

Public Notices

Sale of Motor Vehicles under MGL Ch 255 Sec 39A

Notice is hereby given by: Dave's Tow & Transport, Inc pursuant to the provisions of MGL Ch.255 Sec 39A, that on 4/14/2023 at 843 Worcester Rd., Barre, MA the following motor vehicle will be sold by private sale to satisfy the garage keeper's lien thereon for storage, towing charges and other expenses incurred, including sales costs.
2005 Buick LaCrosse Vn2G4WE537X51192200 Nicole M Ritchotte 39 Burnshirt Rd. Hubbardston, MA 01452-1352 03/30, 04/06, 04/13/2023

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue of the Power of Sale contained in a certain mortgage given by Frank W. LaRange to Mortgage Electronic Registration Systems, Inc., as nominee for Northpoint Mortgage, Inc., dated November 16, 2016 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 56343, Page 90, of which mortgage the undersigned is the pres-

ent holder, by assignment from: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Northpoint Mortgage, Inc., its successors and assigns to PennyMac Loan Services, LLC, recorded on June 28, 2022, in Book No. 67821, at Page 147 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at **4:00 PM on April 28, 2023**, on the mortgaged premises located at 711 South Barre Road, Barre, Worcester County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT: The following described parcel of land, and the improvements and appurtenances thereto in the County of Worcester (Worcester District), Commonwealth of Massachusetts to wit: Commonly known as: 711 South Barre Road, Barre, MA 01005 Parcel No.: Map H, Lot 451

Legal Description: Land with the buildings thereon in that part of Barre, Worcester County, Massachusetts, known as South Barre, on the easterly side of South Barre Road, known as Route 32, being shown as Lot 1 on a Plan entitled "Plan of Land in Barre, MA

owned by D.A. Robinson Contracting, Inc., Scale 1 "50'." dated February 23, 1999, drawn by Donald A. Para, Land Surveyor, Inc., New Braintree, MA and recorded with Worcester District Registry of Deeds in Plan Book 739, Plan 18, to which plan reference is hereby made for a more particular description. Lot 1 contains 0.619 Acres.

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 52145, Page 219.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. **TERMS OF SALE:** A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to

be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale. PENNYMAC LOAN SERVICES, LLC Present holder of said mortgage

By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 22145

03/30, 04/06, 04/13/2023

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Janet J. Macaluso to BNY Mortgage Company LLC, dated December 3, 2003

and recorded in Worcester County (Worcester District) Registry of Deeds in Book 32400, Page 77 (the "Mortgage") of which mortgage Mortgage Assets Management, LLC is the present holder by Assignment from The BNY Mortgage Company LLC to Seattle Mortgage Company dated December 3, 2003 and recorded at said Registry of Deeds in Book 32400, Page 86, and Assignment from Seattle Mortgage Company to Bank of America, N.A. dated July 9, 2007 and recorded at said Registry of Deeds in Book 41536, Page 207, and Corrective Assignment from Seattle Mortgage to Bank of America, N.A. dated March 7, 2012 and recorded at said Registry of Deeds in Book 48674, Page 208, and Assignment from Bank of America, N.A. to Nationstar Mortgage LLC dated November 21, 2012 and recorded at said Registry of Deeds in Book 50036, Page 215, and Assignment from Nationstar Mortgage LLC to Nationstar Mortgage LLC d/b/a Champion Mortgage Company dated April 6, 2016 and recorded at said Registry of Deeds in Book 55170, Page 395, and Assignment from Nationstar Mortgage

LLC D/B/A Champion Mortgage Company to Mortgage Assets Management, LLC, its successors and assigns dated February 16, 2022 and recorded at said Registry of Deeds in Book 67737, Page 166, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 380 Cutler Road, Barre, MA 01005 will be sold at a Public Auction at **4:00 PM on April 27, 2023**, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land with the buildings thereon located on Cutler Road, Barre, Worcester County, Massachusetts, being Lot 3 shown on a plan entitled "Plan of land in Barre, Massachusetts, dated March 29, 1998 prepared for Ronald C. Higgins by Peter Knowles, Professional Land Surveyor, Barre, Mass." recorded with the Worcester District Registry of Deeds in Plan Book 737. Plan 70, bounded and described as follows:

Beginning at an iron pin set in the stone wall on the easterly side of Cutler Road at the corner of Cole Road; Thence S.83° 16' 27"

E. by remaining land of Higgins, 479.01 feet to a point by edge of pond;

Thence southerly by edge of said pond, 297 feet more or less, to a point;

Thence N. 84° 05' 11" W., 419.86 feet to an iron pin set in stone wall along Cutler Road;

Thence N. 13° 08' 34" E., 48.50 feet to a point;

Thence N. 01° 22' 33" W., 116.78 feet to a point;

Thence N.04° 49' 37" W., 132.63 feet to a point;

Thence 00° 38' 39" E., 6.82 feet to the iron pin at point of beginning the last four courses being by said stone wall along Cutler Road.

Said Lot 3 containing 3.04 acres of land, more or less.

For Title see Deed dated August 30, 1999, recorded at said Deeds in Book 21806, Page 212.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 21806, Page 212.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of

all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

Mortgage Assets Management, LLC Korde & Associates, P.C. 900 Chelmsford Street Suite 3102 Lowell, MA 01851 (978) 256-1500 Macaluso, Janet, 22-041082 03/30, 04/06, 04/13/2023

Metabolic syndrome can lead to other health risks

SPRINGFIELD – About 1 in 3 adults have it - an unwanted health risk.

