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Friday, February 14, 2020

# Historian digs into region’s ancient history



Gus Steeves Photo

Alan Smith answers questions from a lecture attendee after his talk Saturday.

BY GUS STEEVES  
VILLAGER CORRESPONDENT

WALES — If Alan Smith says something about being stoned, he doesn’t mean pot, but maybe something pots are made of. Or any number of things Native Americans sometimes used for tools, many of them literally under our feet.

Last weekend, he told several dozen people about the life of an archaeologist, and it’s not nearly as flamboy-

ant or dangerous as Indiana Jones. But it is an insight into the life of Earth, and how our area came into being.

For example, did you know the eastern two-thirds of Massachusetts was once beachfront property in Africa? The rocks tell that story: around 550 million years ago, the Quabbin area was roughly where the ancient continent of Laurentia (which included western Mass) split from

Gondwana (eastern Mass). Around 300 million years later, the two parts collided again, as a volcanic island chain was crushed between the two continents. When Africa split off again later, it left eastern Mass behind. One of those African terranes (rock belts) is known as the Southbridge belt.

“You’ll see it in how the road cuts along the Mass Pike are tipped up 40-50 degrees.”

Please Read **HISTORIAN**, page **A4**

# Affordable housing forum planned in Sturbridge

STURBRIDGE — The Sturbridge Housing Partnership, in cooperation with the Central Massachusetts Regional Planning Commission (CMRPC), will hold a community forum on Wednesday, Feb. 26 to complete a housing production plan for the town of Sturbridge.

The forum will be held in two sessions and at two venues: Session I will take place at the Sturbridge Senior Center, 480 Main St., from 1-3 p.m., and

Session II will be held at Town Hall, 308 Main St., from 6:30-8:30 p.m.

The agenda will include a presentation by CMRPC on the results of a Community Survey on the matter conducted last fall, plus an interactive mapping activity to generate discussion about diversifying Sturbridge’s housing stock. Currently, less than 6 percent of Sturbridge’s housing stock meets the state’s

Please Read **HOUSING**, page **A4**

# Sturbridge’s Katelyn Seguin selected for 16th annual ArtsWorcester College Show

WORCESTER — Worcester State University’s Visual and Performing Arts Department has announced that WSU Senior Katelyn Seguin, a native of Sturbridge, has been selected for participation in the 16th annual ArtsWorcester College Show, a prestigious exhibition and competition featuring some of Worcester’s most creative student artists.

Seguin, who is studying Visual and Performing Arts with a concentration in visual arts and Business Administration with a concentration in marketing, is one of 14 students representing Worcester State University in this year’s show.

“WSU’s Visual and Performing Arts Department congratulates Katelyn, her fellow WSU students and all of the Worcester artists whose works of art are being featured in the 16th annual ArtsWorcester College Show,” said Amaryllis Siniosoglou, Worcester State University Professor of Studio Art. “Each of our students’ pieces reflects their hard work, creativity and vision. We’re honored to be part of the ArtsWorcester tradition again this year as it continues to recognize Worcester’s inspiring, rising artists.”

Seguin’s piece is one of 73 featured works of various mediums by 60 artists of several Worcester colleges and universities. The show opened with a reception on Jan. 31 and runs through March 7 at ArtsWorcester’s gallery at 44 Portland St. in Worcester.

According to ArtsWorcester, the exhibition is being judged by Lynne Cooney, Artistic Director and chief curator of the Boston University Art Galleries. For more information on ArtsWorcester, visit <https://artsworcester.org/>.

About the Worcester State Visual and Performing Arts Department

The Worcester State Visual and Performing Arts Department offers an interdisciplinary, student-centered, artistic education that prepares students for professional lives in the arts. Its educational spaces encompass the Fuller Theater, practice rooms for music, and art studios at the University’s Sagamore Studios. VPA students gain in-depth

Please Read **SEGUIN**, page **A4**



Courtesy Photo

# Conservation Department announces Winter Tree Scavenger Hunt winners

The Sturbridge Conservation Department wishes to thank all of our participants - decorators and hunters — who took part in this year’s Winter Tree Scavenger Hunt! Congratulations to Paige Walker, Grand Prize winner! Paige will receive a pair of Binoculars and a Bird House. Runners-up will receive a 1-year subscription to Ranger Rick Magazine, including 2nd place winners - Ellie and Lucy Shute, 3rd place winners - Liam and Wesley Hill, and 4th place winners - Savannah and Bella Ramirez.

# Joshua Hyde Library participates in Bruins PJ Drive

STURBRIDGE — The Joshua Hyde Public Library is participating in the Boston Bruins’ 13th annual PJ Drive to benefit the Department of Children and Families’ (DCF) Wonderfund and Cradles to Crayons.

The PJ Drive’s goal is to collect 13,000 pairs of new pajamas. Many of the pajamas donated go to local DCF offices in the area in which they were collected, benefitting local kids and teens. DCF estimates that at any given time the agency is working with 45,000 babies, children and teens. “Personally, this is an event that is close to my heart, and I am thrilled that the Joshua Hyde Library will once again be collecting pajamas for kids in our community who need them,” said Library Director, Becky Plimpton.

The Boston Bruins PJ Drive runs through March 15, 2020. The library will be collecting new pairs of pajamas for babies, children and teens at the library, and there are drop off boxes at the Sturbridge Coffee House, 407 Main Street and Wild Flour Kolaches, 57 Main St.

Participating libraries will compete with other organizations for special Bruins prizes including tickets to a Bruins game to be given to lucky library patrons.

The Massachusetts Board of Library Commissioners works with the Boston Bruins to coordinate library participation in the drive. Libraries from around the state use

Please Read **PJ DRIVE**, page **A4**



Courtesy Photo

The Joshua Hyde Public Library is joining Zdeno Chara and the rest of the team in the Boston Bruins’ 13th annual PJ Drive to benefit the Department of Children and Families’ (DCF) Wonderfund and Cradles to Crayons.





# Hitchcock Happenings

BRIMFIELD — Listed below are the events and activities scheduled for next week at Hitchcock Academy.

School Vacation Week  
Monday, February 17  
REMINDER: You can sign up for all classes and find more information regarding classes on our website: hitchcockacademy.org. Please remember to like us on Facebook.  
WEIGHT WATCHERS: Traditional Weight Watchers meetings. Weigh-in/Registrations: 5:30PM Meeting: 6:00 PM Leader: Angela Kramer. Visit [www.weightwatchers.com](http://www.weightwatchers.com) to become a mem-

ber or to learn more about Weight Watchers.  
SEN-I JUDO CLUB: 4:30 – 6 PM Develop discipline, confidence, fitness, a sense of team work and have fun. For details and registration call Sensei Israel Lopez 413 279-4330.  
Tuesday, February 18  
ART GROUP: 9 – 11:30 AM Bring your own art and enjoy the company of other artists as they explore and encourage each other in creative adventures.  
Wednesday, February 19  
WATERCOLOR: 9:30 – Noon For all levels – ongoing watercolor classes with new paintings every three weeks.

Instructor: Beth Parys. For more information and to register call: 413.245.3295  
BUDDIES DOG TRAINING: 6:30 – 7:30 PM (6 classes) A dog training basics class for canines of all ages (puppies are welcome.) It provides positive training methods, good management practices and problem-solving strategies. Vaccinations must be up to date. Fee: \$130 per dog. Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work  
Thursday, February 20  
SEN-I JUDO CLUB: 4:30 – 6 PM Develop discipline, confidence, fitness, a sense of team work and have fun. For details and registration call Sensei Israel Lopez 413 279-4330.  
K9 NOSEWORK® 7 – 8:30 PM. This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified

Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work  
Friday, February 21  
ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Time: 7:30 PM  
Saturday, February 22  
K9 NOSEWORK® 9 – 1:30 PM This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work  
TAI CHI: 9 – 11 AM Each two hour seminar will include a variety of Tai Chi and Chi Kung. Instructor: David Masera Fee: \$24 Pre-registration is a must

## February vacation fun at Sturbridge library

STURBRIDGE — The Joshua Hyde Library will be hosting events during the February school vacation week.  
Deb's Sing & Swing returns on Tuesday, Feb. 18 at 11 a.m. This popular music and movement program is created for children from birth to age six with caregivers. Sponsored by the Friends of JHL.  
Henry the Juggler will visit us for the first time on Thursday, Feb. 20 at 3 p.m., and is suited for children ages three to 14 years. Henry will astound us with feats of juggling along with his great humor and audience participation. This event is sponsored by the Sturbridge Cultural Council.  
Both events are free and require registration in advance. This can be done through our Facebook page or at [www.sturbridgelibrary.org/events](http://www.sturbridgelibrary.org/events).  
The Joshua Hyde Library is located at 306 Main St. in Sturbridge.



# Quit vaping, smoking to celebrate American Heart Month

REGION — February is American Heart Month—a great time to quit vaping, smoking or other tobacco products.  
Smoking can lead to narrowing blood vessels and high blood pressure; it is a leading cause of heart disease. Vaping is still fairly new and less is known about its effect on the heart. However, the American Heart Association reports that two new studies find that vaping may be just as dangerous by increasing heart disease risk factors.

So, for American Heart Month, make a resolution for a healthier life for you and your family. If you vape, smoke or use other tobacco products, quitting is

the most important step you can take to protect your health.  
If you want to quit and tried in the past, don't give up. It often takes several tries before you quit for good. However, with planning and support, you can become tobacco-free.  
Vapers, smokers and other tobacco product users can call 1-800-QUIT NOW (1-800-784-8669) for free coaching through phone, e-chat, and text 24 hours each day, seven days a week or you can find helpful information and enroll online through [KeepTryingMA.org](http://KeepTryingMA.org).  
Make the choice to quit today, making this the beginning of a smoke-free and healthier you.  
The Central MA Tobacco-Free

Community Partnership (TFCP) supports communities' efforts to lower smoking prevalence and exposure to secondhand smoke; and enhances state and local tobacco control efforts by exposing tobacco industry tactics, mobilizing the community to support and adopt evidence-based policies, and changing social norms. Funded by the Massachusetts Tobacco Cessation and Prevention Program, the Community Partnership serves as a resource for local coalitions, health and human service agencies, municipalities, and workplaces on tobacco intervention efforts.



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## Local University of Rhode Island students named to Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce that more than 6,000 undergraduates have qualified for the fall 2019 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and nations.  
To be included on the Dean's List, students must have completed 12 or more credits during a semester for letter grades with at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 credits with a 3.30 quality point average. The list includes students who have not yet declared their majors as well as those from all of the University's undergraduate academic colleges.  
The following students from your area have been named to URI's fall 2019 Dean's List:  
Bella Cadavid of Fiskdale  
Jonathan Cherry of Sturbridge  
Sydney Davey of Sturbridge  
Note: Students who qualified for the Dean's List, but have restricted access to their information under the Family Education Rights and Privacy Act (FERPA) guidelines, are not included on this public listing. Students may adjust these restrictions on eCampus.  
The University of Rhode Island's pioneering research extends the University's influence well beyond its coastal borders, while its unique interdisciplinary courses provide its 16,800 undergraduate and graduate students with global opportunities in an intimate environment. In May 2019, more than 3,400 undergraduate and about 700 graduate degrees were awarded. The University now has more than 120,000 alumni worldwide.

## Smola rejects effort to diminish local control over marijuana agreements

BOSTON – Rep. Todd M. Smola (R-Warren, Ranking Member, Committee on Ways & Means) is opposing legislation that would force cities and towns to concede their ability to independently negotiate host community agreements with local recreational marijuana establishments and medical marijuana treatment centers.  
House Bill 4367 would empower the state's Cannabis Control Commission (CCC) to “review, regulate and enforce” all host community agreements, and to reject certain provisions in these agreements by deeming them unenforceable. Representative Smola voted against the bill, which passed the House on a vote of 121-33 on Feb. 5.  
Under the state's marijuana law, which was approved by voters in 2016 and modified by the Legislature in 2017, cities and towns can negotiate host community agreements with local marijuana businesses, which are only effective for five years but can be renewed. The law allows municipalities to require payment of a community impact fee as part of these agreements, but the fee cannot exceed 3 percent of the business' gross sales.  
House Bill 4367 amends the existing law by stipulating that the five-year timeframe does not begin until the marijuana establishment or treatment center actually commences operation. It also allows host communities to waive agreements, in writing, with the Commission's approval.  
House Bill 4367 now heads to the Senate for further action. For additional information please contact Representative Smola at [Todd.Smola@mahouse.gov](mailto:Todd.Smola@mahouse.gov) or (617) 722-2100.

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# Food Hub welcomes Huong Baca as Sales Operations Manager

WORCESTER – As of Jan. 20, Huong Baca will assume the role of sales operations manager at the Worcester Regional Food Hub.

In this position, Ms. Baca, a native of Vietnam but a graduate of Worcester Technical High School, will ensure local, healthy food is easily available to all within Worcester County.

“I am very excited that Huong is joining the team at the Food Hub. She brings a well of knowledge which is going to benefit our partner farmers and chefs tremendously,” said Food Hub Director Shon Rainford.

Interacting on a near-daily basis with the farmers of Central Massachusetts, Ms. Baca will match their harvests with the needs of chefs and retailers locally.

“Much of her work will be building relationships with food and beverage directors, chefs, and market managers so they understand the bounty the Food Hub can provide including fruits and vegetables, meats,



Huong Baca

eggs, cheeses, maple syrup, honey, grains, and flour,” said Mr. Rainford.

Marketing of Food Hub member prod-

ucts to these outlets – including Nutty Bird Granola, Teaquinox, SpiceNectar, Minuteman KettleCorn, AZ Nordic Kvass, and Bali Marle among others – will also be under Ms. Baca’s purview.

The position was previously held by Joey Hersh. “[He] has been a great asset to the Food Hub and I wish him well as he pursues new ventures in farming and permaculture,” said Mr. Rainford.

Previously, Ms. Baca worked as an account representative at SYGMA Network Inc., a division of Sysco, for 10 years. During that time, she worked to develop relationships with SYGMA Network customers and aid customers in product ordering processes. While SYGMA customers included restaurant chains and independent franchises, the scope of her clientele will broaden at the Food Hub.

As sales operations manager for the Food Hub, she will translate that experience to interactions with Central Massachusetts’ farmers, vendors, restaurateurs, and consumers.



## ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4106 or email [news@stonebridgepress.com](mailto:news@stonebridgepress.com). news during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.

As a six-year-old, Ms. Baca emigrated with her family from Vietnam in 1986 where they had worked as farmers. She draws her passion and inspiration for agriculture and landscaping from that aspect of her early life. What’s she’s learned working firsthand in the industry has led Ms. Baca to prioritize a healthy lifestyle. A Worcester resident, today she enjoys being active both at the gym and in outdoor recreational activities such as running and hiking with her husband and children.

# Nichols College conference celebrates 10 years of empowering women

DUDLEY — The Institute for Women’s Leadership (IWL) at Nichols College has announced that Valerie Weisler, the founding CEO of the Validation Project, will be the keynote speaker for the 2020 Empowering Women in Business (EWIB) Conference on Friday, April 20 from noon to 5 p.m. on the Nichols campus.

The cost is \$25 per person until Feb.29, when it increases to \$30. The student rate is \$10. To register, visit [www.empowering-women.biz](http://www.empowering-women.biz).

This year marks the tenth anniversary of the EWIB program, which began as a grass roots effort of Nichols faculty and staff. Today, it is a featured program of the IWL, which was established by Nichols College President Susan West

Engelkemeyer, Ph.D., in 2013 to develop the leadership potential of students and serve as a resource and authoritative voice on women’s leadership for the community at large. Over the years, EWIB has helped thousands of female entrepreneurs, business owners, executives, and students develop skills, build confidence, and discover opportunities through inspirational speakers, practical presentations, and dynamic networking.

The 2020 keynote speaker, Valerie Weisler, is noted for sparking her own empowerment movement. She published a Web site in 2013, at the age of 14, which grew into the Validation Project, an international organization that works with more than 6,000 teenagers

in 105 countries to turn passion into positive action through mentoring and social justice assignments. Her self-designed kindness curriculum is taught in nearly 1,000 schools.

Weisler is a L’Oreal Paris brand ambassadors, and her work has been featured on CNN, in Oprah magazine, Upworthy, and more. She has served on the Harvard Graduate School of Education’s advisory board, and was recently chosen as the United States delegate the G(irls)20 Global Summit, a platform for young women to speak directly to the G20 leaders about the urgent issues facing girls and women around the world. In 2014, at the age of 16, she received the national Jefferson Award for Peace and Justice.



Valerie Weisler

# Sturbridge Tourist Association to sponsor Restaurant Week

STURBRIDGE — The Sturbridge Tourist Association (STA) is announcing the first ever Restaurant Week. In fact, an effort to draw even more patrons to Sturbridge, the STA will be holding Restaurant Week over a two-week period. The Restaurant Week will begin on March 16 and end on March 29.

Now, unlike normal restaurant weeks, the STA’s Restaurant Week is not asking restaurants to create a menu based on pre-fixed prices. Rather, the STA will be investing up to \$3,000 in local and regional advertisements to encourage patrons to come to every Sturbridge restaurant during this two-week period. This way, every restaurant, regardless of their size, theme or menu, can participate. For this Restaurant Week, the STA encourages restaurants (but does not require them) to create a new special dish during this period to help give patrons new reasons to visit their establishments.

