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Nexamp opens regional office in Sturbridge

Gus Steeves Photos

The whole Sturbridge Nexamp staff. President Zaid Ashai is second one to the right of the table.

BY GUS STEEVES
CORRESPONDENT

STURBRIDGE — You’ve probably never heard of Nexamp by name, but have probably passed several of their large solar arrays while driving through the region.

The firm inaugurated its central Massachusetts headquarters last week, claiming a space on Hall Road in Sturbridge.

“We’re excited to be here and looking forward to having a space to conduct the business we need to do,” said Construction Director Jen Delaney, who noted the firm’s area workforce has been working out of homes and trailers for some time now.

Town Administrator Jeff Bridges was

Please Read **NEXAMP**, page **A6**

Library to close for renovations

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE — The Joshua Hyde Public Library will close later this month for a two-week renovation project.

Beginning on Tuesday, Oct. 29, the renovation will focus on the main floor of the 306 Main Street building. New paint, furnishings, and lighting will greet patrons when the library reopens on Nov. 15.

Library officials and patrons alike are looking forward to the project, which will bring a fresh feel to the classic building.

“Nothing significant has been changed to this area since the addition was built in 1989, and it is time for a facelift,” read a statement released by Library Director Becky Plimpton.

Patrons are encouraged

to take out several materials before the renovation, and they are welcome to keep the items until the library reopens. No materials will be due back to the library during the period when the building is closed, and no fines will be assessed.

The library and its book drop service will be unavailable for returns when the building is closed. If you must return items during this period, please use other C/W MARS locations. For a list of neighboring venues, visit www.cwmars.org.

Additionally, holds will not be available for pickup at the library during the temporary closure. Requests will be suspended until the library reopens, and you will not lose your place in the line.

If you would like to pick up your holds at another library

Please Read **LIBRARY**, page **A4**

Victim of recent fire identified

BRIMFIELD – Officials have identified Michael Goodwin, 56, as the victim of last month’s fatal house fire at 35 Oakwood Rd.

Investigators determined that the Sept. 25 fire was intentionally set,

and Goodwin’s death is believed to be a suicide, officials said. State Fire Marshal Peter Ostroskey, Brimfield Fire Chief Brendan McCarthy, and Brimfield Police Chief Charles Kuss all joined in the investigation of the

fire.

Upon arrival at the residence, firefighters had to force entry into the single-family home because the doors were barricaded from the inside. After entering the home, firefighters found Goodwin

overcome by heavy smoke. Firefighters performed CPR and transported him to Harrington Hospital, where he succumbed to his injuries.

Investigators determined that the fire had multiple points of ori-

gin inside the home. An accelerant detection canine indicated that an ignitable liquid was used to spread the fire, officials said. Samples were sent to the State Police Crime Lab for confirmation.

“The investigation team has determined that the fire was intentionally set. The investigation has concluded, and there is no threat to the public,” Ostroskey said.

Please Read **FIRE**, page **A7**

A day for healing

STURBRIDGE – Healing was the aim of the day at the Host Hotel Sunday, as area nonprofit Pink Hippy brought together a variety of alternative practitioners to share their skills and ideas in the Integrative Therapies Expo. Among other

things, attendees could get short sessions of massage, reflexology and yoga, learn meditation practices and nutrition tips, and listen or meditate to Native American flute music, Celtic harp, and guitar. They could also access various resources for dealing with breast cancer (Pink Hippy’s overall focus), learn about medical marijuana and acupuncture, and get some free food.

Please Read **HEALING**, page **A7**

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Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible

and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or

underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained



swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that

can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the

nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.

Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found

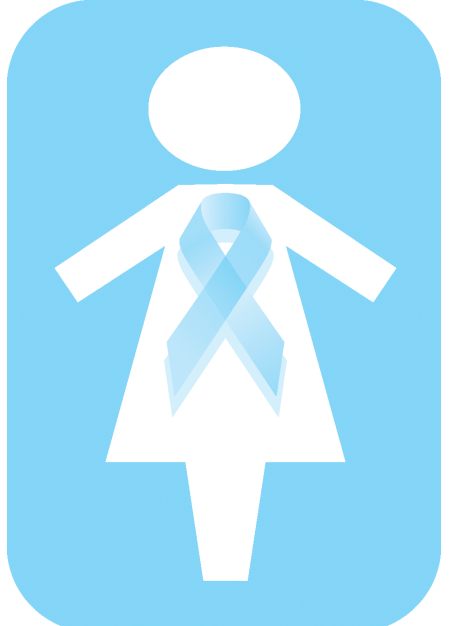
a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl

Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn't to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal.

Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl's risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.



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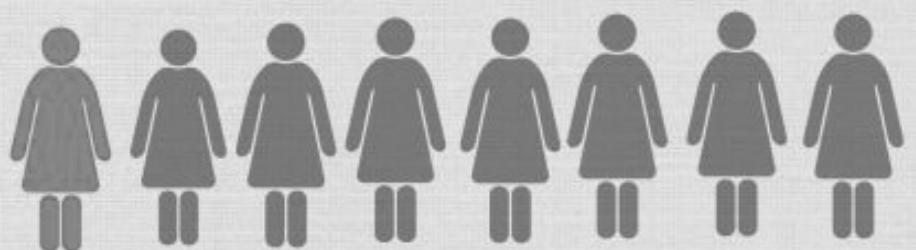
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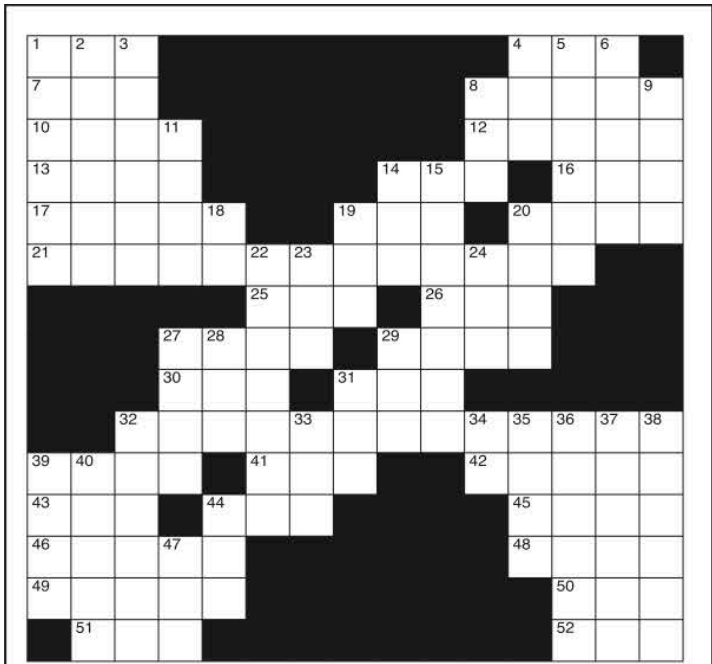
BRIMFIELD — Following is the schedule of events and activities for next week at Hitchcock Academy.

Monday, October 21

REMINDER: You can sign up for all classes and find more information regarding classes on our website: hitchcockacademy.org and please like us on Facebook.

FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Monday: Playgroup 9-11 AM; bring a snack. Questions? Contact Cheryl Cameron at union61@tantasqua.org

W E I G H T WATCHERS: Traditional Weight Watchers meetings! Times: Weigh-in/



CLUES ACROSS

1. Computer key

4. Periodical (abbr.)

7. Hot beverage

8. Capital of Ghana

10. Shrek is one

12. Behemoth

13. Good friend

14. Form of "to be"

16. Where travelers rest

17. European country

19. Everyone has one

20. Pop

21. Feelings of anxiety

25. Small amount

26. Moved quickly

27. Common name for a type of frog
29. Free from psychological disorder

30. 8th month (abbr.)

31. Basics

32. Transcending national boundaries

39. Natives of Kashmir

41. Returned material authorization (abbr.)

42. Cigar wrapper

43. Brew

44. Popular video game series

45. Abba __, Israeli politician

46. Jewelled headdress

48. French cleric

49. Bizarre

50. Unit of measurement

51. Foul-mouthed Hollywood bear

52. "Partridge Family" actress

CLUES DOWN

1. Type of bomb

2. Smooth

3. Clothing pattern

4. Defunct phone company

5. Something to take

6. Type of piano

8. Consumed

9. "Pitch Perfect" actress Kendrick

11. Ray-finned fish

14. Heat storage stove

15. Shrink back

18. Yukon Territory

19. Connects words

20. Sound unit

22. Furniture with open shelves

23. Cool!
24. 007's creator

27. Source of the Nile River

28. Not safe, but ...

29. Helps little firms

31. Comedienne Gasteyer

32. Conceptualize

33. Root mean square (abbr.)

34. Integrated circuit

35. Evergreen trees and shrubs genus

36. Apprehended

37. Suitable for growing crops

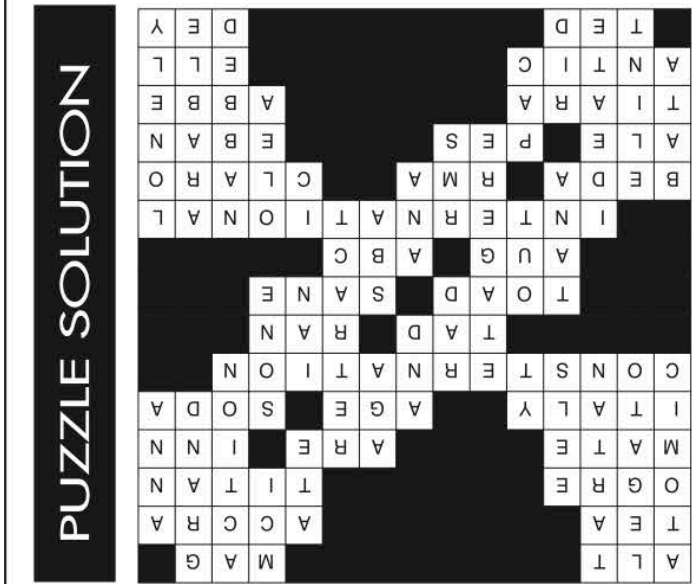
38. Isolated

39. Footwear company

40. Electronic intelligence gathering

44. Political action committee

47. Free of



Registrations: 5:30PM Meeting: 6:00 PM Leader: Angela Kramer. Visit www.weight-watchers.com to become a member or to learn more about Weight Watchers.

SEN-I JUDO CLUB: 4:30 – 6 PM For the months of September, October and November this course is FREE. It runs all year long and is well suited for all levels of practitioners including beginners! Call Sensei Israel Lopez 413 279-4330 for more information.

ASTRONOMY: 6-8 PM A seasonal look at stars, constellations and planets. Class utilizes planetarium software for a realistic presentation. Optional outdoor viewing, if conditions permit after the talk. Fee: \$20 Instructor: Kevin Kopchynski

Tuesday, October 22

ART GROUP: 9 – 11:30 AM Bring your own art and enjoy the company of other artists as they explore and encourage each other in creative adventures.

Wednesday, October 23

WATERCOLOR: 9:30 – Noon For all levels – ongoing watercolor classes with new paintings every three weeks. Instructor: Beth Parys. For more information and to register call: 413.245.3295

FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Music and Movement: 9 – 10 AM

BUDDIES DOG TRAINING: 6:30 – 7:30 PM (6 classes) A dog training basics class for canines of all ages (puppies are welcome.) It provides positive training methods, good management practices and problem-solving strategies. Vaccinations must be up to date. Fee: \$130 per dog. Instructor: Laurie Merritt, MED, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

GENEALOGY/FAMILY HISTORY: 6:30 – 8:30 PM The class you need for research into your descendants. Uncover new truths by learning both online and offline research. Instructor: Dave Robinson, Old Bones Genealogy of New England. Four classes Fee: \$45

Thursday, October 24

FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Thursday: STEM Experiments 9-10:30 AM. Bring a snack. Questions? Contact Cheryl Cameron at union61@tantasqua.org

VIOLIN LESSONS: 2-5 p.m. Instructor: Linda Day Newland, violinist in the Austin Symphony Orchestra for 22 years. Lessons available for all ages and all levels

SEN-I JUDO CLUB: 4:30 – 6 PM For the months of September, October and November this course is FREE. It runs all year long and is well suited for all levels of practitioners including beginners! Call Sensei Israel Lopez 413 279-4330 for more information

FENCING: 6:15-7:15 Youth and adult classes with Andy Bloch.

