst Dr, Bryn Mawr Development Inc, to Berry, Megan A, and Martino, Jason M.

\$385,000 7 Gwen Dr, Charielle, Karen A, and Charielle, Joseph P, to Naco, Edi, and Naco, Kerin L.\$365,000 9 Phoenix Rd, Falkengren, Craig J, and Falkengren, Debra L, to Gottlieb, Adam M, and Carberry-Gottlieb, Alison.

\$335,000 1 Alex Cir, Foster, Bridget P, and Foster, Andrew, to Forhan, Mark J, and Forhan, Michelle J.\$260,000 3 Prospect Pkwy, Rafferty, IRT, and Rafferty, James P, to Foster, Andrew, and Foster, Bridget P.\$259,000 23 Eastford Rd, Phipps, Erin M, and Phipps, Owen M, to Ramsey, Kristin A, and Johnson, Corey M.

\$220,000 51 Reithel St, US Bank NA Tr, to Ritchie, Daniel.

\$199,900 30 Highland St, Raymond J Biegay LT, and Huggard, Paula B, to Malvey, Eric M.

\$169,000 9 Inwood Rd, Mahoney Mary V Est, and Mahoney, John T, to Stodolski, Douglas F, and Hynes, Ashley M.

Expanding Medicare to cover everyone

BY GUS STEEVES
STAFF WRITER

STURBRIDGE

Everyone considers good health care a necessity. The question is how to make sure it happens.

In many advanced nations, the people have given that duty to their governments, who run localized variants of what's known as "single payer."

Recently, several area residents heard about one form of that tailored for Massachusetts: Improved Medicare for All, which Jackie Wolf of the League of Women Voters described as "publicly-funded, privately-delivered healthcare" in which a single state fund pays for all preventive and medically necessary care (including dental and mental health) for everyone, who can choose their own doctors.

People would pay one premium payment annually, the same way we pay taxes; she said the plan calls for 7.5 percent to come from employers and 2.5 percent from the workers. Additionally, there'd be a 10 percent tax on unearned income (capital gains); in both cases, the first \$30,000 is exempt, as are Social Security, retirement, pension and unemployment benefits, Wolf explained.

She and colleague Leslie Nyman, a retired pediatric nurse, presented several Power Point graphs to support their case, arguing that most of the OECD nations "have some form of single payer. Single payer adapts to the country that's providing the services." Compared to many of them, the US health system is failing: our average life expectancy is 78.8, versus most of Europe in the 80s; maternal mortality is far higher (15.9 per 100,000 births) than similarly rich Australia (1.9) or Britain (6.7); first-year infant mortality is 6.0 per 1000 births, versus Sweden's 2.2 and Canada's 4.8. Furthermore, many more Americans report being unable to get health



Leslie Nyman, left, and Jackie Wolf present an overview of "Improved Medicare for All" at Sturbridge Town Hall on Oct. 18.

Gus Steeves photo

services even if insured because of cost, despite the fact the US "is spending far more money on health care than any other country," Wolf said.

A big part of the US's extra cost comes from the fact "30 percent of every dollar goes to non-health care costs of health insurance" -- including administration, advertising and lobbying. She noted Mass. General Hospital "has 450 people in billing alone. A comparably-sized hospital in Canada has two, and the joke is they exist to process the health claims of Americans who go there. It's a bureaucratic nightmare."

Many of those nations have had single payer systems for decades, starting with Germany in the late 1800s. In some, the doctors are government employees (UK, for example); in most, they're independent. Several allow people to get additional insurance to cover things like cosmetic surgery the public plan doesn't cover. But "the common denominator is that the bills all come to one source, one central location," Wolf said.

In Massachusetts spe-

cifically, despite our supposedly "universal" coverage system sometimes dubbed "Romneycare," the Blue Cross/Blue Shield Foundation recently found that nearly 270,000 people lack insurance for various overlapping reasons, including 75 percent of them because they can't afford the premium, 40 percent because their job doesn't offer it, Wolf said.

Nyman later added the state's health care bill was about \$20 billion in 2016 -- 42 percent of the entire state budget. That's been rising for years, up 43 percent since 2001, and it means "cuts to the money they can give to municipalities for schools, roads, transportation." To ease some of the costs, many communities have changed plans to require much higher copays and deductibles, meaning "workers are paying more and getting less benefit coverage," she said.

That's also often true in the private sector, where some smaller firms are eliminating coverage altogether.

"For a long time, my husband and I had a business, and three years in a row, health insurance

costs went up 17 percent a year," Nyman recalled.

She also noted a few non-business incidents that happened to people she knew. In one, a 93-year-old woman fell, fracturing an ankle. The doctor prescribed three weeks of rehab, but her private insurer refused to pay more than one, forcing her to go home, where she needed to pay for help to finish recovering. In another, a friend's husband had Alzheimer's "of the combative variety," and ended up paying \$250,000 out of pocket for extra-duty nurses beyond what her insurance paid, she said.

When they opened for questions, Tanya Nesuslan was ready. She said she works for a small insurer and "I've seen how little the state understands health insurance," including routinely under-paying Medicare/Medicaid claims and requiring

firms to send data to the federal government that costs \$25 million a year. Additionally, she noted her firm has found \$13 million in fraud from providers. Because "thousands of people work in medical administration," she expressed concern about what transition to single payer would do to those jobs.

Wolf said the single payer trust fund bill (S. 619) sets aside 5 percent of the fund specifically to retrain those people "for the wealth of jobs that will open in health care" in what are termed "affiliated" fields (occupational and physical therapy, aides and the like.)

"Anybody who has significant knowledge and experience is presumably going to be invited to participate in this," she said. "We welcome them."

Regarding the data issue, Nyman noted single payer simply wouldn't need such data.

Citing recent Supreme Court decisions, including Hobby Lobby, Nesuslan was also concerned that government officials might decide to eliminate certain kinds of coverage for religious or other reasons.

"You're a good devil's advocate," Wolf responded, then turned it around, saying, "We don't want private employers choosing" whether women get certain coverage, or contraceptives are allowed. She said she feels it'd be far harder for the state to put such restrictions in place than private firms or insurers.

Another woman noted she's had often seen doctors want to provide specific care, but the insurers reject it. How would this prevent that?

Wolf noted doctors will be part of the commission that drafts the plan and sets the requirements. The commission will look at how to attract more doctors, adding, "We need deliberate planning, so the doctors aren't left to the marketplace."

Another wondered about how it'll cover the unemployed and homeless.

Wolf didn't really answer that, but said, "We can't have a person dying on the street or starting an epidemic because they don't have care."

She described the current Obamacare system of tiers -- bronze to platinum -- as "nonsense. Your doctor should be deciding what's medically necessary."

A second bill, H.2987, calls for the state to compare the costs of single payer as organized under S. 619 to the current system, and if the former is cheaper, to begin the process of switching to it..

Reducing emergency room visits through education

SOUTHBRIDGE — When the Massachusetts Health Policy Commission convened its October conference in Boxborough to showcase healthcare delivery transformations achieved through its Community Hospital Acceleration, Revitalization, & Transformation investment program, Harrington HealthCare's CHART program coordinator Maria Waterhouse and her team were present to explain how they achieved a 34 percent reduction in the number of emergency department revisits for patients who use the department as primary care.

Over the last two years, 27 community hospitals participating in 25 CHART programs have used \$60 million in CHART funding to create innovative, data-informed programs to improve care for high-risk populations in their communities. Through this program, caregiving teams at non-CHART hospitals learned how their CHART-funded peers achieved success.

Explaining how Harrington's CHART team achieved such successful results, Waterhouse said "the rapport established between the navigator and the patient is a key dynamic to the program's success. We have demonstrated that it is possible to identify and engage high-risk patients with complex needs in the emergency room setting, to effectively follow up with them and provide support, navigation and problem-solving."

Harrington began implementation of its medical home model in 2014, supported by a \$3.5 million grant awarded by the Massachusetts Health Policy Commission. Targeted at increasing access to behavioral health services across all of southern Worcester County by removing barriers to care, Waterhouse says "the program's goal is to break the cycle of repeat patient visits in the emergency room by promoting continuity of care and establishing stability in the community."

The core team, composed of eight full-time staff, has achieved two years of success, having integrated support services into the care plan of hundreds of

individuals in the community.

"This initiative," says Greg Mirhej, executive director of behavioral health, "has allowed us to reduce the burden on acute care resources, and in turn develop model programs for those with behavioral health needs that are more effective, less costly, and offer a greater scope of care."

"The process begins when a social worker is alerted during the patient's medical evaluation," according to Waterhouse. "They complete a clinical assessment, create an individualized care plan and assign a navigator to work with the patient. The plan often includes home visits and addresses issues like access to food or shelter, outpatient programs, recovery services, doctor's appointments, long-term community supports, employment assistance and transportation."

"Our partnership with community hospitals is a critical part of the Health Policy Commission's efforts to achieve the Commonwealth's cost containment and quality improvement goals," says David Seltz, executive director of the Health Policy Commission. "CHART hospitals were issued a challenge: propose initiatives that will put you on a path of transformation, while meeting critical health care needs of your community. As we saw from Harrington Healthcare and our other presenters, they have met that challenge. Harrington's results show that their program is working to achieve its goals and positively impacting its patients. We look forward to continuing to partner with Harrington HealthCare and the communities it serves to build a more coordinated and affordable health care system."

The CHART program is a four-year community hospital public-private partnership aimed at enhancing delivery of efficient, effective care. The Health Policy Commission's partnership with community hospitals is a critical part of the agency's efforts to achieve the Commonwealth's cost containment and quality improvement goals.

Friday's Child



Joey is an insightful twelve-year-old boy of Caucasian descent. Joey enjoys sports and likes to play football, basketball and soccer. He also loves animals and takes special care of one of the therapy dogs, Ellen, at his current placement. Joey is a bright child who generally does well in school.

Legally freed for adoption, Joey needs an experienced two parent family that will provide a structured home with clear expectations and rules. Joey may

need post adoption contact with his sister who is one year older than he is. Joey would do best in a home where he is the only child or with other children that are significantly older.

Westfield Adoption Party

Have you ever considered adopting a child from foster care? Join the Massachusetts Adoption Resource Exchange (MARE) at the Westfield Boys and Girls Club on November 5th from 1:30-3:30 pm in Westfield. Families are invited to meet children and sibling groups of all ages who are waiting to be adopted, and to speak with their social workers. Whether you are considering adoption for the first time or have already completed MAPP training, this event is for you! To register, email web@mareinc.org.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 1-800-882-1176 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

125 years of education celebrated

AUBURN — On a quiet Sunday afternoon, the Elks Lodge of Auburn-Webster was crowded with families and friends to celebrate over food and comradeship a significant milestone. St. Joseph School is celebrating 125 years of education this year.

Workers of Polish descent began settling in Webster as early as 1862, and it is recorded that Slater's Mills actually recruited Polish workers, bringing five families here from New York.

Others followed. They attended St. Louis, but yearned for parish priests who spoke their language. By 1887, within a short 20 year span, the cornerstone for St. Joseph Church was laid, and the first pastor given the task of developing the parish.

Among his duties was developing a school, and he built a two story frame building on the property containing four classrooms on the first floor with a convent on the second.

He found his teaching staff in the Felician Sisters, who came to teach the first 90 children enrolled.

There were some upheavals, changes in diocesan oversight but by 1910 a three story convent was built, a church of Gothic architecture erected in 1914 and a 20 room school completed in 1925, all with brick construction. A fire unfortunately destroyed this school building, but the parish rebuilt immediately, and by 1928 more than 1100 students were enrolled.

Proud of the ties to its culture, St. Joseph continues to celebrate Polish heritage with many traditions, including as part of this program the singing of the Polish National Anthem by a small chorus of students including Elzbieta Gorek, Maya Podskarbi, Gabby Pianka and Emilia Pianka.

In this more diverse world though, the school and the church has found itself embracing even more cultural changes, and holds not only its Polish Festival, but diversity dinners and events to celebrate the cultures of its many parish families.

Students also entertained dinner guests with selections from the musical Into the Woods.

The year has included several events to commemorate the anniversary; culminating in this dinner. The 125th Anniversary Committee included: Msgr. Anthony Czarnecki, Headmaster; Michael Hackenson, Principal; Richard Skrocki, Dean of Studies; Ewa Mamro, Business Manager; Beth Boudreau, Director of Advancement; Kelly Bailey, Fine Arts Director; Sr. Jeanne Marie Aklski, Felician Sister and fourth grade teacher; Jane Baron, Parish Council; Cindi Gardner, President, St. Joseph Women's Club; Elaine Miller, Vice President, St. Joseph Women's Club; Sylvia Kitka, Altar Guild; Barbara Kryger, Sacred Heart Society; Genevieve Lariviere, St. Anne Society; and Betty Sabaj, Holy Rosary Sodality.



Riley Peters and Nia Peter led the National Anthem.

Ruth DeAmicis photo

Worcester Torathon: our legacy of Jewish values

On Saturday night, Nov. 18, at Congregation Beth Israel in Worcester, rabbis, cantors, educators, and musicians from across New England will join together in an evening of music and study. Torathon will begin with a joyous one-hour concert starting at 6 p.m.

Come join us for this meaningful and spirited concert led by Jewish singer and songwriter Ellen Allard as she set the stage for exploring this year's Torathon theme: Our Legacy of Jewish Values.

The concert will be followed by three 50-minute sessions of 24 offerings of adult Jewish study including such topics as Jerry Lewis: the King of Comedy, Understanding the Jewish Calendar, Radical Rabbis, The Truth About

Tattoos, and Common Ground: Islam and Judaism.

Some of the course descriptions follow:

Jerry Lewis: The King of Comedy, who died just a few months ago. He was also known as a philanthropist who raised millions for muscular dystrophy research. The course will include some of his famous work including one film that was never released.

Radical Rabbis: Rabbi Aviva Fellman discusses some of rabbinic texts that would be considered radical. Discussion will include the body, relationships, and other edgy topics.

Common Ground Islam and Judaism; Practices in common include a religious calendar, dietary laws, modest dress, and life cycle events. Mona Ives,

Islamic educator and teacher, will lead the discussion.

The Truth About Tattoos: Rabbi Valerie Cohen leads a discussion about this controversial topic. She will show images of Jewish body art.

Israeli Dancing: Learn traditional and some not so traditional Israeli dances. Dances from the days of the first Israeli pioneers consist mainly of circle and partner dances of Eastern Europe with Arab and Yemenite influences. Maybe we'll mix in some contemporary steps as well.

Songs to Mend a Broken World: This session covers music of social justice and healing from the civil rights era to the present time. Music covered includes that of Pete Seeger, Simon and Garfunkel,

and Woody Guthrie. Leaders are Cantor Reef-Simpson and song leader Ian Simpson.

The Progressive Case for Israel: This is a panel discussion led by local leaders who have traveled to Israel. Topics include the LGBT community, women's rights, and minorities.

Tickets for Torathon are \$20 in advance, by Nov. 16. and \$25 at the door. For high school and college students, prices are \$5 in advance and \$10 at the door. To view the entire evening's program and to purchase tickets in advance go

to www.JewishCentralMass.org/Torathon. Tickets are also available in Worcester, at the Worcester JCC, Jewish Federation of Central Mass., Congregation Beth Israel, and, in Westboro, Congregation B'nai Shalom.

For more general information, also go to www.jewishcentralmass.org/torathon or call (508) 756-1543.

Torathon is generously funded by a grant from the Jewish Federation of Central Massachusetts.

ENERGY FUND

continued from page 1

Massachusetts Good Neighbor Energy Fund has raised over \$21 million and helped more than 87,250 families in need pay a month's energy expense. For more information, visit www.magoodneighbor.org.

The Massachusetts Good Neighbor Energy Fund opened for all applicants beginning Wednesday, Nov 1. Households in need who meet the eligibility guidelines are encouraged to visit the Salvation Army Center nearest to their home to request assistance.

