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Friday, January 3, 2020

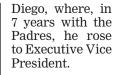
# Worcester Red Sox President to speak at Chamber's Annual Meeting

**Dr. Charles Steinberg** 

STURBRIDGE — The Chamber of Central Mass. South will hold its Annual Meeting on Wednesday, Jan. 22 from 11:30 a.m. -1 p.m. at The Barn at Wight Farm, 420 MainStr., Sturbridge. The Chamber is very pleased to welcome Dr. Charles Steinberg, the President of the Worcester Red Sox, as the keynote speaker. The meeting is sponsored by Quinsigamond Community College.

Dr. Charles Steinberg joined the Pawtucket Red Sox as President on Nov. 5, 2015 after many years as Executive

Vice President of the Boston Red Sox. In a vast career in which he has also worked with the Baltimore Orioles, San Diego Padres, Los Angeles Dodgers, and Commissioner Allan H. (Bud) Selig, "Dr. Charles" has helped revamp and re-energize the PawSox front office while leading the effort to aggressively reach out to the community to restore and enhance bonds of connection.



Each of the major four clubs league established attendance records in his tenure. With each club, he has created innovative ballpark entertainment and community initiatives. He led the creation of the Padres Scholars, Red Scholars, Sox PawSox and Scholars programs, as well as landmark initiatives in pediatric cancer research

awareness and fundraising. Among his memorable ceremonies was the Fenway Park event following the Boston Marathon tragedy in which David Ortiz made his unforgettable-and unrepeatable-speech.

# Help decide the future of the Sturbridge Senior Center

STURBRIDGE — The next step for the future of the Sturbridge Senior Center will be voted on at a Special Town Meeting on Jan. 27 at 7 p.m.

Currently, the Senior Center Study Committee, the Town Administrator and the Board of Selectmen are working on a Warrant Article for the next town meeting that seeks approval for funding of a Feasibility Study. There are two Forums planned by the Senior Center Study Committee members, that will be hosted at the Senior Center on Jan. 14 (10 a.m.) and Janu. 21 (5 p.m.), and everyone is invited to attend and bring questions. These forums will provide an overview of the progress since March 2015 when Sturbridge established the Study Committee. It is critical that all residents of Sturbridge understand that the 2017 Needs Assessment of the Senior Center found deficiencies, both on current and future needs. The proposed Warrant Article will provide for the determining if either the current site or an alternate town-owned property would best accommodate the programs and services in a facility

Turn To SENIOR CENTER, page A3



Working with his friend and mentor, PawSox Chairman Larry Lucchino, nearly all of their careers, Steinberg spent 11 seasons with the Red Sox (2002 through 2007 and 2012 through 2016), but also two with the Dodgers as Chief Marketing Officer and two with Commissioner Selig as Senior Advisor for Public Affairs. He is currently helping Selig with his memoirs. He spent 19 years with his hometown Orioles, rising from intern to head of public relations, and followed Lucchino to San Dr. Steinberg also serves as Director of Sports Communication at Emerson College and is a musician and songwriter whose compositions have been recorded by Marilyn McCoo & Billy Davis Jr. among others. He wrote the theme songs for Wally the Green Monster and the PawSox, and performed with Jimmy Buffett at Fenway Park in 2004. He sang (briefly) on the Dropkick Murphys' hit song, "Tessie," and had a cameo with Drew Barrymore in the Farrelly Brothers' hit film, "Fever Pitch."

Turn To CHAMBER, page A3

"High School Quiz Show" to film Tantasqua episode 7an. 25

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FISKDALE — Congratulations again to Tantasqua Regional Vocational School for earning one of the Wildcard spots on "High School Quiz Show!" The team will face Weston High School in "High School Quiz Show's" first Wildcard match on the Season 11 premiere. The winner of the match will secure the 16th and final spot on the bracket.

Tantasqua and Weston the highest scoring schools who took the Super Sunday qualifying exam at WGBH in October who had not been on the show before or had not been on the show in at least five years.

The episode will tape on Saturday, Jan. 25 at 8:45 a.m. at WGBH Studios in Brighton. It will air on Saturday, Feb. 8 at 6 p.m. on WGBH 2.

Tapings are free and open to the public. To RSVP, please visit https://www.eventbrite.com/e/high-school-quiz-show-tantasqua-vs-weston-tick-ets-85678084457.

"Christmas by Candlelight" welcomes visitors to new Christmas Tree Trail

SUTRBRIDGE — More than 3,500 wishes were made at the Christmas Wish Bridge at Old Sturbridge Village (OSV) during the first weekend of its popular Christmas by Candlelightevent. A new feature this year, the Wish Bridge is a part of OSV's Christmas Tree Trail - 50 sparkling trees set along a quiet path that visitors can enjoy to escape the hustle and bustle of the Common and take in a more serene holiday experience. The bridge, found at the end of the Christmas Tree Trail, encourages guests to write out a special wish and place it on one of the nearby trees in hopes that holiday magic will make the wish come true.

Christmas by Candlelight is a holiday tradition at Old Sturbridge Village, celebrating a season of memories and magic while honoring the New England Christmas of the 19th century. Also new to the event this year was a member cookie contest, encouraging village members to submit recipes to be selected and showcased during a cookie sampling in the Parsonage building. For this first-time contest, held in November, the winner was announced

# SENIOR SCENE

# January Happenings at the Brimfield Senior Center

The Senior Center is located in the 1st Congregational Church, 20 Main St. 413-245-7253

NEW!! "TRIVIA TUESDAY" January 7th, 11:30 AM: Join us for lunch and Tuesday Trivia! Come on in for lunch and test your trivia knowledge. Grand prize is a \$5.00 scratch ticket. So sharpen up your brain and head on down for food, fun, and your chance at both fame and fortune! The meals have been

greatly improved so if you haven't been recently it's a great opportunity to give it a try. Menu is: Meatball Stroganoff over egg noodles; California Blend Vegetables; Whole Wheat Roll; Regular or diet Spiced Apples. There is a \$2.00 suggested donation for lunch. Please call before 11 AM on Monday January 6th to reserve your lunch. 413-245-7253

January 15th, 11 AM to 12PM "CELTIC TEA PARTY". Join us for a Celtic Tea Party with local entertainer Cameron Smith. Cameron is a talented storvteller and vocalist who specializes in Celtic music and lore. Join us for tea and a variety of traditional Celtic fare. Menu starts with Irish Breakfast Tea and Scones. Immediately after the performance we will serve Potato & Leek Soup; Ireland's famous Egg Salad Sandwiches and Whiskey Seating Bread Pudding for dessert. will be limited so please reserve early. 413-245-7253

January 24th, 11AM -1PM WINTERFEST PARTY! Join us for a hearty warm up meal of Creamy Winter Soup of sausage, potato & onion with a chunk of bread & butter; Caribbean inspired roasted pork loin; medley of roasted root vegetables; and Birthday Cake for desert. And for your dining enjoyment we welcome back the popular vocalist Dwayne Carlson. Dwayne always delights with his varied playlist from past to present. January birthdays will be celebrated. Please reserve your seat prior to January 21st. 413-245-7253. There is a \$5.00 suggested dona-

TRIPS OFFERED

tion for this party.

January 30th, 11:30 AM: Join Julie Nothe, Program Director for the State Home Care Program. from Greater Springfield Senior Services for an informative Lunch & Learn about the many, many services they provide including assistance in living independently and safely in the community for as long as possible. There have been some changes in eligibility criteria and in the services offered and it is now easier to obtain the services. Lunch is available for a suggested donation of \$2.00 but you must reserve prior to 11 AM on January 29th. Menu is: Fish Tacos; Cilantro Lime Slaw; Yellow Rice; Flour Tortillas; Mixed Fruit. 413-245-7253

# **Charlton Lions** kicking off 2020 with meat raffle

CHARLTON — The Charlton Lions are ready to welcome 2020 with our famous Meat Raffle being held Saturday, Jan. 4 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. For more information, please email thecharltonlions@ gmail.com. What 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!

### Locals receive Bachelor's degrees from UMass Amherst

AMHERST, Mass. - Approximately 320 students received bachelor's degrees from the University of Massachusetts Amherst this September, 2019.

Below is a list of students from your area who earned a degree.

BRIMFIELD Daniel Paul Valcour, Jr.

HOLLAND Felicia Livingston



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.

BAY PATH ADULT EVENING SCHOOL

Fall 2019 catalog offerings

Wine Country Pacific Coast Cruise

9 days/8 nights April 6-14, 2020

included: What's Roundtrip Motorcoach transfers, roundtrip airfare from Logan Airport, one night precruise stay in Los Angeles, 8 day/7 night cruise on board Princess Cruises-The Star Princess, visiting Los Angeles, Santa Barbara, San Francisco, Astoria Oregon, Victoria, B.C., Vancouver, B.C., winery tours, all meals on board ship, and more!

\*A valid passport is REQUIRED for this trip

Prices starting at \$2,499pp double occupancy (plus tax, transfers & government fees) For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

#### CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy - Please call 978-424-7010 Sign up sheets & flyers available at the Senior Center / Flvers also available on our web page 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

#### 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 presents a Branson Show Extravaganza, Saturday, May 2 through Sunday, May 10, 2020, \$905 per person, double occupancy. Incredible price includes motorcoach transportation, eight nights lodging including four consecutive nights in the Branson, Mo. Area, 14 meals (eight breakfasts and six dinners), admission to seven fabulous Branson shows, including New Jersey Nights, Amazing Acrobats of Shanghai, Doug Gabriel, Presley's Country Jubilee, "Noah the Musical," and the Hughes Show; and one dinner show on the Showboat Branson Belle. For pictures, video and information, visit www.GroupTrips.com/dudN.Y. Style Cheesecake, Coffee/Tea and let's not forget a CHAMPAGNE TOAST.

