

Shepherd Hill graduates 277



Jason Bleau Photos

Shepherd Hill Class of 2019 officers smile for a photo after receiving their diplomas.

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – Shepherd Hill Regional High School celebrated the graduation of 277 students, mostly from Dudley and Charlton, during the school’s annual commencement ceremony in Sunday, June 2 at the DCU Center in Worcester.

The annual ceremony was filled with tears and moments of nostalgia as students prepared for the next step in their lives, some moving to higher education, others to the armed forces and others straight into the work force. Regardless it seems everyone had a story to tell, especially the student speakers who had an opportunity to see their fellow graduates off with words of inspiration and bittersweet farewell.

Two students Honor Speakers were featured during the ceremony, in contrast to the tradition of Valedictorian and Salutatorian addresses that other schools embrace. The first was Emma Whitehead, who spoke highly of Shepherd Hill as part of her history and something she has already begun to look back on as a major part of her life story and where she came from as she enters the world at large. But in the end her journey and origins, and those of her fellow students, are and will be so much more than their high school years.

“I have realized that where I am from is not just a place. It’s not just the maroon halls or green fields of Shepherd Hill. Where I am from is a story. It’s a story of people who have impacted my life. It’s a story of

Please Read **SH GRADUATION**, page **A6**

Four Score adding retail sales

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – As Four Score Holding LLC continues their permitting process for a marijuana cultivation operation in Charlton, the company has decided to add retail sales to the agreement, and earned support from selectmen pending permitting during a meeting on June 4.

Following a relatively brief discussion with Four Score representative Daniel Glissman, selectmen approved the addition of medical and recreational marijuana retail sales at the company’s facility setting a deadline of March 2021 for Four Score to receive proper permits before having to come before selectmen again for a new agreement. Originally the town agreed to allow cultivation, manufacturing and related transportation from the proposed business at 144 Sturbridge Road on Route 20 using a vacant 20,000-square-foot facility already on the property. The amendment will allow for medical and recreational sales on site as well but is contingent upon Four Score’s success in receiving permits from both the town and the state beyond the Board of Selectmen.

Selectman Bill Borowski said his only concern was that allowing retail could prove to be an issue down the road when it comes to how many retail sites are in the town as recently approved bylaws allow for only two retail sales businesses for the product in Charlton.

“I think the only jeopardy for

this board, or the town, is that potentially, depending upon the future, that we could have three. I think that is a risk that I am willing to take based upon the fact that we don’t know what’s going to happen in the future. I think Four Score has been a good partner with the town to date. I would expect that to continue,” Borowski said. “I think it’s zoned properly. It’s in a good location on Route 20. Like everyone else I’m a little concerned about the traffic on Route 20 but if we’re not going to encourage development, more specifically economic development, on Route 20 I don’t know where we’re supposed to expect it in town.”

Selectmen did receive previous input from town counsel Jonathan Silverstein during a meeting in May indicating that allowing retail sale for Four Score through a host agreement amendment would be perfectly legal and would depend on special permitting from the Planning Board. It was thought that agreements with Valley Green Grow and Green Gold Group LLC would create an issue, however Valley Green Grow is exempt from the bylaw as a grandfathered application.

The next roadblock was how long selectmen were willing to let the agreement stand to allow Four Score to negotiate the permit process with the Cannabis Control Commission, or CCC, at the state level. Daniel Glissman said this process could take several years given the current influx of applications since the legalizations of recreational

Please Read **FOUR SCORE**, page **A7**

NEC project opens conservation hearing

BY GUS STEEVES
CORRESPONDENT

CHARLTON — The Northeast Energy Center project took another step in its lengthy process toward possible approval by opening its public hearing before the Conservation Commission Wednesday.

There was a little confusion over exactly which property was affected, since the legal ad described it as “on route 169 south of Sherwood Lane.” NEC is considering two sites there – its preferred site between

the Incom solar array and the road, which access from Rte 169, and one alternate site closer to Millennium Power with access from Sherwood.

In this case, Conservation Agent Todd Girard said, the board is going by the assessors’ lot identification numbers, not by a street address, since these lots have different addresses depending on which documents you look at. Because no commissioners have walked the property yet, the board continued the hearing to June 19, with a site walk

planned for June 17.

“This is just the beginning,” Chair Thomas O’Malley said. “They’re making an appointment for us to go out and look at it.”

Girard noted the site is “pretty adventurous terrain,” being fairly steep with ledge and outcrop

Engineer Dwight Dunk of Epsilon Associates said his overview identified two intermittent streams with “bordering vegetative wetlands” and a small isolated wetland on the edges of the property.

Project documents also depict an endangered bat species living there, but NEC partner Boris Brevnov said he believes there would not be “enough environmental disturbance” to trigger a Mass Environmental Protection Act review on May 29. He did not attend the conservation hearing.

Dunk said state regulations require all development projects to design their stormwater systems so that no more runoff escapes the property

Please Read **NEC PROJECT**, page **A7**



Courtesy Photo

This map depicts the proposed facility’s location (the property marked by the dotted line). Incom’s solar array is to the left, Incom itself is the building near the center, and Sherwood Lane is the curved road at the top. Route 169 is labeled, and Cady Brook is the grey line to its right. Millennium Power is off the top of the map.

Bay Path Advanced Manufacturing students honored



Courtesy Photo

Front: Sam Messier, Danielle Mandella, Sadie Smith, Anna Isrealian, Lillian Berry. Middle: State Representative Paul Frost, State Senator Anne Gobi, Franklyn Rodriguez, Nick Smith, Jackson Chaffee, Tricia Gallien, Lana Antocci, Eliana Lasell, Instructor Stephen Zeveska. Back: State Representative Joseph McKenna, State Representative Peter Durant, Instructor Tate Ostiguy, Kevin Kilcourse, Tim Crowell, Lucien Caribo, Zack Messina, Louis Daniels, Aiden Aissis, Jadon Kirkorian, Gavyn Flourey, Lucas Grant, Will Ofori, Andrew Leach

CHARLTON — On Monday, June 3, the President/CEO of the Massachusetts Manufacturing Extension Partnership, John Killam joined State Senator Anne Gobi and State Representatives Paul Frost, Peter Gobi and Joseph McKenna to honor nineteen Bay Path Advanced Manufacturing students who earned an industry recognized credential in their trade. Ms. Wendy Storm, the MACWIC Vocational Coordinator presided over the morning’s festivities and honors.

During the presentations, Sen. Gobi remarked that “Students at Bay Path continue to take on challenges that prepare them to be an important part of the exciting advances in manufacturing. I am proud of their accomplishments and was glad to be invited to personally congratulate them.”

The Bay Path Advanced Manufacturing program participates in the Manufacturing

Advancement Center Workforce Innovation Collaborative (MACWIC) industry verified testing leading to certification demonstrating students have achieved proficiency in manufacturing skills. MACWIC is a group of solution-minded Massachusetts manufacturers, industry leaders and educators working together to solve various business challenges. MACWIC’s focus is to provide employer-led workforce solutions through workforce strategies, industry developed and recognized credential, apprenticeships and on-the-job training and networking.

MACWIC and its industry partners have created the Applied Manufacturing Technology Pathway Certification comprised of five levels of certification that insure new and incumbent employees have the skills required to enter and succeed in the world of Advanced Manufacturing in Massachusetts. Bay Path High School offers

Please Read **MANUFACTURING**, page **A7**

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Charlton sets policies for digital sign

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen has decided who they would like to partner with as the town prepares to transition from the current, manually changed sign on the ground of the town library to a digital sign that will change and shift on its own.

Currently, Charlton utilizes and old-fashioned sign board in front of the town library which has to be changed and updated by hand regularly to keep up to date with local events. However, in the last year, the town decided to replace that sign with a new one similar to other local communities which is completely digital and able to show even more events and

notices at any given time.

Board of Selectmen Chair David Singer brought the matter forward at a meeting on June 4 where the board agreed on a contractor they want to work with for the transition. They first addressed concerned made from an abutting property owner although Singer acknowledged that these issues were brought to the selectmen directly and the property owner in question, who was not named during the discussion, missed their opportunity to bring their concerns to the table at zoning meetings.

“The sign required a special permit and variance from the Zoning Board of Appeals which we did apply for and were approved. At the end of the zoning appeal period a res-

ident contacted various town officials with concerns, but never appealed the decision of the zoning board in the time that was required,” Singer explained.

Officials confirmed that the resident, and all abutters, were informed of the meeting by mail. Even though the citizen did not make the zoning meetings selectmen said they wanted to be courteous of public concerns all the same. One issue brought forward was the assumption that the sign couldn’t be erected in front of the library because it was thought to be a historic property. This was proven false. Another concern was how long the sign would be operational. When considering a policy for sign usage and operation at

the June 4 meeting selectmen agreed, in some cases reluctantly, that the sign would be turned off after 10 p.m. and turn back on at 6:30 a.m. Selectman Singer explained a few other details contained within the approved policy for the sign.

“Given its proximity to the center of town, the sign will generally consist of black and white lettering for informational messages. Special town sponsored town wide events including Old Home Day and Earth Day may display color but only for seven days preceding the event,” Singer said.

He added that the display will be limited to only two messages at any given time and will not change more than once per minute. Selectmen agreed to approve the policy

with the mindset that it can be improved upon once the sign is operational.

As for where the sign would come from, selectmen chose a contractor to work with the community on the upgrade with three bidders considered all well below the \$40,000 approved for the project at town meeting. Quotes were received back in April to cover purchase and installation and while the lowest bidder was Guthman Signs for \$31,856 they did not meet the criteria specified in the bid package. Instead selectmen unanimously chose to work with Diversified Signs who turned in a bid of \$34,137.89. Graphics Unlimited was the third bidder offering a price tag of \$34,470.

Local residents receive Bachelor’s degrees at 151st WPI Commencement

WORCESTER — On Saturday, May 11, on the Worcester Polytechnic Institute (WPI) campus quadrangle, 1,019 bachelor’s degrees were awarded during the university’s 151st commencement ceremony.

Amanda Alves of Uxbridge, Mass., was awarded a bachelor of science degree in mechanical engineering with high distinction.

Darien Gaudet of Charlton was awarded a bachelor of science degree in physics with distinction.

Jesse Gaulin of Charlton was awarded a bachelor of science degree in computer science with distinction.

Jeremy Hoffman of Charlton was awarded a bachelor of science degree in computer science.

Alexander Kuros of Uxbridge was awarded a bachelor of science degree in biomedical engineering.

Kendra O’Malley of Charlton was awarded a bachelor of science degree in mechanical engineering with high distinction.

Timothy Tetreault of Uxbridge was awarded a bachelor of science degree in mechanical engineering with high distinction.

WPI President Laurie Leshin and Board of Trustees Chairman Jack Mollen presided over the celebration, at which the keynote address was given by Ellen Stofan, the John and Adrienne Mars Director of the Smithsonian’s National Air and Space Museum.

In her remarks, Stofan lauded the graduating seniors, whom she called “the next generation of STEM innovators,” before pointedly asking, “Where do you go from here?” She noted that students are graduating 50 years after the Apollo 11 Moon landing on July 20, 1969. The historic milestone was spurred, in part, Stofan noted, by the challenge President John F. Kennedy placed before Congress in an address in May 1961.

Stofan, who has more than 25 years of experience in space-related organizations and a rich background in planetary geology, also received an honorary doctor of science degree.

WPI awarded Gordon Hargrove, executive director of Friendly House in Worcester, an honorary doctor of humane letters degree for his “distinguished leadership of a vital Worcester institution, his passion for making mir-

acles happen in the lives of others, and his inspiring example to generations of WPI students, faculty, and staff.”

President Leshin told the graduates that while she is sad to see them go, she and the campus community feel a great sense of pride in all of their accomplishments at WPI. “Over the past four years, we have all watched, and hopefully helped you discover, your passions and strengths, we’ve seen you work very hard, and we’ve seen you truly make a difference.”



Class speaker Emily Molstad, of Newington, Conn., a major in mechanical engineering with materials science and engineering, recalled for her classmates the “nine words we heard when we arrived, and over and over again throughout our four years here: Go to class. Do the work. Ask for help. These words, repeated so often, weren’t always easy to practice day to day, but once we followed them, they put us on the path to success.”

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the

principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI’s pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor’s, master’s, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Kaitlyn Jean Woods named to Husson University’s Dean’s List



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BANGOR, Maine — Charlton resident, Kaitlyn Jean Woods, has been named to Husson University’s Dean’s List for the Spring 2019 semester.

Woods is a senior who is currently enrolled in Husson’s Bachelor of Science in Healthcare Studies/Master of Science in Occupational Therapy program.

Students who make the Dean’s List must carry at least 12 graded credit hours during the semester and earn a grade point average of 3.60 to 3.79 during the period.

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine, Wells, and Northern Maine, provide advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. According to a recent analysis by **U.S. News & World Report**, Husson University is the most affordable private college in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Kristin Tagg named to President’s Honor Roll at Oklahoma City University

OKLAHOMA CITY, Okla. — Oklahoma City University is proud to announce that Kristin Tagg of Charlton has been named to the President’s Honor Roll for the Spring 2019 semester.

Students must complete a minimum of 12 credit hours during a semester and maintain a GPA of 3.9 or higher to meet the President’s Honor Roll requirements.

Founded in 1904, Oklahoma City University is a non-profit, comprehensive, private United Methodist university that is consistently ranked among the best in its category. OCU students pursue academic excellence through a rigorous liberal arts & sciences core curriculum that focuses on their intellectual, moral and spiritual development.

For more information, visit www.okcu.edu.