The goal of this Restaurant Week is to help highlight the many wonderful restaurants that we have here in Sturbridge and to be a boost to our local economy.

For those who have questions or comments regarding the STA’s Restaurant Week, please contact the Economic Development and Tourism Coordinator, at (508) 347-2500, ext. 1411, or [kfilchak@sturbridge.gov](mailto:kfilchak@sturbridge.gov).

## Le Moyne College names Marie Stewart to Dean’s List

SYRACUSE, N.Y. — Marie Stewart, a First-Year Biology major from Brimfield, has been named to the Le Moyne College Dean’s List for the Fall 2019 semester. To make the list, students must achieve a GPA of 3.5 or above.

Located in a suburban setting on a picturesque 160-acre campus in Syracuse, N.Y., Le Moyne College is one of only 28 Jesuit colleges and universities in the United States. Offering more than 30 majors, Le Moyne provides a values-based education that helps students explore their potential through academics, experience and service. In 2019, for the seventh consecutive year, Le Moyne was ranked by The Princeton Review as one of the nation’s best institutions for undergraduate education, an honor achieved by only 15 percent of the colleges and universities in the nation. A Le Moyne education provides students with the intellectual skills necessary to succeed in the world and the will to use their abilities to promote a more just society.

## Local student earns distinction at Wichita State University

WICHITA, Kan. — Wichita State University has announced the names of more than 3,300 students who were on the WSU dean’s honor roll for fall 2019, including Timothy L. Portwood of Fiskdale.

To be included on the dean’s honor roll, a student must be enrolled full time (at least 12 credit hours) and earn at least a 3.5 grade point average on a 4.0 scale.

WSU enrolls about 16,000 students and offers more than 50 undergraduate degree programs in more than 150 areas of study in six undergraduate colleges.

The Graduate School offers an extensive program including more than 40 master’s degrees that offer study in more than 100 areas; a specialist in education degree; and doctoral degrees in applied mathematics; audiology; chemistry; communication sciences and disorders; human factors and community/clinical psychology; educational leadership; nursing practice; physical therapy; and aerospace, electrical, industrial and mechanical engineering.

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# Celebrate St. Patrick’s Day with the Harrington Auxiliary

STURBRIDGE — Time to get your Irish on! The Harrington Auxiliary invites the general public to its annual traditional, all-you-can-eat Irish Feast, which will be held at the Publick House in Sturbridge on Monday, March 16. The menu features a corned beef and cabbage buffet and includes macaroni and cheese, tossed salad with maple vinaigrette dressing, dinner rolls, dessert, coffee and soft drinks.

Two seatings are available: 4:30 and 6:30 p.m. Adult tickets are \$15; tickets for children age four to 12 are \$5.

Attendees also have an opportunity to participate in a 50-50 raffle.

Advance tickets are available at Harrington Volunteer Services.

Checks should be payable to HH Auxiliary. Hospital employees may also purchase tickets through payroll deduction. Call 508-765-6473 for more information. Tickets are available at the door; cash only please.

Proceeds from the event enable the Auxiliary to provide equipment and programs that benefit the health and well being of the members in the communities Harrington HealthCare System serves.

Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided by the Harrington HealthCare System.

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CLUES ACROSS

1. Small deer

4. Khoikhoi peoples

9. South African statesman

14. Keyboard key

15. Remove

16. A conspicuous constellation

17. Data executive

18. Retired NASCAR driver

20. Tightens

22. A picture of the Virgin Mary

23. “The Mission” actor Jeremy

24. Confidently

28. More (Spanish)

29. Sports highlight show (abbr.)

30. Hand out cards

31. Distinctive Asian antelope

33. Arabic greeting

37. Of I

38. Hip hop trio

39. Meat roll

41. One’s mother (Brit.)

42. —GYN

43. Belgian city

44. Plucks

46. Leak slowly

49. Denotes a particular region

50. General’s assistant (abbr.)

51. Divides

55. Kid

58. Inland Empire Expanded Learning Symposium

59. Engaged in conflict

60. Former CBS sportscaster

64. Characterized by unity

65. Working-class

66. Corners

67. \_\_\_ de plume

68. Influential French artist

69. “Very” in musical terms

70. Financial account

CLUES DOWN

1. Long, flat abdominal muscles

2. Small Eurasian willow

3. Justified in terms of profitability

4. Required

5. River that starts in Turkey

6. Disfigure

7. A way of communicating (abbr.)

8. Leaks slowly

9. Shady place under trees

10. Made a speech

11. Long, angry speech

12. Mortar trough

13. Autonomic nervous system

19. Southern India island

21. Grab quickly

24. Ancient Mesopotamian city

25. With three uneven sides

26. Football visionary Hunt

27. Primordial matters

31. Facing towards the flow of a glacier

32. “A Delicate Balance” writer

34. Emits coherent radiation

35. Commercial

36. Groups of foot bones

40. Out of print

41. Partner to cheese

45. German river

47. Concluding speech

48. Spanish dish

52. Prominent California cape

53. Any high mountain

54. Ethiopian lake

56. Mr.

57. Excessive fluid accumulation in tissues

59. Large, flightless bird

60. Oil industry term (abbr.)

61. Something one can draw

62. Officers in charge

63. Greek island

PUZZLE SOLUTION

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## HISTORIAN

continued from page 1

Smith said, noting various rock types and chemical tests can show the differences between the two areas. Such rocks, he adds, prove our culture – and humanity as a whole – is “just a blip in time.”

With 40 years of fieldwork under his belt, Smith said he often works for power companies who need archaeological digs along power lines and related utility corridors. Those projects have led to finding all kinds of things, from Native American artifacts to beach deposits from early ice ages to far more ancient rocks, sometimes in unexpected places.

He’s probably most proud of getting the archaeological community to recognize that an odd stone called a chialstolite should be seen as a Native artifact. Although they don’t look like much from the outside, if broken at the right angle, their usually-white inclusions form crystal crosses which Natives collected, traded and used in ceremonies, he said.

Smith noted Natives made tools, containers and other useful items out of a wide range of local rocks, taking advantage of their varying hardness. At the low end of that spectrum is steatite, aka soapstone, which was

soft enough to carve into various forms of pottery before they discovered true ceramics. The Grafton area has several Native mines of this stone, although Smith said it seems the local people didn’t use it much. At the high end is quartz, which comes in numerous varieties (including amethyst and chert), several of which can be formed into sharp blades, arrow points, scrapers and the like, and the crystals themselves were often used by local medicine men.

At least two rocks didn’t become tools; they became pigments. Hematite was ground into red ochre for body, clothing and other paint and burial coloring, while graphite was turned into black powder for similar uses. A significant source of the latter existed in Sturbridge, where the Tantisques reservation still preserves some of the Native mines.

“Radiocarbon dating of archaeological remains shows that between nine and ten millennia ago, man began his domicile in New England,” historian Howard Russell wrote in 1980’s “Indian New England Before the Mayflower.” “What had drawn him appears to have been the presence of large animals, caribou especially, which fed on the arctic tundra that had succeeded the glaciers as the ice retreated north....”

Smith noted more recent discoveries have pushed that date back. Another archaeologist dated a human site on the shores of Glacial Lake Hitchcock, which filled the Connecticut River valley for about 4,000 years, to about 12,500 years ago. There’s also a site in Northboro where researchers uncovered a Native woman’s skull in proximity to a mastodon, and other nearby mastodon skeletons have been dated to around 14,000 years ago. He said he’d like to see someone do a dissertation on that discovery and date it to see if the human bones are the same age.

The glaciers created a lot of our region’s features. Beside numerous glacial lakes that have since emptied, often leaving fertile plains, there are kettle ponds (where chunks of ice melted after the glaciers pulled north), drumlins (rounded hills of glacial deposits, generally oriented north-south; they make up many of the hills in and around Spencer), and glacial erratics (boulders the glacier carried here), among other features.

“I just came to be exposed to this, and it’s fascinating,” said attendee Sandy Walsh of Belchertown. “It was interesting to learn what all this is and how they know.”

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

## HOUSING

continued from page 1

criteria for affordable housing, which is housing reserved for those earning 80 percent or less of the area’s median income.

“This is a proactive effort to help the town of Sturbridge meet the affordable housing threshold set by Massachusetts law,” said CMRPC Principal Planner Ron Barron. “A housing production

plan will assist Sturbridge in developing a more accessible housing supply.”

Light refreshments will be available at both meetings. Those who plan to attend should RSVP to Sturbridge Town Planner Jean Bubon at jlbubon@town.sturbridge.ma.us.

Founded by the Massachusetts Legislature in 1963, CMRPC provides a variety of services to its constituents and brings

a regional perspective to planning and development. One of 13 regional planning agencies in Massachusetts, CMRPC serves the city of Worcester and 39 surrounding communities in the southern two-thirds of Worcester County. CMRPC’s programs include Transportation, Geographic Information Systems (GIS), and Regional Collaboration and Community Planning.

## SEGUIN

continued from page 1

knowledge of their preferred art form – art, music, or theatre – plus an understanding of what the arts have in common, and how they are performed and exhibited in the real world. Learn more at [www.worcester.edu/VPA](http://www.worcester.edu/VPA) or connect with VPA on social media: Facebook/VPAatWorcesterState, Twitter and Instagram @WSUVPA. Follow our blog, The Artful Lancer, at [WSUVPA.wordpress.com](http://WSUVPA.wordpress.com) or subscribe to our YouTube channel, search WSU VPA.

## PJ DRIVE

continued from page 1

the Massachusetts Library System’s delivery service, typically used to send books and other library materials, to send their PJs to area collection locations which increases libraries’ ability to participate in the drive.

Programs during this time include:

Friday, Feb. 14 – 11 a.m. PJ Drop in Story Time  
Thursday, Feb. 20 – Pajama

Day! – Staff will be in PJs, cookies and hot chocolate all day. Henry the Juggler will be performing at 3pm – registration required at [sturbridgelibrary.org](http://sturbridgelibrary.org)

Friday, March 13 – 6 – 9 p.m. – PJs and Pizza Movie Night, showing “Office Space” – please register at [sturbridgelibrary.org](http://sturbridgelibrary.org)

These events are sponsored by the Friends of the Joshua Hyde Public Library.

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# A Yoga Journey

BY SHARON PALMER  
YOGA INSTRUCTOR

My very first Yoga class with Joan Allen at Hitchcock Free Academy (over 25 years ago) was so relaxing that I fell soundly asleep in the relaxation at the end of the class! I loved it, but thought I was too busy for regular Yoga classes.

A few years later, with three young children at home, I signed up for a six-week session with Jane Anable, who was then the Yoga teacher at HFA. I remember the evening of the first class: for some reason (can't imagine why!) supper was delayed, the kids were making a stink because we were having broccoli, I got out of the house later than I'd planned, and as I opened the door to the Yoga room at Hitchcock, class had already started. I was about to turn around and leave when Jane said to me, "Come on in! There's a place for you right here!" And that was it. Yoga has been part of my life ever since.

What drew me to Yoga was wanting something for myself, and how I felt welcomed, accepted and OK just the way I was in our class -- our Yoga community. And as a Yoga teacher, that's the environment that I do my best to cultivate for everyone. In a comfortable, safe, and welcoming space, we feel more free to settle, to quiet, to see what's present for us in body, mind, and spirit, to explore and allow what's present to be present. All this doesn't always happen the way we might imagine or prefer (does anything, really?), nor does it happen overnight -- that's why Yoga is referred to as a practice!

It seems that in our

goal- and success-oriented culture here in the west, Yoga is frequently thought of as a means of improving oneself, becoming "better" somehow: thinner, stronger, more flexible, more focused, calmer, better at balancing, breathing or... whatever. If those are things that draw people to Yoga, that's great, and I do find that those qualities are often wonderful by-products of a regular Yoga practice. (I'm still waiting for the "thinner" to happen for me, but eating less might help, too...?)

Often times, one's Yoga path does begin at the physical level. Then, if we stay with it, and if we choose, the practice becomes deeper, as deep as we are willing to go into other areas of our life. Yoga starts on the mat, and then becomes a part of our life as a whole, which is where the expression "Yoga on and off the mat" comes from. It's inexhaustible, a practice that one could explore for a lifetime and still keep discovering and learning - a truly amazing journey.

I chose to do my Yoga teacher training at Kripalu Center for Yoga and Health in western Massachusetts, which is where Jane was trained as well. I knew it was the place for me because Kripalu Yoga always felt like home, the Yoga of self-awareness and compassion. I've completed my 200-hour training there, as well as my 500-hour training and other advanced modules. A 1,000-hour certification may be in my future at some time, although my intention is to explore what calls to me rather than to attain a certain level of training.



The Yoga classes I offer tend to be gentle-ish to moderate, with options for those who want more challenge or less because the focus is on self-awareness and compassion, not achievement. The classes generally contain the components of centering, breathing practice, warm-ups, a variety of postures, balance practice, relaxation, and meditation. There is never any "right" or "wrong" way to do Yoga, although safety is emphasized, and we all begin wherever we are at -- we all have our own starting point. It's not a competitive practice in any way; one's own experience is the most valid.

I love offering classes to different populations because everyone

deserves to have Yoga be a part of their life if they choose -- it's for everybody, not just the young, the thin, the flexible, the mainstream, etc. It's also really fun to try different things within the practice; some experiences resonate with some of us, others don't, and the exploration can be really interesting.

Along with ongoing Kripalu Yoga classes, "Yoga Nidra" is something I offer every so often; it's an experience of very deep relaxation through guided meditations. One can approach Yoga Nidra with the intention of simply relaxing (much needed in our culture); it can also be a practice of transformation by bringing to mind a "resolve" or intention

to cultivate something in one's life, such as connection, health, well-being, patience, or whatever one may choose. It's like planting a seed, and the seed takes root during the practice of relaxation.

Recently, I completed a certification in "Let Your Yoga Dance" at Kripalu. The LYDD classes I've participated in at Kripalu's Noon Dance sessions have always been really fun, satisfying, and exhilarating (and believe me, I had never before thought of myself as a dancer!); I realized that it would be a wonderfully energizing and uplifting experience to offer for those who enjoy music and movement, who are curious, and who may or may not be so drawn to a classic

Yoga class.

We are all natural dancers even though we may not always think that of ourselves. It is incredibly rewarding to see participants smiling, moving, maybe going just outside their comfort zone at times, connecting with themselves and others -- simply having a great time.

There may not be a lot of "regular" Yoga poses in these LYDD classes; Yoga is about more than the pose, and Let Your Yoga Dance classes are designed to open energy channels in the body and encourage the free flow of energy, just like "traditional" Yoga. Dancing your Yoga is a great way to enhance body health, brain health, heart health and soul health.

It's important to remember that there is not any one "correct" journey that everyone should try to follow -- on or off the mat. Every person has their own path, and it can be really fun, challenging, and interesting to explore different classes, practices, and traditions to find out what is authentic and fulfilling for oneself -- which may change over time. There are, fortunately, many different Yoga / mindfulness / movement practices available, so listen to your inner adventurer and discover for yourself!

Hitchcock Academy is offering Yoga with Sharon in six class sessions on March 2 and again on April 13. Single sessions of Let your Yoga Dance will be held on March 13 and again on April 10.

## Cornerstone Bank appoints new SVP, Retail Banking



Al Ahmed

WORCESTER — Cornerstone Bank is pleased to announce that Al Ahmed has been appointed its new SVP, Retail Banking.

Mr. Ahmed joins Cornerstone Bank as a proven banking professional, having accrued over 20 years of experience in senior positions at various Massachusetts institutions, most recently at Bank of America in Boston overseeing the growth of a key retail market. He complements his retail expansion expertise with a passion for delivering world-class customer and employee experiences.

Ahmed studied Business Administration at the University of Phoenix. He and his wife, Shima, and their 3 children live in Wayland and take every opportunity to travel the world and explore new places.

"Al comes to us with a rich back-

ground in the banking field and we're pleased he has decided to bring his skills to Cornerstone," said Cornerstone Bank President & Treasurer Todd M. Tallman. "I'm confident he will make valuable contributions in helping us fulfill our commitment to be the preferred provider of financial services in our communities, based on customer and employee relationships built on trust."

"I am honored and excited to join Cornerstone Bank and continue its legacy of building trust with our customers, employees, and local communities," stated Mr. Ahmed.

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank

serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at [cornerstonebank.com](http://cornerstonebank.com), on Facebook or call 800-939-9103.

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# Antique and collectibles news

It's been over a month since my last report on antique and collectibles news. Collectibles articles top the recent news.

A very rare Hot Wheels Camaro white enamel prototype made in 1968 was recently found and purchased by a dealer, according to the Robb report. The car was a prototype that was painted in white enamel. The white painted cars were used by the designers to check for imperfections and weren't intended to reach retailers. A 2020 Camaro manufacturer's suggested retail price is \$25,000. The Hot Wheels car is estimated to be valued at \$100,000, 4 times the value of a new Camaro. Hot Wheels cars from this era originally retailed for 59 cents. The article didn't report how much the dealer paid for it.

