Running for a cause at Boston

BY KEVIN FLANDERS

STURBRIDGE—Each time Veronica Befford runs in the Boston Marathon, she carries her brother’s memory with her. Preparing for her fourth Marathon, she will once again run in his honor while advancing the cause of suicide prevention.

Befford, who is running as a member of the Samaritans Marathon Team, lost her brother to suicide in 2007. He was just 15 years old at the time. Eleven years later, Befford and her Samaritans teammates areout to make the community at large, our community for over 26 years

"Tonight, I'm bringing forward 20 good respondents from around the region and around the state, and we've provided fire training with informal groups and assistance of a senior center," Gaumond said. "Tonight, I'm bringing forward the name of Brother Western to fill the vacancy.

Western is a Tantasqua graduate and a resident of Warren who has most recently served as director of the senior center in Wales. Gaumond called her a standout candidate with Stellar roots who could fill the position with passion.

The town of Sturbridge has hired Heather Weston (left) as the new senior center director. She is in Senator Aren Goli, who won a reference for the town’s name.

(Credit photo)

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CAR BUYING TIPS

The NO TIME LIKE THE PRESENT theory. Almost every day is a good day to buy a new car or truck. We know that most new cars have targets in an effort kept the facotory moving. As inventory levels, market share, and consumer demand change the rebates and incentives change. A 30 day old car has a different incentive than what is at its highest right now. Depreciation is always eating away at the value of a used car. The other aspect to consider to the factory incentives when buying a new car: incentives can be a volatile thing and can change at the drop of a hat. Manufacturers like to make the markets very, very cheap. They adjust their strategies based on consumer trends.

Customers ask: Where is the best place to buy a Car or Truck?

The RIGHT answer: (PART 3) The NO TIME LIKE THE PRESENT theory. Almost every day is a good day to buy a new car or truck. We know that most new cars have targets in an effort kept the facotory moving. As inventory levels, market share, and consumer demand change the rebates and incentives change. A 30 day old car has a different incentive than what is at its highest right now. Depreciation is always eating away at the value of a used car. The other aspect to consider to the factory incentives when buying a new car: incentives can be a volatile thing and can change at the drop of a hat. Manufacturers like to make the markets very, very cheap. They adjust their strategies based on consumer trends.

Car show you how to take advantage of the current inventory or the desire to gain market share. High consumer demand change the rebates and incentives.

In conjunction with our Rummage Sale, Bethlem Lutheran Church and Fiskdale, 8 Maple St., Sturbridge will be holding its annual Spring Sale on Saturday, April 21 from 9 a.m. to 3 p.m. in the cafeteria. There will be a pre-sale on Friday, April 20 from 10 a.m. to 9 p.m. Great bargains to be had.

In conjunction with our Rummage Sale on Saturday April 21 only, we will also be accepting donations for a small fee. Receipts of all sorts will also be taken from 9 a.m. to 2:30 p.m. in the rear of the meetinghouse (parking area). This is a great opportunity to start spring cleaning and to recycle.

5K WALK & RUN

The 10th Annual Country Bank/Brimfield Trail Association SK race and walk is scheduled April 28. Race starts at 9 a.m., walk starts at 9:30 a.m. at Stonebridge Park. Registration ends Friday, April 27 at 5 p.m. at Stonebridge Park, 10 Main St., Sturbridge. For more information, call 508-347-2512. The library is located at 306 Main Street in Sturbridge.

The 10th annual Easter Sunrise Service will be held at the Meetinghouse in Old Sturbridge Village on Sunday, April 1 at 6:00 a.m. This beautiful setting and joyous service is a wonderful way to cel- ebrate the Risen Christ on Easter morn- ing! A free will offering will be taken to benefit those in need through St. Vincent de Paul Emergency Assistance with locations in Southbridge and Sturbridge. The Easter Sunrise Service is an ecumenical event spon- sored by local churches from Charlton, Southbridge, Sturbridge. Please enter through the main gate and proceed to the meetinghouse, garden and music in the church. This service is free and open to the public. For more information, call Chris McGuire at 508-246-6782.

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The new behavioral health center is located in Putnam.

Financial literacy a goal in schools, promoted by legislation

Harrington HealthCare System is expanding its access to behavioral health treatment by opening a new office in Putnam, CT.

Located at 17 Kennedy Drive, the building will offer adult recovery services and child and family counseling.

“We recognize that patients across our region continue to face serious challenges with health and substance use treatment,” said Harrington vice president and chief operating officer, Greg Mäder. “We are happy to be in a position where we can expand access to addiction recovery counseling, medication management and therapy programs.”

The building is expected to open April 1 and will be staffed by several mental health and recovery clinicians, as well as Dr. Lowell Kendall, who spent the last three years as a child and family psychologist at Day Kimball Hospital.

Patients interested in making an appointment can call (860) 223-2997. Recovery Services will offer individualized and over intake evaluations, therapy groups, and medication management.

If you find a mistake, call (508) 909-4140 during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your call.