Energy customers in

Massachusetts can "Give the Gift of Warmth" by using the Good Neighbor Energy Fund donation envelope found in their utility bills during the winter months or through an 'add a dollar' program offered by some companies which allows customers to increase their monthly utility bill payment by one dollar or more. Customers can also donate online by visiting www.magoodneighbor.org or simply make a check payable to "Good Neighbor Energy Fund" and send it Good Neighbor Energy Fund, c/o The Salvation Army, 25 Shawmut Road, Canton, MA 02021-1408.

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LEGALS

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
17SM006634
ORDER OF NOTICE

To: Roger Gordon; Nicole Gordon a/k/a Nicole Arakelian and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 et seq.: U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust claiming to have an interest in a Mortgage covering real property in Auburn, numbered 6 Eastford Road, given by Roger Gordon and Nicole Gordon to Mortgage Electronic Registration Systems, Inc., as nominee for America's Wholesale Lender, dated January 5, 2007, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 40486, Page 333, 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 December 4, 2017 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 October 20, 2017.
Attest: Deborah J. Patterson Recorder
201408-0306-PRP
November 3, 2017

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
17 SM 005165
ORDER OF NOTICE

TO: Brian J. Lapierre and Jane L. McCallum a/k/a Jane L. Lapierre and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 3901 (et seq.): U.S. BANK, NATIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS TRUSTEE FOR THE RMAC TRUST, SERIES 2016-CTT claiming to have an interest in a Mortgage covering real property in Auburn, numbered 101 Old Common Road, given by Brian J. Lapierre and Jane L. McCallum to Mortgage Electronic Registration Systems, Inc. as nominee for Sidus Financial LLC, dated December 24, 2008, recorded or filed at Worcester County (Worcester District) Registry of Deeds in Book 43633, Page 187, 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 November 27, 2017 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 October 11, 2017
Attest: Deborah J. Patterson Recorder
November 3, 2017

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
17 SM 005188
ORDER OF NOTICE

TO: Heirs, Devisees, and Legal Representatives of the estate of Christopher P. Lugo a/k/a Christopher Lugo, Tracie Thibault, Katrina Lugo, Krystal Lugo, Christopher Lugo, Jr., and Kayla Freitag, Individually and as Guardian of Karissa Lugo and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 3901 et seq.: U.S. Bank National Association, not in its individual capacity but sole-

ly as trustee of OWS REMIC Trust 2015-1 claiming to have an interest in a mortgage covering real property in Auburn, numbered 10 White Terrace, given by: Christopher P. Lugo w/s/a Christopher Lugo and Laurie A. Lugo w/s/a Laurie Lugo to Mortgage Electronic Registration Systems, Inc., as nominee for Family Choice Mortgage Corporation, dated July 20, 2005, and recorded at 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, 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 NOV 27 2017 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 OCT 11 2017
Attest: Deborah J. Patterson Recorder
53160 (Lugo) FEI # 1078.02441
11/03/2017,
November 3, 2017

November 2017 Bay Path High School This institution is an equal opportunity provider.

BREAKFAST

Nutrition Tip: 95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!
Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans.

Full Price \$1.75 Reduced \$0.30
Daily Breakfast Alternates: Assorted Muffins, Cereal and Yogurt Smoothies
Or Try the Grab and Go Line with an assortment of breakfast pastries
All meals are served with a choice of assorted 8oz low fat milk



Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>6 French Toast with Strawberries & Cream 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>7 Bacon, Egg & Cheese on a Biscuit 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>1 Scrambled Eggs Bacon Whole Wheat Toast 4oz Fruit Juice Fruit Variety</p>	<p>2 Sausage, Egg & Cheese on an English Muffin 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>3 Homemade Coffee Cake 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>
<p>13 Pancakes with Mixed Berries 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>14 Assorted Bagel Assorted Cream Cheese 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>8 Scrambled Eggs Sausage Whole Wheat Toast 4oz Fruit Juice Fruit Variety</p>	<p>9 Ham, Egg & Cheese on a Croissant 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>10  Veteran's Day Observed</p>
<p>20 French Toast with Syrup 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>21 Ham, Egg & Cheese on an English Muffin 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>15 Scrambled Eggs Bacon Whole Wheat Toast 4oz Fruit Juice Fruit Variety</p>	<p>16 Homemade Coffee Cake 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>17 Sausage, Egg & Cheese on a Biscuit 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>
<p>27 Blueberry Pancakes with Syrup 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>28 Bacon, Egg & Cheese on a Croissant 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>22 Assorted Bagel Assorted Cream Cheese 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>23 </p>	<p>24 </p>
		<p>29 Scrambled Eggs Sausage Whole Wheat Toast 4oz Fruit Juice Fruit Variety</p>	<p>30 Waffle Bar with Assorted Toppings 4oz Yogurt 4oz Fruit Juice Fruit Variety</p>	<p>**Meals are subject to change without notice**</p>

November 2017 Bay Path High School This institution is an equal opportunity provider.

LUNCH

Daily Lunch Alternates: Salad Bar, Assorted Grinders, PBJ Sandwich, Fruit and Yogurt Parfait, and Hummus with Vegetable Crudité & Pita
Tuesday & Friday: Assorted pizza
All meals are served with a choice of 8oz low fat milk

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>6 Shepherd's Pie Seasoned ground Beef and Corn topped with Mashed Potatoes & Gravy WW Dinner Roll Fruit Variety</p>	<p>7 Buffalo Chicken Tenders WW Dinner Roll Baked French Fries Carrot Sticks w/ Hummus Fruit Variety</p>	<p>1 Nachos Seasoned Ground Beef & Cheese on a bed of Tortilla Chips Served w/ assorted toppings Black Bean and Corn Salad Fruit Variety</p>	<p>2 Teriyaki Chicken Strip Vegetable Fried Rice Bok Choy Fortune Cookie Fruit Variety</p>	<p>3 1/2 Day</p>
<p>13 Baked Potato Bar Choice of Sweet or Idaho Potato w/ a side of chili Assorted Toppings Corn Bread Fruit Variety</p>	<p>14 Mozzarella Sticks Baked Mozzarella Sticks w/ Marinara Dipping Sauce Tossed Salad Fruit Variety</p>	<p>8 Turkey Bacon Melts Tender slices of Turkey, toasted with Bacon & Cheese Tossed Salad Fruit Variety</p>	<p>9 Macaroni & Cheese Elbow Pasta in a Creamy Homemade Cheese Sauce WW Dinner Roll Sweet Peas Fruit Variety</p>	<p>10  Veteran's Day Observed</p>
<p>20 Swedish Meatball in a Savory Gravy Served over Egg Noodles Seasoned Green Beans Fruit Variety</p>	<p>21 Grilled Cheese Tomato Soup Baked Hash Brown Fruit Variety</p>	<p>15 Chicken Parmesan Breaded Chicken topped with Marinara Sauce and Mozzarella Cheese over a bed of Pasta Mixed Vegetables WW Dinner Roll Fruit Variety</p>	<p>16 Roasted Turkey w/ Mashed Potatoes & Gravy Glazed Carrots Bread Stuffing Cranberry Sauce Blueberry Crisp</p>	<p>17 Cheeseburger Beef Burger topped with Cheese on Whole Wheat Bun Baked Tater Tots Baked Beans Fruit Variety</p>
<p>27 Spaghetti & Meatballs Pasta Topped With Meatballs and Marinara Sauce Garlic Bread Steamed Broccoli Fruit Variety</p>	<p>28 Spicy Chicken Patty Sandwich on WW Bun Baked Sweet Potato Fries Veggie Sticks w/Hummus Fruit Variety</p>	<p>22 1/2 Day</p>	<p>23 </p>	<p>24 </p>
		<p>29 Assorted Calzone An Assortment of Calzones filled with meats, veggies and cheese Marinara Dipping Sauce Tossed Salad Fruit Variety</p>	<p>30 Brunch For Lunch Pancakes w/ Sausage Links or Bacon & Cheese Quiche Hash Brown Patty Strawberries</p>	<p>**Meals are subject to change without notice**</p>

DISPENSARY

continued from page 1

see two facilities within a mile of each other, and the board had already given such a letter to another firm seeking a dispensary at the corner of Millbury Street and Route 20.

That puts the two proposals in a race. Under town bylaw, whichever one gets state approvals second will be required to seek zoning variances to exist. The Route 20 site already needs a few because of its proximity to residential property and the fact it's in the aquifer protection district, but this TriChome site doesn't. TriChome's previous site did, though.

Chairman Doreen Goodrich voted yes, but said she opposed legalizing cannabis. Despite that, she said she prefers it being sold by a "professional" organization to having patients growing their own, for security reasons.

"I hope I'm never that sick or have a family member who needs it," she said. "But there are people who have illness and this is the only way they get relief from the pain."

Regarding home growing, Mazin agreed, saying, "Most people have no clue what they're doing, and that becomes really dangerous because they just keep throwing chemicals on this plant. We're required to grow organically."

One of his goals, he added, is to expand knowledge of how cannabis works "and see which parts of cannabis do help patients and which parts should be left alone." To do that, he plans to have patients provide user reviews of their experiences and collect data on what works for which patients.

"We know very, very little about this plant and its capabilities and benefits," he said. "We have to do this to really start looking at it."

Goodrich said she's concerned about the potential for medicinal facilities to become recreational sale sites, but Mazin and Silverman agreed to include language in their host agreement prohibiting that. Town Manager Julie Jacobson added she believes the town's vote earlier this year to prohibit recreational pot sale would have the same effect.

mitigation, flammable liquids, stress management, confined space rescue techniques, and rappelling. The intensive, ten-week program for municipal firefighters involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple-room structural fires. Upon successful completion of the Recruit Program all students have met national standards of National Fire Protection Association 1001 and are certified to the level of Firefighter I and II, and Hazardous Materials First Responder Operational Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

FIREFIIGHTERS

continued from page 1

Rescue Task Force based in Beverly that recently returned from Houston, TX, where they assisted in the recovery efforts after Hurricane Harvey.

Today's firefighters do far more than fight fires. They are the first ones called to respond to chemical and environmental emergencies, ranging from the suspected presence of carbon monoxide to a gas leak. They may be called to rescue a child who has fallen through the ice or who has locked himself in a bathroom. They rescue people from stalled elevators and those who are trapped in vehicle crashes. They test and maintain their equipment including self-contained breathing apparatus, hydrants, hoses, power tools, and apparatus.

At the academy they learn all these skills and more from certified fire instructors who are also experienced firefighters. Students learn all the basic skills they need to respond to fires and to contain and control them. They are also given training in public fire education, hazardous material incident



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Gus Steeves

Reporter
gus@stonebridgepress.news
(508) 764-4325

gus@stonebridgepress.news
(508) 764-4325

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OPINION/COMMENTARY



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25 ELM STREET, SOUTHBRIDGE MA 01550
TEL. (508) 764-4325 • FAX (508) 764-8015
www.StonebridgePress.com

FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

EDITORIAL

East... or west?

We live in an interesting area of the country. Sociologists and historians agree that if the settlement of the continent had begun on the west coast rather than the east, this area would still be mostly uninhabited and left wild and unattended.

The rocky soil and equally rocky weather was horrendous for farming; and though the fishing industry took off and does continue to this day, it was, and is, a dangerous profession better suited to warmer waters with less rigors. Should the settlers not have discovered the thrills of the 'glorious cod' and settled instead on some southern form of fish instead, or a west coast denizen, the Georges Bank would still teem with its wildlife unabated.

Perhaps only the lobster, relative of the lowly spiders and tastiest from the cold climate waters, would be still sought from the northern realms.

We just wouldn't have risked it. We wouldn't have eked out the rocky existence, the horrible winters, the starvation and deprivations if we could instead have settled on Santa Barbara's coast and moved slowly eastward into the breadbasket of the United States.

There would be no need to be here. The shipping centers and industry aimed toward Europe would be further south, the Carolinas and Virginia; not New York, New Jersey, Providence and Boston.

Why ever would someone settle their world headquarters there, where the cost of heating a building and lighting it and maintaining it through harsh winters and hurricanes and nor'easters and sou'easters could impact you so?

So perhaps we should consider ourselves...lucky?

We who love New England, who couldn't imagine living anywhere else. Who love the quirky weather and yes, the snow and the cold and the change of seasons. We no longer have to deal with rocky soil for the most part, we can simply admire the stone walls created by the hard work of many hands and bent backs.

And we can bless the Europeans who made the effort to settle, rather than perhaps Chinese deciding to become colonialists. Our entire country could have become a different place.

From a different direction entirely. And our area, a wilderness still.

LETTERS

Extra! Extra! Read All About It!
We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!
Mail your letters to the Auburn News, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at ruth@stonebridgepress.news.

You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



Strategizing the dreams

Famed pilot Antoine de Saint-Exupéry once said, "A goal without a plan is just a wish." To Mr. de Saint-Exupéry's point, how many of us has made a plan, perhaps while in the shower in the morning or while driving to or from work, only to have it drift away in our minds, never to be realized? If you are like me, perhaps on occasion you've never even thought again about that very plan until engaging in that same daily ritual the very next day, yet again leaving it unrealized. As Mr. de Saint-Exupéry would suggest, such goals remained only a wish as no plan had been established to see them through to completion.

In November of 2013, the Auburn Public Schools engaged in a process called a "World Café," the intention of which was to gather input from a diverse group of Auburn community members to answer the question, "How will we continue to ensure that Auburn's PreK-12 education system supports and prepares our students to embrace the opportunities and challenges of a changing world?" After nearly five hours of lively discussion on that Saturday morning in the Auburn High Cafeteria and engagement by the 120 community members in attendance, considerable ideas were generated, all of which the attendees believed would help to move our educational program forward toward our goal of educational excellence for all.

With those ideas in hand, a subset of the 120 attendees worked to create a Strategic Plan which included five overarching goals: Teaching and Learning; Technology; Health, Wellness and Safety; Community Partnerships; and Transitions. I am pleased to report that less than four short years later, the majority of the goals in that plan have been accomplished, therefore we are ready to engage in a "World Café" exercise again. In fact, if you have not yet done so, I encourage you to visit with the website of the Auburn Public Schools to view the progress reports that have been made to the School Committee on a biannual basis; those updates are posted and ready for your review. Please go to www.auburn.k12.ma.us and click on "Strategic Plan" along the left side navigation column. Once there, you will find the APS Strategic Plan in three



ROCKETS
REVIEW
DR. MARVELLEN
BRUNELLE
SUPERINTENDENT
OF SCHOOLS

forms: as a one-page summary document, as a slightly longer document that includes more details and as the full Strategic Plan. On Saturday, November 18th in the Cafetorium of Auburn Middle School, we will again bring together a diverse group of Auburn community members – to include business officials, parents, municipal officials and Board members, teachers, clergy, staff, representatives from higher education, students and community members – to engage in the same process undertaken four years ago.

I thank the Leadership Team of the Auburn Public Schools – comprised of the administrators from across the District – who have been diligently working together to plan an engaging event at which we hope to once again solicit the input of those in attendance. The education of the young children of Auburn is an investment in our future made by the entire Auburn community. While I certainly take great pride in this district as its proud Superintendent of Schools, most specifically in the accomplishments of our students as a result of the support and challenge they receive from the dedicated members of the APS Team, I am hopeful that you share that same pride. To that end, if you would like to be part of the upcoming World Café on November 18th, please outreach the Superintendent's Office by calling 508-832-7755 or emailing Mrs. Ailaine Zautner, administrative assistant to the Superintendent, at amzautner@auburn.k12.ma.us.

Henry Ford said, "If everyone is moving forward together, then success takes care of itself." From my perspective, one of the primary reasons that the Auburn community continues to make tremendous forward progress – across all sectors, certainly to include the schools – is the result of the teamwork and commitment of all of its members. Kudos to all!

To contact me to share an idea, a concern or to ask a question, I can be reached at 508-832-7755 or via e-mail at mbrunelle@auburn.k12.ma.us. Thank you for your continued interest in and support of the Auburn Public Schools!

Why "Hate Speech" is, and should remain, constitutional

Alexander Hamilton once wrote, "The sacred rights of mankind are not to be rummaged for, among old parchments, or rusty records. They are written, as with a sun beam in the whole volume of human nature, by the hand of the divinity itself; and can never be erased or obscured by mortal power."