K9 NOSEWORK® 7 – 8:30 PM. This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MED, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

AMERICAN SIGN LANGUAGE: 7:15 – 8:15 PM. Learn this visual language using hands as well as facial and body expressions. Laughter guaranteed. Instructor: May Marques, Rehabilitation Counselor for the Deaf, MA Rehabilitation Commission.

Friday, October 25

ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Time: 7:30 PM

WINTERTIME BACKYARD BIRDING: 6:30 – 7:30 PM Basic winter bird identification and backyard feeling hints. Submit questions in advance online if you have them. Fee: \$12; Instructor: Bill Cormier

Saturday, October 26

FARMER'S MARKET: 9 AM – 2 PM Enjoy the area's freshest offerings of meat, eggs, fruits, vegetables, plants and more. THIS IS THE LAST ONE OF THE SEASON. SEE YOU IN THE SPRING.

HALLOWEEN BAGS/MASK MAKING: 10 AM – Noon; Drop in and create your own Halloween mask and bag. Materials provided. Follow our samples or let your imagination guide you. Free will donations are optional.



CourtesyPhoto

STURBRIDGE RESIDENT RECEIVES THE KEYS TO A BRIGHTER FUTURE

On Oct. 7, Joseph Schepper received a life-changing car from Good News Garage. His used 2003 Volkswagen Passat, donated by a generous New Englander, will transport him to a brighter future. Schepper is just one of more than 5,000 recipients of a vehicle from Good News Garage since the nonprofit began providing reliable transportation to local people in need in 1996. Good News Garage works with the Massachusetts Rehabilitation Commission (MRC) to provide refurbished, donated vehicles to Massachusetts residents who otherwise could not afford to purchase a car. Schepper's car will be used to transport him to his job as a security guard an hour away from his home, as well as to life's other critical activities.

LIBRARY
continued from page 1

during the closure, you can change the pickup location by logging into your account. If you need further assistance, please call the library at 508-347-2512 before Oct. 29.

Meanwhile, the library is looking for volunteers to help move materials out of the building and return them following the renovation. The job requires the ability to lift 10-15 pounds, as well as a great attention to detail. If you are interested in volunteering during the project, please send

an email to bplmilton@cwmar.s.org or call 508-347-2512.

During the renovation, the library will continue to hold ongoing programs and events at the Sturbridge Senior Center (480 Main St. in Fiskdale).

Ongoing programs include fall story time with Ms. McDonald (Nov. 1 at 10:45 a.m.); and Recipes for Adventure Book Club (Nov. 5 at 1:30 p.m.).

On Wednesday, Nov. 6, at 6:30 p.m., Kenneth Gloss will deliver a presentation. The proprietor of the internationally known Brattle Book Shop in Boston's


Downtown Crossing, Gloss will give a free talk discussing the value of old and rare books. Following the talk and question-and-answer session, he will offer free verbal appraisals of books that attendees have brought with them.

On Wednesday, Nov. 13, at 6:30 p.m., Armchair Travelers Book Discussion author James Glickman will discuss his book, Crossing Point.

For more information about upcoming programs at the library, call 508-347-2512.



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VILLAGER ALMANAC

— REAL ESTATE —

STURBRIDGE

\$287,000, 588 Main St, Smith, James D, to Jorge, Kimberly M.

\$250,000, 32 Maple St, Heske, Edward E, to Chick, Lee C, and Chick, Arin L.

\$60,000, 246 Holland Rd, Auger, Frank T, and Auger, Rebecca E, to Simac RT, and Harrity, James M.

Local community garden awarded \$6,000 grant



STURBRIDGE — The Community Food Collaborative was recently awarded a \$6,000 grant from The Last Green Valley (TLGV) National Heritage Corridor. Funds for this grant come from TLGV's new Community Enrichment Grant Program. Projects that qualify must demonstrate tangible results and lasting benefits to the community as well as advance the visions and strategies of Vision 2020, the management plan for TLGV National

Heritage Corridor.

"We are very excited to receive this grant," said Joe Coan, the garden's president. "As specified in our application, funds from the grant will be dispersed on a reimbursement basis and matched 1:1 by cash or in-kind contributions. We plan to use the funds to expand the irrigation system we installed to half of the garden this season. We also want to replace the existing plastic fence with a

new metal fence that can withstand the critters chewing through it which we experienced repeatedly this year."

Awarded at the end of September, the Community Food Collaborative garden has one year to complete the projects specified in the grant and to submit documentation for review and approval.

The Community Food Collaborative garden is a volunteer-driven project of the Rotary Community Corps of Sturbridge and Southbridge. All the organic vegetables raised in the garden are donated to the Saint John Paul II Food Pantry in Southbridge. Over 3,000 pounds were donated so far this year and a few vegetables are still growing. The garden is located behind the Sturbridge Town Hall near the lower parking lot. Visit the progress of the CFC garden on their Facebook page at www.facebook.com/CFCGardens/ or on their Web site at <http://cfcgarden.org>.



ACCURACY WATCH

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

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

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

REAS Foundation hosting lottery calendar fundraiser

CHARLTON — The Charlton REAS Foundation is a 501c3 non-profit organization providing qualifying senior citizens in the town of Charlton with energy assistance including heat during the winter months and air conditioning or support with electric bills during the hot summer months.

Last year, the Charlton REAS Foundation awarded 45 senior citizens with heating/cooling assistance totaling \$17,400. REAS is now taking applications for the 2019-2020 heating season, which began Oct. 1 and will run through April 30. Assistance for this program would not be possible if it weren't for our annual fundraisers and the generous donations of local businesses, organizations and individuals.

Lottery calendars are drawn each day in the month of

February. Calendars are just \$10 each, and are available at the Charlton Senior Center, or you may download them from the REAS Web site at www.reascharlton.org. The grand prize of \$500 will be drawn at our annual "Taste of the Towns" event, to be held on Leap Day (Saturday, Feb. 29). The Taste of the Towns brings together a variety of local food and beverage vendors for guests to sample at a tasting. Also offered are silent auction items, raffle items, door prizes and more. For more information, call (508) 868-5289 or see the flyer on our Web site.

Thank you for your support, and please know your donation can make a difference in the lives of our most vulnerable citizens.

If you need assistance or you know someone who does, please

call (508) 868-5289. If you'd like to send a donation, address to Charlton REAS Foundation, P.O. Box 793, Charlton, MA 01507. Charlton REAS Foundation Board of Directors: Debra Ciesluk, Ed Ciesluk, Michael Cunningham, Ray Delisle, Carl Ekman, Darlene Emco-Rollins, Kathy Kaczynski, Dorothy LaChance, Elaine Materas, Katherine Pariseau, Jean Vincent, Sabrina Webb.

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Fayth
Age 10

Hi! My name is Fayth and I like donuts!

Fayth is an active girl of African American/Caucasian and Cape Verdean descent. Like most children Fayth's age, she loves to play and run around! She enjoys opportunities where she can get her face painted and donuts are her favorite snack. Fayth is an excellent student who does very well in school.

Fayth is legally free for adoption and would do well in a loving, structured home environment with a single mother or two-parent family. Fayth currently lives with a female child who is the same age as her and they are doing very well together. Interested families should be able to maintain the Open Adoption Agreement with Fayth's birth mother, and the connection she has with her two sisters. They should also be open to supporting Fayth's needs when it comes to her hearing loss.

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

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

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

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Selectmen seek consistency in lowering of flags

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen has adopted a new policy in order to ensure that the American flags on town properties are properly lowered on appropriate occasions.

The topic was added to the agenda for a Board of Selectmen meeting in late September after Selectman Bill Borowski was contacted by a concerned citizen when it was noticed that flags weren't

properly lowered to half staff to recognize the anniversary of Sept. 11. Town hall officials also confirmed they were contacted about the mistake, calling it an "erroneous error." While officials noted that at the time, the town hall was dealing with a malware attack, that was not considered an excuse for overlooking lowering the flags out of respect for the lives lost 18 years ago.

Selectman David Singer said he requested adding the item to the Sept. 24 meeting agenda after hearing of the commu-

nication Selectman Borowski had received from a citizen. He acknowledged that in the past the town had looked to the state for when flags should be lowered to half staff, but going forward, it should be normal practice for Charlton to lower the flags as they see fit without needing to be reminded.

"It never should have happened in the first place. One thing I will point out is, this town has, in the past, not relied upon the state to be our guide for what's right and I think that going forward this town

should continue to follow that course," Singer said.

Selectmen unanimously approved a new policy that will allow for a more organized approach to lowering the flags at all town buildings without relying so heavily on notifications from the state. The policy will also reportedly allow for more consistency by making sure all buildings are aware of days when they need to lower flags even if the state doesn't provide a reminder. After hearing the initial complaints Selectman Bill Borowski said

he was happy to see the topic addressed at the meeting.

"I think it was just more of a discussion to let everyone know that, look, a mistake was made, we're really sorry, it obviously was not intentional and basically just to talk through it and say let's just figure out how to do this going forward," Borowski said. "If we need a formal policy then so be it, but let's apologize and figure out some way that it doesn't happen again."

New exhibit shows local artists 'connected in nature'



Doreen LaScola and Piya Samant are showing together at Jacob Edwards Library all month. Behind them is one of LaScola's paintings called "Hidden Jewel," a scene of Doane's Falls in Royalston.

BY GUS STEEVES
CORRESPONDENT

SOUTHBIDGE — For artist Piya Samant of Auburn, this month's show at Jacob Edwards Library is a sort of homecoming. She's shown in town three times, twice here.

"It's always incredible to show here," she said. "It's lovely they do it here, and great Margaret [Morrissey] takes the

initiative."

This time, though, Samant is showing with a newcomer to town, Doreen LaScola of Winchendon, but the two are far from strangers. They've shared two previous billings, both at Worcester's Sprinkler Factory, but said they've yet to paint together.

"It's wonderful to offer them thematically-linked shows tied into the hap-

penings in the wider world," Morrissey, the library director, said.

She was referring to the fact the show's title is "Connected in Nature" and is part of this month's Last Green Valley Walktober calendar of events.

"I think it's really significant we change our environment every month because of what the artists bring," she

added. "Southbridge has a few places people can compare and contrast art styles – here, the Arts Center, Starlite. ... For anybody who wants to lose themselves in peaceful thought, you can sit and look and dream."

For both Samant and LaScola, that kind of inspiration often comes from Nature. LaScola said she tries to "capture the wind, the cold, the leaves rustling. ... This revives me somehow."

But she initially did not like what's termed "plein air" painting (that is, outdoors), "but I kept going until I didn't hate it anymore," she said. In the studio, her paintings are mostly abstract, although she actually uses a wide range of media, including woodcuts, acrylics, oils and encaustic.

To Samant, artistic expression blends cultures. She grew up in Gujarat, India, where there's "a lot of color in the fabrics and textiles, but everything is concrete, so I like to incorporate the flora and fauna of New England." She especially likes sunrise and tries to get up to see and photograph it wherever she travels because it's "different everywhere."

Her art career started

at age 4 or 5 with drawing, then portraits, which she still loves, but she wants "to explore everything until I commit to something."

"[Portraits are] a great way to connect with another human being and learn about their personality," she noted.

LaScola also started with drawing, but in a somewhat curious subject.

"When I was young, I was fascinated by hobos and jumping on trains," she said. "My brother helped me draw my first hobo."