An Air Force Veteran recently had a watch that he purchased in 1975 evaluated by



ANTIQUES,  
COLLECTIBLES  
& ESTATES  
• • • • •  
WAYNE TUISKULA

an Antiques Roadshow appraiser according to People Magazine. The man was stationed in Southeast Asia where he admired the Rolex watches being worn by many of the pilots. He began scuba diving when he transferred to another base and learned that the watches were also good in water. That convinced him to purchase the watch through the base exchange for \$345.97, with his 10 percent discount. It was a sizable

purchase when most monthly salaries were then only \$300 to \$400 per month. He found the watch was too nice to use in salty water. He kept it in a safe deposit box since then, along "with the paperwork, receipts, and original box." The watch face is marked "Oyster Cosmograph" and is referred to as the Paul Newman watch. Newman wore a similar Rolex in the movie "Winning." The appraiser informed the owner that watches like his have been



selling for \$150,000 to \$200,000 at auction. Because he never wore it and because he kept the original box and paperwork, the appraiser said that his watch should sell for even more. He estimated it could bring \$500,000 to \$700,000 at auction.

For those of you who want a collectible you can imbibe, Glenfiddich Scotch is offering 100 bottles of their single malt scotch that were produced in 1975. Maxim reports that 100

bottles of the 44-year-old scotch were created only for the U.S. market. The 100 bottles were produced from 2 different casks. Cask 4706's description is "distinctive and rare rich gold whisky has a lively and vibrant bouquet imparting notes of oak, antique leather, tannin and crisp parchment, while maintaining its intriguing zestiness with hints of green apple and citrus." The scotch in the cask 5114 bottles is described as "a beautifully

rich and complex dark amber whisky envelops the nose with an intense spicy oak character and layers of dried fruits." The bottles are priced at \$9,000. Doing the math, that is a little over \$380 for just one drink.

Our Jan. 30 auction was very successful. Comic books, coins, sterling silver, gold jewelry and military memorabilia were some of the best sellers. Comic books have been selling so well recently that I will dedicate an upcoming column to them.

There is still time to register for my "Evaluating your antiques" on March 3 at the Bay Path Adult Education Evening School. Other events are being scheduled. Please see [www.centralmassauctions.com](http://www.centralmassauctions.com) for details on these and other events.

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

## Keep your Valentine flowers looking their best



Melinda Myers Photo  
Adding a few roses to bouquets with less fragrant flowers, like hydrangea, will add the aroma that many people desire when receiving a floral arrangement.

Nothing says Happy Valentine's Day like a fresh bouquet of flowers. Make sure your gift provides many days of enjoyment by selecting the freshest flowers and providing the best possible care.

Take some time to evaluate the quality of the cut flowers you plan to purchase. Select fresh flowers with upright and perky flowers and lots of firm buds that are just starting to open. Avoid flowers sitting in foul smelling water with drooping leaves and discolored slimy stems.

Consider color and fragrance as well as freshness. Many people love the sweet fragrance of roses, carnations and lilies. Some varieties are more fragrant than others, so you'll need to do the nose test. Other individuals prefer to look at and not smell their beautiful arrangement. For them, select non-fragrant varieties and other flowers like hydrangea, alstroemeria, gerbera daisies and lisianthus that lack a strong fragrance.

Select their favorite color or perhaps one that sends a message. Red is often used to represent love and passion, pink for happiness and sometimes love, yellow for friendship and cheer, and peach for gratitude. Include a card to make sure the message and sentiments are received.

Roses are a Valentine favorite, but a dozen may be out of reach for your budget. A single rose in a bud vase or large bloom floating in a shallow vase can bring a bit of beauty and lots of enjoyment to you or the recipient. Or add a few roses to your bouquet of other colorful flowers.

Once you make your selection, ask the florist to include a packet of floral preservative and wrap your flowers. This protects them from extreme temperatures and jostling during the ride home.

Extend the life of your floral gift with a few key steps before placing the flowers in a vase.

Remove the lower leaves, so just the leafless stems are sitting in the water.



### GARDEN MOMENTS

MELINDA MYERS

This minimizes bacterial growth that can shorten the vase life of cut flowers. Recut the stems and arrange your blossoms in a clean vase filled with fresh water and floral preservative. Cutting the stems on an angle increases the amount

of exposed surface area to absorb water.

Change the water, clean the vase if needed, recut the stems and add floral preservative every two to three days. Remove any flowers that have faded to keep your arrangement looking its best. Doing this can double the life of your cut flowers.

Further extend the vase life of cut flowers by displaying them in a cool, draft-free location. Or move them to a cooler spot at night and back in a prominent spot during the day.

Even if you do everything right, roses sometimes bend or droop at the neck and disappoint. This can happen if they have not received enough water at some point between harvest and your vase.

Fortunately, there is a way to revive roses. Remove the roses from the vase. Recut the stems and submerge the whole rose – stem, leaves, flowers and all – in a sink or tub of warm water. Leave the roses submerged for 30 minutes.

Clean and refill the vase with fresh water and a bit of floral preservative. Recut the stems on a slant, underwater if possible, and place the roses back in the vase. You will have perky fresh roses to enjoy for a week or more.

And pick up an additional bouquet for yourself. Fresh flowers are a great way to brighten your home and lift your spirits.

Melinda Myers has written numerous books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything" DVD series* and the nationally-syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).


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# Thoughts on striper season



THE GREAT  
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TRUE

Summer flounder commercial possession limits, Menhaden commercial limits and permitting, and numerous other housekeeping items will be discussed.

Removal of menhaden by commercial fisherman is a hot topic annually. The removal of tons of menhaden annually has had major impacts on striper populations, because the stripers feed heavily on them. In past years, areas that once had big striper populations were negatively impacted by the removal of menhaden. One area was the Providence River. What once was a fantastic fishery for recreational anglers back only a few years ago, was extremely poor for the last few years. Removal of tons of Menhaden annually has also impacted the bluefish population in the area.

Bluefish populations are also in big trouble. Their numbers have plummeted dramatically over the last 10 years, and Marine Fisheries is finally



ly addressing the problem. By the time the Rhode Island Saltwater Anglers Association holds their annual fishing show on March 27-29 this year, most regulations should be finalized. More on the show in the coming weeks.

This week's two pictures of 50-pound stripers are from last year's fishing season! This year, you may need to take a

picture, and then release it, because of the possible slot limit which is expected to be 28 inches to 34 inches in both Massachusetts & Rhode Island.

Ice fishing is still on hold in the Valley! Looks like another poor ice fishing season due to bad ice.

*Take A Kid Fishing And Keep Them Rods Bending!*

Saltwater anglers are patiently waiting for the final results on striped bass sizes and limits for the 2020 fishing season in both Massachusetts and Rhode Island. The winter 2020 public hearings are scheduled for three dates, and are as follows: March 10 at the Coolidge Middle school, 89 Birch Meadow Dr., Reading, starting at 6 p.m.; next meeting will be held on March 12 at 9:30 a.m., Tisbury Town Hall, Katharine Cornell Theater, 51 Spring St., Vineyard Haven, Mass.; and the final meeting for public input will be on March 12, at 6 p.m. at the Mass. Marine Academy, Admirals Hall 101

Academy Dr., Buzzards Bay .

It is very important that all striper anglers attend one of the public hearings to voice their concerns and suggestions to the Mass. Marine Fisheries board at the above mentioned hearings. Slot size limits, daily bag limits and use of circle hooks are the major concerns of most striper anglers. Use of devices to remove striped bass from any waters will be discussed. Also on the agenda are Bluefish recreational possession limits, striped bass commercial seasons, fishing days and size limits. Sea bass commercial possession limits and by catch allowances,

## 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 Brendan Berube, PO Box 90, Southbridge, MA 01550; fax to (508) 764-8015 or e-mail to news@stonebridgepress.news.*

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### CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy - Please call 978-424-7010

Sign up sheets & flyers available at the Senior Center / Flyers also available on our web page [www.townofcharlton.net](http://www.townofcharlton.net) Click on Departments then click on Council on Aging/Senior Center

Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton

Please call Dotti Murphy at 978-424-7010 for details if interested in any trips.

### 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 nonprofit and charitable Catholic women's organization

### DOUGLAS SUNSHINE CLUB

Sunny Portugal next April. The Douglas Sunshine Club is planning a trip to sunny Portugal April 21-30, 2020. This trip is with Collette Travel. An informational meeting is planned for Wed. June 12th at the Douglas Senior Center, 331 Main St., Douglas, at 6:30 p.m. If you are interested in the trip, this is a great opportunity to get a description of the travel arrangements and itinerary with a representative from Collette Travel who will also answer any questions you have about the trip. For more info call 508-476-4474.

### DUDLEY SENIORS

Dudley Seniors present a Pigeon Forge and the Smoky Mountains Show Trip. It will be 7 days and 6 nights from Sept. 20, 2020 through Sept. 26, 2020. The price per person/ double occupancy is \$689 and will include motorcoach transportation from Dudley, 6 nights lodging, 10 meals, admission to Titanic: the world's largest museum attraction, 2 dinner shows, 2 evening shows, one morning show, free time in downtown Gatlinburg and a guided tour of the Great Smoky Mountains National Park.

For more information, please call Evelyn at (508) 764-8254.

### FRIENDS OF THE STURBRIDGE SENIORS

The Friends of the Sturbridge Seniors are happy to offer the following 2020 Trips to the General Public. Beginning on Thursday March 12th, join us as we travel by Deluxe Motorcoach on an approximately 60 minute ride to the Fabulous Venus DeMilo in Swansea, Ma. To see Ireland's Most Exciting Young Tenor, Emmet Cahill. Emmet is the Star of PBS Phenomenon Celtic Thunder. Hear Emmet perform many of the Irish Classics as well as some of your Favorite Broadway Hits. He will be joined by the Emerald String Quartet, who are four young Ladies creating the Sweetest Sounds from their String Instruments. And let's add the All Male Dublin City Dancers who will shake up the Audience with their high stepping dance numbers. For 92.00 everyone will have a Plated Lunch of Corned Beef and Cabbage or Baked Haddock, Venus DeMilo's Famous Minstrone Soup, Vegetables, Breads, Dessert, Coffee and Tea, Bus Transportation and this Fabulous Show.

On Wednesday July 15th come with us for a Lobster Bake at Foster's Clambake in York, Me. For 99.00 enjoy a 1 1/4 Boiled Lobster, Clam Chowder, Steamed Mussels, Fresh Steamed Maine Clams, Corn on the Cob, Potatoes and Onions, Blueberry Cake and a Beverage. Also available is 1/2 Barbecued Chicken in place of the Lobster. Now let us add the Ultimate Jimmy Buffett Tribute Show featuring Jimmy and the Parrots. They are the most requested Jimmy Buffett Tribute Band in the Country and they were also nominated as Band of the Year by Trop Rock Entertainer. Hear them play the favorite songs of Jimmy Buffett as well as songs by The Beach Boys, Paul Simon, Harry Belafonte, Bob Marley and many others. Included is Deluxe Motorcoach Transportation, Lunch and the Show.

On Tuesday August 18 to Friday August 21st, have your Passport ready for a Spectacular 4 Day/3 Night Motor Coach Roundtrip visit to Beautiful Montreal and Quebec Canada. For 849.00 pp Double or 1159.00 pp Single Occupancy. Included are 3 Nights Hotel Lodgings, 4 Meals, touring as described in your travel Brochure, Best of Times Travel Tour Director and all gratuities except Motorcoach Driver. gratuity are included. In Montreal take in a guided visit of Norte-Dame Basilica, the Botanical Gardens, the Biodome, enjoy time at Montreal Casino plus even more. In Quebec, visit the Basilica of Saint-Anne de Beaupre, Montgomery Falls, guided Tour of the beautiful Citadelle featuring the Changing of the Guard, the Royal Regimemnt Museum

plus some Free Time to enjoy Quebec on your own.

On Thursday August 20th, get ready for the 10th Anniversary Tour of The Texas Tenors. These 3 very Handsome, Classically Trained Men have performed over 1300 Concerts with Headliner Shows in Las Vegas, China, the United Kingdom and accumulated 3 EMMY AWARDS. The Texas Tenors will sing many of the Broadway Show Classics as well as many of your favorite Pop Songs. They were honored to be included among the Top 50 Acts in the World. This could be the Best Concert that you will see this year. We are traveling approximately 60 minutes to the Venus DeMilo in Swansea, Ma.. For 99.00 included is Deluxe Motorcoach Transportation, Plated Lunch of either Chicken Parmesan or Baked Scrod, Venus DeMilo's Famous Minnestrone Soup, Vegetables, Breads, Dessert, Coffee and Tea.

We had 34 people travel to the Pennsylvania Dutch Country 3 Day/2Night Trip this past December and they had such a Great Time that many of them asked to go back again this September 23-25th. We will see the New Show "Queen Esther". One of the very most riveting Bible Stories of the Old Testament that comes to life in the Magnificent Sight and Sound Theater which incorporates Live Animals, Social Effects and Jaw Opening Stage Sets. Ask anyone who has seen a Show at the Millenium Sight and Sound Theater and they will tell you this is a Must See. in your lifetime. Now let's add a 2nd Show called "Saturday Nigh Fever" at the Dutch Apple Dinner Theatre, a Backcountry Tour of the Dutch County Farmlands, enjoy your luck at the Sands Casino and more. Prices are 499.00 pp Double and 599.00 Single Occupancy and include 2 Nights Lodging, 4 Meals, Tickets to the 2 Shows,

Touring as Described and Tour Director Gratutites. Last years Trip sold out early so don't get left behind

Have you ever thought about visiting Nashville? Come along on a 4 Day/3 Night Trip December 4th -7th. Included are Roundtrip transportation to Logan Airport, Roundtrip Airfare to Nashville, 3 Nights of Premium Lodging, 7 Meals including a Sunday Brunch, An Exclusive Dinner Show featuring the Oak Ridge Boys, Ticket and Show at the Grand Ole Opry, plus a Tour of the Grand Ole Opry, Admission to Country Music Hall of Fame, a River Cruise aboard the General Jackson Showboat, Tickets for a Holiday Show at the Opry House, Admission to ICE at Gaylord Opryland, a visit to Historic Studio B and a Guided Tour Of Nashville. WOW!! Prices are 1949 pp Double and 2349 pp Single Occupancy which includes Tour Guides and Bus Drivers Gratuities as well.

For additional information on these Wonderful Trips, please contact Linda Fortier at 508 347 1452 or by email at [bestoftimes2020@aol.com](mailto:bestoftimes2020@aol.com)

### LEICESTER SENIOR CENTER

For trip information and reservations, please call Joan Wall at (508) 892-3967.

Friday, Feb. 14, 2020: Foxwood Casino. Free lunch buffet or \$20 food voucher and \$10 casino slot play. Cost is \$30.

Friday, March 20, 2020: Foxwood Casino. Free lunch buffet or \$10 food voucher and \$10 casino slot play. Cost is \$30.

### 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.

\*USA: Wonders of Northern California Redwoods, Oregon & Washington: August 3-15, 2020

\*Spain & Portugal: Sept.9-23, 2020

\*Galapagos Islands: Jan 4-13, 2021 \*Galapagos with extension to Peru (Machu Picchu): Jan 4-19, 2021

\*Botswana, Zimbabwe and Victoria Falls: May 5-16, 2021

\*Alaska (land and cruise): early August, 2021

### PAXTON SENIORS

Area Seniors are Planning Another Wonderful Trip

Our adventure will be an 11 day trip: River cruise on the Danube River plus couple of days on land. The trip begins on Thursday, Oct 8, when we will fly out of Boston.

Some details: 11 days- 24 meals, 7 day cruise on the Danube and 2 nights in Fussen( near Munich) Oner local tour from the Ship are included in each port.

We fly into Budapest, Hungary and fly home from Munich.

Transportation from Paxton to and from Logan is included.

Four countries – Hungary, Slovakia, Austria and Germany

Cruise from Budapest to Passau, then coach to Munich/Fussen.

This is a wonderful trip and we sincerely hope that you can join us on December 3 and especially next October.

Bob Wilby, 508-792-4662 or [rwilby@charter.net](mailto:rwilby@charter.net)

Please call or email me if you plan to come to the December 3 informational meeting.

### 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](mailto: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 TRIP SCHEDULE FOR 2020

March 24, 2020 – Tuesday – Mohegan





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EDITORIAL

A Valentine's Day playlist

This Friday is Valentine's Day, and love is in the air. For most, the day will consist of chocolates, roses, diamonds, gifts, candle lit dinners and all things heart shaped. Feb. 14 is a day that is either loved or hated. The once Pagan holiday turned Hallmark money maker is a day to celebrate love or to wallow in the 'woe is me' life of a single person.

If you're single, ignore society's ideals that we have to be involved in a relationship to find happiness. It's simply not true, and there are millions of people across the globe who find themselves skipping happily down the sidewalk of life solo. If you do have a sweetheart, enjoy the day and all of the happiness that goes hand in hand as a result of Cupid's arrow.

We think, as we often do, that the best part of any holiday is of course the music. Music is something we can enjoy regardless of our relationship status. Love has been the fuel for some of the greatest songs to pass over our ears. Below we came up with some favorites, and dug deeper to find the meaning behind the lyrics or how the songs came to be.

"Fly Me to the Moon" was originally titled "In Other Words" (for obvious reasons), and was written in 1954 by Bart Howard. In 1964, Frank Sinatra put a new spin on the old jazz standard and it has become a favorite classic. The song was written at the request of Howard's publisher for a simpler song. Howard wrote the song in 20 minutes.

"I Say a Little Prayer," another romantic classic with an unexpectedly deep message, was written by Burt Bacharach and Hal David in 1967 for Dionne Warwick. The song is about a woman's concern for her significant other, serving in the Vietnam War. The song became one of the most successful hits of that era.