May 15, 2020 to May 22, 2020 Cruise 8 Days/7 Nights Boston to Bermuda aboard the Norwegian Cruise Lines "GEM" SHIP. Leave Boston Friday, May 15 and return Boston Friday May 22. Included are All of the Following, Roundtrip Transfers from Sturbridge to Boston and back. The Ultimate Beverage Package, The Ultimate 4 Night Dining Package, Specialty Restaurants for Free, Exclusive Best of Times Cocktail Party, All Luggage Handling Fees, Drivers Gratuities and Best of Times Professional Tour Director. Early Booking Discount for those people who Book a Balcony Cabin by October 1st, you will receive a 1 Category Upgrade & Special On Board Credit. Prices start at \$1,199 Double Occupancy for an Inside Stateroom, \$1,399 for an Oceanview Porthole Window, \$1,899 for a Balcony Stateroon on Deck 9, \$1,949 for a Balcony Stateroom on Deck 10, and \$1,999 for Balcony on Deck 11. ALSO Add \$400 for Taxes, Transfers, and Gov't Fees. Single Occupancy is Avaiable upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.com for questions or information on any of the above Trips.

LEICESTER SENIOR CENTER.

\*Japan: March 26 to April 9, 2020 \*Japan with China extension: March 26 to April 22, 2020

\*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.

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

DAUGHTERS **ISABELLA** 

OF

The Daughters of Isabella proudly present our 2019 Fantastic Worldwide Tours!

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

leyseniors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.

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

FRIENDS OF THESTURBRIDGE SENIORS

Dec. 31 New Years Eve "DAY" at the Lake Pearl Wrentham, in Mass. Let's Celebrate the New Year during the "DAYTIME". Featuring the dynamic Tom LaMark Orchestra as they cover original classics from the Swing Era, the Best in Ballrooom Dancing, our Favorite Line Dances, and on up to the Best songs from the '50's, '60's and '70's. Sing along, Dance along and Party strong to this Live Band. For \$89, enjoy Deluxe Motorcoach Transportation, Salad, Breads, Choice of Entree, Potato, Vegetable,

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

Friday, Jan. 17, 2020: Foxwood Casino. Free lunch buffet or \$10 food voucher and \$10 casino slot play. Cost is \$30.

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.

Four countries - Hungary, Austria Slovakia, 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

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@

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SPORTS EDITOR NICK ETHIER (508) 909-4133 sports@stonebridgepress.com

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# VILLAGER Almanac

**R**EAL ESTATE

### **STURBRIDGE**

\$50,000, 26 Goodrich Rd, Martino, Christopher R, to Partridge, Christina S.



# Charlton Lions spread Christmas cheer



Members of the Lions Club are pictured here during their holiday visit to Charlton Manor.

Courtesy Photo

CHARLTON — The Charlton Lions Club continued its Christmas tradition of helping community members in need again this year with donations to the Elementary and Heritage Schools, and a visit to the Charlton Manor.

More than ten years ago, the Lions were approached by the Principal at the Heritage School and asked if the Lions could possibly help out a few families in need for the holiday. The Lions happily responded with Walmart gift cards for the Principal, and ever since have been helping out at Christmas. This year the Lions gave the Principals at the Elementary and Heritage Schools each \$600 worth of Walmart gifts cards for them to hand out to families in need. The Lions Club supports numerous charitable causes throughout the year, but the members agree that helping families at Christmas is one of the most rewarding. Knowing that we can make a small difference in some of our families in Town makes the work we do year-round worth the effort.

The Lions also visited the residents at the Charlton Manor to spread some Christmas joy. For over 20 years the Lions have visited the Manor with Santa and Frosty the Snowman, bringing gifts and singing Christmas Carols. Again this year, Santa got the residents involved in an old fashion sign-along, while his elves handed out gifts for all 31 residents, including blankets, socks and scratch tickets. We even had a \$50 and a \$100 winner in the group. Santa can still work miracles.

The money for these great Christmas traditions comes from our fundraisers; the Lions' Sausage and Peppers tent at Old Home Day, the Meat Raffles, the Toll Road in May, the spring dance at the Elks in Auburn, Night Golf in August, and all the other fundraisers we do throughout the year. Most of the money we raise comes from our great supporters throughout the Town of Charlton. Every year you support us, so we in turn can support some of our citizens in need during the holiday season. So, the Charlton Lions would like to thank all of you for supporting us. This year, as we think about all of our good fortunes, please take a minute to pat yourselves on the back, because your kind and generous donations to the Lions Club has meant a better holiday season for so many members of our Charlton family.

If you're interested in learning more about what the Charlton Lions Club does for our Town, or perhaps if the Lions Club could help you, please call Steve Doucette, the Club President, at (508) 248-4411. Be Part of Something Great – Become a LION.

**CHAMBER** 

continued from page **1** 

All are welcome to attend the meeting and luncheon. The Barn at Wight Farm will serve Not Your Average Chicken Cordon Bleu with Supreme Sauce or the vegetarian option, Seasonal Ravioli for the lunch entrée with Apple Cranberry Crisp for dessert. The cost to attend is \$30 per person for CMS Chamber Members. (\$225 for a table of 8) or \$40 per person for non-Members. Please RSVP to 508-347-2761 or email info@ cmschamber.org by noon on Jan. 15.





### **SENIOR CENTER**

continued from page 1

with appropriate parking for our senior population.

We are asking for your help in getting this approved. The Senior Center Study Committee would like to encourage as many residents with their family and friends to attend this important forum.

We are counting on your vote in favor of funding the feasibility study.

## What's YOUR vision for 2020?

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WWW.TCHEALTH.ORG

### CHRISTMAS

continued from page A1

as Debbie Dymek. Dymek, a longtime member with OSV, receives services from Massachusetts Association for the Blind and Visually Impaired. She has developed strategies to bake successfully over the years and won for her "Yulelog" cookie recipe this year.

Last weekend at the event, category winners were announced for the highly anticipated Gingerbread House Contest. Category winners in 2019 are: • Adult Professional Winner:

Loren Stanard • Adult Non-Professional Winner: Denelle Cooke

Youth Winner: Melody Berreth

Family Winner Culross Family

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# Woman in Business announces Women of the Year

STURBRIDGE — Woman in Business, Inc., (WIB), has announced its 2020 annual Scholarship Fundraiser to benefit local students in the community.

"A Night of Tantasqua Talent" features students from Tantasqua Regional High School and is a cabaret-style show with a number of one-act performances under the direction of Samantha Briggs.

The fundraiser will be held Thursday, Feb. 6 at the Southbridge Hotel and Conference Center.

Cost to attend is \$30 per person, and includes dinner, sweet treats dessert buffet, awards presentation and the performance. Tickets are available online starting Jan. 2 at wibsturbridge.org.

For the second year in a row, WIB will also be presenting awards to the "Oustanding Woman



Rita Schiano

of the Year," where local women are recognized and celebrated for their contributions and commitment to the community. Three women will accept the award in February: Margaret Morrissey, Cindy Howard and Rita Schiano.

Margaret Morrissey is the library director at the Jacob Edwards Library in Southbridge, a position she has held since 2008, and considers it an honor and a



Margaret Morrissey

privilege to serve the community and to be part of a service that has been an integral part of the life in Southbridge for more than one hundred years. Born in Ireland, she has now spent more time in the United States than in her homeland. Margaret attended the University of Rhode Island and was awarded a Masters in Library and Information Science. Her undergraduate is in Business Administration and she holds a grad-

uate diploma in Women's Studies, awarded by the University of Limerick. After graduation, she worked at the uni-



Cindy Howard

versity library, prior to immigrating. In her free time, Margaret likes to listen to music, putter in the garden, visit museums and explore historic sites.

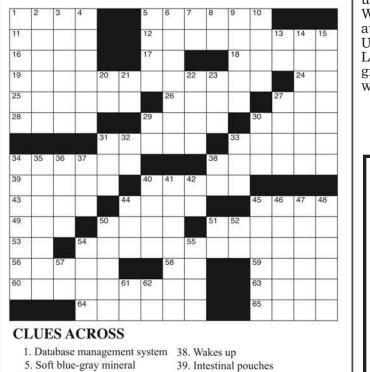
Rita Schiano is a resilience strategist and coach, speaker, and founder of Rita Schiano ~ Live A Flourishing Life. A former corpovice-president rate and small business owner, Rita's leadership knowledge, strategies, and insights draw from both sides of the aisle. Organizations use Rita to help staff build resilient leadership skills, manage stress and improve morale. As a personal strategic coach, she helps clients focus specifically on their most important goals, interests, challenges, and needs. Rita is the author of several books and articles for The Huffington Post/ AOL Healthy Living, a guest blogger for Today, Psychology adjunct professor at The American Women's College and Bay Path University, and a past Professional Member of the National Speakers Association.

Cindy Howard is the executive vice president/COO for the Center of Hope Foundation, Inc. She a Bachelor's has in Education and a Master's in Psychology, and taught in local school systems for several years before beginning work at the Center of Hope in 1988. Besides administrative duties, her work includes being the legislative liaison at the State and Federal levels for the 64 town-wide area that the Arc covers. developing relationships with more than 25 legislators in those districts, as well as sponsoring a well-attended Annual Legislative Breakfast that celebrated its 29th year in 2019. Cindy has overseen the agency subcontract business, Noress Corp. since 1988, and is involved in the startup and growth of the small agency businesses. She is also involved in business and civic networking groups, especially the Central Mass South Chamber of Commerce."

"A Night of Tantasqua Talent" Producer Sponsors include Cornerstone Bank and bankHometown; Director sponsors: Brenda M. Bianculli, CPA, Jones & Jones Realty, Quinsigamond Community College, Steve's Collision Center and Your Hometown Shopper.

Over the last 28 years, WIB has awarded more than \$41,000 in scholarships to more than 100 graduating seniors and young women within its community footprint for their continuing education.

Woman in Business, Inc., was founded in 1985 and provides a network to share business experiences, knowledge and ventures. For more information, email info@wibsturbridge. org.





