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Friday, October 19, 2018

Charlton unveils new skate park

BY GUS STEEVES
VILLAGER CORRESPONDENT

CHARLTON – Three years after the town’s building inspector closed it for safety reasons, the Charlton Skate Park is back in action, and several local kids were immediately taking advantage of it Sunday.

One of the key players in raising the roughly \$22,000 necessary to rebuild it was David Ducharme, president of Charlton Recreation Friends.

“It’s a basic park. There’s enough for all skill levels,

Please Read **SKATE PARK**, page **A6**



Three local youths talk while trying out the new skate park. Gus Steeves photo

Charlton Selectman Voice Support for Question 3

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – In a rare move, the Board of Selectmen has voted to take a position concerning the passage of a question on the upcoming November election ballot voicing their overwhelming support of voting “Yes” on Question 3, a question that seeks to repeal the state’s 2016 transgender right law.

A vote of “Yes” for Question 3 would protect the current Massachusetts transgender rights law enacted in 2016 that ensures individuals are allowed to use public restrooms and locker rooms

Please Read **QUESTION 3**, page **A10**



Courtesy Photo
Charlton resident Jordan Evans, a transgender woman, asks selectmen to support Question 3

Medical marijuana producer eyeing Charlton property

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The town continues to be an attractive location for marijuana producers with a fourth growing company looking to set up a manufacturing business within the town’s borders.

Representatives of Life Essence, a nonprofit medical marijuana producer, appeared before selectmen Oct. 9 seeking a letter of non-opposition for their plans to locate a cultivation site at 130 Sturbridge Road. The company is in the process of pursuing state certifications to operate the cultivation facility as well as several dispensaries in the Commonwealth, although their plan for Charlton is strictly manufacturing.

“We’re a medical cannabis company. We’re a Massachusetts nonprofit. We’re currently in the siting profile stage looking for an area to

Please Read **MEDICAL POT**, page **A7**

tion site at 130 Sturbridge Road. The company is in the process of pursuing state certifications to operate the cultivation facility as well as several dispensaries in the Commonwealth, although their plan for Charlton is strictly manufacturing.

“We’re a medical cannabis company. We’re a Massachusetts nonprofit. We’re currently in the siting profile stage looking for an area to

MCAS results leave Dudley-Charlton seeking improvement



Director of Special Education for the Dudley Charlton Regional School System Lorinda Allen says there's work to be done after MCAS test result

BY JASON BLEAU
STONEBRIDGE CORRESPONDENT

The results are in after students throughout Dudley and Charlton participated in the statewide MCAS testing earlier this year, leaving school officials mixed on the scores reported from the state.

School officials presented two reports before the School Committee Oct. 10, one focusing

Please Read **MCAS**, page **A9**

Treasurer’s race has viable candidates

BY JERRY CARTON
STONEBRIDGE CORRESPONDENT

The candidates for state treasurer are the Democratic incumbent Deb Goldberg and Republican state Rep. Keiko Orrall of Bristol.

Goldberg, elected in 2014, says economic empowerment,

economic security, and economic stability were the driving forces behind her candidacy in the first place and have been her priority over the last four years.

She said, “Government has an important role to play in improving people’s lives.

Whether in saving taxpayer dollars through smart debt management to ensuring high school students to learn how to avoid debt.”

Goldberg said she’s kept her campaign promises.

Foremost among these was the creation of a college sav-

ings plan called SeedMA for kindergarten students at no cost to taxpayers.

“Research shows a kid with a savings plan is seven times more likely to attend college,” she said. Goldberg said she supports vocational and technical training to keep workers

in Massachusetts.

Goldberg said she has leveraged the treasurer’s office and the pension fund to fight for greater diversity on corporate boards and executive

Please Read **CANDIDATES**, page **A3**

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CHARLTON CAPSULES

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.

GIANT MEAT RAFFLE On Saturday, Nov. 10 at St. Joseph's Church Hall, Charlton at 6 p.m. 6 meat, 1 turkey, 1 lobster table! 3 Early Bird Tickets for arrival before 6 PM. Selected "Homemade" food purchases will be available for dinner as well as home-made baked goods for desert. Beverages include beer, wine, soda, water, coffee, tea etc. Co-sponsored by Catholic Financial Life, Chapter 56. WOMEN'S BASKETBALL Please come join us for a fun evening of exercise and basketball at the Heritage School gym in Charlton. We play pick-

up basketball from 7:00PM - 9:00PM 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. STUDENT ACHIEVEMENT HARRISONBURG, VA — James Madison University is excited to welcome the class of 2022 to campus this fall. The incoming freshman class represents an accomplished, diverse group of individuals who hail from 34 states, the District of Columbia and several countries around the world. Charlton resident, Leah

Hibbert, has enrolled at James Madison University for the fall 2018 semester. Hibbert's selected major is intelligence analysis. V E T E R A N S APPRECIATION BREAKFAST Offered by Harrington HealthCare System to Southbridge, Sturbridge & Charlton Residents on Wednesday, Nov. 14 at 8:00 a.m. at the Southbridge Hotel and Conference Center. Free for veterans; RSVP (leave a message) to: 508-765-2109 by Nov. 8. GARDEN CLUB TO MEET Come and join us! The Charlton Garden Club's Monday, Nov. 12 meeting will feature 'Hands-On' flower arranging with Michelle Lowell. Bring a 6-inch con-

tainer without drainage holes and greens. \$10 donation for non-members. Charlton Garden Club meetings are open to all interested in gardening and related themes. Whether you're a novice or accomplished gardener, the Charlton Garden Club is a great place to meet other gardening enthusiasts, learn about plants and planting, and to share your gardening tips and experiences. Meetings are held at 7 pm at the Charlton Federated Church. If interested in joining the Garden Club, please contact Co-Presidents, Virginia Charette at (508) 248-7300 or Marcia Liedigk at (508) 434-0507.

Governor candidates explain differences

BY JERRY CARTON STONEBRIDGE CORRESPONDENT Election Day is drawing near and the two candidates for the state's top job differ on a series of major issues important to voters.

Governor Charlie Baker, who defeated then Attorney General Martha Coakley four years ago is seeking a second term. The governor says his administration has created over 180,000 new jobs during the last four years with more people employed state wide than

at any time in the last 20 years and the state's unemployment average is at 3.5% because of his policies. Baker said household incomes have risen "dramatically with every demographic group seeing increases in take home pay." Baker adds,"thanks to pro-growth leadership, Massachusetts was named the most innovative state in the country and the Commonwealth has attracted major business investment." Baker highlighted his education record by saying "the Commonwealth has increased support for local public schools by over half a billion dollars, bringing educational investments to a record level." Baker pointed to the Commonwealth Commitment program "which leverages our state's community colleges and the UMass system and allows students to pursue a four year degree for less

than \$30,000." He noted the state's secondary school students "continue to finish first in the National Assessment of Educational Progress Exam in English and math. The Commonwealth has the highest graduation rate and lowest dropout rate ever." The governor said he signed a first-in-the-nation law which limits new prescriptions to seven days to fight the opioid crisis "and invests more resources in prevention, education and recovery." Baker said the state has invested more than \$200 million "across state government to combat substance misuse, a 70-percent increase since 2015. He said he's proposed new legislation to stiffen penalties "for drug dealers whose actions lead to fatalities."

Baker said his administration has increased state aid to cities and towns every year since he took office in 2015. He boasted the August sales tax weekend has become permanent under his leadership. Opposing Baker as the Democratic nominee is Jay Gonzalez who served as Secretary of Administration and Finance between 2009 and 2013 under then Governor Deval Patrick and served Turn To GOVERNOR page A3


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Check your battery. There is nothing worse than your car not starting on a snowy winter morning. Most batteries need to be replaced every 4-6 years. **Inspect the cooling system.** The cooling system of your vehicle is like the circulation system. It must flow clean and easy to prevent damage to the engine. In New England we need a proper mix of water and anti-freeze to protect the engine. Make sure the concentration is correct and that the fluid is clean. Now is a great time to have your car prepared for the adverse conditions it will face over the coming months. Our techs can check the cranking power of your battery and determine if it is time for a new one. They can flush your cooling system and make sure it is ready for the cold. They can even help get the right tires at the right price. **We can service all makes and models so make your appointments now.** See why Place Motor is the Right Place since 1923.

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Charlton Police Department

Arrests/Summons: October 7-13

All suspects are presumed innocent until proven guilty in a court of law. Police agencies can no longer print the names of people who are arrested or charged with domestic assault related charges. The new law is designed to protect victims, so they are not re-victimized through indirect identification. Nii Sovereign of Worcester: Leaving the scene of a property damage accident

Early voting hours

Charlton town clerk Karen LeCroix has announced early voting hours at the following dates and locations. Town Hall Municipal Building 37 Main St Monday Oct. 22 & 29 7:30 AM-5 PM Tuesday Oct 23 & 30 7:30 AM-7 PM Wednesday Oct. 24 & 31 7:30-5 PM Thursday Oct. 25 & Nov. 1 7:30-5 PM Friday Nov. 2 9:00 AM-12 PM Overlook Community/Masonic Health Center 88 Masonic Home Rd Friday Oct. 26 9 AM-12 PM

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\$467,500 86 Dresser Hill Rd, Flynn John McDonnell Est, and Blanchet, Marianne, to Wikstrom, Oscar W, and Pisarski, Sandra L. \$410,900 142 Oxford Rd, Mitchell, Russell G, to Labrecque, James A, and Labrecque, Amanda K. \$375,000 215 Partridge Hill Rd, Cucchi, William E, and Cucchi, Nancy D, to Tessier, James, and Tessier, Shannon. \$305,000 3 Laurie Ln, Jean A Lafleche IRT, and Lafleche, Adam J, to Moriarty, Cherie E, and Moriarty, Shaun M. \$280,000 19 S Charlton Shore Rd, Suzanne Gryb RET 2016, and Gryb, Suzanne, to Gryb, Jake L, and Gryb, Colby B. \$20,000 13 Worcester Rd, TDW Realty Inc, and Southbridge CU, to Weingarten, Ross.



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Bertonazzi Foundation seeking best election turnout by town

The race to determine the Senator Louis Bertonazzi Foundation 2017-18 Outstanding Citizenship Award is entering its final stage with the upcoming Nov. 6th election. The competition among the 19 area towns to identify the “Best Voting Community 2017-18” has completed the local election of 2017, the local election of 2018 and the recent September State Primary, and the winner will be announced following the inclusion of the upcoming November election results.

The percentages of registered voters who actually come out to vote in each of the four elections in all 19 towns that had been represented by Senator Bertonazzi during his legislative service will be tabulated. The town with the highest percentage of registered voters who cast ballots will be declared winner of the Outstanding Citizenship Award as “Best Voting Community 2017-18”.

A check for \$1,000 will be presented to that town’s clerk and Board of Registrars, along with a plaque to the Board of Selectmen. In addition, a large banner will be unfurled and awarded to the townspeople whose civic spirit in turning out to vote earned the award.

As shown in the accompanying chart, the town of Douglas, with a cumulative percentage total of 20.01%, is currently leading the other 18 towns on the basis of its voting percentages in the three elections leading up to the Nov. 6th election.

The towns of Uxbridge, Millville, Mendon, Milford, Oxford, Grafton, Upton and Southbridge comprise the first tier of leading challengers. Sutton, Auburn, Blackstone, Westborough, Bellingham and Hopedale make up the middle tier.

To this point, the trailing towns are

Webster, Charlton, Northbridge and Dudley.

Just as the rankings have shifted with each of the first three elections, the upcoming November election will have a profound effect on the final standings. Anyone can win.

Not only those who have voted faithfully over the years, but also young new voters who have recently demonstrated a strong interest in government issues, will have another reason to vote.

Hopefully, this competition will provide an additional incentive for all voters in the 19 towns to exercise their voting privilege, a privilege won and protected by the sacrifice of so many over the years.

The Senator Louis Bertonazzi Foundation Board of Directors are Dr. Carl DiGregorio, chairman; Michael Diorio, treasurer; Atty. David Bertonazzi, clerk; and members Cynthia Casey, Thomas Cullen, Gail Crimaldi, Joseph Nigro, Janice Guerriere, Julie Richards and Louis Bertonazzi, ex-officio.



ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4130 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

DON'T MISS A BEAT

CHECK OUT THE SPORTS ACTION!

Lou Bertonazzi Foundation Election Results - % of registered voters that voted				
Town	2017 Local	2018 Local	2018 Sept Primary	% through 3 elections
Douglas	1.89%	44.93%	13.20%	20.01%
Uxbridge	25.74%	9.20%	20.17%	18.37%
Millville	14.10%	20.57%	19.73%	18.13%
Mendon	21.35%	12.20%	17.57%	17.04%
Milford	17.35%	17.71%	14.70%	16.59%
Oxford	15.74%	16.14%	15.81%	15.90%
Grafton	17.35%	13.10%	16.86%	15.77%
Upton	18.78%	11.01%	16.79%	15.53%
Southbridge	18.82%	13.70%	10.03%	14.18%
Sutton	12.60%	11.06%	16.67%	13.44%
Auburn	9.25%	12.78%	16.99%	13.00%
Blackstone	15.96%	2.31%	19.87%	12.71%
Westborough	12.42%	9.03%	16.60%	12.68%
Bellingham	10.38%	2.73%	25.35%	12.82%
Hopedale	13.97%	4.38%	19.36%	12.57%
Webster	11.05%	9.57%	12.30%	10.97%
Charlton	7.46%	8.48%	14.40%	10.11%
Northbridge	2.99%	9.94%	14.01%	8.98%
Dudley	6.81%	4.17%	14.20%	8.39%

GOVERNOR

continued from page A2

as well as chair of the state’s Health Connector. He defeated Bob Massie in the September primary.

Gonzalez is touting his experience “providing health insurance coverage for low-income residents, helping cities and towns build new schools and fire stations and managing the state budget...during the Great Recession.”

He said he oversaw the implementation of Massachusetts’ health care reform and chaired the state’s Board of Early Education and Care.

“The income gap here in Massachusetts is one of the worst in the country and is growing. That’s why I support raising the minimum wage and paid medical and family leave,” he said.

He added, “women must have equal career opportunities and equal pay and workplaces free from discrimination and harassment.”

“President Trump,” he said, “has disparaged and discriminated against people of different ethnicities, backgrounds, religious beliefs, and gender.

His unconstitutional Muslim travel bans and increased raids to detain and deport immigrants have been particularly harsh and fear provoking for immigrant communities across Massachusetts.”

Gonzalez said he strongly supports early childhood education.

“These early investments in our children pay dividends on multiple levels and across generations. Working families deserve our best efforts to support their children getting the start they need toward academic and career success and to support their own workforce participation and economic prosperity.”

Gonzalez backs reforming the state’s 1993 school funding formula.

“We need,” he said “to end the opioid epidemic, the most serious public health crisis of our time. No more tragic deaths from overdoses. No more lives ruined by addiction. No more families torn apart. We need people of all ages to be educated about the dangerously addictive nature of opioids and the existence of alternatives for managing pain.”

CANDIDATES

continued from page 1

positions. She said she knows from her own private sector experience that “companies that invest in people and reflect the vibrancy of our communities are far more successful, resulting in a better economy for everyone.”

For her part, Orrall, the first Asian-American elected to the state House of Representatives (2011) said she led the drive to stop Massachusetts’ participation in PARRC, a national testing consortium.

Orrall adds she was instrumental “in helping to pass legislation to give small businesses certainty in tax filing deadlines by matching federal and state

requirements.”

She said she “worked with a bipartisan group to stop an unnecessary regulation in the medical field that would have cost city and town taxpayers millions of dollars.”

Orrall said she has also worked with senior citizen advocates and legislators to “help block a measure which would have shut down a quarter of the nursing homes in the state through overregulation and disregard for the needs of the elder population.”

“I am running for state treasurer because I believe voters want someone who relates to them and will bring a common sense, fiscally conservative approach to running the state’s finances,” is Orrall’s statement.

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Friday's Child

Hi! My name is Jaycob and I love to smile and give hugs!

Jaycob is a charming, engaging and likeable boy of Caucasian descent who is quick to give hugs. Those who know him best say that he has a silly side and is remarkably kind. Recently, when he was at the doctor's office he asked for extra stickers so that he could bring them back to the other children in his home. Jaycob loves playing with Matchbox cars, Pokémon, Beyblade toys and video games. Jaycob hopes one day to be a contestant on the television show Wipe-Out, where contestants have to navigate an obstacle course. He plays the video game version and believes that he could complete the course in real life if given the opportunity.

Jaycob enjoys going to school, is academically on track, and gets along well with his peers.

Legally freed for adoption, Jaycob will do best in a two-parent family. He is eager to live in a home with other children and will do best with children of a similar age or older.

Who Can Adopt?

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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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The Pumpkin Harvest is in!



TAKE
THE
HINT

KAREN
TRAINOR

Fields of plump pumpkins ripening on the vine, flickering Jack O’Lanterns lighting the way for a parade of little ghosts and goblins, and a simmering pot of thick pumpkin soup — such are the simple pleasures of a New England autumn.

The humble pumpkin is rich in both nutrition and heritage. In the 17th century fairy tale, Cinderella’s coach magically appeared from a large, stout pumpkin; Native Americans and early settlers revered pumpkin seeds as a medicinal sedative; and in modern times, carved triangle faces transform sugar pumpkins into annual ghoulish spooks. It should come as no surprise the harvest vegetable continues to serve as a highly anticipated autumn treat. Read on for some seasonal ways to pump up your pumpkin pleasure!

Mum’s the Word: Chrysanthemum and pumpkins are two autumn delights that are even better when merged. Create a unique “urn”

for your hearty mums by gutting a tall pumpkin and placing a pot of blooming mums right into the pumpkin. The contrasting colors and texture make the perfect display when perched on a front stoop or porch step.

Seedy Treat: Many Halloween traditions include gathering the seeds from a carved Jack O’Lantern to toast in a warm oven. To properly toast pumpkin seeds, remove all pulp and clean strings from the seeds. Place seeds in a bowl and stir in melted butter or olive oil and salt to coat the seeds. Spread seeds on a cookie sheet and bake in a 275° oven for about an hour or until the seeds are golden brown and crisp. Avoid overcooking as seeds can become hard and tough.

Sprout Surprise: Pumpkin seeds can even be sprouted to use on sandwiches and in salads. Pumpkin seeds are a healthy snack as they are over 30 percent protein and are high in and oil-soluble vitamins A, D, and E. To sprout pumpkin seeds, place the seeds in a glass jar (Mason jars are ideal) and cover with water just to cover. Secure a piece of cheesecloth over the top with a rubber band. Soak seeds overnight. The next day, drain the water

out and place the jar in dark area that is room temperature. Rinse the seeds in the jar at least four times a day. After a few days, you should see the seeds sprouting. Rinse them again and place the jar in the sun for a day or so until tiny leaves form. They are now ready to use as a tasty garnish or salad addition.

Frozen Pumpkins: Freezing cooked, pureed pumpkin is a favored way to preserve the taste and texture of pumpkin. Sugar or pie pumpkins are ideal candidates for freezing as the pulp is thicker and firmer. To easily prepare a pumpkin for pureeing, simply place the whole fruit in the microwave for about a minute or so to soften the skin. This will make the pumpkin much easier to peel. Cut the pumpkin in large slices, peel the skin and remove the strings and seeds. Then cut the slices into smaller pieces. Boil the pumpkin pieces until tender, then mash or process the pumpkin pulp until it forms a smooth, thick puree.

Pulverized Pumpkin: Pumpkin can also be dried, which was a favored method of the colonists. Drying pumpkin must be done carefully in order to kill all the germs that would make it spoil. Split the pumpkin in half and remove the seeds. Remove the skin and

cut the fruit into thin slices. Steam for about six minutes. Spread on a tray and dry in the sun or in a solar dryer until dry and brittle. This will take about two days. If flies are a problem, cover with netting. Pumpkin needs to be dried in hot sun so that it dries quickly before it spoils. Dried pumpkin can also be made into a flour, which can be used just as you would all purpose flour in cooking and baking. To do, simply pulverize the dry pumpkin in a food processor.