Like Samant, LaScola has "the travel bug," and fulfilled it for a while as a stewardess before landing at the Minneapolis College of Art and Design. That "opened up my eyes and gave me a vehicle to express myself I didn't have before."

After college, she spent 35 years as a graphic designer, but that was just to make a living.

"When I'm making art, I breathe," she said.

Over the years, her approach has changed. Initially, she "got an image and that's what I was working on," LaScola said. But now "sometimes I just go in and see what I get,"



Two of Piya Samant's entries in this month's art show.

because of working in plein air, whether she's outdoors or in the studio.

Both women are members of ArtsWorcester, and Samant said "They've been really helpful for my art career. Any emerging artists can really benefit from them."

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

Fatal collision shuts down Route 20

BRIMFIELD – Route 20 was closed for several hours following a fatal two-vehicle accident last week.

The head-on wreck took place on Oct. 11 at approximately 2 p.m. near the intersection with Holland Road. The collision involved a 2019 Nissan Versa and a 2015 Volvo S60. The driver of the Nissan, a 58-year-old man from Brimfield, was pronounced dead at the scene.

The driver of the Volvo, a 52-year-old man from Brighton, was transported to an area hospital with serious injuries.

Troopers assigned to the State Police Sturbridge barracks responded to the scene, as well as Brimfield Police and Fire. Traffic in the area was heavily congested until approximately 5 p.m.

The wreck remains under investigation by the State Police Collision Analysis and Reconstruction Section, the Hampden County State Police Detective Unit, and the Office of the Chief Medical Examiner.

As of press time, police had not released the name of the victim. No charges have been filed.

NEXAMP
continued from page 1

equally optimistic.

"It's a good addition to the Sturbridge business portfolio, particularly on the high-tech side. I hope they find the region welcoming," he said.

Moments later, he told the Nexamp staff, "We've got some great technology businesses in town. I was surprised when I got here at the level of tech we enjoy. You're welcome to be part of that."

According to the state's Corporations Database, Nexamp is a Delaware-based company founded in November 2007 and registered in Massachusetts January 2008. At the time, it described its activities to be "[a] full range of activities with respect to energy and carbon reduction," but completely changed its board of directors in May 2019. As of its most recent annual report (for 2018), the firm describes itself as a "photovoltaic energy assets holding company."

In practice, President Zaid Ashai said Nexamp "started being an installer of solar, wind and geothermal" but since 2013 has been the "developer, owner and operator" of commercial solar arrays. The Sturbridge office is the firm's third in the state (after Boston and Haverhill), and it also has branches in Chicago, New York and Washington, D.C.

"Solar technology continues to improve, so the cost continues to be driven down," he said.

He expects to see a lot more solar on rooftops and parking lots, but also improved battery storage systems that will "allow us to behave like a baseline [energy] source."

That has long been solar's key stumbling block – the fact the sun isn't always shining and the quality of energy storage systems has been somewhat behind that of the panels themselves. But with improvement in the latter and overall modernization of the grid, Ashai said he expects solar to

eventually provide 30-60 percent of the nation's energy supply.

According to the National Renewable Energy Laboratory's solar update for May 2019, the US now has about 11 gigawatts of solar capacity representing 2.3 percent of total electricity generation. That's expected to double by 2022. Overall, renewables account for 22 percent of capacity and 18 percent of actual generation (including solar, geothermal, wind and hydro but not nuclear).

Those numbers are just a starting point compared to the laws several states have already set requiring 100 percent alternative energy supplies by 2050 – California, Nevada, Washington, New Mexico, Puerto Rico, District of Columbia and Hawaii. The governors of seven other states have either signed executive orders or pledged to do so, including Massachusetts, the NREL report states.

A bill now in the Legislature, S. 2005, calls for 2000 MW of energy storage by 2030, sets a greenhouse gas reduction goal of "not less than 75 percent below" 1990 levels by 2040, and requires public fund divestment from fossil fuels by 2026, but does not specify percentages for various kinds of alternative energy sources.

Such laws are driven by generally awful predictions about the impact of climate change if we do not act soon. According to data from the National Oceanic and Atmospheric Administration website, the global average temperature is now 0.79 degrees Celsius (1.42 degrees Fahrenheit) above the 20th-century average, with almost all of that warming happening since 1980. Projections for the future range greatly, largely dependent on whether atmospheric carbon keeps growing, levels off or declines. The best IPCC model (RCP 2.6) shows a roughly stable temperature slightly above that of the present through 2300. The worst (RCP 8.5) projects an increase that ranges from 3 degrees Celsius to more than 12 degrees Celsius above present by 2300. The wide range is in part because scientists do not yet have a good handle on numerous natural feedback loops that might be triggered by such events as melting permafrost and sea ice or ocean acidification.

"If we do not address climate change by 2050, the future for the next generations is dire," Ashai told his Sturbridge staff. "The consequences will cost us a lot more than we can bear."

Ashai said Nexamp aims to help build "virtual powerplants and microgrids" and other things that can allow the energy system to support alternatives over the long term.

Doing so, he said, will "allow energy



Sturbridge Town Administrator Jeff Bridges, center, talks to Nexamp Senior Vice President Chris Perron and Communication Manager Keith Hevenor.

to be more accessible, allow the grid to be more transparent and allow customers to have more choices."

The Sturbridge office will largely focus on coordinating the firm's various commercial and residential solar projects in central and western Massachusetts, providing a place where its engineers, designers and project managers can work without having to commute to Boston. Delaney said they have three active arrays in Charlton plus one about to turn on, one in Wales, two in Sutton and a couple in Palmer, among other locations.

"We will build where we can build," depending in part on whether they can connect into the regional grid from a given location, she said.

Stephan MacPhee handles some of the residential side of the business, noting people can either buy the panels outright or lease them; Nexamp has 6-12 different plans. When he started about 12 years ago, such solar was always a cash purchase and generally cost more than other energy sources, but now it's less. Also, back then they could only go on south-facing roofs, but there's a lot more flexibility today, although there are still limits depending on shade, roofing material, and the home's electrical system itself.

"I'm happy I've been in this industry and seen it grow," he said. "It's a great space to be in."

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

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Another option is to attach a bagger to shred and collect the leaves with every pass of the mower. Only use grass clippings collected from lawns that have not been treated with a weed killer this fall. Or burn a few extra calories and rake the leaves into a pile. Shred with a leaf shredder or mower and spread them over the soil surface around perennials. Leaf mulch helps insulate plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down.

Bag shredded leaves you want to save for next season. Tuck them out of sight for winter under trees or around the foundation of your house for added insulation.

Dig extra shredded leaves into vacant annual flower and vegetable gardens or incorporate them into the soil as you prepare new planting beds. They will break down over winter, improving the drainage in heavy clay soils and the water-holding ability in fast-draining soils.



Melinda Myers Photo

Shred and collect fall leaves with every pass of the mower. Then place a layer in flower beds to insulate perennial plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down.

Create compost with shredded leaves and other landscape trimmings. Do not use meat, bones or dairy that can attract rodents. Avoid diseased, insect-infested trimmings and weeds that can survive in compost piles that don't produce enough heat to kill these unwanted pests.

Start with a compost pile that's at least three feet high and wide for efficient decomposition. Place a mixture of shredded fall leaves, grass clippings free of herbicides, vegetable scraps and other landscape

trimmings in an 8- to 10-inch layer. Cover with compost and sprinkle with a low nitrogen, slow release fertilizer.

Repeat the layers until the pile is the desired height. Then moisten until it's the consistency of a damp sponge. Turn the pile occasionally, moving the material in the center to the outer edge and the less decomposed trimmings to the hotter center. It's a great workout and speeds decomposition. Or pile the materials in a heap and let nature do the work; it just takes longer.

Oak and large maple leaves both make great mulches and additions to the compost pile but are slow to break down. Shred them with your mower or leaf shredder first for better results. Avoid black walnut leaves that contain juglone, a compound which is toxic to many plants. Once the leaves are fully decomposed the compost is safe to use.

As you begin putting fall leaves to work in your landscape, you'll start considering them a gift versus a curse from nature especially as you see the

results of your efforts – a more beautiful landscape.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow AnythingDVD series and the nationally syndicated Melinda's Garden Moment TV and radio segments. Myers' Web site, www.MelindaMyers.com, features gardening videos, podcasts, audio tips and monthly gardening checklists.

HEALING

continued from page 1

The organization is based at Generations, 129 East Main St., Webster, and can be found online at www.pinkhippy.org.



Craig Standing Bear of Oxford plays Native American tunes on flute with Anne Belliveau's accompaniment on bodhran.



Bree Marion of Leicester gives a client a massage.



Three women participate in a restorative yoga mini-class.



Kate Hardy and Steve Margelony staff one of the Pink Hippy tables featuring pink stuffed animals and small air ferns growing out of wooden statuettes' heads.



Vin Mitchell provides some background guitar music appropriate for healing.

LOCAL SERVICE PROVIDERS



FIRE

continued from page 1

Neighbors and first responders continue to grapple with the tragedy. No one else was inside the home during the blaze, and no firefighters were injured during the response.

"This was a very sad fire, and our hearts go out to the family and friends of the man who died," Chief McCarthy said.

Firefighters from Monson, Wales, and Sturbridge also responded to the fire.

The Brimfield Fire Department, Brimfield Police Department, and State Police assigned to both the Office of the State Fire Marshal and the Office of the Hampden County District Attorney jointly investigated the fire.

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BRENDAN BERUBE
EDITOR

EDITORIAL

Healing through service

At a time when our country seems more divided than ever, and tempers are quick to flare over such hotbed issues as the border war, gun control, human rights violations and climate change, it's become increasingly common to hear our peers speak of strange times and an undefined feeling of malaise. Interpersonal violence has been on the rise, and an overall sense of disconnectedness has led many to feel isolated and fearful.

The international playing field seems full of land mines, both literal and metaphorical, and each day brings unpredictable media headlines. As the national stage normalizes disrespect of others and that behavior seeps into everyday interactions, it becomes more necessary than ever for all of us to practice goodwill toward others. The opioid epidemic touches a growing number of families. Many people hide behind their social media personas; quick to fire volatile opinions they would otherwise be unable to say in face-to-face interactions. We hear that climate change isn't real, while also being told that a mass extinction is underway and life as we know it will end in thirty years. Every day we send our children to school, secretly questioning whether they will be safe.

Some days, the problems of the world feel insurmountable. While there is no simple one-solution-fits-all approach to the issues swirling around us, sometimes the best way to make sense of the world is simply by helping others. Rosalynn Carter summed it up best when she said, "Do what you can to show you care about other people, and you will make our world a better place." Volunteering provides countless benefits to both the giver and the recipient. Uplifting others, even something as simple as making another person smile, can change the path of an entire day if not a life. We are well aware of the gift of service and how it benefits others who may be less fortunate. But we do not often consider the impact volunteering can have on our well-being.

As we each consider our path to wellness, we would be wise to include community engagement alongside cardio and strength training. Research has shown that volunteering not only increases self-confidence and combats depression, it also helps us stay physically healthy and lowers mortality rates. Through community service, we form tangible bonds with others, and our social and relationship skills improve. And just maybe, each charitable act we perform will help offset that malaise that hangs in the air.

As civil rights leader Dorothy Height once said, "Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."

OPINION

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Country music finds beauty in our imperfections

I just finished watching the final of eight episodes of the Ken Burns Country Music documentary. Last week, I wrote of how Country Music was the soundtrack of my life. Every Country song up until a specific date in my life triggers a memory for me. As is life, some memories are happy and others not, but in almost every moment of my life until 1983, a Country song was playing in the background.

My dad was a devoted Country Music fan. His favorite artists were Merle Haggard, Waylon Jennings, Willie Nelson, Ernest Tubb, Bob Wills and many others, but Merle Haggard topped his list. He knew all the words and after a beer or two on a Saturday night he'd begin singing them.