"What a Wonderful World" was written by George David Weiss and Bob Thiele and recorded, most famously, by Louis Armstrong in 1967. The writers originally had Tony Bennett in mind to record and release the song however Bennett turned it down. Weiss later admitted that he wrote the song expressly for Armstrong because of his ability to bring people of different backgrounds together. The song was a huge hit in the United Kingdom before it reached more fame in the United States almost ten years later. The reason for the halt, was the hesitation of ABC to promote the song.

"The Greatest Love of All" just might be the best song to belt out while driving down the highway, or in our minds, at the very least a close tie with Queen's "Bohemian Rhapsody." The ballad was written by Michael Masser and Linda Creed in 1977. The first to record the tune was George Benson who brought the song to number two on the charts. Whitney Houston took the song to a new level in 1985 where it reached the number one spot. The message is a good one, 'learning to love yourself is the greatest love of all'.

"At Last" is a classic that was written in 1941 by Mack Gordon and Harry Warren for the movie "Sun Valley Serenade." The lyrics were ultimately never heard in the movie, but the powerful vocal laid down by the legendary Etta James for Chess Records in 1960 led the song to the Grammy Hall of Fame in 1999.

We can't have a list of favorite love songs without including a power ballad from the 1980's. What better band to honor today than Def Leppard. After all, nothing says "I love you" like big hair and fluorescent colored tank tops...at least, to us. In 1987, the song "Love Bites" was released, offering a tongue in cheek view of the pitfalls of romance. The song was written by five people, but it was celebrated producer Robert John "Mutt" Lange who brought the song to the attention of the band. The song was originally written with a Country artist in mind; however, Def Leppard added the rock flare that made the song climb the charts.

"Your Body is a Wonderland," written by John Mayer in 2001, was apparently about Mayer's first girlfriend at the age of 14. The original title was "Strawberry Wonderland," but was later changed.

Last but not least to make our list is perhaps the definitive love song — "My Girl" by the Temptations. This classic was recorded in 1964. The song was written by Smokey Robinson and Ronald White. The inspiration for the song came from Robinson's wife Claudette Rogers Robinson.

Valentine's Day, with its tricky origins, still serves as a solid reminder that romance is timeless and we have the music to prove it.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Always choose optimism

POSITIVELY SPEAKING

By GARY W. MOORE

We came into this world without choice. We didn't decide to be conceived. Two people we didn't know decided that for us. We were carried for nine months, then pushed out with no consideration by our mother as to whether we wished to go or stay. We were suddenly and rudely squeezed out into a life that we didn't decide to live. Then to add to the humiliation of coming into this world naked, a group of masked strangers examined our bare bodies and counted our fingers and toes, as if they'd never seen a tiny human before. Embarrassingly, we cried like little babies, when for no reason at all, one of the masked strangers grabbed us by our ankles, raised our naked bodies upside down and slapped us on our bottoms. Their actions told us for the first time, life is unfair.

That's how it all began for me. Maybe you endured a similar experience?

We were given no choice. On one day we didn't exist and on the next, we are a human life beginning to form and grow. We entered an imperfect and broken world and are told at an early age, "Life isn't fair. Just deal with it."

Even though we are forced onto this world we quickly begin establishing how we'll live our lives by the choices we make. Those choices are made based upon how we see and interpret the world around us. The choices we make, determine our direction and the way we live our lives. We are where we are at this very moment, not by chance, but because of the choices we made. It is those choices that determine the quality of the life we lead and our impact on those around us.

The choice between optimism and pessimism may be the most impactful choice we make. It creates the foundation upon how we build and live our lives and the impact we have on others.

Where some people see sadness, others create happiness. Where some see no way out, others optimistically create their path. Where some see overwhelming odds, others see opportunity to succeed. The greatest difference I see in the lives of happy and successful people and those who are miserable and failing, begins with how they view life. The happiest and most successful among us, see the world as a beautiful place abundant with opportunities for happiness and success, while others see obstacles in their path and misery.

I always marvel at how an optimist

and a pessimist can look at the same thing but see something different. It is a matter of perspective created by our attitude. We all have heard the example of those who see the glass half full while others see it half empty. That is applicable to any situation. I paid my way through college selling vacuum cleaners, door to door. I graduated from college debt free, while nine out of ten people who started in that business quit in the first day because they could not see the opportunity. They focused on the prospects who slammed the door in their faces. I focused on those who did not and assumed they were happy to see me. Both were true but I focused on the positive.

Looking through the eyes of optimism encourages you to push forward. As I say almost every week, if you are pessimistic and assume failure, why would you even try? You already assume the worst.

Don't blame others for your view of life.

Some of us are born into loving families who nurture and teach us right from wrong, while others are brought into lives where they were never wanted and learn to live their lives without nurturing or instruction. Regardless of which, it is the choices that we make that determine how we live our lives and how we ultimately impact others. Blaming your parents for your attitude is a foolish excuse. As soon as we are old enough to discern right from wrong, good from evil and positive from negative, our choices become our responsibility. Accepting responsibility for our own actions is paramount to living a happy, successful and optimistic life.

More important than success, the most optimistic people I know are also the kindest. The kindness we shared and the dignity in which we live makes a lasting impact on the world around us.

The time to think about the impact we have on others is not on our deathbed but while we are living our lives. Decide now the difference you wish to make, the joy and happiness you wish to share with others or positive education you can pass on.

Choose optimism and you are choosing a happier and more fruitful life.

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

A Potpourri of Assorted Tips and Tricks

While most of the hint columns are theme based, sometimes there are some tips worth sharing that don't fall into an upcoming category. The solution? Compile them for a potpourri of assorted tricks and tips! Read on for some everyday solutions to life's little hassles:

Flu season is here for at least another month. Want another weapon in the fight against flu? According to several Japanese studies, gargling with black tea twice a day from October to March, significantly improved participants abilities to fend off the flu bug.

Washing your car this weekend? If you run out of car wash, just add a couple of capfuls of biodegradable shampoo such as Herbal Essence into a bucket of water. Does your car smell damp after a heavy rain? Sprinkle clay-based kitty litter under the car mats, leave for two days, then vac up after the odor is gone!

Did you know not only can an apple

TAKE THE HINT

KAREN TRAINOR



a day keep the doctor away - it may even help keep the fat away! Pectin in apples contains soluble fiber, which absorbs water in the intestines, mixes the food into a gel and can actually limit the amount of fat your cells can absorb!

Hydrogen peroxide is a thrifty alternative to pricey products. Did you know 3% hydrogen peroxide can be used as an effective foot bath for athlete's foot? Soak feet in one pint of hydrogen peroxide mixed with one gallon of warm water for a half hour each night. And it's a natural disinfectant so use it full strength to kill germs on phones, keyboards or door handles.

If you have symptoms of carpal tunnel, it could be the way you use your computer mouse. Relieve symptoms by using your fingers instead of your wrist to control the mouse - think piano lessons! And try grasping the mouse with the thumb and pinky - it takes the strain off the wrist.

Did you know it's easy to make delicious homemade applesauce in the Turn To TRAINOR page A10

Valentine's Day: Financial protection can be a great Valentine's Day gift



FINANCIAL FOCUS

JEFF BURDICK

On Valentine's Day, you can give your spouse or life partner a traditional gift such as candy or

flowers. But once you've done that, why not think about something that can provide longer-lasting benefits for your loved one? Specifically, think about ways to provide a lifetime of financial protection.

You can do this in several ways, including:

Protection while you're alive – As you know, it's usually necessary for both partners or spouses to work to maintain a household – so if your income were to disappear, even temporarily, it could present a big problem. Your current employer could offer disability income insurance as an employee benefit, but it might not be enough for your needs, so you may want to consider purchasing your own policy. Keep in mind, though, that disability coverage typically only lasts for a few years, and, in any case, probably won't completely replace your income. Consequently, it's a good idea to build up your financial resources in other ways, so contribute as much as you can afford to your 401(k) and IRA during your working years. If you do become disabled, it may be possible for you to tap into these funds without incurring a tax penalty, though regular taxes may still be due.

Protection if you need care – If you were ever to need some type of long-term care, such as an extended stay in a nursing home or the services of a home health care worker, you might find the costs to be considerable – and possibly a severe burden on your spouse or partner. In fact, the average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to Genworth, an insurance company. And Medicare typically pays only a small percentage of these expenses. To protect your spouse or partner – not to mention your grown children – from possibly having to deal with these costs, you might consider purchasing long-term care insurance. As an alternative, you could purchase a "hybrid" policy that combines long-term care benefits with those offered by a traditional life insurance policy. So, if you never needed long-term care, your policy would pay a death benefit to your spouse or partner or another beneficiary you've named.

Protection when you're gone – If you were to pass away, would your spouse or partner have the financial resources to continue the same lifestyle, pay the mortgage or, if you have children, provide for their education? If the answer is no, then you need to maintain adequate life insurance. How much is enough? There's no one right answer for everyone. You might hear that you need a death benefit that's worth seven or eight times your annual income, but the actual amount should be based on a variety of factors – your age, size of family, current income, spouse or partner's income, and so on. A financial professional can help you determine the appropriate amount of coverage.

Valentine's Day is just one day on the calendar. But if it serves as another reminder of how much you value your spouse or partner and spurs you into action to protect her or him throughout your lifetime – and beyond – then it will be an important day indeed.

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.







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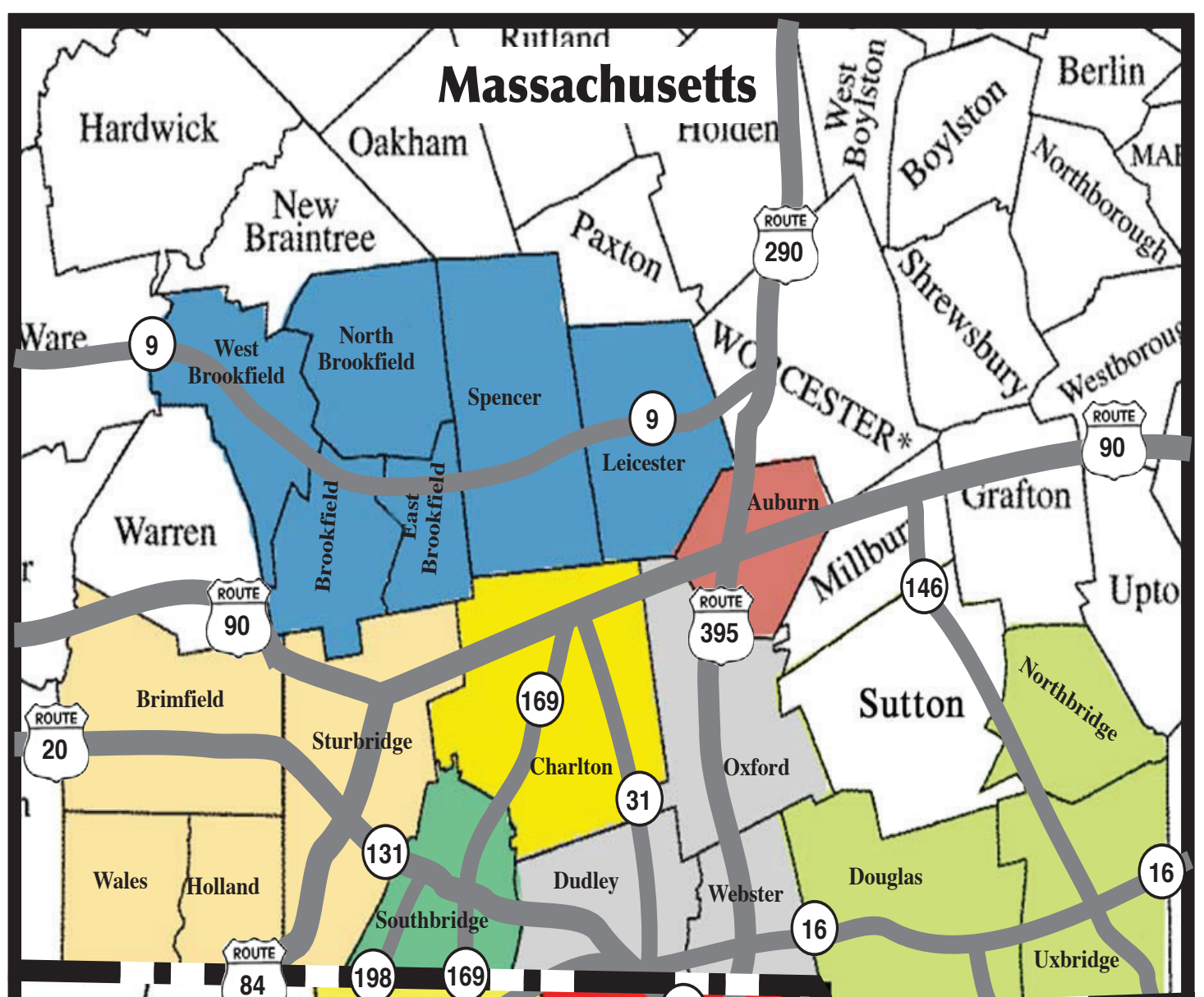
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- Southbridge News
- Webster Times
- Auburn News
- Blackstone Valley Tribune





TRIPS  
continued from page A7

Sun \$30 - 10 - AM bus.  
You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Mohegan Sun at 4 PM.  
You will receive \$10 for gaming and a buffet meal voucher.  
  
May 19, 2020 – Tuesday – Foxwoods \$30 – 8 a.m. bus.  
This one is for the bingo players and all others that want to go. You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 2 PM.  
You will receive \$10 for gaming and a buffet meal voucher.

September 15, 2020 – Tuesday – Mohegan Sun \$30 - 10 - AM bus.  
You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Mohegan Sun at 4 PM.  
You will receive \$10 for gam-

ing and a buffet meal voucher.

October 13th - 20th 2020 – ALL INCLUSIVE ARUBA Happily Full - I am taking names for standby on this trip. This is an all-inclusive trip – all flights, transfers, meals plus snacks, nightly entertainment, and alcohol included.

November 12, 2020 – Thursday – Foxwoods \$30 - 10 - AM bus.  
You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 4 PM.  
You will receive \$10 for gaming and a buffet meal voucher.

PAYMENTS DUE AT SIGN UP

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association.  
Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. 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.

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 2020  
Please call Sue at 508-476-5820 for more information.

The Uxbridge Senior Center is offering the following bus trips for 2020.

April 16, 2020 - Magic Wings Butterfly Gardens and Yankee Candle with lunch at the Golden Corral w/Fox Tours - \$71.  
April 27-29 Penn Dutch w/the newshowQueenEstheratSight and Sound – (trip is full, sign up for the waiting list)- \$459.  
May 4 -- Granite State Chocolate and Wine Tour with lunch at Warren's Lobster House - Fox Tours - \$91.  
May 9 - Albany Tulip Festival w/Conway Tours -\$115.  
June 1 - Plymouth cruise on Pilgrim Belle with sightseeing tour and lunch at Hearth and Kettle - Fox Tours - \$91  
June 26 - July 3 -- Atlantic Canada w/Conway Tours

-- International Tattoo, ferry crossing, Hopewell Rocks, Halifax, Nova Scotia, Charlottetown, Prince Edward Island, St. John, New Brunswick - 3 seats left - \$1899.  
Aug. 30 - 31 - Saratoga Racetrack w/Conway Tours - enjoy a race at Saratoga, a tour of the town, a tour of Haven Oaks Horse Farm, and drive up Prospect Mountain - \$329.  
Sept. 16 -18 - The Hamptons w/Conway. Three day trip w/4 meals, guided tour of the “Rich and Famous,” winery, ferry crossing, Old Westbury Estate & Gardens, Montauk Point Lighthouse, Sag harbor, etc. - \$579.  
Oct. 6 -- Green Mt. Railroad w/Fox Tours -- \$101.  
Nov. 19 -- Newport Playhouse w/Fox Tours - \$101.  
Dec. 7 & 8 -- Equinox Resort and Hildene, VT w/Conway Tours. Two day trip with elegant dinner & piano entertainment, breakfast, tour of Hildene, chocolate tasting, etc. \$379.

Please call Sue at 508-476-5820 for more information or to be put on the emailing list.

TRAINOR  
continued from page A8

crock pot? Peel, core and slice ten large apples, add one cup water, one cup sugar (if desired), and one teaspoon cinnamon. Cover cook on low for eight to ten hours! Start it in the morning and it'll be done when you get home!

Cleaning the house in a hurry? Slip a sticky lint roller replacement tube onto a paint roller and wipe away ceiling dirt and cobwebs in a snap! Freshen carpets without a mess of by spritzing Febreze fabric freshener on the vacuum roller brushes. The sweet smell will spread across the room.

The fiery spice cayenne is also a hot commodity in home remedies, Have a head cold? A dash or two of cayenne powder in a cup of hot tea relieves congestion. Touted as a natural antibi-

otic, a few shakes of Tabasco sauce into tomato juice is said to boost the immunity and fight flu. Never give cayenne to kids!

Here's a quick energy saving tip that adds up to savings! Replace your shower head with a low flow model and instantly reduce your hot water consumption up to 30%! If your family showers 30 minutes a day, switching a five gallon per minute shower head with a 2.5 gallon per minute head will save about \$150 per year.

The virtues of a cup of tea go way beyond taste! A study conducted by Harvard University found that those who drank one or more cups of black tea per day had more than a 40 percent lower risk of having a heart attack compared to non-tea drinkers. Need another reason to take a tea time break? Tea contains 1/3 less caffeine than coffee or cola!