Fresh Pumpkin Bisque Here’s an easy recipe for a rich pumpkin soup. For a vegetarian version, just switch vegetable broth for the chicken broth.

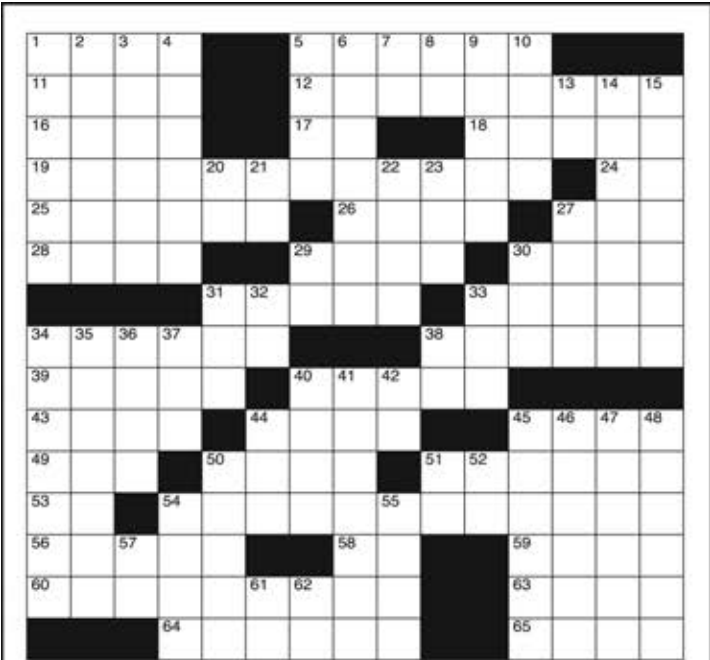
Ingredients: 1 medium onion, chopped; 2 stalks celery, chopped; 3 cloves garlic, chopped; 4 cups chicken (or vegetable) broth; 2 tomatoes, chopped; 2 bay leaves; ½ teaspoons nutmeg; 2 cups pumpkin purée (one medium sugar pumpkin, about four pounds, yield about 1 ½ cup purée); salt and pepper to taste; 1 cup heavy cream.

Instructions: Sauté onions, celery, and garlic in butter. Add broth, tomatoes, bay leaves and nutmeg. Cook until vegetables are very soft. Strain and reserve liquid. Purée vegetables with some liquid

and strain through a sieve. Combine liquid, puréed vegetables, and pumpkin; heat. Add cream and season with salt and pepper.

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

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



CLUES ACROSS

- 1. Hindu month
- 5. Fashion accessories
- 11. Prong
- 12. Clever
- 16. Network of nerves
- 17. Helps the police (abbr.)
- 18. Russian lake
- 19. Not allowed into evidence
- 24. Indicates position
- 25. Without clothes
- 26. Geological times
- 27. Folk singer DiFranco
- 28. Buddy
- 29. ___ but don't break
- 30. Father
- 31. Cast a shadow over
- 33. Afghan city
- 34. Concluding speech
- 38. Type of creed
- 39. French Revolution image "The Death of ___"
- 40. Syrian president al-___
- 43. Soviet composer
- 44. Dove into
- 45. Famed Broadway producer
- 49. Leavened bread
- 50. Ruling family House of ___
- 51. Planet
- 53. Publicity
- 54. Manifesting approval
- 56. Fern genus
- 58. Larry and Curly's pal
- 59. Company officer
- 60. Expressed loathing for
- 63. Birthplace of Constantine
- 64. People from Asia
- 65. "Hercules" voice Donovan

CLUES DOWN

- 1. Central hall or court
- 2. Italian city
- 3. All there
- 4. Seamstress's tool
- 5. Sends after
- 6. Used in herbal medicine
- 7. Specific gravity
- 8. A male
- 9. Hydroxyls + 2C
- 10. Trigonometric function
- 13. Archaic language (abbr.)
- 14. East African native
- 15. Satisfy
- 20. Mother
- 21. Where innate impulses are processed
- 22. "Rule, Britannia" composer
- 23. Not good
- 27. Swiss river
- 29. A-Team member Baracus
- 30. Calendar month
- 31. Drunk
- 32. Mercury
- 33. Concealed
- 34. Give forth
- 35. Contradiction in terms
- 36. Middle Eastern country
- 37. On the ___
- 38. Sodium
- 40. One who attended a school
- 41. Supporters
- 42. South Dakota
- 44. American brewer Adams, Sr.
- 45. Type of attorney
- 46. Absence of oxygen
- 47. Most sheer
- 48. Human soul, mind or spirit
- 50. Flies high above
- 51. University of Dayton
- 52. Dorm moderator (abbr.)
- 54. Intestinal pouches
- 55. Assents to
- 57. Delaware
- 61. Robots are a byproduct of this
- 62. Tantalum



Classes on business offered by QVCDC

BY KEVIN FLANDERS
NEWS STAFF WRITER

SPENCER – Area owners and entrepreneurs are ready to get down to business, as an informational workshop series will come to town later this month.

Presented by the Quaboag Valley Community Development Corporation (QVCDC), the series of business planning classes will begin on Oct. 24 from 5-7 p.m. at the Spencer Senior Center. Additional classes will take place on Oct. 31, Nov. 7, and Nov. 14, all at the same time and location.

Each class will focus on a different theme and include guest speakers, beginning on Oct. 24 when participants will learn skills for leading and expanding a business team. Attendees will be able to ask questions of the presenter and also engage with each other on various strategies.

Whether you’re a veteran business owner or you just started your own business, everyone is welcome to attend the program.

“It is great for us to get a nice mix of perspectives, which allows for broader discussions about many topics,” said Melissa Fales, a loan program coordinator with the QVCDC who helps organize the event each year.

Representing 15 towns

throughout the Quaboag Valley region, the QVCDC has seen continued success from its business workshops held in Ware. After several residents of surrounding towns requested courses, the QVCDC decided to head east down Route 9 and bring the program to Spencer.

The second session will focus on marketing, branding, and maintaining a strong social media presence for your business. With the domination of electronic media, marketing strategies have been revolutionized over the last decade, with social media at the forefront. Without a strong online advertising presence and website accessibility, businesses can be easily overlooked.

The third session represents the convergence of business and math, focusing on income, start-up budgets, and how statistical analyses can measure year-to-year success. The fourth class, meanwhile, covers financing options and business loans. A local banker typically addresses attendees and answers finance questions during this session.

While the program can be a major help for those looking to start their own businesses, it is also vital for residents seeking

to transition into a new business or a consulting role. Business owners who are hoping to hire new employees or open a second location can also learn several helpful financial and management strategies.

“These classes are great for people in all phases of planning or running a business,” Fales added.

The cost of the four-class program is \$99 per participant, and scholarships are available for a few candidates. You must register by Oct. 22 to secure a spot in the workshop, which will include a light dinner.

To pre-register for the program, or to learn more about the scholarship application process, call 413-967-3001 or visit www.qvcdc.org. You can also find out about the additional services offered by the organization to residents from throughout the area.

The QVCDC is a member-based nonprofit organization committed to economic development and helping small businesses thrive. The organization serves Spencer, Warren, Ware, Oxford, Charlton, Sturbridge, Southbridge, Brimfield, Dudley, Wales, and all of the Brookfields towns.

Are Instant Offers a good idea?

In order to make things simpler and easier for the consumer that are several companies coming out with options for home sellers to get an instant offer online for their home so they do not have to worry about the hassle of selling their home. Some of the big players that are doing this are Zillow, Offerpad and Open door. This does make things easier for the consumer but at what cost? The offers they are giving do not seem too bad until you look at the fine print. With most of their offers there will be service fees and repair credits that



REALTOR’S
REPORT

JAMES
BLACK

they request so in the end that good offer you got will not be as good.

I recommend hiring a Real Estate Professional to navigate you through this challenging market so they can help you to market your home to get the most money and also give you confidence that you got the right price for the home. There are many times I have gotten too good to be true offers only to have the investor come back and say the home needed repairs that were not necessary to get the price down after they got it under contract.



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Copts celebrate their culture in Charlton



Mina Salib has a snack on the ramp to the bounce house as a couple of kids slide out.



One of several kids playing in the inflatable playground gets some sort of bird's eye view.



Raouf Hanna carried around an 18th century dispenser for a soft drink called carob.



Arine Wahba displays the finery of an ancient Egyptian princess.



Several members of the Coptic Church volunteered to serve kebabs, salad and various other Mediterranean delicacies.

BY GUS STEEVES
VILLAGER CORRESPONDENT

CHARLTON – Coptic Christians from across the region made their way to the Holy Virgin Mary Spiritual Vineyard last weekend for the annual Egyptian Festival, partaking of lots of Mediterranean food, soccer and other games and even pretending to be pharaohs for a while.

According to Samer Sadek, a self-described “servant” at the church, the Vineyard’s centerpiece, St Mary and Pope Kyrillos Church, is one of seven Coptic Churches in Massachusetts. It was originally a “satellite” of St Mark’s in Natick, but is now independent with about 250 families of its own. Even so, he said, it’s beginning to be too small, and the members are starting to consider building a new church.

The campus itself also has several shrines, an old-style sanctuary, a model of an early-Christian Egyptian hermit’s cave, and various other facilities for religious and social uses on more than 100 acres.

Sadek said the Coptic Church dates to the year 65 CE, when the Biblical Mark arrived in Egypt. Traditionally based in Alexandria and termed the See of St Mark, the church has been led by Pope Tawadros II since 2012.

But Copts trace their heritage much farther back than that. Their language, still used for some prayers, has existed since the days of ancient Egypt’s pharaohs, although today it’s written in the Greek alphabet with five extra letters. The sacred books often have three languages in columns on the same page – English or Arabic, Coptic, and Coptic

in Arabic letters – and it’s common to hear all three languages singing hymns at the same time in some congregations, Sadek said.

According to Wikipedia, the Coptic Church is “one of the Oriental Orthodox churches (not to be confused with the Byzantine Orthodox group of churches).” The Oriental group comprises six churches: the Coptic, Syriac, Ethiopian, Eritrean, Armenian and Malankara Syrian churches, which slowly separated from Byzantine Orthodoxy starting 451 CE over various differences in theology. The Byzantine group, by contrast, includes the national churches of Greece, Russia, Romania, Bulgaria, Ukraine, Serbia and several smaller churches.

“Oriental Orthodox churches are generally considered to be more conservative with regard to social issues as well more enthusiastic about ecumenical relations with non-Orthodox churches,” Wikipedia states.

According to www.worldatlas.com, the vast majority of the world’s Copts still live in Egypt (about 18 million of them, comprising 10-15 percent of the country’s population). A majority of the rest are in the US (about 1 million), with 12 other countries combining for a little over 225,000.

Sadek said many of those who left Egypt were fleeing the Muslim Brotherhood, particularly after the election of Mohammad Morsi to the presidency. Morsi was ousted by military coup in 2013, after just one year in office.



Festival goers talk in front of a display touting Egypt’s pre-Christian heritage.



Botros Bakhit and Tahani Khalil don some of the available costumes.

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Civil War encampment this weekend



Augustus Potter after the Civil War.



Survivors of the 15th Mass reunited in 1909 at Gettysburg.



Reenactors of the 15th Mass were among those participating at the 150th anniversary of the Battle of Ball's Bluff in 2011.

BY GUS STEEVES
TIMES CORRESPONDENT

DUDLEY – Webster will be invading Dudley this weekend, as the 15th Mass sets up camp on the Black Tavern and Grange properties.

As you might guess, it's not real, but a Civil war encampment commemorating the area's soldiers who fought in the Battle of Ball's Bluff 157 years ago this month. Many of the participants, including organizer Maurice Healey of Webster and Deb Martin of Brookfield, had ancestors in the 15th Mass then, and some will actually be acting as them.

Martin, for example, prides herself on being "Private Auggie" (Augustus Potter) of Company F, who was wounded four times during the war — twice at Gettysburg — before being captured at Petersburg. She said the Confederates were shipping him to the notorious Andersonville Prison, but released him as part of a prisoner swap before he got there.

"They were such patriots and so proud of what they did, they didn't go back [for treatment]," she said.

Healey said his

great-great-grandfather was also taken prisoner at one point, but he wasn't so lucky. He ended up in Mayo Prison, Virginia, a converted tobacco warehouse, "in the same clothes for four months" before being traded. Healey said they sent him there in a cattle car that had just been used to drop off pigs and hadn't been cleaned.

"They often traded 100 privates for four captains, or something like that," Healey said.

Regarding Ball's Bluff itself, Healey said the battle killed about half of the 15th's more than 650 men, largely because of a mistake. The regiment crossed the Potomac River early in the morning of Oct. 21, 1861, after a scouting detail led by Captain Philbrick saw what he thought were Confederate tents. When they attacked, the tents proved to only be corn stalks, and the Rebels surprised them and drove them back across the river.

According to Wikipedia, it was a series of errors by the Union leadership.

"A prominent US Senator in uniform, Colonel Edward

Baker, tried to reinforce the Union troops, but failed to ensure that there were enough boats for the river crossings, which were then delayed. Baker was killed, and a newly-arrived Confederate unit routed the rest of [Brig. Gen. Charles Pomeroy] Stone's expedition."

The site states 223 Union soldiers were killed, 226 wounded and 553 captured, and "bodies floated downriver to Washington" and Mt. Vernon on subsequent days. One of that battle's seriously wounded soldiers, a lieutenant, survived to become US Supreme Court Justice Oliver Wendell Holmes.

"The Slater Guards [Webster's part of the regiment] were one of the first companies to cross the Potomac to face the enemy," Healey said, noting very few members survived the war. Of 100 Slater Guards, "fewer than 10" returned home at war's end, and the battlefield cemetery in Maryland includes several Webster soldiers.

According to www.civilwarintheeast.com, the regiment also participated in the battles of Antietam,

Gettysburg, the Wilderness, Spotsylvania Court House, Petersburg and Cold Harbor before being mustered out in 1864. Surviving members were transferred to the 20th Mass, which was present when Gen. Robert E Lee surrendered at Appomattox in 1865.

To Martin, participation in the full-scale reenactment of the battle on its 150th anniversary in 2011 was one of her favorite moments as a reenactor.

"I've done the things I had in my heart to do" in uniform, she said, noting that was the only time the government has allowed reenactors on the field at Ball's Bluff. Martin said she surprised many reenactors by her choice of portraying "Auggie."

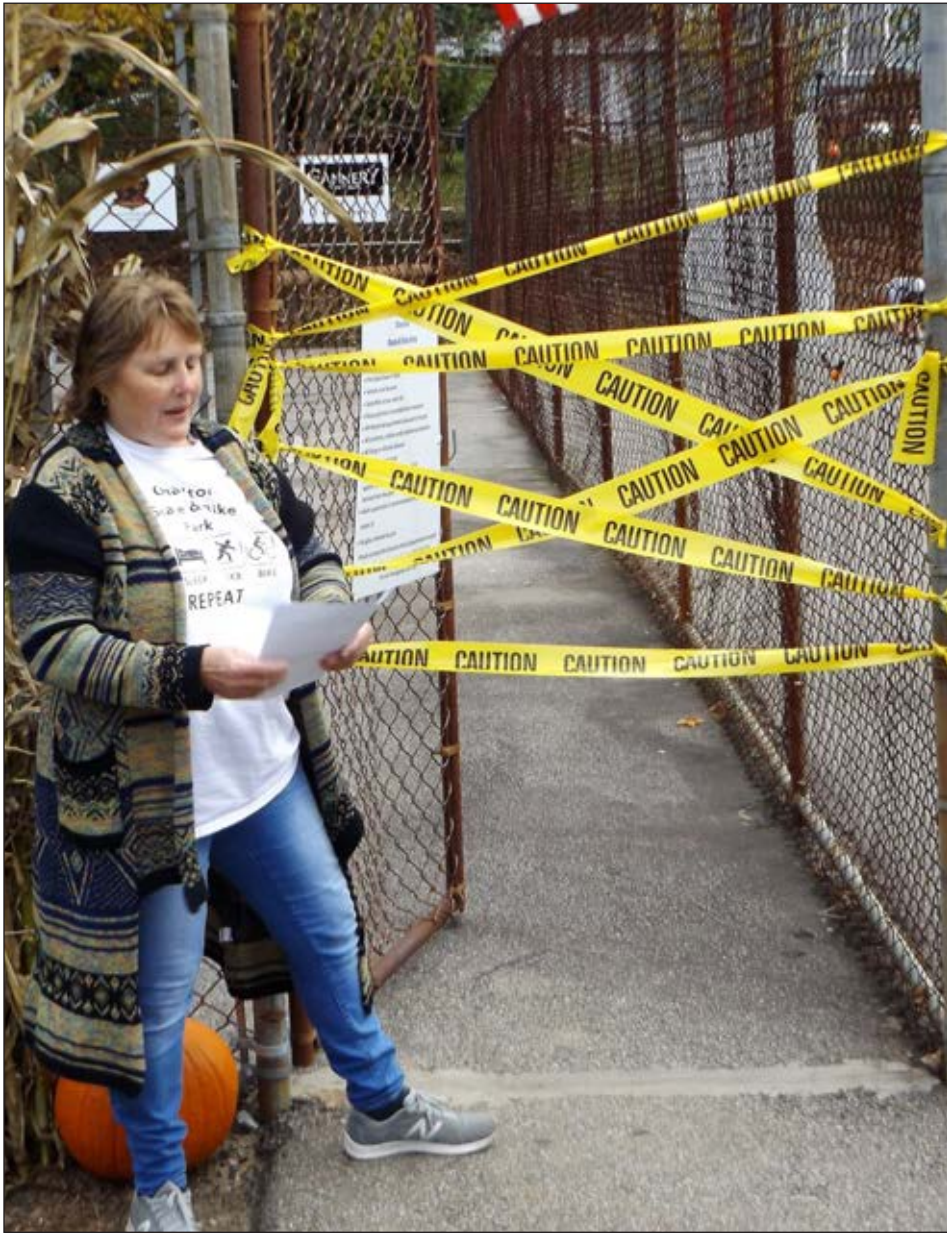
"They thought I wanted to wear a hoop skirt and do some sewing, but I didn't. I wanted to portray my ancestor," she said. Getting good information about him was difficult because many family members didn't keep it. But she did learn he lived in both Brookfield and West Brookfield.



Photos submitted by Deb Martin

Deb Martin portrays her ancestor Augustus Potter during reenactments.

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



Charlton Recreation Commissioner Diane Doherty reads her prepared remarks beside the newly-retaped skate park entrance behind Charlton Library.



Two boys are about to launch themselves down aramp.

SKATE PARK
continued from page 1

but it's really geared for beginner/intermediate [users]," he said. "We want to continue fundraising to have enough money in the budget for maintenance and slight improvements, finish the fence, signage, and benches for parents to sit on."

The basics here include a couple of ramps, a few rails and steps at the moment, replacing equipment that had deteriorated largely due to weather over the course of 15 years in oper-

ation.

One of the inspirations behind doing it, he said, was his son, who's now in college and couldn't attend the grand opening.

"I used to bring my son to the park with a hammer, skateboard and helmet," Ducharme recalled. He was himself a skater as a youth, and still has a vintage wooden skateboard from 1976. But he has no plans to take it out of mothballs.

"I used to [skate] but I was never that good," he said. "I have scars to prove it."

Charlton Recreation Commissioner Diane Doherty said the project was only possible through the efforts of a large number of people and local businesses who volunteered, donated funds and/or services over the last couple years. American Ramps designed and built the new facilities.

"I ask that this park be a blessing for the community and not a problem," she said. "We wouldn't be here today were it not for everyone involved."