Oklahoma City University is a coeducational, urban private university located in Oklahoma City, in the Uptown district. The university is affiliated with the United Methodist Church and offers a wide variety of degrees in the liberal arts, fine arts, sciences and business. The only Oklahoma institution listed in the top tier of the regional, master’s-level university category by U.S. News & World Report, Oklahoma City University is also listed in Forbes’ “Best Christian Colleges” and “100 Best


College Buys.” OCU offers more than 70 undergraduate majors and 23 graduate degrees (including a law degree, MBA and doctoral programs in nursing).

Legion to hold Flag Day ceremony

CHARLTON — The Charlton American Legion, Post 391 will meet in order to hold Flag Day ceremonies for the town of Charlton on June 14 at 6 p.m. at the town common in the center of town.

Flag Day commemorates the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress. The purpose of the American Legion in adopting this ceremony was to encourage proper respect for the Flag of the United States and to provide for disposal of unserviceable flags in a dignified manner.

The Charlton American Legion will be assisted by Boy Scout Troop 165. The public is invited. Anyone who has an old and tattered American flag may drop it off at the Grange Hall on #10 Main St. here in Charlton.



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\$109,000, 29 Roy Rd, MTGLQ Investors LP, to Cooper, Jeramie J.
\$75,000, 13 Old Town Rd, Wooton, Stephan, and Bank New York Mellon Tr, to Reem Property LLC.

Quinebaug Lodge hosts dedication of Traveling Tyler Sword

CHARLTON — On Monday, June 3, the Quinebaug Masonic Lodge in Southbridge dedicated the Traveling Tyler Sword in Memory of Bro. Armand J. Richards to his wife Lucille, who is 93 years old. The ceremony took place at the Overlook Masonic Home in Charlton.



Courtesy Photo
Pictured: The Traveling Tyler Sword in display case with plaque, masonic door knocker and peep hole and Sword. Lucille Richards with her family behind her.

family assembled to witness the dedication of the Sword to Lucille. Brother Richards proudly stood guard at the west gate of Quinebaug Lodge for 15 years and exemplified to his fellow brethren on how a Master Mason should act and support his fellowman. He there stood a just and upright Mason, and always lived by the Plumb, Level and Square. A Tyler is a Master Mason who guards and protects his fellow brethren while a meeting is in session with his mighty sword in hand or by his side guarding the west gate of our lodge.

Our lodge doors are always unlocked when we have a meeting. We are a very traditional lodge. When unexpected guests arrived, Armand would challenge these individuals with the secret Masonic handshake, test and challenge them with the official Masonic Cipher book and ask them questions only a Freemason would know before they could gain entrance to our lodge meeting room, the west gate entrance. Armand was also our lodge Ritualist who taught the Masonic traditional ways and how to read the Official Cipher book, our Masonic code book.

The Traveling Tyler Sword, which was created by a brethren from the Quinebaug Masonic Lodge, will be like the Traveling Gavel. Other lodges in



ACCURACY WATCH

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our district or state may come to collect it by attending one of our official monthly meetings. To collect these items and return it to their lodge there must be a minimum of three people attending which must include the sitting Worshipful Master, the installed Tyler and any other lodge member who is in good standing. In return the lodge that it was taken from must go to one of their meetings to retrieve it. This is how fellow Masons meet new brethren.

Armand was a true Master Mason serving his lodge for more than 50 years with dedication and enthusiasm. Members of the Quinebaug Lodge are very proud of his dedication to Freemasonry.

Charlton teacher earns Specialist in Education degree

CONCORD — Rachel Manzov always knew she wanted to work in education, and for the past three years she has served as a Severe Special Education Teacher in the Charlton Public Schools. In this role, she modifies general education lesson plans for students to be successful during integration into the general education classroom by planning, organizing, and teaching through small group lessons and 1:1 lessons using ABA methodologies. She also collaborates with occupational therapists, physical therapists, speech language pathologists, and general education teachers for ways to best meet the students' individual needs.

After graduating from Worcester State College in 2010 with an elementary education major, Manzov served in various long-term substitute positions while continuing her education in the evenings to earn her graduate degree from

Worcester State University in 2014 in Elementary Education. She then began work as a Special Education Instructional Assistant for preschool students for four years. In this role, she promoted safe, positive, and supportive learning environment for students, helped to integrate students into regular education classrooms, and helped to facilitate ABA with individual students. Eventually, her principal asked her if she would like to take on the position of Head Teacher for a Severe Special Education Classroom for grades K-1. She was hesitant at first, as this position would require more credentialing and returning to graduate school, but she knew in her heart that this was the professional pathway she wanted to seek.

She began looking for graduate programs in severe special education. As a mother with a young daughter, she was

drawn to the on-line/nights/weekend components that Bay Path's flexible classroom model offered. Once enrolled, she found her professors to be extremely knowledgeable and she appreciated that her classmates were willing to share information with each other to help inform each other's teaching practices and to share academic goals.

"My degree helped me develop professionally as a teacher," explained Manzov.

She is grateful to the faculty and staff at Bay Path for making her dreams of becoming a classroom teacher become a reality. In particular, she credits Professor Mary Lou Carey for providing her with insightful feedback to improve her teaching skills.

Manzov loves teaching through sensory activities as it provides the students with opportunities to explore and problem solve using multiple senses (seeing, touching,

smelling, tasting, moving and hearing) that helps brain development. Sensory play helps to develop language development, cognitive growth, motor skills, problem-solving skills and develops social skills/interactions, and it can also help calm children that may be upset, feel frustrated or have anxiety. Her students seem to love it, too, as this work helps them to read simple sentences, learn their letters and sounds, overcome behavior difficulties, and learn to engage in conversations and interactions.

Manzov is grateful to Bay Path University for giving her the credential to pursue her dream of becoming a certified Severe Special Education Teacher and was most excited to walk across the stage at graduation to earn her Specialist in Education diploma in May.



Courtesy Photo
Rachel Manzov with her family.

Catch “Legally Blonde” at Stageloft Theater

FISKDALE — Stageloft Repertory Theater, 450A Main St., Fiskdale, is pleased to announce our upcoming production of “Legally Blonde The Musical” with Music and Lyrics by Laurence O’Keefe and Nell Benjamin and Book by Heather Hatch. Based on the novel by Amanda Brown and the MGM Motion Picture.

“Legally Blonde The Musical” will perform for three weekends from June 14 through June 30, with 8 p.m. performances on June 14, 21, 22, 28 & 29, and 2 p.m. performances on June 15, 16, 23 & 30. Tickets are \$20, \$18 for seniors (60 and older), students, and military and can be purchased online at www.stage-

loft.org. Advance ticket reservations can be made by calling Stageloft at 508-347-9005. All seating is reserved and our theater is fully accessible. Please call Stageloft to inquire about ticket discounts for groups of 20 or more.

Harvard’s beloved blonde takes the stage by pink storm in this fun, upbeat story of self-discovery. Elle Woods appears to have it all. Her life is turned upside down when her boyfriend Warner dumps her so he can attend Harvard Law. Determined to get him back, Elle ingeniously charms her way into the prestigious law school. While there, she struggles with peers, professors and her ex. With the support of

some new friends, though, Elle quickly realizes her potential and sets out to prove herself to the world.

Directed by Christine Taylor, with musical direction by James Joinville and choreography by Rosie Joubert, “Legally Blonde The Musical” is produced through special arrangement with Music Theatre International.

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5K race to benefit Bay State Equine Rescue

STURBRIDGE — Runners and walkers of all ages are invited to take part in the seventh annual Run Like the Dickens 5K race on Sunday, July 7 at Old Sturbridge Village. The race is the year’s principal fundraising event for Bay State Equine Rescue, an allvolunteer nonprofit organization that rescues and rehabilitates abused, neglected, and abandoned horses.

The course of the race offers participants a unique experience of Old Sturbridge Village, as it winds through the Village’s picturesque roads and trails. This is the only public race through Old Sturbridge Village. Prizes will be awarded to the overall firstplace male and female finishers, as well as to firstplace male and female finishers in six agebased divisions. Participants can reg-



Courtesy Photo

Runners and walkers of all ages are invited to take part in the seventh annual Run Like the Dickens 5K race on Sunday, July 7 at Old Sturbridge Village. The race is the year’s principal fundraising event for Bay State Equine Rescue, an allvolunteer nonprofit organization that rescues and rehabilitates abused, neglected, and abandoned horses.

ister online and find more information on the race and on the Rescue’s work at www.BayStateRescue.org. Bay State Equine Rescue is funded entirely by private donations and is staffed exclusively by volunteers. All proceeds from the “Run Like the Dickens” 5K will be applied to food, vet and farrier care for the 10 horses currently recovering and living at the BSER’s facility on New Braintree Road in Oakham. Sue Sheridan, a founder of BSER says, “We depend on the public to keep us going. It’s a lot of work trying to keep up with the bills. The race is our biggest fundraiser of the year and is very important to keep our work with the horses going.” BSER was founded in 2002, the outgrowth of a 4H group’s effort to save a horse named Rocky, who had been severely overworked and neglected. The BSER saw Rocky through surgery and rehabilitation, and eventually found him a loving home. The group has since done the same for many horses endangered by abuse or facing slaughter. Horses who cannot be placed find a permanent home at the Rescue. Part of the organization’s mission is to prevent neglect and abuse through education: promoting understanding of all that a horse needs to have a full and healthy life. BSER also maintains a placement list to help people who can no longer care for their horses find fitting homes for them. It is all part of the Rescue’s mission to provide horses with human advocates and help “abolish mistreatment and disrespect of horses” in Massachusetts and across the country.

Selectmen considering recreational marijuana licenses

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—The Board of Selectmen is currently working on a decision regarding the town’s allocation of recreational marijuana licenses after representatives from four dispensaries spoke on why their businesses would be a good fit for the town at a special meeting on Monday, May 6.

Although there are four potential candidates, Caregiver-Patient Connection of Barre, 253 Organic of Montague, The Herb Company of Allentown, New Hampshire, and Heal Inc. of Newton, the town’s zoning ordinance only allows the board to approve up to two adult use facilities in the town.

“We are in the process of vetting the site plans and business models of the four applicants,” said Sturbridge Town Administrator Jeffrey Bridges. “On June 18, we will have a meeting with the town’s attorney to talk about the process and community agreements and all the elements that come with this decision. We would like to move it along as prudently as possible and make a very deliberate process to consider options for what is in the best interest of town.”

Part of the decision the board is faced with involves a consideration to lift a moratorium on

adult use sales for one of the candidates, Heal, Inc., which received a special permit from the Sturbridge Planning Board on March 22, 2017 to operate a medical marijuana dispensary at 660 main street. The company made a written commitment on July 18, 2016 to not sell recreational marijuana or marijuana infused products for at least five years, or until July 18, 2021, due to the adult use ballot question that was pending at that time. After the 2016 election, there were two attempts to ban the sale of adult use marijuana in Sturbridge that did not pass and the town enacted zoning in late 2018 to regulate the sale of recreational marijuana. After recently learning that three other dispensaries are after the town’s two licenses, Heal asked the BOS to consider lifting the moratorium.

“Sturbridge’s zoning specifies that only two adult use dispensaries may operate in town, and further notes that the town may not prevent an existing medical facility from converting to adult use sales,” said Heal, Inc.’s attorney Katherine Braucher Adams in a written statement. “Therefore, if Heal waited until 2021 to add adult use sales to its offerings, the town would have three such facilities in town assuming that the town approved of two other facilities in the next two years.”

If the town decides to lift the moratorium and Heal, Inc. is granted one of the two licenses, the company’s current plan is to open later this year for both medical and adult use. According to Adams, Heal, Inc. has its provisional approvals from the Cannabis Control Commission for its

medical licenses and cultivation will take place in Warren, with dispensaries in Sturbridge and Provincetown. The company has already applied for adult use licenses in Warren and Provincetown and will be able to apply for an adult use license for Sturbridge if and when the moratorium is lifted and a Host Community Agreement with the Board of Selectmen is executed. “The company hopes to commence operations (both medical and adult use) in the fall of 2019,” said Adams. “Due to the variety of regulatory approvals needed, it is difficult to predict an opening date with any precision.”

If Heal’s moratorium is not lifted, the company could potentially become the third recreational marijuana business in 2021, but this raises some questions and concerns as a town that has been divided on this issue.

Bridges said that this decision is just the first step in the process and that the companies that are chosen will still have work to do before they open shop, including Heal, Inc. even though they have completed their medical marijuana facility.

“The site plan process will still need approval and vendors are working through site issues and supply issues,” he said. “Once the Board of Selectmen negotiate the vendors, there will be a Host Community Agreement. Even Heal would still need an updated site plan, as the expectation on recreational traffic is much heavier than medical and the facility would need to take more things into consideration.”

For more information on the town’s pending recreational marijuana decisions or for updates, call the town at 508-347-2500 or go to <https://www.town.sturbridge.ma.us>.

Local students named to President’s List at Plymouth State University

PLYMOUTH, New Hampshire — A total of 837 students have been named to the Plymouth State University President’s List for the Spring 2019 semester. To be named to the President’s List, a student must achieve a grade point average of 3.7 or better for the Spring 2019 semester and must have attempted at least 12 credit hours during the semester.

Bryana Reardon of Uxbridge, Fine Arts major
Nathan Mozinski of Charlton, Computer Science major
Sally Cederberg of Charlton, Social Work major
Jessica Rousakos of Charlton, Nursing major

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Environment Massachusetts creating a buzz about bees in Charlton

CHARLTON — Bees are dying off at alarming rates across the United States, threatening our food supply. This summer, young adults working with Environment Massachusetts will visit Charlton and neighborhoods across the Commonwealth to talk about how we can work together to save the bees.

“Many of the fruits and vegetables growing across Massachusetts will be a thing of the past if bees keep dying off at their current rate. People are worried that our bees are dying, but they often don’t know what they can do to help,” said Sam Kooharian, a canvasser working with Environment Massachusetts. “I’m walking our neighborhoods this summer to not only educate people about this critical problem, but also to encourage them to act. That’s the fun and rewarding part.”