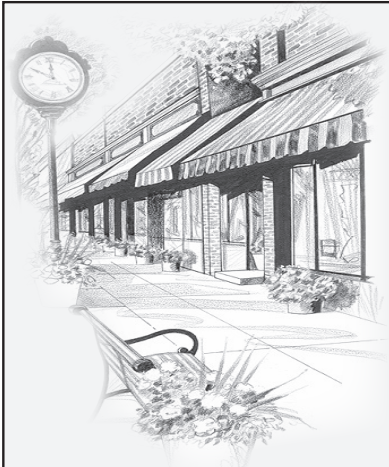
Who says you can't teach an old cat new tricks? Instead of de-clawing your cat to prevent ruined upholstery, just tape instead tape clear carpet tape on areas of sofas and chairs, and your cat will avoid it like the dog next door! Replace tape when dirty or remove when cat stops scratching the area.

Resolving to walk more? These tips are for you! Walking to “digest your meal” is more than an after dinner pastime. Studies show when you walk within 30 minutes after eating you can increase the amount of calories you burn by as much as 30 per cent! But be sure to avoid caffeinated beverages before you walk. They cause thirst and a loss of bodily fluids.

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 renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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



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The entire experience was great. The installation crew was fantastic. They arrived on time and worked efficiently. They were all master craftsmen who were extremely knowledgeable about the product they were installing and the end-to-end installation process. They were courteous, professional and left our house very clean after each day of work.



— Heather S., Renewal by Andersen customer, Holliston, MA

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<sup>1</sup>DETAILS OF OFFER: Offer expires 3/7/2020. You must set your appointment by 2/29/2020 and purchase by 3/7/2020. Not valid with other offers or prior purchases. Get \$325 off each window and \$700 off each patio door and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 2/1/2020 and 3/7/2020. 3% off your entire order, minimum purchase of four (4) required, if you purchase by 3/7/2020. 3% savings offer applied after initial discount. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. 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 at participating locations and offer applies throughout the service area. 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. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved. \*National Replacement Window Month is not a Congressionally-approved designation. \*\*See limited warranty for details.



SPORTS

Uxbridge boys, Grafton girls stake claim as SWCL Track Champions



Nick Ethier photos

The Southern Worcester County League indoor track and field championships were held at Tantasqua Regional on Tuesday, Feb. 4.

BY NICK ETHIER  
SPORTS STAFF WRITER

STURBRIDGE — The title of Southern Worcester County League (SWCL) indoor track and field champion was up for grabs on Tuesday, Feb. 4 when the 12 member schools all visited Tantasqua Regional for the SWCL Championships. The Uxbridge High boys' team and the Grafton High girls' squad were team champions, with 24 event winners also rewarded. The team results and top-six finishers from each event are listed below. A first place finish earned 10 points toward the team total, with second place generating 8 points, third place accumulating 6 points, fourth place gaining 4 points, fifth place receiving 2 points and sixth place getting 1 point.

BOYS' TEAM RESULTS

- 1. Uxbridge, 74 points
- 2. Millbury, 57
- 2. Grafton, 57
- 3. Auburn, 49
- 5. Tantasqua, 32
- 6. Quaboag, 27
- 7. Northbridge, 24
- 8. Bartlett, 20
- 9. Leicester, 16
- 10. Oxford, 4
- 10. Southbridge, 4

BOYS' INDIVIDUAL RESULTS

- 55-Meter Dash
- 1. Josh Fiore, Grafton, 6.95
  - 2. Hunter Wilcox, Grafton, 7.01
  - 3. Barry Rincon, Bartlett, 7.12
  - 4. Alex Torres, Southbridge, 7.13
  - 5. Eastyn Davis, Tantasqua, 7.13
  - 6. Tyler Schold, Millbury, 7.13
- 300-Meter Dash
- 1. Marcus Babi, Northbridge, 38.48
  - 2. Tyler Schold, Millbury, 39.63
  - 3. Theodore Miller, Leicester, 39.81
  - 4. Cabot Lacey, Quaboag, 40.04
  - 5. John-Paul Brennan, Grafton, 40.12
  - 6. Chandler Horn, Tantasqua, 40.52
- 600-Meter Run
- 1. Marcus Babi, Northbridge, 1:30.93
  - 2. Rigoberto Alfonso, Leicester, 1:31.18

- 3. Brandon Rodrigues, Tantasqua, 1:32.61
  - 4. Grayson Logan, Grafton, 1:34.71
  - 5. Cameron Szalay, Auburn, 1:34.91
  - 6. Fidel Castro, Auburn, 1:35.59
- 1,000-Meter Run
- 1. Aidan Gilmore, Grafton, 2:48.65
  - 2. Aidan Ross, Uxbridge, 2:54.08
  - 3. Zach Lapointe, Auburn, 2:55.98
  - 4. Stephen Sanches, Uxbridge, 3:02.10
  - 5. Thomas Burke, Uxbridge, 3:03.14
  - 6. Nevan Kelley, Grafton, 3:07.87
- One-Mile Run
- 1. Avinash Bissoondail, Millbury, 4:45.24
  - 2. Aidan Ross, Uxbridge, 4:47.05
  - 3. Aidan Gilmore, Grafton, 4:47.83
  - 4. Stephen Sanches, Uxbridge, 5:11.36
  - 5. Oscar Wyspanski, Auburn, 5:15.53
  - 6. Marhsall Knowlton, Grafton, 5:26.93
- Two-Mile Run
- 1. Keegan Gleason, Millbury, 10:17.92
  - 2. Colin Caso, Uxbridge, 10:34.33
  - 3. Carl Gallawan, Uxbridge, 10:39.78
  - 4. James Bernard, Uxbridge, 10:53.36
  - 5. Josh Anderson, Auburn, 11:26.67
  - 6. Eric Romanoff, Tantasqua, 11:28.52
- 55-Meter Hurdles
- 1. Joe Cook, Millbury, 8.53
  - 2. Casey Robidoux, Tantasqua, 8.69
  - 3. Cabot Lacey, Quaboag, 9.41
  - 4. Donald Speight, Bartlett, 10.09
  - 5. Alexander Majewski, Tantasqua, 10.11
  - 6. Jacob Gulledge, Grafton, 10.18
- 4x200-Meter Relay
- 1. Uxbridge (Robbie Mateer, Brendan Thompson, Jared Peniche, Ryan Silbor), 1:45.74
  - 2. Auburn (Caleb Scopetski, Kyle Jacques, Andrew Noonan, Anthony Cintron), 1:45.88
  - 3. Grafton (Hunter Wilcox, Zach Markt, Josh Fiore, Nimith Soth), 1:46.49
  - 4. Bartlett (Jake Richard, Sam Kontoes, Barry Rincon, Nicholas Violette), 1:49.89
  - 5. Oxford (Giovani Casiano, Myles Caft, Darius Richardson,

- Aiden Fahey), 1:51.55
  - 6. Quaboag (Andrew Gagnon, Justin Janosz, Chris Laprade, Thomas Snow), 1:57.80
- 4x400-Meter Relay
- 1. Auburn (Alex Bisceglia, Caleb Scopetski, Aaron Pigeon, Cameron Szalay), 4:03.34
  - 2. Quaboag (Tyler Jovic, Jordan Floria, Gage Lane, Austin Lourake), 4:07.03
  - 3. Tantasqua (Alexander Majewski, Eric Romanoff, Sam Smith, Brandon Rodrigues), 4:14.98
  - 4. Bartlett (Alexander Somicu, Ryan Truscott, Chase Czernicki, Lucas Wolfram), 4:23.47
  - 5. Leicester (Rigoberto Alfonso, Evan Benoit, Brett Carroll, Theodore Miller), 4:25.26
- 4x800-Meter Relay
- 1. Uxbridge (Thomas Burke, Colin Caso, Carl Gallawan, Ben Wojciechowski), 9:37.65
  - 2. Auburn (Josh Anderson, Oscar Wyspanski, Finn O'Donnell, Zach Lapointe), 9:51.60
  - 3. Grafton (Colin Frank, Justin Trihn, Nameer Khan, Marhsall Knowlton), 10:08.96
- High Jump
- 1. Ryan Silbor, Uxbridge, 5-10
  - 2. Cabot Lacey, Quaboag, 5-08
  - 3. Caleb Scopetski, Auburn, 5-06
  - 4. Anthony Cintron, Auburn, 5-04
  - 5. Richard Sayle, Bartlett, 5-04
  - 6. Nimith Soth, Grafton, 5-00
- Shot Put
- 1. Edwin Cochoran, Millbury, 46-00.00
  - 2. Charlie Mitchell, Millbury, 43-05.50
  - 3. Kyle Boone, Tantasqua, 43-03.50
  - 4. Jared Wielsma, Northbridge, 43-00.00
  - 5. Nick Geragonis, Oxford, 41-08.50
  - 6. Hunter Wilcox, Grafton, 40-04.50
- Girls' Team Results
- 1. Grafton, 93 points
  - 2. Tantasqua, 74
  - 3. Uxbridge, 73.5
  - 4. Auburn, 68
  - 5. Leicester, 30
  - 6. Millbury, 16.5
  - 7. Quaboag, 8
  - 8. Northbridge, 4
  - 9. Oxford, 3
  - 10. Bartlett, 1
- Girls' Individual Results
- 55-Meter Dash
- 1. Anastasia Achiaa, Uxbridge, 7.97
  - 2. Breanna Escobar, Leicester, 7.99
  - 3. Kylie Lambert, Auburn, 8.06
  - 4. Mackenzie Mackin, Auburn, 8.08
  - 5. Jackie Gilbert, Millbury, 8.12
  - 6. Julia Koshivos, Grafton, 8.27
- 300-Meter Dash
- 1. Aaliyah Hernandez, Leicester, 44.38
  - 2. Anastasia Achiaa, Uxbridge, 45.47
  - 3. Annebel Balogh de Galantha, Grafton, 45.94
  - 4. Caroline Gilson, Grafton, 46.70
  - 5. Shannon Dunn, Tantasqua, 46.89
  - 6. Calley Brouillard, Millbury, 47.16
- 600-Meter Run
- 1. Andrea St. Jean, Grafton, 1:44.24
  - 2. Jordan Lapierre,



- Tantasqua, 1:49.84
  - 3. Claudia Oliver, Auburn, 1:50.07
  - 4. Samantha Chrabaszcz, Northbridge, 1:54.31
  - 5. Jena Taubert, Millbury, 1:54.39
  - 6. Carly Hayes, Auburn, 1:55.40
- 1,000-Meter Run
- 1. Taylor Blanton, Auburn, 3:23.85
  - 2. Abigail Deary, Uxbridge, 3:28.60
  - 3. Karina Sargent, Auburn, 3:31.18
  - 4. Mikayla Mannion, Grafton, 3:35.99
  - 5. Claire Godek, Tantasqua, 3:42.31
  - 6. Grace Cummings, Grafton, 3:46.38
- One-Mile Run
- 1. Olivia Magierowski, Tantasqua, 5:53.15
  - 2. Karina Sargent, Auburn, 5:55.09
  - 3. Mikayla Mannion, Grafton, 5:57.94
  - 4. Faith McCormack, Tantasqua, 6:13.59
  - 5. Grace Cummings, Grafton, 6:14.81
  - 6. Julia Philbrook, Uxbridge, 6:19.94
- Two-Mile Run
- 1. Abigail Deary, Uxbridge, 13:03.57
  - 2. Julia Philbrook, Uxbridge, 13:07.51
  - 3. Abigail Gahagan, Leicester, 13:12.19
  - 4. Megan Wajer, Grafton, 13:19.31
  - 5. Kate Downing, Tantasqua, 13:32.48
  - 6. Grace Foulkrod, Auburn, 13:35.66
- 55-Meter Hurdles
- 1. Fleur Balogh de Galantha, Grafton, 9.10
  - 2. Kathryn Morrill, Tantasqua, 9.65
  - 3. Riley Clark, Millbury, 9.93
  - 4. Morgan Martellio, Uxbridge, 10.22
  - 5. Ana Wengender, Tantasqua, 10.38
  - 6. Megan Raymond, Oxford, 10.71
- 4x200-Meter Relay
- 1. Tantasqua (Maeve Ashworth, Lila Ives, Jordan Lapierre, Shannon Dunn), 2:01.27
  - 2. Grafton (Olivia Follansbee, Fleur Balogh de Galantha,



- Chloe Bergeron, Julia Koshivos), 2:03.25
  - 3. Leicester (Jordan Clarke, Aaliyah Hernandez, Breanna Escobar, Hannah Collette), 2:05.15
  - 4. Auburn (Chizoba Igwenagu, Kylie Lambert, Sydney Mercadante, Haley Norris), 2:05.49
  - 5. Uxbridge (Danielle Healey, Morgan Martellio, Paige Seymour, Jenny Frick), 2:06.54
  - 6. Millbury (Jenna Boria, Calley Brouillard, Hannah Irish, Allison Pogorek), 2:07.75
- 4x400-Meter Relay
- 1. Grafton (Annebel Balogh de Galantha, Bridget Kennedy, Caroline Gilson, Andrea St. Jean), 4:37.34
  - 2. Auburn (Claudia Oliver, Chizoba Igwenagu, Taylor Blanton, Carly Hayes), 4:40.24
  - 3. Tantasqua (Kate Downing, Julia Howard, Olivia Magierowski, Faith McCormack), 4:46.29
  - 4. Uxbridge (Cecilia Schleinitz, Paige Seymour, Jillian Lutton, Jenny Frick), 5:01.05
  - 5. Millbury (Jenna Boria, Charlotte O'Neil, Hannah Irish, Elena Mimo), 5:15.41
- 4x800-Meter Relay
- 1. Grafton (Riley Cass, Helena Firlings, Abigail O'Toole, Megan Wajer), 11:46.05
  - 2. Quaboag (Phoebe
- Clowes, Isabella Clowes, Kate Landon, Annabel Melanson), 11:57.76
  - 3. Auburn (Grace Beauregard, Grace Foulkrod, Emily Dupuis, Marta Brzoska), 12:10.63
  - 4. Uxbridge (Avery Guillette, Kaylee Travares, Jalyngingras, Jillian Lutton), 12:16.91
  - 5. Millbury (Jena Taubert, Rebecca Goyette, Jayden Welsh, Allison Pogorek), 12:33.19
  - 6. Bartlett (Vivian Poplawski, Lily Picchioni, Jolin Etpison, Kathryn James), 12:42.77
- High Jump
- 1. Fleur Balogh de Galantha, Grafton, 5-00
  - 2. Genevieve Porter, Auburn, 5-00
  - 3. Kathryn Morrill, Tantasqua, 4-10
  - 4. Danielle Healey, Uxbridge, 4-08
  - 5. Megan Raymond, Oxford, 4-08
  - 6. Anastasia Achiaa, Uxbridge, 4-06
  - 6. Jena Taubert, Millbury, 4-06
- Shot Put
- 1. Kaitlyn Boone, Tantasqua, 31-01.50
  - 2. Kelsey Prince, Uxbridge, 30-05.00
  - 3. Fleur Balogh de Galantha, Grafton, 30-00.75
  - 4. Faith Mwangi, Tantasqua, 29-01.00
  - 5. Danielle Healey, Uxbridge, 28-05.00
  - 6. Emily Masera, Grafton, 28-01.25



# SPORTS

## A slow start, but a strong finish for Tantasqua over Woolies



Jason McKay photos  
Tantasqua's Tyler Hall gets ahead of a Millbury defender on his way to the basket.

**BY KEN POWERS**  
SPORTS CORRESPONDENT

MILLBURY — Troy Lee scored 6 of his 8 points in the second half to help the Tantasqua Regional boys' basketball team shake off another slow offensive start and go on to defeat Millbury High 49-25 on Saturday, Feb. 8 in the Woolie Swamp.

"Troy did a good job; he's such a good kid, such a good leader," Warriors' head coach Scott Dion said about his senior captain. "I challenged him at halftime, and he responded. That's what senior leadership is."

Tantasqua improved to 12-4 overall and 9-1 in the Southern Worcester County League

(SWCL) with the win, which was the Warriors' second straight, third in their last four games and eighth in their last 10. With the loss Millbury dropped to 9-8 overall and 5-5 in the SWCL.

Junior Tyler Hall led Tantasqua in scoring, finishing with 14 points, 10 coming in the second half. Sophomore Joey Groccia added 10 points and hit two 3-pointers, and junior Mike Lucas added 7 points.

To get the win Tantasqua needed to, again, overcome a slow start. The Warriors led 8-2 after the first quarter and 18-10 at halftime.

"We started slow again. Unfortunately, that's been a problem pretty much all season," Dion said. "We're having a real hard time putting four quarters together. Some games it's three, other games it's two."

This was a two-quarter game for Tantasqua — the third and the fourth.

"You've got to give Millbury credit for that. They smashed us and made everything difficult for us in the first half," Dion said. "We knew they were going to be playing fired up because it was their Senior Night and they need another win to qualify for Districts."

"In the second half we were able to score early and get into our pressure defense," Dion continued. "Pressure changes the flow of the game. The game becomes more up and down. That's not what they want to do. I thought our pressure gave them a little trouble."

Tantasqua outscored Millbury 18-6 in the third quarter to take a 36-16 lead into the final frame. The Warriors outscored the Woolies 13-9 in the fourth period, Millbury's point total helped by three 3-pointers.

Dion said the Warriors prefer to play an up-tempo style.