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KEVIN W. POWERS, of Millville, is announcing his candidacy for United States Congress, 2nd Congressional District.

Powers is running on a platform of term limits, better jobs, protecting Social Security for seniors, and low cost and renewable energy independence within 15 years. He is also a proponent of animal welfare.

“As a small business owner, I create jobs. When I get into Congress, I will work to ensure that the government doesn’t get in the way of small business- ers to create jobs for our neighbors,” said Powers.

Kevin is a strong supporter of term limits stating that, “Congress has a 15% approval rating, but a 95% re-election rate.”

Kevin will be visiting your community soon and he looks forward to meeting you and your neighbors.

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MassHousing announces down payment assistance program

Friday, March 30, 2018

BOston – MassHousing announced the launch of a new down payment assistance program designed to lower the barriers to achieving homeownership for first-time homebuyers. MassHousing’s new down payment assistance program will allow all Boston’s first-time homebuyers to finance up to 100 percent of the purchase price of their first home.

MassHousing is now the only entity offering a down payment assistance program for low-, moderate- and income-eligible borrowers in greater Boston, Massachusetts, and the only entity in Massachusetts offering a sustainable, conventional mortgage product allow-

Real Estate Transactions

STURBRIDGE $240,000 370 New Boston Rd, Diverrer, Builders Inc, to A. Sanabria.
$385,000 10 Apple Hill Rd, Audet, Robert H, and Audet, Michael A, to J. Libby.
$429,900 375 New Boston Rd, Diverdi Builders Inc, to M. McHale.

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Can I just sell my home AS IS?

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Central Mass South Referral Group announces quarterly speaker series

- **Monday, April 16, 2018**

  **Speakers**

  **Robin Samora**

  **Topic:** The 2018 quarterly speaker series begins with coffee and networking at 7:30 a.m. followed by Robin Samora's presentation: "Can Get You More Customers, Sales and Profits."

  **Schedule**

  1. **7:30 a.m. - 8:00 a.m.** Coffee and networking
  2. **8:00 a.m. - 9:00 a.m.** Robin Samora's presentation

  **Content**

  - The meeting will be at The Barn at Wight Farm, 43 Main St., Sturbridge. Robin's presentation will include:
  - A user-friendly roadmap to enhance her free publicity strategies
  - Robin creates a "/testing" campaign and promotional ideas that will help you build your target audience, eager to buy.
  - "Can Get You More Customers, Sales and Profits." 

  **Contact**

  To register, contact Dennis McCurdy at (508) 347-9343 or mccurdydenn@verizon.net. For more information, visit: Sturbridge.org.

  **Notes**

  - This meeting is open to all local business owners and managers. An entrance fee of $15 will be charged to cover the costs of food and drink. The fee is non-refundable.
  - Attendance is limited to 25 participants to ensure a more personal learning experience. Registration is on a first-come, first-served basis.
  - To register, please call or email the organizer.

  **Additional Information**

  - For more information, visit Sturbridge.org.
  - To register, contact Dennis McCurdy at (508) 347-9343 or mccurdydenn@verizon.net.

- **Monday, April 23, 2018**

  **Speakers**

  **Robin Samora**

  **Topic:** "Create and promote your own media coverage for an unparalleled ROI."

  **Schedule**

  1. **7:30 a.m. - 8:00 a.m.** Coffee and networking
  2. **8:00 a.m. - 9:00 a.m.** Robin Samora's presentation

  **Content**

  - Robin Samora's presentation will include:
  - "Create and promote your own media coverage for an unparalleled ROI."
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Nursing program ranked one of best in New England

Trinity Catholic announces honor roll

Charlton – Cautly Jacobs, out-
reach coordinator for PracticalNur-
ing, an nursing advocacy organization that pro-
motes the growth of nurs-
ing professionals through education, recently an-
nounced Bay Path REVHS Practical Nursing Academy is ranked as the number five practical nursing school in the state of Massachusetts. The ranked top 16 practical nursing programs in Massachusetts focusing on how well a program sup-
ports students towards licensure and success. The Program for Practical Nurses rate pass rates for the previous five years were anal-
alyzed and weighted by year. Bay Path received an overall score of 98.10. A final list to secure the top five practical nursing school for being the number five in the state of Massachusetts.

For more information about Trinity Catholic in Charlton, contact Charles Congdon, Principal at (508) 791-9782.

Bay Path Practical Nursing Academy says they are pleased to have reached your outstanding accomplishment. Congratulations to our entire team on this outstanding accomplishment.”

Bay Path Practical Nursing Academy

The Bay Path Practical Nursing Academy is fully approved by the Massachusetts Board of Registration in Nursing, Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing. Bay Path Practical Nursing Academy is accredited by the Accrediting Commission on Occupational Education.

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Local actor hangs with Shaq in commercial

By Sarah Champagne

Nick Austin is a local kid who grew up in Southbridge and graduated from Bay Path in 2012. In his senior year of high school, he was voted class clown and loved the natural ability to entertain and make people laugh.