Algerian coastal city
 A healthy redness
 El \_\_, border town
 Part of the mind
 Female body part
 Atrocities
 You can call Paul Simon this
 Copyread
 Large integers
 Large, flightless bird
 Bread and whiskey are two
 Indicate pain or discomfort
 Worry
 Wild goats
 Belittle

# 34. More supernatural CLUES DOWN

- 1. More silly 2. Adult beverage 3. Iron used for lofting 4. Noses 5. Smile 6. One who examines closely 7. Lethal dose 8. Denotes past 9. "This Is Us" actor Fitch 10. Dabbling ducks 13. Polish beer 14. A type of cat 15. Shows respect for 20. Of I 21. Commercial 22. Chai and chamomile are two 23. Lodging option 27. Geological times 29. Unit of electrical inductance (abbr.) 30. Where G-men work 31. Hot beverage 32. One of the six noble gases
- 40. Popular dance 43. American state 44. CSI actor 45. Having a keen enthusiasm for 49. Swiss river 50. Restaurant item 51. Intense unhappiness 53. Unit of loudness 54. Increase in velocity 56. Mesoamerican religion 58. Early multimedia 59. Forearm bone 60. An unprincipled person 63. Swarming with 64. Shellfish 65. Root of taro plant
  - 833. Southern constellation 34. South American nation 35. Suitable for use as food 36. The back 37. I (German) 38. Blood group 40. Fit to stand trial 41. Praise excessively 42. Female's title 44. EU predecessor 45. Acutely insightful and wise 46. Disguised 47. Improved the appearance of 48. Generator 50. The real \_, the genuine article 51. Male's title 52. Home of the Hawkeyes 54. About aviation 55. At all times 57. Military peace officer 61. College degree 62. Indicates position

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# Stonebridge Press

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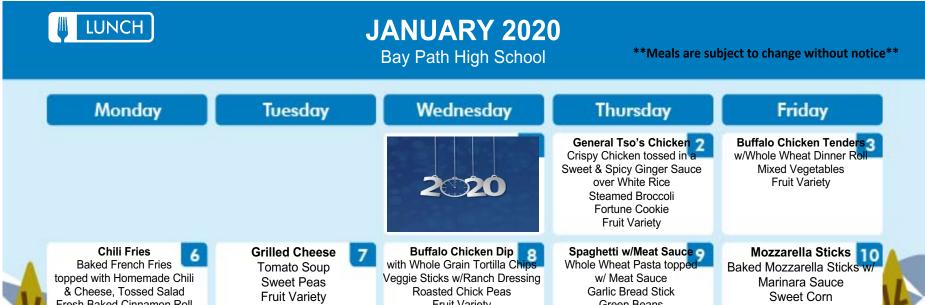
S T E

BREAKFAST		ANUARY 2020 Bay Path High School		**Menu Subject to Change Without Notice**		
Monday	Tuesday	Wednesday	Thursday	Friday		
		220	Assorted Bagel Assorted Cream Cheese 4oz Yogurt 4oz Fruit Juice Fruit Variety	Sausage, Egg & Cheese 3 on an English Muffin 4oz Yogurt 4oz Fruit Juice Fruit Variety		
Homemade Coffee Cake 4oz Yogurt 4oz Fruit Juice Fruit Variety	Ham, Egg & Cheese on a Croissant 4oz Yogurt 4oz Fruit Juice Fruit Variety	Scrambled Eggs Sausage Whole Wheat Toast 4oz Fruit Juice Fruit Variety	Pancakes with Mixed Berries 4oz Yogurt 4oz Fruit Juice Fruit Variety	Sausage, Egg & Cheese Quesadilla 4oz Yogurt 4oz Fruit Juice Fruit Variety		
Homemade Coffee Cake 4oz Yogurt 4oz Fruit Juice Fruit Variety	Bacon, Egg & Cheese on a Croissant 4oz Yogurt 4oz Fruit Juice Fruit Variety	Scrambled Eggs Bacon Whole Wheat Toast 4oz Fruit Juice Fruit Variety	French Toast with Syrup 4oz Yogurt 4oz Fruit Juice Fruit Variety	Ham, Egg & Cheese on an English Muffin 4oz Yogurt 4oz Fruit Juice Fruit Variety		
THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT	Assorted Bagel 21 Assorted Cream Cheese 21 4oz Yogurt 4oz Fruit Juice Fruit Variety	Scrambled Eggs Sausage Whole Wheat Toast 4oz Fruit Juice Fruit Variety	Waffle Bar 23 with Assorted Toppings 4oz Yogurt 4oz Fruit Juice Fruit Variety	Sausage, Egg & Cheese 24 on a Biscuit 4oz Yogurt 4oz Fruit Juice Fruit Variety		
Homemade Coffee Cake 4oz Yogurt 4oz Fruit Juice Fruit Variety	Ham, Egg & Cheese on a Croissant 4oz Yogurt 4oz Fruit Juice Fruit Variety	Scrambled Eggs 29 Bacon Whole Wheat Toast 4oz Fruit Juice Fruit Variety	French Toast with Syrup 4oz Yogurt 4oz Fruit Juice Fruit Variety	Bacon, Egg & Cheese Quesadilla 4oz Yogurt 4oz Fruit Juice Fruit Variety		
		Full Price \$1.75 Reduced \$0.30		- 4.		

Friday, January 3, 2020

II meals are served with a choice of assorted 8oz low fat milk





Y	Fresh Baked Cinnamon Roll Fruit Variety	Fruit Variety	Fruit Variety	Green Beans Fruit Variety	Veggie Sticks w/Hummus Fruit Variety
	Cheeseburger Beef Burger 3 copped with Cheese on a Whole Wheat Bun Lettuce, Tomato, Onion Home Fries Fruit Variety	Turkey Bacon Melt Tender slices of Turkey, toasted with Bacon & Cheese Tossed Salad Fruit Variety	Shepherd's Pie Seasoned ground Beef and Corn topped with Mashed Potatoes & Gravy WW Dinner Roll Fruit Variety	Macaroni & Cheese 16 Elbow Pasta in a Creamy Homemade Cheese Sauce WW Dinner Roll Sweet Peas Fruit Variety	1/2 Day
	IF I CANNOT DO GREAT THINGS, I CAN DO SMALL THINGS IN A GREAT WAY MARTIN LUTHER KING, JR.	BBQ Rib Sandwich on a Whole Wheat Bun Baked Sweet Potato Fries Cucumber Salad Fruit Variety	Chicken Tacos Seasoned Chicken Slices, Lettuce, Tomato, Cheese, Salsa & Sour Cream in a Whole Wheat Wrap Mexican Street Corn Salad Fruit Variety	Swedish Meatballs 23 in a Savory Gravy Served over Egg Noodles Peas & Carrots Fruit Variety	Chicken Patty Sandwich Chicken Patty on a Whole Grain Bun w/ Lettuce & Tomato Veggie Sticks w/Hummus Fruit Variety
~	Teriyaki Chicken Served with White Rice Steamed Broccoli Vegetable Egg Roll Fortune Cookie Fruit Variety	Grilled Cheese Tomato Soup Mixed Vegetables Fruit Variety	Hot Open-Faced Turkey Sandwich A slice of bread topped with Roasted Turkey & Gravy served with a side of Mashed Potatoes Steamed Green Beans Cranberry Sauce Apple Crisp	Assorted Calzones 30 An Assortment of Calzones filled with meats, veggies and cheese Marinara Dipping Sauce Tossed Salad Fruit Variety	Chicken Nuggets w/ Whole Wheat Dinner Roll Peas & Carrots Fruit Variety
		and Yogurt P	ates: Salad Bar, Assorted Grinders, arfait, and Hummus with Vegetable Tuesday & Friday: Assorted pizza rved with a choice of 8oz low	Crudité & Pita a	MY SCHOOL BUCKS         PAY FOR MEALS ONLINE MySchoolBucks.com
		**This instit	ution is an equal opportuni	ty provider**	

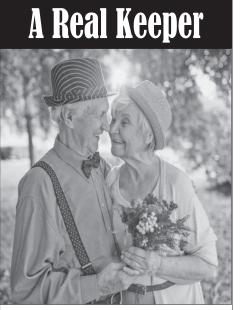


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# LOCAL SERVICE PROVIDERS



# Spirits bright at Auburn High School's holiday craft fair

AUBURN - Although this is Santa's busiest time of the year, he always makes time to stop at Auburn High School and say hello to youngsters. On Dec. 14, families from throughout the area attended the annual holiday craft fair at AHS. The event is one of the largest fairs in the area, with hundreds of vendors occupying two floors. No matter what guests were searching for, there was something for everyone's Christmas list. The event also featured several AHS student volunteers who assisted vendors and served meals throughout the day.



Maverick MacDonald, 5, of Woodstock, CT, shares his Christmas list with Santa.

Kevin Flanders Photos





Tammy Dasho, of Paxton, gets ready for a day of crafting.

Members of the Brown family represent Shrewsbury-based Umbrella for Infants.



Michelle Sargent, of Worcester, left, introduces her creations to Mary Ellen Newsom, also of Jessica Sangrones, left, and Katie Chaffee greet guests. Worcester.



Carl and Sarah Gamache, of Auburn, have plenty of fun activities for guests to enjoy.



Mark Mitchell, 8, of Worcester, shares his love of sports with guests.



Linda Pronto, of Holland, offers an array of items.





Warren's Everett Smith is feeling festive at the fair.

Members of the Betty and Beazy staff take a quick break during the busy fair.



Guests take a journey to faraway lands thanks to Mark Jordan's creations. The artist lives in Auburn.



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> FRANK G. CHILINSKI PRESIDENT AND PUBLISHER

**BRENDAN BERUBE** Editor

# Views and commentary from Sturbridge, Brimfield, Holland and Wales

# Go in the strength you have

# EDITORIAL

# Make those resolutions stick

Christmas has come and gone. Wrapping paper now fills waste baskets everywhere, and leftovers are still piled high in the refrigerator. There are gifts to be returned (or perhaps re-gifted; don't worry, we won't tell). Thank you cards are being sent out by the dozens and our hearts our full with another year of Christmas memories. New Year's Day is here, and resolutions are a fun way to celebrate the year to come. What will 2020 bring for you, and how will you make it your best year yet? The idea is to make a plan and stick to it.

In the United States, only a mere 8 percent of people are successful in keeping their New Year's resolutions. you want to keep yours, we've provided a few tips.

Identify why you want to make the resolutions you do. Our level of motivation determines whether or not we fail or succeed at any given goal. Those who change their ways because they think they should tend to fail. Their counterparts who find success do so because they truly want to make changes

If you have too many resolutions, you could bombard yourself into not attaining any of your goals. The idea is to start small. If you want to become a runner, yet have never run before, going out for an hour long run every day won't last long. Start with running or exercising two or three days a week at 30 minutes a pop. Easing into any change is the best avenue, because it allows you to slowly build your new habit. If you want to change your diet, you'll need to change how you shop and how you cook.

To many of us obsess in life believing we aren't enough, or we don't have enough. I both see it and hear it all the time. "I'd love to do but I'm not \_\_\_\_\_ enough to do it" ... or .... "I'd love to have \_\_\_\_\_ but I don't have enough

That's enough material to

write a dozen columns, and I will over time, but today let's focus on the first one.