District Attorney Joe Early said the skate park has applied for funding

from his office, which uses drug forfeitures to fund "anything that keeps kids busy between the hours of 3 and 6 [p.m.]." He cited research claiming that every dollar spent on such preventive programs saves the taxpayers \$7 in later costs for incarceration and other issues.

"Anytime you keep kids busy, you're keeping them out of the courts," he said.

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

LEARNING

Shepherd Hill celebrates second annual Homecoming Week

SUBMITTED BY HANNAH FLAYHAN
THE HILL TELEGRAM STAFF WRITER

SHEPHERD HILL — This year’s Homecoming Week was full of excitement and expectation, as it was Shepherd Hill’s second year of the annual event. This event would entail Homecoming Dance, Spirit Week, Pep Rally, and Homecoming Day — an all-day experience where clubs and classes can set up booths and raise funds. Students, staff, and even alumni enjoyed last week’s festivities, coming together to celebrate a school district that prides itself in pride, unity, and excellence.

The hectic week began with the annual Homecoming Dance, which was populated by many students, who all had a blast using the photo booth and dancing wildly in the center of the “dancefloor.” This year’s theme was Mardi Gras, so the cafeteria was decorated with big, white feathers, gold decals, and bold masquerade masks.

Spirit Week wasn’t as participated in as years past, but those who did partake in the fun went full force. The week started out with the traditional maroon and gold day and was followed by a brand new addition, Jersey Day. Both days had many participants, and on Monday, the hallways glittered with a golden glow.

On Tuesday, students wore sports jer-



seys, sometimes even rivals of the Red Sox, Celtics, and Patriots. How scandalous!

Cries of “It is Wednesday my dudes!” rang through the halls on Spirit Week’s new addition of Vine and Meme Day. Some students opted for a more casual approach for Vine Day, like a simple “Road Work Ahead” sign. While others, like sophomore Molly Brodeur, who

dressed in a pink nightgown and hit two cookie sheets together, chose to go all out. Wednesday also doubled as the Senior Class’s Pajama Day, and bathrobe-clad students roamed the crowded halls. Thursday was the classic Class Color Day, which even the freshman participated in!

The school week was finalized with an Early-2000s-Cartoon-themed Pep Rally, and was emceed by Erin McKeon and David Billis, who matched their costumes to the theme. The seniors were Spongebob, the juniors were Fairly Odd Parents, the sophomores were Scooby Doo, and the freshman were Phineas and Ferb. The seniors won Musical Chairs, the Lip Sync, and the Relay Race, but were surprisingly defeated by the sophomores in Tug-of-War. Junior Kelly Greenough was beaten by senior Mina Roufail in the edge-of-your-seat Musical Chairs competition.

Seniors and juniors place first and second respectively in the Lip Sync, but the sophomores lost third place to the giant team of Freshman.

Although Homecoming Day was not as overpopulated as last year’s, but many students, parents, and alumni arrived and had a blast munching on snacks and supporting all of Shepherd Hill’s teams. All classes and many of Shepherd Hill’s clubs used the day as a way to make revenue for various purposes. The Senior Class of 2019 sold pizza, water, and Mrs. Cormier’s baked goods. The Junior Class of 2020 made a considerable amount by selling soda and candy. The Sophomore Class of 2021 sold lemonade, popcorn, and freeze pops and the Freshman Class of 2022 sold nachos and soft pretzels. The Shepherd Hill Music Parents Association, of course, sold their district-famous cheese fries and smoothies and the Booster Club, per the norm, sold Shepherd Hill merchandise. The Academic Decathlon wisely sold coffee and iced tea, and the Gay-Straight Alliance sold popsicles and ice cream. The Drama Club held a photo booth and the National Honor Society had a car wash. Both the Envirothon and Library Club had informational booths as well. Although the National Art Honor Society’s day started out rough with the cotton candy machine malfunctioning, they soon bounced back with a face painting booth, thanks to the quick thinking of President Matt Celona.

Overall, Homecoming Week was positive and exciting for new students. However, what makes this event unique is that it not only provides current students to illustrate their pride in their school community, but it allows for the entire towns of Dudley and Charlton to experience what makes their school district so strong: pride and unity.

Passing on tradition: Shepherd Hill #42



SUBMITTED BY HANNA KUNKEL
THE HILL TELEGRAM STAFF

As the Shepherd Hill football team put a close on their outstanding season, the last practice of the year brought players to tears as the seniors said their last goodbyes as a family. While some gave a simple handshake or a hug, one individual gave up their jersey and passed it down as a sign of respect when choosing another teammate to continue the tradition of wearing the number. Kaiden Kunkel, a Shepherd Hill alumni, was a dedicated football player who was extremely passionate about wearing the number 42 on his back when playing. As he entered the next chapter in his life, passing such a number onto someone who was important to both him and his family affected him both emotionally and mentally.

Over the course of Kaiden’s

life, he was constantly surrounded by the atmosphere of football. Playing the sport goes back many generations in his family and pursuing it has always been a passion of his. Kaiden always strived to make himself, as well as his role models, proud — one being his father, Scott Kunkel, as well as his godfather, Kyle. Both were dedicated players when in high school and both wore the same number: 42. At the time, the number may have seemed like just another football number for Kyle and Scott, but little did they know they were starting a legendary tradition amongst the Kunkel family. When Kaiden was young, Kyle suddenly passed away which affected him immensely, as well as his family, on many emotional levels. Considering Kyle was one of Kaiden’s amazing role models, he knew that when high school hit, the number he would always wear when on the field was 42.

Throughout Kaiden’s high school football career, he always took great pride in the number as he worked his hardest to make his godfather proud.

“It’s the reason I do the things I do, and the way I am today,” he explains when talking about how much the number means to him. Kaiden also mentions how passing down the jersey “feels weird because to others it’s a number but for me it’s a



Courtesy photo

Kaiden Kunkel walks off the football field wearing #42 for the last time.

story.”

However, considering he holds great value in such a tradition, passing it on was something he felt was necessary. Kaiden passed it onto someone he knew would understand the story, as well as the emotion behind it and continue wearing it with as much pride as he did. Kaiden chose to honor his father and godfather by passing his number onto Anthony Sacco, a junior linebacker.

“Passing on something like that surprised me,” as Scott explains his view on the idea, “but doing so shows the type of person Kaiden is, thus, representing not only the type of player Kyle was, but also the person he was off the field.”

Kaiden and his family are proud to be continuing the tra-

dition of the number, and are excited to see where it goes in the future.

While the season is young, and Sacco still has two years to maintain the level of prestige that surrounds the numeric symbol, the emotional significance will continue to live on in the number 42 jersey of the Shepherd Hill varsity football program.

MEDICAL POT

continued from page 1

locate out cultivation and manufacturing facility in order to operate a registered marijuana dispensary within the commonwealth. Our mission is really to educate, cultivate, manufacture and produce the highest quality products for qualifying patients who have received medical certification who are over 21 years of age and who have a qualifying condition to do so,” Manager Director Richard Tannenbaum of Life Essence told selectmen. “We are really committed to being an active member of the community and really giving back to the community through charitable actions.”

The location on Route 20 covers 45 acres and is zoned for manufacturing. Tannenbaum said the company expects to bring in around \$150 million a year and provide between 150 and 250 local jobs with plans to train local citizens interested in employment if necessary.

“We look to have a state-of-the-art facility operational in the quickest timeline that is possible with a process like this,” Tannenbaum said. “We really hope that we can provide access to patients who have serious medical conditions. It’s really important and really sort of where our base is and where our history comes from — we are also concerned about being responsible members of the community and really only having experienced professionals with

comprehensive background checks.”

Tannenbaum and other representatives stressed time was an issue for receiving the non-opposition letter as they were required to provide documents to the state within 48 hours in order to streamline a review process that is expected to last until December. However, considering recent controversies over marijuana cultivation facilities in Charlton, selectmen didn’t want to cast a vote, especially with several members of the board not present for the discussion.

Selectman Karen Spiewak suggested selectmen hold off on a decision and wait for a full board to be on hand to discuss the matter.

“I think to do no harm to the residents of the town and quite frankly to the entity it’s in everyone’s best interest to postpone any kind of decision right now,” Spiewak said.

Selectman Debra Noble agreed stating, “We understand

that time is of the essence, but out of respect for the community and for this board I don’t know how we could at all in good conscious issues any non-opposition letter at this juncture.”

Selectman John Szafarowicz politely explained he felt that the board of selectmen were being put on the spot and that adding the pressure of a two-day deadline wasn’t appropriate. “With the information presented before this meeting I had no idea there would be a

48-hour constraint on this. I think it’s disrespectful to the Board of Selectmen and the town to expect us to take action on that if we can’t form questions or research or talk to a legal counsel in that time.”

Selectmen instructed Town Administrator Robin Crave to continue to facilitate conversations with Life Essence similar to their action on other recent proposals from marijuana cultivators over the last few months.

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OCTOBER 21, 2018 | 1:00 p.m.–3:30 p.m.



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EDITORIAL

Grave Perspective

Graveyards in our area of New England hold a special fascination for many, particularly during the changeable, tricky season of autumn. As we saw this past week, a day that’s humid, near 80 degrees and feels like summer can quickly give way to a night sky of racing clouds, moonlight and a damp chill creeping across the yard, yielding perfect graveyard-at-Halloween vibes.

One season passes into the next and the plants and flowers so tenderly planted and cared for in the spring diminish and die back. Autumn colors seem to pay tribute to this loss – celebrating, rather than mourning - because after all, in six months, the cycle will begin again.

Graveyards in ANY season remind us of this same truth: life begins, ends, begins again, ends again. And with each new generation, problems arise, are struggled with, sometimes resolved, and replaced with new problems. As pessimistic as that may sound, it’s also oddly comforting; there is indeed nothing new under the sun.

In our corner of the world, seasons and generations have passed into history for centuries. Those tranquil, ancient graveyards preserve the memories of residents who, like us, worried about weather and politics and the economy and their children and the future. Like us, they had great days when things just seemed to “work”. They had other days when nothing went right. But life continued on...THEY continued on.

Perhaps one lesson learned from wandering among the graves is that what connects us as people – past and present – are the things we care about. In our towns and villages, we care about local schools, our community parks and rec centers, our businesses and organizations and our neighborhoods. We care about the price of fuel, getting our seasonal decorations up, finding deals at the grocery stores and the upkeep of our properties. We care about our neighbors and co-workers, our friends and family. We care about making an impact; we also care about preserving history. We hope for change and also embrace our traditions.

The same can likely be said for the names of those in those graveyards, the many who came and went before us. Life goes on.

LETTERS

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

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

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

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

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

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

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

So, what are you waiting for? Start writing!



OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

TO THE EDITOR

Soobitsky: there are positives

To the Editor:

I have been trying to find out more info on marijuana farms looking to open up in Charlton and see only all the negative news on them, could you please report on the positive points on these projects, we need to have more news on this important business project so our voters can be informed of positive and negative points before they vote. Charlton needs more industry to help our tax base. It’s unfortunate we do not get enough people at town meetings to find out about the impact for the town. We rely on your paper for this important news. Thank you for keeping us informed.

After digging a little I found this info on the largest project, bringing 4 to 5 million dollars to Charlton, jobs, increased \$\$ to local business and service companies. We continue to scare business away from Charlton, they will just go to another town and we will miss out on a huge increase to our tax base. We need a new senior center, town buildings and additional school funding, this would happen if we all come to a compromise and allow big marijuana to come to Charlton. I’m sick of the tax increas-

es and not having enough money in our town budget. They proponents have said the smell and traffic is a big issue, truth is no smell and why can’t the come up with a traffic solution. The facility will not be seen from the street as its way up on the hill and will be fenced in with hundreds of security cameras. The neighborhood kids will not allowed on the grounds, I know that’s a fear of the parents. They should be more afraid of the illegal drugs that come into the schools every day. The current orchard uses plenty of pesticides on the fruit trees, that goes into the ground water that will not happen anymore. No one has had interest in the orchard, potentially risking a rezone to housing that ultimately cost the town more money in support services.

I think about all the positives in attracting marijuana business to town and hope it does not all go to the next town who will welcome them! It is legal now and I feel alcohol is more damaging to our society!

PATTY SOOBITSKY
CHARLTON

Camosse: Powell preserving democracy

To the Editor:

On Monday, October 8th, Joanne Powell, candidate for Worcester County Clerk of Courts signed a two-term pledge agreement stating she would not seek more than two-terms as the manager of the superior courts. By doing signing this term limit pledge, Joanne is preserving democracy within the Commonwealth and of our great county.

Joanne Powell’s opponent has already served two-terms as Worcester County Clerk of Courts and is running for his third, which is another six-years. I strongly believe everyone who has been through the Courts system in our coun-

ty or has worked within the superior court system, realizes it can be better, their lives could have been made easier, and the technology is far outdated for a county so large as Worcester.

Joanne is a true fighter for the common good, bipartisan in her thinking and ability to work with others, seeking technological advances and an updated website. Without a doubt in my mind, we need Joanne Powell, who will be able to get the job done within her two terms, a total of twelve years!

HENRY J CAMOSSE JR.
CHARLTON

What the Brett Kavanaugh decision means to me

Men have gotten away with objectifying my body, violating my world, and contaminating my mind with feelings of anxiety and fear since I was a young teenager.

The first time I was sexually harassed, I was 14 years old and taking classes at Quinsigamond Community College. I was the youngest student at the school, and the man who approached me was 24 years old with tattoos all over his arms and an intense personality. After my experience with dodging his stagnant eyes and trying to ignore his explicit comments, I spent my time between classes each day hiding in the bathroom, a far corner of the cafeteria, or between the rows of books in the library, hoping that no man would see me or try to speak to me.

The first time I was sexually assaulted, I was 17 years old and a student at UMass Amherst. I was studying in the library with a boy from my macroeconomics class who I thought was my friend, but he wanted me and wouldn’t take no for an answer. He grabbed me and forced himself on me so quickly that I barely had time to process what had happened. I pushed his hands away and screamed, but all he did was laugh.

My reality as a 21-year-old woman living in the United States is that I am sexually harassed almost every day and have been sexually assaulted multiple times. It is a burden I had bestowed upon me when I was born a girl, because although some men have been in this position as well, it is a fact that women in this country are much more likely to experience sexual hostility than men.

On October 6, a notification from BBC News came up on my iPhone, letting me know that by confirming Brett Kavanaugh to the Supreme Court in a 50-48 vote, my own country made the decision to not take sexual harassment and assault seriously enough. I started crying, not just for Dr. Christine Blasey Ford, Deborah Ramirez, Julie Swetnick, and the anonymous fourth accuser who spoke out against our newest Supreme Court Justice, but for Anita Hill,

MIND OF A
CURIOUS
GIRL
•••
ANNIE
SANDOLI



who accused Justice Clarence Thomas of sexual harassment in 1991, and every single person who has found the courage to tell their story only to be dismissed. The Supreme Court is the highest court we have in the country, supposedly made up of justices who are capable of providing the most reasonable judgement and displaying the most honorable behavior. Kavanaugh was formally accused of inexcusable conduct by four women, yet today he is sitting on the bench with the responsibility of evaluating the most law-abiding outcome of some of this country’s toughest and cloudiest cases. When we allow it to become acceptable for our country to trust someone who has been accused of multiple cases of sexual misconduct to make our most important legal decisions, we are making sexual harassment and assault an acceptable part of our society and a common happening in the daily lives of American women.

Kavanaugh’s appointment to the Supreme Court means that my 14-year-old self was right to hide in the corners of the school instead of speak out, because there was no way for me to prove that a man who was a decade older than me was sexually harassing me and making me feel uncomfortable and disrespected at my own school.

It means that the boy who assaulted me at age 17 will never actually suffer consequences for his actions because too many people would say that he was just young and reckless, and even though his laugh still echoes in my mind, I can’t prove that he groped me and put his hand between my legs without my consent.

It means that the man who repeatedly asked me out when I was 19 years old despite being three times my age was just exercising his freedom of speech when he wouldn’t take no for an answer, stalking me at my workplace and around Harvard Square for weeks.

It means that being taken advantage of at age 20 was simply a learning experience

How can you become a ‘sustainable’ investor?



FINANCIAL
FOCUS
JEFF
BURDICK

Your values are important to you – and so are your investments. But you don’t have to keep these two parts of your

life separate if you pursue sustainable investing.

If you haven’t heard of this term, you might know it by other names: socially responsible investing, values-based investing and environmental, social and governance (ESG) investing. Essentially, sustainable investing incorporates non-financial or indirect financial considerations, specifically environmental concerns (climate change, renewable energy, water scarcity), social concerns (human rights, product safety or liability) and governance issues (corporate behavior, executive compensation, lobbying and so on). As a sustainable investor, you would invest in companies that take what you’d consider a positive stance on these issues, or are at least improving in these areas, and you’d avoid businesses that fall on what you perceive as the negative side.

There are many ways to implement a sustainable investing approach that addresses your specific concerns, with varying levels of diversification and control. Some investors select individual stocks of companies they are comfortable supporting. But you might find it more affordable, and more efficient, to invest in mutual funds or exchange-traded funds (ETFs) that focus on sustainable investments.

When exploring sustainable mutual funds and ETFs, make sure you look beyond the name of the fund to assess whether its ESG approach aligns with your personal interests and goals. Also, look for these key elements:

Diversification – By definition, mutual funds that concentrate on sustainable investments might exclude entire industries, which could hurt your portfolio’s performance if the excluded investments perform better than the rest of the market. For example, a fund that excludes all oil-related companies might generate poor returns during a period of rising oil prices. Therefore, you may prefer to invest in a fund that integrates environmental, social and governance considerations into the investment process without excluding specific sectors or types of companies. You can further dilute this risk by owning a wide array of sustainable funds that use different approaches or processes to invest in sustainable companies. However, while diversification can reduce the effects of volatility on your portfolio, it can’t guarantee profits or protect against all losses.

Track record – As you have no doubt heard, past performance can’t guarantee future results, so you may not want to over-concentrate on a fund’s historical returns. Still, it might be worthwhile to compare how one fund has performed over time in comparison with similar funds or an index. Many sustainable-investing funds are newer or weren’t always invested sustainably, so be sure the track record you are considering is relevant.

Here’s something else to keep in mind: The universe of mutual funds is vast, and some funds may not market themselves as “sustainable,” but still include sustainable considerations in their investment selections. These funds could provide you with more options.

Finally, consider including charitable contributions in your investment strategy. In some cases, you may decide that’s a better way to meet your financial and non-financial investing goals than limiting your investment choices.

By following a sustainable investing approach or incorporating charitable donations in your financial strategy, you can express your beliefs in a tangible way – while still working to achieve your long-term goals.

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@edwardjones.com

Reach out and keep everyone in touch



THE DOCTOR
IS IN

ARTHUR C.
SGALIA, MD

e become a fan of the television series “Bluebloods”, and I like to quote NYPD Commissioner Frank Reagan: “I’m glad I am closer to the end than to the beginning.”

After 40 years of practicing internal medicine in a large Massachusetts town southwest of Boston, I foresee a shrinking role for those who, like me, aspire to practice primary care.

When my hypertensive diabetic patient of 35 years described his chest pain to me, I was sufficiently alarmed to explain to him the need for an immediate workup. An urgent exercise tolerance test would be the logical next step. I explained to my staff that it should be arranged within the week, and then I dutifully moved on to my next patient. As soon as the result was in hand, we would together lay out the next logical phase of his care, based upon the result of that stress test. Imagine my surprise when I learned only through the grapevine over a week later that my patient lay in a bed at a Boston hospital awaiting coronary bypass operation. I learned, in retro-

spect, that the cardiologist who had overseen the test (well, she wasn’t really in the room) had recommended that he undergo cardiac catheterization, and then on the basis of that result, she had referred him directly to a cardiac surgeon. She took these important life changing steps without so much as a phone call to me. Shortly thereafter he underwent a complicated triple bypass operation. (I learned of this by inquiring of his family. I had cared for four generations of that clan.) It is now four months later and there is yet to be any communication to me from either the cardiologist or the cardiac surgeon. For all they know, I am still totally unaware of events after that stress test was ordered.