“I’ve always been told to make them laugh,” says Austin. Although this wasn’t always possible due to the demands of school, Nick Austin has been actor and has been in many films, as an extra or in a minor role.

Starred in national commercial. One of his biggest breaks came recently when he was cast in a commercial for Carnival Cruise Lines alongside basketball legend Shaquille O’Neal. “He was a good person, just a normal guy. We had a good time, just having fun and mixing with each other between takes,” remarks Austin of the athlete he now knows as Shaq.

Austin has also met with and worked with other celebrities along the way including Ben Affleck, Kevin Hart and Zach Braff. “I feel very friendly with everyone that I’ve met so far. The process of being cast in the current Carnival Cruise

Lives commercial went at a fast pace. Austin says he felt the heat on Monday too. He had an audition for them Wednesday where his job was to call back and he had won the part. He went to the producer’s offices in Atlanta where they told him he would be in a Carnival Cruise commercial with Shaq. Fifty days later...

“It was a great experience for sure,” says Austin. Austin says the typical workday shooting a commercial begins at 6 a.m. For the Carnival ad, all they had to do was to wrap up by 9 a.m., when most cruise ships leave harbor. Austin is now a working actor with a steady stream of potential projects, and he is excited about the future.

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SOUNDING OFF: it ends now

A few years ago, before the advent of social media and the widespread use of the Internet, you might have had a hard time finding a person who didn’t want to talk about their problems, who didn’t want you to know just who it was that was writing, or who didn’t want you to know what they were “on the up and up” for one thing or another, but who simply preferred to have you guess what they claimed to be. So it was when we let you do about their information. We couldn’t ask that there be such a written statement of information, and of course we couldn’t ask for it to be balanced as possible on all fronts. We were always a bit concerned, and makes us a bit more responsive.

One more note, while debating the recall this week, I think the Amendment rights of various groups deserve to be considered, for example the right to demonstrate Children Who Have Died. Who, other than the nearest and dearest, will have the rights to do so?

Every one of the towns served by a private sewage company, and making sure we are in good working order, and if anything should be expanded in any manner. We are very concerned that we are not.

We can’t condone the words to conduct business. We do not want to do business with the sewer service, who must get to work, to health services, to have an easy time for a long time. We cannot make this list in a hurry, our sewage system, rural areas still must not have regular supervision, and a test of sewage, and it was not expanded not contracted.

It is time to change our minds about Charlie.

SOUND OFF!

Sound Off! I agree

Just finished reading the Letter to the Editor and answering to what I thought was “just for fun.”

Thank you for writing this article. It has been on my mind for a long time, and I was glad to see that I was not alone in feeling that. I am old now, but when I think about it, I am just as much of a town that I lived here all my life. And I know that I am not the only person who feels this way. And I have been brought in things in all has been given to me, but it is okay. I believe me, I have nothing against them except that I am not sure that I believe me. I am afraid of going out. I am afraid of going to sleep. So, I am afraid to be alone.

To the Editor:

Nineteen chapters of the First Congregational Church of Brimfield, Inc. recently voted to build a new facility and expand the property of the Brimfield United Church to use as a Senior Center. In October 2017, a group of the Friends of the Brimfield Center, Inc. and the Universalist Unitarian Church of Brimfield, Inc. met with the Church to present a project that would be a valuable addition to the property of the Church, allowing an expansion of services to our community.

The Friends agreed, and soon thereafter, a request for a proposal was donated for this project. Unfortunately, disposal regard- ing this project soon arose within theFriends organization, and at the end of February, a decision was made that this project was not in line with the “Building the Community at this time” and to continue the “Building the Community at this time”.

Crumbling home foundations: are you affected, and can I help you?

As you may have heard, thou sdounds like the Brimfield Community has been dealt an unluck- y blow. The home foundations and basements have begun to crack due to the result of a mine collapse in the mineral in the concrete mix degrading over time in the Brimfield area.

It has come to my attention that the Brimfield Community, and that of several of my con- stituents who are affected, is not an anomaly. We have an all-too-common image, described as spider or web-like cracks, that is an indication of degradation when exposed to water from the mines. I have found a number of concrete in question originated from the same quarry and supply company, J.M. Motte & Sons and Septic Maintenance. It is believed an estimated 3,000 homes in Connecticut are affected.

We cannot allow this to continue. For far too long we, the people of the United States, have been focusing our attention elsewhere in the world than the world of 15 years ago. The idea of a cut in services fund transportation services out here. I have spoken to others who have been similarly affected, and fear that the mine- ing community is too large to be ignored.

While we who drive Massachusetts highways and byways continue to pay higher prices than homeowners in other states, a different editor might not agree and would take offense with us. Our editors, we allow this to continue. While we who drive Massachusetts highways and byways continue to pay higher prices than homeowners in other states, a different editor might not agree and would take offense with us.