My sisters and I idolized our father for many reasons. He was always there for us regardless of the problem. He always had a kind and encouraging word and could make us laugh at the drop of a hat. We loved Country Music because he did.

I can name the specific moment that I pushed Country Music out my life. It was 6:15 PM on May 13, 1983. My dad died suddenly and unexpectedly of a massive heart attack and for me, Country Music died with him. The music I grew up listening to became representative of the loss of the pillar of our family. I shut it off. Every musical memory included my father and he was now gone. Ken Burns brought me back to the music of my youth and I am grateful.

And I have a lot of catching up to do! So many new artists came after that date and I missed them all. I find myself especially attracted to the music and sound of Dwight Yoakam. To me he's a country music newcomer even though he's been around for thirty years. It's as if I turned off the radio and fell asleep for over three decades and I'm hearing many of the stars and their music for the first time ... and loving it.

None among us is perfect. Not one.

What is it about this enduring musical genre that captivates millions around the globe? I think that Country Music finds beauty in our imperfections. Death, addiction, divorce, pain, loss, failure ... it doesn't matter which of life's problems are featured, Country finds a way of creating acceptance. It let's us know we are not alone, and others have experienced the same and suffered with us. It shares that as bad as things may be, 'the music' understands and will stay by our side as it helps us sort through the pain and find a way to overcome. Country Music is more than notes on a page

POSITIVELY SPEAKING

By GARY W. MOORE

or organized sounds, it is a friend when you need one the most.

Country Music is also respect. I've never heard of a Country star trashing his or her hotel room or cursing at fans. I have not seen a Country star give his fans the finger or walking off stage during a temper tantrum. Country Music stars genuinely seem to understand they are nothing without the people who buy tickets or download their songs. I always am touched by their respect.

Arlene and I were at a business meeting in Branson, Missouri in 1993 and was having breakfast on our last day. I looked over after we were seated, and I saw Merle Haggard sitting at a table talking to a younger band member. He was telling the younger that it is okay to make mistakes if you learn from them. He was coaching a younger musician about something that had happened. I remember the kindness in his voice.

I asked our server to please give me his check, which she did. After a while, Haggard stood and asked his server for his check and she pointed over to our table and said we had paid it. He walked over and thanked us then asked, "Why'd you want to buy our breakfast?"

"My dad loved your music and you made him happy for many years. He died in 1983 and he never got the chance to thank you himself. So, this is his son's way of thanking you on his behalf." He responded, "Thank you. I'm sorry I never had the opportunity to meet him." We exchanged a few other pleasantries and he turned to leave the restaurant, then he stopped, turned back and laughed. "Where will you be for lunch?"

It was a beautiful experience for me to be able to thank Merle Haggard for his music, and I was genuinely touched by his kindness.

I think most importantly for me, Country Music is forgiving. I dropped it without notice and left thirty-five years ago and didn't look back. But now, that I have returned, Country Music has welcomed me back with opened arms and only responded with the title of the Kathy Mattea hit song ...

"Where've you been?"

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

Be creative when withdrawing from retirement accounts



FINANCIAL FOCUS

JEFF BURDICK

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 and a half, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), you'll generally be taxed at 50% of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

Help your grown children with their retirement accounts. Your grown children may not always be able to afford to "max out" on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.

Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.

But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edward-jones.com.

Painting Tips

If your surroundings are looking a little drab this season, the solution could be as simple as adding color to your space. Whether you plan to completely renovate a tired room or just focus on a wall or two, nothing spruces up a room like paint. Best of all, paint products and ideas available today make it easier than ever to be a do-it-yourselfer! The following tips offer some smart solutions to cut your next project down to size.

To tell if bargain paint is a true deal, rub a little between your fingers. If it feels perfectly smooth, it's a quality paint. If it has a gritty feel, the paint's not up to par.

Want to get the best price on paint?



TAKE THE HINT

KAREN TRAINOR

Consumer groups claim April is the best month to purchase paint at a discount.

Be sure to check out the "oops" gallons of paint at your favorite paint or home store. When consumers return mixed paints or don't accept them once the colors are blended, they are often sold at a fraction of their original price. Even if you can't find a color you like, remember a light color can often be used as a primer to cut costs.

And if you're lucky you can alter the hue a little to better suit your needs, as some stores will even re-tint these bargain paints.

Flat paint is a top choice for ceilings, but quality differs. Here's how to tell the

good from the bad. Buy tiny samples of flat paint, then place a spoonful of each on a flat surface. Put a drop of food coloring on the paint blobs. The one that spreads the least is the best quality paint.

**

Want to repaint but you're not sure if that dried paint surface is latex or oil based? Here's a trick to test: Scrub a small painted area clean and dry well. Soak a cotton ball in rubbing alcohol and rub over the cleaned spot. If traces of paint come off, it's latex and should be repainted with the same. If it doesn't come off, it is oil based.

Don't know what to paint first? : Experts advise painting in this order: ceiling, walls, trim, cabinets, and doors.

When painting new plaster, or a similar porous surface, paint on a solution

Turn To **TRAINOR** page **A10**

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A perfect time to be outdoors



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This past weekend was just perfect to be outdoors for most activities. The Uxbridge Rod & Gun club opened their pond to fishing after a healthy stocking of trout in the club pond. Very few took advantage of the trout stocking, with only a hand full of members fishing at the noon time opening. The rainbow and brown trout were nice size, and

will provide some great fishing in the coming weeks.

This writer fished Wallum Lake in Douglas this past week, and was rewarded with some impressive rainbow trout. The rainbows were not hitting flies I was using, so I switched over to a couple of Repala stick baits, and was having some fast action on two rods. Shore fishermen were also doing very well using the popular power bait. Because Wallum Lake is under Rhode Island regulations, anglers are able to retain five fish daily .

Duck & Goose hunting opened under ideal condi-



tions this past Monday in Massachusetts. Some local marshes held many birds for hunters this year, and it should only get better in the next couple of weeks. The big blow that we had last week stated the migration of ducks and geese, bringing some great shooting for the season opener.

Pheasant hunting opened a couple of weeks ago at the Uxbridge Rod & Gun Club under their preserve permit. Turnout of members was great, and they did very well harvesting pheasant. This week's first picture shows Frank and Joyce Dagineault taking a break during one of the

hunts. Enjoying the fall colors and some bird hunting prior to the opening of deer hunting in Rhode Island, the pair still get out and do as much hunting as possible being in there 80's, although they will tell you that they are slowing down a bit. We all are.

Tautog fishing in Rhode Island waters is heating up with reports of some impressive fish being caught daily. If you have never gone tautog fishing, you need to go now. Catching tautog on green crabs, using light tackle is a blast. Eating the fish is one of the best tasting fish in the ocean, if you use the simple

following receipt: Cut the fillets into medium to large size chunks.

Drop them in a pan of boiling water that has a couple of table spoons of white vinegar added to it. When the boil returns the fish only need to cook another couple of minutes or until it flakes apart with a fork. Do not overcook. Strain the fish and drop the fish chunks into some hot butter. Salt & pepper to taste. It taste better than lobster. This week's picture shows a world record tautog, also known as blackfish.

Take A kid Fishing & Keep Them Rods Bending!

Charlton awarded Green Communities grant

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The town of Charlton was one of 91 municipalities awarded Green Communities competitive grants in September. The Baker-Polito Administration announced \$14.9 million in Green Communities Grants, \$211,000 of which has been awarded to Charlton. The money will be split among several projects including installing LED lights at both the library and town hall, wastewater treatment purchases and administrative and technical assistance expenses. “Today’s grant announcement is the largest award in the Green Communities

program history and represents our Administration’s commitment to supporting clean energy efforts for cities and towns across Massachusetts,” said Gov. Charlie Baker in a press release in September. “The projects funded by these grants will allow cities and towns across the Commonwealth to reinvest their energy savings in vital public services like schools, public safety, and local infrastructure.” Lt. Gov. Karyn Polito also released a statement commending complimenting the program and the assistance it provides to communities across the commonwealth. “As Massachusetts works to meet ambitious energy and emission reduction goals, the Green Communities

program gives municipal partners the resources they need to continue building upon the substantial energy progress each city and town has already made,” Polito said. “We look forward to the continued success in energy innovation these grants will ensure across the Commonwealth.” In order to qualify as a Green Community, Charlton has to meet five criteria with the grants helping support initiatives geared towards energy efficiency and clean energy. Charlton is one of 240 cities and towns in Massachusetts designated as Green Communities. Each community qualified for a maximum \$250,000 in grant money. State Sen. Anne Gobi, who serves as the Senate Chair of the Joint Committee

on Environment, Natural Resources and Agriculture, release a comment congratulating her towns, including Ashburnham, Ashby, Barre, Hardwick, Monson, Warren, and, of course, Charlton, for earning the funding. “This municipal-state partnership has been so successful and provides much needed assistance to communities as we strive for a cleaner, more sustainable Commonwealth,” Gobi said. To date the Department of Energy Resorce has awarded over \$118 million to the 240 Green Communities towns. The program is nearing its ten year anniversary having awarded its first grants in 2010.

TRAINOR

continued from page A8

of water mixed with PVA glue first. This will seal the surface and stop the paint from soaking into the plaster. Not only does it give a much better finish, but the paint will go further too. **** To prevent paint peels on cement floors, wash them down with full strength white vinegar before you paint them. Once dry, apply the paint. It will adhere and prevent future peels. This trick also works to help paint adhere to galvanized metal finishes.

*** When painting with a brush, always keep a wet edge as you paint, and work away from that wet edge. If you paint over a dry edge, you will get overlap marks. *** If you are painting a base-board heater or radiator with enamel paint (made for this purpose) the finish will last longer if the surface is warm. The enamel will “bake” on the metal for a chip-proof finish. *** Are your paintbrush bristles “shedding” on a freshly painted surface? Even the best of brushes sometimes come loose. To prevent this, try soaking a

new brush in linseed oil overnight before using it. As a bonus, the pre-treated brush will last longer and be easier to clean! *** To remove varnish or oil-based paint from hands easily, try spraying them with a laundry pre-treat solution, such as Spray and Wash. Rub hands together and rinse well. This does the job without harsh chemicals such as turpentine. *** After cleaning brushes, place a rubber band around the tip of the bristles until dry. It will keep the shape of the bristles and prevent them from fanning out during drying.

*** Avon Skin So Soft cleans paint brushes easily, and as a bonus, leaves the brushes soft and silky. *** Instead of tossing out that old rubber spatula, why not store it with your painting supplies? When pouring paint the spatula helps you get every bit out of the pan. There is no waste and less mess! *** Win Dinner for Two at the Publick House Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random

month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints! Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

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SPORTS

Warriors fight through Quaboag for 1-0 victory



Jason Mckay photos

Tantasqua’s Christina Ghantous sprints away from a Quaboag defender with possession of the ball on her stick.



Tantasqua’s Allie Morin follows through on her shot versus Quaboag.

BY KEN POWERS
SPORTS CORRESPONDENT

WARREN — In a game that featured relentless defense by and limited scoring opportunities for both teams, the Tantasqua Regional varsity field hockey team scored the game’s only goal in the seventh minute of the second half to defeat Quaboag Regional, 1-0, before a Columbus Day crowd of about 200 family and friends.

With the win the Warriors improved to 5-3-5 overall and 4-0-3 in Southern Worcester County League (SWCL) A

Division play. Tantasqua needs three more points to send its senior class — and everyone else on the roster — to the Central Mass. Division 1 Tournament for the first time.

With the loss the Cougars were eliminated from Central Mass. Division 2 playoff contention, falling to 3-10 overall and 1-6 in SWCL action.

“We’re out of playoffs for the first time since my first year coaching the team, 37 years ago,” Quaboag head coach John O’Neill said following the defeat in what was a well-

played game by both teams. “We had a winning record that year [1982] — we were 6-4-2 — but at that time a team had to win 70 percent of its game to qualify for the playoffs. This is the only time we have not had a winning season.