The elderly woman had deteriorated abruptly. (I had come to know her well, caring for three generations of her family.) She looked unusually haggard when I entered the exam room, abruptly having lost 30 pounds in the three months since I had last seen her. I was worried. I ordered a battery of blood tests after examining her. When I saw her back a few days later we reviewed the blood work and found ourselves no closer to any answers. An urgent gastroenterology consultation was in order. I had one arranged. I scheduled her to come back in a few weeks so we could act upon any of the gastroenterologist’s

recommendations. I noted that her weight was down another 10 pounds and began to reassure her that we would do all we could to get to the bottom of this. She, in turn, reassured me that she was “much better now” and had in fact begun to gain some weight back.

Puzzled, I inquired what had changed. Well, the surgery had worked miraculously.

It seems that the gastroenterologist had found an entrapped hiatal hernia and referred her for corrective laparoscopic surgery. My staff retrieved the surgeon’s notes from the hospital data bank. Yes, after “PCP:” he had dictated my name. He knew I was her primary doctor. But the “cc:” line was completely blank. As of this writing, two months later, no communication has come from either the gastroenterologist or the surgeon.

I would like to be able to say these are rare occurrences, a result of a clerical oversight. I would be happy to say that our high powered, science based medical care community is a seamless interface among colleagues. I wish that, as an advocate for my patients in the dizzying maze of specialists upon sub specialists, I serve as an anchor, holding it all together for those who have honored me by entrusting that role to me. But I cannot do that in a vacuum.

The first blow to the primary care physician, the personal care physician, came with the

advent of the “specialty” called hospitalist. (All other medical specialties have a board-based certification process. No such vetting takes place for one to call himself a hospitalist. So when a hospitalist tells you she is a specialist in hospital medicine, ask her if she passed her Hospital Medicine board exam. Shockingly, there is no such exam, and no such board. (It seems the most constant characteristic is the desire for predictable work load and hours.) In their effort to control the behavior and consumption of precious resources, hospitals created the hospitalist role to divest personal physicians of the ability to admit and follow their own patients. The result was a money-saving shortening of the hospital stay and half finished work ups that were supposed to arrive at a definitive answer. Now the primary goal of a hospitalist upon admitting a patient is to discharge them as quickly as possible (often the next day, before all outstanding test results are even back.) Their mantra is that the workup is merely being being shifted to the outpatient arena. Yet that workup cannot be completed when the primary physician is not even informed of the patient admission!

The next crippling blow to primary care was the ascendancy of the urgent care clinic. Understand, there is a place for such facilities. Abrupt illnesses not requiring all the resources of an overloaded emergen-

cy department can be handled by such clinics. Primary care practices which make no allowance for unscheduled urgencies must bear much of the blame for their patients seeking the greater responsiveness of urgent care.

But like the doctors who never touched a golf club on Wednesdays or any other day, we all are painted with the same stereotypical brush. “I didn’t call because it was Wednesday and I knew you weren’t in” has been replaced by “I went to urgent care because I knew you couldn’t see me for three weeks.”

Make no mistake. Although I have performed hundreds of exercise tests in my career, you do not want me to pass a gastro-scope down your delicate gullet. And you certainly should never let me crack your chest open and suture tiny coronary arteries, let alone tack up your hiatal hernia so you can eat again.

But I am available for the near future to help you make sense of all this information. I can guide you toward some very good specialists. Equally importantly, I promise to steer you away from some who are not so good. I won’t remember every nuance of your medical history if I bump into you at Target. But I will try my best to have all that information at my immediate disposal when I see you in the office.

And I might even remember your name at Target!

What does it mean to be an American?

Tell me: What does it actually mean to be an American? In the press of day-to-day events and amid the ongoing tumult of politics, we don’t think about this much. Yet it’s a crucial question, one that each generation in this country is called upon to answer for itself.

Despite our differences, there are some traits that I think we and our predecessors would recognize — characteristics to being an American that resonate with most of us, regardless of our age or our political beliefs. For instance, I believe the aim of our representative democracy is to enhance the liberty of free people, and to offer them the opportunity to make the most of their talents. This lies at the root of what it means to live in a representative democracy: extending respect to all and wanting every person to be aware of his or her political importance.

Perhaps the most eloquent expression of this view is the awe-inspiring Declaration of Independence, which remains a core inspiration both for our political values and our shared identity. The notion that all people are created equal, that we possess God-given inalienable rights, including to life, liberty, and the pursuit of happiness — these are beliefs that undergird our

democracy.

They suggest that our country can — and should — be an example to the world of what a government of liberty can mean in the lives of citizens. And that we should never stop trying to make the world a better place. Bringing these values into our policies and our politics depends on all of us — another notion embedded in this country since the beginning.

Often people ask, “Where are the Jeffersons or Lincolns in this time of need?” They understand that the quality of our elected leaders makes all the difference, and that bold, decisive, thoughtful leadership is essential for our country’s success. Yet while I recognize the need, ultimately our success as a nation will rest on the strength and capabilities of our citizens. The Founding Fathers spoke often of the need for citizens of virtue and talent, for people capable of governing themselves.

We do so through our political insti-



BEYOND
CIVIC
ENGAGEMENT
• • • • •
LEE H.
HAMILTON

tutions, within a framework set out in our Constitution. While our system is not perfect, it has provided us with the tools to meet our challenges — and in a better fashion than any likely alternative.

Politics as it is practiced in our country can bring despair and crushing defeat. But it can also produce splendid achievements. If you enter politics, you have to be prepared for both. I know that a lot of people view politics with disdain and disapproval, yet over the course of a long political life, I never felt the desire to escape it. Just the opposite, in fact. I knew a lot was at stake in the battles, and I embraced them.

To be sure, I pursued them at a time when it was possible to find common ground across partisan divides, and when respecting one’s opponents did not bring immediate censure from donors and primary voters. The atmosphere is different now. Yet the basic need — for using the political system to resolve fundamental challenges — has not changed.

Nor has one of its most basic features:

a permanent tension between the preservation and expansion of individual freedom on the one hand, and the stability and strength of the nation on the other.

Government must have enough power to protect the national interest and to be capable of addressing deep-seated problems. It must secure and enlarge personal liberties while maintaining order and stability. It must provide the national security necessary for the preservation of freedom.

These are not contradictory goals, but they do rub against each other. How we interpret them —how far in one direction or the other we go as our national circumstances change — is a constant challenge. Being an American means not shying away from that task, but instead embracing it as part of our birthright.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a distinguished scholar, IU School of Global and International Studies; and a professor of practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

MCAS

continued from page 1

on the results of the district overall and another focusing on the results from special education students. The focus of the test for local students this year was English and language arts as well as mathematics.

District interim Director of Curriculum Barbara Marderosian presented overall numbers showing mixed results.

Dudley Elementary School made the most progress towards the target set by the state at 76% and also received the district’s second highest accountability percentile at 65. Heritage School scored a 63% progress toward target and a 67 percent accountability percentile. Dudley Middle School was given a 39% progress toward target and a 41 accountability percentile, while Shepherd Hill Regional High School ended with a 26% progress and a 33 accountability percentile. Charlton Middle School had the lowest percentage towards the state target at 8% and the second lowest accountability percentile at 39.

So, what does all this mean? For Marderosian it means the schools have room for improvement, but the data may not paint the whole picture on paper.

“The state is really looking at raising the ground floor. The philosophy I suppose is a rising tide raises all ships. In many

cases the data can be a bit misleading. For example, if you look at Charlton Middle School and Shepherd Hill you’ll see that they have lower progress toward targets, but they are also not Title 1 schools. They have less room for growth in another way of looking at it, where Dudley Elementary has more economically disadvantaged students that have some more room to grow. That’s not making excuses, but I just want to point out that the data can be a bit misleading if you don’t look at all the context,” Marderosian said.

She added from her experience the state recommends that they don’t compare percentiles and it can be difficult to discuss trends for the current format of the MCAS tests because there’s a brand new baseline to consider with the changes made to the exams and the data collection. She said the district is “essentially in the middle” but improvement is the ultimate goal.

“How are we going to move the district from partially meeting toward meeting expectations? We are going to need to identify the lowest performing subgroups in the district. Also, we’ll need to look at the areas of needed growth. We want to get some targeted goals and objectives,” Marderosian stated.

Concluding her report Marderosian noted all schools that participated in the MCAS tests were deemed “not requiring assistance or intervention.”

Charlton Elementary School and Mason Road School were not included because those facilities did not participate in the testing in 2018.

The second presentation focused on special education test results with director of special education for the district Lorinda Allen being much more forward with her data. In her opinion the district has a lot of work to do to meet the state standards specifically in one subject.

“With math, we had a pattern of being significantly less than the state average,” Allen said. “Clearly math is one of those areas we need to work on without a doubt.”

Her data showed that nearly every grade tested throughout three facilities of focus, Dudley Middle School, Heritage School, and Dudley Elementary School, failed to meet the state average for high achievement in math. Only special educa-

tion students in third grade in Dudley Elementary School and grade five in Dudley Middle School managed to meet the mark in math, while every grade tested excelled in English and language arts and those tested in science also met the high achievement standard.

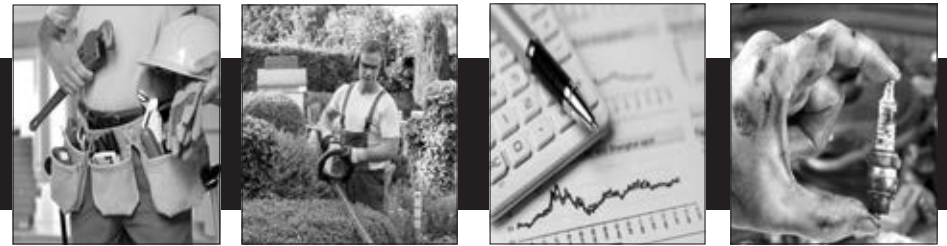
However, Allen also revealed students with disabilities in the district failed to meet the state averages for achievement in the majority of tested areas. This means, as she puts it, it’s time for change.

“Most of our schools did not

even meet the state average and that to me as a special education director was very troubling,” Allen said. “We need to definitely change some things up as we move forward. This is not going to be a short-term quick fix. It’s going to take some time. It’s going to take some systematic planning.”

Among the plans she put forward to start the conversation for the future is the review of all K-12 special education programs to ensure efficiency, as well as examining intervention strategies and staffing.

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Paying good money just to be scared

As the maid came down the ornate wooden staircase, black blood pooled from her eyes, and she feather dusted the railing while completely dismissive of the cobwebs everywhere.

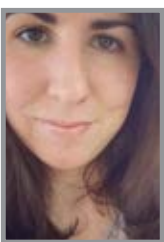
“How do you think she died?” I asked my friend Aimee, who was brave enough to accompany me on this spooky night where she would be the designated driver, and I had a free ticket for champagne.

She shrugged her shoulders unknowingly.

“I bet she was swept off her feet,” I said... and that was just the start to the night.

I found it hilarious, my mom jokes are on point and when I am put into a new and scary situation, humor is my go-to. I guarantee you, actors in these places hate me. I know this, but I cannot help it, inappropriate humor is my defense. Aimee and I chose to take the spooky tour through the mansion and we saw horror on top of horror.

“Where are my eyes? He took my eyes!” a woman adorned in all white lay on the medical table. Blood soaked through the bandages wrapped around her head and eye sockets. She squirmed and fought against her restraints as a tall man stood over her. His face was hidden with a surgical mask and glasses, he held something that resembled an ice cream scoop and of course, I said I would take a scoop of eye-scream!



MASCHI
MASH UPS
.....
KIMBERLY
MASCHI

Sorry, I know. I did it again. No one was amused, except me of course.

Moving on to the next room. We went up the stairs, in heels, so this just proves that I am not one to mess with!

A battle between ghosts happened in the hallway. The chef and the butler stabbed each other over their mutual love for the maid. I found no humor in this, it was actually pretty terrifying. They lunged at each other and fought to the ground while screaming. I stood frozen in my spot and threw a few punches into the air. I recently watched Big Trouble in Little China so obviously, I knew all the right moves.

When the battle was over Aimee tapped my shoulder to turn around and I turned to look straight into the bleeding eyes and nose of a death riddled bride. Through the veil she tilted her head and smiled. No funny quips this round folks, I screamed and ran.

Once I calmed down, I simply stated that I wasn't afraid of the bride, just the concept of commitment...

Aimee and I decided to explore some random rooms. Animals, skeletons, moving pictures, and shimmering candles decorated the various mantels. I slowly pushed open a large door, with a moaning creak and entered what seemed to be a study. Tables were turned, books were thrown about the floor, a struggle happened here. Off in the corner of the room stood a man. He

had his back turned to us and was completely still. I said, “hey! How’s it going? Whatcha doing?”

I was in complete panic at this point. I was on edge and I am such a wimp! My imagination gets the best of me, and when you put me in this kind of situation I honestly lose myself in the moment. I become so engrossed in everything that is happening it blurs the line of reality. The man in the corner slowly turned towards us, he had a noose tightly wrapped around his neck.

“Oh!” I said, “you want to hang out?” Hilarious to me, Aimee slapped me on the shoulder and shook her head in disappointment. We went back downstairs to watch the amazing performers teaching others in attendance how to dance.

The other guests to the event came dressed in fancy attire all fitting the speakeasy theme. The band played songs from the 1920s like I Want to be Loved by You by Helen Kane and Perhaps, Perhaps, Perhaps by Doris Day. The band was incredibly talented and had everyone on the dance floor dipping and swinging. I did my best to not hurt anyone nearby as I tried my best to dance. My go-to move was palms facing the floor and throwing my feet up towards my sides. I graduated to a twisting of the hips move and really found my groove with a jazzy little two-step.

I enjoyed myself with a couple beverages kindly made in this time of prohibition. Since I am awake and writing the next day, the drinks were not tainted by the “Chemist’s War of Prohibition,” when the American Government poi-



The author and friend at the Spookeasy.

soned their citizens. The ghosts within the mansion may have come to their untimely end from just a glass of spirits. Aimee and I ended our night before midnight, we enjoyed watching the burlesque show and sword juggling ghost. It was an amazing experience. This was the third year the speakeasy was held, and we cannot wait for next year! By next year I hope to gain some brav-eerie...sorry. Last one I promise.

QUESTION 3

continued from page 1

in accordance to their gender identity. The legislation was signed into law by Republican Gov. Charlie Baker and received widespread support from numerous group and entities. Those against the law however say that it could be easily abused with Keep Massachusetts Safe collecting signatures to have the question on the ballot seeking the repeal.

Locally, the Charlton Board of Selectmen has rarely presented an opinion on state questions, but the town's top elected board received a request from a town resident on Oct. 9 to join a coalition supporting the passage of Question 3. Jordan Evans, a transgender woman, has worn many hats in the town of Charlton including as a constable and as a dedicated member of the Cultural Council. As one of many who

would be impacted by the repeal of the gender identity law Evans wanted to see the representatives of her community take a stand and show their support for the transgender community in Charlton.

“I find it very important to the town of Charlton mainly because the town has an extremely influential and growing queer community, in particular a transgender community. I find that whatever happens this November will have direct ramifications on this community,” Evans told selectmen.

“I have come to meet and speak with and learn about so many amazing trans people in our town whose well beings and whose freedoms hinge on the ballots. During all of my travels I have spoken at our high school and in our school systems multiple times. There are so many students at Shepherd Hill for example who would be directly impacted by

the results of this question.”

The question has gained the attention of the many I the nation as it is the first repeal effort of its kind. Many believe that if the question fails and the law is repealed it could create a ripple effect of more repeals across the country. Evans said this is a major reason why towns showing support for the question is an important statement to make.

“What happened here in Massachusetts in November could potentially flip the strip and cause a national conversation,” Evans said. “If we can't preserve the rights of a marginalized people in Massachusetts that will cause a conversation that will put the rights of millions of people who are like me into a freefall.”

While the selectmen present for the meeting were universally in support of voting “Yes” on Question 3, they were divided on whether or not it was appropriate for the board as

an entity to take a stand in an effort to influence a state-wide ballot question. Selectman Joe Szafarowicz voiced his open support for the question as an individual but did not feel like the board had any place trying to influence a statewide vote.

“I have the pleasure of having many transgender friends and they're just people. Charlton doesn't discriminate. Just to clarify, a vote ‘Yes’ on question 3 would support the law in place. Personally, I don't see or like to have a board support or not support questions on a state ballot but whatever happens, I'm committed to making sure Charlton does not discriminate and pass whatever local resolution or policy to protect those rights,” Szafarowicz said.

Selectman Karen Spiewak was on the other end of the spectrum. Not only did she support the question personally, she felt that Charlton's selectmen were well within their right to take a stand and make

a statement by supporting the coalition to approve Question 3. “Other boards have done it and I'm suggesting we do it not because other cities and towns have done it but because it's the right thing to do,” Spiewak said.

While initially selectmen sought to accept Evans' resolution without including a stance on Question 3, the majority eventually decided to approve the resolution as submitted officially joining the coalition and recommending voters approved Question 3. Szafarowicz was the lone selectman who chose to abstain from the vote rather than vote against the motion, and did say he would like to join the coalition as a citizen to support the cause.

Selectman David Singer was not present for the vote or discussion.

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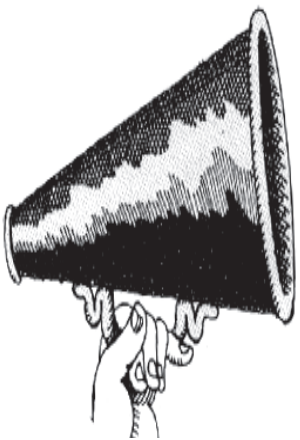
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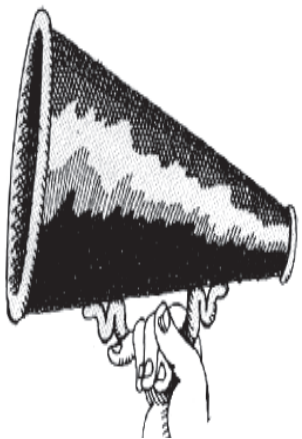
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SPORTS

Rams score late go-ahead goal to edge past Leicester



Shepherd Hill's Allie Marrier catches a pass in stride ahead of a Leicester defender.



Keeper Alyssa Trueman of Shepherd Hill pounces on the ball to make a save.

BY KEN POWERS
SPORTS CORRESPONDENT

LEICESTER — Maria Holland scored on a breakaway with 6:41 to play to help lead the Shepherd Hill Regional girls' varsity soccer team past Leicester High, 2-1, on Tuesday, Oct. 9, at Memorial Field.

With the win the Rams improved to an even 5-5. The defeat, which dropped the Wolverines to 6-4-3, put a damper on Leicester's Senior Night festivities. Before the game the team honored its six seniors — Samantha Walsh, Emily Oliver, Elise Leveillee, Michaela Hippert, Alexandra Rowland and Kyra Prouty.

"I was proud of how hard the girls worked out there tonight, but it's tough to lose on Senior Night," Leicester first-year head coach Ali Murphy said. "I'm proud of the team; I think we have grown a lot throughout the season. As for this loss, we're going to learn from it, move on and move on up."

On the game-winning goal the ball ricocheted through a mass of players at midfield and bounced toward the Leicester goal. Holland, who was already moving in that direction, quickly gained control of the ball and headed toward the Wolverines' net. When she was 10 yards away, just as Leicester goalie Alexa Dufries started to lean toward her right Holland shot the ball to Dufries' left.

Dufries recovered, and made a diving attempt to save the ball, but the ball rolled just past her outstretched left arm and inside the post before nestling into the back of the net.