To the Editor:

As a clergy local to the Brimfield area, we are writing in support of the proposed fireworks events taking place on March 30, 2018, in the town of Brimfield, and across the country. For far too long we have been out of the survivors of the 2007 to 2009 economic downturn. Concerns about the health and safety of family members are a concern to us. We feel that a community-based, school-based approach to promoting health and safety prior to school shootings come to mind. We can say “enough is enough.”

Unfortunately, there are many who are unable to accept their responsibility for their actions, and continue to harm our fellow citizens. We support the efforts of the Brimfield community and encourage gatherings for those who are affected by the ongoing conflict. We also support the efforts of the Brimfield community and encourage gatherings for those who are affected by the ongoing conflict.

The Rev. REBECCA BEAN, Friend Church, AMERICAN RAPPERT & DCC
The Rev. RON Lang, Central Baptist Church, AMERICAN RAPPERT
The Rev. JANET LEEHART, New Hope UCC
THE REV. KATHLEEN LAGUARD, St. Peter’s Parish, RENAISSANCE
THE REV. PETER PRESCOTT, St. John’s Episcopal Church, AMERICAN RAPPERT
THREE FRIENDLY CHURCHES (The Rev. Dan Stroup, First United Methodist Church in Brimfield)

Newer investors, don’t panic if bear market returns

If you’re in your twenties or thirties, you might be starting to focus more on investing to reach your financial goals. But the market has a way of being unpredictable. When a bear market hits, your portfolio may feel like it’s lost value. As you might be thinking, you’ve already experienced the full market cycle of the past nine years, so why are we bothered?

We cannot allow this to continue. Bear markets don’t affect all invest- ments equally. If you only own U.S. stocks, you might be feeling a bit of pain. Bear markets may provide good buy- ing opportunities. When stock prices are down, there is a good chance that you might be able to take advantage of low prices. But a full-fledged bear market usu- ally ends up affecting all investments equally. This sudden increase in bad news and remained many investors, even those who have invested in the financial markets can be.

But what about the people who have not yet

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Spring Home & Auto
Young singers take the stage at Bartlett

WEBSTER – The T-shirts on sale at Bartlett’s Junior High Show Choir Festival Saturday pretty much said it all: “Warning: This person may start to sing and dance at any time.”

Of course, that was the whole point. For several hours, kids from six school systems – Webster, Charlton, Dudley, Windham, Randolph and Tantasqua – got on stage to show off their stuff in half-hour sets, displaying an impressive range of talent.

From Tantasqua’s Atlantis-based set looking at hubris and redemption to Charlton’s Olympics-themed production to Windsor’s (each included) from “The Descendants,” the show choirs clearly had fun while wading into a wide range of themes.

Afterward, Bartlett’s own Impressions choir gave them a taste of what they all could become in a few more years – a regional gold-award-winning and national third-place choir, with more ahead of them.

The final result: Grand champion was Dudley Middle School, first runner up was Charlton Middle School and second runner up was Tantasqua Middle School.

Soloist Madelyn Parker of Charlton belts out part of “The Climb,” with its notable chorus “It ain’t about how fast I get there. / It ain’t about what’s on the other side. / It’s the climb.”

Charlton’s Mirage choir gets into the groove of “Work This Body.”

A victory declaration from Charlton.

Dudley’s kids switched back and forth from black, white and gray to the bright colors seen here, reminiscent of TV’s own change to color and the teenager’s discovery of love.

Emily Brill of Dudley solos in “If the World Only Knew.”

Mya Harnois, who had just finished soloing in “We Are Broken,” and her colleagues in Tantasqua’s Maestros choir lament the disaster that is befalling the once-great Kingdom of Atlantis.

The kids depict Atlantis at its nadir in Tantasqua’s music.
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How will you pay for retirement? Let’s talk.
Delgado’s all-around effort leads to victory and MVP in SWCL All-Star Game

The Southern Worcester County League girls’ basketball all-stars, along with their respective coaches.

Sports Briefs

Brimfield Trail Association’s 5K Race and Walk set for April 28

The 10th annual countrybank 5K Run and Walk is set for April 28, with the race starting at 9:30 a.m. and the walk beginning at 9:35. Please register online at www.BrimfieldTrail.org. The 5K is a paved, grass-covered trail along the Millbury River in Brimfield. The race entry fee is $20 if registered by April 18 and $25 on the day of the race.

Sturbridge American Legion holding baseball signups

Baseball players interested in playing Sturbridge American Legion Baseball in the 2018 season are invited to sign up for tryouts. Tryouts are scheduled for May 15, 20, 24, and 26 from 6:30 to 9 p.m. at the Sturbridge Legion Field. Tryouts are open to players in grades 6-12. All players that live in Sturbridge and/or attend Sturbridge schools are eligible to try out for the Sturbridge American Legion baseball team. Tryouts may also be eligible to play. Your coaches will contact you with further details. For more information, contact the tryout manager, Jim Russell, at 508-253-1784, or email jrnwrc45@hotmail.com or Coach Ray Sullivan (508) 736-7770. Email ray_sullivan2@comcast.net.
SPORTS

Determined Owusu shines at SWCL All-Star game, wins MVP

The Southern Worcester County League All-Stars before their game.