“Is it disappointing?” O’Neill asked, repeating a reporter’s question. “Yeah, but it’s the reality of it. To go as long as we have without having a losing season is amazing. To have kids like these two [O’Neill pointed to two former players who showed up to support him

and the team] and the ones before them, has been a blessing. And it’s been fun. And it’s not over. I’m already excited for next year for the underclassmen on this team, especially the eighth-graders, who have come so far this season and improved so much.”

Tantasqua senior Katlyn Shonak scored off a penalty corner with 23:48 left in the game to give the Warriors a 1-0 lead.

“Before I got to the ball it hit the foot of a Quaboag player. When that happened I thought, ‘that’s a corner,’ but I didn’t hear a whistle,” Shonak explained. “I think the ref had us keep playing because I had just gotten the ball and she didn’t want to take away a scoring chance.

“That’s when I shot it. I was on the right post and I shot it across and it landed in the left corner of the goal,” explained Shonak, who didn’t know how the ball got to her. “It was on a corner and corners are really hectic, so I’m not looking to see how I’m getting the ball. I saw the ball, took it from my defender and shot it all in one motion.”

The fact that Shonak was on the field at the time of the goal was a little surprising because early in the game she was struck in the jaw in a collision with a Quaboag player. She took herself out of the game at that point because of some soreness in her jaw. She was also bleeding from her chin.

Shonak was attended to on the sidelines by Tantasqua assistant coach Laura McHugh and some of her teammates, and she spent 10 minutes with an ice pack on her jaw, before returning to the game.

“Once the bleeding stopped and my jaw stopped hurting, I was back in there,” Shonak said. “This was a big game for us; I wasn’t sitting this one out if I didn’t have to.”

After the game Tantasqua head coach Shelby Green praised the play of her defense, which not only shut out the Cougars, but successfully navigated its way around 14 Quaboag penalty corners.

“Those corners really tested our defense,” Green said. “I’m very proud of them. I think it takes a strong defense to win a game like this and I thought our goalie, Molly Ryan, and our defense — Julia Conti, Katie Lebrun, Alaina Fitzpatrick, Katelyn Mills and Bella Berube — all did a great job.”

The Warriors’ Columbus Day win, coupled with a 4-1 win over Quaboag on Sept. 20, allowed Tantasqua to sweep the season series with the Cougars, something Green said hasn’t happened in the three years she’s been coaching the team.

“This is a big win for us. They worked so hard; they’ve been working hard all season and I’m very proud of them,” Green said. “I thought they did a great job because Quaboag played a great game; this was a hard win.”



Hope Noonan of Tantasqua tries to stick-handle deeper into Quaboag’s zone.



Megan Caplette of Tantasqua slips a shot past a Quaboag defender.

HIGH SCHOOL NOTEBOOK

Monday, Oct. 7
Tantasqua 173, David Prouty 238 — Playing at Kettle Brook Golf Club, the Warriors’ golf team defeated the Panthers. Tantasqua co-captain Grace Farland was the medalist, as she carded a 4-over par 40 in blustery conditions. The Warriors are now 8-7.

Tantasqua 184, East Longmeadow 197 — Andrew Lafaille shot a 6-over par 42 at Hemlock Ridge to help lead the Warriors’ JV golf team to victory. Marcus Przybycien was next low Warrior with a 45. Tantasqua JV golf is now 3-4.

Tuesday, Oct. 8
Tantasqua 1, North 0 — The Warriors’ Jack Leland scored the game’s lone goal as the boys’ JV soccer team saw a shut-out from Matt Schirm. Defensively, Dominic Murphy, Noah Genest and Hunter Hill kept the other team from scoring.

Saturday, Oct. 12
Tantasqua 42, Marlborough 14 — Ryan Sears (17 carries, 200 yards) rushed for touchdowns of 15, 9 and 62 yards to help lead the Warriors’ varsity football team to victory over the Panthers. Liam Gore added a rushing and receiving score, and quarterback Dante Reno threw his second touchdown to Seaunn Lauritsen. Jarrod Spratt kicked six extra points.

All We Know
Is
Local



SPORTS

Rams continue to win, this time over Tantasqua



Tantasqua's Briana Myran, right, lofts the ball up and over the net and to Shepherd Hill's side of the court.



Addie Ellithorpe of Tantasqua makes contact with the ball to start her serve versus Shepherd Hill.

Nick Ethier photos

BY KEN POWERS
SPORTS CORRESPONDENT

STURBRIDGE — Senior Kiley Wong-Li recorded five aces, four digs and three kills, plus several long service runs to help lead the Shepherd Hill Regional girls' varsity volleyball team to a 3-1 victory over Tantasqua Regional on Tuesday, Oct. 8.

With the win over the Warriors and a 3-1 victory against Nashoba Regional the following day, Shepherd Hill improved to 9-4 on the season and qualified for the postseason. Since beginning 1-2, Shepherd Hill has won eight of the 10 matches it has since played. Tantasqua's record stood at 8-6 following the loss to the Rams.

Shepherd Hill won the first two sets of the match by the same score, 25-19, before dropping the third set to the Warriors, 25-13. The Rams rebounded, however, closing out the match with a 25-18 win in the fourth game of the best-of-five format.

Shepherd Hill took control of the first set of the match, turning a 12-11 deficit

into 21-13 lead, behind Wong-Li's serving.

Sophomore Gabrielle Eberhart (four kills, four digs) then opened the second set with a powerful spike to give the Rams a quick 1-0 lead and Wong-Li added four service points to help increase the lead to 9-4, but Tantasqua battled back, tied the set, 14-14, and took a brief lead (16-14) before the Rams roared back behind the serving of Wong-Li (four service points), junior Samantha Katz (three service points) and Eberhart, who closed the set with a pair of aces.

Tantasqua's third set win featured the play of junior captain Morgan Smith, who had four service winners — including two aces — two kills and two blocks. The Warriors never trailed in the set, which was tied twice, at 3-3 and 4-4.

In the fourth set Tantasqua scored the first point, but Shepherd Hill came back to tie the game and then take the lead, 2-1. The Rams never trailed or were tied in the set again, leading by as many as eight points, at 18-10, before settling for

the seven-point win. Wong-Li had five service winners in the fourth set, while Katz and Emily Waterhouse each had three service winners.

Katz, Waterhouse and senior Madi Hughes all finished the game with two aces for the Rams. Waterhouse also had six digs and sophomore Alyse Biron added four digs and two kills.

"I'm happy with the win, but we've got a lot of work to do. We didn't play our best game today. We should be a lot better. We can be much better than we were today," said Shepherd Hill assistant coach Tony Wong-Li, again filling in for head coach Chris Lindstrom, who Wong-Li said was out of town on business. "Our ball control was not good today."

"In order for us to run our plays we need to pass the free balls," Wong-Li continued. "We have to have ball control and pass the ball. Today we did not do that very well, so we couldn't run our offense. We did enough to win, but we did not control the ball and pass the ball as much as we have in other games this season."

Tantasqua was led in the match by Smith, who had 11 kills and six aces. Addie Ellithorpe added four kills and two aces, while Sophie Law had four kills. Briana Myran led the Warriors with an eye-popping 21 assists.

"This was a good matchup for us," Tantasqua head coach Danielle Twarowski said. "I think we could have beaten them; we're very evenly-matched teams. A game like this comes down to errors; which team is going to make the least amount of errors and which team is going to get the most earn points. We've worked on that in practice — minimizing our errors and trying to up the ones that we earn."

Twarowski said the Warriors that got her attention in the match were defensive specialist Emily Fritze, Smith, a middle hitter and Myran, the team's setter.

"Emily played well of the bench. She got my attention because I know what she's been working on. Her defense was better today than in any other game we've played," Twarowski said. "With Mo [Smith] we've been working with her on making smarter choices so she's not making unforced errors. She did really well on kills and aces today, and she had a ton of blocks today. Briana did a great job setting today; she's been working her butt off and it showed in her play today."



Tantasqua's Morgan Smith spikes the ball over the net, plus over a pair of Shepherd Hill defenders.

SPORTS
BRIEFS

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 students in grade 3 and up, parents or teachers from any of the surrounding towns and states can ski or snowboard eight consecutive Saturday nights at Wachusett Mountain for just \$158 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 4 and ends Saturday, Feb. 22. 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 Season Passes at a lower discounted price through our Club. For more information, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Softball pitching lessons available in Southbridge

A 17-week softball pitching lesson (for children 7 years old and up) is available at the Southbridge Community Center (152 Chestnut Street) on Sunday mornings from 8:30 to 10:30 a.m. The 50-minute sessions start Oct. 20 and go through Feb. 23, 2020. There will be no pitching on Dec. 22 or Feb. 23, 2020. Ask about team/league discounts. Pitchers must bring a catcher. Please contact Bill Rahall (Clark University) at wlah@yahoo.com or (860) 576-3440 for more information. Hitting lessons are also available every week.

OBITUARIES

Bruce E. Benoit, Jr, 47



SOUTHBRIDGE - Bruce E. Benoit, Jr, 47, died Friday, October 4, 2019, at Harrington Memorial Hospital, after an illness.

He is survived by his daughter Helena Benoit and her companion Steve Phillips of Holland. He also leaves 2 sisters Tammy Benoit of Sturbridge, and Betti-Ann Tatro and her husband Clifton of Sturbridge, his aunts Lynn Beane (God-Mother) and her husband Bruce of Warren, Tish (Letitia) and her husband James Laflamme of Southbridge nieces, nephews, and cousins. He also has 3 God-children Amber Drake, Molly Beane, and Blake Andrews, Lukis Andrews their God-father, and his lifelong friend Rob Sutton, and he loved his dog "Prince".

Bruce was born in Southbridge, October 20, 1971, son of the late Bruce E. Benoit, Sr. and Ida (Provost) Benoit and lived many years in Sturbridge before moving to Southbridge.

He was a member of Notre Dame Church, and a graduate of Tantasqua Regional High School, Class of 1989. He was employed by Fidelity Investments for many years, with the IT department..

Bruce enjoyed golfing, hunting, motorcycling, and was season ticket holder for the New England Patriots.

Calling hours were held, October 8th, from 5-7PM at Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550. In lieu of flowers, please consider a donation to his www.gofundme.com/f/bruce-benoit.

Mary Langevin, 99



STURBRIDGE - Mary (Griff) Langevin, 99, passed away on Wednesday, Oct. 9th, in the UMass Memorial Hospital, University Campus, Worcester, after an illness.

Her husband, Raymond A. Langevin, passed away in 1992. Her daughter, Nancy M. Acree passed away this past summer. She leaves her two sons, Richard R. Langevin and his companion Mary Ann Perrin of Worcester and Robert A. Langevin of Sturbridge; her three grandchildren, Danille Acree, Nicole Taylor and Michelle Harrison; and her three great grandchildren, Jacob Paquette, Amara Harrison and Everly Harrison. She was born in Worcester, the daughter of John and Antonia

(Trashminshyck) Griff.

Mary owned and operated the Triton Collection Agency in Southbridge for over 20 years, retiring many years ago. She previously worked for the Sears catalog store in Southbridge for 20 years. She was a longtime member of Notre Dame Parish in Southbridge. Mary loved doing oil paintings and loved floral gardening. She also enjoyed crocheting, playing Solitaire and doing word search puzzles.

Her funeral was held on Thursday, Oct. 17th, at 11:00am in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge. Burial in New Notre Dame Cemetery, Southbridge, will be held at the convenience of the family. A calling hour in the funeral home was held on Thursday, Oct. 17th, from 10:00 to 11:00am, prior to the service.

www.morrillfuneralhome.com

Martha P. Fearing, 86



STURBRIDGE - Martha P. (Phillips) Fearing, 86, formerly of Mount Dan Rd., passed away peacefully in her sleep on Saturday, Oct. 12th, in the Southbridge Rehabilitation and Healthcare Center, after a short illness.