What is it you'd love to do but don't?

We all have dreams. As children, we dream of being astronauts or firemen. Soldiers or nurses. Musicians or actors. As we mature, we become more focused and either choose a career in life or settle for one. We either choose for ourselves or allow others or circumstances to choose for us.

Why is it we don't pursue our dreams? Too often we believe we are not enough. We quickly convince ourselves we aren't good enough, talented enough or smart enough. We give up on whatever we want and settle on what we believe we can have ... or worse ... what someone else tells us we can have.

I sat in church Sunday and was reminded of the ancient but applicable scripture contained in the book of Judges. No, I'm not going to preach. And you don't have to be a believer to benefit from old wisdom passed down through the ages.

"The LORD turned to him and said, "Go in the strength you have and deliver Israel from the hand of Midian. Am I not sending you?" Judges 6:14

I find great encouragement in these words. I use them in my life as "Go in the strength I have and pursue my

dreams. I've mentioned in this column several times that I was blessed to be raised in a positive home with parents that encouraged me and a father who convinced me I could do and become anything I wanted to be. I realize how fortunate I am and understand that for most others in life, their circumstances were different. I say "were" different and not "are" different. How we were raised certainly impacts our lives, but we cannot allow it to rule our lives. As a former teacher and CEO, I've listened to too many people blame their parents and upbringing for their bad circumstances or negative results in life. I always listened patiently, then responded with, "Okay, that was then. What will you do now?" So, life's been unfair? Join the club. You were dealt a bad hand? Get in line. Insecurity has you paralyzed with doubt? What makes you think you are

POSITIVELY SPEAKING

BY GARY W. MOORE

alone? The world is crowded with people less fortunate than you who have succeeded and are living their dreams. You don't have to search long or look far to find a person who has overcome devastating odds to share a miraculous story

of great achievement. The Internet now makes it easy to find these stories of great inspiration.

So now I have three very simple questions for you.

- Why not you?
- Why not here?
- Why not now?

A thousand sound reasons why these questions are unfair and unreasonable are flooding your brain right now masquerading as legitimate justifications for why you cannot step out in faith and pursue your dreams. You aren't equipped enough, educated enough or talented enough. Or worse, my circumstances won't allow it or it's all my parents fault.

Pull yourself out of your self-doubt and say, "I can." Muster the courage to say, "I will." Take a deep breath and begin right now. And please, do not say, "it's too late!" I became a CEO at 29 years old and published my first book at age 52. I wrote my first column at age 61. Why not you?

You say it's too hard? Of course it is! It's supposed to be! Great achievement comes at a great price. Price rarely refers to money but almost always to time, effort and sacrifice.

Life's too short to settle at any age. Achievement begins with the desire to achieve and the question, "why not me?'

What am I trying to accomplish with this column? I want you to understand that you have the power to determine your destiny at any age. You are probably asking, "What happens if you fail?" The answer is "So what? Try again!"

Take a lesson from Rocky Balboa. In the first movie, Rocky's great achievement wasn't that he defeated the World Champion. He lost the bout. He did however decide to get into the ring. Face overwhelming odds and went the distance.

Year-end time for some New Year's financial resolutions



Have you FINANCIAL thought about your New Year's resolutions for 2020?When many of us make these promis-

es, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym, or we promise to improve our mental health by learning a new language or instrument. But it's also important to think about our financial health – so it's a good idea to develop some appropriate resolutions for this area, too.

What kinds of financial resolutions might you make? Here are a few suggestions:

Increase your retirement plan contributions. One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into to your plan. Most people don't come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it's certainly worthwhile to invest as much as you can possibly afford.

Use "found" money wisely. During the course of the next year, you may well receive some money outside vour normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account. Don't overreact to market downturns. You've probably heard stories about people who lamented not getting in "on the ground floor" of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors. Be financially prepared for the unexpected. Even if you're diligent about saving and investing for your long-term goals, you can encounter obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren't prepared for these costs, you might have to dip in to your longterm investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months' worth of living expenses in this account. It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.

It you put your money on the line, you could become more successful than you think. Studies show that individuals who have a financial incentive lost 14 more pounds than those who don't.

Invite family and friends in on your resolutions. We all know the famous phrase "strength in numbers," and the support of those around us has hefty benefits. If you have someone to work out with likely their motivation can pass over to you and vice versa.

Oftentimes, when a person fails or experiences setbacks, they give up on their goals altogether. If you view your goal as an adventurous journey and realize that persistence is a choice, you will be more likely to succeed.

There are two types of goals, prevention and promotion. Promotional goals are hopes, or things we'd like to achieve. Prevention goals are things we believe we are responsible for doing. So your goal goes from "I'd like to lose weight so I can fit into my clothes better" to "I'd like to lose ten pounds because it is my duty to my family to stay healthy." Prevention goals tend to stick. When someone experiences a set back while trying to achieve a prevention goal they are more likely to get back on the wagon again.

Writing things down is another great way to make a goal easier to attain. To look at your progress can be a chief motivator.

In the words of Simon Newcomb, "As years passed away I have formed the habit of looking back upon that former self as upon another person, the remembrance of whose emotions has been a solace in adversity and added zest to the enjoyment of prosperity.'



Why not you? Why not here? Why not now? Go in the strength you have. You are enough.

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 Round of Tips and **Tricks from Readers**

With the hustle and bustle of the holidays behind us, for many, thoughts turn to vows for the new year. From planet-friendly recycling and re-purposing ideas to being mindful and thrifty in our everyday lives, the following strategies, employed by read-

ers, offer some simple inspiration for the coming year!

Bread bags are necessary packaging that can easily be recycled back into use. And as this reader attests, their sturdiness can accommodate even heavy loads:

Commercial bread bags are fantastic to reuse as trash bags for your car as well as durable enough to hold gathered collections of seashells or rocks.

Annie Wuelfing East Brookfield MA

Is a lack of tension causing tension? If so, get a grip with this quick and easy fix that saves a replacement cost!

I have a hint for your paper which I recently used.... Our bathroom shower curtain tension rod was starting to slip /fall from the wall and it was becoming annoving.

So we took a small portion of the shelf liner paper (that has a type of rubber grip to it) and put a piece on the ends

of the tension pole (easy to glue on). And it held itself to the wall and no more of the rod falling or slipping down. It's a very easy and inexpensive solution to a common problem.

MC Sturbridge MA

This thoughtful reader makes life easier (and safer) for those around her. Check out her two very different strategies to prevent injuries and viruses:

I have been doing this so long I don't think about it, but with the crew at the office from an adult training center (disability) I am always protecting them. The empty our kitchen co-mingled bins, where we often have soup cans and other canned goods that were consumed for lunches. I have employees only use the can-opener around the top, leaving about a half inch of lid connected to the can (don't cut off the whole top), then after rinsing they can tuck the sharp edged portion inside the can and smash the top together, protecting fingers from cuts.

Cans with pull-tops, we drop the whole lid inside the can and press the

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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

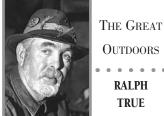


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# Be careful not to fish on thin ice



Ice fishing was enjoyed by



**OUTDOORS** RALPH TRUE

many anglers Christmas week, but extreme caution needed to be practiced, as most ice thickness ranged between three and four inches, on most ponds. A good cold blast of two or three days is needed to insure safe ice on most lakes and ponds. The rain that was predicted for this past weekend, could stop all ice fishing in the valley. Numerous Rod & Gun clubs are planning ice fishing derbies as soon as the ice is four inches or better.

This week's picture shows a huge Northern pike caught a few years ago by an angler that was ice fishing. Numerous anglers that enjoy fishing for Northern Pike are constantly asking Mass. Fish & Wildlife to include a few local ponds in the valley to be included in the pike stocking program. Manchaug Pond did very well with pike stockings in the past, but MF&W still ignores the request of local anglers to stock pike in it. The state often trades trout for pike from states that have an abundance of them.

Many pike were stocked in the Western & Northern part of the state, but it is a long drive for some of the older residents

and some handicapped fishermen of the valley. Neighboring states like Rhode island and Connecticut have numerous bodies of water that sustain Northern pike and are fished by many local anglers annually. Fishing licenses in both states are reasonable for out of state anglers to purchase.

This writer is completely satisfied with my jig fishing in local ponds for yellow perch, bass, & pickerel. The excitement of catching a dozen yellow perch from just one hole, and an occasional bass or pickerel provides all of the fishing pleasure I can handle in one day. The great eating of the yellow perch can provide a good meal when pan fried, & served with a good order of shrimp fried rice and a couple of egg



rolls from my favorite Chinese Restaurant, the Food Works in North Uxbridge.

Local deer hunters did very well during the two weeks of black powder season in Massachusetts! The season closed this past Tuesday, Dec. 31, but not before Phil Harper of Uxbridge harvested a huge eight-point buck in the Uxbridge area with his bow. The buck weighed in at 246 pounds live weight and sported a huge set of antlers, as shown in this week's second photo. Local residents are still having problems with deer eating there expensive ornamental bushes, but they will need to wait until next year for any relief by sportsmen.

Coyote season in Massachusetts remains open until March 7, 2020 for sportsmen that enjoy hunting them. There is no shortage of these animals, which have become overpopulated in many areas of the state. Groups of hunters were holding coyote hunting contests, but were stopped by anti hunting protesters. These killing machines are responsible for killing numerous deer and wild turkeys throughout Massachusetts, as well as killing residents pets annually. The situation is only going to get worse as the coyote packs increase annually.

With the possibility of a substantial increase on most all fishing and hunting licenses in Massachusetts in 2021, many sportsmen feel that some type of permit fee for residents and non residents that use Fish & wildlife property for walking, bird watching, hiking, etc. should be required to pay an annual fee also. It would sure help MF&W with their annual budget, and could alleviate the pending licenses increases for the sportsmen, that have paid millions of dollars over the years to purchase open land throughout the state.

Take A Kid Fishing & Keep Them Rods Bending!

#### TRAINOR

continued from page A8

sides together at the top, keeping all sharp edges away from the cleaning crew

Both of these practices also makes it much safer for employees at the MURF's (recycle centers) who are doing all the sorting. We all have families and

#### Prize Winner

Congratulations to Annie Wuelfing of East Brookfield whose name was drawn for a three course dinner for two at the Publick House in Sturbridge! Annie shared her repurposing tip above.