After the run the Home Team, which led 54-51 at halftime, led by double-digits the rest of the way, its largest lead being 36-points, 89-53, on a 3-pointer by Paddleford with 13 minutes to play.

The Away Team, which drained 15 3-pointers, was led by Southbridge High senior Jabez Figueroa, who scored 21 points (two 3-pointers), grabbed eight rebounds, dished out eight assists while Uxbridge High’s Kyle Embry added eight points (two 3-pointers), grabbed eight rebounds, dished out eight assists.

Determined Owusu shines at SWCL All-Star game, wins MVP

The Bay Path Regional baseball team’s eighth annual Chili Chowdown will be held on Sunday, April 8 from 4 to 9 p.m. in the school cafetria. The Chili Chowdown is run by the baseball team to offset travel fees, so no weekly commitment. Come out for some friendly competition. Must be 18 years of age or older. Please contact Deb at (508) 248-3600 or mzd531@charter.net for more information.

There will be women’s jack-up basketball happening at the Heritage School gym from 7-9 p.m. on Friday evenings based on school schedule until June. There are no set teams and no fees, so no weekly commitment. Join in for some friendly competition and exercise. Must be 18 years of age or older. Please contact Deb at (508) 248-3600 or mzd531@charter.net for more information.

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This All-Star Game, and the girls game which preceded it, were organized — for the second year in a row — by Victor Colon, the Southbridge High boys’ varsity coach.

“I thought it went great,” Colon said. “I’m doing this for the kids so they have a chance to play together and play with the other guys. They seem like they’re having fun, so why not keep doing it.”

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Calculation of the Volume of a Sphere

Given a sphere with radius \( r \) and volume \( V \), the formula to find the volume of the sphere is:

\[ V = \frac{4}{3} \pi r^3 \]

Where \( \pi \) is approximately equal to 3.14159.

To find the radius of the sphere given the volume, we can rearrange the formula:

\[ r = \sqrt[3]{\frac{3V}{4\pi}} \]

Example:

Find the radius of a sphere with a volume of 100 cubic units.

\[ r = \sqrt[3]{\frac{3 \times 100}{4 \times 3.14159}} \approx \sqrt[3]{25.1327} \approx 2.90 \text{ units} \]

Therefore, the radius of the sphere is approximately 2.90 units.
Events at Buffumville for spring

Sunday, April 29

Monday, March 31
7:30 p.m. Eric Eames presentation. A Walk through the Allens Pond Preserve. Meeting: 6:00 p.m. Leader: Angela Larsen. Contact Hitchcock for more information.

Tuesday, April 3
ART GROUP: Participants enjoy time with a master artist to explore a new subject or theme. Participants are encouraged to bring their own supplies and enjoy! Free Will Donations are welcome. Time: 11:00 a.m.-1:00 p.m. Contact Hitchcock for more information.

Movement & Music: This free program for pre-schoolers and their parents explores ideas and concepts. Space is limited to 20 kids and 1 parent. Participants should be ready to move and sing. Free. Registration required. Time: 10:30 AM-11:30 AM. Contact Hitchcock for more information.

Wednesday, April 4
April 1, 4, 9, 11, 13, 16, 18, 21, 23, 25, 28, 30
Howarth Road, Oxford. CALLING ALL RESIDENTS! Spring is here! The USACE is requesting your help with planting as many 6’X6’ plots of wildflowers. And for this, your plot will be marked off for you. No registration required. Cancelled if weather is poor. Wearing appropriate clothing and sturdy shoes. Meet at MF&W headquarters, 40 Old Oxford Rd., Oxford, MA 01256. Contact Anne Howarth, 508-248-5697. Free tour. Moderate; many stairs within the tour. Questions? 508-248-5697. Free tour. Moderate; many stairs within the tour.

Thursday, April 5
FAMILY FOUNDATIONS 5 STEM: This program for children of all ages introduces the science, technology, engineering, and mathematics (STEM) concepts that we consume daily, are at risk of losing or becoming obsolete, and our dependence on. Time: 9-11 AM. Fee: $50. Instructor: Karen Merritt, M.Ed., Certified K9 NoseWork® Instructor. Contact Hitchcock to register.

TUESDAY, APRIL 3
ART GROUP: Participants enjoy time with a master artist to explore a new subject or theme. Participants are encouraged to bring their own supplies and enjoy! Free Will Donations are welcome. Time: 11:00 a.m.-1:00 p.m. Contact Hitchcock for more information.

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Friday, April 6
Humorous. The routines feature aerobics; fitness; strength training; fun and fast 45-60 rhythms that tone and sculpt. Time: 6:00 p.m. Contact Hitchcock for more information.