Worldwide, 100 crops provide 90 percent of the world’s food, and bees pollinate 71 of them. Neonicotinoid pesticides, commonly known as neonics, threaten bee populations. Maryland and Connecticut have already banned neonics for consumers.

“No bees means no food, and the first step in saving the bees is eliminating the pesticides that kill them,” said Ben Hellerstein, State Director for Environment Massachusetts. “Massachusetts can play a big role by restricting the use of neonics.”

While other factors including global warming, habitat loss and disease contribute to bees dying, restricting neonics is a step Massachusetts can take today. Canvassers are knocking on doors in Charlton and other communities across Massachusetts to build support for An Act to protect Massachusetts pollinators (H.763), filed by Representative Carolyn Dykema.

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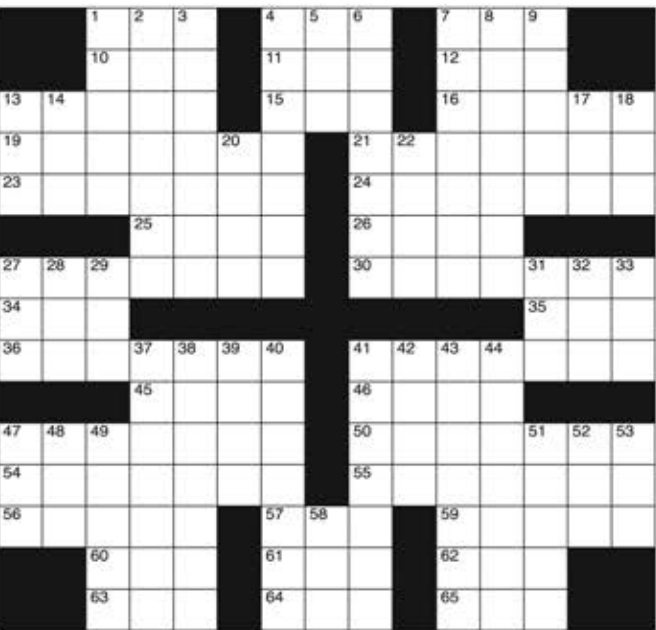
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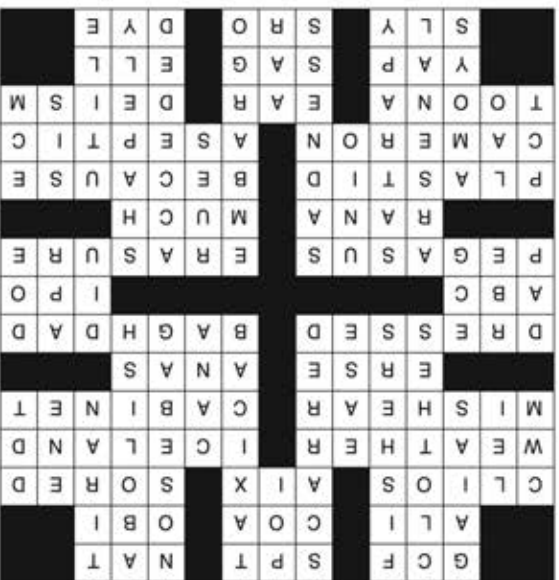


CLUES ACROSS

1. Mathematical term (abbr.)
4. Seaport (abbr.)
7. “Unforgettable” singer
10. The GOAT
11. Used to harvest agave cactus
12. Luke’s mentor _-Wan
13. Muses
15. IBM operating system
16. Hungarian village
19. Popular conversation topic
21. N. Atlantic island
23. Fail to discern correctly
24. The President has one
25. Irish Gaelic language
26. Gasteyer and Ivanovic are two
27. Garnished
30. National capital
34. Basics
35. Initial public offering
36. Winged horse
41. English synthpop duo
45. Mars crater
46. A lot
47. Small organelles
50. By reason of
54. “Growing Pains” actor Kirk
55. Free from contamination
56. Genus in the mahogany family
57. Body part
59. A belief in a supreme being
60. Talk a lot
61. Actors’ group
62. Unit of measurement
63. Slick
64. No seats available
65. A way to change color

CLUES DOWN

1. Belongs to the daughter of Chaos
2. Wardrobe
3. Derek and Jeff are two
4. Disfigured
5. Hawaiian dish
6. What a hack drives
7. Horse gear
8. Do away with
9. Narrow straits between Sinai and Arabian peninsulas
13. Corrie
14. Hawaiian flower necklace
17. Midway between northeast and east
18. Insecticide
20. Comfort
22. Town in Galilee
27. Informal greeting
28. Relative biological effectiveness (abbr.)
29. Used to check the heart
31. Western India island
32. Credit card term
33. Female deer
37. British football team
38. Persian jurisdiction
39. Freshwater mussel genus
40. Opposite of happiness
41. Ban on trade
42. Bitterly regrets
43. Assented
44. Well-proportioned
47. Part of (abbr.)
48. Indigenous people of Thailand
49. A man of your stature (abbr.)
51. Advantageous
52. Female sibling
53. Electronic countermeasures
58. Swiss river



PUZZLE SOLUTION

Sisters organize Alzheimer’s walk in mother’s honor

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

SOUTHBIDGE — Sisters Cathy Czyzewski and Donna Viens, Southbridge natives who now live in Melbourne, Fla., have witnessed the damaging effects of Alzheimer’s Disease and are looking to make a difference in the lives of those it impacts.

Their mom, Louise Peterson, struggled with Alzheimer’s for over 15 years and passed away last October. They watched her struggle with her memory, day-to-day tasks, and living on her own and watched her disposition and personality change completely.

“My mom started early, when she was about 70, and had to leave her home to go into assisted living,” said Czyzewski. “She died at 87, so she had it for quite some time. We saw how she changed from herself to a shell of herself.”

In honor of their mom, Czyzewski and Viens are organizing the Memory Mile, a fundraising event that will take



Cathy Czyzewski and Donna Viens with their mother, Louise Peterson.

place on Sunday, June 23 starting at Westville Lake in Southbridge from 7 a.m. until 2 p.m., and later moving to Hyland Orchard in Sturbridge from 2 to 8 p.m. in conjunction with the Alzheimer’s

Association’s Longest Day campaign, which takes place near the June 21 Summer Solstice every year and symbolizes the challenging journey of those living with or caring for someone

who has Alzheimer’s. Although the sisters organized a similar event in Melbourne, Fla. in 2016, this is the first time they have brought it back home to Massachusetts. “The nature of

the Longest Day is that teams will do something from sun up to sun down, using the the light of the longest day to outshine the darkness of Alzheimer’s,” said Czyzewski. “We decided on walking because our mom always loved to walk, and my sister and I grew up in Southbridge, so we wanted to bring it back home where we have childhood friends and things. Our mom spent the majority of her life in that area until we brought her down to Florida when the signs of Alzheimer’s started getting severe.”

There will be food trucks, live music at Hyland Orchard, and a 5K run with a \$25 registration fee starting at 9 a.m. For those who cannot be there in person, the family is asking people to take their own mile-long walk and share a photo to the event’s Facebook page or donate to the cause through the Memory Mile site.

“We hope for a good turnout to bring awareness and raise

funds because it is such a prominent thing in a lot of people’s lives,” said Czyzewski.

The sisters are grateful for all the support they have already received, as the three bands who are playing are donating their time and Hyland Orchard is donating their venue, and are eventually hoping to make this walk a local and annual Summer Solstice tradition that brings people together for a good cause and acts as a comfort to those who suffer from Alzheimer’s or love someone who is struggling with the disease.

“It’s important for our family because we saw the effects of Alzheimer’s,” said Czyzewski. “We just want to do something in honor of our mom and so appreciate any support we receive.”

For more information on the Memory Mile event or to donate to the cause, go to <https://www.facebook.com/memorymile.weezie>.

Courtesy Photo

Local talent takes the stage in support of SONG

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE – A wide range of talents was on display last week, as performers took the stage in support of a local organization.

The talent show was just one of many activities included in the annual spring music festival hosted by Supporting Orphans Nationally and Globally (SONG). The 12th annual festival took place on June 8, drawing guests from throughout the area to Hyland Orchards.

After several performers showed off their talents at the show, Heavy Intentions was named the winner. The three-man youth rock band consists of Nolan Harold, Damien Sargent, and Aidan Joyce. Singers and dancers also took the stage, and the rest of the day was filled with performances from area bands.

For Wally Connor, the founder and director of Brookfield-based SONG, it’s always a thrill to receive strong community support at the festival each year.

“This is a great family event with a lot of activities going on. Everyone had a lot of fun at the talent show,” Connor said.

SONG, Inc., formerly known as Socks for Siberia, supports orphaned children in the U.S. and around the world. Last

year, Connor visited children being supported by his organization in Pakistan. Looking ahead, SONG members will travel to Uganda and South Africa in advance of the organization assisting children in those nations.

Connor and his team thank the residents, volunteers, and bands who attend SONG events each year. Locally based, The Otters band is always eager to give back and get involved with SONG events.

“They have been coming here for twelve years, and the majority of their gigs are for charity,” Connor said of The Otters.

The festival also featured raffles, face painting, a bounce house, a silent auction, a pie eating contest, sack races, and several more events. Raffle prizes included Boston Red Sox tickets and a weekend getaway to Mystic, CT.

For more information about the organization, or to learn how you can help, visit www.supportingorphans.org.

CAPTIONS:
044: Stephen and Jocelyn Shoge, of Worcester, spend the day with their 1-year-old daughter Ellis. Kevin



Kevin Flanders Photo

Members of the Heavy Intentions rock band celebrate their talent show victory.

Flanders photo.
045: Warren’s Luisa Feeney is having plenty of fun under the sun. Kevin Flanders photo.
046: Members of the Heavy Intentions rock band celebrate their talent show victory. Kevin Flanders photo.

047: The Witaszek family, of Warren, enjoys some music and shade in the pavilion. Kevin Flanders photo.
Talent 1-4: Local performers take part in the talent show. Courtesy photos.

Local residents receive graduate degrees at 151st WPI Commencement

WORCESTER — Worcester Polytechnic Institute (WPI) President Laurie Leshin and Board of Trustees Chairman Jack Mollen presided over the university’s 151st Commencement celebration, awarding over 850 master’s and doctoral degrees at the Graduate Ceremony, held on the campus Quadrangle.

Kevin MacDougall of Uxbridge was awarded a master of science degree in electrical and computer engineering.

Alexander Holmes of Charlton was awarded a master of science degree in interactive media and game development.

Kenneth Zielinski of Charlton was awarded a master of science degree in chemistry.

Jesse Gaulin of Charlton was awarded a master of science degree in computer science.

This year’s graduate address was given by Freeman A. Hrabowski III, president of the University of Maryland, Baltimore County.

In his remarks, Hrabowski expressed his excitement at being asked by his longtime friend, Laurie Leshin, to speak at WPI’s graduate commencement. “I’ve been watching the progress of WPI for a long time,” he said. “You’re a national leader in project-based learning, and you’re the alma mater of Robert Goddard. In my area, that’s a big deal.”

WPI awarded honorary degrees to Hrabowski and to Kevin O’Sullivan, who recently retired as president and CEO of Massachusetts Biomedical Initiatives.

In her remarks, President Leshin congratulated the Class of 2019 for “enduring stress, overcoming setbacks, and pushing boundaries.” As students leave campus with a degree, Leshin said she anticipates they will continue to “break barriers and open new doors.”

Graduate student speaker Doreen

Manning then gave her remarks. Manning, who received her master’s of business administration, told her fellow graduates that she took an indirect route since “earning a master’s degree had simply not been on my career radar.”

Manning said her worldview is different now.

“So as I leave the podium today, I will do so not only with a diploma, but with new insights into myself and my role within the world,” Manning said. “Yet even more important, when I meet with alumni in my position as editor of the **WPI Journal**, I get to tell them, with pride, ‘I’m an alum, too!’ “

About Worcester Polytechnic Institute
WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the class-

room to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI’s pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor’s, master’s, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

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SH GRADUATION
continued from page 1

sights that have struck me with awe. It's a story of values emblazoned on hallway walls. This story is a collection of hundreds of thousands of moments compiled into a kaleidoscopic mosaic that has become my identity. When we leave this stage, we will walk forth into the great unknown, a wonderfully daunting, exquisitely promising frontier. Shepherd Hill will no longer be where we are, but where we are from. The time we spent together will become, for each of us, a gathering of memories, each housing an individual story and an individual identity and an individual destiny," Whitehead said.

Her fellow Honor Speaker Eric Prussman also spoke of life as a story, a collection of events, memories and goals that come to define who we are. In his speech to the Class of 2019 he asked them to cherish every minute and not to settle for just getting by, words he took from one of his favorite country music groups Sugarland.

"Now as you embark on this exciting

new chapter of your story, I want you to keep in mind how quickly life goes by. So many of us take our days for granted. We skip ahead to the future instead of enjoying right now. We hit snooze on the alarm clock and miss out on the beauty of the morning. We throw away thousands of seconds holding on the anger or worrying about is people are judging us or if our hair looks perfect or if we look great in a Snapchat photo. You only get 86,400 seconds every day to do and to become absolutely anything you can imagine," Prussman said. "The clock is always ticking, so what will you do with the time you have left?"

Before students graduated many were honored as recipients of a share of a combined \$81,000 in scholarships from numerous programs, funds and organizations. Ceremony leaders also took the time to honor those who will be leaving Shepherd Hill to join the military, a special moment in every graduation that always receives a standing ovation from the large crowd of proud parents and loved ones on hand to see their respective students cross the stage.



Graduates take their seat for Shepherd Hill's 46th annual Commencement Ceremony.



Graduate Rosalia Sanchez embraces her sister, Janessa Sanchez, a U.S. Marine who returned home to see her sister cross the stage.