One such is the First Amendment to the Bill of Rights, which in part says, "Congress shall make no law...abridging the freedom of speech."

Since neither the executive or judicial branches can make law, only Congress (Art. 1, Section 1), or in the case of the judiciary rule in such a way as to make law, the federal government can impose no restriction on speech and neither can the states as the 14th Amendment made the Bill of Rights applicable to them as well.

Under liberty, speech cannot be qualified by government into types of speech as good, bad, harmful or hateful. Segments of society cannot authorize government to forbid speech they disagree with. It is left to the individual to do it for himself by turning off the television, radio, Internet or not attending an event expected to have such and leaving it when it does. Peer pressure harnesses most unacceptable speech but moving from offensive speech can deal with the rest.

If government could qualify speech into types, levels of restriction would follow with anti-government speech listed as one of the first. The Founding Fathers were at the top of the list in prerevolutionary times, thus their obsession to forbid a place for government in speech. If government decides these things we are not free, as it will always decide in favor of enhancing itself.

Colleges and universities are places where intellectual debate should flourish and be encouraged. Learning flourishes the free flow of ideas. Viewpoint diversity, now absent in so many universities, is critical. Restricting viewpoint is tanta-



LIBERTY
UNDER
FIRE
DR. HAROLD
PEASE

mount to burning books in medieval times.

Student unrest in many universities last spring demonstrated what is becoming obvious; institutions of higher learning are becoming radicalized and project intolerance for anything but a liberal or libertarian speakers and far fewer constitutional speakers.

College is supposed to be a big tent housing all types of thinking so that the student can gravitate to what he thinks best after all sides are presented. Although everyone gives lip service to this statement, there still exists a preferred philosophy. Most colleges insist that they adhere to the idea of intellectual diversity, but the literature suggests otherwise, that the vast majority of colleges and universities are weighted in favor of one ideology and professors to one political party. Many political science textbooks acknowledge this. In my field, it is rare when professors present more than the preferred philosophy.

There exists a consensus of what a "good education" consists. Students are immersed in race consciousness, feminism, multiculturalism, environmentalism, collectivism, globalism, political activism, class warfare, global warming, acceptance of sexual deviations as normal, and minimization of the importance of Christianity. The end product, the student, must come to accept the above script. It is also in virtually all textbooks. It's not that any of these notions are bad, in and of themselves, but it is the nearly universal absence of the opposing view that is most troubling.

It is no wonder that in a just completed study of 1500 students; a majority felt that the First Amendment should not protect "hate speech" (which translates to speech they disagree with). In the geographically diverse survey covering college students from 49 states, John Villasenor found that "Freedom

Turn To HAROLD page A9

Checklist for helping you choose a financial professional



FINANCIAL
FOCUS
DENNIS
ANTONOPOULOS

For reasons likely to remain obscure, October 30 is Checklist Day. But while the origins of this observance may be a mystery, the value of checklists is clear: They help us organize our time and break large jobs into manageable steps. You can use a checklist for just about any significant endeavor – including the task of choosing a financial professional to help you achieve your important goals.

Here's what such a checklist might look like:

Find someone with the proper credentials. Make sure a prospective financial professional has the appropriate securities registrations.

Find someone who has worked with people like you. You'll want to seek out a financial professional who has experience working with people in circumstances similar to yours – that is, people of your financial status and with essentially the same goals and attitudes toward investing.

Find someone who will communicate with you regularly. During the course of your relationship with a financial professional, you will have many questions: Are my investments performing as they should? Should I change my investment mix? Am I still on track to meet my long-term goals? Plus, you will have changes in your life – new children, new jobs, new activities – that will affect your financial picture and that need to be communicated to your financial professional. Consequently, you need to be sure that whomever you work with is easy to reach and will be in regular contact with you. Many financial professionals meet with their clients at least once a year to discuss the clients' portfolios and recommend changes, as needed, and also make themselves available, through phone calls and email, for any questions or concerns their clients may have.

Find someone who will honor your preferences. Some financial professionals follow certain philosophies. For example, you might find one advisor who tends to favor aggressive investing, while another one might be more conservative. There's nothing wrong with either approach, but you'll want to be sure that your preferences take precedence in all recommendations and guidance you receive from a financial professional. And many professionals won't express any of their own preferences at all, but will instead follow a course of action based on your goals, risk tolerance and time horizon.

Find someone connected to other professionals. Your investment plans don't exist in a vacuum. Over time, you will likely need to integrate elements of your investment strategy with your tax and estate planning strategies. When this happens, you may find it advantageous to have a financial professional who can work with tax and legal professionals to help you meet all your needs in these areas.

Find someone whose compensation structure is acceptable to you. Financial professionals get paid in different ways – through fees, commissions or a combination of both. Which method is best for you, as an investor? There's no one "right" answer – but you will certainly want to understand exactly how your financial professional will get paid and how this pay structure will affect your interactions with him or her.

You may find this checklist to be useful when you interview financial professionals. Take your time and make sure you're confident about your ultimate choice. After all, you're hiring someone to help you reach your key goals, such as a comfortable retirement, so you'll want to get the right person on your side.

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.

Schools seeking cafeteria workers

Seeking positive, dynamic food services team members who will collaborate with staff in the best interests of our students.

Cafeteria Assistant - District position - First assignment - Pakachoag School 3.5 hours

Cafeteria Assistant - District position - First assignment - Middle School 3.0 hours

Cafeteria Casual Workers - Districtwide Availability

SALARY: per Cafeteria Workers' Contract

CLOSING DATE FOR APPLICATIONS: Nov. 8, or as soon as filled; START DATE: As soon as qualified candidate is hired

APPLICATION: Please send letter of interest, application, résumé, and proof of qualifications to: Mrs. Janice King, Food Services Director, Auburn Public Schools, 5 West St., Auburn, MA 01501 jking@auburn.k12.ma.us. 508-832-775 x 2240

Job Description: CAFETERIA ASSISTANT

Reports to: Food Service Director/Cafeteria Manager. Responsibilities: To help provide food to customers, students and staff, of high nutritious quality in an atmosphere of safety, cheerfulness, and personal caring.

Essential Functions: reports to work on time and in proper designated attire assists in all areas of food production, with special care given to the quality of the food performs HACCP duties and records correct HACCP information on the sheets provided reports to the Manager when food may be needed in their general area of production and offers suggestions to keep the kitchen running smoothly assists in filling in production records

serves the students and staff in a friendly and caring manner, making sure there is enough food at each serving to accommodate the customers in their line

pays attention to allergies listed for each student

works to keep a constant supply of serving trays for each line

helps to record money and lunches on the computer, making sure each student has an account and reminding students if their account is running low

reports to the Manager any problems or equipment issues that need attention

helps to double-check money and complete the cash counter at the end of servings

assists and cleans the kitchen and cafeteria areas when serving is finished

stores any food items that must be put away after serving and record the date to keep accurate account of food

assists in receiving and inventory at the school works with the Manager and other staff members as a team to accomplish the daily duties and offers input from the students and staff with menu choices and general suggestions

works in close collaboration with the Manager to develop a smooth working kitchen and cafeteria

performs other duties, as assigned

Ability to: follow the direction of the school's Cafeteria Manager and work collaboratively with the School's Food Service Team

prepare a wide variety of food in large quantities

lift moderately heavy items and stand for sustained periods of time

work efficiently during rush conditions understand and carry out oral and written instructions plan and organize work to meet deadlines

adhere to safety standards and safe practices especially in the handling and use of chemicals and blood-borne pathogens maintain cooperative and productive working relationships through the courtesy and tact when dealing with others

be certifiable in federal and state mandated safety laws, as required

Knowledge of: methods and materials used in the preparation of large quantities of various food service

safety practices relating to the handling, storage and use of food products

cleaning, sanitation and health standards

modern work methods, procedures and equipment

food allergies and protocol for response

Education: High school graduate with some food service training preferred

ServSafe certified (District can provide, as needed)

Qualifications: evidence of ability to perform each essential function satisfactorily. The requirements listed above are representative of the knowledge, skill and/or ability required.

Physical Demands:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of the job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee is regularly required to stand, walk, use hands or fingers, handle or feel objects, tools or controls, reach with hands or arms and talk or hear. The employee frequently is required to climb or balance, stoop, kneel, crouch, crawl or smell, stand for sustained periods of time, and occasionally required to sit.

The employee must regularly lift and/or move up to 40 pounds

In accordance with M.G.L. 71 A, all teachers who are employed in the Auburn Public-School district who teach in classrooms where the primary language of instruction is English, must be literate and fluent in the language of English. This will be determined by the teacher having met No Child Left Behind standards and by classroom observation.

HAROLD

continued from page A8

of expression is deeply imperiled on U.S. campuses. In fact, despite protestations to the contrary (often with statements like "we fully support the First Amendment, but..."), freedom of expression is clearly not, in practice, available on many campuses, including many public campuses that have First Amendment obligations."

As mentioned, to the question, "Does the First Amendment protect 'hate speech'?" Most said no. This was so across all three political affiliations lib-

eral, conservative and independent.

Other observations were noteworthy as well. Most, 62% of Democrats and 39% of Republicans also agreed that it was appropriate to shout down a controversial speaker to which they disagreed. With respect to the use of violence to shut down a speaker 20% of Democrats and 22% of Republicans agreed. Most incorrectly believed that the First Amendment required a presentation of a counter view. It does not. Worst yet, as college is supposed to be a place of competing view points, most also expected their institution to provide a learning environment that "shelters them from offensive views." Nonsense! College is supposed to pre-

pare students for the real world, which has no filters.

This is especially disconcerting as students today do not know the most rudimentary parts of the Constitution and the consequence of this ignorance is serious. As pointed out by the Villaseñor Survey, "What happens on campuses often foreshadows broader societal trends. Today's college students are tomorrow's attorneys, teachers, professors, policymakers, legislators, and judges."

"The sacred rights of mankind," as expressed by Alexander Hamilton, in this instance freedom of speech, is not hidden in old parchment but is, "as with a sunbeam," in the Constitution.

It clearly denies government a function in addressing speech — even so-called "hate speech."

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 30 years at Taft College. To read more of his weekly articles, please visit www.LibertyUnderFire.org.

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

SATURDAY, NOVEMBER 4



9:00 a.m. - 2:00 p.m.
ANNUAL HARVEST FAIR
BETHEL LUTHERAN CHURCH

90 Bryn Mawr Ave. Auburn, MA
Handmade knits and vintage linens, white elephant attic treasures, bake shoppe, homemade pies, candy, cakes and cookies. Pickles and cheese. Holiday shoppe and crafts

ALBANIAN KITCHEN & BAZAAR

10:00 A.M. - 3:00 P.M.
Bake table featuring traditional Albanian pies, cookies and other favorites, theme baskets, used books, this 'n that table, illustrated children's books by author Ruth Sanderson and an Albanian-style café (eat in or take out.)

ST. NICHOLAS ALBANIAN ORTHODOX CHURCH
126 Morris St. Southbridge, MA

ENTRANCE EXAM
NOTRE DAME ACADEMY
8:30 a.m.



Pre-register online at www.nda-worc.org
425 Salisbury St., Worcester, MA

ST. ROCH'S PARISH
HARVEST FAIR
334 Main Street (Oxford Center)
8:00 a.m. - 2:00 p.m.



White Elephant Table, Crafts, Used Books, Baked Goods, Raffle Items, Delicious Food, \$\$ Money Raffles \$\$
Come for lunch 11 a.m. - 1 p.m.

OPEN HOUSE

GIGUERES NEW TRAMPOLINE FACILITY
OPEN HOUSE (NEW WEBSTER LOCATION ONLY)

9:00 a.m. - 4:00 p.m.
New trampoline facility - 10 Olympic quality trampolines. Come jump on our trampolines. Sign up for classes, book a birthday party
7 Viking Rd., Webster, MA
508-980-1987

HARVEST FAIR
9:00 a.m. - 2:00 p.m.
EPWORTH UNITED METHODIST CHURCH

Bake table, crafts and jewelry table, Attic treasures Coffee shoppe 9-11:30 a.m. Meatball sub luncheon 11:30 a.m. - 1:00 p.m.
64 Salisbury St., Worcester, MA
508-752-2376

TEQUILA MOCKINGBIRD
9:00 p.m.
Local classic rock/contemporary band
308 LAKESIDE
308 East Main St. East Brookfield, MA
774-449-8333

SUNDAY, NOVEMBER 5

SAINT JOHN PAUL II PARISH BAZAAR
8:30 a.m. - 4:00 p.m.
Trinity Catholic Academy
11 Pine St., Southbridge, MA
Children's games, crafts, Village bake shop, jar deal, theme baskets, parish table, Jewelry, silent auction,

huge community raffle table, and entertainment, Karol's Kafé Open for breakfast at 8:30 a.m. A great variety of items for lunch Free admission, ample parking Handicapped accessible.
508-765-3701

QUINEBAUG VALLEY SINGERS SECOND ANNUAL AUCTION
2:00 p.m. - 4:00 p.m.
(Preview items at 1:30)
Federated Church of



Sturbridge & Fiskdale
8 Maple St., Sturbridge, MA
Light refreshments, musical entertainment

\$10 registration fee for Bidding Paddle
For more information contact Linda (lamfam151@gmail.com) or Carol (carolcurtin77@gmail.com)

FRIDAY, NOVEMBER 10

NATE KENYON
9:00 p.m.
Rising Nashville star!
308 LAKESIDE
308 East Main St. East Brookfield, MA
774-449-8333

SATURDAY, DECEMBER 2

10 am - 3 pm
PICTURES WITH SANTA
Children & pets welcome
KLEM TRACTOR, INC.
117 West Main St. Spencer, MA
508-885-2708 (Ext. 104)
www.klemsonline.com

ONGOING

YOGA CLASSES
Monday evenings

6:30 p.m. - 7:30 p.m.
Woodstock Elementary School Gym
Oct. 23, 30, Nov. 13, 20, 27, Dec. 11, 18
\$56 (7 classes), \$35 (4 classes)
\$10.00 "Drop In"
Diane Converse @ 860-315-5175 or recreationdirector@woodstockCT.gov

THE QUIET CORNER GARDEN CLUB

meets the first Monday in each month at the South Woodstock Baptist Church
Roseland Park Rd., Woodstock from 7-8:30 p.m.
Informative programs each month from gardening tips, wildlife preservation, garden crafts, etc.

ROADHOUSE BLUES JAM
Every Sunday, 3:00 - 7:00 p.m.
CADY'S TAVERN
2168 Putnam Pike, Chepachet, RI
401-568-4102



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

WISE GUYS TEAM TRIVIA
Every Tuesday, 8:00 - 10:00 p.m.
CADY'S TAVERN
2168 Putnam Pike (Rt. 44)
Chepachet, RI
401-568-4102

LIVE ENTERTAINMENT FRIDAY NIGHT

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

TRAP SHOOTING
Every Sunday at 11:00 a.m.
Open to the public
\$12.00 per round includes clays and ammo
NRA certified range officer on site every shoot
AUBURN SPORTSMAN CLUB
50 Elm St., Auburn, MA
508-832-6492

HUGE MEAT RAFFLE
First Friday of the month
Early Bird 6:30 p.m. - 7:00 p.m.
1st table: 7:00 p.m.
Auburn Sportsman Club
50 Elm St., Auburn, MA
508-832-6496



TRIVIA TUESDAYS
at 7:00 p.m.
Cash prizes
308 LAKESIDE
308 East main St. East Brookfield, MA
774-449-8333

TRIVIAL THURSDAY
No cost to play. Cash prizes
Every Thursday at 7:00 p.m.
CHESTER P. TUTTLE POST AMERICAN LEGION
88 Bancroft St., Auburn, MA
508-832-2701



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SPORTS

With win over Millbury, Rockets advance to Division 5 district tournament

MILLBURY — Following a 20-14 victory over rival Millbury High on Friday night, Oct. 27, the Auburn High varsity football team finished 5-3 in regular season play. That mark earned the Rockets the No. 3 seed in the Central Mass. Division 5 tournament, where they will square off with No. 2 Oakmont Regional (5-3) in Ashburnham on Friday, Nov. 3 at 7 p.m.