PARKING & TELEPHONE NUMBERS: Remember, parking will be available in the lot behind the Town Hall. The phone number is 508-248-5697. Please call if you have any questions- 508-248-5697, X399. Students and parents may also call Karen Osborne, email: kareno@winyra.com, phone: 508-248-5697. Free tour. Moderate; many stairs within the tour. Questions? 508-248-5697. Free tour. Moderate; many stairs within the tour.

Sunday, April 7

FAMILY FOUNADATION 6 STEM: This program for children of all ages introduces the science, technology, engineering, and mathematics (STEM) concepts that we consume daily, are at risk of losing or becoming obsolete, and our dependence on. Time: 9-11 AM. Fee: $50. Instructor: Karen Merritt, M.Ed., Certified K9 NoseWork® Instructor. Contact Hitchcock to register.

Saturday, April 7

Saturday, May 5

Wednesday, May 9
3:00 p.m. at the MF&W headquarters. Corps of Engineers is requesting your help with planting as many 6’X6’ plots of wildflowers. And for this, your plot will be marked off for you. No registration required. Cancelled if weather is poor. Wearing appropriate clothing and sturdy shoes. Meet at MF&W headquarters, 40 Old Oxford Rd., Oxford, MA 01256. Contact Anne Howarth, 508-248-5697. Free tour. Moderate; many stairs within the tour. Questions? 508-248-5697. Free tour. Moderate; many stairs within the tour.

Thursday, May 3
Kids and adults can come to Buffumville Dam during School Vacation week to learn and practice some basic fishing techniques for their own use. Doors are open for an exclusive tour, inside and out. The USACE will supply: the basics on how and why to fish, supplies to use, and the rules and regulations on April 10 at 10:30 AM at the MF&W headquarters. Corps of Engineers is requesting your help with planting as many 6’X6’ plots of wildflowers. And for this, your plot will be marked off for you. No registration required. Cancelled if weather is poor. Wearing appropriate clothing and sturdy shoes. Meet at MF&W headquarters, 40 Old Oxford Rd., Oxford, MA 01256. Contact Anne Howarth, 508-248-5697. Free tour. Moderate; many stairs within the tour. Questions? 508-248-5697. Free tour. Moderate; many stairs within the tour.

Sunday, May 6

Tuesday, May 8

Humbled to be recognized

Friday, May 18

Saturday, June 2

Sunday, June 3
SOUTHBORO, MA — A new group of young musicians is embarking on its first journey to the Berklee College of Music in Boston, MA. The group, composed of local musicians, aims to bring the beauty of music to the lives of children, and eventually, the community at large. The group is called Berklee on the Road, and its mission is to promote music education through performances. The group is supported by a local non-profit organization, which helps fund the group’s travels and performances. The group’s first performance will be held at the Southborough High School, where the group will perform for students and faculty, and the general public. The group’s goal is to inspire young musicians and to encourage them to pursue their passion for music. The group’s members are all local musicians and the group is led by a professional musician. The group is open to all interested musicians and is looking for new members. The group meets in the morning of the tour. More information can be found on the Berklee on the Road website. https://www.berkleelontheroad.com.
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CONCORD — Replacement of damaged roadway joints on the Sagamore Bridge spanning the Cape Cod Canal in Bourne is scheduled to start on April 2 and continue through about May 28, according to the Army Corps of Engineers, New England District officials.

During the scheduled times for work, travel over the Sagamore Bridge will be reduced from two lanes in each direction to ONE WIDER 12-FOOT LANE IN EACH DIRECTION. State and local police will be on duty at all times work is being performed to assist the motorist public.

Motorists planning to use the Sagamore Bridge during this timeframe should be aware that travel delays are likely to occur during the morning and afternoon peak travel periods each day. The $1,695,000.00 contract for replacement of damaged and worn roadway joints was awarded to B & Zoppo Corporation of Brighton. The contractor will mill work seven days a week with double shifts in order to complete this work prior to the peak summer travel season. Additionally, similar work on the Bourne Bridge is scheduled to be conducted in the fall of 2018. Bourne Bridge work is scheduled to start on August 28 and continue through about October 8.

This bridge work is critical to maintaining the structural integrity of the bridges, which are a vital component to the transportation system of Cape Cod, the islands and southeastern Massachusetts.

Work will include the replacement of bridge joints on the roadway, repair of corroded steel and concrete support at the affected joints, patching of damaged pavement surfaces, and replacement of deteriorated waterproof membranes along the roadway curbs. In addition, USACE work crews will conduct various periodic maintenance activities on the bridge parapet and structure.

Traffic signs, message boards and bridge work alert signs will be used to help inform motorists about pending lane restrictions and bridge work. To sign up for the Bridge Work Alerts, send an email to CapeCodSagamoreBridgeAlerts@usace.army.mil or visit the District website at http://www.nae.usace.army.mil. To receive an email alert when there is a major change to the Operation of the Sagamore Bridge, sign up for bridge work alert emails send an email to CapeCodCanalBridges@usace.army.mil.


Keep your lawn green and healthy all season long

A healthy lawn is your best defense against lawn diseases and other problems. But when the weather favors the disease more than your lawn, problems can occur.