"I saw the ball rolling past their defense and I knew I had to get on it," said Holland, a sophomore. "I took a touch, got control of the ball, dribbled in and then it was just me and the goalie and I knew I had to get a good shot off."

"I just knew I had to beat the goalie and put the ball in the back of the net," Holland added. "When I got through the crowd I moved to the center of the field so the whole goal would be open for me to shoot at. I felt good about the shot when it left my foot. I was pretty confident that it was going to go in."

Leicester tied the game, 1-1, just five minutes earlier, Wolverines' junior Nida Orloff scoring on a free kick from 20 yards out. Orloff's rocket of a shot went left-to-right up and into the goal past the outstretched arms of a leaping Alyssa Trueman, Shepherd Hill's senior goalie.

"That was an incredible shot by Nida to tie the game," Murphy said. "She's a very good player and she had a great second half."

After an evenly played but largely uneventful first half, Shepherd Hill took a 1-0 lead in the sixth minute of the second half, junior Paula Barbale unleashing

ing a 25-yard shot from the right side that just dropped into the left side of the goal, almost brushing the crossbar and the left post as it went in.

"That was a fantastic shot on Paula's part," Shepherd Hill head coach Amanda Brotherton said. "She's been working on that shot in practice all season."

A big part in the Rams having a chance to win was the play of Trueman, who made 10 saves in the game, many of the diving and leaping variety.

"Alyssa is a sensational, absolutely phenomenal goalkeeper," Brotherton said. "She's a stud. She shows up for every game and she is a fantastic kid."

Brotherton said she was pleased by the resiliency her team showed after Leicester came back to tie the game, 1-1.

"I think we finally figured it all out," Brotherton said. "Obviously after our first game of the season [a 4-0 loss to Marlborough] we had a lot of lessons to learn."

"I told the girls this time around 'you're going to face challenges; it's not going to be easy. People don't think you belong on the field with them,'" Brotherton continued. "I told them it's going to be a challenge all season. It's up to them to put it out there and essentially, looking at all the other stuff going on in every league, it's anybody's game. It's who shows up, who puts the heart in and who wants it more."

After the game Murphy was frustrated by some of the scoring chances the Wolverines had that they just couldn't connect on.

"[Trueman] is a great goalie and they're a good, solid team," Murphy said. "We pressured them in the second half, I was proud of that; it's just a tough result. The outcome didn't necessarily dictate who outplayed who. It was an up and down game. I was really proud of our second half push. We're a team that has come from not being able to do that. To see them push through that second half is better than being buried by the first half. I'm proud of them."



Shepherd Hill's Jordan Keovongmanysar settles the ball with her right foot.



Maddie Marsh of Shepherd Hill advances the ball with her head while being defended by a Leicester player.

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Also anyone (students or non-students) can purchase Gold, Silver and Bronze Season Passes at a lower discounted price through our Club. All eight week and season passes must be ordered through the Wachusett website by Nov. 30 for these lower discounted prices. For more information on how to order, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Softball pitching lessons coming to Southbridge Community Center

Softball pitching lessons will be available at the Southbridge Community Center (152 Chestnut Street) on Sunday mornings from 8:30 to 10:30 a.m. They start Oct. 21 and run through Feb. 24, 2019. Team and league discounts are available for three pitchers or more. Pitchers must bring a catcher (no fee) that can be a parent, teammate, etc. Please contact Bill Rahall (wlrh@yahoo.com 860-576-3440) for more details. Clark University pitching coach Steve Genese will be on hand at the lessons.

SPORTS

Shepherd Hill hangs tough, then falls to St. John's

DUDLEY — The Shepherd Hill varsity football team knows that it's in for a marquee matchup whenever St. John's High comes to town, and the Pioneers did just that when they took to Carmignani Memorial Field on Friday night, Oct. 12.

The Rams hung tough with St. John's and trailed by a single point, 21-20, at halftime. Ben Carpenter had two touchdowns and Nathaniel Cooper added the other, but the Pioneers (4-2) pushed through in the end to take a 34-20 decision from the Rams, who failed to score in the second half.

Shepherd Hill dropped to 2-4 on the season and will play at Leominster High's (Doyle Field) on Saturday, Oct. 20 at 7 p.m. The Blue Devils are currently 0-6.



Shepherd Hill's Xavier Nieves catches the kickoff on a hop.



Ben Carpenter of Shepherd Hill makes his way over the goal line for a touchdown.



Ben Carpenter of Shepherd Hill hauls in a pass ahead of the St. John's defense.



Shepherd Hill's Nathaniel Cooper fights off St. John's defenders for extra yardage.

Bay Path can't keep up with Beavers in defeat

UPTON — First, the Bay Path Regional varsity football team lost its home field versus Blackstone Valley Tech on Friday, Oct. 12 when the surface was deemed unplayable. Then, the Minutemen lost the game to the Beavers, now being played at Valley Tech's home, 42-0.

After starting the season 3-1, Bay Path has since lost its last two games to drop to 3-3. They hope to get back on track during the final two regular season games — Friday, Oct. 19 versus Worcester Tech at 7 p.m. and Friday, Oct. 26 at Abby Kelley at 7 p.m.



Bay Path's Tyler Gillespie breaks through the hole for a big rushing gain.



Bay Path's Christian Bowlin drags down Blackstone Valley Tech's JD Antaya.



Christian Bowlin of Bay Path sends a punt deep down the field.

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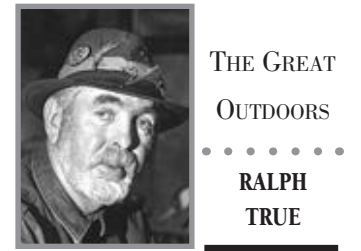
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Opportunities abound as fall season gets underway



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This is a magical time of year filled with all types of hunting and fishing opportunities for the sportsmen. The fall trout stocking program is in full gear with more than 60,000 rainbow trout and 4,000 brown trout being stocked in trout waters. Very few trout are stocked in local rivers, but they are stocked in rivers in the western part of the state. Fall trout fishing can be extremely challenging as the water temperatures change daily and their feeding habits are a lot different from the cold waters in the spring. Most trout stocked locally are in the 12 inch + class, but Cape waters also have a lot of hold over trout, as seen in last week's column.

In September, more than 2,000 northern pike were purchased by Mass Fish & Wildlife from Vermont. The yearling pike were stocked in Lake Quinsigamond, Newton Pond and Flint Pond. Local ice fishermen often complain about pike no longer being stocked in local areas like Manchaug Pond and Webster Lake. Pike are still being caught at Manchaug Pond, although it has not been stocked for years. Despite numerous conversations with Massachusetts fish biologists about the huge success at these two ponds over the last 20 years or more, nothing has been done to ensure local pike fishing anglers they will continue to catch northern pike at these two great bodies of water.

Unfortunately, very little data is available at MFW,



A second salmon from the same fishing trip.

because of the poor communication between the state and the fishing public. Because ice fishing anglers kept the pike fish success to themselves, it is no longer on the list of priorities to stock it again. Hopefully the division can be convinced to stock pike again in the near future.

The upland bird hunting season opened on Oct. 13, this year with more than 40,000 pheasant being stocked statewide. Pheasant are the number one game bird for upland bird hunters. Local clubs also stock pheasant in local covers that they raise in cooperation with MFW.

The second segment of the Massachusetts goose season opened on Oct. 9, this year under ideal conditions. More geese started to show up in local corn fields and on bodies of water just prior to opening day. Reports of the two bird limits of Canada geese being made by a few local hunters last week was good news. Hopefully hunters will catch a good flight of migrating birds

after this week's cold blast. Duck hunters also reported some great shooting of wood duck and mallards on opening day. More flight birds should make duck hunting even better in the coming days and weeks.

The Salmon River in upstate New York exploded with action last week with some local anglers returning with impressive fish. This week's picture shows Steve Stefanick with an impressive king salmon for his fishing adventure last week, along with some of his fishing buddies

Archery deer season opened this past Monday Oct. 15, under less than ideal conditions. The heavy foliage was still hampering the hunter's ability to spot a deer as they approached their hunting areas. That should all change as the recent frost sent many leaves to the ground. Not all areas have an abundance of acorns this year, but for the areas that do hunters should find some great opportunities to harvest some venison.

The Whitinsville Fish & Game Club will hold a porketta



Courtesy photos

Steven Stefanik with a nice salmon caught in upstate New York.

dinner this Saturday Oct. 20, at the club house on White Court in Douglas. The event is open to the public. For tickets call the club at 508-278-7204.

Tautog fishing has exploded with action in both Massachusetts and Rhode

Island waters. Green crabs are the number one choice of bait to catch this hard fighting fish.

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October Networking is Just Ducky!

For more than 30 years, the loft in an antique barn has housed one of Sturbridge's favorite restaurants, long known to locals as "The Duck." This perennially favorite restaurant has always been a special place to indulge in a choice-cut steak, enjoy a fantastic seafood special, bite into a mouth-watering cheeseburger, or delight in a signature cocktail at the now-famous sunken bar, The Duck always has something for everyone. In 2017, The Duck was fully renovated and now features, in addition to the aforementioned items, a focus on local and specialty micro brews, pouring from a "state-of-the-art" tap system. Customers old and new have been enjoying the new Tap Room that has also been opened up to the main dining room. With the addition of sliding barn doors, the Tap Room can also be used for private events. The Duck continues to be a place to listen to live music, featuring talented local musicians Thursday through Saturday nights. Come by and check out the new Duck and sample some great food from The Duck's innovative culinary team with an awesome local microbrew. The Duck was the site of the Oct. 16 Fun at Five.

Thank you to our October Fun at Five Sponsor! Power Computers. Power Computers specializes in a wide range of services, including tailored IT services and solutions for small and medium businesses and their owners in the Greater Central Massachusetts. The company is committed to providing each of their clients with high quality service and support. Incredibly friendly, Power Computers unique IT team can help you every step of the way in growing your business. You'll sleep soundly tonight knowing that your electronic assets are optimized, maintained, and protected. Find out more. Give Dave a call today at (774) 230-5734 or visit online at www.powercomputers.us.

October's Brown Bag



Courtesy photo

Something to smile about: On the morning of Sept. 18, the Chamber presided over the Ribbon Cutting Ceremony officially declaring Baystate Dental open for business in the Center at Hobbs Brook, Sturbridge. About 30 guests were in attendance including Rep. Todd Smola and Senator Anne Gobi. We got a chance to tour the new facility and meet their very friendly staff. The Chamber's newest member, Baystate Dental of Sturbridge is accepting new patients. Learn more about Baystate Dental online at www.baystate-dental.com.

Seminar: A Guide to Downsizing

Another great benefit of Chamber Membership is the Chamber's Brown Bag Seminar Series. Always offered for free for our members (or \$15 for non-members), these info-packed sessions take place at the Chamber offices at 46 Hall Road, Sturbridge. "A Guide to Downsizing" will be offered on Tuesday, Oct. 23 at noon. Give us a ring to save your spot as space is limited.

In this month's seminar, Constance Hobart of Keller-Williams shares her expertise as she presents this comprehensive guide to simplifying and organizing before you sell. This hour-long presentation covers all the important steps you'll need to consider before

you make the life-changing decision to downsize including: When to Downsize, Where to Move, Relocating, Essential Steps in Organizing, Estate Sales: Should You Hire?, A Moving Day Survival Kit, Where to Find Resources, and more.

Hobart is a licensed sales agent with Keller-Williams of Worcester. She is a resident of Sturbridge and has a lengthy history of training and education. She writes and conducts her own classes in relocation and real estate downsizing in order to help individuals facing moving challenges. She is currently working on becoming a certified real estate staging manager. Connie is an active member of her church, Bethlehem Lutheran in Sturbridge. She is married, has two grown sons and three grandchildren. She has been an active member of the

Chamber of Central Mass South for a little over a year and continues to expand her network of influence. Reach her by email at constancehobart@kw.com

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OBITUARIES

William P. Berry, 72



STURBRIDGE-William P. Berry, 72, of Park Circle, passed away on Monday, Oct. 8th, in his home after an illness.

He leaves his wife of 26 years, Mary M. (Carmel) Berry; his son, David Berry and his wife Nicky of Charlton; his daughter, Tricia Ferris and her husband Tom

of Huntsville, AL; his brother, Donald Berry and his wife Donna of Houston, TX; his sister, Doris Sosik of Sturbridge; 6 grandchildren; 2 step grandchildren; and several nieces and nephews. He was predeceased by his daughter, Leah Gaboury, and his brother, Richard Berry.

Bill was born in Sturbridge the son of the late Chester and Leona (Brunell) Berry. He served as a Staff Sergeant in the US Air Force Reserves.

Bill, a self-employed contractor,

owned and operated Bill's Custom Carpentry for many years. He enjoyed cooking and previously owned and operated two restaurants, first Peppermills Restaurant in Charlton and later with his wife, Mary's Cakery in Southbridge.

A graveside service for Bill was held on Monday, October 15th, at 11:00am in St. Anne's Cemetery, Arnold Rd., Sturbridge.

In lieu of flowers donations may be made to the St. Jude's Children's

Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

www.morrillfuneral-home.com



CALENDAR

Saturday October 27

HALLOWEEN BARKTACULAR On Saturday, Oct. 27 from 11 a.m. to 3 p.m. at Camp Marshall, 92 McCormick Road, Spencer a Halloween event to benefit Second Chance is planned. Indoor and outdoor event activities including costume contest and trick-or-treating for kids and pets, haunted hayrides, pony rides, indoor Kid Zone with carnival games, bouncy castle, Walk 'N Wag pledge raising trail walk with scavenger hunt, doggie games and contests, music, food & craft vendors and other Halloween fun for families and pets. Special featured events include indoor RC racetrack sponsored by Turn4 HobbyTown, guest appearance by the Pike's Adam Webster, CGC certification by 4 Paws Academy and agility "Try Its". **FREE ADMISSION!** Families and pets are welcome!

"Parade of Costumes" Hayloft Steppers dance on Saturday, Oct. 27 from 8:00-10:30 pm (early Rounds at 7:30). The caller will be Matt McGovern and the cuer will be Birgit Maguire. Admission is \$9 per person. The club is located at 232 Podunk Road in Sturbridge. For more information please contact: Moe Bracken (508) 344-3430, brackenmaurice@gmail.com or Deanna Randall (413)436-7849, drandall444@comcast.net

CONCERT PLANNED: Old Sturbridge Village present a concert of 19th Century hymns, patriotic pieces, popular music and folk songs Oct. 27 at 3 p.m. at Bethlehem Lutheran Church, 345 Main St in Sturbridge. The concert is to benefit St Luke's Guesthouse which provides Christian hospitality to those in need of temporary shelter. Tickets are \$10 in advance, and \$12 at the door. They will be available at the following locations: Sturbridge Coffee House in Sturbridge; Sturbridge Coffee Roasters in Southbridge; St. Anne's Saint Patrick Parish in Fiskdale; St. John Paul II Parish in Southbridge; and Bethlehem Lutheran Church in Sturbridge. Light refreshments will follow the concert.

Month of October

PUMPKINS! The Pumpkins are Coming! The Pumpkins are Coming! Spread the word that the best place to get your fall decorations is at the Sturbridge Federated Church where the best pumpkins and gourds will be for the month of October. Proceeds will benefit many local and regional charities as well as support the daily operation of the church.

Saturday November 3

"Harvest Ball" Hay Loft Steppers dance on Saturday, Nov. 3 from 8:00-10:30 pm (early Rounds at 7:30). The caller will be Bob Butler and the cuer will be Harriett Clarke. Admission is \$9 per person. For more information please contact: Moe Bracken (508) 344-3430, brackenmaurice@gmail.com or Deanna Randall (413)436-7849, drandall444@comcast.net

Saturday November 10

TANTASQUA CRAFT FAIR: 7th annual Craft Fair at Tantasqua Regional Sr. High School on Saturday, Nov. 10, from 10 a.m. to 3 p.m. Tantasqua's Cornerstone Café will be open for an early bird breakfast buffet at 9 a.m. Craft Fair offers over 100 crafters with an array of merchandise for all of your holiday shopping, and refreshments. Free parking and shuttle service. Free admission.

GIANT MEAT RAFFLE: On Saturday, Nov. 10 at St. Joseph's Church Hall, Charlton at 6 p.m. 6 meat, 1 turkey, 1 lobster table! 3 Early Bird Tickets for arrival before 6 PM. Selected "Homemade" food purchases will be available for dinner as well as homemade baked goods for dessert. Beverages include beer, wine, soda, water, coffee, tea etc. Co-sponsored by Catholic Financial Life, Chapter 56.

Monday November 12

CHARLTON GARDEN CLUB: Nov. 12, Charlton Garden Club Meeting at 7 pm at the Charlton Federated Church, Charlton. 'Hands-On' flower arranging with Michelle Lowell. Bring a 6-inch container without drainage holes and greens. \$10 donation for non-members. For more information, contact Ginny Charette (508) 248-7300, Marcia Liedigk at (508) 434-0507.

Wednesday November 14

VETERANS APPRECIATION BREAKFAST: Offered by Harrington HealthCare System to Southbridge, Sturbridge & Charlton Residents on Wednesday, Nov. 14 at 8:00 a.m. at the Southbridge Hotel and Conference Center. Free for veterans; RSVP (leave a message) to: 508-765-2109 by Nov. 8.

Sunday November 18

"Advanced Level" Hayloft Steppers dance on Sunday, Nov. 18 from 2:00-4:30 pm (No Rounds). The caller will be Kevin Bersing. Admission is \$10 per person. For more information please contact: Moe Bracken (508) 344-3430, brackenmaurice@gmail.com or Deanna Randall (413)436-7849, drandall444@comcast.net

Saturday November 24

"Pie Night" Hayloft Steppers dance on Saturday, Nov. 24 from 8:00-10:30 pm (early Rounds at 7:30). The caller will be Darrell Sprague and the cuer will be Roy Williams. Admission is \$9 per person. For more information please contact: Moe Bracken (508) 344-3430.

Sunday November 25

"Special Fund Raiser" Hayloft Steppers Mainstream/Plus dance on Sunday, Nov. 25 from 2:30-5:00 pm. (early rounds at 2:00) Various callers from OCCA and the cuer will be Roy Williams. Admission is \$10 per person. For more information please contact: Moe Bracken (508) 344-3430, brackenmaurice@gmail.com or Deanna Randall (413)436-7849, drandall444@comcast.net.

ONGOING

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 7:00PM - 9:00PM 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.

ALZHEIMER'S SUPPORT GROUP: third Wednesday each month, 6-7 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

TRIPS OFFERED

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

BRIMFIELD SENIOR CENTER

CHARLTON SENIOR CENTER

Call Elaine or Debra for more info at (508) 248-2231 ~ Sign up sheets & flyers available at the Senior Center. Flyers are available on webpage www.townofcharlton.net: click on Departments then click on Council on Aging/Senior Center. Pick up is generally from St. Joseph's Church, 10 H Putnam Road Extension, Charlton

DAUGHTERS OF ISABELLA

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

DUDLEY SENIORS

For information and reservations contact Evelyn Grovesteen at (508) 764-8254

June 2-8 2019: Mackinac Island, Michigan. Seven days, six nights motorcoach transportation, leave Dudley Town Hall at 8 a.m. \$650 per person double occupancy. Includes carriage tour of Mackinac Island, visit to Colonial Michilimackinac, Frankenmuth, cruise, casino, lighthouse tour and more. Some meals included.

EAST BROOKFIELD SENIOR CENTER

For information and reservations, please contact Judy Shute (508) 867-9224

LEICESTER SENIOR CENTER

Contact Leicester Senior Center, Joan Wall, (508) 892-3967 for information and reservations.

Friday, November 16: Captain Jack's & Foxwood Casino, choice of lobster or prime rib. \$76, due by Oct. 16.

Saturday, December 1: Reagle Theatre Christmas Show and Chateau Restaurant. \$119, due by Nov. 1.