Shepherd Hill Honor Speaker Eric Prussman delivers his speech during the 2019 Commencement Ceremony.



Graduates examine their diplomas after crossing the stage.



Kyle Bolduc finishes his walk across the stage with diploma in hand. He will join the Navy following his graduation.

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Courtesy Photo

Resident Council members with scholarship winners Allison Marrier, Rachel Taylor, and Veronica Martinez.

members of staff. This is the most we have had, up from 11 last year and seven the year before.

All applications were reviewed with the Resident Council Scholarship Committee, which is a group of six Stonebrook residents.

This year's winners of a \$1,000 scholarship were awarded their checks at a luncheon last week with their family members and The Scholarship Committee.

Allison Marrier works in our dining department and is going to Worcester State University for Elementary Education

Rachel Taylor works in our dining department, and is going to Quinsigamond Community College for Nursing

Veronica Martinez works on SNF 4, and is going to Quinsigamond Community College for Nursing

Jennifer Nelson works here as a nurse, and is attending Becker College to further her Nursing career. She was unable to attend the luncheon all others did attend with their family members.

Overlook's Resident Council recognizes 2019 scholarship recipients

CHARLTON — The Resident Council at the Overlook had 17 applications for scholarships this year from many different departments, including staff and direct family

A family fishing trip

My brother Ken and I fished the Providence River this past Friday, and had a great time catching school bass and snapper bluefish on light rods. The day started out great with picture perfect weather and calm seas. Heading out to the lighthouse a mile from our launch site at Hanes Park, we noticed a guy with a fish on. After watching him land the striper which was not huge, but was a legal size fish we decided to start fishing in the area. My fish finder was showing small schools of porgies, but we were unable to snag a few to fish with. After numerous attempts, we gave up and started to use plastic baits and jigs.

We watched the other angler catch numerous other bass and release them. Now I do not want to be called a “Googan” (weekend anglers that fish to close to professional anglers), but I cruised by him at a safe distance. He must have noticed our frustration being unable to snag a few porgies for bait.

“Would you fellas like a few porgies to fish with?” he asked.

I quickly turned our boat around and maneuvered our boat over to his. My brother Ken handed our landing net over to him to make transfer of the bait fish easy. We thanked him a couple of times and headed away from his fishing spot.



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Quickly changing our fishing gear for drift fish chunks of fresh bait for stripers, we were a lot more optimistic that we were finally going to start catching fish. Ken had a hookup within a few minutes, but he lost the fish. After numerous strikes on the bait chunks and no hookups, we cut down on the size of the bait. Ken landed a nice school striper, and it was released. The next fish was a snapper bluefish. After catching a couple more snapper blues the bite slowed and most boats in the area had left.

We decided to leave the area and head for a spot that often produced bass & Blues. We left the area with one legal size 30 inch striper and a couple of bluefish. We rigged our rods with plastic baits to do some trolling at a new site. The bait barely hit the water and I yelled fish on. «Oops»; fish off. After reeling my bait in, I realized that a third of my six-inch rubber bait was missing, as shown in this week’s picture, along with other chewed up plastics. A sure sign of bluefish.

We managed to catch numerous bluefish before it was time to head for home. It was a great day to be on the water, but the big bass had eluded us again. Wait till the next time. Fishing was heating up in the area, and fishing should be great by the time you read this column. Because of the exceptionally cool weather this spring ,fishing is a couple of weeks behind!



Christian Issley landed a huge bass that weighed in at 53.72 pounds recently, and other anglers are catching 50-pound bass in both Mass. & Rhode Island. There are still tons of schoolie bass around and fly fishermen are having a great time catching them. Not every angler needs to catch a fifty pound bass but, it is a lot of fun when you do.

Fluke fishing has exploded in both Mass. & Rhode Island waters with fluke in the eight-to-10-pound size being brought into local shops in the area to be weighed. Massachusetts is enjoying great seabass fishing, but they do not become legal until June 24 in Rhode Island. Many Rhode Island anglers are not happy with the regulations again this year.

George Anderson of Uxbridge caught some nice fluke several years ago in Rhode Island, as this second picture



shows. There are more to be caught in the next few months. Senior citizens can still catch fish. Take a senior citizen fishing this year. This writer’s boat was called the Red Cross boat because of all the handicapped seniors I brought along to fish over the years. I enjoyed every trip. We had great times!

The Whitinsville fish & Game Club has started to open their trap range every Friday night under the lights. Members and non-members are encouraged to participate.

Take A Kid Fishing & Keep Them Rods Bending!

MANUFACTURING

continued from page 1

its Advanced Manufacturing students the opportunity to sit for both MACWIC Level 1 and Level 2 certification.

The MACWIV Level 1 exam covers manufacturing math, blueprint reading, metrology, workplace safety and work readiness. In order to achieve the certification students must achieve an average score of 85 percent correct on

the combined test. Students who achieve an 85 percent in each of the 5 sections of the test also earn a challenge coin. The following students earned MACWIC Level 1 certification and a challenge coin: Lucien Caribo- Dudley, Timothy Crowell-Dudley, Zachary Messina-Paxton, Aidan Aissis-Charlton, Nathaniel Beauchesne-Dudley, Samuel Messier-Charlton and Aidan Romanelli-Charlton. Earning level 1 certification: Eliana Lasell-Dudley, Franklyn Rodriguez-Rutland and Cole

Burke-Southbridge.

The MACWIC Level 2 exam covers Lean manufacturing, CNC programming and GD&T, CNC lathe, and CNC milling. The following students earned Level 2 MACWIC certification with a challenge coin: Anna Israelian-Webster, Danielle Mandella-Oxford, Ryan LePage-Dudley, Lillian Berry-Southbridge and Gavyn Floury-North Brookfield. Earning level 2 certification: Neftali Morales-Charlton, Sadie Smith-Oxford, Xavier

Adamuska-Southbridge and Michael Grant- Dudley.

Many local officials joined school leaders to congratulate the students on their outstanding achievement. Mr. Al Beland, Dr. Robert Zukowski and Mr. Clarence Bachand of the Bay Path School Committee joined Ms. Robin Craver the Charlton Town Administrator, Mr. Ron San Angelo the Southbridge Town Manager and Mr. John Jovan to wish the students well. Mr. Tate Ostiguy and Mr. Stephen Zeveska, Bay

Path’s Advanced manufacturing instructors were lauded for their tireless efforts on behalf of the students. All of Bay Path’s vocational teachers must have significant private sector experience prior to becoming faculty at the school. The entire school community offers its congratulations to the students who passed the exams. Each of them is prepared for a bright future in manufacturing, engineering or other STEM related fields.

NEC PROJECT

continued from page 1

after construction than before it.

“I help projects through the process,” he said. “I’m never going to indicate whether it will or will not happen because the state makes the decision.”

NEC is seeking to build a natural gas liquification and storage facility on 11 acres here. The project’s center point is a single two million gallon storage tank

hooked into the nearby Tennessee Gas pipeline, although the route its feeder lines will take haven’t been decided – either north along 169 and Cady Brook via Millennium or across Cady to connect near Carpenter Hill Road. Such a project is not allowed under local zoning bylaws, so NEC has petitioned the state for a total exemption from such zoning. That request has both sparked opposition from some neighbors and a proposed bylaw change that would allow energy facilities in this area; the latter is to be debated at Town Meeting

Score until March of 2021 to obtain the proper licensing and permits in order to set up shop under the current host agreement with the recreational and medical sales amendment. Glissman called this a much more likely possibility than a 2020 opening.

“I think Q1 in 2021 would probably be a bit more realistic just given the uncertainties surrounding the state permitting process. If it moves quicker through the CCC it will improve our timeline. Presumably we’re looking at a provisional license some time at the end of 2019 which would then give us a construction window in early 2020,” Glissman said.

June 12, after this paper’s deadline. After a false start last fall, the state’s process resumed May 29 with a well-attended Department of Public Utilities Siting Board public hearing at Charlton Middle School. Those wishing to comment on the project can send email to hearing officer Kathryn Sedor at kathryn.sedor@state.ma.us anytime during the months-long quasi-judicial process. Over the summer, she said then, the participants will engage in discovery, followed by courtroom-like hearings sometime in the fall leading to a decision later this year.

At the May 29 hearing, wetland-related issues were not commonly raised among the numerous safety, traffic, health and other concerns citizens had about the project. Among those

mentioned were potential runoff and/or erosion from storms onto Route 169 and across it to Cady Brook, while others were worried it might cause water contamination issues akin to those attributed to the landfill.

A few people looked long-term at the impact fossil fuels have on climate, arguing a new facility was both unnecessary and contrary to preventing climate change. One, Etel Haxhiaj of Worcester, noted a lot of the gas stored at this facility would be fracked gas, which has caused widely reported health and water contamination problems in the communities from which it comes.

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

FOUR SCORE

continued from page 1

marijuana.

“The Cannabis Control Commission from the date that you turn in your application is running from a six to nine month backlog just to get the provisional license and you can’t build out until you get your provisional license,” Glissman said, calling it an extensive process from there.

Originally, Four Score had planned to open in 2020, however those plans now seem unreasonably optimistic. Wirth that in mind, and using Green Gold Group’s application process as a comparison, selectmen agreed to give Four

BAY PATH STUDENTS PARTICIPATE IN EARLY COLLEGE PROGRAM



Courtesy Photo

Bay Path Vocational Technical High School in Charlton is pleased to announce that students from Culinary Arts, Business Technology, and Graphic Communications recently completed Introduction to Marketing at Nichols College in Dudley. The course is part of an Early College program begun six years ago at Bay Path and includes students taking courses through Nichols and Quinsigamond Community College in Worcester. Bay Path offers Early College courses in Introduction to Psychology, English Composition, Marketing, College Mathematics, Business Management, and Sports Management.



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EDITORIAL

A note to the Class of 2019

Most of you reading this week's Editorial have been, or will be, present for one graduation speech, if not more, in the coming days. Honors students will speak, guest speakers will offer words of advice, some will stick with you, some may not. We remember none of the words spoken at our own graduation, except for "I was stone cold sober" — this spoken by an honors student who was in a car accident on her way to graduation, giving our class her advice was to be careful driving. For some reason, the thought of losing a classmate, especially on graduation day, stuck with us into adulthood, and we have, as a result, always been a careful driver.

Thoughts about the next step after graduation come to mind. We remember not having a solid idea ourselves on what our next steps would be after graduation. Waking up the morning after graduation was eye opening. Never would we set foot as a student in our high school again. The comfort provided by that building and its wonderful staff would no longer be there. We felt "booted from the nest," so to speak, and that wasn't necessarily a bad thing; it was just the start of a new journey.

A quote never far from our mind is "Set your life up as though you never want a vacation." Simply put, this means find your passion and get paid for it. We've all heard this day in and day out. While it's not always that simple as time goes by due to life changes it is a great jumping off point, especially for a new graduate.

You may not know what your passion is quite yet, and that is OK. Those are light bulb moments that just appear out of nowhere, and when they do show up, use that momentum to make a go of it. Finding your niche in the world by finding your passion will, in turn, help you find happiness.

Success in this life is not about how much money you can make, or how big your house is. Success comes from happiness and self-satisfaction. If you can find the time during your work week to do the things you love, the things that make you laugh and put a smile on your face and give you enough money to support yourself, then you will know you're doing something right. This life is meant to be lived, and lived well. As a new graduate, there is nothing standing in your way of reaching your goals unless you allow that to happen. Remember to stay relaxed about your future. Life is a journey and a super amazing one at that. Choose to keep friends and family in your circle who will always encourage you. Choose the ones who are honest, genuine and encouraging, and make sure you are that way in return. Be appreciative of your parents and caregivers, never forget to ask how they are doing, for they were once in your shoes and one day you will be in theirs.

Of course, none of us have it all figured out, no matter how far we are along life's path, but there are a few tips worth being shared. The first is to always stay active and fit, wear sun-block, drink plenty of water and don't ever smoke. Your future self will thank you. Try to do as much as possible without involving your phone. To truly be present in an experience is to leave your phone in your back pocket and take it all in.

The next 'must' on the list is to travel. Travel, travel, travel. Explore those other countries and cities that you have always wanted to visit. Even if that means a short road trip right next door into Vermont, Maine or Canada, seize the opportunity. Tickets and hotels are much more affordable than you might think. Go to a professional sporting event at least once. Go see live music as much as possible. Learn to play an instrument and to speak at least a little of another language. Experiencing life through the eyes of other places and other cultures will make yours a million times more fruitful.

If you do the right things, the right things will happen. Congratulations to you all, and cheers to a fun filled future.

OPINION

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

Daddy, thank you for encouraging me to be myself every day

When I was little, it is an understatement to say I didn't fit in exceptionally well with other girls my age.

I had glasses that made me look like Harry Potter, these green and yellow Converse I wore every single day for several years until I couldn't jam my feet into them anymore, and a worn out jean jacket that I loved endlessly. I went through this very long phase of hating dresses, sparkles, the color pink, and anything that someone else I knew was already wearing.

"Be you, baby," I remember my dad telling me.

In a world where my peers were saying I dressed weird or making fun of my glasses and grown ups were saying I looked like an orphan with dirty shoes and rips in my jeans, my dad knew I was being myself and was always the one to back me up on my worn down wardrobe decisions.

Now that I'm older, my problems in life are a little more challenging, but my relationship with my dad is the best it has ever been. I've told him about how frustrated I am whenever my creative interests and the career I chose don't seem to match up. I've talked to him constantly about how attacked I've felt within my family for rejecting the church I grew up in. I called him just the other day asking for advice on someone I know who I didn't think belonged in my life anymore.

"Be you, baby," said my dad over the phone, and that was all I needed to stand up for myself in every case.