Photos courtesy Mark Seliger, www.SeligerPhotography.com

Auburn's Jake Daniels leads a pack of defenders in tackling Millbury's ball carrier.



Josh Adams of Auburn breaks away from a Millbury defender while carrying the ball.



Jack Laperle of Auburn hopes to breakaway from a Millbury defender while on the rush.



Auburn's John Pignataro breaks up a pass intended for a Millbury receiver.



Auburn's Manny Rosario is off to the races after racing past the Millbury defense.



Coleson Hammond of Auburn pushes aside a Millbury defender while on the pursuit for additional yardage.

SPORTS BRIEFS

Bay Path highlights local golf contingent with state final appearance

On Tuesday, Oct. 24, the Bay Path Regional golf team took part in the Central Mass. Division 2 district tournament at Gardner Municipal Golf Course. There, they tied Grafton High for second place, as each teams' top four golfers totaled 320 strokes. The Indians won the tiebreaker with a better fifth score, but the Minutemen still advanced to the state final tournament as a team since the top three moved on. Additionally, Jon Sterczala will also compete for the individual title after shooting a 74 at Central Mass. Other counting scores for Bay Path included Ryan Vigeant's 81, Ben Bombard's 81, Keith Duval's 84 and Colin Allain's 85.

Auburn High's Ryan Henderson competed as an individual in the Central Mass. tournament and carded a 79, nearly qualifying for states.

Ski or snowboard at Wachusett Mountain

Are you interested in having a lot of fun while also helping to make the winter fly by? Any student (8 years old and older), parent or teacher from any of the surrounding towns and states can ski or snowboard for eight consecutive Saturday nights at Wachusett Mountain for just \$150 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 6 and ends Saturday, Feb. 24. Ski or snowboard rentals, as well as lessons are also available at a very reasonable cost. You may also be able to ski or snowboard for free through your health insurance coverage. Also, anyone (students or non-students) can purchase gold, silver and bronze century passes at a lower discounted price through our Club. All eight-week and season passes must be ordered through the Wachusett website by Nov. 30 for these lower discounted prices. For more information on how to order, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Worcester State University to host various baseball clinics in 2018

With various baseball clinics at Worcester State University set for 2018, please visit wsulancers.com/camps-clinics and [facebook.com/WSUbaseballclinics](https://www.facebook.com/WSUbaseballclinics) for more information. You can also call (508) 929-8852, (774) 230-3872 or email dbaker1@worcester.edu.

Auburn field hockey falls to Sutton, will use setback as postseason motivation

BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — The Sutton High varsity field hockey team scored two goals in a three-minute span in the second half of its game with perennial Central Mass. power Auburn High on Wednesday, Oct. 25 and went on to defeat the Rockets, 2-0.

The Suzies improved to 15-1-1 with the win, while Auburn fell to 11-4-2 with the loss. It was Sutton's first victory over the Rockets in the brief two-year history of the rivalry. Last year Auburn defeated the Suzies in both the regular season and in the Central Mass. Division 2 sectional tournament.

Kiley Blanchard staked Sutton to a 1-0 lead with 12 minutes left in the game, scoring off a penalty corner. After the initial shot was blocked by the Rockets' defense, the Suzies' Julia Tetreault got control of the ball and slid it over to teammate Hailey Firmin. Firmin then used a reverse-stick pass to get the ball to Blanchard, who one-timed it into the cage.

"Kiley's been a very consistent scorer for us in the last several games," Sutton head coach Sarah Bellavance said. "She's on a tear right now, which is great, because she is only a sophomore."

Less than three minutes later Firmin, one of Sutton's four senior captains, pushed the Suzies' lead to 2-0, scoring

off an assist by Tetreault, who also serves as a senior captain for Sutton.

"Hailey's goal on the continuation was big," Bellavance said, "because it gave us a little cushion."

With 1:17 to play the game was stopped when a Sutton player collided with Auburn's Julianna Martinelli as both players were battling for possession of the ball at midfield. Martinelli, a senior captain for the Rockets, was down on the field for several minutes before being helped to the Auburn bench by Rockets' trainer Steve Sablack with what appeared to be concussion-like symptoms.

The teams won't meet in the postseason this year like they did last fall because Auburn has moved up to Division 1.

"That makes this an even bigger win," Bellavance said. "With the Walker Ratings System this isn't just a win, it's a huge win. Plus it's a good win for the program, our first-ever over Auburn. We lost to them 2-0 in the regular season last year and then in districts, 2-1, even though we scored first. So, there was a little bit of a bad taste in our mouth coming into this game; a little bit of unfinished business."

Auburn head coach Bethann Cormier knew that the Rockets were facing a formidable foe when they squared off against Sutton.

"We anticipated a good game, that's why we put Sutton on our schedule," Cormier said. "We didn't think it would be such a rough game, and that's a disappointment. At this time in the season you come to play and you want to see kids play with skill, play with finesse. You don't want to see it get rough."

Cormier said she didn't think, however, that the physical nature of the game prevented the Rockets from playing their style.

"I think a team is responsible to play their game, whatever conditions there are," Cormier said. "There are no excuses. Sometimes you have to play on grass, sometimes there are inconsistent officials. There are all kinds of factors and sometimes they get into the kids' heads. At the end of the day, though, you've got work through all of that and just play."

Cormier indicated that the Rockets' loss to the Suzies will be used as motivation as the team heads into the postseason.

"We try to get better and learn something from every game," Cormier said. "So yes, we will pick the game apart and we will learn from it and we will move on. It's only one game, but the bottom line is we need to be better. We need to be sure we play our game, no matter who we face or what the conditions are."



SPORTS

Gonyea's goal helps Auburn slide past Minutemen and into district tournament



Auburn's Jadon Latino stays in control of the ball with a Bay Path defender pressing close to him.



Auburn's Collin Winkelmann dribbles the ball up the field versus Bay Path.

BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — Nick Gonyea scored the game's only goal in the 17th minute of the second half and Coleman Picard made three of his 11 saves in the final three minutes as the Auburn High boys' varsity soccer team defeated Bay Path Regional, 1-0, on Oct. 26 at Memorial Field.

With the win the Rockets improved to 8-6-3 and qualified for the Central Mass. Division 3 sectional tournament.

Gonyea, a junior striker for Auburn, scored on a run upfield after the Rockets had gotten control of a loose ball at about midfield.

"It was a great setup," Gonyea said. "I got a flick-on from Parker Plona after he got a chip from Zach LaPointe."

Once Gonyea got the ball from Plona he did the rest, splitting two defenders, making Bay Path keeper Aiden Sabitinelli commit to the right side of the net and unleashing a hard, low shot that zipped into the far corner of the goal.

"The ball felt great coming off my foot," Gonyea said. "Once he went right I knew I had to go left and I got a nice clean shot off."

Picard, who had played well all game, ratcheted up his effort a notch as time ticked away.

After making a save on Jalen Rojas with three minutes to play, and Joe Starr with two minutes to go, the sophomore keeper saved his best for the end. With less than a minute to play Picard made a diving save on a loose ball about eight

yards out in front of the Auburn net as Bay Path senior captain August "Gus" Koebke frantically attempted to reach the ball ahead of Picard.

"I saw it quick, came out hard and got to the ball before he could get to it; I just took it away from him. I knew I had to get to the ball first," Picard said. "The coaches have been working with me — coach [Hans] de Klerk and coach Leo [Miranda] — about being aggressive when I'm in net. They have stressed how I need to come out and get the ball. We've been working on it in practice and all that practice paid off in this game."

Auburn head coach

Chris Bailey said the play of the Rockets' defense was the prime reason his team won the game.

"Our defense as a whole was tremendous. That's a good team and our defense probably played the best they have played all year," he said. "Coleman did a good job; he's an athletic kid and he's worked with coach de Klerk quite a bit this year and his improvement has been tremendous."

Bay Path head coach David Martinson also praised the play of Picard.

"Those were good chances and their keeper came up big," he said. "There were some outstanding plays there."

Coach Bailey does a great job with his team, so I expected it to be pretty tough. Their defense played well and they contained well, we just missed some opportunities that we needed to take care of. I thought it was a pretty even battle back and forth."

The Minutemen, which entered the game needing two points to qualify for postseason play, fell to 7-7-2 with the loss. Bay Path then lost to the Advanced Math and Science Academy, 6-1, on Oct. 27, and Keefe Tech, 5-2, on Oct. 30 in their regular season finale to finish the year with a record of 7-9-2.



Jadon Latino of Auburn elevates above his opponent from Bay Path to head the ball away.

Mathew S. Plamondon photos

Spartans sweep SWCL cross-country championships



Nick Ethier photos

Auburn's Damian Daniels (Bib No. 660) and Cameron Szalay (667) get out in front of the SWCL championship meet.

BY NICK ETHIER
SPORTS STAFF WRITER

WEBSTER — On Friday, Oct. 27, Memorial Beach once again hosted the annual Southern Worcester County League cross-country championships. The boys' and girls'

varsity teams traversed the 2.91-mile course, and Uxbridge High reigned supreme.

The boys' race was first, and the Spartans accumulated 33 points, 26 fewer than second place Millbury High to take the

team title. The top five runners per team count (with their placement acting as their score) and Uxbridge placed third, fourth, seventh, ninth and 10th to total 33 and take the title.

The girls' race was much closer. The Spartans and Grafton High both scored 59 points, so the sixth best runner's score was the tiebreaker. Uxbridge's Danielle Healey placed 23rd, while the Indians' Emily Siemen took 36th.

Team totals and the top 20 finishers in each race are as follows:

BOYS' TEAM RESULTS

1. Uxbridge, 33 points
2. Millbury, 59
3. Bartlett, 67
4. Tantasqua, 144
5. Grafton, 144
6. Oxford, 165
7. Auburn, 205
8. Quaboag, 212
9. Northbridge, 216
10. Leicester, 251

BOYS' INDIVIDUAL RESULTS

1. Vincent DiDomenica, Millbury, 16:02.7
2. Jared Orrell, Oxford, 16:04.3
3. Stephen Sanches, Uxbridge, 16:35.5
4. Ryan Semle, Uxbridge, 16:42.7
5. Johnathan Wilson, Bartlett, 17:18.7
6. Avinash Bissoondial, Millbury, 17:23.2
7. Patrick Burke,

- Uxbridge, 17:24.2
8. Aidan Gilmore, Grafton, 17:27.3
9. Colin Caso, Uxbridge, 17:29.4
10. Thomas Burke, Uxbridge, 17:38.3
11. Brandon Boucher, Bartlett, 17:54.2
12. Samir Azzoui, Bartlett, 18:02.3
13. Brad Richer, Northbridge, 18:04.3
14. Noah Azzoui, Bartlett, 18:07.4
15. Dominic Beyer, Millbury, 18:14.1
16. Matthew Lorion, Millbury, 18:16.9
17. Liam Carlson, Quaboag, 18:19.0
18. Calvin Cieslak, Quaboag, 18:19.9
19. Nicholas Fernandes, Uxbridge, 18:22.6
20. Kaspar M a z e i k a , Tantasqua, 18:23.0

GIRLS' TEAM RESULTS

1. Uxbridge, 59 points
2. Grafton, 59
3. Millbury, 61
4. Tantasqua, 81
5. Leicester, 106
6. Quaboag, 155
7. Auburn, 201
8. David Prouty, 237

GIRLS' INDIVIDUAL RESULTS

1. Abigail Hamilton, Grafton, 18:48.8

2. Amma Ronan, Northbridge, 18:54.1
3. Ryann Molinari, Grafton, 19:21.7
4. Anabelle Nelson, Millbury, 19:31.9
5. Emily Moughan, Leicester, 19:33.7
6. Sam Carroll, Grafton, 19:41.5
7. Dani Blodgett, Tantasqua, 19:45.2
8. Heather Fontaine, Quaboag, 19:47.4
9. Hannah Jones, Uxbridge, 20:31.5
10. Anastasia Achiaa, Uxbridge, 20:50.8
11. Jena Taubert,

- Millbury, 20:52.5
12. Lannaya Brandt, Tantasqua, 21:27.3
13. Allison Pogorek, Millbury, 21:30.0
14. Kathleen Redgate, Uxbridge, 21:32.7
15. Kathryn James, Bartlett, 21:46.3
16. Bridget Redgate, Uxbridge, 22:01.9
17. Elise Croteau, Uxbridge, 22:11.5
18. Ellie Hills, Leicester, 22:16.5
19. Mia Boucher, Millbury, 22:17.5
20. Lindsey Card, Oxford, 22:18.9

KHAFAGA NAMED TO LEC ALL-CONFERENCE TENNIS TEAM

WORCESTER — Worcester State University junior Nathalie Khafaga of Auburn has been named to the Little East Conference (LEC) All-Conference Singles Second Team, as announced by the league Tuesday afternoon, Oct. 24. Khafaga went 7-8 overall (3-5 LEC) in singles play this season.



Photo courtesy Worcester State University Athletics

Auburn's Nathalie Khafaga

Disney takes over AHS

AUBURN – Disney friends past and present danced around the Auburn High cafeteria Saturday as the senior class hosted its annual Disney breakfast. Given the proximity to Halloween, several of those partaking of pancakes were themselves in costume. Little flamenco dancers, ninjas, trees and even a miniature Hulk mingled with several

princesses, Tinkerbell, the Beast, Olaf and the real parents of Disney characters, Mickey and Minnie Mouse.

Outside, the kids got to do a little “truck or treating” to benefit Puerto Rico hurricane relief. Student Council members handed out candy and sold t-shirts and pies, while members of the fire and police departments let people

explore an ambulance, SWAT armored car and other vehicles.

“This event was created for this purpose,” student council advisor Marj Gribbons said. “We hope to build on it and do it again next year. This was our first time, so we didn’t know what to expect. We pulled it together in two weeks.”

She noted she saw the idea in her hometown of Northborough and hopes to get local business participation next year. The students also recently raised funds for Kingwood High School in Texas, which was hit by Hurricane Harvey.



Photos by Gus Steeves

Maggie Grogan (Anna) and Elisa Frotten (Elsa) come over to greet Liliana Kay at the coloring table.



Isabella DeSouza is dwarfed by Kaelen McCauley (Belle) and Matthew Bregman (the Beast).



Kids and Disney folks enjoy a circle dance.



Devyn Nicholson and Charlie Pierce make truck-or-treat bags.



Old Disney heroes Mickey (Jess Chenard) and Minnie (Kaitlyn Miller) chat with a newer one, Elsa (Elisa Frotten).



Anika Kaspiris is all set when anyone says “Si, es el tiempo de flamenco!”



Mason Parmenter climbs into the SWAT vehicle.



Johnny Parmenter goes all ninja inside a police cruiser.



Even Spiderman (Ethan Bourgault) hopes the ambulance is there if he ever needs it. EMTs Ovidiu Ticlea and Luis Mateo flank him.

COMMUNITY CALENDAR

Saturday, November 4

ANNUAL FAIR: Bethel Lutheran Church at 90 Bryn Mawr Avenue in Auburn, will be having its annual Harvest Fair on Saturday Nov. 4th from 9 a.m.-2 p.m.

HARVEST FAIR: Stella Chapter Harvest Fair (J. Prouty) Masonic Lodge Bldg., 780 Southbridge St., Auburn on Saturday Nov. 4, 9 a.m.-3 p.m.

Monday, November 20

ANNUAL TURKEY DINNER: Stop by for the annual 'Turkey Dinner' for area seniors, sponsored by Senator Michael O. Moore. The event is free and open to local senior residents. Monday, Nov. 20 at noon-1 p.m. at Auburn Senior Center, 4 Goddard Drive.