Friday, January 18: Trip to Foxwoods Casino. Bus leaves at 8 a.m.; cost is \$30. Free buffet and \$10 in free slot play.

Friday, February 15: Trip to Foxwoods Casino. Bus leaves at 8 a.m.; cost is \$30. Free buffet and \$10 in free slot play.

Friday, March 15: Trip to Foxwoods Casino. Bus leaves at 8 a.m.; cost is \$30. Free buffet and \$10 in free slot play.

MARY QUEEN OF THE ROSARY PARISH

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

2019

September 9-22: Grand Tour of Ireland: Sept. 9-22, 2019
May 20-June 4: USA: Splendors of the Northwest National Parks: May 20-June 4, 2019

MILLBURY SENIOR CENTER

1 River St., Millbury, (508) 865-9154

TURNING STONE RESORT CASINO TRIP

October 21-22, 2 Days 1 Night Trip includes Overnight Accommodations, Transportation along with meal vouchers and free play packages!! For more Information call or come by the Senior Center for a flyer. 508-865-9154

NORTHBRIDGE SENIOR CENTER

Phone: 508-234-2002
www.northbridgemass.org/council-on-aging

December 2, The Newport Playhouse presents, A Doublewide Texas Christmas. A day of food, fun, and farce! Enjoy a fantastic luncheon buffet at the playhouse followed by this hilarious comedy. After the show, you will be entertained with a Cabaret filled with songs and laughter. \$87/person, call Jeannine to sign up.

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

Contact Jim Julian

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

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

SOUTHBRIDGE SENIOR CITIZENS 2018 TRIP SCHEDULE OPEN TO PUBLIC

Tuesday, Nov. 13: Foxwoods \$25 - 10 a.m. bus.

You will have five hours at the casino as the bus will leave Foxwoods at 4 p.m. You will receive \$10 for gaming and \$15 meal voucher.

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Turn To **TRIPS** page **A17**

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TRIPS
continued from page A15

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2018. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

2018
2018 is the Society's 26th anniversary in providing members and non-members alike the opportunity to experience excursions of a day or extended days. All are welcome to travel with our organization.

November 11: Do as you wish day in New York City. A day of sightseeing, shopping, visit a museum, dine in a special restaurant, attend a Broadway matinee, or visit the 911 Fountains and the new museum via a ticket through 911museum.org. The possible activities are many. Departure from Southbridge is 6:30 a.m., return departure from NYC is 6:30 p.m. \$58 per person. For early reservation call (508) 764-7909. Deadline

is Oct. 25. This is the 23rd consecutive year of this excursion.

December 9: Festival of Christmas Lights at Our Lady of LaSalette Shrine, concert with Fr. Pat the singing priest, the International Museum of Nativities, gift and book shop, Chapel of Light, a bistro for refreshments and snacks, a carousel for the children, optional trolley ride to view the display of more than 400,000 lights and a complete inclusive luncheon at Wrights Farm restaurant. Cost is \$49 per person, \$39 for children aged three to 10, younger than three, free. Reservation deadline is Dec. 6. Departure is 10:45 a.m. from Southbridge and return is about 7:45 p.m. As in the past, a departure from Webster is a possibility.

UXBRIDGE SENIOR CENTER

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

The Silver Club BUS TRIPS for 2018
Please call Sue at 508-476-5820 for more information.

The Silver Club of the Uxbridge Senior Center has availability on the following trips:

Join the Silver Club of the Uxbridge Senior Center for a fall foliage trip and enjoy a bit of history! On Oct. 10 we will take a ride to Portland, ME and ride the narrow gauge RR there and enjoy the museum. There are very few narrow gauge railways left.

The lunch is at the Clambake Restaurant in Scarborough, ME with choices of baked haddock, baked stuffed chicken breast, or fried clam strips. We will have lunch 1st, then ride the RR in the afternoon. The track runs right along the ocean in Casco Bay! Talk about ocean view driving! There is also a very interesting museum with a couple of historic rail cars and a caboose as well as much history of the RR that we will have time to explore. Jump on the train while you have a chance! Who knows how long something from the 1800's will still be in existence? Now is your chance! Enjoy the foliage on the ride to ME. and a fun day out on a historic railroad! Leaves Whitinsville Walmart at 8AM, Westboro Stop and Shop, 32 Lyman St. 8:45AM, returns around 6:30. \$64. includes the bus, the tour & museum, the meal and all gratuities. Please include name, address, phone # (cell and home) and MEAL CHOICE.

The Newport Mansions at Christmas:

Wednesday, Nov. 28. \$86. We will tour Marble House and the Breakers all dressed up for Christmas! If you think the mansions are magnificent by themselves, wait until you see them at Christmas! Lunch will be a choice of grilled hangar steak, lobster roll, or penne alla vodka at the restaurant At the Deck right at the wharf area. Leaves Whitinsville at 7:30, home around 5:30.

Bright Lights at Forest Park, Storowton Village & Yankee Candle: Wednesday, Dec. 5 \$76. Lunch will be at the Storowton Tavern with a choice of baked scrod, Yankee pot roast, or vegetable compose. Take a tour of the decorated buildings of Storowton Village during the day and a tour of the Christmas Lights at Forest Park at night. Sandwich a trip to Yankee Candle into the middle! Leaves Westboro at 8 a.m., Whitinsville at 8:45 and home around 8:30 p.m.

North Conway: 3 day trip Dec. 12-14. \$469. Stay at the luxurious White Mountain Hotel and Resort and eat all your meals in their dining room overlooking the mountains. Order off the menu for breakfast, lunch and dinner. See three Christmas shows and take a guided tour of the northern valley as well as having some free time in North Conway to do some tax free Christmas shopping. Enjoy their heated (like bath-water!) outdoor pool!

Please call Sue to reserve any of these trips. (508) 476-5820

SANDOLI
continued from page A8

rience for me, because not touching a woman when she's intoxicated seems to be an unrealistic expectation and I can't prove that he overstepped my boundaries because I was barely conscious, only remembering it enough to continue to be haunted by feelings of violation.

It means that I will have to come to terms with

every sexual harassment and assault experience I have had and will have on my own, because no matter how much time I've spent telling my story, fighting against sexualization, and speaking out for the Me Too movement, men still get away with taunting me and touching me without my consent and they have since I was 14 years old.

It means that the MeToo movement has not yet made enough progress, not yet convinced enough people, and not yet changed the country enough to take a step back and take pride in its progress.

Brett Kavanaugh's appointment to the Supreme Court means that I, as a woman living in the United States, am not and will not be taken seriously enough in my own country when I tell my story or speak out against sexual assault. It means that men will continue to look up my skirt on escalators, catcall me when I pass them on the street, or grope me on public transportation, because they know they will get away with it.

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back-up camera

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18376
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6 speed automatic,
Front Wheel Drive

85,288 MILES **\$8,995**

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per month
18315
Moonroof, power seats,
auto. starter,
6 spd., AWD

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per month
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pwr. brakes, pwr. windows

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

FRIDAY, OCTOBER 19, SATURDAY, OCTOBER 20 7:30 P.M. AND SUNDAY, OCTOBER 21 AT 2:00 P.M.

The Theatre Guild of North Brookfield presents **BYE BYE BIRDIE** in the North Brookfield Elementary School Auditorium
\$15 for adults; \$10 for seniors and children under 12
For tickets call Joe at 508-331-9031

SATURDAY, OCTOBER 20

KLEM'S 13th ANNUAL DOG COSTUME CONTEST
11:00 a.m. - 1:00 p.m.
Awards for scariest, most original & funniest
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2nd ANNUAL AMERICAN LEGION WOMEN'S AUXILIARY CRAFT FAIR

9 am - 2 pm

Full hall of crafters, raffles, and more!
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SUNDAY, OCTOBER 21

A NIGHT OF SPIRIT WITH MARKUS
6-8 p.m.
Join us as Markus Harrington delivers messages from loved ones that have passed (spirit.)
Light refreshments will be served.
Seating is limited so do not wait to register.
\$55.00 per person or 2 for \$100.00
All tickets must be purchased in advance and are non-refundable.

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THURSDAY, OCTOBER 25

PUMPKIN CARVING WORKSHOP
6-8 p.m.
Create your own pumpkin masterpiece. Class includes pumpkin and all materials. \$40.00 paid in advance. Class size is limited so you must pre-register. Under 18 welcome

if accompanied by an adult. No participants under 13 please.
You are welcome to bring your own adult beverage (over 21 only)
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SATURDAY, NOVEMBER 3

10:00 a.m. - 3:00 p.m.
ALBANIAN KITCHEN AND BAZAAR
Bake table featuring traditional

Albanian favorites.
Albanian-style café with a variety of food items to dine in or take out.
Theme baskets, this 'n' that table, handmade jewelry, and illustrated children's books by Ruth Sanderson
St. Nicholas Albanian Orthodox Church
126 Morris St., Southbridge, MA

SATURDAY, DECEMBER 1

PICTURES WITH SANTA AT KLEM'S
10:00 a.m. - 3:00 p.m.
Children and pets welcome!
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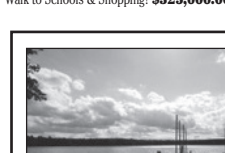
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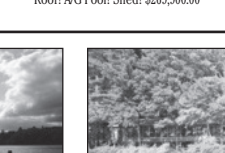
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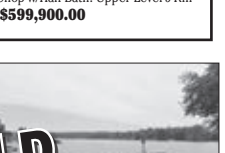
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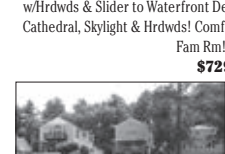
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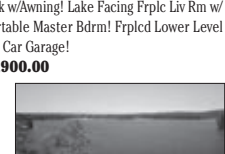
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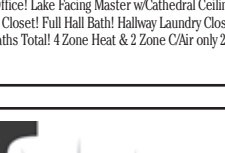
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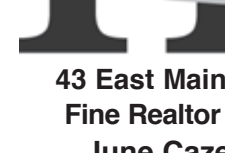
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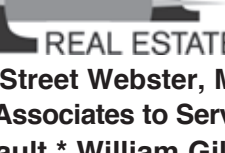
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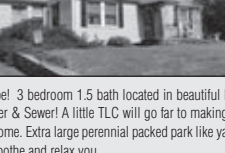
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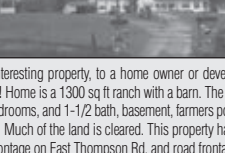
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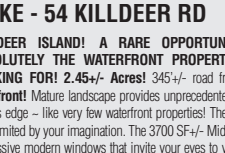
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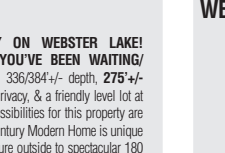
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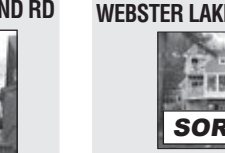
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Two Family!!
43 - 45 Thompson Road, Webster, MA
\$234,900
Central Air, Commercially Zoned
RENT TO OWN!!!!



Brand New Remodel!!
28 Mechanic Street, Webster, MA
\$275,000
OPEN HOUSE
Saturday October 20, 1pm-3pm



Hard to Find Apartment!!
2 Chase Ave Apt. 3, Dudley, MA
\$850.00 Monthly
Large 1 Bedroom, Coin-Op Onsite



Large Industrial Rental!!
2 Hawksley Drive, Oxford, MA
\$6 per SQFT
First Month Free!!!

Open House Directory

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

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 20				
SOUTHBRIDGE				
19 Field St	S	11-1	\$179,900	Aucoin Ryan Realty 508-765-9155
WEBSTER				
28 Mechanic St	S	1-3	\$275,000	ReMax Professional Associates Patrick Sweeney 774-452-3578

To have your open house listed in this directory please contact Tia Paradis 508-909-4110

A Place To Call Home...



KILLINGLY-This young Raised Ranch located in a great neighborhood is ready for new owners. Home has a relatively new roof, vinyl siding, newer hot water heater and new paint. Spacious living room opens to the dining area and good working kitchen. There are 3 bedrooms and a full bathroom on the first floor along with a back door to an oversized rear deck and private wooded backyard. The home also has a partially finished lower level living space adding an additional 300 sq. ft. of finished space just needing a heating source (previously had a pellet stove) along with a nice laundry area and a great utility storage area. **\$189,900**



PUTNAM-Built in the mid '60's, this Ranch style home is located on .5 acre with frontage on two roads in a Residential neighborhood walking distance to downtown, schools, playgrounds and amenities. The kitchen has a generous amount of cabinets/countertops. The adjoining dining area has sliders onto an enclosed porch overlooking a very private backyard. There are 2 bedrooms and 1 bath. The basement is a walk-out with 2 garage doors for easy in and out of tools and equipment. There is also a sizeable backyard deck off this level. Yard has been well taken care of with good curb appeal. **\$159,900**



POMFRET- Set privately off the road on over 6 acres, this 6 bedroom, 4 1/2 bath estate provides all the amenities on your wish list: a European flared kitchen that is a chef's delight, a butler's pantry equipped with wine refrigerator, formal as well as informal dining areas, a Master Bedroom En-Suite including IKEA custom closet system, a remarkable sun room ideal for morning yoga sessions, 5 working fireplaces, an 800 sq.ft family room providing endless possibilities AND a backyard deck overlooking the pool and perennial gardens. Positioning of bedrooms to bedrooms provide a great opportunity for a potential B&B. A one-of-a-kind home truly to be envied! **\$650,000**



WOODSTOCK-A unique Ranch style home sitting on 127 AC, this 3 (possible 4th in the lower level-in-law potential) bdrm. home has 2 full baths and plenty of extra living space. Upstairs, a large eating space kitchen opens to a dining room with wide pine floors and a living room with vaulted ceilings and a newer pellet stove. The master suite features a full bath with double sinks and there are 2 additional bdrms. and a full bath on the main floor. The lower level is just about completely finished with a bar, another possibly bdrm, and a family room. The commercially zoned barn is over 3,500 sq. ft. on 2 floors of commercial space with heating system that could easily be hooked up along with plumbing for a potential bathroom. Currently heated with pellet stove. The town of Woodstock is limiting commercially zoned properties in the town so do not miss this opportunity to live and work on one property! **\$334,900**



GRAFTON, MA-Townhouse style condominium located in Hillview Estates. Drive right into the 1 car attached garage and enter into a great mudroom with a couple steps up to the open living concept. The kitchen has stainless steel appliances, granite countertops, and plenty of working space. There is a perfect dining space large enough for an oversized table and the living room with a gas fireplace and slider to the rear deck. The second level features a potential office space, second bedroom with a full bathroom and the laundry facilities. The upper level master suite has vaulted ceilings, walk in closet, full bathroom with shower & jetted tub. The unit is in close proximity of all major routes for commuting, shopping & much more! **\$309,900**



DUDLEY, MA-This unique opportunity for you is the sale of a well known turn-key pub with full liquor license, commercial kitchen, lottery/Keno and clientele that is well established. The business is a currently operating & licensed establishment with pool tables, active sporting leagues, and a banquet room that also can be used for catering. The sale includes business & all of the trade fixtures. The building currently has a 198 person occupancy, seats 130+, 30 paved parking spaces, horse-shoe pits, & volleyball court. Seller is willing to consider all options including leasing & financing. **\$539,900**

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Take a virtual visit: www.johnstonrealestate.net



201 SOUTH STREET, SOUTHBRIDGE, MA 508-765-9155 FAX: 508-765-2698

"We are part of Make Southbridge Home"







OPEN HOUSE 11-1PM SAT. 19 Field St. • Southbridge
Lovely One Level Home with 4 rooms 2 bedrooms. Beautiful updated kitchen w/hickory cabinets and appliances are included. Fireplace in Living room with Hardwood floors. New boiler and 7 year young roof. Level fenced in yard. Garage. Great neighborhood. **\$179,900.**



Southbridge: PRISTINE CONDITION! All beautifully remodeled! 6 rooms 3 bedroom 2 1/2 baths! Master bathroom is stunning! Open Spacious eat in kitchen w/under counter lighting, recessed lighting, all updated. Livingroom gas fireplace, gleaming hardwood floors, with French doors opening out to private patio to inground pool. Wait till you view the lower level!! **\$275,000.**



Southbridge: Superb Quality Built Home in Country club Neighborhood! 10 rooms 4 bedrooms 3 1/2 baths. First floor master bedroom & new master bath in 2018. Finished lower level with 5th bedroom, family room, wet bar, walk out to back yard. Hardwood floors. Updated high efficiency natural gas furnace. Two fireplaces with gas inserts. New roof. Picture Perfect home-move right in! **\$334,900.**



Sturbridge: Sought After Mobile Home in Sturbridge Retirement Community. 4 rooms 2 bedrooms 1 1/2 baths. Appliances stay. Private location due to being at the end of a dead end street. Move right in! Nice! Shed. Enclosed back porch looking into woods. **\$59,900 plus \$25,000 park share.**



Sturbridge: CONDO FOR SALE! Perfect for an Extended family or in-law set up. Exclusive Condo with 5 rooms 2 bedrooms including impressive master bedroom and bath! Lower level all finished with family room, two more bedrooms & full bath including Jacuzzi/hot tub. Att 2 car garage. Location a premium for commuters! **\$249,900.**

North Village Condominiums

116 North Street, Douglas MA



**Units Available
First-Come
First-Served
For \$183,300!**

This is an opportunity for 31 affordable duplex-style homes. These 31 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income.

All brand-new homes have three bedrooms, one and a half bathrooms, 1605 square feet, excluding basements and attached garages, and at least 2 parking spots. North Village Condominiums are situated within an ambient community on scenic North Street in Douglas, Massachusetts, encompassing the luxury of Blackstone Valley's serene country surroundings. The community of duplex style homes encompass a 20-acre parcel of manicured grounds abutting 40 acres of open space.

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or visit our Open House Saturdays & Sundays 11:00- 2:00.

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compassnorthrealty@yahoo.com

www.northvillagecondominium.com

SALES PRICE : 3 Bedrooms: \$183,300

Condo Fees are \$125 / month

Maximum Allowable Household Income

1 Person Household: \$48,100	4 Person Household: \$68,650
2 Person Household: \$54,950	5 Person Household: \$74,150
3 Person Household: \$61,800	6 Person Household: \$79,650

Households cannot have more than \$75,000 in assets



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Jo-Ann Szymczak 774-230-5044

Diane Luong 774-239-2937

Maria Reed 508-873-9254

Maureen O'Connor 508-981-4902

ReMax Advantage 1

179 Shrewsbury St., Worcester MA 01604



Dudley: Great Location! Land! 4 bedrooms! Town Services, Cherry Cabinet Kitchen, Hardwood floors throughout, study, office - ideal to work from home, 3.5 baths, nearly 7 acres, majestic setting with seasonal views

**7 Dudley Oxford Rd
\$400's**



Dudley: Ranch, fire-place, recent furnace, 1.5 baths, 1st flr family room, garage & 2 unit carport
**50 Mason Rd ~
\$229,900**



Webster: Motivated Seller! Now is a great time to buy! 3 bedroom, sided, garage
**87 Worcester Rd ~
\$179,900**



Southbridge: 2 1/2 acres, hardwoods, 4 bedroom, 2 baths, family room, in-ground pool
**153 Highland St ~
\$289,900**



**WEBSTER
COMING SOON**
Ranch, 2.5 Baths
2 car garage,
hardwood floors!
\$260's

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or Jo-Ann
774-230-5044**



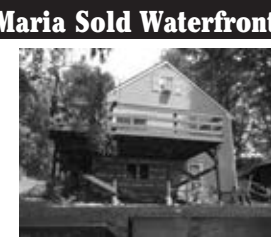
Oxford: Commercial Lease Purchase 2 Bays, equipment available, office space, opportunity for car sales also, fully operational

498 Main St. ~ Call for details



**ON
DEPOSIT**

**DUDLEY
26 River St ~ \$279,900**



Spencer: Waterfront, 3 bedroom, 1.5 baths, Thompson Pond, family room
15 Lakeshore Dr. ~ \$300's



Southbridge: Immaculate ranch, 3 bedrooms, hardwood floors, garage.
326 Whitetail Cir. ~ \$215,000

Maria Sold Waterfront! Maureen Made it happen!