Her husband, Dr. Samuel J. Fearing, passed away in 1990. She leaves her son, John L. Fearing of Brimfield; her daughter, Jane Howlett of Bristol, RI; her three grandchildren, Meredith Howlett, Samuel Howlett and Julia Fearing; her nieces Faith Baptiste, Martha Hartel and Elizabeth Rannin, all of Falmouth and Kathryn Phillips Kogut of Indian Orchard; and her nephew, James Phillips of Brimfield. She was predeceased by her three brothers, Maurice Phillips, Kenneth Phillips and George Phillips and her sister, Jean Canning. She was born in North Adams the daughter of George and Florence (Carpenter) Phillips.

Martha worked in the office of Dr. Charles Roy in Southbridge before dedicating her time to raising her family. She later became an active member of the Harrington Memorial Hospital

Auxiliary and was a former president of the auxiliary. Martha loved her life on Big Alum Lake in Sturbridge and was a member and former president of the Big Alum Lake Association. She was also member of numerous other charitable organizations. She also loved spending time in Falmouth on Cape Cod. Martha was a true survivor in every sense of the word, having conquered Polio as a teenager as well as numerous other orthopedic related issues, none of which ever caused her to lose her determination, spirit and all around good nature!

Her family would like to thank Judy Maldonado for all of the care and compassion she gave to Martha.

Her funeral service will be held on Friday, Oct. 18th, at 11:00am in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge. Burial will follow in Oak Ridge Cemetery, Southbridge. A calling hour in the funeral home will be held on Friday, Oct. 18th, from 10:00 to 11:00am, prior to the service.

In lieu of flowers donations may be made to the Harrington Memorial Hospital Auxiliary, 100 South St., Southbridge, MA 01550.

www.morrillfuneralhome.com

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

CALENDAR

Tuesday, October 22

HOSPICE VOLUNTEER TRAINING: If you have the time and heart to share, you could become a valuable part of the Overlook Hospice Team. Hospice Volunteers provide companionship and support to hospice patients and their families...reading to patients, watching movies, playing cards, walking dogs, fixing a meal, gardening, supporting family members, sitting with patients who are actively dying and making bereavement calls. We are also seeking volunteers to provide Reiki, pet therapy, and veterans to visit our veteran patients. Our next training begins on Oct. 22 at 6 p.m. To attend or get more information about becoming a Hospice Volunteer, contact Susan Fuller at 508-434-2200

Saturday, October 26

WALKER HOMESTEAD & CEREMONIAL SITE TOUR: 10 a.m., 30 Peck Rd., Wales; reservations required. The Walker homestead at the Norcross Wildlife Sanctuary has the typical house and barn foundations along with stone walls delineating old pastures and fields. Interspersed throughout the farm are stone cairns, a partially finished niche-shaft on top of the house cellar, an unusual stone wall with non-utilitarian features, and other Native American ceremonial structures. Some predate the homestead and others were built after it was abandoned in the 1850s and

reclaimed by descendants of the area's indigenous peoples. Mary Gage (www.stonestructures.org) will lead a walking tour through this complex and fascinating archaeological site. Please call 413-267-9654 or email ohop@norcrosswildlife.org to register. There is no charge.

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

Saturday, November 2

Charlton Lions Club Meat Raffle: Six tables of beef, chicken and pork from Fairway Beef are yours for the winning from noon to 3 p.m. at our new location — Heritage Golf Course (85 Sampson Road in Charlton). Come join us for an afternoon of fun and fill your freezer with your prizes. Increase your chances with free "early bird special" tickets to those arriving before 1 p.m. For more information, email thecharltonlions@gmail.com.

Sunday, November 10

THIRD ANNUAL RAY MCDUFFY VETERANS APPRECIATION SPAGHETTI SUPPER AND SILENT AUCTION: 4:30-7 p.m., Charlton Grange, 10 Main St. An all you can eat homemade made spaghetti and meatball supper with garlic bread, salad, desert, soda, juice, coffee, and tea. Tickets are only \$10 for adults and \$5 for veterans and children. Children three and under are free.

There will also be a silent Auction that will include many gift certificates from local businesses, passes for local adventures, gift baskets, electronics (including a 2019 iPad) Red Sox and Patriot items. Pre purchase of tickets is strongly urged as only a limited amount will be available at the door. Visit our Facebook page for updates and links

to pre pay tickets or call 508-248-5516. You can also go to capenhill.org. Under Events, the first link is the Spaghetti Dinner and you can scroll down and fill out form for tickets.

Saturday, December 7

GINGERBREAD FAIR: 9 a.m.-3 p.m. Visitors to this warm and intimate fair will find unique gifts for everyone. Handcrafts, jewelry, plants, Grandma's Attic, baked goods and cookie table, a silent auction, gourmet delights and much, much more! Coffee and donuts will be served from 9 - 11 a.m., followed by a lunch from 11:30 a.m. to 1:30 p.m. Charlton City UMC, 74 Stafford St., Charlton. The church is handicapped accessible and plenty of parking is available.

ONGOING

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

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

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

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

ALZHEIMER'S SUPPORT GROUP: First and third Thursday of each month, 2:30-3:30 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road,

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

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

NUMISMATICS: Southbridge Coin Club meets on the third Friday of the month (except July and August). The doors open by 7 p.m. and the meeting begins at 7:30 p.m. Collectors of all ages are welcome. The meetings include raffle, auction, and show and tell. Light refreshments are served. The meetings are held in the community room at the Southbridge Savings Bank at 200 Charlton Rd. (Route 20), Sturbridge.

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


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

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

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

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

FENCING: Fencing is a sport of com-



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

the deadline is Friday noon for the following week.



(Memoriams will run on the Obituary pages)


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

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

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

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





CALENDAR

continued from page A14

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

OVEREATERS ANONYMOUS: Is food a problem for you? Have you been worried about the way you eat? Do you resolve to

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

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Section B

Friday, October 18, 2019

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LEGALS

Public Hearing

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Cumberland Farms for a variance under s. 4.1 and 11.2.2 to allow rear yard setback of 19.3' verses required setback for convenience store building for properties at 3 and 7 Main Street, Parcel ID Map 13A, Lot 10 (7 Main) and Map 13A Lot 11 (3 Main) Abutters are invited to consider the proposals and provide public input. The hearing will be held on Thursday, November 21 at 6:00 PM at the Town Hall Annex. October 18, 2019 October 25, 2019

A healthy lifestyle can help people live life to the fullest. There are many components to a healthy lifestyle, and few may be as influential as prevention. Preventive measures to reduce one's risk for various diseases can have a long-lasting effect, helping people maintain their independence well into their golden years. In addition, a proactive approach that focuses on disease prevention can improve the chances men and women will get to spend their retire-

ment years doing whatever they please. One disease that can be especially limiting is type 2 diabetes. According to the National Institute on Diabetes and Digestive Kidney Diseases, diabetes occurs when blood glucose levels are too high. Blood glucose, sometimes referred to as "blood sugar," comes from the foods a person eats and is the main source of energy for his or her body. Insulin helps glucose from food get into the body's cells so they can use it for energy. However, in certain instances, such as when a person has type 2 diabetes, the body does not make enough — or any — insulin. When that occurs, glucose stays in the blood, never reaching the cells it's supposed to help. The NIDDK notes that, over

time, excessive levels of glucose in the blood can cause a host of health problems. Type 2 diabetes, the most common form of the disease, occurs when the body does not make or use insulin well. While it might seem as though people are helpless to stop this from occurring, the NIDDK notes that type 2 diabetes can be delayed or even prevented. In fact, the NIDDK cites three key ways that people can lower their risk for type 2 diabetes. • Lose weight and keep extra pounds off. People should speak with their physicians about their body weights to determine if they're currently overweight or obese or maintaining healthy weights. If the doctor suggests losing weight, doing so can help prevent or delay diabetes. Each individual is different, but the NIDDK notes that losing between 5 and 7 percent of your starting weight may help delay or prevent diabetes. • Become more physical-

ly active. The NIDDK lists a sedentary lifestyle among the many factors that can increase a person's risk for type 2 diabetes. By embracing physical activity, getting at least 30 minutes of exercise five days per week, people can delay or prevent diabetes. People who have been physically inactive for a long period of time should ask their physicians to recommend appropriate activities that can help their bodies adjust to being physically active. • Eat less and eat healthy. A diet that's high in vitamins and nutrients can help people delay or prevent type 2 diabetes. Small portions can help people control their caloric intake, reducing the likelihood that they will become overweight or obese. Prevention is a great way for people to reduce their risk for type 2 diabetes, a potentially debilitating yet often preventable disease.



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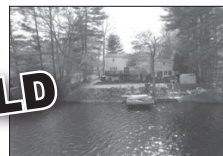
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MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Frpld Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3 Comfortable Bdrms! 3 Full Bathrooms! C/Air! Garages - 1 & 2 Car Detached Garages! Reward Yourself! **\$999,000.00**



DUDLEY - 90' WATERFRONT! 12 Lakeview Ave! Full Recreational Merino Pond! 12 Rms, 4/5 Bdrms, 3.5 Baths Total! 2 Complete Residences, Single Family w/in-Law or as a 2 Family! Right Side w/Open Flr Plan! Lake Facing Kit, Din & Liv Rms! 2nd Flr w/2 Lake Facing Bdrms! Finished Walk-out Lower Level! Left Side w/Granite Kit w/ Skylight! Frplce Din/Liv Rm! 2/3 Bdrms! Master w/Bath! Town Services! In Time for Summer! **\$439,900.00**



WEBSTER LAKE - 9 Pebble Beach Rd! Middle Pond - Winter Cove! Private Peninsula Protected from the Storm - Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Applianced Custom Granite Kit w/ Center Isl! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Flr Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! **\$779,900.00**



OXFORD - 27 Rocky Hill Rd! Move Right Into this 6 Rm Ranch! Bright, Fresh Kitchen! Dining Rm! 20' Living Rm! 3 Comfortable Bdrms! Nice Bathrm! Deck w/Awning! All in the Work has been Done! Roof, Siding, Windows & Insulation 2016! Gas Furnace & AC 2015! Front Porch Windows, Door, Living Rm Floor & Skylights 2017! Kitchen, Bath & Dining Rm Floors 2018! 2 Bdrms' Wall to Wall Carpeting & the Interior Freshly Painted 10/2019! Quick Closing Possible! **\$269,900.00**



WEBSTER - 27 N. Main St! 3 Family! 55/9 Rms! 3/4 Bedrooms! 1st Flr w/ Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Flr w/Kit w/Din Area! Liv Rm! 3 Bdrms! Updated Bath! 3rd Flr w/Eat-in Kit! Liv Rm! Bdrm! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Sided! Laundry Hook Ups! Freshly Painted Hallways! **\$259,900.00**



DUDLEY - 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrm, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Flr! 2nd Flr Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out! **\$469,900.00**



DUDLEY - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Water is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! **\$399,900.00**



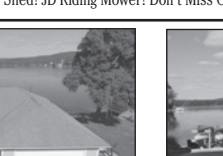
THOMPSON - 299 Quaddick Rd! Beautiful Custom Cedar Log Home Privately Set on 5.47 Acres! Stone Wall Entry Leads Up the 700+ Driveway! Nestled in the Woods! 6 Rms of Gorgeous Cedar! Applianced Granite Kit w/Soft Close Hickory Cabinets! Ideal Open Flr Plan w/Soaring Beamed Cathedral Ceilings w/Skylights! Gleaming Hrdwds! Liv Rm w/Spectacular Stone Frplce w/ Pellet Insert! 1st Flr Master w/Full Whirlpool Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! 3Z Buderus Oil Heat! 2 Car Garage! **\$399,900.00**



WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living Rm Overlooking the Lake w/Cathedral Ceiling, Custom Built Cabinets, Gas Frplce & Hrdwds! 1st Flr Lake Facing Master Bdrm w/Slider to the Deck & Access to the Screened Hot Tub, w/Walk-in Closet, Full Bath w/Whirlpool Tub, Separate Shower & Commode Closet! 1/2 Bath & Separate Laundry Rm Nearby! Walk-out Lower Level w/Full Kitchen, 22' Lake Facing Family Rm w/Sliders to the Patio/Lake! 2 Lake Facing Bdrms w/Sliders to the Patio/Lake! Full Bath! Oversized 2 Car Garage! LP Gas Heat/Hydro Air! Generator! Private Boat Ramp! Docks! Don't Delay! **\$899,900.00**



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DUDLEY - 61 Townfarm Rd! Charming 7 Rm Cape Set 1.9 Acres! This 3 Bdrm Home Completely Renovated 2015! Updates Include - Roof, Windows, Siding, Kitchen, 2 Baths, Furnace, Electric Panel, Well, Septic, Driveway & More! Ideal Open Flr Plan! Cabinet Packed Granite Kit w/Island & SS Appliances! 1st Flr w/Beautiful Hrdwds! Frplce Liv Rm! 1st Flr Master Bdrm! Office or 4th Bdrm! Custom Tiled Bath w/Laundry! Upstairs 2 Spacious Bdrms w/Hrdwds & 2nd Full Bath! Large Paver Patio! Shed! Gorgeous Views! **\$299,900.00**



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



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SUTTON - LAKE SINGLETARY WATERFRONT! 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Septic Just Installed! Quick Closing! **\$449,900.00**



CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! **\$499,900.00**



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



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



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WEBSTER LAKE - 68 W Point Rd! Western Exposure - Spectacular Sunsets! 75' Waterfront w/Expansive Views! 6 Rm Yr Rd Ranch! Ideal 2nd Home! Renovate or Enjoy As Is! Open Flr Plan! Applianced Cabinet Packed Kit! Lake Facing Din & Liv Rms w/Lake Views! Sliders to Screen Enclosed Porch! Master w/Ceiling Fan & Dble Closet! 2nd Bdrm w/Dble Closet! Full Bath off Hall! Finished Walk-out Lower Level w/25' Fam Rm w/Door to Lakeside Patio, Bdrm, Full Bath & Utility/Storage 3 Bdrms, 2 Baths Total! Oil Heat! Covered Entry Ramp & Electric Chair Lift! Shed! Dock! Summer Will Be Back - Don't Delay! **\$499,900.00**



WEBSTER LAKE - Steps Away From! 110 S. Shore Rd! Killdeer Island! Access to Swimming & Boating w/Killdeer Island Club Assoc Membership! Perfect 1st Home or Summer Retreat! 7 Rms! 2 Bdrms! Full Bath! 12x25' Deck w/Water Views! Garage! Don't Delay! **\$249,900.00**



CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Flr Plan! Applianced Granite Kit w/Island, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplce Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Flr w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walk-out Lower Level w/31' Fam Rm! Full Kit! Full Bath & Laundry! Includes NEW A/C SPLIT SYSTEM! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$524,900.00**



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



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Sharon Pelletier - Broker
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Your Listings!

Featured Open House!
POMFRET, CT - 280 RIVER RD



Cape gutted to the studs and remodeled, 3 Br, 1 bath; 1.7 acres. New kitchen cabinets w/granite counters and center island. New electrical/plumbing. Large Gambrel Post & Beam. 2 bay garage w/loft. New septic. **\$264,900**

</



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WEBSTER

- VINYL SIDING
- 3 BEDROOMS
- HARDWOOD FLOORS
- GARAGE
- SUN ROOM
- EASY HIGHWAY ACCESS

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- DECORATIVE HARDWOOD FLOOR
- GLASS DOOR KNOBS AND WAINSCOTING
- OPEN FLOOR PLAN
- LAND! LAND! LAND!
- 4.01 ACRE SUBTITLE TO SUBDIVIDE OR AN OPPORTUNITY TO EXPAND THIS HOME AND REMAIN ON THE 4 ACRES- ROOM TO ADD A SMALL BARN OR GARAGE

71 Mason Rd ~ \$359,900




DUDLEY: 4 bedrooms, fireplace, gas heat, central air, hardwood floors.

6 Francis Dr ~ \$419,900



W. BOYLSTON: Offers! 3 bedrooms, town services, 50 yr. roof, recent windows, HW floors, updated kitchen.

44 Central St ~ \$300's



DUDLEY: 3 bedrooms Sided, eat-in kitchen, recent gas furnace, updated electrical.

7 Daniels St ~ \$199,900

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Patrick Sweeney
774-452-3578




SOLD

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




ON DEPOSIT

SPENCER, MA - \$259,900
24 Bay Path Road
3 Bdrm Ranch
Immaculate Condition



SOUTHBRIDGE, MA - \$469,900
535 Pleasant St.
Gorgeous custom home with indoor swimming pool.

FEATURE PROPERTIES



NEW CONSTRUCTION

WEBSTER, MA - \$289,900
90-A Sutton Rd.
3 Bedroom, Raised Ranch. Come Choose Your Colors & Finishes Now!




OPEN HOUSE SAT 11-12:30



OPEN HOUSE SAT 12:30-2

DUDLEY, MA - \$249,900
5 Fairview Ave
Under Priced, Needs Work



NEW CONSTRUCTION PROPERTIES COMING SOON
BUILT TO SUIT

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


**MORTGAGEE'S SALE OF REAL ESTATE
AT PUBLIC AUCTION**
Tuesday, October 22, 2019
**12:00 PM-UXBRIDGE
256 Mendon Street**

 sgl fam, 1,178 sf liv area, 0.24 ac lot, 6 rm,
3 bdrm, 1 bth, Worcester(Worc): Bk 32153, Pg 288

**1:00 PM-BLACKSTONE
28 Kanatha Street**

 sgl fam, 1,386 sf liv area, 0.29 ac lot, 6 rm,
4 bdrm, 1 bth, Worcester(Worc): Bk 36000, Pg 373

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

*Auctioneer makes no representation as to the accuracy
of the information contained herein.*
BAY STATE AUCTION CO., INC.
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CAN'T FIND A HOUSE, BUILD ONE!! WE HAVE LOTS & BUILDERS! CONTACT US!


SOUTHBRIDGE: Impeccably maintained Cape
Cod Style home! 6 rooms 4 bedrooms 2 baths.
Beautiful kitchen with appliances. Wonderful
heated sun room with deck for barbecuing.
Hardwood floors. Central Air. Updated boiler
and hot water. Professionally landscaped
yard. Located at the end of a dead end street.
\$259,900.



STURBRIDGE: MONEY MAKER! Commercial
building on Rt 20 in the heart of Sturbridge! 7429
SF of living area! 94 acres with 34 parking spaces.
Multiple possibilities for your use, vision and
enjoyment. Currently being used as an Inn with some
long term rentals. Fully gutted & renovated main
building w/ post & beam & cathedral ceilings. Fully
insulated. Sprinkler system. Updates include wiring,
plumbing, & electric. **\$349,000.**



STURBRIDGE: EXTRA SPECIAL home built on
secluded lot 7 rooms 3-4 bedrooms, 3 baths. Full
in-law over garage-beautiful. Living room has
soaring ceilings with views of the private backyard
with wonderful waterfall feature-built into stone wall.
Great kitchen with built in kitchen nook. First floor
master bedroom with stunning master bath! Lower
level finished family room. 3 car garage. Brand new
paved driveway 1.75 acres. Easy access to Rt 84 and
Mass Pike. **\$415,000.**



**OPEN HOUSE 12-2PM SUN
483 ALPINE SOUTHBRIDGE**
Beautifully maintained Colonial with 6 rooms
3 bedrooms 2 1/2 baths. Large kitchen/dining
room combo with tile floor. Half bath and first
floor laundry. Master bedroom with large walk
in closet and master bath. 2017 Pellet stove to
keep you warm. Cozy three season sun room
which leads to patio/deck and a large lot yard.
New roof in 2019. **\$289,900**



SOUTHBRIDGE: Celebrate the holidays in this
Custom Built Gambrel style home! Pretty &
inviting 7 rooms 4 bedrooms 1 1/2 baths. Kitchen
has upgraded energy efficient appliances. 1st
floor bedroom or den. 2nd floor has 3 spacious
bedrooms and a custom bathroom with 6' tub and
separate shower. Exterior painted in 2019. Garage.
Level yard. **\$224,700.**



SOUTHBRIDGE: Immaculate, spacious and updated
Colonial with 8 rooms 3 bedrooms 3 1/2 Upgraded
kitchen with granite, SS appliances, eat-at-bar, and
radiant heat in tile flooring. Pantry closet with washer
& dryer. Wonderful 3 season room with sliders to deck.
Huge master bedroom & bath! First floor family room.
Dining room with new flooring & radiant heat in floor.
4-zone Hyper heat & Air system. 1.22 acres with Barn!
\$299,900.

**ACTIVELY SEEKING LISTINGS IN THE FOLLOWING AREAS:
SOUTHBRIDGE, STURBRIDGE, DUDLEY, CHARLTON, WEBSTER, HOLLAND. PLEASE CONTACT US!**

Open House Directory

(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront
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ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 19

DUDLEY 71 Mason Rd	S	10-Noon	\$359,900	ReMax Advantage 1 / Maria Reed 508-873-9254
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578

SUNDAY, OCTOBER 20

DOUGLAS 417 NE Main St	S	1:30 -3	\$349,000	Re/Max Town & Country / Deb Hackett 491-774-4891
SOUTHBRIDGE 483 Alpine	S	Noon-2	\$289,900	Aucoin Ryan Realty 508-765-9155
POMFRET, CT 280 River Rd	S	Noon-3	\$264,900	Hope Real Estate Group / June Cazeault 860-377-2044

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Elizabeth Zimmer



Sarah Tetreault



Lauren Heidelberger



John Rich


 Amy St.
Laurent

 Catherine
Howard

 Belinda
Culp

 George
Hird

 Maryann
Miller

 Richard
Governale

 Kathryn
Durand

 Jocelyn
Bennett

 Brad
Favreau

 Kiona
Carpenter

 Kevin
Houghton

 Tanya
McDermott

 Michael
Collins

 Scott
Pempek

 Charlie
Tracy

OPEN HOUSE SAT 10/19 12:00-1:30


196 Hill Rd, Thompson \$435,000 NEW LISTING
One of the most stunning Antique homes in
NECT. Alpheus Russell House circa 1795. Com-
pletely remodeled, exceptional architectural detail.
John Downs 860-377-0754

OPEN HOUSE SAT 10/19 12:00-1:30


245 Westford Road
Eastford \$339,000 NEW PRICE
Hillside contemporary home abutting Bigelow
Brook! Includes extra building lot! Great in-law.
Prior plant nursery location with valuable stock.
John Downs 860-377-0754

OPEN HOUSE SAT 10/19 10:00-11:30


69 Lyon Hill Road
Woodstock \$254,900 NEW PRICE
Immaculate 3 BR, 2 BA Cape. 1st floor bedroom
and full bath. New hardwoods! 2 Car Garage.
John Downs 860-377-0754

OPEN HOUSE SAT 10/19 10:00-11:30


87 Ragged Hill Rd. Pomfret \$739,900
Rare opportunity to own one of the finest homes
in NECT! This reproduction features authentic
historic details & custom craftsmanship.
5.52 acres.
John Downs 860-377-0754

Pomfret \$239,900

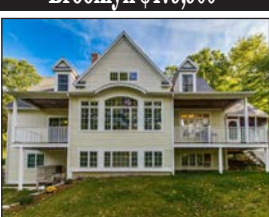

Private 3 BR, 2 full BA Ranch on just
under 2 acres. Recent kitchen, baths
& electrical, 2 car garage. Move in ready!
Robert Viani 401-741-2432