Reduce the risk of disease by keeping your lawn healthy. More hay to encourage deeply rooted grass that is more drought tolerant and resistant to disease problems. But when the weather favors the disease more than your lawn, problems can occur.

Avoid high nitrogen quick release fertilizers that promote high succulent growth that is more susceptible.

Follow the proper time and amount of fertilizer at the proper time to limit the risk of disease. Regular fertilization three to four times per year will produce results since most soils don’t need additional nitrogen nutrients for optimal growth.

Avoid high nitrogen quick release fertilizers that promote healthy succulent growth that is more susceptible to disease.

Follow the proper time and amount of fertilizer at the proper time to limit the risk of disease. Regular fertilization three to four times per year will produce results since most soils don’t need additional nitrogen nutrients for optimal growth.

Fertilizer for a Healthy Lawn

SEASONAL LAWN DISEASE GUIDE

COOL SEASON GRASS

FEB MAR APR MAY JUN JUL AUG SEP OCT NOV

SKOW MOLD

BIRCH PATCH

DOLLAR SPOT

LEAF SPOTS

RUST

FEBRUARY

Although the weather usually at this time of year is too cool for most fungal disease problems to be present, it is still important to watch for signs of disease. Fungi that look like mold grow on the grass blades for months and may cover the entire lawn.

Watch for dollar size circular gray to straw colored areas of dead grass caused by snow mold. Use a leaf rake to lift the matted lawn, remove leaf litter and reduce the risk of this disease. Keep mowing throughout the fall and avoid heavy fertilization late in the year.

Monitor lawns for Brown Patch when temperatures and humidity rise and grass remains wet for long periods of time. Infected lawns will have somewhat circular leafy patches of thin green grass. Look for a brown or grey patch with a central tan margin that may turn white in totally covered areas. Check grass blades for small irregular brown or red-brown lesions before the buds on the grass blades Avail Heavy of fertilization. Avoid high nitrogen slow release fertilizer in the fall.

March

Look for dollar size 6 to 8 inch diameter spots of blemish or light tan grass. Eyesight Dollar Spot. Infected lawns have bleached or light tan margins that may turn white in totally covered areas. Check grass blades for small irregular brown or red-brown lesions before the buds on the grass blades. Avoid heavy fertilization. Avoid high nitrogen slow release fertilizer in the fall.

April

Stay alert for leaf spot disease. Avoid lawn fertilization late in the afternoon and early evening.

Garden Moments

May

If you discover a disease problem your fine lawn may become more Susceptible with collecting and dis- seeding diseases. But with disease-resistant grass varieties you can manage and monitor your lawn throughout the growing season. Discovering problems early means better results with less effort on your part.

Melinda Myers has written over 20 books, including Supercuts for Gardens and the Perfect Lawn series. She hosts The Great Courses “How to Grow Anything” and the nation’s syndicated Garden Moment TV & radio segments. Myers is currently a columnist and syndicated Melinda’s Garden Moment TV & radio segments. Myers is currently a columnist and syndicated Melinda’s Garden Moment TV & radio segments. Myers is currently a columnist and syndicated Melinda’s Garden Moment TV & radio segments. She is the former Director of Animal Welfare and Birds & Blooms magazine and was commissioned by Melinda for her exper- tise to write this article. For more information, visit www.melindamyers.com.
New Englanders grow up with fond memories of maple sugar candies and fresh maple syrup on the table. Local maple syrup is as much an emblem of the New England experience as lighthouses, foliage and covered bridges.

Local historian Dennis Picard knows a lot about the history of maple syrup in New England. He has worked for decades in the living history field, including as curator at Old Sturbridge Village and Sterlington Village Museum, and with various historical societies. Picard has also reviewed film scripts and historical novels for accuracy. He currently teaches a class at Western State University on museum studies and historic site interpretation.

Picard visited the Southbridge Historical Society, March 14, and gave an engaging history of maple syrup production in the region, running through various periods: first by the French in 1560 when they observed the McKigan processing maple syrup. Over time, Native Americans and Europeans traded tools and materials that refined the way maple sap was processed.

The first written description of maple sugar processing is believed to be an account by the French in 1680 who needed to create maple sugar products because it was unsalable in England.

Around the 1780s groups such as the Quakers had begun to promote the cause of anti-slavery in order to hold because cane sugar was produced by slaves in the West Indies. Having maple products at this time was seen as a way to promote the social welfare of others.

Maple sugar production increased through the Civil War, and then declined sharply during the Industrial Revolution because the time needed to create maple sugar products became an unappealing prospect to farmers in this new era. However, with the increase in mobility from steam engines and other advances in transportation, maple sugar products became a valuable tourist product. The Industrial Revolution also resulted in romanticizing and nostalgically for rural life that increased the appeal of maple sugar, syrup and candies.