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HomeServices

**New England
Properties**

OPEN HOUSE SAT 10/20 10:00-11:30



341 Rt. 198 • Woodstock \$345,900
Charming Farmhouse on 5.5 acres with a large barn, 5 BR and 2 full BA. Beautiful move-in ready home with original details.
Mary Scalise 860-918-1539

OPEN HOUSE SAT 10/20 10:00-11:30



130 Orchard Hill Rd. Pomfret \$465,000
Enjoy comfortable & spacious living in this bright, modern, 5 BR, 3.5 BA home. 3 beautiful floors of living space located on 7 acres.
John Downs 860-377-0754

OPEN HOUSE SAT 10/20 12:00-1:30



**93 Barber Rd. Woodstock \$439,000
NEW LISTING**
Stunning home on 18.24 acres of beautiful land. 1st floor master, hardwood floors throughout. Location is private, quiet & peaceful.
John Downs 860-377-0754

OPEN HOUSE SAT 10/20 12:00-2:00



237 Old Colony Rd. Eastford \$319,000
Newly renovated Farmhouse w/4 BR, 2.5 BA & wrap-around porch! Open concept kitchen opens to cathedral ceilings in the family rm.
Mary Scalise 860-918-1539

OPEN HOUSE SAT 10/20 1:00-3:00



**31 Kearney Fork, Pomfret \$325,000
NEW PRICE**
Oversized country Cape. 4 BR, 3 BA. Open living RM w/fireplace. 1st FL master suite. Great Pomfret neighborhood. 2 car garage.
Mary Collins 860-336-6677

OPEN HOUSE SUN 10/21 1:00-3:00



100 Putnam Rd (Rte 44) Pomfret \$199,000.
Charming log style Ranch home with large 2 car garage used as man cave. Open living RM, updated kitchen.
Mary Collins 860-336-6677

Brooklyn \$219,000 NEW LISTING



Quality country Ranch-Pottery Barn feel. Lg sunny living RM w/fireplace. Remodeled kitchen & sun room. Finished LL w/1/2 BA. 2.59 acres.
Mary Collins 860-336-6677

Woodstock \$365,000 NEW LISTING



Three BR plus bonus finished room over the garage & finished basement space with walk out.
Direct waterfront on Keach Pond.
John Downs 860-377-0754

Brooklyn \$225,000 NEW LISTING



Under Deposit in 3 Days
Quality country Ranch at end of cul-de-sac. Lg private yard. Updated kitchen. Dining RM w/fireplace. Finished LL. Deck & 2 car garage.
Mary Collins 860-336-667

Pomfret \$243,500 NEW PRICE



1,656 SF, 1.21 acres, 2 car detached garage, off street parking. 3 BR, 1.5 BA, partially finished basement w/ bonus room.
Lauren Heidelberger 860-933-0735

Putnam \$270,000 NEW PRICE



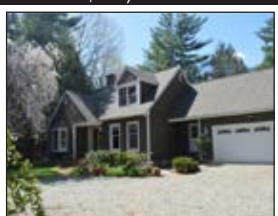
Move in ready. 5 BR, 3.5 BA, pool, double lot, many updates. Legal 4-room apartment. Easy walk to town center.
John Rich 860-315-2615

Woodstock \$169,900 NEW PRICE



5 BR Colonial in desirable E. Woodstock Village. Private setting, porch, handicapped accessible, HW, 1st floor master. A must see!
Elizabeth Zimmer 860-617-2191

Eastford \$310,000 NEW PRICE



Pristine Eastford home, frontage on year-round babbling brook. 4 BR, 2.5 BA, granite kitchen, expand bonus room.
John Rich 860-315-2615

Putnam \$4,000/mo. Commercial Lease



Location! 2,696 SF commercial space for lease with ample parking. Convenient to I-395.
Vivian Kozey 860-455-5363

Brooklyn \$199,000



3 BR 1.5 BA. Beautiful oak floors, replacement windows. Newly painted. Excellent move-in cond. Partly finished basement.
Richard Governale 860-428-7656

Pomfret \$825,000



On 26 acres with gorgeous southerly views! Over 6,000 SF with 8 BR and 5.5 BA! In ground pool, pool house, 3-stall barn!
**The Gosselin Team:
Stephanie 860-428-5960**

Brooklyn \$545,000



Sensational Contemporary w/privacy. In-law on lower level, wood floors, 2 stone fireplaces & master suite on main level, 3 bay garage!
Rachel Sposato 860-234-1343

Thompson \$149,000



Unique opp. for a commercial/mixed use building in great location! The owner will sell building w/all contents (antiques/collectibles).
**The White/Cook Team:
Diane 860-377-4016**

Tolland \$299,900



Pride of ownership shines in this 4 BR, 3 BA over-sized Raised Ranch in a private country setting. This is a must see!
Vivian Kozey 860-455-5363

Hampton \$595,000



Reproduction Cape on 15 hilltop acres w/long-distance views, barn & a pond! 3356 SF w/3BR 2BA & loads of custom details throughout!
**The Gosselin Team:
Stephanie 860-428-5960**

Ashford \$189,900



Great owner/occupy opportunity. Side by side units. Updated in 2003. Sits on 2.44 lovely acres.
Vivian Kozey 860-455-5363

Alexanders Lake \$765,000



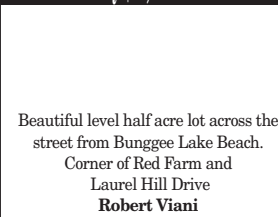
52' of frontage, southerly views, a beach & a like new 2014 home w/every whistle & bell imaginable! 2880 SF w/4 BR & 4.5 BA.
**The Gosselin Team:
Stephanie 860-428-5960**

Woodstock \$295,000



2 acres on 2 sides of the road, this 2 BR 1890 home has loads of details, front porch & stone-walls. Generator, 1 car garage & private yard.
**The Gosselin Team:
Stephanie 860-428-5960**

Woodstock Valley \$49,500 LAND FOR SALE



Beautiful level half acre lot across the street from Bungee Lake Beach. Corner of Red Farm and Laurel Hill Drive
**Robert Viani
401-741-2432**



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010 FOR SALE

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

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

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

2 TWIN BEDS: Complete, In Excellent Condition. 508-423-4824

2008 ZODIAC and 14' CANOE, excellent condition. ACTI-V 9'4", electric pump/all accessories, air floor. 2009 Honda 8HP, serviced. \$2,195 Canoe: oars/ seats, no leaks. \$275 860-983-0800 Sturbridge

225 GALLON WATER STORAGE TANK - used 6 months. \$350 508-867-2523

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

4 SNOW TIRES -235/50 R18 101T used 2 months- paid \$800, asking best offer. 508-414-2474

ABOVE-GROUND SWIMMING POOL, 24' x 54", filter system, 1 season, \$1,000 or best offer. 508-943-8769

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

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

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

Beautiful Southwestern style sectional sofa, gently used, L-shape 112" x 86" Please call to set up time to view 508-885-9962. \$150 firm.

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

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

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

FLY RODS - 2 ALBRIGHT A/5 490 9 FT. #4 RODS. 2 Orvis reels Batterkill BBS II. Asking \$200 each set or best offer. 508-347-3145

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

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

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

GARAGE CLEARANCE: ARTIFICIAL CHRISTMAS TREE, bush trimmer, glass top table, etc. 508-728-5559 (Spencer)

GARDEN MANURE, delivered. 4 yards, \$130. Call Prindle Hill Farm 508-320-3273 or 508-248-7335

010 FOR SALE

JAMAICA WICKER Queen Bed Set: Head & Foot Board, Woman & Man's Dresser, 2 Nightstands. Paid \$5,400. Asking \$1,200. 2 SEATER LANCER POWER CHAIR 4' Long, Olive Color. NEVER BEEN USED! Asking \$350. (508) 461-9621

MEC 650 PROGRESSIVE LOADER: w/ extras \$250. 400 ANDERSON WINDOW 51x32 RO \$200. THERMATRU DOOR 36-80 Left Hand Inswing Full View with Grill \$185 or best offer. (508) 892-9595

MOTORS: 1/2HP 230/460V 1725RPM, 56 Frame \$30. 5HP, 230/460V 1740RPM, 184T Frame/TEFC \$100. 5HP, 230/460V 3495RPM, 184T Frame/TEFC \$100. 4 Motor Speed Controls Hitachi J100, 400/460V Best Offer. Call 5pm-8:30pm 508-867-6546

MOVING - MUST SELL 3 piece electric reclining living room set, brown. \$300 free-pedestal table w/4 chairs 508-612-6485

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

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

SMALL BUREAU \$75. Printer's Antique Drawers \$20 Per. Fake Brick Fireplace With Heater \$140 Kitchen Chairs. Spare Tire P225/60R16 Eagle GA With Rim \$45 Vanity Table & Chair \$135. Car Sunroofs \$100. Per. Homemade Pine Coffee Table & 2 End Tables \$100. Antique Lamp Jug \$40. Antique Croquet Set \$40. Wood Truck Ramps 8 Foot \$100.00. Drop Leaf Cart \$50. End Table W/Drawer \$50. End Table W/Drawer \$60. Elvis Presley Silhouette \$50 (he talks!). Indian canvas painting \$60, 9 golf clubs \$100, Call 1-508-764-4458 or 1-774-452-3514

SNOW TIRES: Like new (4) Firestone Winter Force 215/60-15, \$240. BECKETT BURNER, CONTROL AND AQUASTAT: Runs great, Instruction, wiring and owners manual \$250. ARTIFICIAL CHRISTMAS TREE WITH STAND : 6 FT. Storage box included. Excellent condition \$50. CAST IRON CHRISTMAS TREE STAND: Beautiful \$20. SUNBEAM WHOLE HOUSE HUMIDIFIER: Used, works great, 6-7 gallon, faux wood cabinet on casters. \$50. 14" SNOW CHAINS: Used, very good condition \$25. 15" CABLE SNOW CHAINS: New \$45. Call Ed. 508-479-9752

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

TREES/FIELDSTONE: Trees- Evergreens, Excellent Privacy Border. Hemlocks- Spruces- Pines (3-4' Tall) 5 for \$99. Colorado Blue Spruce (18"-22" Tall) 10 for \$99. New England Fieldstone Round/Flat, Excellent Retaining Wallstone. \$28/Ton (508) 278-5762 Evering

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

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

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

VIKING RANGE, PROFESSIONAL SERIES, propane gas, 6-sealed burner, 36" infrared broiler, as new, never lit, still in original packaging. w/ tags. Model VCGSC-5366BSS, trades considered. \$4,600 508-865-7470

100 GENERAL

107 Misc. FREE

FREE HOSTAS IN THOMPSON 860-481-9494

130 YARD SALES

Awesome Yard Sale, Saturday, Oct. 20, 9am-3pm, 86 Susanne Drive Whitinsville. Office supplies, women's plus-size clothing, jewelry, collectibles, antiques, decorations, dorm/office size fridge, med-lg dog crate, large, modern oak "S" roll-top desk, 1920's ArtDeco solid oak sideboard, much more!

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

MOVING SALE! Saturday, October 20, 10am-2pm, 190 Wickaboag Valley Road, West Brookfield. Sofas, rocking chairs, dining table, chairs, end tables, bureaus, kitchen drink ware, silverware, pots/pans, and much more!

200 GEN. BUSINESS

205 BOATS

14' GREAT CANADIAN CANOE includes 2 clamp-on chair seats, 2 paddles, 2 life-vests. Excellent condition. \$425 508-885-3017

1987 BAYLINER BOAT for sale with trailer 85 hp needs some cosmetic work call 774-230-2190 Ray Fowble or email pfowble@yahoo.com

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

265 FUEL/WOOD

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

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

285 PET CARE

KAREN CARES - pet sitting for your home, dog/cat sitting, walking. Also turtles, birds & fish. Weekly, vacations, or once-in-a-while! 774-745-8331

287 FEED

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

298 WANTED TO BUY

ROUTE 169 ANTIQUES: 884 Worcester St., Southbridge MA. Looking To Purchase Antiques And Collectibles Single Items Or Entire Estates. We Buy It All And Also Do On-Site Estate Sales And Estate Auction. We are now accepting dealers for our multi-dealer group shop. Call Mike Anytime (774)230-1662.

298 WANTED TO BUY

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

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Experienced Auto Technician
Full Time
Strong electrical & diagnostic experience preferred. Pay based on experience. Stop in for an application. Ask for Will.

Call Will
774-402-8588
384 E. Main St., Southbridge



298 WANTED TO BUY

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

WAR RELICS & WAR SOUVENIRS WANTED: WWII & EARLIER CASH WAITING! Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 30 Years Experience. Call David 1-(508)688-0847. **It Come To YOU!**

300 HELP WANTED

310 GENERAL HELP WANTED

BRIMFIELD FAMILY looking for a responsible, compassionate, caring woman with a motherly background to be a live-in helper. My family lost my mom on 12/10/16. Job is full-time. Job duties are companionship for me and Dad, help keep house clean, someone to care for me if Dad's not there, take me out to stores, share a bedroom with me. \$150 monthly, Please call 413-301-2058 for an appointment.

CUSTOMER SERVICE REP Auburn battery distributor needs customer service rep to field customer calls, enter orders, support sales staff, expedite orders, and telemarket. Must be highly motivated, enthusiastic, and dependable. Organized, attn. to detail. Prior customer service/inside sales experience preferred. Passage of pre-employment physical and drug screen also required. Please reply via reply email to this posting at applicant@northeastbattery.com (include resume and cover letter).

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



ADVANCED BEHAVIORAL HEALTH

MUNICIPAL HEALTH INSPECTOR wanted - The Board of Health in the Town of Brimfield is seeking a part-time, on-call Health Agent. The Health Agent is responsible for assuring compliance with state and local health codes and regulations as well as performing and/or witnessing the following: Title V inspection reviews, deep hole and percolation tests, system installer and hauler license approvals, investigation of nuisance complaints, attending monthly Board of Health meeting and presenting to the Board. The applicant must possess excellent communication and administrative skills. Candidates should have demonstrable experience in many areas of health-related issues, willing to work independently and hold a valid soil evaluator license. The position will remain open until filled. Send letter of interest and resume to: Brimfield Board of Health, 23 Main Street, Brimfield, MA 01010

TOWN OF LEICESTER PART-TIME PLOWDRIVER The Highway Department is looking for part-time employees to plow snow this winter. This is a temporary, non-benefited position and will be on an on-call basis when services are needed. CDL preferred, not necessary. Searching for contracted equipment also. For more information, call 508-892-7021. Application available at the Selectmen's Office or Town Website: www.leicesterma.org. Return applications to: Town of Leicester, Selectmen's Office, 3 Washburn Square, Leicester MA 01524. APPLICATION DEADLINE 5:00PM, MONDAY, NOVEMBER 5, 2018 Resumes may be included. TOL/EOE-M/F

Want to Place a Classified Ad?
Call 800-536-5836

310 GENERAL HELP WANTED

SALEM CROSS INN in W. Brookfield, Mass. seeking a bartender, servers, and dishwashers. References required. Apply in person or on website: sailemcrossinn.com

Town of Spencer is seeking Private Snow Plowers for the 2018-2019 Winter Season. If interested, please contact the Office of Utilities and Facilities, 3 Old Meadow Road, Spencer, MA Monday-Thursday 8:00am - 5:00pm, call 508-885-7515 or on the Town website www.spencerma.gov Applications should be submitted as soon as possible. The Town of Spencer is an equal opportunity employer.

325 PROFESSIONAL HELP WANTED

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

400 SERVICES

442 LICENSED DAY CARE

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

454 HOME IMPROVEMENT

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

500 REAL ESTATE

505 APARTMENTS FOR RENT

BRIMFIELD 1-2 BEDROOMS, appliances included, \$775 per month. Good references required. 413-262-5082

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NORTH BROOKFIELD - TOWNHOUSE APARTMENT - 2 bedrooms, appliances kitchen with granite countertops, 1.5 baths, washer/dryer hookup. Newly renovated. Quiet central neighborhood with off-street parking. No pets. \$950/month includes heat. 1st and security deposit. 508-867-8463

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546 CEMETERY LOTS

Pine Grove Cemetery, Whitinsville. Double plot for sale, lower than the going price. Yew Avenue. Call owner 774-602-8211

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

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

2012 TOYOTA RAV4- 79,000 miles. Well-maintained, 3rd row seats, black, one-owner. \$11,000. 508-688-7666

ARCHway, Inc.

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

Special Education Teacher (BAM.Ed) Severe Disabilities: All levels Classroom teacher needed to teach students on the autism spectrum pre-academic and vocational skills. Classes are small and energy levels are high. Full time/year round position with 8 weeks paid vacation, health and dental benefits. Salary is commensurate with experience.

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Valid Driver's License Required

Schedule: Second shift Wednesday through Friday, and Saturday all day

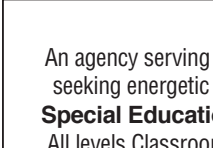
Salary is commensurate with experience.


Part Time Residential Instructor positions also available to teach activities of daily living and social skills.

Starting Pay is \$14.00/hour

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

ARCHway, Inc.
77 Mulberry St., Leicester, MA 01524
Fax: 508-892-0259 Email: scombs@archwayinc.org





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Receive a \$5 Dunkin Donuts gift card for filling out an application!

Why choose The Overlook? The Overlook offers a great working environment. Each team member's contribution is valued as an important member of our care team. Our CNA to patient ratio is one of the best in Massachusetts. We offer excellent benefits including medical, dental, vision and life insurance, a 401(k) retirement savings plan, tuition reimbursement and paid time off for all team members hired for 24 hours or more on **Day One** of your employment. We also have a daycare and fitness center on site for all team members.

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745 RECREATIONAL VEHICLES

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

2004 BUICK PARK AVE ULTRA 175,000 miles, \$900 or best offer. Call 508-885-2055

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

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

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2011 SUBARU OUTBACK - 136,000 miles, great shape, regular maintenance, roof rack, trailer hitch, back-up camera. \$7500. 508-688-7666


2012 Subaru Legacy, 37,000 miles, all-wheel drive, remote starter, like-new condition, \$12,000 508-885-6988

2012 TOYOTA RAV4- 79,000 miles. Well-maintained, 3rd row seats, black, one-owner. \$11,000. 508-688-7666


BMW MOTORCYCLE, rare K75 (4-stroke in-line 3 cyl motor), 1995. Mileage 10,800 (tires have about 1K wear) color: silver (#705). Asking \$5,200. Accessories: 3rd generation saddlebags with keys and insert bags, tail rack, Monoshock upgraded to YSS dialed to 250 lbs. Adjustable - all documents. Original toolset and bike manual. OEM windshield, Corbin low seat, Trickle charger, heated handgrips. This bike was stored in a garage for many years and is in like-new condition. Cruises between 60-80 with no effort and accelerates 0 to 60 in 4.5 seconds. A true 3-season miler! \$508-943-1790 or ndc0001@charter.net

2016 RIVERSIDE TRAVEL TRAILER RETRO WHITEWATER MODEL 195 bought new, used twice in new condition w/ extras; must give up camping. Asking \$13,900 860-779-3561

5TH -WHEEL HITCH, 1 yr old, for Chevy or GMC, \$700, Chevy 5th-Wheel tailgate, good condition \$200, 5 trailer tires 235/ 80/16R on mag wheels, like new \$800 Marc 508-847-7542



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Special ends on October 31st

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SAVE \$325

on every window¹

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FOR 1 YEAR¹

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



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

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¹DETAILS OF OFFER: Offer expires 10/31/2018. Not valid with other offers or prior purchases. Get \$325 off each window and \$700 off each patio door and 12 months no money down, no payments, no interest when you purchase four (4) or more windows or patio doors between 9/1/2018 and 10/31/2018. Subject to credit approval. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2018 Andersen Corporation. All rights reserved. ©2018 Lead Surge LLC. All rights reserved.