"We want to run when we can, walk when we have to," Dion said. "But it also depends on who we're playing; there are some teams we don't want to run with. I thought that was one of our advantages today, that we could get up and down the court a little bit."

Tantasqua's defense completely stifled Millbury's offense. The Warriors forced the Woolies into 16 turnovers and allowed them to score just 25 points, 20 below their season average. Six of the nine field goals Millbury made were from beyond the 3-point arc.

Dion was asked if Tantasqua is a work in progress.

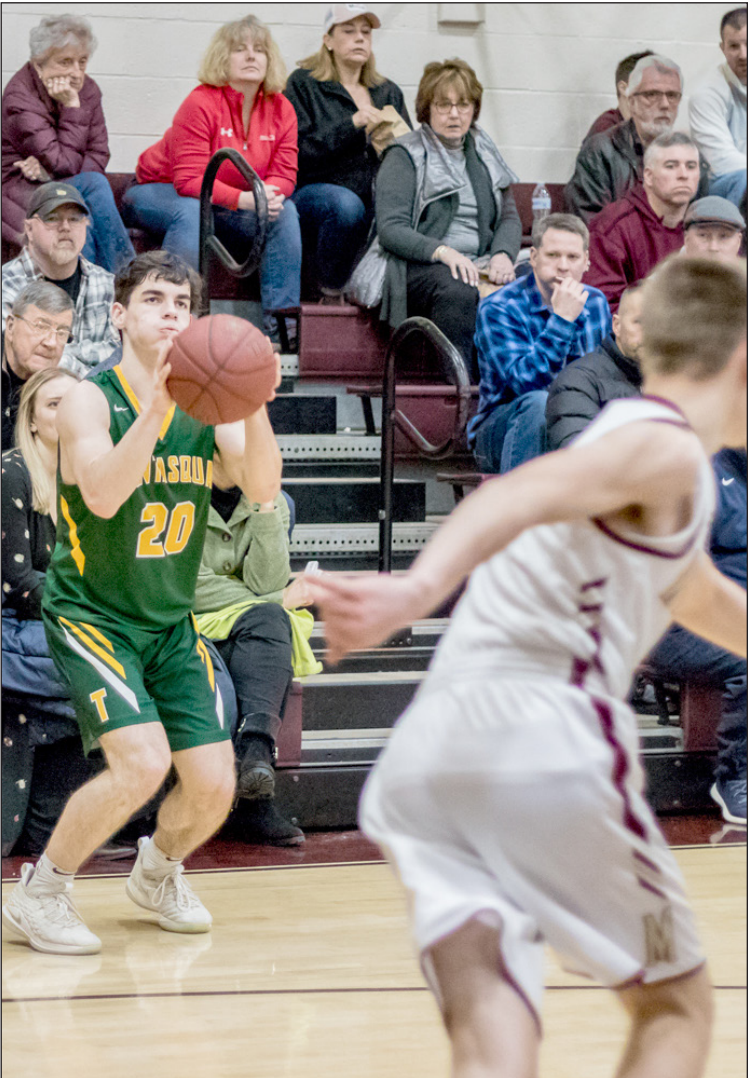
"Well, yeah, I think we are, but we're 16 games in so I thought we'd be a little further along than this," Dion said. "But our defense has been good, and I've got great kids and they're trying. We're just struggling to put the ball in the basket some days."



Going in for a layup, Liam O'Brien of Tantasqua fights hard against a Millbury defender.



Tantasqua's Cam Varney keeps the ball away from a Millbury defender while waiting for a play to develop.



Mike Lucas of Tantasqua eyes the basket before attempting a 3-pointer from the right corner.



Tantasqua's Mike Lucas makes contact with a Millbury defender while driving to the basket.



Joey Groccia of Tantasqua attempts to fake out the Millbury defense while they start to double team him.



# OBITUARIES

## Donald E. R. Coutu, 82



**SOUTHBRIDGE-**Donald E. R. Coutu, 82, passed away peacefully February 8th, 2020 as he was willing to accept his call home. He was surrounded by his family who loved him more than life itself. Donald was a determined and strong survivor during a courageous 6 year battle with Multiple Myeloma. Through it all he was very thankful and remained positive during his rigorous chemo treatments. "It could always be worse" he would say.

His strong religious faith along with the love from his family were his inspiration. Nothing could stop him.

He leaves behind his beloved wife of 55 years, Sandra (Boucher) Coutu. They were married at Notre Dame Church on November 26, 1964.

He will be painfully missed by his three daughters Debra St Laurent and her husband Jerry, Nancy Pecore and her husband Ken, Tracey Savoie and her husband John Abusamra, and his 7 grandchildren, Emilee St. Laurent, Sarah St. Laurent, Kelsey Pecore, Mikayla Pecore and her fiancé Tim St. Germain, Nicholas Pecore, Angela McGeary and her husband Ryan, and Jerrica Savoie, and 2 great-grandchildren Elliot Savoie, and Tyler McGeary, his Godchild, many nieces and nephew.

He also leaves his brother-in-law and sister-in-law Vic and Brenda Boucher, and mother-in-law Janet Boucher, along with many close friends and neighbors. Donald was predeceased by his grandson Justin Donald Savoie and his sister Lorraine Morin.

Donald Coutu was born on July 23, 1937 on Proulx Ave. in Southbridge, MA to Romeo and Marie (Hebert) Coutu.

Donald was a lifelong member of Notre Dame Church, and graduated from the former Notre Dame High School, Class of 1956.

He was a proud veteran of the US Army from 1960-62 stationed at Ft. Devens. He retired in 1999, after working for over 47 years at the American

Optical Company, later Aero Company, as an administrator in the Safety and Hearing Department.

Throughout his life he always had a positive attitude and a very big heart. Donald kept busy making jigsaw puzzles and caring for his home and meticulous flower gardens. He met many new friends on his walks through town in his healthier days. Outside of his family, there were many people who knew and loved him because of his caring personality and friendly smile. No matter where he went, he always met someone he knew, and formed many bonds throughout his travels. Donald always appreciated everything he had and never asked for more.

Above all his favorite times were Christmas Eve, his yearly trips to Aruba to get a banana split, spending time with his family including his loving cat Kaspurr, and wearing his crazy socks.

His memory will live on within his children, grandchildren, and great grandchildren whom he was tremendously proud of. He was our Angel on earth.

Our family would like to sincerely thank the staff of Dr. Seidler at The Cancer Center as well as the compassionate staff at Harrington Hospital.

Calling hours will be held on Friday, February 14, 2020, from 4-6PM at Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550. The funeral Mass will be Saturday, February 15, 2020, at 10AM, at Notre Dame Church (St. John Paul II Parish) 446 Main Street, Southbridge, MA 01550. Burial services with Military Honors will be private.

In memory of our dad, we would like to ask that you show your love for Donald by joining him in wearing crazy socks to his services. In lieu of flowers, donations may be made to The Cancer Center, 55 Sayles Street, Southbridge, MA 01550. [www.sansoucyfuneral.com](http://www.sansoucyfuneral.com)



**WARREN / CHARLTON-**Mary E. (St. George) Martin, 84, of Charlton, died on Wednesday, February 5, 2020 at Overlook Masonic Home.

She leaves her beloved children, Greg Martin and his wife Judy of Newmarket, NH, Patty Spare and her husband Alan of Indiana, Kurt Martin and Rebecca Sey of Sturbridge, Bruce Martin and his husband Marty Perkins of Maryland, Michelle Martin and her partner Paul Pinsonnault of Ludlow, and Mark J. Martin and his wife Christine of Sterling; eleven grandchildren, three great-grandchildren and one great great-grandchild; a brother, Robert J. St. George of Warren and a sister, Jane Messier of North Brookfield. Mary is predeceased by her brothers Warren and Walter St. George. She was born in Warren, daughter of the late Charles W. and Mary E. (Bullock) St. George.

Mrs. Martin worked as a secretary for the Law Office of Vincent J. McCaughey for 37 years, before retiring in 2010. Mary also served as the town clerk of Warren for several years prior to her work at the law office.

Mary loved going to the orchestra, the theater, and enjoyed all kinds of music. She would often gather her

family and friends around the piano to sing and play showtunes. She enjoyed traveling, and went to Fatima, Portugal to visit the location where the Virgin Mary appeared to the children. Mary also sponsored girls in third-world countries and would correspond with them regularly. Once they became old enough to be of age, she would sponsor a new young girl.

She was a life-long member of St. Paul's Church in Warren where she was very involved. Mary sang in the church choir and served as the secretary at the church rectory.

The family would like to give a special thank you to Michelle Martin for the dedication and care that she gave to their mother, and to the staff at Overlook Masonic Healthcare in Charlton.

A Funeral Mass for Mary was held on Monday, February 10, 2020 at 10:00 AM in St. Paul's Church, 1060 Main St., Warren. Everyone is asked to meet at the church. Calling hours were held Sunday, February 9, 2020 from 1:00 to 3:00 PM in the Varnum Funeral Home, Inc., 43 East Main St., West Brookfield. Burial will be held in the spring. In lieu of flowers, memorial donations may be made to the American Parkinson Disease Association, 73 East Concord Street, Room C, Boston MA, 02118 or [apdama@apdaparkinson.org](mailto:apdama@apdaparkinson.org)

An online guest book is available at [varnumfuneralhome.com](http://varnumfuneralhome.com)

## Pauline L. Picnia, 80



**UXBRIDGE -**Pauline L. (Jacques) Picnia, 80, passed away unexpectedly on Thurs. Feb. 6, 2020 at UMass University Campus in Worcester surrounded by her loving family.

She is survived by 3 children; Ronald Picnia and his wife Deb of Holland, MA, Apryl Picnia of Weymouth, and Jennifer Bonati and her husband John of Uxbridge, with whom she lived; 4 grandchildren, Ashlee Picnia of Holland, Nate DeLuca of Weymouth, and Jesse and Jason Bonati of Uxbridge; a sister, Marcelle Landry of Uxbridge, as well as her kitty companion, Laci. She was predeceased by her former husband, Ronald L. Picnia in 2014.

Born in Milford on Jan. 27, 1940 she was the daughter of William R. and Loretta A. (Guertin) Jacques and grew up in Uxbridge, attending Our Lady of the Valley, and then Uxbridge High School where she graduated class of

1957. Primarily a homemaker, Pauline was a devoted mother and grandmother, who always embraced her children with positivity and open arms. She enjoyed trips to the beach, viewing lighthouses, listening to Queen and the Beatles, and shopping. She also loved tending to her flower gardens, and most of all, spending time with her beloved family. She sang on the choir at St. Mary's Parish in Uxbridge, and was a lifelong resident of Uxbridge.

Her Memorial Funeral Mass will be held in Good Shepherd Church, 121 Linwood St., Uxbridge on Sat. Feb. 29th at 11 AM. There are no calling hours. In lieu of flowers, donations in Pauline's memory may be made to: The MSPCA-Angell, Attn: Donation's, 350 South Huntington Ave., Boston, MA 02130, The American Heart Association, PO Box 742030, Los Angeles, CA 90074-2030, or to: The American Diabetes Assoc., PO Box 15829, Arlington, VA 22215. To leave a condolence message for the family, please visit <http://www.Jackmanfuneralhomes.com>

## Dorothy O. St. Peter, 100

**HOLLAND-** Dorothy O. (Olmstead) St. Peter, 100, of Holland died, Monday Feb. 3rd at Harrington Hospital.

Her husband Eladore "Ted" St. Peter died 1978.

She leaves a sister Rita Lajoie of Holland, nephews and nieces. She was predeceased by 3 brothers Kenneth, Harold and Darrell and 4 sisters Muriel Lawson, Arlene Scott, Shirley Cote and Charlotte Raynor.

She was born in Caribou, Maine the daughter of the late Roscoe and Hazel

(Johnston) Olmstead and lived in the area many years.

Dorothy worked in medical records in Caribou Hospital for many years.

She enjoyed knitting and crocheting. A graveside service will be private in Holland Cemetery.

There are no calling hours. Belanger-Bullard Funeral Home, 51 Marcy St. is directing arrangements.

An online guestbook is available at [www.BelangerFuneralHome.com](http://www.BelangerFuneralHome.com)

# CALENDAR

## Saturday, Febraury 29

**TASTE OF THE TOWNS:** 6-8 p.m., St. Joseph's Church Hall, 10 H Putnam Road Ext., Charlton. An opportunity to sample the delicious food and beverages offered at local restaurants with your friends and neighbors presented by the Charlton REAS Foundation. For more information or tickets, please call (508) 868-5289 or visit [reascharlton.org](http://reascharlton.org).

## Saturday and Sunday, March 7 & 8

**LIBRARY MINI-GOLF:** Saturday 10:30 a.m.-4:30 p.m. and Sunday 12:30-4

p.m., Joshua Hyde Library, 306 Main St., Sturbridge. A mini-golf course will weave through the Sturbridge library with 16 unique holes. Some fun holes are repeated each year, but there are always new challenging ones. Friends of the library, library staff and community organizations including Tantasqua students, the Center of Hope, Girl and Boy Scout troops show their creativity in developing fun holes for golfers of all ages. \$5 per person, \$20 maximum per family. More information and photos at [www.sturbridgelibraryfriends.org](http://www.sturbridgelibraryfriends.org).

## Saturday, March 7

**CHARLTON LIONS CLUB MEAT RAFFLE:** The Charlton Lions are hosting our famous Meat Raffle being held Saturday, March 7 at the Heritage Golf Course at 85 Sampson Rd. in Charlton. There will be six tables of beef, pork and poultry to be won. The raffle begins at Noon with early bird tickets available to those who arrive before 1 p.m. A lunch menu is available. So, come share a great afternoon of fun! For more information, please email [thecharltonlions@gmail.com](mailto:thecharltonlions@gmail.com). It's a great way to start 2020 with filling your freezer with meat from Fairway Beef!! And remember...100 percent of what we raise goes back to the community. The Charlton Lions thank you

for your continued support!

## Sunday, March 8

**EASY FULL MOON WALK ON BUFFUMVILLE DAM:** 6:30 p.m., Buffumville Lake, 48 Old Oxford Rd., Charlton. Bring the whole family for a leisurely one-mile roundtrip walking tour of Buffumville Dam. If the weather is 75 percent or more cloudy, snowing or raining, we'll do a tour inside the dam instead. Dress for the weather.

## Saturday, April 4

**"ROARING '20S MOM PROM:** The MOMS Club of Charlton Area will host "A Roaring '20s" Mom Prom on Saturday, April 4, from 6 to 11 p.m. at the Auburn South County Worcester Elks #2118, 754 Southbridge St. (Route 12), Auburn. This evening of dinner and dancing will benefit two organizations, the John Paire Student Support Fund, which helps kids in the Dudley-Charlton Regional School District have access to a well-rounded educational experience, and the Kennedy-Donovan Center of Southbridge, a nonprofit organization in Southbridge that supports people with developmental delays, disabilities or family challenges. Grab your spouse, friends and family members, and join the MOMS Club for the second annual Mom Prom. It's not just for moms, but all guests must be 21-plus. Early-bird tickets are \$45 per person until Feb. 14 and \$50 per person after that date. The MOMS Club, a chapter of the International MOMS Club, is a nonprofit group that provides support for stay-at-home and working mothers. Membership is open to moms in Charlton, Dudley, Webster and Southbridge. For additional information about the Mom Prom or the club, please email [charltonmomsclub@gmail.com](mailto:charltonmomsclub@gmail.com), or purchase tickets at <http://bit.ly/MOMPROM2020>. The Mom Prom name and logo are registered trademarks of founder Elizabeth Crapps and used under license.

## ONGOING

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

Common.

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

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

Pilgrimage to Italy, Holy Land, and Medjugorje

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

**ALZHEIMER'S SUPPORT GROUP:** First and third Thursday of each month, 2:30-3:30 p.m., Vista Adult Day at The Overlook. Loved ones welcome to join Vista Program with prior screening. Contact Kathleen Walker at (508) 434-2876.

**Grief Support Group:** at Overlook Hospice, Charlton: Have you recently experienced the loss of a parent, child, sibling, friend or spouse? We are here to help. Join a safe, supportive and caring group to share your stories and support others who are learning to live again after the death of a loved one. Drop-in



**To place a Card of Thanks In-Memoriam, Birthday or Anniversary Greeting,**

**the deadline is Friday noon for the following week.**

**(Memoriams will run on the Obituary pages)**

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

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

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





# The 3 most common types of breast cancer

Millions of women across the globe are diagnosed with breast cancer every year. The World Cancer Research Fund and the American Institute for Cancer Research notes that more than two million new cases of breast cancer were diagnosed in 2018, making the disease one of the most commonly occurring cancers in the world.

Upon receiving a breast cancer diagnosis, patients typically have a number of questions, including which type of breast cancer they have. The American Cancer Society notes that there are many types of breast cancer, though some are more common than others. Learning to distinguish between the more common types of breast cancer, which include invasive ductal carcinoma, ductal carcinoma in situ and invasive lobular carcinoma, can help patients and their support teams better understand this difficult, yet beatable disease.

What are carcinomas?

The ACS reports that most breast cancers are carcinomas. Carcinomas are tumors that start in the epithelial cells that line organs and tissue throughout the body. Carcinomas can spread to other parts of the body, even though they do not always do so.