Tuesday, November 21

WORLD WAR I PROJECT: Auburn Historical Society's monthly meeting will be held on Tuesday, Nov. 21 at 6:30 p.m. at the Auburn Senior Center,

4 Goddard Drive. Featured speakers Linda Hixon & Zach Washburn's topic will be "They Ventured Far: The World War I Biography Project." Everyone is welcomed. For more information call the Auburn Historical Society (508) 832-6856.

ONGOING EVENTS

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

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.

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.

Divorced? Separated? You don't have to go through it alone. Divorce Care is a support group that meets 6:30-8 p.m. Wednesdays in Room 207 at the Faith Baptist Church, 22 Faith Ave., Auburn, providing practical support, recovery and hope. Voluntary donation of \$15. Childcare provided. Activities for K-high school occur at the same time. For information, call (508) 832-5044 x 321.

The Nipmuck Coin Collectors Club meets the fourth Wednesday of each month at 6:30 p.m. at the Oxford Senior

Center, 323 Main St., behind the Oxford Town Hall. Everyone is welcome from long time collectors to those just starting to collect or maybe looking to pick up a new hobby. For more information about our club or coins in general, call Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

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.

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.

Kudos to Coffee!

The humble cup of coffee.

It's a simple pleasure that baristas elevate to an art, painters depict on canvas, and philosophers have sung the praises of throughout the ages. So what's so virtuous about the everyday cup of Joe we sip every morning? Plenty, according to reliable health studies which show a steaming mug of java may go way beyond a satisfying pick-me-upper.

If your daily dose of caffeine has become nothing more than a breakfast ritual, the following coffee facts may prove to be more of an eye opener than that morning cup of coffee!

Joe Jogs Memory: If you love your coffee, you now have another excuse to drink high octane java! Here's the latest buzz on caffeine: A cup of joe can jog your memory, especially if you're over age 65, say researchers at the University of Arizona. In a study, memory performance declined significantly between morning and afternoon in seniors who didn't drink coffee or drank decaf. Those who had a cup of the high octane stuff showed no such effect.

Dodge Diabetes: According to WebMD, one to three cups of coffee per day can reduce risk for diabetes by up to nine percent. Up the cups to six or more daily and men's risk for diabetes is cut by 54%, while woman's is reduced by 30% as compared to non-coffee drinkers. While not fully confirmed yet, several studies suggest that it's the chlorogenic acid found in coffee that help stave off Type II Diabetes, which is the non-inherited form of the disease.

Drink to Think: A ten year study by the University of Bristol revealed coffee drinkers really may be better thinkers! The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person has a cold.

Buzz Boost: Did you know a safe caffeine buzz can give your workout a boost? According to the American College of Sports Medicine, consuming caffeine equivalent of between two to six cups of coffee one hour prior to exercise, increased both the endurance and performance of athletes during both prolonged and short-term exercise sessions. If you drink caffeinated beverage,

drinking one before your workout may help you run or walk a little farther or cycle a little longer. Studies have shown that moderate caffeine intake about 300 milligrams, the equivalent of three cups of drip coffee, may be safe in most adults. But be sure to drink plenty of water before, during and after your workout to remain adequately hydrated.

Jovial Java: Are you aware caffeine can also be an effective antidepressant? Just don't drink more than a couple of cups of coffee a day or the effect can be counterproductive.

Steam Therapy: Taken in normal doses, caffeine has shown to have several other beneficial effects: Home remedy books advise drinking a cup of hot steaming coffee to suppress an asthma attack while waiting for proper medicine to kick in. The caffeine acts on the bronchial tubes contributing to the expansion of the muscles, thus relieving the severity of the attack in some cases.

Halt Headaches: Before you reach for a pain pill, try drinking a cup of strong coffee to combat your migraine or tension headaches. Caffeine has long been used in over the counter pain relief products because it dilates the blood vessels, helping to relieve migraine pain. In addition, coffee is a diuretic, helping to eliminate toxic substances from the body.

Diet Drink: Coffee is the perfect diet beverage! It's not only low in calories (skip the cream and sugar, please); it acts as a natural diuretic to help shed water weight. In addition, the caffeine in coffee revs up your metabolism, which helps burn calories.

Java Rx: Did you know medical data shows coffee is rich in antioxidants? In fact, a well known study from the University of Scranton proclaimed coffee America's number one source of health boosting antioxidants! Here's the scoop: The beneficial "free radical sweepers" are also found in coffee aroma after brewing. According to research carried out in Switzerland by the Lausanne-based Nestle Research Center, consuming coffee up until 20 minutes after brewing will deliver 300 phytochemicals, (antioxidants),



TAKE
THE
HINT
KAREN
TRAINOR

and can stay in the human system up to one month.

Prefer your coffee sans the caffeine? You'll reap the same health rewards as decaf has the same antioxidant benefits as regular coffee!

R e d u c e d Risks: Several studies indicate that people who drink coffee on a regular basis are up to 80% less likely to develop Parkinson's disease. According to research performed at Vanderbilt University's Institute for Coffee Studies, it's the caffeine that offers the protection. In fact, VU reported based on this evidence drugs to treat Parkinson's, containing a derivative of caffeine are currently being developed.

Want more? Additional research reveals compared to not drinking coffee, at least two large cups of coffee daily can translate to a 25% reduced risk of colon cancer, a significant drop in liver cirrhosis risk, and nearly half the risk of gallstones!

DIY Vanilla Almond Coffee Grind Flavored gourmet ground coffee blends are a favorite of many Java fans. Skip the high-priced specialty shop offerings and make your own - at a fraction of the cost! This "recipe" comes from McCormick, the spice people.

Ingredients: 1 can automatic drip ground coffee; 1 bottle (1 oz) pure vanilla extract; 1 bottle (1 oz) pure almond extract.

Directions: Pour coffee into a large zipper plastic bag or bowl. Add both extracts to coffee. Stir well to thoroughly blend extracts into coffee. Store coffee in plastic bag or airtight container in refrigerator or freezer until ready to use. Brew coffee as usual.

Variations: Decaffeinated coffee works just as well. And don't be afraid to try your own favorite flavors!

The "Buzz" on Coffee *Coffee is the second most traded product in the world after petroleum.

*It takes five years for a coffee tree to reach maturity. The average yield from one tree is the equivalent of one roasted pound of coffee.

*One shot of espresso uses approximately 45 coffee beans.

*The expression "a cup of Joe" was coined during WWII, when American servicemen (G.I. Joe) were identified as big coffee drinkers.

*When coffee became scarce during the Civil War, soldiers who wanted a cup of coffee had to resort to roasting and brewing sweet potato and Indian corn.

*Out on the range, cowboys brewed coffee by putting grounds into a sock, plunging it in cold water and heating it the over campfire.

*Research from the University of California found that the steam rising from a freshly brewed cup of coffee contained as many antioxidants as three fresh oranges.

*In 1657, British ads for coffee claimed that the beverage was a cure for scurvy and gout.

**Maxwell House Coffee got its name from The Maxwell House Hotel, in Nashville, TN, where it was first served in 1886.

*Teddy Roosevelt was the inspiration of the Maxwell House coffee slogan "good to the last drop." He uttered the phrase after finishing up a particularly tasty cup of coffee, and the rest is history!

Win Dinner for Two

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous 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 there to share your best helpful hints!

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

Ending the open water season with monster fish



THE GREAT
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November is tautog month in Massachusetts & Rhode Island, and this week's picture of an angler fishing on the Island Current out of Snug Harbor Marina last week with a pair of monster tautog is a good example of the fish that are out there. Some anglers wait all year for the tautog fishing to climax, providing some great fishing and eating. Crabs are the number one bait at this time of year for tautog fishing, but hooking the bait stealing bottom feeders, is not easy unless you use circle hooks. Number three circle hooks will have you hooking almost every tautog that nibbles at you bait if you do it right. Lifting the bait very slowly when a bite is felt will have the circle hook hooking the fish in their thick rubbery lips.

Anglers that have their first encounter with a tautog feel

as though they have hooked bottom until the fish realizes that there is someone at the other end of the line. Using heavy action fresh water rods, with 50 pound test power pro line, and a 6 foot 40 pound leader will provide the angler with the ultimate thrill of fishing for these bottom dwellers. Tautog can grow to 18 pounds or better but the average fish is four to six pounds. The daily limit is six fish per angler on party boats, but private boats can only retain 10 fish for two anglers or more in Rhode Island waters.

Cleaning tautog is easy and unfortunately there is a lot of waste as the fish have a very large body cavity. After removing the fillets the rest of the fish can be boiled down for a good fish chowder. The fillets need to be checked for bones and removed if they are found. My favorite recipe for tautog is to cut the fillets into good size chunks and drop them into a pot of boiling water that has two tablespoons of white vinegar added. The fish needs to be fresh!! Cook for approximately two minutes or until the fish flakes using a fork. Add salt & pepper to your taste after draining the chunks, add

melted butter, and you will have the taste of lobster. If you do not fish and would like to purchase some tautog for your family you will need to travel to the closest fish market on the coast, as it rarely makes it to local markets because of the high demand for this great tasting fish.

Archers are harvesting numerous deer throughout the valley, and turkey hunters also are filling their permits with numerous birds weighing in at over 20 pounds! Deer hunters are reminded not to hang their harvested deer in their garage that is attached to the house. As the body of the deer cools, numerous ticks can fall off and become a hazard for the family and pets.

Goose hunting has been very good with hunters filling their daily limits on each trip. Sightings of large flocks of Canada geese are a lot more frequent than in previous years, which is an indication that the late season will be better than last year. Once the ponds and lakes freeze up, the birds will be forced into local fields & rivers to feed. Field shooting provides the ultimate goose hunting experience as far as this writer is concerned.

The new goose hunting regulation this year, for the early season only, was a benefit to numerous hunting expeditions, which allowed hunting up to 1/2 hour after sunset. Often the geese started their evening flights after the sunset closing time.

Sea duck hunting opens Nov. 20 in Massachusetts! Hunting sea ducks can provide a lot of action for sportsmen that can handle the sometimes brutal weather conditions. Weather like this past Sunday often drives sea ducks inland providing some fast shooting. A good retrieving dog is also needed. In my younger years, sea duck hunting was a good part of my life during the winter months, but I no longer can handle the harsh hunting conditions. Some of my friends lost their lives sea duck hunting after capsizing in their boat. It is indeed a dangerous sport, but the excitement of hunting sea ducks in nasty conditions always brought you back for more.

Trout fishing had slowed a bit last week at some of the hot spots that received a fall stocking of fish. The Uxbridge Rod & Gun Club opened their private pond to members after



Courtesy photo

Monster tautog out of Snug Harbor

a recent fall stocking, and only three trout were caught all day. Fall trout fishing should pick up after the high water recedes back to normal.

Take A Kid Fishing & Keep Them Rods Bending!!

Latest antiques and collectibles news

The public will soon have a chance to view a rare Revolutionary War sword. A Leonardo da Vinci painting and valuable Star Wars toy collection will also soon be auctioned according to some recent news reports.

A rare Revolutionary War Connecticut sword will go on public display for the first time according to a Fox News article. Col. Jonathan Pettibone, of the 18th Connecticut Regiment, was born in Simsbury, CT. The silver hilt is engraved with Pettibone's name, which is rare for Revolutionary War swords. The sword also bears the hallmark of silversmith Joseph Copp, of New London, CT. The sword was donated to the Museum of the American Revolution in Philadelphia by B. Owen Williams, a descendant of Pettibone. Williams issued a statement saying, "I'm



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

thrilled that it has survived in remarkably good condition despite my youthful exuberance and blissful ignorance to play with it surreptitiously as a boy." The sword will go on display in 2018.

Reuters reports that the last privately owned painting by Leonardo da Vinci will be hitting the auction block this month. The painting, titled "Salvator Mundi," is one of less than 20 known paintings by the renowned artist. According to Reuters, "the portrait depicts Christ in vivid blue and crimson robes holding a crystal orb."

The first recorded sale of the painting was in 1763, when it was auctioned from the collection of King Charles I. It vanished until 1900 when it was found with Christ's hair and face painted over. An American buyer purchased it in 1958 for 45 pounds from a British auction house. It was auctioned again in 2005, where

the over painting was noted. It was consigned for the upcoming auction by a European private collector who had the work restored. The auction estimate is \$100 million.

The York Dispatch (York County, PA) reports that a major collection of Star Wars collectibles is currently being auctioned online. The collection is billed as "the best original trilogy vintage Kenner collection to ever come to auction."

The 700 action figures and other toys are estimated to sell for \$1 million. One of the rarest pieces is a Boba Fett action figure with firing missile. While the action figures were being produced, a toy with a similar missile was found to be a choking hazard. The Boba Fett toys with the missiles never went into production. Other rare figures include action figures of Luke Skywalker, Darth Vader and Obi-Wan Kanobi with telescoping light sabers. The light sabers were easily broken and the manufacturer did away with the telescoping feature. The figure of Darth Vader fig-



ure with the telescoping light saber is rare and Obi-Wan Kanobi is even rarer. There are only a few known to exist. The starting bid is \$15,000 and the auction estimate is \$75,000 to \$100,000. A price like that for a toy from the 1970s is truly astronomical.

We have a small estate sale in Millbury scheduled for November 11 and 12. We have scheduled an online estate auction of a Northborough farm next month. There are several horse carriages, sleighs, tractors and farm equipment.

There will be a preview at the farm on Saturday, December 9 and Sunday, December 10. Bidding ends on December 13. See www.centralmassauctions.com for details on these and other events.

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

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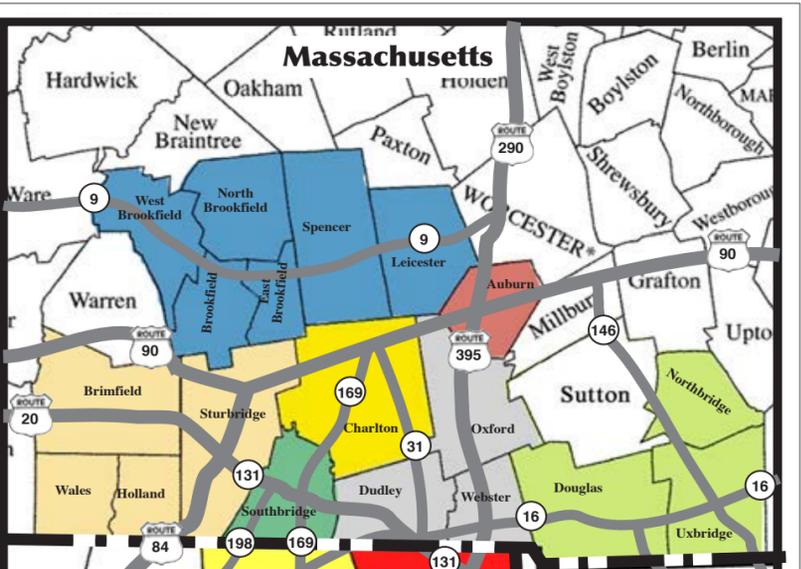
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<p>2014 JEEP GRAND CHEROKEE 4X4 LAREDO, FULL POWER, ONE OWNER, #TC17635A</p> <p>YOUR PRICE \$23,988</p>	<p>2015 GMC SIERRA 4X4 1500 DOUBLE CAB ELEVATION EDITION, LOW MILES, ONE OWNER, #TK17512A</p> <p>YOUR PRICE \$29,988</p>	<p>2014 CADILLAC CTS FACTORY CERTIFIED, PERFORMANCE COLLECTION, ALL WHEEL DRIVE, MOONROOF, NAVIGATION, ONE OWNER, #C516528A</p> <p>YOUR PRICE \$32,988</p>		