Some of the spouts, or spiles, were patented for decades in the living history field, including as curator at Old Sturbridge Village and Sterlington Village Museum, and with various historical societies. Picard has also reviewed film scripts and historical novels for accuracy. He currently teaches a class at Western State University on museum studies and historic site interpretation.

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Happy Easter

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Welcome Spring

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1100 Elm St.
Leominster, MA
800-581-2780 (Ext. 104)

SATURDAY, APRIL 14
REICHER AUCTION
915 Putnam Pike (Rt. 44)
Worcester(Worc): Bk 42970, Pg 274

SATURDAY, APRIL 21
INNOVATION, INC.
www.salemcrossinn.com
508-867-2345

SATURDAY, APRIL 28
ROADHOUSE RUGS SAT.
Every Sunday at 11:00 a.m.
Open to the public.

TRIVIA TUESDAYS
at 7:00 p.m.
Cash prizes.
50 Elm St., Auburn
508-832-6492

TRIVA SATURDAY NIGHTS
7:00 p.m. register
3:30 - 6:30 p.m.
HILLCROFT COUNTRY CLUB
325 Bower St., Lenox,
508-520-9122

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HUGE MEAT RAFFLE
Freddy’s Diner, Auburn
Early Entry: 7:00 p.m.
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Easter is one of the most important days of the year for Christians, and this Sunday is filled with symbolism and tradition, some of which harken back to early Christianity while others trace their origins to paganism. The Easter Bunny and Easter eggs are two Easter traditions with long histories among Christians, according to sources including History.com, first arrived in America in the 1700s via German settlers who brought with them their traditions of an egg-laying hare called “Osterhase.” Children would make nests where the rabbit could lay its colored eggs. Eventually, the custom spread from Pennsylvania, where many German immigrants settled, to other areas around the country. Eggs are symbolic of new life and rebirth in many cultures. Early Christians, for example, represent the resurrection of Jesus Christ.

Another theory suggests that Christians were once forbidden to eat during the Lenten season preceding Easter. Therefore, Christians would paint and decorate eggs for Easter to mark the Jesus celebration and consume them during Lent. Even though these traditions have endured, egg decoration might not be as strong this year. Easter crafters may want to experiment with different materials that are more forgiving and more enduring than standard eggs.

WOODEN EGGS

Families may find that wooden eggs are more forgiving than standard eggs. Wooden eggs don’t have to be boiled, and they don’t need time to harden, and they’re far more maneuverable with the sweet potato mixture, 1/3 of the sweet potato mixture, and set the skillet aside. 32 ounces loose breakfast sausage or crumbled Italian or French bread occasionally to help the finish. Add the eggs, milk, salt and pepper. Pour the egg mixture, 1/3 of the bread in the dish. Repeat 2 times. Set aside. In a large bowl, whisk together the eggs, milk, salt and pepper. Pour the egg mixture, 1/3 of the bread in the dish. Repeat 2 times. Set aside. In a large bowl, whisk together the eggs, milk, salt and pepper. Pour the egg mixture, 1/3 of the bread in the dish. Repeat 2 times. Set aside. In a large bowl, whisk together the eggs, milk, salt and pepper. Pour the egg mixture, 1/3 of the bread in the dish. Repeat 2 times. Set aside. 10 ounces croutons or another soft material. Ribbons, rhinestones or other soft materials can add a touch of whimsy. Check out www.sew4home.com for their ideas on hand-sewing fun and creative ways to color wooden eggs. Acrylic paints are readily available and add a few strokes of any age. Wood stains or wood markers also can be used to give the eggs a natural finish. Others may want to rip small pieces of decorative paper to create a decoupage effect on their wooden eggs. Wood stains or wood markers also can be used to give the eggs a natural finish. Others may want to rip small pieces of decorative paper to create a decoupage effect on their wooden eggs.

SEW SOFT EGGS

Those who have a handy with a needle and thread can explore patterns for creating soft, stuffed eggs. Cozy fleece touches can personalize the eggs and sew4home.com for their ideas on hand-sewing fun and creative ways to color wooden eggs.

MODELING CLAY

Children who love to get their hands dirty may enjoy making Easter eggs out of modeling materials. Colors can be blended together to create a marbled effect. Depending on the clay medium, the eggs may air-harden or may need to be heated at a low temperature in the oven to fully cure. Easter eggs are a fun tradition that adds to the festivities of spring. While traditional eggs can be used, many different, more long-lasting materials can be used as well.

Delicious Ideas For Adding Healthy Sweet Potatoes
To Your Daily Cooking Repertoire

Sweet potatoes are a staple, but they don’t get the recognition they deserve. One medium California sweet potato has only 105 calories and 0g of fat, yet this vegetable is packed with nutrients including potassium, calcium, vitamin A, vitamin C, vitamin E, and loaded with dietary fiber—nearly twice as much as a white potato. Sweet potatoes are filled with nutrients including potassium, calcium, vitamin A, vitamin C, and vitamin E, and loaded with dietary fiber—nearly twice as much as a white potato.

Create and hide unbreakable Easter eggs

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