My dad has never made me feel like anything less than an entire person, even when I was a child, and has encouraged me to be the best version of me. Some of my best memories in life are sitting next to him while he played his original song "St. Mary's Strip" on piano or taught me how to play all the



MIND OF A CURIOUS GIRL
... ANNIE SANDOLI

major and minor scales with both hands without getting frustrated and watching intently as he taught me how to make freshly squeezed orange juice or his famous Italian pasta sauce that always tastes like home. To this day, many of my calls start with, "Dad how do I play this chord without it hurting my hand" or "Dad, how do I cook this vegetable without it tasting absolutely horrible?"

My dad is my constant reminder to be mindful, take a deep breath, and slow down. Although he's protective, he's always allowed me to be completely free to make my own decisions, with what I do with my life, who I associate with, and how I interact with people, and I know I can tell him anything and everything without feeling judged. Even when I make a mistake, he turns it into a positive learning experience, like recently when I scratched someone's car leaving a parking lot in Worcester and called him in tears.

"These things happen, my love," he told me. "What have we learned from this?"

"To slow down and pay attention," I sniffed.

"Very good," he laughed. "Now you'll be more careful next time."

Daddy, you have been someone in my life who has always told me I can do anything I set my mind to. Thank you for encouraging me to take the beaten path, be independent, unique, brave, and strong, stand up for myself and what I believe in, and always rock the dirty Converse and worn out jean jacket no matter what anyone says. Happy Father's Day to the man I look so much like that people I've never met say, "Are you Artie's daughter?" and thank you to all dads for your endless love, support, and acceptance.

Living in the present with your family

As a young entrepreneur and CEO, I found myself planning for and living my life inside my head, as I worked to anticipate and capitalize on the future. Success in life requires all of us to plan and look forward. However, my problem as a young man and business leader was my reluctance to leave the office and the future behind, as I would arrive at home to live in the present. I was always looking ahead and planning for success to come, and in the process, I missed out on too many of life's impromptu and cherished moments.

I feel fortunate. I do not have many regrets, but I do regret the vast amount of time I spent away ... even when I was home.

I'm not alone. I hear it from others. We seem to arrive at a point in our lives where we understand what we have missed, and why. With that realization often comes a commitment to do better, and that's good ... but we can never retrieve lost time. The family events, recitals, games and other happenings can never be revisited. I didn't miss much. My body was present, but my mind was absent. I was often physically with my family and mentally at work. It is a common problem with breadwinners and is compounded by the two career households.

Our children and mates need us mentally and emotionally present. Most of us know what to do to live a life in the now, but it's not that simple. Career pressures, financial demands and professional goals, pull and tug us away from home and family. We just must make the conscious decision to be present.

I remember having this conversation with Arlene at a swim meet. I was there in the bleachers physically present but taking calls on my mobile phone. We were driving home, and she said, "Why don't you just stay at work next time? You really aren't here."

"What do you mean?" I responded. "The kids need me here!"

She shrugged. "I agree, so why not be here next time and not on your phone?"

POSITIVELY SPEAKING

BY GARY W. MOORE

I acted offended but knew she was right. Later that night, I confessed that I needed her help. I asked her to remind me as I start drifting away and she said, "Okay, then leave your mobile phone and laptop in your car."

It was always a struggle. I was tugged in every direction, but I began working hard to be mentally where I was physically, and I became a happier guy.

Today's professional demands are tough.

Young professionals travel for work today more than any other time in history. Competition is tough and career performance is essential to success. However, the same is true for having a successful marriage and raising happy, successful children.

When we make the decision to marry, that is an incredible commitment that is more important than your career. When you bring a child into the world, compound that commitment by ten. Your family needs you present.

Ask a teacher which kids have enough parent time and involvement and they will tell you. The kids without that close parental connection act out in negative ways in response to what they are missing at home. Your children and your significant other need and deserve your time and attention. Kids equate love with time. Make sure they understand and feel that love from you.

So, what now? Breathe.

I have found that by taking a moment to focus on my breathing, it brings me to my most basic function and helps me clear my mind. Once breathing has my attention, I look around, fully realize where I am and change my focus to remaining there.

The adage that says, "On their death bed, no one wishes they spent more time at work." Always be the best you can be in your career ... but make the same effort with your family.

Gary can be reached at gary@garywmoore.com.

Father's Day: Tools are great for Father's Day – and for investors

If you're a dad, you may well be pleased to unwrap some tools as Father's Day gifts. Of course, it might be a stereotype that all men



FINANCIAL FOCUS
JEFF BURDICK

are handy at repairs; women certainly can be every bit as good when it comes to building and fixing things. In fact, the construction process is valuable for anyone to learn – and the same skills that go in to creating and mending physical objects also can be applied to financial projects – such as working toward a comfortable retirement.

Here are a few of those skills: Diagnosing the challenge –

A good craftsman knows that the first step toward accomplishing any outcome is to assess the challenge. So, for example, if you want to build some bookshelves right into the wall, you'll need to locate the wall studs, determine if you have adequate space for the shelving you want and allow room for future expansion. Similarly, if you want to retire at a certain age, you need to consider the key variables: your current and future income (How much can you count on from your retirement plans?), where you'll live (Will you downsize or relocate? Will you rent or own a house or condominium?) And what you'll do as a retiree (Will you travel extensively or stick close to home? Will you do some type of work for pay or pursue your hobbies and volunteer?).

Assembling the right tools and materials –

To put together your bookshelf, you will need the right tools – saw, hammer, drill, sander and so on – and the right building materials – plywood, nails, screws, glue, brackets, moldings and so on. And to work toward a comfortable retirement, you'll also need the right tool – in the form of a long-term financial strategy, based on your specific retirement goals, risk tolerance and time horizon – along with the appropriate materials – the mix of investments you use to carry out that strategy. These investments include those you've placed in your IRA, your 401(k) or other employer-sponsored retirement plan, and those held outside your formal retirement accounts. Ideally, you want a diversified mix of investments capable of providing growth potential over time, within the context of your individual risk tolerance.

Review your work –

Once you've finished your bookshelf, you occasionally may need to make some minor adjustments or repairs in response to slippage, cracks or other issues that can develop over time. As an investor, you also may need to tweak your financial strategy periodically and adjust your investment mix – not necessarily because something is broken, but to accommodate changes in your life, such as a new job, new family situation and new goals. Furthermore, over time, your risk tolerance may change, and this needs to be reflected in your array of investments.

Consequently, conducting an annual portfolio review with your financial professional should be a priority.

Tools are a big deal on Father's Day. But the construction-related tasks they represent, physically and symbolically, go beyond any one holiday and can be used by anyone interested in working toward a solid financial future.

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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Hints for a Healthy Herb Garden

It's no surprise gardeners everywhere are rediscovering the joys of herbs. The versatile plants are inexpensive, easy to grow and they add a bit of mystery to the garden. Whether grown in a small pot or a generous backyard plot, magical herbs bring beauty, fragrance and legendary healing powers to a garden. This week's column will outline some tips and tricks to keep your herbs growing hearty and healthy.

“Edible landscaping” is a popular buzz phrase today and herbs fit the bill. Many perennial herbs will grow well in hot, dry sites, making them an ideal ground cover. Herbs are also a good choice for filling in rocky sites. They serve as a mulch to hold the soil and smother weeds. Top choices for dry ground areas are Chamomile, lavender, oregano and thyme.

In areas where a particular herb is borderline hardy, you can increase the odds of planting success by growing the herb on the south side of a brick or stone wall. In winter, protect marginally hardy plants by covering with an inverted bucket or burlap wraps.

Wait until after the dew dries on your plants before harvesting. You risk mildew if you don't. Your plants oils are at their best once they have been warmed from the sun.

Did you know the more you harvest your plants, the healthier they become? If your goal is to produce a sturdy, full

plant be sure to pinch off the tips of the plant often.

To dry fresh herbs and protect them from bugs, hang them in cheesecloth to dry upside down and they will dry to perfection. The airy cheesecloth allows them to dry without getting buggy or dusty.

Fresh herbs, such as dill, parsley and basil will keep in a tall cup of water in the refrigerator for three to four weeks. Cover the herbs loosely with an upside down plastic bag and change the water every four days.

Before placing herbs in the freezer, strip them of leaves and lay the leaves in a single layer on a baking sheet. Once they're frozen, pack them in heavy plastic containers or plastic bags. When frozen separately, the leaves won't mat together and provides easy pinching for recipes.

When freezing basil, it is necessary to blanch the leaves to prevent them from turning black. To do: place leaves in a strainer and quickly pour boiling water over them. Lay wet leaves on paper towels and allow to cool naturally before freezing.

A blend of garden herbs comprise this luxurious and relaxing spa bath, which



TAKE THE HINT
KAREN TRAINOR

makes an excellent “gift from the garden.” Fill a tea ball or tie in a cheesecloth the following: one part fresh or dried rosemary, one part rose petals and one part lavender flowers. Hang the bag over the tub faucet and allow running water to wash over it as the tub fills.

Nettles is a gardeners best friend, and the herb is one of the richest mineral sources you can grow in your garden. Growing nettles in the garden can repel pests and attract beneficial insects. In addition, a fertilizer made from the plant will keep your garden growing lush and lovely. To make: Steep eight ounces of the herb in a half gallon of water for a week. (Cut the recipe in half for less coverage.) This resulting fertilizer, while not the best smelling, is highly effective!

Harvesting Hints
*For best flavor, cut or snip herbs in the morning, after the dew has evaporated from the leaves but before the midday sun heats the plant.

*Most annual plants can be harvested twice during the planting season. Cut plants back to about five inches above the ground and feed after cutting. Annual herbs can be harvested until frost.

*Perennial herbs may be harvested once during the first year and up to

three times each season after the initial growth year. Harvest up to 75 percent of the top growth in late spring and another quarter in late summer. Stop harvesting about one month before the frost date. Late pruning could encourage tender growth that cannot harden-off before winter.

*Flowering herbs should be harvested when the buds are apparent or when flowers are just opening. This is when their oil concentration is at its peak.

Win Dinner for Two at the Publick House

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

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

TRIPS OFFERED

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

CHURCH PILGRIMAGE

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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.

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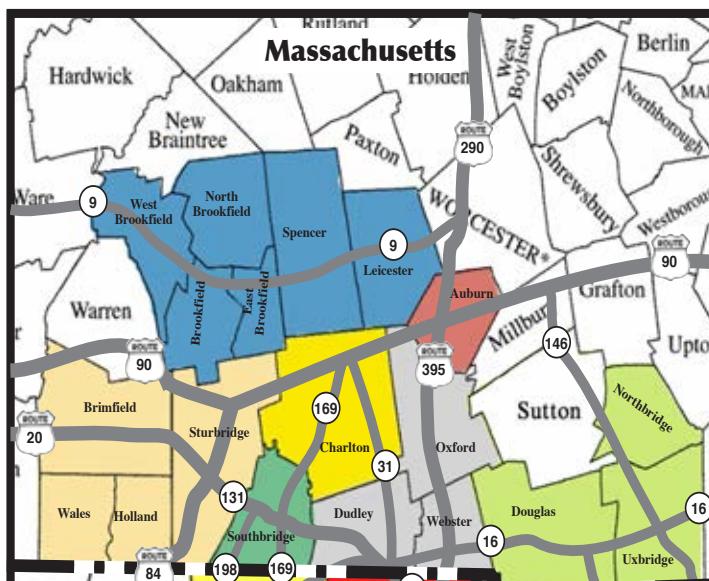
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SPORTS

Rams run flawless mile relay for All-Class State Championship

BY KEN POWERS
SPORTS CORRESPONDENT

DUDLEY — The Shepherd Hill Regional mile relay team has run a sub-four-minute mile on three occasions in the last two years, the most recent being June 1 at the Massachusetts All-Class Meet. Over the past 24 months the team has won the event in countless Central Mass. and Mid-Wach League meets, not to mention dual and tri-meets.

Running the event for the Rams this year are senior Rebekah James, juniors Emma Sullivan and Maddie Marsh, and sophomore Tina Gunsalus. On last year's edition of the relay, senior Makayla Norton ran the event with James, Sullivan and Marsh. Gunsalus, who filled in at times last year, replaced Norton, who is currently doing her collegiate running at Southern New Hampshire University.

Sullivan, James, Gunsalus and Marsh — who run the relay in that order — won the All-Class Meet mile relay, essentially the state championship, in a time of 3:57.73.

Four high school girls running 400 meters in an average of less than 60 seconds back-to-back-to-back-to-back is not something that happens that often. So, it begs the question, what makes this relay team so good.

When James was asked that question recently, her answer was swift.

"We have a lot of trust in each other," said James, who was told that her response seemed like a simple answer. "That's just how it is. We know that each one of us is going to get the baton, do our part and then see how it all turns out."

James went on to break down the nuances of the event in the most pedestrian of terms.



Ken Powers photo

From left, Shepherd Hill's Emma Sullivan, Rebekah James, Tina Gunsalus and Maddie Marsh won the mile relay championship at the All-Class Meet before placing second at the New England Meet

"Running the relay is not a big deal to us," James continued. "Emma normally takes the lead and then I have to hold the lead, although sometimes we're a step or two behind when I give the baton to Tina. Tina will either hold the lead I give her or pass the person that passed me. She then hands it to Maddie and Maddie brings it home. That's the 4x4 plain and simple."

Sullivan acknowledged that team trust is a huge factor in the success the quartet has had, but said there is an added element that makes this group so good.

"I think it's because we're all very competitive so we push each other and as a result, ourselves, to be the best we can

possible be," said Sullivan, who explained that each member of the relay strives to have the fastest split each time they run the event.

"You want to have the fastest split sure, but only as it relates to helping the team," Sullivan said. "Splits don't matter — I mean, of course our splits matter — but I wouldn't want to have the fastest split and have us finish fifth. When we're running the 4x4 it's much more important that I hand Rebekah the baton with the lead than what my split time is."