Invasive ductal carcinoma

Sometimes referred to as “IDC,” invasive ductal carcinoma accounts for between 70 and 80 percent of all breast cancers, making it the most common type of the disease, according to the National Breast Cancer Foundation, Inc.®. Invasive means the cancer has spread from the milk ducts, where IDC originates, to the surrounding breast tissues.

Ductal carcinoma in situ

Ductal carcinoma in situ, or DCIS, is a noninvasive breast cancer that starts inside the milk ducts. BreastCancer.org notes that “in situ” means the

cancer is still in its original place, not having spread beyond the milk duct to any surrounding breast tissue. That’s helpful to know, as it calms patients’ fears knowing the cancer has been caught before it could metastasize, or spread. One out of every five new breast cancer cases is DCIS. While that might sound alarming, BreastCancer.org notes that DCIS incidence rates are possibly so high because people are living longer than they used to (a person’s risk for breast cancer increases with age) and education about breast cancer screening appears to be working, compelling more women to get mammograms.

Invasive lobular carcinoma

The ACS notes that roughly 10 percent of all invasive breast cancers are invasive lobular carcinomas, or ILC. The word “lobular” means that the cancer began in the lobules, which produce milk and empty out into the ducts that carry milk



to the nipple. When a person is diagnosed with ILC, that means the cancer has broken through the wall of the lobule and has started invading the tissues of the breast. Over time, ILC can spread to the lymph nodes and possibly even other areas of the body.

The type of breast cancer a

person has will affect his or her treatment. As prevalent as breast cancer may seem, it is beatable, and many people overcome the disease and go on to live happy, full lives.

## CALENDAR

continued from page A14

group for adults meets on the second and fourth Wednesday of every month, 1-2:30 p.m. Contact Susan Fuller at (508) 434-2200.

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

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

**K9 NOSE WORK:** A sport open to all breeds of dog and their people Saturday mornings over six weeks at Hitchcock

Academy in Brimfield starting Jan. 19. Progressive training levels offered. Fee: \$145 per dog, per session. Instructor: Laurie Merritt, M.Ed., CPDT-KA, CNWI, Certified K9 NoseWork Instructor – National Association of Canine Scent Work.

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

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

**YOGA:** Hatha Yoga benefits are stress-relieving. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All levels

welcome. Six weekly classes held on Monday nights at Hitchcock Academy in Brimfield from 7:15-8:45 p.m., beginning Jan. 21.

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

**OVEREATERS ANONYMOUS:** Is food a problem for you? Have you been worried about the way you eat? Do you resolve to go on a diet tomorrow, only to fail again and again? Is your weight affecting the way you live your life? You are not alone. Overeaters Anonymous can help. No dues, no fees, no weigh-ins. Meetings are held Sundays in Worcester (St. Michael’s On-The-Heights, 340 Burncoat Street) at 7 p.m., Mondays in Auburn (Bethel Lutheran Church, 90 Bryn Mawr Ave.) at 7 p.m.

and Wednesdays in Putnam, Conn. (Day Kimball Hospital, 320 Pomfret Strett) at 6 p.m. Want more information? Call or text Bruce P. (508) 864-0593, email him at [brucep.oa@charter.net](mailto:brucep.oa@charter.net) or visit [oa.org](http://oa.org).

**MASSASSOIT ART GUILD OPEN STUDIO:** The Massasoit Art Guild would like to announce the addition of new Open Studio hours. Starting on Saturday, Jan. 11, we will be holding Open Studio time from 9:30 a.m. to noon each Saturday. The Current Wednesday morning Open Studio will continue to meet. Open Studio is a time to bring your current work in progress, start a new project, receive critiques if desired, pick up new skills and techniques and be with other artists for support and encouragement in an open and friendly environment. Membership is required. Please visit our Web site at [massasoitartguild.com](http://massasoitartguild.com) for more information!

## Valentine’s Day & Every Day GIFTS & DINING GUIDE

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**SUNDAY BRUNCH** 10-1pm **\$14.95** pp (plus tax & gratuity)

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*Just a few of our regular menu selections...*

<b>Lunch - Thurs-Sat 11:30-2:00</b>	<b>Dinner - Thurs-Sat 5:00-Close;</b>
Sandwiches (all served w/ chips & pickle)	<i>All Dinner entrees served with salad, potato, &amp; vegetable</i>
Choice of Ham, Turkey, or Roast Beef.....	<b>Duck au Grand Manier..... \$20.95</b>
<b>Veal Parmesan w/Pasta &amp; Garlic Bread... \$11.95</b>	<b>Prime Rib - Choice Cut - Fridays &amp; Saturdays</b>
<b>Hamburger Platter w/ French Fries ..... \$7.95</b>	<b>Queen \$18.95; King \$21.95</b>
<b>Chicken Parmesan</b>	<b>Broiled Fresh Swordfish ..... \$17.95</b>
with Pasta and Garlic Bread.....	<b>Surf &amp; Turf .....Petite filet and three stuffed</b>
<b>Baked Haddock w/ Potato and Vegetable \$10.95</b>	<b>jumbo shrimp ..... \$21.95</b>
<b>Broiled Sirloin Steak</b>	<b>Shrimp Scampi..... \$18.95</b>
with Potato and vegetable .....	<b>Salmon-Baked, Broiled or Cajun..... \$19.95</b>

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**Sunday Brunch:** 10:00-1:00

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LEASE **\$198** /MO\*  
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STK# 274887 | MODEL# 4432  
MSRP \$28,858



LEASE **\$198** /MO\*  
FOR 36 MOS.

10k Miles/Year  
CAP COST: \$27,371. 3YR/10K. \$3,999 + TAX + FEES = \$5,394 TOTAL DUE AT SIGNING

### 2019 Toyota Camry LE

STK# 274465 | MODEL# 2532  
MSRP \$26,054



LEASE **\$208** /MO\*  
FOR 36 MOS.

10k Miles/Year  
CAP COST: \$24,229. 39MO/10K. \$3,999 + TAX + FEES = \$5,441 TOTAL DUE AT SIGNING

### 2020 Toyota Tacoma SR5 Double Cab V6 4x4

STK# 274326 | MODEL# 7540  
MSRP \$38,697



LEASE **\$248** /MO\*  
FOR 36 MOS.

10k Miles/Year  
CAP COST: \$36,569. 3YR/10K. \$3,999 + TAX + FEES = \$5,435 TOTAL DUE AT SIGNING

### 2019 Toyota Highlander XLE AWD

STK# 274316 | MODEL# 6953  
MSRP \$43,128



LEASE **\$298** /MO\*  
FOR 36 MOS.

10k Miles/Year  
CAP COST: \$39,943. 3YR/10K. \$4,499 + TAX + FEES = \$6,730 TOTAL DUE AT SIGNING

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#### 2016 Scion iM



Sedan, 4 cyl, auto, FWD, Electric Storm Blue, 53K mi, A273956A

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#### 2017 Hyundai Elantra SE



Sedan, 4 cyl, auto, FWD, Shale Gray Metallic, 36K mi, A5827XX

**\$12,998**

#### 2009 Infiniti G37 x



Sedan AWD, 6 cyl, auto, Platinum Graphi, 65K miles, A5839

**\$12,998**

#### 2016 Toyota Corolla LE



Sedan, 4 cyl, auto, Super White, FWD, 63K miles, A273709B

**\$15,998**

#### 2017 Toyota Corolla iM



Sedan, 4 cyl, auto, FWD, Spring Green, 27K miles, A274029A

**\$15,998**

#### 2014 Jeep Cherokee Sport



SUV 4WD, 4 cyl, auto, Brilliant Black Crystal Pearl Coat, 36K mi, A274938A

**\$15,998**

#### 2017 Toyota Corolla iM



Sedan, 4 cyl, auto, FWD, Blizzard Pearl, 31K mi, A5861

**\$15,998**

#### 2017 Nissan Altima 2.5 SR



Sedan, 4 cyl, auto, FWD, Deep Blue Pearl, 28K miles, A5808A

**\$16,998**

#### 2018 Toyota Corolla LE



Sedan, 4 cyl, auto, FWD, Classic Silver Metallic, 15K mi, A5850

**\$17,998**

#### 2016 Nissan Rogue SV



SUV AWD, 4 cyl, auto, Brilliant Silver, 18K miles, A5858XX

**\$17,998**

#### 2016 Hyundai Sonata Sport



Sedan, 4 cyl, 6 sp auto, FWD, Shale Gray Metallic, 36K miles, A5824XX

**\$17,998**

#### 2014 Toyota Sienna LE



Van AWD, 6 cyl, auto, Salsa Red Pearl, 63K mi., A274011B

**\$18,998**

#### 2017 Toyota Camry Hybrid XLE



Sedan, 4 cyl, auto, FWD, Midnight Black Metallic, A274627A

**\$18,998**

#### 2014 Honda CR-V EX-L



SUV AWD, 4 cyl, auto, Basque Red Pearl II, 62K miles, A274898A

**\$18,998**

#### 2018 Toyota C-HR XLE



SUV, 4 cyl, auto, FWD, Blizzard Pearl, 40K miles, A5830A

**\$18,998**

#### 2016 Toyota RAV4 XLE



SUV AWD, 4 cyl, auto, Electric Storm Blue, 48K miles, A274853A

**\$19,998**

#### 2017 Toyota RAV4 LE



SUV AWD, 4 cyl, auto, Barcelona Red Metallic, 23K miles, A5853

**\$21,598**

#### 2017 Toyota RAV4 LE



SUV AWD, 4 cyl, auto, Super White, 20K mi., A5862

**\$21,598**

#### 2014 Honda CR-V EX-L



SUV, AWD, 4 cyl, auto, Polished Metal Metallic, 51K miles, A5646C

**\$21,998**

#### 2016 Toyota Prius v Three



Wagon, 4 cyl, auto, FWD, Toasted Walnut Pearl, 41K miles, A274289B

**\$22,598**

#### 2016 Hyundai Tucson Ltd



SUV, AWD, 4 cyl, auto, Carib, 45K mi., A5791XX

**\$23,998**

#### 2018 Toyota Camry XLE



Sedan, 4 cyl, auto, Blue Crush Metallic, 2K miles, A272076A

**\$25,998**

#### 2017 Toyota RAV4 SE



SUV, AWD, 4 cyl, auto, Super White, 43K miles, A274327A

**\$25,998**

#### 2018 Toyota Camry SE



Sedan, 4 cyl, auto, FWD, Ruby Flare Pearl, 27K miles, A274758A

**\$25,998**

#### 2017 Toyota Tacoma TRD Sport



Truck, 4WD, V-6 cyl, auto, Barcelona Red Metallic, 38K miles, A274591A

**\$28,998**

#### 2017 Toyota Sienna XLE



Van, AWD, 6 cyl auto, Blizzard Pearl, 35K mi., A274761A

**\$28,998**

#### 2019 Toyota Camry XSE



Sedan, 4 cyl, auto, FWD, Celestial Silver Metallic, 11K mi., A5875XX

**\$29,998**

#### 2018 Toyota Tundra SR5



Truck, 4WD, 8 cyl, auto, Inferno, 26K mi., A274177A

**\$30,998**

#### 2017 Toyota 4Runner Ltd



SUV, 4WD, 6 cyl, auto, Classic Silver Metallic, A274457A

**\$32,598**

#### 2017 Toyota 4Runner SR5



SUV, 4WD, 6 cyl, auto, Midnight Black Metallic, 29K miles, A274490A

**\$32,598**

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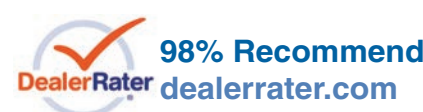
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<b>Now \$38,995</b> SAVE over \$7,000	<b>Now \$28,418</b> SAVE \$5,457	<b>Now \$42,383</b> SAVE \$3,222	<b>Now \$34,723</b> SAVE \$2,962	<b>Now \$35,699</b> SAVE \$5,591	<b>\$16,995</b>	
USED	USED	USED	USED	USED	USED	USED
						
<b>2017 JEEP GRAND CHEROKEE LIMITED</b> 4x4, 8 sp auto, 3.6L V-6 cyl, certified preowned #2144UJG, 47,678 miles,	<b>2016 JEEP GRAND CHEROKEE LIMITED</b> 4x4, 8 sp auto, 5.7L V-8 cyl, certified preowned #6804UJ, 17,925 miles	<b>2016 JEEP COMPASS LATITUDE</b> 4x4, 6 sp auto, 2.4L I-4 cyl, #3656UJC, certified preowned, 22,340 miles	<b>2015 JEEP COMPASS LATITUDE</b> 4x4, 6 sp auto, 2.4L I-4 cyl, #4129UJ 53,038 miles	<b>2016 RAM REBEL</b> Crew Cab, 4x4, 8 sp auto, 5.7L V-8 cyl, # 2104UR 18,237 miles	<b>2014 JEEP WRANGLER UNLIMITED</b> 4x4, 3.6L V-6 cyl, #JKJP74, certified preowned, 45,000 miles	
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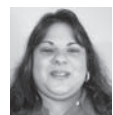
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**THOMPSON** – 299 Quaddick Rd! Custom Cedar Log Home! 5.47 Acres! Stone Wall Entry! 700' Driveway! Nestled in the Woods! 6 Rms of Cedar! Granite Kit! Cathedral Ceilings w/Skylights! Hrdwds! Stone Frpl! 1st Flr Master w/Full Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! Oil Heat! 2 Car Garage! **\$399,900.00**

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



**DUDLEY** – 94 Tracy Road! 7 Rm 4 Bdrm Colonial On 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplc Liv Rm w/Recessed Lights! Formal Din Rm! Eat-in Kit! Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr 1/2 Bath w/Laundry! Master Bdrm w/Dble Closet & Full Bath w/Encl! 2nd Flr Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16x21 Deck! Garage Under! Save on Your Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! **\$349,000.00**

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**WEBSTER** – 14 Summit Street! Conveniently Located 8 Room, 4 Bedroom Cape! Featuring Newly Remodeled Stainless Steel Applianced Granite Eat-in Kitchen w/ Custom Cabinetry & Luxury Vinyl Plank Flooring! Formal Dining w/Hardwoods! Spacious Living Rm w/Hardwoods! 2 1st Floor Bedrooms w/Hardwoods! Newly Remodeled Full Bath! 2nd Floor w/2 Bedrooms w/Hardwoods. Plenty of Closet & Storage Space! Updated Second Full Bath! Recently Oil Heat, Cast Iron Baseboard! Detached Garage! Corner Lot! **\$279,900.00**



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We Want  
Your Listings!

### Featured New Listing!



WEBSTER - 68 POLAND ST

4 BEDROOM COLONIAL! 2600 SQ FT, 2 FULL BATHS, 2 FIREPLACES, 2 CAR GARAGE, ABOVE GROUND POOL, 1ST FLOOR BEDROOM, UPDATES INCLUDE - RECENT WINDOWS, ROOF, UPSTAIRS BATH, FHW GAS HEATING SYSTEM!!! **\$399,000.**

WEBSTER - 5 SURREY LN



BRAND NEW TO MARKET! Gently Used 5 Bdrm Colonial, or 4 Bdrms & Game Room! This 24 x 28 3 Car Garage HAS HEAT! Radiant Heat in Floor, Open Concept Kitchen, Dining & Living Room, Full bath, Beautiful Granite Counters w/Breakfast Bar, Newer SS Appliances - Second Floor - 5 Over-sized Bdrms! Bath & Laundry Rm! Walk up Attic. **\$409,000.**

WEBSTER - 8 MAPLE ST



2 Family - 1st Floor 6 Rooms, 3 bedrooms, 1 Full Bath, open Kitchen, Fully Applianced, New Carpeting, Hardwood Floors. 2nd Floor - Open Kitchen with Gorgeous Kitchen Cabinets - 6 Rooms, 3 Bed, 1 Full Bath Hardwood Floors, New carpeting. Each Apartment has 1,200+ sq ft plus. Oil Heat. Off street parking. Town Water & Sewer, 3rd Story Unfinished. **\$237,500**

POMFRET, CT - 280 RIVER RD



Motivated Seller! Cape that has been completely re-modelled, 3 Br, 1 bath; 1.7 acres. New kitchen cabinets w/granite counters and center island. New electrical/plumbing. Large Gambrel Post & Beam. 2 bay garage w/loft. New septic. **NEW PRICE \$244,900**

WEBSTER - 14 HIGHCREST #4



Ready to move in! 2 bedroom 1 1/2 bath condo. Large bedrooms with large full bath master bedroom private access. Skylight Hallway, extra large living area with separate dining! Access to private deck via sliders, fully applianced kitchen, loads of counter space, tons of storage. Full finished basement, brand new heat and a/c system. **\$134,900.**

WEBSTER - 212 SCHOOL ST



Large 4 Family! 3 car garage! Off street parking. 2 bedrooms each unit! Walk-up attic with a lot of potential! Solar panels!! Fully Rented. **\$369,900.**

WEBSTER - 3 STEFANIAK AVE.