#### Win Dinner for Two

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



they care about our safety.

Attending conferences, and sitting in auditoriums etc. this week, with the sounds of coughs, sneezes and so much more, I joked we could film a TV ad for Flu Shots! However, I keep a hair scrungie (pony tail holder) on my wrist which works great to hold or open door handles (auditorium, class room, restroom), etc. I also took a Zip-lock bag, placed a wet one (wipe) inside and added a little extra hand sanitizer. I had a moist towel to clean my hands every time a pen, clipboard etc. was shared.

Finally a nurse told me to help when the flu hits hard, they put a drop of hand sanitizer beneath each of their nostrils and invite patients to do do the same, it seems to help as sneezes (droplets) can travel 14 plus feet.

Viola Bramel Northbridge, MA

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 publications? Send questions and/or hints to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or e-mail kdrr@aol.com. Hints are entered into a drawing for a three course dinner for two at the historic Publick House Inn!

# Don't miss a moment



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McKenzi Age 13

remains dedicated to her interests and passions. McKenzi is also very fashionable and she loves to dress up.

Those who are close to McKenzie would add she is hard working, caring, and a good role

model to others. She is very resilient and does not give up easily! Her teachers report she does well in school and works at grade level. Her favorite subjects are art and math. McKenzi likes going to school because she enjoys learning and getting to socialize with her friends. When she grows up, McKenzi's dream is to become a professional chef. She also hopes to be a homeowner, have a successful career, and start a family of her own.

Legally free for adoption, McKenzi's ideal family would consist of one or two moms, with no other children in the home. Because McKenzi's social worker believes she could thrive in any type of family, she will consider all families who express interest. McKenzi's one wish is that her future family be caring and understanding. They should also be willing to abide by the Open Adoption Agreement with her birth parents, and also maintain contact with her siblings who are placed separately.

#### Who Can Adopt?

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

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

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



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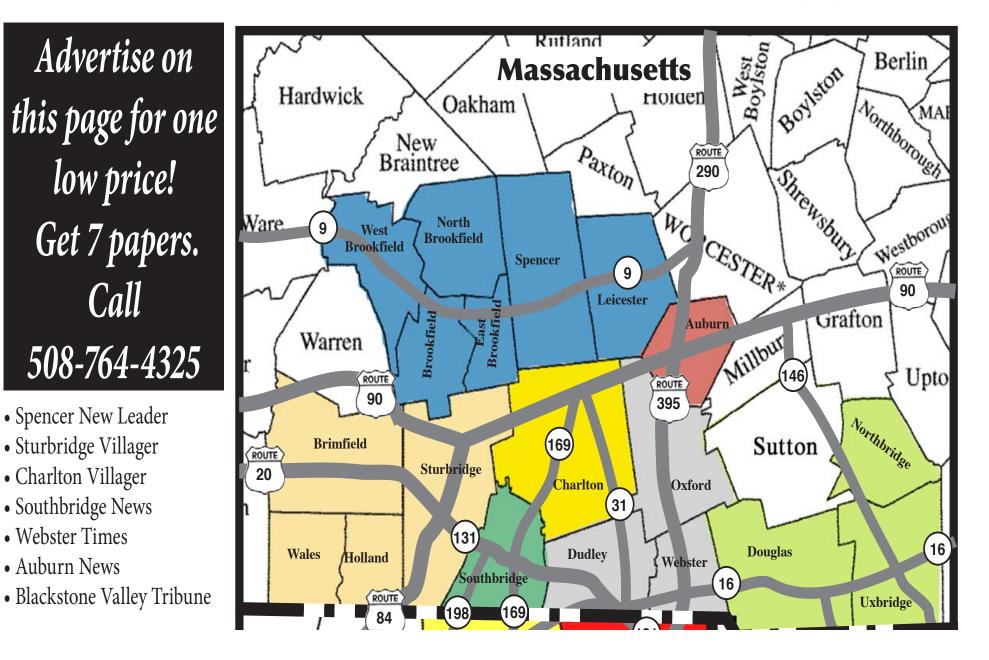




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This section reaches 47,000 households in 7 Massachusetts newspapers.



# Create a festive centerpiece from your indoor and outdoor garden



GARDEN Moments MELINDA **MYERS** 

Take a break from the holiday rush for a bit of gardening relief. Grab a pruner and basket then wander through your landscape gathering a few evergreen branches, berry-laden stems and cones to create a holiday centerpiece.

Most gardeners are used to walking into their summer garden collecting blossoms to create a bouquet or arrangement for their summer parties. Winter should be no exception.

Start by gathering some greens. The fan-like sprays of arborvitae, blue-green sprigs of juniper and stems of other evergreens like yews, boxwood, pines, and spruces provide all the greenery you'll need.

Now look for items with interesting color or shapes. Red and yellow twig dogwoods, curly willow, contorted filbert and fantail willow provide interesting color and form.

Next, gather cones, berries and fruits such as rose hips, the blue berry-like cones of junipers, sweet gum seedpods, alder's cone-like fruit, and of course evergreen cones substitutes for summer as



Festive homemade centerpieces add a personal touch to holiday gatherings.

blooms.

Don't overlook purple coneflower, black berry lily, penstemon and other seed heads and pods. Fluffy seed heads of ornamental and native grasses make nice fillers. All these make beautiful additions to any arrangement and can be painted or glittered for some added glitz. And don't be afraid to add a few shiny ornaments for a bit of holiday flare.

Look for decorating possibilities that your indoor garden can provide. Dress up small plants to create a centerpiece and larger plants to provide a bit of seasonal color and decor.

Stop by your favorite florist or garden center and purchase a few water picks and cut flowers. Place the cut flowers in the picks and sink them into the pots of your favorite houseplants. This adds some color and seasonal interest to any green plant.

Courtesy Photo

Consider creating a changeable houseplant container. Plant several compatible indoor plants in a large container. Sink a small empty pot in the space where you want to create a focal point. Set a small potted flowering plant inside this empty one. Replace the flowering plant occasionally to freshen up the container garden or create a seasonal display. Miniature poinsettias, azaleas, African violets and cyclamen allow you to change out the display throughout the year and for any special occasion.

Make it even easier to change the display by filling a large basket with a collection of potted houseplants and flowering plants. Switch out the flowers as they fade and foliage plants as the holidays, your mood or the décor changes.

Use silk flowers, glittery spikes and decorative ornaments to add a splash of color and sparkle to your indoor garden as needed. Exchange these for red, pink and white hearts on Valentine's Day, colorful Easter eggs, or faux fall leaves as the seasons change.

Once you've created your first arrangement, you'll be looking for additional opportunities to create more. And as you plan this year's garden, consider growing more plants that can be used to dress up your dinner table and other rooms in your home.

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.



(508) 248-9797 info@charltonoil.com

DISCOVER

# SPORTS

# 'Multi-dimensional' Warriors too much for Shepherd Hill to handle



Nick

Nick Ethier photos

Tantasqua's Ainsley Way holds the ball up high to keep it away from Shepherd Hill defenders.

BY KEN POWERS SPORTS CORRESPONDENT

STURBRIDGE — Double trouble. Times two.

That was the theme that played out in the Tantasqua Regional girls' varsity basketball team's 58-42 victory over Shepherd Hill Regional on Monday, Dec. 23.

The Warriors, who improved to 2-1 with the victory, were led offensively by the 1-2 punch of senior Lydia Boland and sophomore Sophie Law, who tied for team-high scoring honors with 14 points each. In addition, eight of the 12 Warriors who got into the game scored.

"That's one of our strengths," Tantasqua head coach Tom Goyette said. "I think we've got a lot of weapons out there; you can't just focus on one of us." defensively for the 0-3 Rams was where the Warriors' points came from. Of Tantasqua's 24 field goals, 17 were scored inside and accounted for 34 of its points while seven field goals were scored from the perimeter, including five 3-pointers. The Warriors' outside shooting produced 19 points.

ou can't just focus on "The kids have ne of us." multi-dimensional offen-Making matters worse sive skills. They can all play inside and outside," Goyette said. "Each kid can shoot the 3 and take it to the basket and post up. I think we're tough to defend because we're strong in all those areas. I think we showed that [today]."

After Shepherd Hill jumped out to a quick 3-0 lead, thanks to a left-side 3-pointer by senior Paula Barbale (5 points), four different Tantasqua players combined to stake the Warriors to an 8-3 lead. The Rams cut the lead to



Tantasqua's Sophie Law wins the game-opening jump ball tip.



Tantasqua's Lydia Boland gets fouled on her way to attempting a layup.



Emerson Cherry of Tantasqua sets herself and shoots a midrange jumper.

# HIGH SCHOOL NOTEBOOK

#### Dec. 18

Leominster 94, Tantasqua 89 — In a very tight matchup, the Warriors' girls' swim team came up just short. Kira Dambly, Zoey Zhu and Emily Owens, all freshmen, swept the 500 Free, but it wasn't enough. Sarah Kersting-Mumm won the 200 Free, Zhu also won the 100 Butterfly, and the 200 Free relay team of Kersting-Mumm, Erika Madden, Kami Davis and Katie Wade also won for Tantasqua (0-2).

Leominster 11, Tantasqua 61 — Jonah Green won the Diving, Andrew Wade won the 100 Butterfly and Eben Mazeika (freshman) won the 500 Free, but the boys (0-2) lost to the Blue Devils' swim team.

Bartlett 62, Tantasqua 28 — Owen O'Brien's 6 points led the Warriors, but their freshman boys' basketball team lost to the Indians.

8-7 on baskets by freshman Emery Mullen and junior Megan Burdett, but Tantasqua scored the final five points of the period and led after one, 13-7.

The Warriors' pressing defense — which helped to force Shepherd Hill into 19 turnovers in the game — paid dividends in the second quarter, limiting the Rams to just six points in the period, after which Tantasqua was in control of the game. The Warriors led by 15, 28-13, at halftime

"I thought we were really strong defensively," Goyette said. "We played great man defense and we limited their scoring opportunities, especially in the first half. I though we really shut them down."

Making it into the scoring column for Tantasqua, in addition to Boland and Law, were junior Emerson Cherry (8 points), freshman Haley Courtney (7), junior Ainsley Way (5), senior Kylee Fortuna (4), and junior Madison Varney and sophomore Shea Coleman (3 each).