The emergence of Gunsalus this year has allowed the team to make a seamless transition from last year.

"I've just tried to come in an embrace the challenge I've

been given," Gunsalus said. "It really comes down to wanting to do anything to help my team win. All that matters is all of our times put together. If we collectively have the fastest time we're going to win."

Nicole Fossas, Shepherd Hill's girls' track and field coach, was also asked why this team is so good.

"For a public high school to have four girls that can average under 60 seconds for a 400 is pretty rare. That doesn't come along that often. So, that's one piece of it," Fossas said. "They're all running a 400 and the 400 is a tough event. It's about speed, it's about endurance, and it's about exhaustion."

"And then you have to have four girls who are able to run

a relay after running their own individual event," Fossas continued. "So they have to be strong and they have to be able to come back. They all also have to have the willingness to work together. These girls have been able to do all of that. They handle pressure well, they handle the stress well and they work together well."

For Marsh, the Rams winning the mile relay at the All-Class Meet on June 1 was about much more than just being the fastest relay team on the track that day. While running the 400, her signature event, Marsh, in third place at the time, fell just yards from the finish line. By the time she got up and finished the event, she was last.

When Gunsalus handed Marsh the baton for the anchor leg of the mile relay — which was run just a short time after her fall in the 400 — Gunsalus had pulled even with girl who was running in the lead.

"My focus was on getting control of the lead and holding the girl off; I was not going to let her pass me," Marsh said. "I thought she might pass me. She was getting close and I knew she was getting close. And then Emma yelled, 'you've worked all season for this,' and I just took it home. This was a big redemption moment for me."

The mile relay, for these four girls anyway, is all about trust. As plain and simple as that may be.

The Shepherd Hill foursome then participated in the New England championships on Saturday, June 8, and they broke their own school record. The time of 3:55.82 — now the fourth occasion of breaking four minutes — was good for second place.

Fast start boosts Shepherd Hill by Holy Name, 4-2



Jason McKay photos

Shepherd Hill's Jordan Beeman attempts to tag out a sliding Holy Name runner at third base.

BY KEN POWERS
SPORTS CORRESPONDENT

DUDLEY — An aggressive hitting approach in the bottom of the first inning resulted in more than half of the Shepherd Hill Regional varsity softball team's total hits and all four of its runs, and the Rams then hung on against a determined and scrappy Holy Name High squad, defeating the Naps, 4-2, in a quarterfinal round game of the Central Mass. Division 1 Tournament on Friday, June 7.

With the win, Shepherd Hill's eighth in a row, the third-seeded Rams improved to 16-5 and advanced to the semifinals where it played second-seeded Grafton High after press time. Holy Name, the No. 6 seed, finished its season with a 12-9 mark.

After holding the Naps to no runs and no hits in the top of the first Shepherd Hill had its first five batters reach base — the first four scoring — as the Rams built what would eventually be an insurmountable 4-0 lead.

Six of Shepherd Hill's 11 hits came in the first inning.

"We were opportunistic in the first inning but we seem to have used up most of our hits for the day," Rams' head coach John Snyder said. "I'm worried that we might have just settled for those four runs thinking we would win the game on that. But Holy Name is a good team and they continued to battle."



Cayley Fagan of Shepherd Hill focuses intently before tossing a pitch to the Holy Name batter

Sophomore Sam Zannotti led off with a single to right field and was followed by junior Parker Filo-Loos, who singled to left field. Senior Cayley Fagan then singled to center field, Zannotti scoring on the line drive to give Shepherd Hill a 1-0 lead. Junior Kiley Wong-Li then reached on an error to load the bases. The next batter, senior Keely Scotia, followed with an RBI single to right field, Filo-Loos scoring on the play to push the Rams' lead to 2-0.

With one out and the bases still loaded, sophomore Brooke Garrepy ripped a two-RBI single to right field, Fagan and Wong-Li scoring to double the Shepherd Hill lead to 4-0.

"Brooke has been a very good player for us this year," Snyder said. "This is her first year starting and she does a great job. She's a good fielder; that's the main reason she's out there, but she has come up big at the plate for us in a lot of games. I'm really proud of her; she's done a great job."

Scotia moved to second on Garrepy's hit, and then to third on a single by sophomore Emma Lanpher (Garrepy moving to second on the Lanpher hit, re-loading the bases with one out).

Holy Name got out of further trouble, however, when Rams' senior Carly Snyder hit into a 1-2-3 double play to end the inning.

The Naps cut the Shepherd Hill lead in half in the top of the second inning, scoring a pair of runs to make it a 4-2 game on a two-out RBI triple off the bat of sophomore Molly Lynch.

From there, Fagan kept Holy Name

from crossing the plate, allowing just four more hits for the remainder of the game.

"Cayley did a good job," Snyder said. "We knew Holy Name had some good hitters, so we were being careful with our pitches. We were trying to keep them off balance with the changeup and we were working high and low, too. We also noticed the umpire was calling the inside strike, so we tried to stay there."

Filo-Loos, Fagan, Scotia and junior Kelly Cournoyer all finished with two hits for the Rams, who did not have an extra-base hit in the game.

There were two scary moments in the game and both involved Ava Vincequere, Holy Name's senior pitcher.

In the bottom of the third inning Scotia hit a hard line drive right back at Vincequere, who does not wear a face-mask when pitching. Vincequere partially stopped the ball with her glove, but it still managed to hit her in the forehead. She crumpled to the ground after the hit and stayed there several minutes before getting up and being helped off the field by Shepherd Hill trainer Chelsea Stanley.

Vincequere returned to the pitching circle after sitting out for just one batter. In the bottom of the fourth inning, however, a rocket off the bat of Fagan hit her squarely in the hand, but Vincequere remained in the game and went the distance.

"Ava's a tough kid; I can't believe she came back in after getting hit in the head like that," Snyder said.



Carly Snyder of Shepherd Hill comes up after fielding the ball cleanly.



Shepherd Hill's Sam Zannotti lowers her glove to field the ball hit her way in center field.

SPORTS

Shepherd Hill’s spectacular season comes to close at hands of Westfield



Shepherd Hill’s Skylar Pietz gains possession of the ball in front of Westfield’s Olivia Hadla following a face-off.

BY KEN POWERS
SPORTS CORRESPONDENT

DUDLEY — The record-setting Shepherd Hill Regional girls’ varsity lacrosse team’s 2019 season came to a disappointing end at Carmignani Memorial Field on Monday, June 3, the Rams losing to Westfield High, 12-8, in a Central/West Division 1 Tournament first-round game. Shepherd Hill, the No. 8 seed in the 12-team tournament, finished its season — just the third at the varsity level — with an 18-3 record. The Rams set a record for wins in a season this year and captured their first-ever Mid-Wach C regular-season championship, going undefeated (10-0) in

league play. With the win 13-6 Westfield, the No. 9 seed, moved on and played top-seeded Longmeadow High (13-4-1) in the quarterfinals on Wednesday, June 5. There, their season ended at the hands of the Lancers. After a back-and-forth first half, Westfield went into halftime with a 6-5 lead. The Bombers, however, outscored Shepherd Hill 6-1 in the first 17 minutes of the second half to take control of the game. “It was really just turnovers that killed us,” Rams’ first-year head coach Meg Dunn said. “We couldn’t take care of the ball when we were on the attack and that’s what really got [Westfield] going. But,

we played very hard the whole game; I’m so proud of them for how hard they have worked all year. But, [the loss] is tough right now. It’s always tough to lose.” Kylie Buchanan, Lara Finnie and Emma Metcalf all finished with three goals apiece for Westfield, Buchanan and Metcalf each finding the net twice in the second half. Shepherd Hill took its only lead of the game 1:44 into the first half, sophomore Riley Marengo gathering in a pass from classmate Claudia Bonaventura right in front of the Westfield net and quickly firing a shot past Bombers’ goalie Elizabeth Clark. After Westfield scored the next two goals to go ahead, 2-1, the Rams tied the game, 2-2, with 13:12 left in the first half on an unassisted goal by junior Skylar Pietz. The goal was the 300th point of Pietz’s already brilliant career and her first of three scores in the game. Pietz will begin her senior season in 2020 with 302 career points. The Bombers answered Pietz’s goal with two of their own, to go ahead, 4-2, with 12:25 left in the half. The Rams cut the Westfield lead to one, 4-3, on an unassisted goal by Bonaventura, who finished the game with two goals and an assist. Westfield pushed its lead to 6-3 with 8:04 remaining in the opening 25 minutes, scoring a pair of goals in a 65-second span, but Bonaventura scored at the seven-minute mark to pull Shepherd Hill to within two goals, 6-4. Pietz scored with 2:14 left in the half to bring the Rams to within a goal, 6-5. Shepherd Hill had possession of the ball for much of the final minute of the first half, but the Rams were unable to get any quality shots off against the Bombers’ physical and suffocating defense. Scoring for Shepherd Hill in the second half were Pietz, sophomore Hannah Cushing (off an assist from junior Tori Paine) and junior Paige Cyganiewicz. “I told the girls after the game that they had an unbelievable year,” Dunn said. “We were 18-2 in the regular season and we only have one senior on the team. I told them, ‘we’ll be back.’ They have worked so hard this year; I have no doubt that they will work even harder next year. Nine months is a long time between the end of this year and next year. “And, this is now going to be their fourth year playing together and they’ll have all that experience they’ve gained from playing together for so long,” added Dunn. “I am so proud of how far they’ve come this year and I believe we will



Hannah Cushing of Shepherd Hill, left, tightly defends against the attack of Westfield’s Lauren Jablonski.

get even farther next year.” Shepherd Hill, which qualified for the Districts last year as well, seemed to go from being a team to being a program this season. “I believe we did,” Dunn said. “We set out to accomplish a lot of things at the beginning of the year and they exceeded expectations. I knew we had a very talented group coming in, but I think that if you asked them at the beginning of the year what our record would be at the end of the season, I don’t think many of them would have said 18-2. So, they exceeded their own expectations this year, but the expectations are even higher for next year.”



Ceildgh O’Brien of Shepherd Hill launches a pass up and over the reach of a Westfield defender.



Shepherd Hill goalie Emily Stelmach protects her crease as a Westfield player comes attacking in.

SPORTS BRIEFS

Annual golf tournament to benefit Saint Jean Baptiste Educational Foundation

Join the Saint Jean Baptiste Educational Foundation on Monday, Aug. 19 at Pleasant Valley Country Club for their 23rd annual golf tournament. The cost is \$150 per person, twosomes and singles are welcomed. There will be a hole-in-one contest, a putting contest, door prizes and a special golfers raffle. The event features 18 holes of golf on the PGA and LPGA course with valet parking, bag handling services, unlimited use of the driving range, chipping area and putting areas prior to the 10 a.m. shotgun start with a Florida-style scramble. Early registration is at 8 a.m. and carts with big rain covers, a gift bag, coffee, a continental breakfast and snacks will be served. The dinner to follow is an executive buffet. For additional information and registration please call Golf Committee member Ken at (508) 277-5314 or Foundation Trustee Ted at (508) 764-7909. Deadline for payment is Aug. 9. Golfers who make the entire payment by July 29 will be placed into a raffle for a chance to win a gift certificate from the pro shop at Pleasant Valley.

Seniors to play golf at a discounted rate

We are a social traveling senior golf group and play premium golf courses in Central Massachusetts at a reduced greens fee rate. We will play one Thursday each month from May through October. Men and women 60 and over are welcomed. If you are a foursome, threesome, twosome or a single, come enjoy great golf and make new friends. Our third golf day will take place on Thursday morning, July 25 when we will play at Green Hill Golf Course in Worcester. Our group discounted rate is \$39 for 18 holes of golf and cart. There will be prizes for the three closest to the pin shots on all the par-3 holes and a fun prized putting challenge. New are prizes for chipping in from off the green with a lofted club. Come have some fun and play a nice course that provides some great views of Worcester. To sign up, please contact Dick Lisi at (508) 410-1332 or at wscgolfclub@gmail.com. You can also view our complete schedule on Facebook at Worcester County Senior Golf Club.

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SPORTS

Brien, Gowaski engage in pitchers' duel, with Minutemen edging past Rockets



BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — Years from now, when someone decides to Google pitchers' duel, a video of the first-round Central Mass. Division 3 baseball game between Bay Path Regional and Auburn High may very well pop up on the screen.

The Minutemen, the No. 14 seed, upset the third-seeded Rockets, the defending Division 3 District Champions, 1-0, in eight innings under the lights at Memorial Field on Thursday, June 6.

With the win Bay Path advanced to the quarter-final round of the tournament, where it played at No. 6 Quabbin Regional on Monday, June 10 (after press time).

Both pitchers — Bay Path's Dylan Brien and Auburn's Aidan Gowaski — went the distance and both were outstanding.

Brien recorded the eight-inning shutout by allowing just three hits, one walk and one hit batsman while striking out seven. The sophomore threw 92 pitches.

"Dylan pitched great. He kept his pitch count down and our defense played great behind him," Minutemen head coach Mark Sansoucy said. "The two double plays we were able to make got us out of a couple of innings; those were big. All of our fielders played great, especially our outfielders. The right fielder, with the sun right in his eyes at the beginning of the game, made a couple of big plays early and our center fielder and left fielder made big plays, too. We were able to track everything down."

Eight of Auburn's 24 outs came on fly balls to Bay Path's left fielder, senior Andrew Flanagan, center fielder, junior Nate Shoemaker, and right fielder, junior Cam Stittitis. In addition, senior shortstop Andrew Fritze recorded one putout and two assists.

As good as Brien was, Gowaski was even better. He allowed just one hit and the run was unearned. The junior walked four and struck out 14.

"Aidan absolutely deserved better; he threw eight innings and battled the whole way," said Auburn head coach Eric Swedberg, who was also impressed with Brien's performance. "Hats off to him; he pitched very well."