Hampton \$250,000


A beautifully maintained antique home
w/meticulous craftsmanship. Outside is a
patio overlooking the sprawling lawn &
antique barn!
Gelhaus Realty Group:
Vivian 860-455-5363

Danielson \$229,900 NEW PRICE

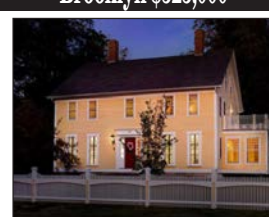

3 + BR, 2 BA, 2 car garage. Move in con-
dition, motivated! Immediate occupancy,
neighborhood setting.
Robert Viani 401-741-2432

Brooklyn \$479,900


4 BR, 3.5 BA, in-law w/1500 SF on lower
level, sep. entrance, 3 bay att. garage,
center island, fieldstone fireplace,
sunroom, sauna w/shower.
Rachel Sposato 860-234-1343

Woodstock \$630,000


Horse property! Custom 3000 SF ranch,
41 acres to ride, hunt, and fish.
Huge heated barn for all your toys
and a workshop.
Maryann Miller 860-949-6130

Brooklyn \$525,000


4 BR, 3.5 BA, 12+ acres. This Colonial has
been restored & is move-in ready! Zoned
for commercial & residential use! Open
a bed & breakfast!
Gelhaus Realty Group:
Kristen 860-377-0118

Killingly Waterfront \$695,000


Sensational living on Alexanders Lake.
Glassed in front w/the most beautiful
views. Open living, wood floors, fireplaces,
wine room, front patio.
Rachel Sposato 860-234-1343

Putnam \$199,000


Completely renovated medical office
Condo adjacent to DKH. 1,133 SF, 7 rooms.
Association fees pay for snow removal,
lawn & trash.
Mary Collins 860-336-6677

Ashford \$374,900


2002 Sturbridge Village Freeman Farm
House replica. 3 BR, 2 BA,
Ash flooring, 2 FPS,
17.8 acres. Concrete core tested!
Robert Viani 401-741-2432

Thompson \$277,000 NEW PRICE


Great 3 BR, 3 BA oversized Raised Ranch
in Thompson w/2 acres! Quiet country
road, yet close to amenities. Motivated
seller!
Kathy Durand 860-208-3934

Putnam \$165,000


Well cared for Victorian w/in walking to
downtown. 3 BR & 2 full BA & hardwood
floors. Private drive w/a detached 2 car
garage & shed.
Gelhaus Realty Group:
Vivian 860-455-5363

Putnam \$2,000/mo. Commercial Lease


2 rentals- side by side! Combo of 4000
SF or rent individually. Offices, waiting
rooms already set up! Lease per unit is
\$2000. Triple net lease.
Rachel Sposato 860-234-1343

Land for Sale

Eastford \$125,000
Build your dream home on this 7.5 acre parcel that abuts Yale Forest.
Private, peaceful & picturesque. Enjoy country living at its best!
Gelhaus Realty Group: Vivian 860-455-5363

Putnam \$125,000
.27 acres. Commercial land, close to 395 on Kennedy Drive
Build your business location. Near medical offices!
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How to lose weight after a thyroid condition diagnosis

People diagnosed with an underactive thyroid condition may have to make several changes to their lifestyles to feel well and maintain a healthy weight.

The thyroid is a tiny gland located in the neck that produces a hormone to regulate one's metabolism, or the process that converts what a person eats and drinks into energy. With hypothyroidism, also known as an underactive thyroid, production of that thyroid hormone is insignificant, resulting in a dramatically slower metabolism.

The endocrinology health site Endocrine Web estimates approximately 10 million Americans have hypothyroidism. The reasons the thyroid gland falters vary. But the symptoms may include fatigue, weakness, weight gain or increased difficulty losing weight, hair loss, muscle aches, depression, and irritability.

Each of the side effects associated with thyroid conditions can be troublesome, but many people with thyroid issues struggle most with weight gain and their inability to keep weight off. The president of the American Association of Clinical Endocrinologists, R. Mack Harrell, MD, says to first visit a doctor, who can determine if a synthetic thyroid hormone medication can help. Regular exercise also



Low-impact cardiovascular exercise mixed with intervals of strength training can be the right formula for losing weight with a sluggish metabolism.

can be an important part of the strategy to lose weight and manage other hypothyroidism symptoms.

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to

wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that

may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the

heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gentle yoga can improve core muscles and help alleviate joint pain as well.

Incorporating strength training into a workout can help build muscle mass, which burns calories, even when a person is at rest. That can be essential for a person finding it difficult to control his or her weight due to a sluggish metabolism.

Additional benefits of exercising are improved mood and reduced inflammation. Exercising can release endorphins into the body to help fight off depression. Also, researchers from the University of California-San Diego School of Medicine found a single 20-minute session of exercise was enough to trigger something called sympathoadrenergic activation, which suppresses the production of monocyte cytokines in the body that produce an inflammatory response in the immune system. That means exercise can keep inflammation in check.

Hypothyroidism is a common condition that produces various unwanted side effects. However, with proper care and exercise, many symptoms can be managed effectively.

How to start exercising at home

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

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

Body weight exercises include push-ups, planks, squats, and lunges.

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

Get outdoors for cardio
A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help shave off the pounds when paired with

strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

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

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

Set up a home gym

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

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

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

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

SATURDAY OCTOBER 19

3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR
9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables
Serving Lunch
American Legion Gaudette Kirk Post 138
175 Main Street
Spencer, MA 01562

WEDNESDAY, OCTOBER 23

FINANCIAL FRAUD & THE ELDERLY
What to Know and How to Avoid It
1:30-2:30. Kim Brown Branch Manager, North Brookfield Savings Bank
Tea & Refreshments will be served
Limited seating
Quaboag Rehabilitation & Skilled Care Center
47 East Main Street
West Brookfield, MA
RSVP 508-867-7716

SUNDAY, OCTOBER 27, MURDER MYSTERY DINNER



An interactive dinner theater
The Fashionable Murders.
6:30 pm
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MONDAY, OCTOBER 28

MIDDLE AND UPPER SCHOOL PREVIEW NIGHT
6-7:30 pm. Join us for a casual and informative evening as we welcome parents and students curious about Wilbraham & Monson Academy. Admissions Office at Morrow House. 421 Main Street, Wilbraham, MA 01095. RSVP by October 21 at www.wma.us/previewnight or call 413-596-9107

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE
1:30-2:30. Barbara Perman, President, Moving Mentor
Tea & Refreshments will be served
Limited seating
Quaboag Rehabilitation & Skilled Care Center
47 East Main Street
West Brookfield, MA
RSVP 508-867-7716

SUNDAY, SEPTEMBER 29

SUNDAYS AT 308 LAKESIDE
Chris Barber
308 Lakeside
308 East Main Street, East Brookfield, MA
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SUNDAY, NOVEMBER 15

MURDER MYSTERY DINNER
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SATURDAY NOVEMBER 16

HOLY ROSARY CHRISTMAS BAZAAR
10am-5:30pm. Along with our regular booths (baking, lottery, indoor flea market, thanksgiving basket etc...), this year we will be introducing a new money raffle drawing replacing the special

gift raffle. St. Andrew Bobola Church 508-943-5633

SUNDAY NOVEMBER 17

HOLY ROSARY CHRISTMAS BAZAAR.
8:30am-12:30pm Along with our regular booths (baking, lottery, indoor flea market, thanksgiving basket etc...), this year we will be introducing a new money raffle drawing replacing the special gift raffle. St. Andrew Bobola Church 508-943-5633

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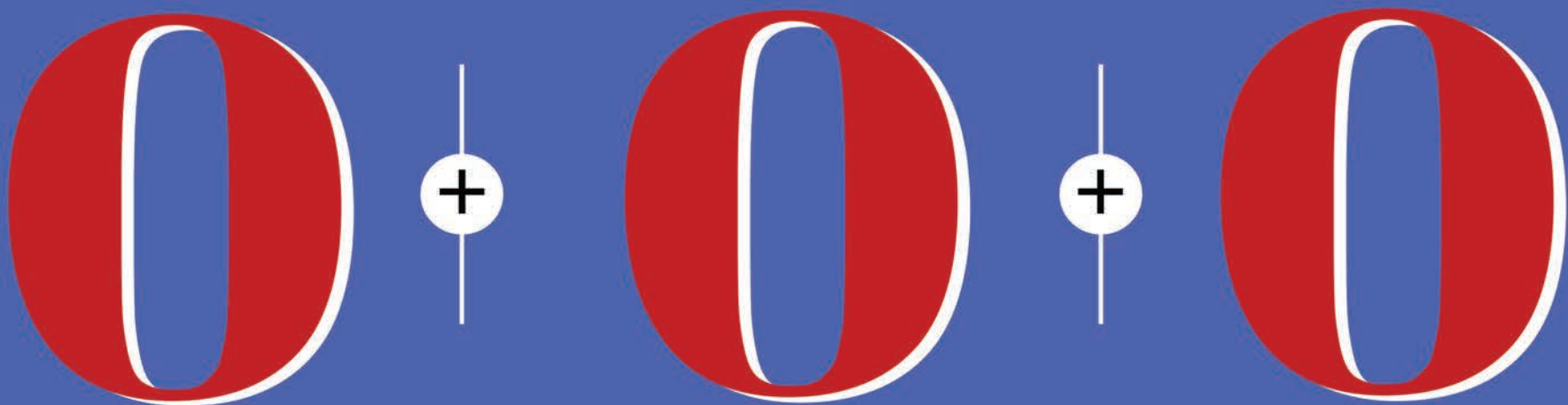


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HEALTH

Breast cancer signs and symptoms



Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances,

skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.
- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.

Occupational therapy has many benefits



People may be familiar with physical therapy, which many are prescribed after suffering a sports-related injury or being injured in an accident. But less may know about occupational therapy, a form of therapy that can help individuals live full, happy lives even if they're dealing with permanent disabilities or chronic conditions.

The American Occupational Therapy Association, Inc., says that occupational therapy helps people perform daily tasks to reach goals. This can include helping children or adults with disabilities participate fully in work or school. Occupational therapy also may intervene during or after a physical or mental illness so that one can regain lost skills. Occupational therapists tend to focus on treating people who need assistance with a physical, sensory or cognitive disability. OT practitioners address psychological, social and environmental factors that can impact a person's ability to function.

Even though one may think OTs primarily treat adults, especially aging seniors, this is not the case. The health and wellness resource KidsHealth, from Nemours, indicates that children also benefit. Occupational therapists can work with children after surgery or help those with behavioral problems.

OTs also help children recover after suffering traumatic injuries, and can even help kids with developmental delays.

Occupational therapy differs from physical therapy. While physical therapy deals with pain, range of motion, endurance, and strength, among other things, the AOTA notes that OT tries to hone fine motor skills, visual-perception skills and cognitive skills and to lessen sensory-processing deficits. Very often OT is used in conjunction with PT.

Occupational therapy can be a rewarding career with many different opportunities. Therapists work in various settings, including schools, hospitals, rehab facilities, nursing homes, and even in independent practices. In addition, new specialties, such as assisting those with low vision or helping workers adapt to ergonomic tools, enable even more specialized concentrations.

People who think they can benefit from occupational therapy should first consult with a primary care physician or a discharge team from a hospital to find out which OT services may benefit them.

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, accord-



ing to Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer

patients.

- Surgery: Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the

tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.

- Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink

or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.

- Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as "radiotherapy," radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.
- Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as "anti-estrogen" therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.
- Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

HEALTH

Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- **Speak with your physician.** The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- **Begin with low-intensity exercises.** Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so



your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

- **Choose the right places to exercise outdoors.** Exercising outside provides the best of both worlds for many people, providing a chance to get

healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places

well off the beaten path.

- **Stay hydrated.** The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby

decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

3 tips to overcome everyday aches and pains



Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity. For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States. Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. Employ RICE. RICE, which stands for rest, ice, compression, and elevation, can help men

and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training. But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.




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