"I thought it was just an overall good team effort out there. They worked well as a unit. We had a lot of good passing, we ran the floor well, we broke their press and we were able to score off breaking the press, too," Goyette said. "They're a Division 1, Mid-Wach A team, so this is a huge, huge win for us."

Mullen led Shepherd Hill in scoring, pouring in a game-high 16 points. Her seven baskets included a pair of 3-pointers, four drives to the basket and an in-lane jumper.

"Emery has a natural basketball ability," said Shepherd Hill head coach Maura Hackenson, who has replaced longtime coach Jim Hackenson on the bench for the Rams due to Jim Hackenson retiring last summer. "Emery works hard. We're very excited to have her."

Burdett also scored in double figures for Shepherd Hill, tossing in 10 points. Junior Emma Lanpher scored 4 points, classmate Flora Marderosian added 3, and senior Kerry Greenough and junior Triniti Sughrue added 2 points each.

Hackenson seemed most please by the Rams' defensive effort, which resulted in 20 Tantasqua turnovers.

"We're a defensive team, for sure. They really work hard on defense; that's all I care about right now," Hackenson said. "Our offense will come. We're working on taking baby steps, but it will come. We're a young, inexperienced team but I've got great kids who work hard and they're going to make it happen."



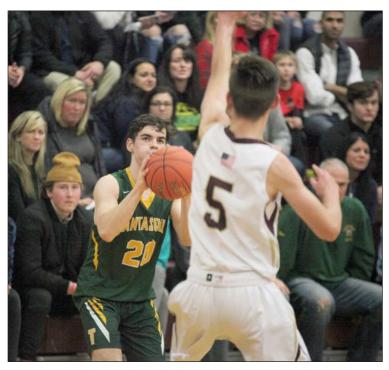
Madison Varney of Tantasqua works the baseline to dribble by her defender.

# SPORTS

# Total team effort helps Tantasqua get past Rams



Tantasqua's Griffin Polga releases a chest pass while on the fast break.



Mike Lucas of Tantasqua eyes the basket before letting a 3-point attempt fly.



#### BY NICK ETHIER SPORTS STAFF WRITER

DUDLEY — Way back on Dec. 12, teams were allowed to open up their high school varsity basketball seasons. For Tantasqua Regional, its season-opener was set for five days later, but a snow day halted the game with Bartlett High. The Warriors were then set to play at Millbury High on Dec. 20, but a water pipe had burst, so that game was called off.

Finally, on Monday, Dec. 23, Tantasqua was ready to play at Shepherd Hill Regional, a team that has already been able to play three games.

"We've had more practices than most college teams in the preseason," said Tantasqua head coach Scott Dion. "We've tried to do some different things in practice to make it not monotonous for the boys because they were starting to get sick of listening to me. Certain practices I let these guys [assistant coaches Nate Orzech and Dan Lavin] run it and I just officiated and we let them hear a different voice. Some of our alumni came in and scrimmaged us."

Dion wondered how his team would come out in this first contest of the 2019-2020 season.

"You always worry about your conditioning, you worry certainly about your execution...and I think our guys responded pretty well," he said.

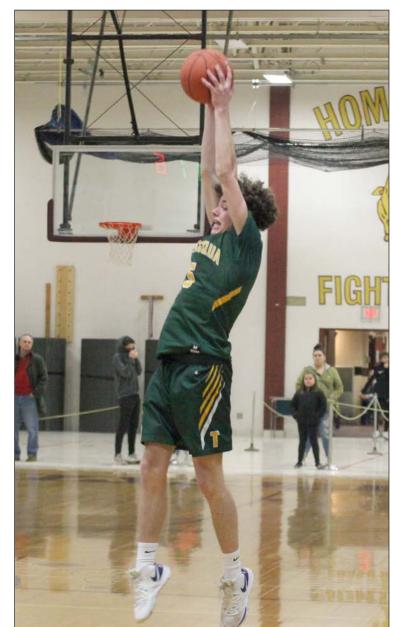
The Warriors led at all the stops — 16-15 after a quarter, 34-25 at the half and 49-32 through three quarters — before pulling away and winning by 21 points, 58-37.

"Their length and their athleticism posed problems for us," Dion said of the early going. "They played exclusively between a 2-3 zone and a 3-2 zone. We don't do a lot of that ourselves, so we hadn't really practiced against it all that much. We were able to figure out a little bit there, certainly in the second half."

Tantasqua took what Shepherd Hill was giving



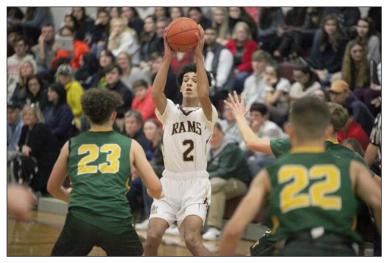
Tantasqua's Troy Lee puts up a shot while drawing a foul.



Deshean Hutchinson of Tantasqua prepares to make a play from the top of the key.



Cameron Gagnon of Shepherd Hill drives by Tantasqua's Mikey Lucas down the baseline.



Brandon De Jesus of Shepherd Hill uses an up-fake to try and lure Tantasqua's defense into a foul.

them, which was the outside shot, and the Warriors made those attempts count. By halftime, Tantasqua had connected on seven shots from 3-point land. They finished with nine 3s as the Warriors then went inside effectively in the second half.

"When you make shots, it certainly helps open everything else up because then they have to extend [defensively], you can get some dribble-drive and it opens up other areas," explained Dion.

Tantasqua saw nine of its players register at least one basket, with Cameron Varney (15 points), Troy Lee (10 points, 7 rebounds), Will Pieczynski (8 points) and Joe Groccia (7 points) leading the charge.

"I think you will see with this team that on any night I've got five guys that could go for 15 and I think the other seven or eight guys are going to get their 6 to 9, which can make us dangerous," Dion said of his spread-the-wealth offense. "Who do you match up with?"

Simply put, the Rams could not, as they dropped to 0-4. Leading the charge offensively for Shepherd Hill with double-digit point performances were Brandon De Jesus (11) and Cam Hackett (10).

Tantasqua's Cameron Varney leaps up in order to catch a pass thrown his way.

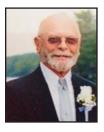


Shepherd Hill's George Karamanakis reaches out to catch a pass.

# www.StonebridgePress.com

# **OBITUARIES**

## Mathew Leone, 82



Mathew Leone, 82, of Dudley died peacefully Friday, December 20, 2019 at his home in Dudley. Mathew was born in Worcester, MA. He is the son of the late Pasquale and the late Antoinette (Bisceglia)

Leone.

He is survived by his wife of almost 60 years Flora (LeBlanc) Leone three daughters: Margaret Krawczyk of Webster, son Mathew Leone Jr of Sturbridge, Gina Gendreau and her husband Michael of Southbridge, and Mary Hubert and her husband Robert of Thompson, CT, and Two brothers Frank Leone of Worcester, Angelo Leone of Leicester, Predeceased by a sister Margaret Rose Leone. Also leaves 9 grandchildren Richard Leone, David Krawczyk, Mathew Leone, Ashley Kunkel, Alyssa Ledogar, Nicole Deschamps, Hannah Gendreau, Isabel Gendreau and Joseph Hubert. Five great grandchildren Myla Leone, Otelia Ledogar, Adalaide Ledogar, Oden

Ledoga rand Xander Kunkel. several nieces and nephews

He proudly served in the Marine Corps during the the Vietnam war from 1956 to 1962. He was employed by Commonwealth of

Mass as Supervisor for DPW. Taking early retirement to spend time with his family

Mathew was a member of Dudley Hill Golf club and a lover of the game of golf he looked forward to his weekly golf matches .An Avid sports fan ,a member of east side improvement club Dublin Court Club both in Worcester.

The funeral was on 11 AM on Friday, December 27 at Bartel Funeral Home & Chapel, 33 Schofield Ave., Dudley. Webster -Dudley Veteran Council will provide Military Honors . Calling hours were Friday, December 27 from 9 :00AM to 11:00 AM at the funeral home . In lieu of flowers donations to /www. woundedwarriorproject.org/donate

# Barbara C. Matys, 95

STURBRIDGE-Barbara С. (Cudworth) Matys, 95, of Fiske Hill Rd., passed away at home on Thursday, Dec. 19th, after an illness.

She leaves her Husband of 68 years, William E. Matys;

her six children, Steve Matys and his wife Julie of Fort Myers, FL, David Matys and his wife Sharon of Grafton, Margaret Matys of Southbridge, Sarah Skvir and her husband John of Westwood, Andrew Matys and his wife Anita of Switzerland and Martin Matys and his wife Joan of Shrewsbury; nine grandchildren, Christian Matys and his wife Linda, Jenna Matys, Benjamin Matys and his wife Katie, Emily Matvs, Nicholas Skvir, Tobias Matys, Anouk Matys, Jake Matys and Jamie Matys; and three great grandchildren. Addison Matys, Ellie Matys and Sam Matys. Barbara was predeceased by a brother, George Cudworth and a sister, Isabel Cudworth. She was born in West Warwick, RI the daughter of George and Irene (Roach) Cudworth.

Barbara attended the Memorial Hospital Nursing School in Worcester

and became a Registered Nurse. She was a US Cadet Nursing Corps Veteran of World War II serving as a visiting nurse in the Worcester area. She later worked as a nurse for the Southbridge Finishing Co. in Southbridge, the Sturbridge Nursing Home in Sturbridge, and a private duty nurse before retiring many years ago. Barbara enjoyed watching and feeding birds in her yard. Most of all she enjoyed spending time with her children and grandchildren.

Barbara's funeral for was on Monday, Dec. 23rd, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge with a Mass at 10:00 am in St. Anne's Church, 16 Church St., Sturbridge. Burial followed in Oak Ridge Cemetery, Southbridge. A Calling hour in the funeral home will be held on Monday, Dec. 23rd, from 8:30 to 9:30 am prior to the Mass.

In lieu of flowers donations may be made to St. Labre Indian School, 1000 Tongue River Rd., Ashland, MT 59003 (online at www.stlabre.org) or to the National Audubon Society, 225 Varick St., New York, NY 10014 (online at www.audubon.org).

www.morrillfuneralhome.com



leaves He beloved wife of 55 years, Regina A. (Engvall) Krusas; a son, James M. Krusas and his husband Douglas W. Mose of Chicago, IL; two daughters, Laurie A.

an illness.