The Minutemen (12-9) scored the only run of the game in the eighth inning without the benefit of a hit.

Fritze, Bay Path's No. 9 hitter, got the inning started by reaching on an Auburn error. He moved to second on a passed ball by Auburn catcher Colin Fitzgerald during the at-bat of the next hitter, senior Dom Esposito. Fritze then went to third when Esposito grounded out to third base for the first out of the inning. Sophomore Erik Johnson was up next and Gowaski struck him out for the second out of the inning.

Gowaski then walked Shoemaker, giving the Minutemen runners on first and third with two out. Up next for Bay Path was Flanagan. During Flanagan's at-bat Fitzgerald had another passed ball, on which Fritze scampered home to give the Minutemen a 1-0 lead.

"Andrew was very alert on the play," Sansoucy said. Once he saw the ball go by the catcher he took off for home."

Auburn went 1-2-3 in the bottom of the eighth, the last two batters striking out.

The Rockets (14-7) had two very good opportunities to take a lead in the game's middle innings.

In the bottom of the fourth junior Mike Breen laced a leadoff

single to right field, Auburn's first hit of the game. The Rockets' next batter, junior Coleman Picard, was up next and Picard drove Brien's offering into the gap between left and center field.

Shoemaker was able to run down the ball for the first out of the inning. On the play Breen was off and running at the crack of the bat and was halfway between second and third when Shoemaker caught the ball. Shoemaker stopped and turned and threw to the cutoff man, who relayed the ball to first, where Brien was out by two steps.

In the bottom of the fifth Fitzgerald led off with a single to left field. Evan Bond then attempted a sacrifice bunt, but popped the ball up. Brien was off the mound quickly and made a diving grab of the ball. He then got his to his knees and threw to first to double off Fitzgerald, who was sliding into second base at the same time Brien made the catch.

After the game, on the Bay Path side of the field at least, all the talk was of Brien's performance on the mound.

"I tried to keep the ball down and away, out of the strike zone," Brien said. "I tried not to leave anything up; those were pitches they could hit. I threw mostly my fastball and my slider."

Johnson said he knew in pregame warmups that Brien was ready to face the hard-hitting Rockets' lineup.

"From the get-go I could tell Dylan was on; his head was in the game," said Johnson, who thought the pitcher-friendly strike zone helped the Minutemen. "The strike zone was perfect for us. He [the home-plate umpire] gave us a lot to work with, but he was very consistent. He had the same strike zone for both teams."

Photos courtesy Mark Seliger, www.SeligerPhotography.com
The Bay Path Regional varsity baseball team upended Auburn High, 1-0, in eight innings on Thursday, June 6 in the first round of the Central Mass. Division 3 Tournament.

Bay Path succumbs in District quarterfinals to Millbury

MILLBURY — After a hard-fought and successful season, the Bay Path Regional varsity softball team played in its final game on Saturday, June 8 versus Millbury High in the quarterfinal round of the Central Mass. Division 3 Tournament. The second ranked Woolies struck for two runs in the bottom of the second inning and it was enough en route to a 5-0 victory over the 10th seeded Minutemen.

"We had a very good season. We were 11-9 and played a much harder schedule this year than past years; [because of it] we were better prepared today," said Bay Path head coach Rick Carrero. "We came out a little flat, but we hung in there."

The Minutemen finished 12-10 after winning their first round District contest over No. 7 St. Bernard's High, 3-1, back on Thursday, June 6.

Carrero praised his team for playing for their teammate, Trish King, who has been battling cancer.

"There were a lot of schools that did good things for her. The kids are constantly reminded of it, but they were a class act through it all," he said.

Carrero also wanted to thank recently graduated senior Katie Ryan for the way she helped build the program over the last three seasons.

"She's been the captain for three years," Carrero said of Ryan. "She took over this team in the Districts three years ago when we got our first win in like 20 years. She's been the heart and



Nick Ethier photo

Bay Path shortstop Kyleigh Sutherland makes a perfect throw over to first base to record an out versus Millbury.

soul of the team. Our success that we've had in turning around and getting us where we are could not have been done without her.

"I've never coached a more intense leader who's team-first completely. She is a tremendous team player, she's like a third coach," concluded Carrero.

— Nick Ethier

CALENDAR

Saturday, June 15

“LIBERACE: A CENTENNIAL CONCERT”: 7 p.m., Bethel Lutheran Church, Auburn. Celebrate the life and talents of Liberace on the 100th anniversary of his birth in this one-man show, featuring some of Liberace’s most requested classical piano pieces, popular songs and original songs composed by Liberace himself. It is adapted, directed and performed by local actor and director J

Tuesday and Wednesday, June 18 & 19

INTRODUCTION TO AMERICAN MAHJONG: 7-8:15 p.m., Joshua Hyde Library, Sturbridge. Come learn to play American Mahjong! While this is an introduction, we welcome the expertise of players of all levels. Sign up online at sturbridgelibrary.org or call (508) 347-2512.

Friday, June 21

BABY BOOMER COMEDY SHOW: 7 p.m., Overlook Performing Arts Center, 88 Masonic Hill Rd., Charlton. The Baby Boomer Comedy Show is 90 minutes of hilarious, family friendly, clean stand-up comedy focusing on work, family, do-it-yourself projects, and many other topics that audiences can relate to. Tickets are available online at www.unitedwayscc.org click on calendar or call (508) 765-5491 for cash or check payments.

Saturday, June 22

2019 SAN JUAN BAUTISTA INTERNATIONAL FESTIVAL: 10 a.m.-9 p.m. (rain or shine), St. John Paul II Notre Dame Church Grounds, Main Street, Southbridge. The festival will feature a 5K in the morning, and an outside flea market/vendors area from 8 a.m. to 2 p.m. Contact George at (413) 668-7307 or Rosa Maria at (508) 765-3701, ext. 107 to reserve a space. There will also be BINGO with doors opening at 5:30 p.m. and games starting at 6 p.m. Music, a domino game, kids’ games, international food, and community raffles will also take place throughout the day. Sponsored in part by a grant from the Southbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

THE BAD NEWS JAZZ AND BLUES ORCHESTRA: 1-2:30 p.m., Wales Baptist Church pavilion (across from the Post Office). Presented by the Wales & Massachusetts Cultural Councils. This is a free one and one-half hour concert in a musical genre that is infectious and exciting: the sound of a big band. The Bad News Jazz and Blues Orchestra enjoy a reputation of being one of the most exciting big bands in the Pioneer Valley. With both young and veteran musicians in the band, the Orchestra presents both time-honored classics from the swing band era as well as arrangements of the music of Bruno Mars, Michael Buble, Earth Wind and Fire and Brian Setzer Orchestra and more. Our leader and front man Jeff Gavioli brings excitement to our concerts as he directs the band with both skill and passion. The Orchestra is a 19-member big band with four trumpets, four trombones, five saxes, guitar, piano, bass and drums, vocalist Cindy Reed and leader Jeff Gavioli. Please find them on Facebook: Bad News Jazz and Blues Orchestra. This program is supported, in part by a grant from the Wales Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. In case of rain, the concert will be cancelled. Visit Wales Cultural Council on Facebook for updates.

STRAWBERRY SUPPER: 5-7 p.m. Charlton City United Methodist Church is holding their annual Strawberry Supper on Saturday evening June 22 from 5 – 7 p.m. Menu consists of Yummy Baked Ham, Baked Beans, Creamy Potato Salad, Coleslaw, Rolls, Tea, and Lemonade finished off with our luscious Strawberry Shortcake with homemade biscuits and whipped cream. Price same as last year: \$10 for adults, \$5 for children six to 12 years and free for children 5 years and under. There is a \$35 maximum charge per family. Take out available. Tickets sold at the door but reservations appreciated.. Call and leave message for reservations. (508-248-7379). Church is located at 74 Stafford St., Charlton.

Tuesday, June 25

CORIOLLIS WINDS: 6:30-7:30 p.m., Charlton Public Library, 40 Main St., Charlton. Join us for an evening of Chamber Music featuring Coriollis Winds playing the music of Debussy, Joplin, Mozart and Peter Schickele. Music will be performed on the main level of the library this evening. No registration required.

Thursday, June 27

ANIMAL ADVENTURES: 6 p.m., Holland Public Library, 23 Sturbridge Rd. Hear interesting stories and information about eight different animals, including an alligator and two exotics (such as a mountain coati, kinkajou, bush baby or lemur). Audience participation, controlled petting and touching is allowed at the discretion of the Animal Adventure Guide. A fun and unique learning experience to be enjoyed by all! All ages are welcome! Thank you to the Holland Cultural Council and the Massachusetts Cultural Council for sponsoring this event!

June 27-Aug. 17

A UNIVERSE OF STORIES SUMMER READING PROGRAM: Holland Public Library, 23 Holland Rd. Weekly prizes, special programs and a grand prize drawing! Registration begins at our kick-off program on June 27.

Sunday, June 30

ALBANIAN DAY PICNIC: St. Nicholas Albanian Orthodox Church will hold its annual Albanian Day Picnic on Sunday, June 30 noon to 5:30 p.m., on the church grounds, 126 Morris St., Southbridge. The Albanian Day Picnic will feature shish-kabab, traditional pies, such as spinach, leek, sauerkraut, and squash, baklava, date-filled cookies, twist cookies, and other Albanian dessert specialties. Ethnic music will be provided by the Mosaic Ensemble. The public is invited. The picnic will be held rain or shine and admission is free. This event is sponsored in part by a grant from the Southbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Wednesday, July 24

HAND-CRAFTED HOOKED RUG SHOW: Noon-7 p.m., Publick House, 227 Main St., Sturbridge. Free admission. Come see the artistry of hand-hooked rugs by the members of the Pearl K. McGown Northern Teachers Workshop.

ONGOING

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.

“A CARING PLACE” MEMORY CAFÉ: A Memory Café is a place where people living with a cognitive related illness or injury such as; Parkinson’s, Dementia, Alzheimer’s, PTSD, autism and any other related illness or injury can go with their loved ones (often their caregivers), and spend quality time together away from the negativity and stigma that often accompanies this. A Memory Café is a safe, judge free and fun place for people to go where they can be themselves and enjoy the company of loved ones and never have to worry about what others are thinking. We will never ask for a diagnosis and anyone from any town or city and any age are welcome. We only ask that all guests have a caregiver with them and that the guest has a cognitive related illness or injury. Staff is not responsible for the personal care of any guest. We are accepting to any level of ability and always welcome new people. Our Memory Café is run on donations and sponsors. Light refreshments are often served. Our atmosphere is geared toward fun yet comfortable and always safe. Our Café often hosts singers, dancers and performers who will help bring back old memories and days

gone by. Our Café also hosts fun interactive activities but never educational events; we feel this should be a fun time spent together. Please see the upcoming scheduled events coming to our Memory Café over the next few months. Signups are encouraged. We are open the first Wednesday of each month from 3-5 p.m.

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: third Wednesday each month, 6-7 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass.org for more information. Presented by Alzheimer’s Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of coin collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

Free Playgroup at the Hitchcock Academy; sponsored by Union 61 Family Foundation Five Grant. It includes: Music & Movement on Wednesday 9-9:45 a.m. and Playgroup on Monday & Thursday 9-11 a.m. For more information about these and a variety of other classes visit us at www.hitchcockacademy.org or call 413-245-9977

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. Friday evenings at 7:30 p.m., Hitchcock Academy, Brimfield.

K9 NOSE WORK: A sport open to all breeds of dog and their people Saturday mornings over six weeks at Hitchcock Academy in Brimfield starting Jan. 19. Progressive training levels offered. Fee: \$145 per dog, per session. Instructor: Laurie Merritt, M.Ed., CPDT-KA, CNWI, Certified K9 NoseWork Instructor – National Association of Canine Scent

Work.

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

FAMILY FOUNDATIONS 5: PLAYGROUP: This free program for preschool-aged children is sponsored by the Union 61 Family Foundation 5 Grant. 9-11 a.m. Mondays while school is in session until May at Hitchcock Academy, Brimfield. Pre-register your child by calling Karen Distefano at (508) 867-2232 or e-mailing union61cfce@tantasqua.org.

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

YOGA: Hatha Yoga benefits are stress-relieving. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All levels welcome. Six weekly classes held on Monday nights at Hitchcock Academy in Brimfield from 7:15-8:45 p.m., beginning Jan. 21.

ART GROUP: Participants enjoy time to socialize, draw and paint together informally, without instruction at Hitchcock Academy in Brimfield on Tuesday nights beginning Jan. 22. No pre-registration required. Bring your own supplies and enjoy! Free will donations are welcome. 9-11:30 a.m. Contact Hitchcock at (413) 245-9977 for more information.

GRANDPARENTS IN THE KNOW: Grandparents with custody of their grandchildren meet on the first Tuesday of the month from 9-10:30 a.m. at Hitchcock Academy in Brimfield.

GENEALOGY RESEARCH ABC’S: We all know something about our families — it’s what we don’t know that’s intriguing. Genealogical research is becoming very popular, and for good reason. You might be living right next door to a third cousin twice removed! The research can be simple, or it can be a real challenge. “ABC’s” will guide you along the right path with tips on research on- and offline. If you would like to have a conversation with your own great grandparents, then your job is to tell your family story to hand down to your descendants. Four classes at Hitchcock Academy in Brimfield beginning Tuesday, Jan. 22. Instructor: Dave Robinson, Old Bones Genealogy of New England.

WATERCOLORS WITH BETH: Ongoing watercolor classes for all levels with a new painting every three weeks. You must register with Beth in advance to attend. 9 a.m.-1 p.m. Wednesdays at Hitchcock Academy with instructor Beth Parys. For information and to register, call Beth at (413) 245-3295.