Cute 2 Bedroom Ranch! All hardwood Floors, gas Fireplace living room! 2 baths. Appliances included, 2 zone heat. Large deck! Young asphalt roof. Walk out lower living level, Town Water & Sewer, City Gas **\$219,900.**

WOODSTOCK, CT - 64 LYON HILL RD



Estate like long paved driveway! 3158 Sq Ft Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, W/leaded tub! Walk in closets. Two car garage. Radiused catwalk on upper level! A walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful property! **\$499,900.**

WEBSTER/OXFORD/DUDLEY/DOUGLAS



Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Possible potential for a 2 family to be built! Town Water, Sewer, City Gas! Nice level lot. **\$70,000**  
Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**  
Webster - 3 Lots Cooper Rd. Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! water/sewer access **\$129,400**  
Webster - 85 Upper Gore! View of the Lake. 1+ acre,artesian well, Septic Denner, Etc. **\$130,000.**  
Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. **\$99,900**

HOLLAND - 6 MAIDEN LN



A nice place to call home! Houses situated perfectly on the lot to promote privacy on this .44 acre Lot! 6 room 2 bedroom 1-1/2 Bath. 2 brick fireplaces! Furnace and roof approximately 6 years old. Plus a guest house! assisted sale **\$229,000.**

WEBSTER LAND - COOPER RD



Available 10,000+ sq. ft. of Land. Zoned Lake Residential. Potential to divide into 2 Buildable Lots. Town Water & Sewer Available. **\$49,000.**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



SORRY, SOLD!

WEBSTER LAKE - 118 POINT BREEZE RD

Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697+/- SF Lot, 50' Rd & Water Frontage at a Great Price! Contemporary Ranch offers 996+/- SF of living area w/2 BRs & 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/tremendous potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available. **NEW PRICE \$299,900**



SORRY, SOLD!

WEBSTER LAKE - 32 JACKSON RD

AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 det'd garage & 8x8 storage shed. Park like grounds! **New Price \$375,000**



# REAL ESTATE



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NMLS ID:2561. This is not an offer to lend or extend credit. Subject to underwriting approval





"I am fluent in Polish  
- Ja mowie po polsku"



**LAND FOR SALE**  
**11 ACRES**  
**Leicester**  
**0 Henshaw St.**  
**\$95,000**



**On Deposit**

**Dudley**  
2 Shine Ave.  
**\$475,000**



**Sold**

**Oxford**  
570 Main St,  
**\$310,000**



**Judy Colecchi**  
88 Lakeside Ave.  
Webster, MA 01570  
Licensed in MA & CT



**35 Lakeside Ave.**  
Webster Lake area. Attractive well kept 3brm, 2 bath cape located steps away from a neighborhood beach on Webster Lake for summer enjoyment or winter ice fishing? Features 2nd level master suite w/sitting room. 2 more brms on the main flr w/eat-in kitchen and living room. All appliance kitchen, washer/dryer included. Large lot w/deck and small fenced in area for a pet. Quiet neighborhood and minutes to Rt. 395 and shopping  
**\$269,900**



## Key Realty SERVICES

**Donna Morin Flannery, Realtor, ABR**  
415B Main St., Spencer, MA 01562  
c: 508-612-6771 f: 508-885-6047  
[DonnaFlannery@ERAKey.com](mailto:DonnaFlannery@ERAKey.com)  
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**CALL FOR A MARKET ANALYSIS**



**Webster:** Warm, Welcoming, Meticulous — One Level Living, Spacious Eat-In Kitchen With New Range, Hardwood Floors, Three Season Room, Garage, Buderus Boiler, Updated Electrical Service, Close To Highway, Shopping And Schools

**24 Normandy Ave - \$252,000**



**Dudley:** 4.1 acres, 5 room house, potential to sub divide land, town water & sewer available  
**71 Mason Rd - \$319,900**



**Woodstock:** 21 acres, Privacy, White Cedar Log Home, A Scenic Retreat, Proximity.  
**480 Route 197 - \$600's**





**Szymczak Sells**  
**ON DEPOSIT**

**Webster:** Unit 1, 2 Bedroom, Hardwood Floors, Gas Heat, Garage  
**17 Cutler St - \$119,900**

*What better way to say I Love You, than with a new home? Happy Valentines Day!*

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**SOLD**



**OXFORD, MA - \$234,900**  
44 Depot Road  
3 Bedroom, Ranch  
Recently Remodeled

**PENDING**



**WEBSTER, MA - \$288,900**  
90-A Sutton Rd.  
3 Bedroom, Raised Ranch.

**PENDING**



**DUDLEY, MA - \$248,500**  
5 Fairview Ave  
Under Priced, Needs Work

**FEATURE PROPERTIES**



**OPEN HOUSE SAT**  
Noon - 2

**For Rent Avail. 3/1**


**WEBSTER, MA - \$1350/Mo.**  
6 Summit Street  
3 Bdrm Apt., First, Last, Security. Completely remodeled, brand new appliances incl. W/D



**OPEN HOUSE SUN**  
12:30 - 2

**For Rent**

**WEBSTER, MA - \$1100/mo**  
56 Chase Ave, Apt #2  
2-Family, Completely Renovated



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## Open House Directory

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

**SATURDAY, FEBRUARY 15**

**WEBSTER**  
6 Summit St      A      Noon-2      \$1350/Mo      Re/Max Professional Associates/  
Patrick Sweeney 774-452-3578

**SUNDAY, FEBRUARY 16**

**NORTH BROOKFIELD**  
38 E. Brookfield Rd      S      11:30-1      \$339,000      Century 21 North East /  
Dorrinda O’Keefe-Shea 978-434-1990

**WEBSTER**  
56 Chase Ave      A      12:30-2      \$1100/Mo      Re/Max Professional Associates/  
Apt. #2      Patrick Sweeney 774-452-3578

*To have your open house listed in this directory.  
Please contact Patricia Owens 508-909-4135*





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**Jennifer Jackson**

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**Mary Scalise**

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LEGALS

**SECTION 00100  
ADVERTISEMENT FOR BIDS  
FISKE HILL WATER PUMP  
STATION CONSTRUCTION  
PROJECT**

Town of Sturbridge, Massachusetts  
Sealed bids for the Fiske Hill Water Pump Station Construction Project, for the Town of Sturbridge, Massachusetts, will be received at the Selectmen's Office for the Sturbridge Board of Selectmen, 308 Main Street, Sturbridge, MA 01566 until 2:00 PM on Wednesday March 4, 2020, at which place and time said bids will be publicly opened and read aloud.

The work includes providing and placing a Precast Concrete, Factory Built Water Pump Station at the site of the existing Fisk Hill Water Pump Station at 65 Whittemore Road, Sturbridge, MA. The work shall include all incidental work including, but not necessarily limited to: traffic management and temporary signage, pavement cutting and excavation, tree removal, site grading; modular block retaining wall; poured concrete footings and foundation for pump station; water line connections to the station; electrical connection to the pump station; new gravel driveway base and hot mix asphalt paving; pressure test and chlorination of water lines; activate and run pump test; etc. Each bid shall be accompanied by a

bid security in the form of a certified, treasurer's check, bid bond or cash in the amount of 5 percent of the value of the bid.

A pre-bid meeting will be held at 10:00 AM on Wednesday, February 19, 2020 at the Selectmen's Office for the Sturbridge Board of Selectman, 308 Main Street, Sturbridge, MA 01566. All prospective bidders are encouraged to attend. Drawings and other Contract Documents may be examined at the following:

Town of Sturbridge, Public Works Office, 69 New Boston Road Ext., Sturbridge, MA 01566

The Contract Documents may be obtained at Town of Sturbridge, Public Works Office, 69 New Boston Road Ext, Sturbridge, MA 01566, from 8 a.m. to 3:30 p.m., Monday through Friday upon payment of \$50.00 for each hard copy set, for the cost of copying. Electronic versions of the Contract Documents including Drawings will be available at no charge from the Town of Sturbridge Public Works Office, Tel 508-347-2515. There will be no refunded payment for Bid Documents. Contract Documents and plans will be mailed to prospective bidders upon request and receipt of prepayment of associated mailing costs. This amount is not refundable.

Both checks shall be made payable to Town of Sturbridge.

The successful bidder shall furnish a performance bond and a payment bond in an amount at least equal to one hundred percent (100%) of the contract price as stipulated in Section 00700.

The Owner reserves the right to waive any informalities or reject any or all bids. A bid which includes, for any item, a unit cost that is abnormally low or high may be rejected as unbalanced. The right is also reserved to accept any bid deemed to be best for the interest of the Town of Sturbridge.

The contract completion time for the project shall be 360 days commencing ten (10) days following effective date of notice to proceed.

No bidder may withdraw his/her Bid for a period of thirty days, excluding Saturdays, Sundays and legal holidays following effective date of Notice to Proceed.

Complete instructions for filing Bids are included in the instruction to Bidders. Minimum Wage Rates as determined by the Massachusetts Executive Office of Labor and Workforce Development (EOLWD) under the provisions of the Massachusetts General Laws Chapter 149, Section 26 to 27D, as amended, apply to this project. It is the responsibility of the Bidder, before bid opening,

to request if necessary, any additional information on Minimum Wage Rates for those trades people who may be employed for the proposed work under this contract.

The bidding and award of the contract shall be in full compliance with Sections 39M inclusive of Chapter 30 of the General Laws of the Commonwealth of Massachusetts as last revised.

TOWN OF STURBRIDGE,  
MASSACHUSETTS  
BY ITS BOARD OF SELECTMEN  
McClure Engineering, Inc.  
Charlton, Massachusetts  
February 7, 2020  
February 14, 2020

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

**TUESDAY, FEBRUARY 25**

PANCAKE SUPPER ON MARDI GRAS  
5 to 7pm at Grace Church 270 Main St, Oxford.  
Pancakes, sausages, juice, coffee and tea. We are joined by parishoners from St. Thomas, Auburn and Christ Church, Rochdale. We have been flipping pancakes on Mardi Gras since 1974, so we know how! So wear your beads and maybe a funny het and come on down! More info? caroll-ee54@charter.net

**SATURDAY, MARCH 14**

OPEN HOUSE  
at Hodgkins Building (Museum/RR/Art Guild/ Boy Scouts)  
108 School Street FREE 1:00-3:00

**FRIDAY, MARCH 21**

3RD ANNUAL JOHN PAIRE "BE BETTER" BASKETBALL TOURNAMENT  
Shepherd Hill Regional High School 64 Dudley-Oxford Rd. Dudley, MA 01571 Registration starts at 8:30am. Games begin at 9am. \$150 per team and \$40 for additional players. For more information contact us at johnpaire3on3@gmail.com. Visit our facebook page: Friends of John Paire Student Support Fund. All proceeds benefit the John Paire Student Support Fund  
Register by March 1 Grades 5 to 8 (Co-Ed), High School. Women, Men, Adult Co-Ed. \* This tournament is open to anyone who would like to participate

**TUESDAY, MARCH 24**

RE-ENACTMENT of signing of town bill and unveiling of Anniversary Quilt  
Senior Center, Pleasant Street. 6:30pm FREE

**SATURDAY, APRIL 4,**

ROARIN' TWENTIES DANCE  
at Sturbridge Host Hotel \$35, 5:00pm  
Tickets @EventBrite.com  
or at the library

**SATURDAY, APRIL 11,**

OPEN HOUSE  
at Hodgkins Building (Museum/ RR)  
108 School Street, East Brookfield 1:00-3:00. FREE

**SATURDAY, APRIL 18,**

HISTORICAL TALK - Ed Londergan - The First and Second Settlements  
East Brookfield Town Hall 9:30 FREE

**SATURDAY, APRIL 25**

TOWN WIDE CLEAN-UP DAY  
Meet at East Brookfield Town Hall 9:00

**SATURDAY, MAY 2,**

EAST BROOKFIELD NATURE WALKS  
at Pelletier Woods  
Howe Street, East Brookfield 2:00. FREE

**SATURDAY, MAY 9,**

OPEN HOUSE  
at Hodgkins Building (Museum/ RR).  
108 School Street, East Brookfield. 1-2:00 FREE

**SATURDAY, MAY 16,**

7K RUN AND FUN WALK  
Timberyard Brewery, East Brookfield  
10:0am. \$30.00 adults, \$15.00 kids

**SATURDAY, MAY 30**

HISTORICAL TALK - Ed Londergan - Murder in the Brookfields (Spooner / Newton Murders)  
East Brookfield Town Hall, 9:30. FREE

**SATURDAY, JUNE 6**

HISTORY & DESSERT  
at Podunk Chapel, East Brookfield  
2:00 & 3:30 seatings. \$5.00 pp

**FRIDAY, JUNE 12**

COAST GUARD BAND  
East Brookfield Elementary School, 7:00 FREE

**SATURDAY, JUNE 13**

OPEN HOUSE  
at Hodgkins Building (Museum/ RR)  
108 School Street, East Brookfield 1:00-3:00. FREE

**SATURDAY, JUNE 20,**

OPEN HOUSE  
at Camp Frank A. Day (archery, boating, basket-

ball, mini golf, lunch) Rain Date: June 21. 125 South Pond Road, East Brookfield. 11:00-3:00. FREE

**MONDAY, JULY 6**

SUMMER READING KICK OFF - EB Library - continues for five weeks.  
East Brookfield Town Hall. FREE

**SATURDAY JULY 25**

HISTORICAL TALK - Heather Gablaski - East Brookfield: 100 Years a Town  
East Brookfield Town Hall, 9:30. FREE

**SATURDAY, JULY 11**

INDEPENDENCE DAY CELEBRATION  
Parade & Fireworks  
Connie Mack Field East Brookfield

**SATURDAY, AUGUST 8**

OPEN HOUSE  
at Hodgkins Building (Museum/ RR)  
108 School Street, East Brookfield,  
1:00-3:00. FREE

**SATURDAY, SEPTEMBER 12**

PARADE AND FAMILY FUN EVENT!  
Route 9, East Brookfield.  
9:30 -7:00. FREE. Rain date Sept 13

**SATURDAY, OCTOBER 10**

OPEN HOUSE  
at Hodgkins Building (Museum/ RR)  
108 School Street, East Brookfield, 1:00-3:00. FREE

**SATURDAY, OCTOBER 24, 3:30**

BUS AND CEMETERY TOUR,  
ending in dinner at Podunk Chapel.  
Meet at East Brookfield Town Hall.  
\$15-\$20.00 pp

**SATURDAY, NOVEMBER 7**

HISTORICAL TALK - Guy Morin- Central Massachusetts during the Revolution  
East Brookfield Town Hall, 9:30 FREE

**SATURDAY, NOVEMBER 14**

OPEN HOUSE

at Hodgkins Building (Museum/ RR)  
108 School Street, East Brookfield, 1:00-3:00. FREE

**SATURDAY, DECEMBER 12**

HISTORICAL TALK - Ken and Tina Ethier - "Trolley Talk"  
East Brookfield Town Hall, 9:30. FREE

**SATURDAY, DECEMBER 12**

OPEN HOUSE  
at Hodgkins Building (Museum/ RR)  
108 School Street, East Brookfield, 1:00-3:00. FREE

ONGOING

MARIACHI BAND  
First Thursday of the month 5-8 p.m.  
MEXICALI MEXICAN GRILL  
Webster location  
41 Worcester Rd., Webster, MA  
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TRIVIA SATURDAY NIGHTS  
7:00 p.m. register 7:30 p.m. start up  
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LIVE ENTERTAINMENT FRIDAY NIGHT  
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THE CENTRAL MA CHAPTER OF TROUT UNLIMITED  
meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet.  
Auburn Sportsman's Club  
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SUMMER CONCERT SERIES  
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about 35 yrs old in sturdy condi-  
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• **1991:** LITHUANIA VOTES FOR INDEPENDENCE FROM THE SOVIET UNION.

a feeling of  
excitement  
associated with love

**GERMAN:** Zuneigung

## A stylized grey owl with large, white, dotted eyes and a black beak. It is holding a bow in its right talon and an arrow in its left. The owl is perched on a thick black horizontal branch. To the right of the owl, there are three small, dark grey heart shapes and a small branch with two leaves.

ANSWER: RED ROSE

# CRYPTO FUN

*Clue: Interpreting printed words*

Answers: A. books B. catalog C. alphabetize D. reading

5		9				6		8
		7					9	
4					6			
				2				
1	7	4					3	
	9				5		4	
7		8	6		1			
	4							6
	3	5		9	2	4		

**Level: Intermediate**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	3	5	7	9	2	4	8	1
9	4	1	5	8	3	7	2	6
7	2	8	6	4	1	9	5	3
2	9	6	3	1	5	8	4	7
1	7	4	8	6	9	5	3	2
8	5	3	4	2	7	1	6	9
4	8	2	9	7	6	3	1	5
3	6	7	1	5	8	2	9	4
5	1	9	2	3	4	6	7	8

**ANSWER:**



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Two to choose from  
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**2017 FORD ESCAPE SUV** NEW Retail Price: ~~\$32,475~~  
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#D10095V  
NEW RETAIL PRICE: ~~\$41,305~~  
**WHOLESALE PRICE: \$29,877**

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**WHOLESALE PRICE: \$17,377**

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**2019 CHRYSLER PACIFICA** NEW Retail Price: ~~\$34,650~~  
#D10391L • ALLOYS, LX TRIM, V6, PARKING SENSORS, BACK-UP CAM  
**WHOLESALE PRICE: \$22,577**

**SAVE \$12,100 OFF OF RETAIL PRICE!**

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**2018 NISSAN TITAN SV** NEW Retail Price: ~~\$38,470~~  
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**WHOLESALE PRICE: \$26,877**

**SAVE \$11,600 OFF OF RETAIL PRICE!**

**LIKE NEW 2017 HYUNDAI TUCSON SPORT SUV**  
#H1341V  
NEW RETAIL PRICE: ~~\$30,475~~  
**WHOLESALE PRICE: \$19,377**

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**SAVE \$11,100 OFF OF RETAIL PRICE!**

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