Krusas Petersen and her husband H. William III of Brimfield and Lynne M. Snyder and her husband Jeffrey J. of Brimfield; four grandchildren, Miranda Rose Snyder, Jason Jeffrey Snyder, Ella V. Petersen and JulieAnne "Jules" Petersen.

James was born in Worcester the son of Julian J. and Anna (Lewosz) Krusas. He grew up in Worcester and grad-uated from Classical High School in Worcester. James went on to obtain his Bachelor's degree in Civil Engineering from Worcester Polytechnic Institute and later his Master's from Clark University in Worcester.



STURBRIDGE-

James J. Krusas 77,

of Cricket Dr., passed

away on Friday, Dec.

20th, in the Quaboag

Rehabilitation and

Skilled Care Center,

West Brookfield, after

his

He worked for the American Optical Company in Southbridge as an Engineer for 32 years.

James was an avid New England sports fan. He enjoyed early morning fishing trips and taking in a game at Holy Cross with his father. He was a member of the Zoning Board of Appeals for the Town of Sturbridge. James was an umpire for the girls softball Lassie League. He enjoyed playing cribbage at the Polish Club and playing softball in the Jack Benny men's softball league. James was an active member of St. Anne's church in Sturbridge.

One of the family's many favorite memories was a family cruise to Bermuda, where Jim and Cookie had honeymooned, and then celebrated their fiftieth wedding anniversary with their children and grandchildren.

A funeral for James was held on Friday, Dec. 27th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge with a Mass at 10:00 am in St. Anne's Church, 16 Church St., Sturbridge. A Calling hour in the funeral home was held on Friday, Dec. 27th, from 8:30 to 9:30 am prior to the Mass. Burial will be private

In lieu of flowers donations may be made to the American Cancer Society, 30 Speen St., Framingham, MA 01701.



S P E N C E R / S T U R B R I D G E -Roland S. "Pete" Lavallee, formerly of 93 of 306 Oak Ave., Sturbridge, died Sunday, December 22 at Christopher Heights of Webster. He leaves his wife

of 70 years, Mae E. (Roberts) Lavallee, a son, Richard R. Lavallee and his wife Deb of Spencer, four daughters; Judy A. Lavallee and her long time companion Kathy Diggins of Hull, Gail L. Hasting and her husband David of Spencer, Brenda M. Constantineau and her husband Roland, Jr. of Brookfield, Bonnie M. Stohlberg and her husband John of Thompson, CT, two brothers, Armand Lavallee of Leicester, Robert Lavallee of Spencer, 9 grandchildren and 9 great-grandchildren.

He was pre-deceased by two sons,

# Send all obituary notices to Stonebridge Press, PO Box 90,

Peter Lavallee in 1990 and infant son Steven Lavallee.

Born in Winooski, VT., he was the son of Joseph & Esther (Brisson) Lavallee.

Mr. Lavallee was a hydraulic mechanic at Norton Co. in Worcester for 20 years.

Pete loved fishing, playing the guitar, making toys, playing with his grandchildren and he always loved telling a good joke.

A Funeral Service was held Friday, December 27 at 11 A.M. in the J. HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer. Burial followed in Mary, Queen of the Rosary Cemetery, Spencer. Visitation preceded the Service from 9:30-11 A.M. in the funeral home. Donations may be made to Massachusetts Alzheimer's Disease and Research Center, 114, 16th St. #2011, Charlestown, MA 02129.

www.morinfuneralhomes.com



# Joyce R. Ferland, 78

BROOKFIELD - Joyce R. Ferland, 78, passed away on Friday December 20, 2019 at the Quaboag Rehabilitation and August 10, 1941, daughter of Franklin G. and Alice A. (Folger) Bigelow; she worked as a CNA at the Hermitage of

Skilled Care Center.

Being predeceased by her husband, the late Larry R. Ferland, Joyce leaves behind two sons: Timothy R. and Robert A. LeBlanc; her daughter Brenda L. Casavant; her sister Jody Higgins; here dear friend Brenda A. Berard.

Joyce was born in Fall River, MA on

Worcester for many years.

Private funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www. shaw-majercik.com where you may post a condolence or light a candle.

# Southbridge, MA 01550, or by e-mail to Obits@stonebridgepress.news

# CALENDAR

### Saturday, January 4

CHARLTON LIONS MEAT **RAFFLE:** The Charlton Lions are ready to welcome 2020 with our famous Meat Raffle being held Saturday, Jan. 4 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. For more information, please email thecharltonlions@gmail. com. What a great way to start 2020 with filling your freezer

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

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





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!

### Wednesday, January 15

PRESCHOOL SCREENING RESIDENTS FOR OF STURBRIDGE: For three- and four-year-olds. By appointment only. If you have concerns about your child's development and would like them screened, please call (508) 347-7041 for an appointment.

### **ONGOING**

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

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

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

Pilgrimage to Italy, Holy Land, and Medjugorje

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

ALZHEIMER'S SUPPORT GROUP: First and third Thursday of each month, 2:30-3:30 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping,

share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass. org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

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

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

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

Turn To CALENDAR page A15

#### TRIPS

continued from page A2

vahoo.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 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.

April, 2020

May 19, 2020 - Tuesday - 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.

June, 2020

July, 2020

#### August, 2020

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 gaming 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 outhbridge Senior to the Citizens Southbridge 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 2019 Please call Sue at 508-476-5820 for more information.

The Uxbridge Senior Center and its Silver Club travelling group is offering the following trips for 2019:

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 - \$81. April 27-29 Penn Dutch w/the new show Queen Esther at Sight and Sound - (trip is full, sign up for the waiting list) May 4 -- Granite State Chocolate and Wine Tour with lunch at Warren's Lobster House - Fox Tours - \$91. May 9 - Albany Tulip Festival Tours w/Conway -TBA June 1 - Plymouth cruise on Pilgrim Belle with sightseeing tour and lunch at Hearth and Kettle - Fox Tours - \$91 June 29 - July 6 -- Atlantic Canada w/Conway Tours -- International Tattoo, ferry crossing, Hopewell Rocks,

Halifax, Nova Scotia, Charlottetown, Prince Edward Island, St. John, Brunswick - 8 New seats left Pops August 9 by the Conway TBA Tours Sea, 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 Nov. 19 -- Newport Playhouse w/Fox Dec. 7 & 8 -- Equinox Resort and Hildene, VT w/Conway. Two day trip with elegant dinner & piano entertainment, breakfast, tour of Hildene, chocolate tasting, etc.

There is also still space for the Newport Playhouse trip on Dec. 18, 2019. For \$79 experience the play "A Christmas Cactus" along with a full buffet lunch and a Christmas Carbaret.

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

Most trips leave from Whitinsville WalMart, 100 Valley Pkway and Stop & Shop at 32 Lyman St Westboro.

Newport Playhouse and some others will leave from the Millbury Park and Ride as well as the Whit insville WalMart.Please always include entree choice. phone number (especially cell) and an emergency number.

Please call Sue at 508-476-5820 for more information or to reserve.

The Silver Club of the Uxbridge Senior Center invites you to join them on a couple of Christmas trips.

There is a trip to Boothbay Maine for the Gardens Harbor. Aglow on Nov. 21 and 22 for the great price of \$199. After traveling along the Maine Coast, we'll arrive in Freeport, Maine to explore this quintessential Maine village. There will be time for shopping at the dozens of brandname outlets, flagship L.L. Bean Store, and local boutiques housed in historic brick buildings; then enjoy an included late lunch buffet at the Harraseeket We will arrive in Boothbay Inn. Harbor in the late afternoon and check in to the Flagship Inn. This evening we'll experience Gardens Aglow; walk

through the Coastal Maine Botanical Gardens' dazzling, outdoor display of 650,000 lights illuminating their meticulously cared for gardens. You'll also have a chance to peruse the visitor's center & gift shop and get a bite to eat. We will stop in the village of Boothbay Harbor afterwards to experience "The Festival of Lights." After breakfast we will head home with a stop in Kennebunkport for lunch and shopping. \*Please note this tour includes periods of outdoor walking on dimly lit, potentially uneven surfaces, and overnight accommodations that require walking up and down stairs.

On December 5 and 6th there is a trip to the Trapp Family Lodge and it includes one dinner and one breakfast both at the lodge, glassblowing at Simon Pearce Company, a meeting with a member of the Von Trapp family, a stop in Montpelier, and of course the luxury of being at the Trapp family Lodge! It is \$379 for the double occupancy per person and \$499 per person for a single.

Capture the Christmas spirit as we enjoy a little of Austria and a lot of Vermont on this memorable getaway. Situated on 2,500 acres in Stowe, Vermont, the Trapp Family Lodge serves as our magnificent home away from home. Enjoy great shopping, superb dining and exceptional hospitality on this great Christmas holiday tour.

On Wed, Dec. 18 we will travel to the Newport Playhouse to see Christmas Cactus" For \$79, you will enjoy a great play, a bountiful buffet and the Christmas Cabaret.

Show Synopsis: Christmas Eve is tough for private investigator Cactus O'Riley, a white-hot redhead with the holiday blues. She is trying to lure her secretary Fred away from his protective mother, dodging the affections of Deputy D.A. Windsor, and considering closing her business. She doesn't need the added aggravation of two fugitives who burst into her office looking for justice and a dead detective named Jake Marley. Cactus also doesn't need Fred's mother, who arrives to take Fred home but decides to stay because she thinks this is the Christmas murder mystery party she has always dreamed of attending. Christmas turns into a dickens of a holiday for Cactus as she solves mysteries, delivers small miracles and takes a second chance on love and sleuthing.

All trips leave from the Whitinsville WalMart. Call Sue at 509-476-5820 for more information.

#### CALENDAR

#### continued from page A14

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 -

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 WeighIn/ Brimfield. Times: Registration 5:30 p.m., meeting 6 p.m. Leader: Angela Kramer. Visit www. weightwatchers.com to become a member or to learn more about Weight Watchers.

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.

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 weighins. 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 KIMDAII HOSPITAI, 320 POMIFET STREET) at 6 p.m. Want more information? Call or text Bruce P. (508) 864-0593, email him at brucep.oa@charter.net or visit oa.org.