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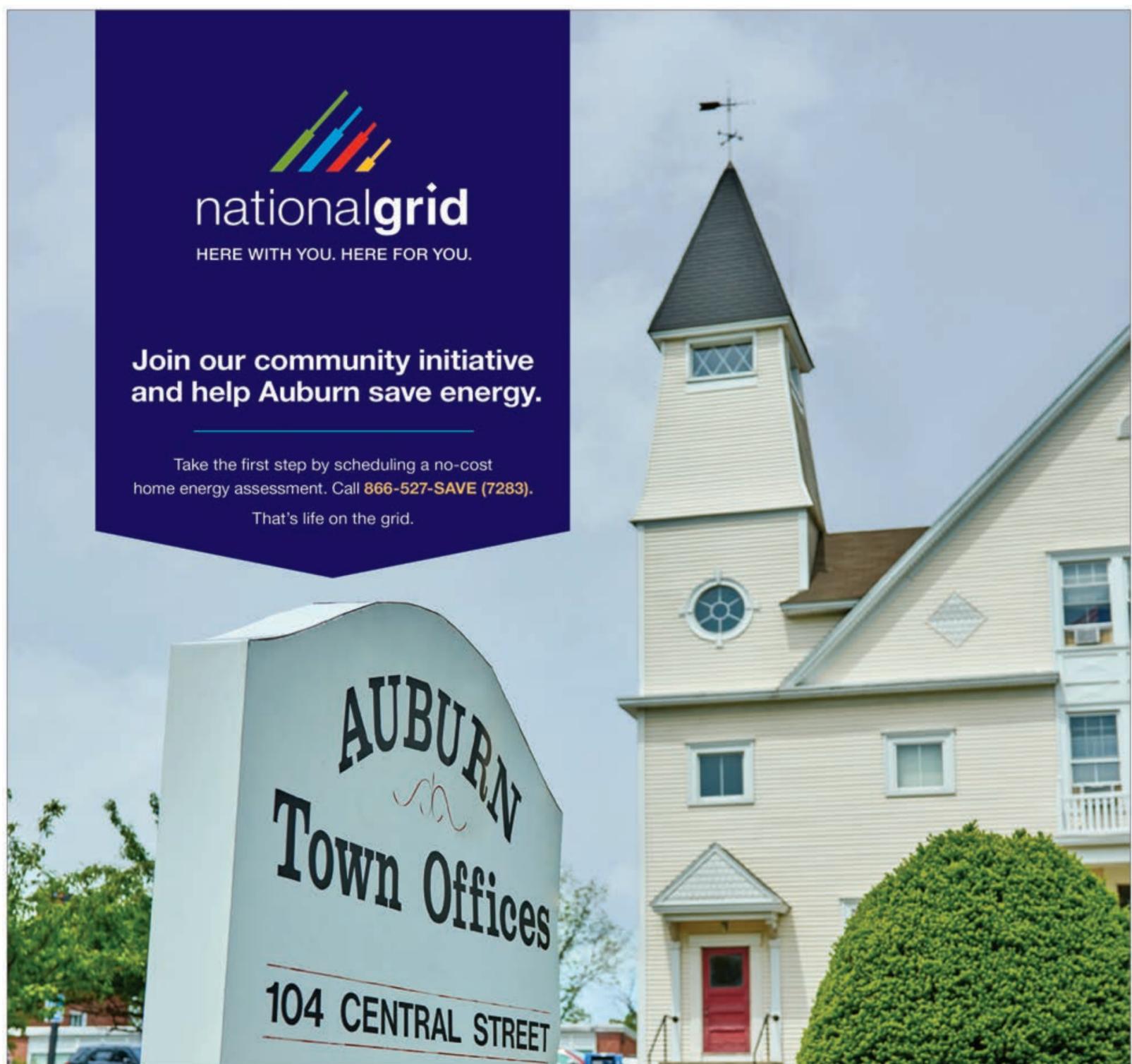
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Helpful and harmful insects



Butterflies and other helpful insects, such as bees, pollinate flowers and can keep dangerous pests at bay in the garden.

repeatedly. Should you find a nest near an entertaining space or garden, it can cause trouble.

Carpenter ants: These ants will burrow into wood causing damage. They may compromise any wooden structure in and around a home.

Locusts: Various species of locust can damage plants and crops due to their voracious appetites.

Treehoppers: These small, green insects mimic the look of leaves, and their appetites can affect crops and gardens.

Red pavement ant: As they feed on all manner of human food, these ants can quickly overtake areas with their staggering numbers and deliver painful bites.

Grasshoppers: Certain grasshoppers, like the red-legged grasshopper, can decimate food crops and transfer parasites to birds when eaten as prey.

Caterpillars: Many caterpillars, the precursor to adult moths, will feed constantly on leaves, stems and other parts of plants. The tobacco hornworm moth caterpillar can damage potato and tomato plants.

HELPFUL

Plants depend on insects to transfer pollen as they forage, and many insects are quite beneficial to have around. While some pollinate, others are predators of other pests.

Antlion: A foe of ants, they'll help eat and control ant populations and pollinate flowers. They pose no threat to humans, either.

Big dipper firefly: These colorful insects feast on earthworms, slugs and snails during the larval stage. Fireflies add drama to evening gardens with their twinkling lights.

Garden spiders: Although some spiders can be venomous, many are quite handy to have around the garden. They'll help control pest populations that can damage plants and crops.

Dragonflies: These arial artists that zip around the yard are consuming smaller insects that would otherwise pester plants and humans.

Blue-winged wasp: This wasp attacks the larvae of Japanese beetles, helping to control beetle populations.

Bees and butterflies: Butterflies and bees are some of the best pollinators out there, and each can add whimsy to gardens.

Although it's virtually impossible to count them, insects are the most diverse group of organisms on the planet. Nine hundred thousand different kinds of insects are known to exist. At any given time, it is estimated that there are around 10 quintillion individual insects living.

Gardeners grow frustrated when seeing their gardens infested with insects. In an effort to restore their gardens, homeowners might be tempted to eradicate any bug that moves in their yards. But gardeners would be wise to first learn which insects are hurting their gardens and which can actually help gardens in the long run.

HARMFUL

Certain insects can be dangerous to animals and plants. The following are a handful of insects that can threaten the vitality of gardens.

Aphids: These insects suck on the juice needed to sustain plants, particularly when they congregate.

Bald-faced hornet: Hornets tend to be an aggressive species that can sting

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<p>SOLD</p> <p>SUTTON - 30 Tournament Way Pleasant Valley Ct! Beautiful 3,100+ 8 Rm Townhouse w/All the Expected Amenities for Your Enjoyment! Custom Granite Kit! Frplc Liv Rm w/18' Ceilings! Formal Dining! 1st Flr Master Suite! Library! 2+ Bdrms! 2.5 Baths! C/O! 2 Car & Golf Cart Garages! *For: \$549,900.00</p>	<p>ON DEPOSIT</p> <p>GRAFTON - 23 Maplewood Dr! Unique 5 Rm Brick Ranch! 3 Bdrms! Corner Lot! Enjoy the Convenience of One Floor Easy Access Living! Kit w/Breakfast Bar! Fireplaced Liv Rm! Din Area! Master Bdrm w/Full Bath! 2 Baths! Total! Florida Rm! Private Back Yard! Attached 2 Car Garage!</p>	<p>SOLD</p> <p>LEICESTER - 2 Logan St! Beautifully Updated 6 Rm Split Entry Set on Nicely Landscaped 1/2 Acre! Stainless Appliances! Kit w/Granite Tile Counter Opening to Dining Area & Liv Rm! Fam Rm plus 2 Bdrms or 3 Bdrms! Full Tile Bath! Sunroom w/Wall AC! Hrdwd Flrs Throughout! \$239,900.00</p>	<p>ON DEPOSIT</p> <p>CHARLTON - 2 Pommakin Hill Rd! Nice Updated 7 Rm Split! 92Ac Corner Lot! SS Appliance Kit w/Center Isl, Cathedral & Skylight! Din Rm w/Slider to 12x16 Deck! Cathedral Liv Rm w/Brick Frplc & Pellet Stove! 3 Bdrms! 2 Full Baths, Whirlpool Tub! Frplc Fam Rm! Garage! \$289,900.00</p>	<p>SOLD</p> <p>WEBSTER - 15 Lower Gore Rd! 6+ Rm Split! 57 Acres! Easy Access to 16, 395 & 146! Near Webster Lake & State Boat Ramp! SS Appliance Kit w/Breakfast Isl! Din Area w/Slider to Deck! Liv Rm w/Bow Window! 3 Bdrms! Master Dble Closets! 1.5 Baths! 2 Car Garage! Oil Heat! Town Services! \$269,900.00</p>	<p>NEW PRICE!</p> <p>WEBSTER - 8 Oakwood Dr! 12 Rm Hip Roof 5,165' Custom Colonial on 1 Acre w/In-ground Pool! Formal Din & Liv Rms! Frplc Fam Rm & Frplc Den! Master Suite! Master Bath! 6 Bdrms! 3 Full & 2 Half Baths! Hrdwds & Wall to Wall! C/O! In-law Potential! 2 Car Garage! \$499,900.00</p>	<p>ON DEPOSIT</p> <p>STURBRIDGE - 13 Main St! Work & Live Here! Completely Remodeled! Turn Key! 1st Flr Beauty Salon w/C/O, Handicapped Bdrm, Ka, Gas Heat! 2nd Flr - Appliances Kit, Liv Rm, 2 Bdrms, 1.5 Baths, New Oil Furnace! 13 Parking Spaces! 2 Car Garage! Sep Utilities! Town Services! Rte 20, 84 & 90! \$329,900.00</p>	<p>ON DEPOSIT</p> <p>AUBURN - 5 Pinefield Rd! Updated 7 Rm, 4 Bdrm Cape! Appliance Cabinet! Kit! Formal Din Rm w/Hrdwds! NEW 20x22 Liv Rm out to 14x20 Deck! 1st Flr 2 Bdrms w/Laminate Flrs! Recent Full Bath! 2nd Flr w/2 Bdrms w/Laminate Flrs! Laundry w/Washer & Dryer! 2 Sheds! Town Services! \$222,900.00</p>	
<p>SOLD</p> <p>DUDLEY - 36 Fish Rd! 7 Rm Raised Ranch w/Huge Split Level Cathedral Ceiling Family Rm w/Skylights! Open Cathedral Ceiling Kit & Living Rms w/Skylights! 3 Bdrms! Master Bath! 3 Full Baths! Huge Steel I Beam Clear Span 2 Car Garage! 1.1 Acres! Oil Heat! Shed! \$299,900.00</p>	<p>SOLD</p> <p>DUDLEY - 20 Williams St! Nice 7 Rm Cape w/3 Car Garage! SS Appliances! Kit w/Cabinets & Corian Counters! Frplc Liv Rm & Din Rm w/Hrdwds! Sunroom w/Hot Tub/Skylights! 3 Bdrms! Master Bath & Walk-in Closet! 2 Tile Bathrooms! Business Furnace! Town Services! Fenced Backyard! \$244,900.00</p>	<p>SOLD</p> <p>WEBSTER - 59 East Main St! Best Street for Business in Webster! Highest Traffic Count! Ideal for Most Business Applications! Complete Recent Remodel Inside & Out! Formally a Polish Deli & Convenience - Fully Equipped As Such - Full Kitchen! With Almost New Equipment - \$395,900.00 Without - \$299,900.00</p>	<p>SOLD</p> <p>DOUGLAS - 93 Monroe St! 10.97 ACRES! Updated 1887 8 Rm Farmhouse! Flexible Floor Plan! Loads of Charm! Frplc Liv Rm! Fam Rm w/Cathedral! Slider to Deck! Din Rm! 4 Bdrms! 2 Baths! 2 Car Attached Garage! Additional 3 BAY, 50x85', GARAGE BUILDING! \$594,500.00</p>	<p>SOLD</p> <p>DUDLEY - 7 Kayla Lane! 8 Rm Colonial Set On 1.84 Acres! Applianced Granite Kit! Frplc Dining Rm! Living Rm w/Hrdwds! Cathedral Ceiling Family Rm! 3 Bedrooms! Spacious Master, Master Bath! 2.5 Baths! 1st Floor Laundry! Farmers Porch! Deck! Attached 2 Car Garage! \$359,900.00</p>	<p>SOLD</p> <p>WEBSTER - 9-11 Lyndale Ave! 8 Rm Colonial w/Greenhouses! Eat-in Kitchen! Formal Dining Rm! Open to Living Rm w/Wood Floors! Full Bath! Den w/Built-ins! 4 Large Bedrooms on 2nd Floor! Nice Level Lot! Walking Distance to Center of Webster! Town Services! Rte. 395 Near! Walk to Schools & Churches! \$114,900.00</p>	<p>SOLD</p> <p>CHARLTON - 44 Oxford Rd! 8 Rm Colonial w/Farmers Porch! 1.38 Acres! New Quartz Kitchen! Formal Dining Rm w/Hrdwds! Frplc 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</p>	<p>SOLD</p> <p>WEBSTER - 39 Cudworth Rd! Everything on One Level - 5+ Room Ranch Set On Nice 47 Acre Lot! Cabinet Packed Kit! Dining Area w/Slider to Deck! Spacious Liv Rm! Comfortable Master! 2 Bdrms! 1.5 Baths! 1st Flr Laundry! 2 Car Garage! Town Services! Easy 395 Access! \$212,900.00</p>	
<p>ON DEPOSIT</p> <p>WEBSTER - 42 Cushing Rd! 7 Rm Ranch! Cabinet Kit w/SS Appliances & Tile Flr Dining Area w/Corner Hutch! Frplc Liv Rm w/Hrdwds! 3 Bdrms w/Hrdwds! Full Bath w/Tile Flr! Den w/New Carpet! New Electrical Service! Partially Finished Basement! Garage! Screened Porch! Shed! Town Services! \$239,900.00</p>	<p>NEW LISTING</p> <p>WEBSTER - 141 Gore Rd! Rte 16! 1.88 Acres! Prime Exposure! Business Opportunities! Zoned Commercial! 165' Road Frontage! 18332' 4 Car Garage! 12X20' Workshop! 1 Rm Colonial! 3 Bdrms w/Hrdwds! Din/Liv Rm w/Hrdwds! Sided! NEW FURNACE! Needs Roof, Updates to Electrical & Cosmetics! \$119,000.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 294 Killdeer Island! North Pond! 62' Waterfront! Panoramic Views! 8 Rm Colonial! Kit w/Double Oven! GLEAMING Hrdwd Flrs! 4 Bdrms! 2 Full Baths! 14X20 Trex Deck! Newly Painted! Prof Landscaped! Fenced Yard! Plenty of Docks Included! \$524,900.00</p>	<p>NEW PRICE</p> <p>WEBSTER LAKE - 10 Kenneth Ave! South Pond! Sandy Shoreline! 9 Rm Contemp Ranch, 3 Bdrms! 3 Bath! Lake Views from Most Rooms! Hrdwd & Tile Flrs Throughout! Brnmarhan Custom Granite Kit w/Cherry Cabinets! 1st Flr Office! Master w/New Bath! Frplc Fam Rm! Deck w/Custom Bar! 2 Car Garage! \$639,900.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 82 Lakeside Ave! South Pond! Prime 157' Waterfront w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 10+ Rm, 4 Bdrm, 4.5 Bath, A/C'd, 3,832' Custom Colonial! Lake Facing Quartz Kit w/White 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</p>	<p>SOLD</p> <p>WEBSTER LAKE - Reid Smith Cove! WATERFRONT LOT! South Shore Rd! Build Your Dream Home or Summer Retreat! Set on Quiet Road, Surrounded by Woods! Sloping Lot Down to Level! Waterfront! 7,200' Lot! 57' on the Water & Road! Town Water & Sewer Available! \$229,900.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 30 S. Point Rd! 91' Waterfront! Yr Rd! 7 Rm Colonial! Ideal 2nd Home! Panoramic Views of South Pond! NEW Kit w/Din! Frplc Din & Liv Rm w/Lake Facing Picture Window! 3 Bdrms! Walkout Lower Level w/Fam Rm w/Summer Kit! NEW Int. Paint! Recent Roof & Siding! \$349,900.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 55 Colonial Rd! South Pond! 105' Level Waterfront! Western Expo! Awesome Sunsets! 10 Rm Contemp! Panoramic Lake Views! 8 Rm! Open Flr! Frplc Liv Rm! 4 2nd Flr Bdrms, 3 Lake Facing! Master Bath! 2.5 Remodeled! Bath! 2 Car Garage! Deck! Add Lot Access! Recent Roof! \$599,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 33 Beacon Rd! 6 Rms, 3 Bdrms, 3 Baths! 141' Waterfront! 12,458' Lot w/Plenty of Privacy! Kit, Master Bdrm, Master Bath, Roof & Windows New in 2013! Enjoy Sunsets from Wrap-around Porch! Beautiful Lake Views! Frplc Liv Rm! SS Appliances! C/O! 2 Car Garage! \$519,900.00</p>