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Valid on Sunrise and Essentials Models. 4 window minimum, excludes labor. Full purchase price must be paid in full within 12 months of installation date. Subject to credit approval of \$3500. Electric bill reimbursement covers electric bills from the contract date to installation date. Max value of \$500.

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EXPRESS

Friday, October 19, 2018

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WEBSTER TIMES

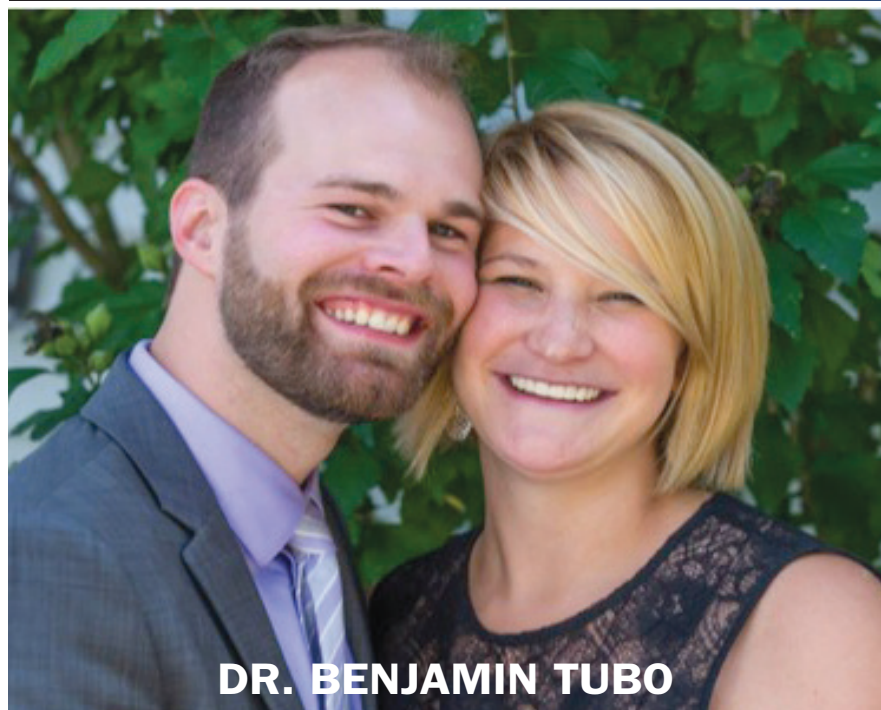
KATIE TOOMEY

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SCAM FRAUD ALERT SCAM FRAUD ALERT SCAM FRAUD ALERT SCAM

Scam Alert!

Please Join us for a Community Safety Event
Thursday, October 25, 2018 at 5:30pm

Guest Speakers:
Stephanie Hayward
Auburn Police Department
Dan Daly & Kenzo (his K-9)
Millbury Police Department

Public is welcomed and encouraged to attend

Topics:

- Ways to protect yourself
- Telemarketing and telephone scams
- How to stay safe in your own home
- Technology & internet fraud
- Sweepstakes scams
- Open discussion

Light refreshments will be served
Please RSVP by 10/22/18
Brookdale Eddy Pond East
667 Washington Street
Auburn, MA 01501
508.832.2200

BROOKDALE
— SENIOR LIVING SOLUTIONS —

SCAM FRAUD ALERT SCAM FRAUD ALERT SCAM FRAUD ALERT SCAM

Fall Clearance Sale!

We are in the process of selling out some of our current stock to make room for new models. Because of this, we are offering savings throughout the store!

0% INTEREST - FOR 1 FULL YEAR!
see store for details

Special Savings on

- ❖ Bedrooms
- ❖ Living Rooms
- ❖ Recliners
- ❖ Occasional Pieces
- ❖ Entertainment Centers
- ❖ Sealy Mattresses

Some items are one of a kind floor samples. *No orders will be taken on these items. Floor Sample Clearance items are sold on a first come first serve basis.

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FREE DELIVERY & REMOVAL | FREE FINANCING AVAILABLE
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www.sundeenfurnitureinc.com



After completing his undergraduate education, Dr. Park knew that he was interested in a clinical career. He, then navigated his studies toward dentistry as he went on to pursue his Doctor of Dental Medicine degree at the prestigious Tufts University School of Dental Medicine. Dr. Park completed a general practice residency at the University of Medicine and Dentistry of New Jersey, where he was able to improve and polish his skills. He continues his education by taking courses around the world to keep him updated on the latest research and innovative dental techniques. Dr. Park currently has professional affiliations with the American Academy of Cosmetic Dentistry (AACD), American Dental Association (ADA)

After working as an associate for several dental practices, Dr. Park found that he would never quite satisfy his desire to serve patients while working under someone else. While he had access to patients, he was not able to develop the close relationships he finds deeply critical to quality dental care. This led him to open his own practice in Southbridge and the patients he's met have affirmed his decision. The people of Southbridge have developed a special place in Dr. Park's heart and he is committed to serving the community to the fullest.

When he is not in the office, Dr. Park enjoys being outdoors as much as possible. His hobbies include rock climbing, skiing, playing tennis with his colleagues, and spending time with his loved ones. He can't wait to meet you!



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facebook.com/wildflourkolaches

THURSDAY RIB ROOM
at OLD STURBRIDGE VILLAGE

OSV Members 10% OFF
Thursday Rib Room

Savor a 4-course Prime Rib Feast at the Oliver Wight Tavern. Our staff will begin by serving a hearty soup and salad, with dinner rolls and whipped butter, followed by a Chef's station of carved Prime Rib of Beef, with potatoes and seasonal vegetables. Finish off with a homemade dessert. Also offering a full bar including beer, wine, and specialty cocktails.

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Served Thursdays
5:00 - 7:30 PM
\$29.95 plus tax and gratuity

FOOD

How to make smart choices at the buffet table



Healthy eaters can do their best to avoid the “buffet binge” at their next special occasion.

Buffet dining can be found everywhere from wedding receptions to all-inclusive resorts to cafeteria-style restaurants. Unlimited access to a wide array of foods means there’s likely something for everyone to enjoy at the buffet

table. But having so many foods at one’s fingertips also may compel some people to overeat. Some people are tempted to get their money’s worth, while others have difficulty controlling portions with so many deli-

cious offerings beckoning. Limitless food supplies often tempt people to dine on much more than they normally would at sit-down meals. Dubbed “buffet binging,” individuals may walk away from buffet lines feeling bloated.

However, there are some tricks to enjoy buffets without ending up with the post-buffet bloat. • Do a sweep of the area first. Examine the buffet offerings before picking up a plate. If something looks irresistible, leave room for it by going spar-

- ingly on other foods.
- Snack before arriving. Fill up on high-fiber foods before visiting the buffet line so you’ll be less likely to overdo it. If that’s not possible, have a salad or broth-based soup as an appetizer. Both options are filling but not too high in calories.
 - Use a small plate. Pick a small plate so you can’t fill it up with more food than you need to feel satisfied. If you’re still hungry after finishing your plate, you can always go back for a second helping.
 - Pick some protein. If the idea is to make the meal worth it from a financial standpoint, stick to protein-rich offerings like meat, poultry and seafood. These tend to be the most expensive items on the spread.
 - Choose unusual foods. When indulging in an item or two, select foods you don’t regularly have access to. And don’t hesitate to give signature dishes a try.
 - Load up on veggies. Fill your plate with plenty of vegetables, which are filling and healthy. Just be wary of how veggies are prepared, skipping those that are coated in cream sauces or look laden with butter.
 - Indulge wisely in desserts. Pick up very small pieces of dessert if you want to sample various offerings. Fill the rest of the plate with fresh fruit, which is refreshing and low in calories.
 - Slow down. Eat slowly and register when you are full. This will help you eat with your stomach and not your eyes. After visiting the buffet line, sit beyond the sightline of the buffet so you’re not tempted to revisit it.

Explore new flavors over an open flame



Just about anything can be cooked over an open flame. No matter the type of grilling they’re using, cooks who prepare meals over an open flame can’t help but notice the distinctive flavor that’s unique to grilled foods. Trying something new this grilling season can open cooks’ eyes to a host of flavors they might not instantly associate with grilling. The following recipe for “Ginger Soy Chicken Breasts” from Eric Treuille and Birgit Erath’s “Grilling” (DK Publishing) is one such meal that can open cooks’ eyes to the many wonderful foods that can be cooked over an open flame.

GINGER SOY CHICKEN BREASTS SERVES 4

- 2 tablespoons grated fresh ginger
 - 3 garlic cloves, crushed
 - 2 tablespoons dark brown sugar
 - 2 teaspoons sesame seeds
 - 2 teaspoons toasted sesame oil
 - 1 tablespoon medium dry sherry
 - 12 cup soy sauce
 - 4 boneless chicken breast halves, slashed (see below)
 - Salt
 - Black pepper
 - 1 recipe Cilantro Coconut Sauce (see below), optional
- Combine ginger, garlic, sugar, sesame seeds, sesame oil, sherry, and soy sauce. Add chicken and toss to coat evenly. Cover and refrigerate for 30 minutes, turning once. Grill according to instructions below. Sprinkle with salt and pepper. Serve hot with

Cilantro Coconut Sauce (optional). To slash chicken breasts: With a sharp knife, cut 3 parallel slashes through skin, about 14-inch deep. Outdoor grill: Grill skin-side down on medium-hot coals until crisp, about 7 minutes. Turn and continue grilling until chicken is opaque with no trace of pink, another 5 minutes. Indoor grill: Preheat broiler. Broil skin-side up until skin is crisp, about 7 minutes. Turn and continue cooking until chicken is opaque with no trace of pink, another 5 minutes.

CILANTRO COCONUT SAUCE MAKES 21/8 CUPS

- 1 handful cilantro leaves
- 1 handful fresh mint leaves
- 4 garlic cloves, crushed
- 1 green chile, seeded and chopped
- 1 avocado, peeled, halved and pitted
- 1/2 teaspoon ground cumin
- 1 teaspoon sugar
- 3 tablespoons fresh lime juice
- 11/2 cups coconut milk
- Salt
- Tabasco sauce

Place cilantro, mint, garlic, chile, avocado, cumin, sugar, lime juice, and coconut milk in a food processor or blender; pulse to a purée. Add salt and Tabasco sauce to taste. Cover and refrigerate for 30 minutes to allow flavors to blend. Serve chilled.

Cooks note: To avoid discoloration, store in a bowl with plastic wrap, pressing directly on the sauce to prevent contact with air.

Most popular ethnic cuisines across the country



Chinese food is one of the most popular ethnic cuisines enjoyed in both Canada and the United States.

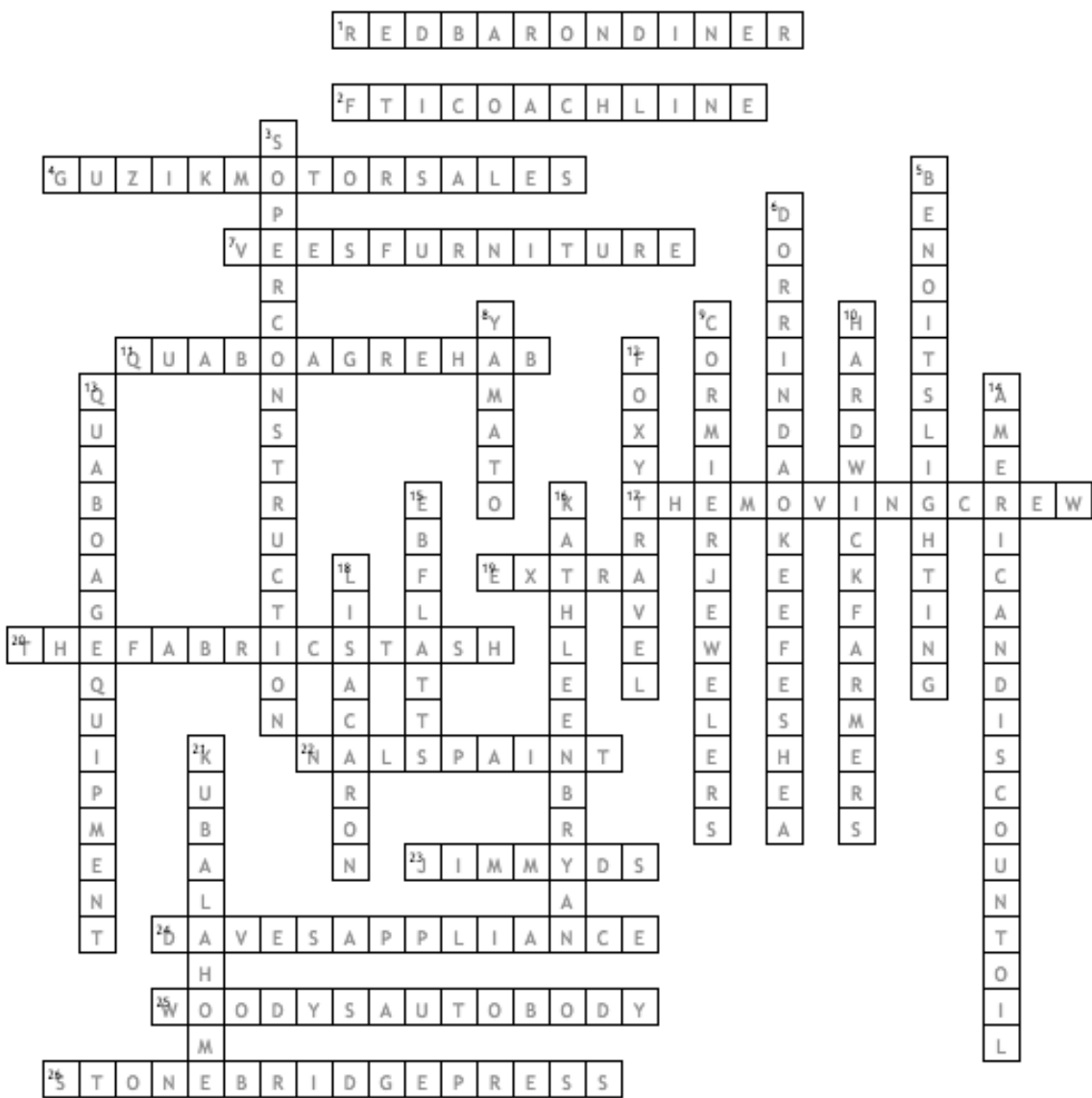
What constitutes “ethnic” food differs from person to person. Someone of Italian descent may dine regularly on garlic-infused pasta dishes, while a person from another area of the world may find such foods exotic. In the cultural melting pot of North America, various cuisines representing countries that span the globe are within arm’s length for many people. According to Technomic, a Chicago-based research firm, 77 percent of Americans enjoy ethnic foods while dining out once a month. Around 38 percent order ethnic food weekly. In addition, many more people prepare ethnic cuisine at home. A growing interest in ethnic foods is fueled by young people. Technomic notes that millennials

are more apt to want to try various cuisines and then incorporate them into their regular dining experiences. The National Restaurant Association found that 60 percent of people are likely to “tie their favorite ethnic food to their family history.” Interest in ethnic foods tends to be highest in urban areas where restaurants and ingredients may be more readily available. When it comes to the top ethnic cuisines enjoyed throughout the states or provinces and territories, Chinese, Mexican and Italian rally for the top spots on diners’ plates. While the NRA has Italian cuisine as earning top-billing, Technomic’s list says that Chinese food, at 76 percent, followed by Mexican food (74 percent)

and Italian (71 percent) comprise the biggest ethnic draws. Japanese or sushi comes in a distant fourth at 32 percent in the United States. The statistics portal Statista indicates that, as of January 2015, Chinese, American and Italian foods are quite popular in Canada. However, the percentage of people who cook these foods as opposed to eating them out at a restaurant varies. Chinese food is most widely enjoyed in a restaurant setting, while Italian food is frequently whipped up at home. As immigration tides change, ethnic cuisine may change with them. However, interest in experiencing ethnic dining is likely to remain consistent.

ABC's of the Seasons

~ FALL EDITION ANSWERS ~



Across

1. D is for Red Baron Diner
2. M is for FTI Coach Line
4. G is for Guzik Motor Sales
7. V is for Vees Furniture
11. N is for Quaboag Rehab
17. T is for The Moving Crew
19. X is for extra
20. Z is for The Fabric Stash
22. P is for NALS Paint
23. I is for Jimmy Ds
24. A is for Dave's Appliance
25. W is for Woodys Auto Body
26. U is for Stonebridge Press

Down

3. S is for Soper Construction
5. L is for Benoits Lighting
6. C is for Dorrinda O'Keefe Shea
8. Y is for Yamato
9. J is for Cormier Jewelers
10. H is for Hardwick Farmers
12. F is for Foxy Travel
13. Q is for Quaboag Equipment
14. O is for American Discount Oil
15. B is for EB Flatts
16. R is for Kathleen Bryan
18. E is for Lisa Caron
21. K is for Kubala Home

We hope you enjoyed our 1st ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is Linda Brink of Dudley.

Please continue to support these and all of your local businesses. Our next ABC's of the Seasons will be our Winter Edition, coming out on January 25. **Attention Businesses...** we do have the U and the X available to run Winter, Spring, & Summer. If you'd like to place your ad under one of these letters for the next three seasons, or would like more information, please contact your sales rep, or email jsima@stonebridgepress.news. Thank you to all the ABC businesses and to those who completed our puzzle!

June

Spencer New Leader, Charlton Villager - 508-909-4062

Mikaela

Southbridge News, Sturbridge Villager - 508-909-4126

Patty

Blackstone Valley Tribune - 508-909-4135

Tia

Auburn News, Webster Times - 508-909-4110

Potential benefits of a vegan diet

A nutritious diet is an integral component of a healthy lifestyle. One of the great things about eating right is there are many ways to do so. A healthy diet that works for some people might not work for others with different tastes, and it doesn't have to.

Eating right can boost immune systems and help people be more productive, and some people even tailor their healthy diets to align with their personal beliefs. One such example is veganism. Adherents to veganism do not eat or use animal products, and many do so to advocate for the ethical treatment of animals.

Regardless of why people choose vegan diets, the potential health benefits of such decisions are myriad.

- Shed excess weight: Vegan diets may help people shed excess weight. A 2015 study published in the journal Nutrition found that vegan diets may result in greater weight loss than more modest recommendations. The vegan diets used in the study did not require participants to limit their caloric intake, though many might have simply by the nature of the vegan diet, which is packed with satisfying foods full of nutrients such as fiber that can help people feel full and maintain that feeling of fullness for long periods of time.
- Improve kidney func-



tion: Studies have indicated that people with diabetes who replace the meat in their diets with plant protein may reduce their risk for poor kidney function. One such study, published in the Asia Pacific Journal of Clinical Nutrition, concluded that, while more studies are necessary,

substituting soy protein for animal proteins usually decreases hyperfiltration in diabetic subjects and may reduce albumin excretion as well.

- Protect against certain cancers: The World Health Organization says that roughly one-third of all instances of cancer across the globe can be

prevented if people make the right lifestyle choices. That includes their choice in diets. Due to the nature of vegan diets, vegans tend to consume considerable amounts of fruits and vegetables. That's good news, as an analysis of data from the Health Survey for England found that eat-

ing seven or more portions of fresh fruits and vegetables every day can reduce a person's risk of dying from cancer by as much as 15 percent.

- Reduce risk for heart disease: Fruits, vegetables and fiber also have been linked to a lower risk of heart disease. A study from research-

ers in Japan found that intakes of plant-based foods, particularly fruits, were associated with reduced mortality from cardiovascular disease.

Vegan diets may necessitate an adjustment period when starting out. But over time, the benefits of such diets are numerous.

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