National Association of Canine Scent Work.

SEN-I JUDO CLUB: This course runs all year long on Sundays, Mondays and

YOGA: Hatha Yoga benefits are stress-relieving. Relax & rejeuvenate with postures & guided meditation

OVEREATERS ANONYMOUS: Is

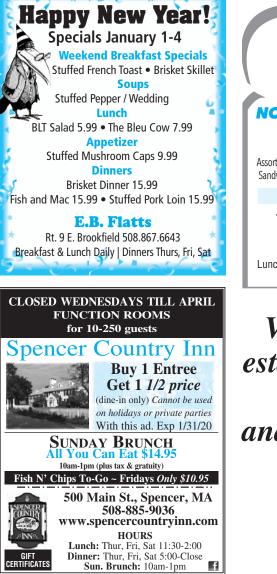


# FAMILY DINING & GIFT GUIDE

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# DINE OUT & SEE A SHOW!



celebration going! Take advantage of this sale <u>before January 31</u>st! Renewal byAndersen.

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taken after initial discount(s), when you set your appointment by 1/31/2020 and purchase by 2/8/2020. 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.



# Professional Directory

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# LEGALS

Section

Friday,

JANUARY 3, 2020

**Public Hearing Notice** The Charlton Board of Selectmen will hold a public hearing on Tuesday, January 14, 2020 at 7:00pm in the Selectmen's Meeting Room, 37 Main St., Charlton, MA to act on a request for a transfer of liquor license from Keg, Inc., d/b/a Quarter Keg Pub to Quarter Keg LLC,

443 Worcester Rd., Charlton, MA, Pol-Iyanna Farias, Manager.

Anyone wishing to be heard on this matter should appear on the date and time specified or submit concerns in writing. January 3, 2020



### HERE & TH Local Events, Arts, and **Entertainment Listings**

Family Fun!

#### **SATURDAY, JANUARY 11**

TEQUILA BONFIRE from 9-midnight 308 Lakeside 308 East Main Street East Brookfield, MA 01515 774-449-8333



ONGOING

MARIACHI BAND First Thursday of the month 5-8 p.m. MEXICALI MEXICAN GRILL Webster location 41 Worcester Rd., Webster, MA



#### 508-461-5070

TRIVIA SATURDAY NIGHTS 7:00 p.m. register 7:30 p.m. start up HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822



LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-867-2345 salemcrossinn.com

#### 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 50 Elm St., Auburn, MA











#### WAR RELICS & WAR Souvenirs Wanted: WWI & Earlier Ca\$H Waiting! lelmets, Swords, Daggers, Bayonets, Medals, Badges, Flags Uniforms, etc. *Over 40 Years Ex* David -(508)688-0847. <u>I'll Come To</u>



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PARK MODEL MOBILE HOME - Highview Campground, West Brookfield. Season begins April 15th and closes Oct. 15th. New windows, furnace, refrigerator, and kitchen floor. Call 508-873-6312.

#### 546 CEMETERY LOTS

WORCESTER COUNTY MEMORIAL PARK. Garden of Valor, Paxton, Mass, 2 lots for sale, \$2000 for both lots. Call Alan at 508-885-4381

#### **575 VACATION RENTALS**

#### **CAPE COD** DENNISPORT **Clean 2 bedroom** Cottage

Cable TV, Wifi, Close to Beaches, Golf, Bike Trail, Shopping, Restaurants and Amusements Sorry, No Pets

Large Private Lot Great for Children! \*\*\*\*\*\*\*\*\*\*

OAK

to

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508-826-8891 725 AUTOMOBILES

### gine. New front and rear breaks. New front routers. New radiator & water pump.

FOR SALE

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8 foot bed. 454 cubic inch en-

gine. New front and rear breaks

Four general ten ply tires. 1 year

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old.Well maintained. \$2500

Loaded Red with Cap \$4,000. 2002 Chevy Silver-ado 2500 HD black long bed-Four general ten ply tires. 1 year loaded with plow. Low milold.Well maintained. \$2500 lige. 67 thousand. \$7500. Would consider partial trade Call Mike 508-752-7474.

bags. 5300 babied miles and care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly condition new 508-414-9134 Call

bike is MINT!

2003 MERCURY GRAND MARQUIS GS Like New 21712 miles CALL 508-377-8729

any Junk Vehicle No title/no keys OK. Free pick up. Call 401-

648-9300

2016 CHEVY CRUZE LT. 79,000 miles. 1.4 liter engine, blue, remote start, Weather tech mats. \$9000. Call 508-234-6944.

2016 CHEVY CRUZE LT. 79.000 miles. 1.4 liter engine. blue, remote start, Weather tech mats. \$9000. Call 508-234-6944.

### HELP WANTED **BC Industries**

Metal Shot Sandblasting **Position Available** In Oxford, MA. Blasting Most Ferrous & Non-Ferrous Metals. **Experience Blasting With Steel** Shot, Grit & Garnet A Plus. **Call BC Industries** At 508-987-3042 Or E-Mail Resume To Donnaz@Bcblast.com

### **HELP WANTED**

**First Congregational Church** of Spencer

Secretary/Office Assistant/Bookkeeper Part-time 8am-noon Monday-Friday **Experience Preferred** 

> Send resume to: jenanderson@charter.net

#### 740 MOTORCYCLES

2014 Victory Vision Tour Loaded with options Only 2,000 miles, not even broken in Paid \$20,000. Asking \$13,500. Call 774-200-6387 email moehagerty@msn.com

"We Buy Cars Over The Phone" One call does it all. Instant Top Dollar \$\$ Payouts! Free Pickup. We Are Open 24/7 Call Now! 401-648-9300.



### THE TOWN OF CHARLTON is seeking to fill a full-time **Custodian** position

Qualified candidates should have experience in cleaning, light maintenance, knowledge of building construction and safety. Ability to communicate verbally and maintain a positive relation with employees and the public. Salary range is \$16.00 - \$18.00 per hour.

Applications can be found online at www.townofcharlton.net and can be emailed to Lynn.dyer@townofcharlton.net or mailed to the Town Hall, Human Resources Department, 37 Main Street, Charlton, MA 01507 Submission Deadline: 1/17/20 or until filled. EOE

### **STERLING** CONCRETE PLANTS

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# HELP WANTED

# **Build Your Career:** We're Hiri

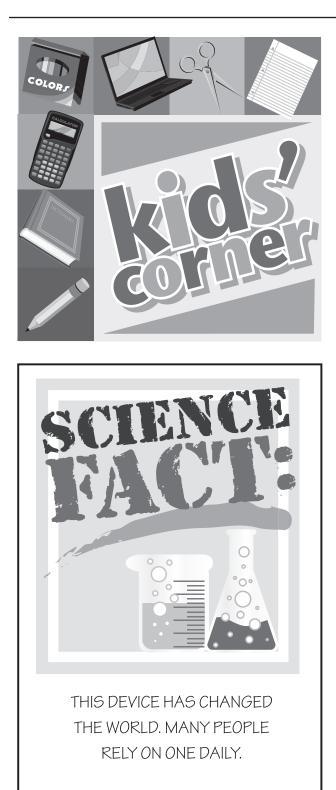
Looking for a career at a dynamic, growing bank? Stop by our career fair and learn more about our current hiring opportunities:

- CIC Assistant Manager Southbridge, MA
- · Customer Service Rep. (CSR) Floating
- Part-Time Teller Various Locations

2 Center Depot Road, Charlton, MA Tuesday, January 7th • 10:00am-1:00pm



www.StonebridgePress.com



ANSWER: COMPUTER



## **Computer Word Find**

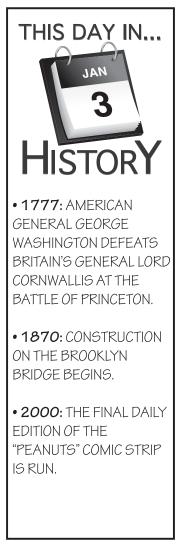
Find the hidden words in the puzzle.

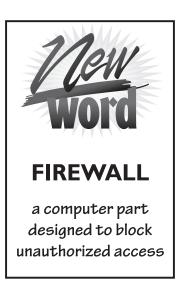
BROADBAND COMPUTE DATA FIREWALL				KEYBOARD MEMORY PROCESS PROTECT				S	EBO ECU TART VIRU	RE TUP	
Р	R	S	S	V	Y	Μ	С	U	Т	F	K
Ο	U	G	E	R	Ι	0	В	D	С	Ι	F
Q	Х	Т	0	С	Μ	R	Ν	Ν	E	R	U
J	R	Μ	R	Р	U	А	U	D	Т	Е	F
Η	E	Κ	U	А	В	R	Р	S	0	W	Y
Μ	Y	Т	А	D	Т	D	Е	Ν	R	А	В
Μ	E	0	А	Y	W	S	С	Т	Р	L	W
Х	Р	0	R	Е	В	0	0	Т	Ζ	L	D
G	R	S	S	Е	С	0	R	Р	Р	Η	А
В	В	Р	Т	R	0	F	R	Р	А	L	Т
Κ	Μ	Κ	L	Е	F	J	Κ	D	W	Ζ	А
Y	L	0	F	Κ	Е	Y	В	Ο	А	R	D

## **Get Scrambled**

Unscramble the words to determine the phrase.

WPROE PU





d∩ ләмо<sub>d</sub> :ләмѕи∀



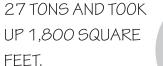
THE FIRST ELECTRONIC COMPUTER WEIGHED MORE THAN



### **ITALIAN:** Memoria

**FRENCH:** Mémoire

**GERMAN:** Erinnerung





9

occordin

2

4

5

2

3

9



Can you guess what the bigger picture is?

ANSWER: COMPUTER MOUSE



#### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

7

1

8

5

2

9

7

### Here's How It Works:

6

5

2

6

5

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!

G	L	~	ε	$\mathbf{a}$	6	9	2	8
3	9	8	-	2	ç	٢	Þ	6
4	6	2	9	L	8	m	ε	S
٢	2	9	6	G	7	8	-	3
8	ε	4	L	-	9	6	ç	S
	G	6	2	8	ε	7	9	L
6	8	ε	S	9		S	L	4
9	7	L	8	3	S	ç	6	-
Ζ		G	7	6	L	3	8	9
:Rawens								

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