<p>SOLD</p> <p>WEBSTER LAKE - 48 Laurelhollow Dr! 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 Room, Entertain, Park & Expand! Main Level, White & Black Granite Kit, Center Isl w/Gas Range & Sink, Wall Ovens! Din Area! Lake Facing Din Rm! Frplc Liv Rm w/Cathedral Open to Sun Rm w/Water View! Lake Facing Office/Possible 4th Bdrm! Half Bath! Upstairs, 3 Bdrms, 2 Bathrooms! Amazing Lake Facing Master, Bath w/Whirlpool, Steam Shower, Dble Vanity, Cathedral w/Skylight & Laundry! Walk-out Lower Level w/ Frplc Fam Rm, Summer Kit & 3rd Full Bath, 3.5 Total! C/O! Gas Heat! 2 Car Garage & More! \$1,100,000.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 18 Bates Crossing! South Pond! Beautiful Sunsets! Huge Eastern Exposure! 8 Rm 3,100' Custom Contemporary! 2.43 Acres! Substantial Privacy! Home Features Endless Possibilities! Open Flr Plan w/Magnificent Views from Every Rm! 3 Bdrms, 3 Baths, Cathedral Ceilings w/Skylights! European Kit w/Center Isl! Modern Frplc Liv Rm w/Glass Sliders Open to Waterfront Balcony! Master Bdrm w/en-suite Bath, Separate Shower, Jacuzzi Tub, Walk-in Closet & Attached Laundry! Lower Level Bdrms Share Private Bath! C/O! Attached Garage w/Work Space! Detached 2 Car Heated Garage w/Workshop! Greenhouse! Panoramic Lake & Estuary Views! \$950,000.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 901 Treasure Isl! Prime Beachfront! Townhouse! 6Rms! 1,874' Open Floor Plan! Applianced Granite Kit w/Hrdwds! Din & Liv Rms w/Hrdwds! 2 Bdrms! Master Bath! 2.5 Baths! Frplc Fam Rm w/Tile Flr! Recent Clair, Gas Heat & Windows! Trex Deck! Garage! BOAT SLIP! Heated Pool! \$424,900.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 334 Killdeer Island! Middle Pond! South Facing! Well Maintained! 7 Rm Colonial! Applianced Oak Kit! Din Rm w/Hrdwds! Cathedral Ceiling Liv Rm w/Lake Views! Cathedral Ceiling 3 Season Sunroom! Overlooking Lake! Lake Facing Master Suite, Master Bath! 3Bdrms! 2 Baths! Sandy Beach! \$469,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 60 Lakeside Ave! 100' Waterfront! Huge Views of South Pond! Western Exposure - Fantastic Sunsets! In Time for Summer! 5 Rooms of Rustic Charm! Real Log Summer Cottage! 10,924' Lot! Allows for Room to Expand! Remodel! Tear it Down to Build New! \$359,900.00</p>
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<p>DUDLEY - 67 WEST MAIN ST</p> <p>Looking for a place for your BUSINESS? Looking for a good INVESTMENT? Check out this Dudley Business Zone! (B/S-15) Property on the CORNER of West Main & View Street! 197' road frontage (65 on W Main / 132 on View St.). Business Zoned Abutting Rear Lot on View St. is also available, asking \$54,900. Improvements include an Antique 2 story single family home w/5 BDRS, 2 Baths. It may be possible to convert this home back to a 2 family with the addition of a 2nd means of egress. Home is Connected to Municipal Water & Sewer, a recent Natural Gas Business FHW Boiler w/iced in radiators, a 2 Car Detached Garage. \$199,900</p>	<p>WEBSTER - 12 ERNEST ST</p> <p>Welcome home to this Huge, Sprawling, Custom Built, Very Attractive, Ranch Style Home! No Kidding - there is 2,848 SF +/- of Living Area on One Level! Meander on the curved brick walkway and open the door to a very unique and private property! Half acre +/- level lot! In-ground pool, built-in hot tub, a poolside cabana w/kitchen & full bath, Gated driveway! Huge carpet/pavilion for entertaining! The interior is incredible w/separate wings for private family living & entertainment, separate BR suites, 10 rooms total! Currently has a long-term, established, successful in-home hair salon business! You Will Be Amazed! \$349,900</p>	<p>WEBSTER - 10 HIGHLAND ST</p> <p>Better than new young oversized 3 to 4 bedroom split entry on a dead end street! Hardwood floors! Granite counters! Forced hot water by oil! Above ground pool! Town water & sewer. 2 gar garage. So much more! Sold higher than asking price \$278,000</p>	<p>THOMPSON - 422 RIVERSIDE DR</p> <p>Roadside Oasis! Pride of Ownership! Close to 395! Ideal for anyone starting or has their own business, 30x40 Steel Building, 121 garage Door! 15 Foot Ceilings! Fully Insulated! Single Family - 3Bedroom, 2+ Bath - 1456 Sq Ft. Flat Level Lot, 1/2 Acre! Completely Renovated! Originally a 2 family converted to a Single Family Use, Security System! Stainless Steel Appliances! Town Sewer! Private Water! \$259,000</p>	<p>DUDLEY - 54 MILL RD</p> <p>ON DEPOSIT</p> <p>ON DEPOSIT "REFRESHED" Over-sized 3 Bedroom Ranch w/ Fireplace & 1+ Acres of lg Private Backyard on Courty Road! Lots of Updates! Fresh Paint & Refinished! Hardwood Floors Throughout New Heating/AC System New Lighting! Newer Windows! Kitchen has New Floor and Counters! Both Baths Have New Sinks, Counters and Toilet! First Floor Spacious Laundry Room with Cabinets and Closet for Extra Storage! NEW PRICE \$257,000</p>
<p>WEBSTER LAKE - 38 WEST POINT RD</p> <p>SORRY, SOLD!</p> <p>On Killdeer Island with 90 feet of water frontage on North Pond! This 3-4 bedroom, 2 car garage! All town services. House would make a good rehab or complete tare down, nice location justifies either. assisted sale \$449,900.</p>	<p>WEBSTER LAKE - 18 BATES XNG</p> <p>SORRY, SOLD!</p> <p>Privacy, view, and a lot of Land! 2+ acres! level waterfront with a natural shoreline, no walls. Private! 950 +/- SF of living area w/2 BRs & full bath. Plus, convenient, indoor access to Walkout Lower Level w/remendous potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Waterlily views across Middle Pond! Additional land & store frontage available. assisted sale \$950,000.</p>	<p>WEBSTER LAKE - 22 LAURELWOOD DR</p> <p>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. Landscap, Multiple Decks, Lakeside Cabana, 3 Mstr BR Suites w/Elegant 1st Flr 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.</p>	<p>LAND!</p> <p>WEBSTER/DUDLEY BUILDABLE LOTS</p> <p>Webster Lake - 16 Black Point Rd. Waterfront, Boat Access, Town Water & Sewer. \$52,000</p> <p>Webster Lake - 0 South Point Rd. Waterfront, Garage on lot \$144,900.</p> <p>Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water & Sewer \$229,900</p> <p>Oxford - 4 Leicesters St., 8.47 acres, mostly cleared \$149,900</p>	

On The shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

<p>WEBSTER LAKE - 32 JACKSON RD</p> <p>All reasonable offers considered! AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Located at the Southern most end of Webster Lake's South Pond beyond Cedar Island. Extremely Private with Direct Lake Access along a Delightful Level Peninsula. Launch a boat, fish & simply enjoy the lake in quiet solitude. Charming 2 BR, 2 Bath Ranch has a Full Finished Lower Level & walkout access to a screened-in patio, plus a detached garage! \$389,000</p>	<p>WEBSTER LAKE - 118 POINT BREEZE RD</p> <p>Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697 +/- SF Lot, 50' Rd, 50' Rd Water Frontage at a Great Price! Contemporary Ranch offers 950 +/- SF of living area w/2 BRs & full bath. Plus, convenient, indoor access to Walkout Lower Level w/remendous potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Waterlily views across Middle Pond! Additional land & store frontage available. \$345,000</p>	<p>WEBSTER LAKE - 91 SOUTH SHORE RD</p> <p>One of A Kind Property! - Gorgeous Panoramic Views of Reid Smith Cove! 90ft of Water Frontage, with privacy!! 3 bedrooms, 1 Bath & 2 half baths! Wet Bar! Appliances Included. Walk Out Lower Level Deck! 1 Car Detached Garage! Your own Private Boat Ramp. BOAT & DOCKS INCLUDED. Town Services! \$574,900.</p>	<p>WEBSTER LAKE - 32 WEST POINT RD</p> <p>On Killdeer Island! FIRST TIME OFFERED! Great for Swimming! Center Staged, Multi Level Stone Fireplace is the "Focus" of this Beautiful Custom Built Lakeside Contemporary! The Main Level is Complete with Fire Place! Living Room, Eat-In Kitchen, Full Bath and 2 Bedrooms! 2nd Floor offers a Private Master! Lower Level has Cozy Family Room, Office Area, Fireplace & Full Bath! Great for Over night Guests! Don't Let this One Get Away! \$585,000.</p>	<p>WEBSTER LAKE • 2 SOUTH POINT RD</p> <p>WEBSTER LAKE: PANORAMIC VIEWS OF WEBSTER LAKE! Great South Facing Location, 62' prime lakeshore, large deep lot 10,489sf, flagstone & concrete patios, full concrete walkway at water's edge, dock, retaining walls & stonework, privacy fence, storage shed, recently paved drive, plenty offstreet parking in driveway & area at roadside, spacious, year-round, 2 story Cape home, 4 BRs (1 on 1st flr), 2 full BRs, Harvey replacement windows, 6 year +/- young roof. NEW PRICE \$191,000</p>
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Auburn: BEAUTIFUL, totally renovated Ranch with 5 rooms 2 bedrooms. Hardwood floors. Open living room, dining room & Kitchen-great for entertaining! Kitchen cabinets, counters, & ss appliances all done within 8 years. Spacious updated bath with ceramic tile floor. Vinyl sided, updated roof, windows, central air. NICE NICE HOME! \$219,900.

Southbridge: Newer (2007) Home in desirable newer neighborhood! 5 room 3 1/2 bath! Huge living room with stone fireplace, sliders to deck. Brand new Stainless steel appliances in kitchen! Front to back step down family room! Updated roof & septic. Exterior painted in 2015. BEST PART 1.07 acres of PRIVATE LEVEL YARD! MINUTES TO PIKE & RT 84 to Hartford! \$229,900.

Sturbridge: Contemporary Colonial-unique layout! 6 rooms 3 bedrooms 1 1/2 bath! Huge living room with stone fireplace, sliders to deck. Brand new Stainless steel appliances in kitchen! Front to back step down family room! Updated roof & septic. Exterior painted in 2015. BEST PART 1.07 acres of PRIVATE LEVEL YARD! MINUTES TO PIKE & RT 84 to Hartford! \$229,900.

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DUDLEY

2 Family, ? - 3-1, ? - 2 -1, 1 Acre Lot, Solar Panel, Available immediately move-in
21 Intervale Rd ~ \$232,500

OPEN HOUSE SUN 10AM-NOON

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 3 1/2 Acre Lot
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6 acres \$115,000
1/2 acre \$39,900

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OXFORD

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Open House Directory

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

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SUNDAY, NOVEMBER 5				
DUDLEY				
21 Inwale Rd	M	10-12	\$232,500	Maria Reed 508-873-9254/ReMax Advantage 1
6 Fourth Ave	S	10-12	\$229,900	JoAnn Szymczak 508-943-7669/ReMax Advantage 1
OXFORD				
1 Carole Dr	C	12-1:30	\$189,900	Maria Reed 508-873-9254/ReMax Advantage 1
WEBSTER				
86 Upper Gore Rd	2-3		\$314,800	Maribeth Marzeotti/ReMax Advantage 1 508-864-8163
THOMPSON CT				
73 Pasay Rd	S	12-1:30	\$169,900	Maribeth Marzeotti/ReMax Advantage 1 508-864-8163

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Payments

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2014 Hyundai Santa Fe #H0071L • Serrano Red	\$18,399
2015 Buick Regal Turbo #38132L • Black Onyx	\$19,444
2016 Honda CR-V SE #H0014 • Crystal Black	\$20,477
2015 Subaru Forester #D8536 • Crystal Black	\$20,677

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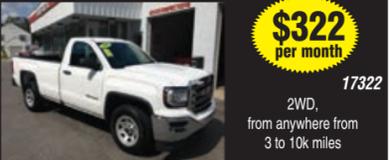


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Please Call (508) 885-2055 or email: marabus@charter.net for more information or appointment ***** <i>Need to Place a Classified Ad? Call 800-536-5836</i></p>	<p>MOVING SALE</p> <p>Hillsboro Full-Size Iron Sleigh-Bed with Box Spring & Mattress Excellent Condition \$1,000</p> <p>Walnut Dresser & Nightstand and Full/Queen Headboard Excellent Condition \$450</p> <p>Beige Reclining Lift Chair \$350</p> <p>White Couch and Blue Velvet Chair & Floral Chair \$450</p> <p>48" Round Slate and Cherry Coffee Table with Matching End Table \$500</p> <p>Antique Dining Room Set; Table w/ Six Chairs, Buffet Server, China Cabinet & Secretary Excellent Condition \$1,500</p> <p>Queen Size Hillsboro Iron Bed w/ Beautyrest Black Box Spring and Mattress Excellent Condition \$2,000 (508) 987-2419</p> <p>NEW BALANCE SNEAKERS 3 Pair Black Leather Walking Shoes Velcro Close, Never Worn! 9 1/2 Wide \$60/each (508) 637-1304</p> <p>NICHOLS and STONE Pedestal Dining Table 78"x60" plus 18" Extension, 6 Side Chairs \$800</p> <p>Harden Gold Wedge Sofa Excellent Condition \$400 (774) 241-0141</p>

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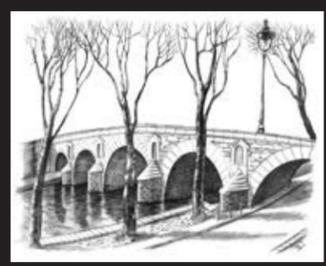
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LAW391A **\$50/WK**

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LAW1060 **\$73/WK**

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LAW998 **\$76/WK**

2014 GMC SIERRA



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LAW1019B **\$87/WK**

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LAW1080 **\$89/WK**

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LAW1020 **\$95/WK**

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LAW924 **\$95/WK**

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\$28,675

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LAW1094 **\$102/WK**

2014 FORD F-150



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LAW1101 **\$106/WK**

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LAW1005 **\$114/WK**

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LAW1007 **\$114/WK**

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LAW1042 **\$121/WK**

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LAW1024 **\$121/WK**

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Thank you to all who have sent in photos of their precious pets in adorable costumes, and to all of our SPONSORS for making this contest possible!

A special thanks to Big Y, Thibault's Poultry Country Store, and Klems, for providing the prizes for our winners.

Winners of \$25 gift cards will be announced in the November 17th issue.

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PETS

Helping Your Pet Survive An Emergency

(NAPS)

If you're like many pet parents, it's probably crossed your mind lately about what would happen to your animal if a natural disaster strikes.

The experts at the Centers for Disease Control and Prevention offer this advice: Make a plan and prepare a disaster kit for your pet. This can help make things safer for you, your pet and any first responders.

Make A Plan

1. Find out what shelters and assistance are available to accommodate pets.
2. Microchip your pets and register the microchip with the manufacturer.
3. Get a pet carrier for each of your pets and put his or her name, your name and contact information on it.
4. If you'll be sheltering at home with your pet, find an interior room with few or no windows and make sure it's pet friendly.