The good news is that it is largely preventable.

It's called metabolic syndrome, also called insulin resistance syndrome, which is a group of conditions that together raise your risk for coronary heart disease, diabetes and stroke.

"It is important for everyone to know their risk for heart disease, and the combination of these conditions significantly raise your risk for heart disease. People with metabolic syndrome have 50-60%

higher cardiovascular risk than those without the syndrome," said Elizabeth Jarry, CNP at Baystate Cardiology in a press release.

Anyone with at least three of the following risk factors is considered to have metabolic syndrome:

A large waistline, also called abdominal obesity or "having an apple shape." Too much fat around the stomach is a greater risk factor for heart disease than too much fat in other parts of the body.

Having a high triglyceride level. Triglycerides are a type of fat found in the blood.

Having a low HDL cholesterol

level. HDL is sometimes called the "good" cholesterol because it helps remove cholesterol from your arteries.

Having high blood pressure. If your blood pressure stays high over time, it can damage your heart and lead to other health problems.

Having a high fasting blood sugar. Mildly high blood sugar may be an early sign of diabetes.

Several causes acting together can lead to metabolic syndrome including being overweight and obese, an inactive lifestyle, insulin resistance, age and genetics.

"The good news is that most heart disease is 80% preventable and adopting a heart-healthy lifestyle can reduce your risk of developing metabolic syndrome and overall cardiovascular disease," Jarry said.

She cited the American Heart Association Life's Essential 8, also supported by the American College of Cardiology, as health behaviors and factors to address heart disease risks and metabolic syndrome.

"The components of Life's Essential 8 include eating better, being more active, quitting smoking (this includes vaping), get-

ting healthy sleep, managing your weight, controlling your cholesterol, managing blood sugar, and keeping your blood pressure in check," Jarry said.

"Losing weight, especially if you are obese, alongside exercise will provide you with the greatest benefit in reducing many of your risks including high blood pressure, high cholesterol and diabetes," she added.

There are times, however, when lifestyle changes need to be augmented with medical interventions such as medications to lower your cholesterol or blood pressure or

even weight-loss surgery.

While your risk for metabolic syndrome goes up as you get older, Jarry said clinicians are starting to see evidence of all five factors in the adolescent population.

"I suspect that this is largely due to the typical teenage diet of pizza, chips, soda and ice cream. Unfortunately, processed foods tend to also be less expensive and are created to be more addictive. As a result, we can expect to see a rise in heart disease over the next few years in younger age groups," she said.

Job Connection

HELPING YOU FIND HELP

TOWN OF HARDWICK YOUTH CENTER JOB DESCRIPTION

Hardwick Youth Center is looking for a reliable person 18 and over to provide support and be a role model to young people. We would need this person for about 5 hours per week and the program runs September to June.

Job Responsibilities

Supervise children from ages 5-18. Modeling positive behavior and servicing as a mentor for young people Organize and facilitate recreational activities including games, art and crafts, steam, trips or just hanging out.

Jobs Skills & Qualification

Attention to detail and ability to solve problems quickly and responsibly. Excellent communication skills. Must have a driver's license and pass a background check.

Preferred Experience

Experience with large groups of kids. If you are interested please email hardwickyouthcenter@gmail.com or Angie @ 413-433-4007.

TOWN OF HARDWICK HELP WANTED

The town of Hardwick is seeking qualified candidates to perform high-level secretarial, clerical, and administrative work assisting the Town Administrator and Select Board.

This is a part-time 19 hours per week position.

For full job description, go to www.hardwick-ma.gov.

Qualified applicants should send cover letter and resume to admin@townofhardwick.com or send to **PO Box 575 Gilbertville, MA 01031**.

TOWN OF HARDWICK HIGHWAY WORKING FOREMAN

Seeking qualified applicants for FT HIGHWAY WORKING FOREMAN. Provides direct in-field supervision of employees working on all phases of Highway Department construction, maintenance, repair operations and performs all other related work as required. Repairing heavy equipment and large trucks is essential to the position.

Responsible for maintaining & improving upon the efficiency and effectiveness of all areas under his/her control as delegated by the Highway Superintendent.

Send resume or application to **Hardwick Highway Department, P.O. Box 575, Gilbertville, MA 01031-0575** or by email at highway@townofhardwick.com. For full job description see www.hardwick-ma.gov.

Health Director Full-Time

The Town of Palmer is accepting applications for the position of full-time Public Health Director.

Applicant must have the ability to perform professional inspections, technical and administrative work related to the enforcement and interpretation of public health, sanitation, and environmental laws and regulations. Applicant must possess a valid motor vehicle license; registration as a Massachusetts Sanitarian and Lead Paint Determinator; ServSafe certification required. Minimum qualifications: bachelor's degree in public health or a related field; two years' experience in public health and environmental health; or any equivalent combination of education and experience.

Salary is up to \$65,000 per year. The Town of Palmer is a lead community in a regional shared services health grant. The grant funding is an additional \$15,000 subject to appropriation.

This is a full-time bargaining unit exempt position. Interested applicants should submit a cover letter, résumé, and application to Town Manager, Town of Palmer, 4417 Main Street, Palmer, MA 01069.

The Town of Palmer is an Equal Opportunity/Affirmative Action Employer.

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

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Barre Gazette

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for the Barre Gazette, please email edowner@turley.com.