Make A Kit

The experts on animal care at Henry Schein Animal Health have these hints to help you create an emergency first aid kit for your pet.

- A book on animal first-aid
- Your pet's medical records
- Contact information for your veterinarian and a friend or family member familiar with your pet
- Spare leash and collar
- Food and water for at least two weeks
- Food and water bowls and a manual can opener
- Prescribed medication
- Gauze rolls and pads and adhesive tape
- Scissors
- Antiseptics
- Cotton balls

- Instant ice pack
 - Saline solution
 - Blanket
 - Dog waste bag, paper towels, antibacterial soap, litter box and litter
 - Milk of magnesia and activated charcoal
 - Anti-diarrheal pills
 - Flea and tick medicine
 - Sedatives
 - Artificial tear solution
 - Anti-itch cream
 - Water-based sterile lubricant
 - Animal bug spray
 - Styptic pencil
 - Rubbing alcohol
 - Epsom salts
 - Thermometer
 - Tick remover
 - Tweezers
 - Nail clippers
 - Needle-nose pliers
 - Syringe
 - Eyedroppers
 - Flashlight
 - Pet toys and bed (familiar items can help pets feel more comfortable)
 - Current photo of pet
 - A description of the pet, including age, sex, neuter status, colors and approximate weight.
- Remember, injured pets may be scared, in pain or confused, and even the most gentle pet may bite or scratch. Try to stay calm, move slowly, and handle your pet carefully. If possible, secure him or her in a carrier during transport.
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Close The Lid On Cat Litter Odors

(NAPS)

According to the ASPCA, there are more than 85 million pet cats in America. If one (or more) of them is yours, you may have noticed one aspect of cat companionship that's less than delightful: the litter box. Fortunately for cats and their humans, following a few steps can help keep the odor down and the litter box use up.

What You Need To Know

To help keep your home from smelling like cat litter, you need to have the right number of litter boxes and deal with them promptly and properly.

- Veterinarians recommend you have at least one more litter box than you have cats: two boxes for one cat, three for two and so on. That will make sure your cat always has a place to go.
- When adding the litter, don't overfill. Most cats prefer two inches of litter or less. Too deep, and your cat may not like his or her footing and opt to go elsewhere.

If your cat does miss the litter box, don't panic. If it's a onetime thing, treat the affected area with water, vinegar and mild soap and blot dry. If it happens a lot, consider moving your litter box, retraining your cat, or visiting the vet to make sure it's not a medical issue.

- Be diligent about cleaning the litter daily. One thing

that makes that a lot easier is a Litter Genie® Pail with its unique air-tight design and a seven-layer refill bag with odor barrier technology that locks away bad smells and germs. It holds up to two weeks of cat litter for one cat, so you can avoid constant trips to the trash. The Litter Genie Plus range also features an antimicrobial that inhibits odors caused by bacteria on the pail.

All you do is:

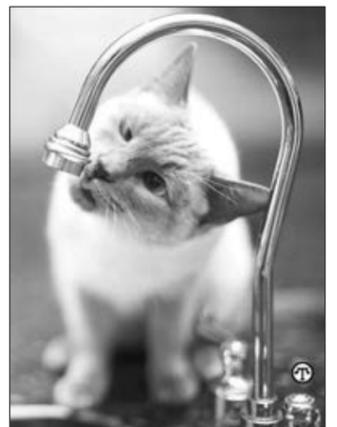
1. Scoop
2. Open the lid and drop the clumps
3. Pull the handle to lock it in.

It's that simple, and locking away used litter can help keep your home smelling fresh and your cat happy.

The refill cartridges last up to eight weeks with one cat, and the compact pail fits in bathrooms, under kitchen sinks and in other small spaces.

Contest For Cat Lovers

You can be part of the mission to banish cat litter odors from homes at #StopCatLitterSmell. Throughout May, the brand will give away 10 pails a week for four weeks across its social channels, Facebook, Twitter and Instagram, with one overall winner receiving over \$2,000 worth of prizes, including \$1,000 toward a chosen cat rescue, \$1,000 to splurge on your cat, and a Litter Genie Pail with a year's supply of refills.



LEARN MORE

Litter Genie® is available in Petco, PetSmart, Target, Walmart, Amazon.com, Chewy.com and other retailers where pet products are sold. For further facts and tips on cat care and litter odor control, go to www.littergenie.com.

For more details on how to enter the #StopCatLitterSmell competition, go to @littergenie on Facebook, Twitter or Instagram.

A little care on your part can help you enjoy the company of your feline friends without your company noticing litter box odor.

Keep Your Dog From Dining In The Litter Box

(NAPS)

If your home is like most, you share it with at least one animal friend. According to a recent Harris Poll, 62 percent of Americans have at least one pet; half of cat owners also have a dog; and a third of dog owners also have a cat.

Dogs and cats living together, however, can lead to a problem: Dogs like to dine out of the cat's litter box.

The reason may be boredom or instinct but most often it's due to a nutritional deficiency. Typically, cat feces contain lots of protein and fat and give off an odor that's very appealing to dogs. The result is a nasty habit that could lead to health issues if not corrected.

Fortunately, there's a solution to deter dogs from snacking on cat stools. You simply give tasty NaturVet Outta My Box soft chews to both the dog and the cat.



With a little help, your dog will curb the litter box snack shack urge.

Outta My Box is veterinarian formulated with patent-pending ProBioStrive and contains natural active ingredients that reduce the stool odors, making the litter box less desirable to dogs. They also help maintain an optimal GI balance in your dog to help him kick the cravings.

For more information, visit www.naturvet.com or call (888) 628-8783.

Creating A Pet

EMERGENCY

First Aid Kit

Here are some helpful items* to consider when making an emergency first aid kit for your pet. Store the items in a waterproof container. Make sure to note the seasonal items (e.g., winter blankets, season appropriate medicines, etc.) and expiration dates.

- A book detailing animal first-aid procedures and tips
- Copies of your pet's medical/vaccination records
- Contact information for your:
 - Veterinarian
 - Veterinary emergency clinic
 - ASPCA's Animal Poison Control Center (1-888-426-4435)
 - Friend or family member who is familiar with your pet

GENERAL ITEMS



PET-SPECIFIC SUPPLIES



- Spare leash and collar
- Cloth muzzle
- Prescribed medication records-
It is always a good idea to have an extra supply of pet's prescribed medications.
- Bottled water & bowl
- Bag of food (Be sure to mark the date of storage to replace as needed)
- Dog waste bag, paper towels, antibacterial soap

- Gauze rolls and adhesive tapes - Used to control bleeding and provide support for suspected bone fractures or breaks

- Bandage scissors
- Self-adhesive bandages (does not stick to fur)
- Antiseptic products - Used on cuts and scratches to prevent infection and relieve pain
- Cotton balls
- Gauze pads (for wound cleaning)
- Instant ice pack
- Saline solution
- Blanket
- Pet carrier

FIRST-AID SUPPLIES



OVER-THE-COUNTER ITEMS



- Milk of magnesia, activated charcoal for ingestion of poisons
- Anti-diarrheal pills
- Flea and tick medicine
- Sedatives
- Artificial tear solution
- Veterinarian suggested allergy medicine, such as Diphenhydramine
- Anti-itch cream
- Water-based sterile lubricant
- Animal bug spray
- Styptic pencil to stop bleeding
- Rubbing alcohol
- Epsom salt
- Glucose paste or corn syrup for animals that are diabetic or have low blood sugar

Keep in Mind...

When an animal becomes ill or requires emergency first aid care, the veterinarian should be contacted immediately.

- Thermometer
- Tick remover
- Tweezers
- Nail Clippers
- Needle-nose pliers
- Syringe
- Eye droppers
- Pen light/ Flashlight

USEFUL TOOLS



REMEMBER!

- Injured pets may be scared, in pain, or confused
- Even the most gentle pet may bite or scratch
- Take precautions to avoid getting hurt:
 - Avoid mouth
 - Do not smother the pet
 - Stay calm, slowly move, and handle carefully
 - Stop if pet becomes agitated
 - Use a muzzle, but only if animal is not vomiting
- If possible, secure animal in a carrier during transport.
- To avoid distraction and provide comfort, have someone ride with you or drive to the veterinarian.



* This is a comprehensive list of suggestions; you may include any items that best fit your needs
Sources referred to:
https://business.avma.org/files/productdownloads/LR_COM_FirstAid_010816.pdf
<https://www.avma.org/public/EmergencyCare/Pages/First-Aid-Tips-For-Pet-Owners.aspx>
<https://www.avma.org/public/EmergencyCare/Pages/Supplies-Checklist.aspx>
http://www.humanesociety.org/animals/resources/tips/pet_first_aid_kit.html



Titan the Lion from Spencer



Wally from Worcester



Walter from Sturbridge

PETS

Foods that cats and dogs should never eat

Nutritious diets are essential to long-term pet health. Many well-intentioned pet owners feed their pets foods they believe are nutritious, only to learn that certain foods, even those deemed healthy for humans, can be quite dangerous to dogs and cats.

Cats and dogs metabolize foods and other substances differently from humans. WebMD reports that each year, there are more than 100,000 cases of pet poisoning in the United States. Many of these instances were caused by household substances that may seem perfectly harmless. Medications, cleaning products and certain foods can poison pets. Dogs tend to be at higher risk for food poisoning, particularly because they



are less discriminatory with regard to food.

Before caving into the temptation to share snacks with their pets, pet owners should recognize the common foods the ASPCA and other pet welfare organizations list as the most likely to contribute to pet poisonings worldwide.

- **Chocolate:** Chocolate is accountable for roughly one-quarter of all toxic exposures. Chocolate contains methylxanthines, which are found in cacao seeds. When ingested by pets, methylxanthines can cause excessive thirst and urination, panting, vomiting, diarrhea, abnormal

heart rhythm, and seizures. Serious cases can be fatal. Dark chocolate and baking chocolate are especially dangerous for pets.

- **Grapes/raisins:** Grapes, raisins, sultanas, and currants, whether raw or cooked, can cause kidney failure in dogs. Not all dogs are affected. However, these fruits should be avoided. Symptoms include lethargy, diarrhea and vomiting within 24 hours of consumption.

- **Hops:** Commonly used for brewing beer, hops have become a greater risk for pets now that home brewing as a hobby or side business has become popular. When ingested, hops can cause a rapid heart rate, anxiety, vomiting, and other abdominal symp-

toms. Essential oils and tannins in hops also can cause high fever when pets ingest them.

- **Macadamia nuts:** These nuts can cause depression, vomiting, tremors, and hyperthermia in dogs.

- **Milk and dairy:** Do not give dogs and cats milk to lap up, and avoid giving them high amounts of cheese and other dairy foods. Pets do not possess significant amounts of lactase, the enzyme that breaks down lactose in milk. Therefore, diarrhea and digestive upset is likely to occur when pets consume dairy.

- **Onions/garlic:** These aromatic ingredients are not a good idea for pets, particularly cats. Onions contain an ingredient called thiosulphate, which is toxic to cats and

dogs. The ingestion of onions and onion-related foods can cause a condition called hemolytic anemia. This is damage to red blood cells that causes the cells circulating throughout the pet's body to burst.

- **Xylitol:** Keep pets away from sugarless gums and candies that contain Xylitol, which also may be used in toothpaste. The substance causes insulin to release in most species, which can lead to liver failure.

Pet owners should be aware that the foods they eat regularly may not be safe for their pets. Always consult with a veterinarian before giving pets foods commonly eaten by humans.

Recognize and relieve sources of pets' stress



Stress can affect anyone, even household pets. Although life may seem foot-loose and fancy free for companion animals, they have their share of stressors as well.

It may be hard to believe that dogs, cats, birds, and other animals can suffer from stress. But certain situations or scenarios may trigger a stressful response in pets, and pet owners should learn to recognize such stressors and do what they can to help pets avoid them.

Research indicates that stress, especially constant sources of stress, can impact pet health and well-being. A 2011 study published in the *Journal of Physiology and Pharmacology* found that when dogs are under stress, their bodies release an excessive amount of the fight or flight hormone norepinephrine. This can alter gut bacteria and interfere with gastrointestinal tract motility. Resulting diarrhea can compound stressful situations and exacerbate the situation.

The pet advice site Pet-Happy says that, during stressful situations, pets' blood pressure may climb, breathing may become more rapid, heart rate may increase, and the immune system can become less effective — instances that would also occur in humans. Various studies show that stress can be a contributing factor to disease.

Animals experience stress for different reasons and exhibit stress in ways that set them apart from one another and their human companions. The following is a breakdown of what may contribute to stress in birds, cats and dogs.

BIRDS

According to James Morrissey, a veterinarian at the College of Veterinary

Medicine at Cornell University, birds are very good at picking up stress in people, which may contribute to their own stress. It can be challenging to determine what is causing stress in birds. However, the appearance of stress bars on feathers, the sudden onset of aggression, fearful behavior, changes in appetite, and destructive behavior can indicate that stress is present.

CATS

Cats can become stressed over situations their owners may not consider major. Loud music and noises, changes in food or litter brands, having new carpet or furniture installed, or a number of visitors in the home may be stressors, says Pam Johnson-Bennet, author and cat behavior expert. Some of the easiest stress symptoms to spot include excessive self-grooming, urine spraying, aggression, extreme vocalization, and eliminating outside of the litter box.

DOGS

The British Small Animal Veterinary Association's "Manual of Canine and Feline Behavioural Medicine" says that some of the most common dog stress triggers are novelty, housing changes, loud noises, changes in household members, and changes in schedule. Dogs may exhibit stress through appetite changes, isolation, digestive issues, lethargy, and increased sleeping.

Once stress is identified apart from any other health issues, pet owners can take steps to reduce it. Providing a security spot to which the pet can retreat, regular exercise, mental stimulation, and gradual changes to routine, diet or other things a pet has relied on can help.



A warm coat, a cozy spot to sleep and limited time spent outdoors can keep pets safe during winter.

How to keep pets safe in winter weather

The arrival of cooler temperatures sparks various changes. Chilly air and precipitation can be dangerous, especially to pets that are unaccustomed to extreme changes in temperature.

Pet owners may be well aware of the hazards of warm weather, including the threat of leaving pets in hot cars. But cold weather also has its share of risks. Heed these tips to keep pets safe and secure.

- **Schedule a well visit.** The American Veterinary Medical Association suggests scheduling a visit with a veterinarian to check for any medical issues. Cold weather can aggravate symptoms of certain conditions, such as arthritis. A thorough examination can shed light on potential problems.

- **Keep homes humidified.** Going in and out of the house and moving from cold air to dry indoor heat can affect pets' skin. Itching and

flaking may result, causing pets to scratch at such areas. Maintain humidity in the home for comfort. The ASPCA also says to reduce bathing to help preserve essential oils on the skin.

- **Protect paws outdoors.** Pet paws are sensitive to sand, ice, snow, and chemical ice melts. Massage petroleum jelly or another protectant onto paw pads, or consider the use of pet booties.

- **Keep pets indoors more often.** Pets should not remain outdoors for long stretches of time in frigid temperatures, even if they are accustomed to roaming during other seasons, advises The Humane Society of the United States.

- **Provide options for sleeping.** Come the winter, cats and dogs may need new sleep spaces to avoid drafts and stay warm. Give them other spots they can call their own.

- **Consider a sweater or**

vest. Some pets are more tolerant to the cold than others. However, some dogs and cats may benefit from a sweater, vest or coat designed for pets to offer a little more insulation.

- **Update identification and contact information.** Snow and ice can mask scent cues that help pets find their way home. Update contact information and make sure pets' collars are on tightly.

- **Keep coolant and antifreeze locked away.** Coolant and antifreeze are lethal to dogs and cats and should be kept out of reach. Clean up any spills from vehicles promptly.

- **Provide fresh food and water.** Pets may burn more calories trying to stay warm. Be sure the animal has a little extra food and plenty of water to stay sated and hydrated.

Winter weather requires pet owners to make changes so pets can remain happy and safe.





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Hank the mummy from North Brookfield



Iris from Leicester



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