FAMILY FOUNDATIONS 5: Music & Movement. This free program for preschool aged children is sponsored by the Union 61 Family Foundation 5 Grant. 9-10 a.m. every Wednesday when school is in session until May at Hitchcock Academy. Pre-register your child by calling Karen Distefano at 867-2232 or e-mailing union61cfce@tantasqua.org.

FAMILY FOUNDATIONS 5: STEAM GROUP. This free program for preschool aged children is sponsored by the Union 61 Family Foundation 5 grant. 9-10 a.m. Thursdays when school is in session until May at Hitchcock Academy. Pre-register your child by calling Karen Distefano at (508) 867-2232 or e-mailing union61cfce@tantasqua.org.

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.

AMERICAN SIGN LANGUAGE (ASL): American Sign Language is a visual language using hands, facial and body expressions. Learn about deaf culture and mostly come and have fun. Laughter guaranteed. Six classes on Thursdays at Hitchcock Academy from 7:15-8:15 p.m. with instructor May Marques, Rehabilitation Counselor for the Deaf, Massachusetts Rehabilitation Commission. Session A — Beginners Part I — goes until March 7 (no class Feb. 21). Session B — Beginners Part II – goes from March 14-April 25.


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¹DETAILS OF OFFER: Offer expires 7/13/2019. You must set your appointment by 7/6/2019 and purchase by 7/13/2019. Not valid with other offers or prior purchases. Buy one (1) window or patio door, get one (1) window or patio door 40% off, and 24 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or patio doors between 6/9/2019 and 7/13/2019. 40% off windows and patio doors are less than or equal to lowest cost window or patio door in the project. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved. *2019 U.S. Homeowner Brand Study of Andersen and Renewal by Andersen brands vs. competitive brands.

OBITUARIES

Pauline R. Johnson, 82



WORCESTER—Pauline R. (Benoit) Johnson, 82, of 102 Randolph Rd., formerly of Leicester, died Thursday, June 6 at the Oasis at Dodge Park.

She was the wife of Melvin R. Johnson who died in 1987. She leaves her daughters; Lori L. Baril and her husband David of Leicester, Lisa L. Thomas and her husband Richard of Woodstock, CT

and Leslie Johnson of Worcester, two grandchildren; Alyssa Moran and her husband Jeff of Charlton and Nicholas Baril and his longtime companion Tori Phillips of Worcester, her sister in law Kathleen Benoit of FL, several nieces and nephews. She is predeceased by a brother Richard O. Benoit.

Pauline was a longtime secretary to the Principal of the Leicester Primary School before retiring in 2003.

Born in Worcester, she was the daughter of Omer and Eva (Martel) Benoit and later graduated from Commerce High

in Worcester, Class of 1955. She was a member of St. Aloysius-St. Jude Parish. She enjoyed going to the beaches in Maine, playing cards, bingo and scrabble, loved to read and was a member of a book club along with her friends. She volunteered for the Leicester public schools and Town elections as well as for the Audio Journal in Worcester. The daughters would like to thank her Oasis family for their care, compassion and friendship.

A funeral service will be held on Monday, June 10 at 11 a.m. in the

MORIN FUNERAL HOME, 1131 Main St., Leicester. A calling hour will precede the services from 10 to 11 a.m. Burial will follow in Worcester County Memorial Park, Paxton. In lieu of flowers, contributions may be made to either Audio Journal, 799 W. Boylston St. #5, Worcester, Ma. 01606 or Leicester Food Pantry c/o St. Joseph's Church, 759 Main St., Leicester, 01524.

www.morinfuneralhomes.com

TRIPS

continued from page A10

Hart's Turkey Farm. Bus leaves at 8:30 a.m. Cost is \$99.

Friday, Sept. 13: Trip to Lake Winnepesaukee Cruise. Buffet luncheon & scenic sights and a visit to Moulton Farm Market. Bus leaves at 8:30 a.m. Cost is \$99.

Thursday, Oct. 17: Trip to Twin Rivers and Wright's Chicken Farm. Bus leaves at 9 a.m. \$7 food credit and \$10 slot play. Cost is \$59.

Wednesday, Nov. 13: Indian Head Christmas Spectacular and Luncheon. Bus leaves at 8:30 a.m. Cost is \$89.

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.

IRELAND: September 9-22, 2019
USA: SPLENDORS OF THE

NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020

JAPAN: March 26 to April 9, 2020
JAPAN & CHINA: March 26 to April 22, 2020

SPAIN & PORTUGAL: September 9-24, 2020

MILLBURY SENIOR CENTER
1 RIVER ST.
MILLBURY, MA 01527

Thursday, Sept. 12: Newport Playhouse trip. The play is "BINGO." Leaving at 9 a.m. Return around 6 p.m. Cost is \$76 apiece, and includes dinner, show and cabaret! For more information or reservations, please call the Millbury Senior Center at (508) 865-9154.

Sept. 22-24: Atlantic City Resorts. \$239. Three days and two nights. Departs 7:30 a.m., returns around 8 p.m. Price includes overnight accommodations at resort, two dinner vouchers and a show ticket, plus \$25 in free slot play! For more information or reservations, call or stop by the Senior Center at (508) 865-9154.

PAXTON SENIORS

Paxton's bus tour season starts Wednesday, April 24, on the Maine / New Hampshire seacoast topped off with a visit to a Winery. First stop is the Kittery Historical & Naval Museum where you will wander through Kittery's past as you browse the exhibits, from colonial times to grand hotels, shipbuilding and lighthouses, up to the present day. Find out what makes Kittery special... at the Museum!

Next stop is lunch at Warren's Lobster House in Kittery, Maine. Our prior visits to Warren's have always been wonderful. Warren's has the Seacoast's Finest Salad Bar, which offers over 60 selections and homemade pumpkin bread, soup and rolls — For an entrée you may select from; Seafood Casserole, Fried Baby Shrimp, Ritz Filet of Haddock, Crab Crusted Salmon, Top Sirloin Steak and Chicken Parmesan. Beverages and dessert will be included.

After a delightful lunch on the River separating Maine and New Hampshire, we move on to Zorvino Vineyard. A family-owned and operated winery, that originally started as a hobby. Jim and Cheryl Zanello purchased the 80-acre lot in Sandown, NH in 2000 after retiring. Four years later Zorvino Vineyards

was established. The "Zor" in Zorvino comes from the original family name Zorzanello and "Vino" means wine. Family and Wine, the perfect pairing.

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Our bus trip leaves the Paxton Senior Center, 17 West St., at 9 a.m. on Wednesday, April 24. Barring any traffic concerns on Route 495, we plan to be back in Paxton around 5 p.m.

The cost of the trip is \$82 per person. Reservations, payment and your choice of entrée at Warren's should be mailed to Bob Wilby, 11 Tanglewood Rd., Paxton, by Monday April 15. Checks should be made payable to the FRIENDS OF PAXTON COA.

For more details, please contact Bob at 508-792-4662.

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2014 Subaru Legacy 2.5i Premium

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mi., A273036A**\$14,998**

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mi., A272857A**\$24,998**

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ic Gray Metallic, 33K mi., A5473**\$35,998**

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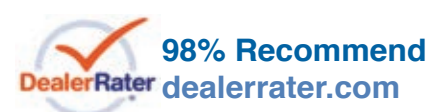
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4 Bed, 2 1/2 Baths,
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Apt. 1R
\$1,000/Month
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RECENTLY REMODELED!
MUST SEE!

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

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, JUNE 15				
CHARLTON				
24 Dodge Rd	S	10-12	\$347,500	Re/Max Advantage 1 / Maria Reed 508-873-9254
DUDLEY				
7 Dudley Oxford Rd	S	10-12	\$425,000	Re/Max Advantage 1 / Joanne Szymczak 774-230-5044/508-943-7669
2 Chase Ave. #1R	A	12-2	\$1000/mo	Re/Max Professional Associates / Patrick Sweeney 774-452-3578
SUNDAY, JUNE 16				
WEBSTER				
293 Thompson Rd	S	11-1	\$249,900	Re/Max Advantage 1 / Joanne Szymczak 774-230-5044/508-943-7669
80 Sutton Rd	S	12-1:30	\$349,900	Re/Max Professional Associates / Patrick Sweeney 774-452-3578

LEGALS

Brimfield Zoning Board of Appeals

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Cumberland Farms regarding the property at 3 Main Street, Brimfield, Parcel ID Map 13A Block A Lot 11. The applicant requests the Board to make a Determination as to whether an addition to the size of the already non-conforming lot will be detrimental to the neighborhood. Abutters are invited to consider the proposals and provide public input. The hearing will be held on Wednesday, June 19, and will follow the second hearing of the meeting that begins at 7:00 PM at the Town Hall.

Pamela Engberg
ZBA Clerk

June 7, 2019

June 14, 2019

Brimfield Zoning Board of Appeals

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Cumberland Farms regarding the property at 6 Wales Rd., Brimfield, Owners Jonas E. Noble and Trisha Noble, Parcel ID Map 13A Block A Lot 14. The applicant requests the Board to make a Determination as to whether a reduction in the size of the already

nonconforming lot will be detrimental to the neighborhood. Abutters are invited to consider the proposals and provide public input. The hearing will be held on Wednesday, June 19, and will follow the first hearing which begins at 7:00 PM at the Town Hall.

Pamela Engberg
ZBA Clerk

June 7, 2019

June 14, 2019

Brimfield Zoning Board of Appeals

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Cumberland Farms to extend the Special Permit granted to Cumberland Farms on October 24, 2017, for properties at 3, 7, 9, and 11 Main Street, Parcel ID Map 13A, Lot 10 (7 Main), Lot 11 (3 Main), Lot 9.1 (9 Main), and Lot 9 (11 Main). Abutters are invited to consider the proposals and provide public input. The hearing will be held on Wednesday, June 19, 7:00 PM at the Town Hall.

Pamela Engberg
ZBA Clerk

June 7, 2019

June 14, 2019

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W. Boylston: Great location, Antique lovers will appreciate this home which combine quality features and updates.

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Webster: 20'x20' Family room, Minutes to Rtes. 395, 20, 12, Mass-Pike, 290, Fireplace, Garage, Hardwood Flrs., Near Webster Lake.

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Dudley: 2500 Sq. Ft. Cape, Privacy, 4 Bdr, 3.5 BA, 3 story Barn, Formal dining, Cherry cabinet kitchen with quartz countertops, 1 hour commute to Boston, Providence & Hartford, 6.7 acres.

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

SATURDAY, JUNE 14

TONGUE TIED
9 pm
308 Lakeside
308 East Main Street
East Brookfield, MA 01515
774-449-8333

flea MARKET

SATURDAY, JUNE 15

WEST BROOKFIELD ANNUAL FLEA MARKET ON THE COMMON
Sponsored by the First Congregational Church of West Brookfield
New format—no fence or admission charge for public. Come visit, find treasures, and eat at food trucks! Vendors set up at 5:30 – 7:30 a.m. Flea Market opens at 8 a.m., closes at 2 p.m. \$40 for a 20 x 20 Space - No electricity available. To receive an application, email: FCCofWBfleaemarket@gmail.com Or call: 508-867-3241

100th ANNIVERSARY CELEBRATION FOR THE AMERICAN LEGION
Grand Parade & Family Fun Day
Parade begins at 9:30 am - parade route from David Prouty High School to the Highway Department. Parking free at Spencer Fairgrounds with shuttle to parade route starting at 6:30 am
FAMILY FUN DAY
Spencer Fairgrounds - open at 11 am - festivities begin at noon. Military static displays, guest speaker Teddy Roosevelt IV, NE Patriots Super Bowl trophies on display, kid's carnival, live music & entertainment, vendor booths, beer garden, and more! Event is free and open to the public. Check out Facebook.com/AL100Post138 for more info.

WEDNESDAY, JUNE 19

FREE DINNER
6 pm at the Publick House

when you sign up for a Retirement Strategies Dinner Presentation Seating is limited. A \$25 gas card will be drawn. To Register Call 508-796-3902 or online at sites.google.com/view/theretirementtwiz

FRIDAY, JUNE 21

SECOND CHANCE PET ADOPTIONS AT KLEM'S
2 p.m. - 4 p.m.
Come visit the dogs and cats available
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SUNDAY, JUNE 30

ALBANIAN DAY PICNIC
St. Nicholas Albanian Orthodox Church will hold its annual Albanian Day Picnic. The Albanian Day Picnic will feature shish-kabab, traditional pies, such as spinach, leek, sauerkraut, and squash, baklava, date-filled cookies, twist cookies, and other Albanian dessert specialties. Ethnic music will be provided by the Mosaic Ensemble. The public is invited. The picnic will be held rain or shine and admission is free. Noon to 5:30 p.m., on the church grounds, 126 Morris Street, Southbridge, MA This event is sponsored in part by a grant from the Southbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

FRIDAY, JULY 19

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FRIDAY, SATURDAY, SUNDAY JULY 19, 20, 21

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Noon-7:00pm
You are cordially invited to the **PEARL K. MCGOWN NORTHERN TEACHERS' WORKSHOP**
Artisan Made RUG EXHIBITION
Come experience hand hooked rugs that are like painting with wool at THE PUBLIC HOUSE AND EVENT CENTER
227 Main Street, Sturbridge, Mass 01655. FREE ADMISSION

FRIDAY, AUGUST 9

RED SOX GAME: for \$105: round-trip motor coach transportation, ticket to game (right field box seating rows A-G) Bus departs Danielson at 4pm. Call 860-423-2591. Reserve your spot now!

FRIDAY, SEPTEMBER 13,

MURDER MYSTERY DINNER
An interactive dinner theater
The Fashionable Murders. 6:30 pm
Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required
sailemrossinn.com or call 508-867-2345. 260 West Main Street West Brookfield, MA 01585

SUNDAY, OCTOBER 27,

MURDER MYSTERY DINNER
An interactive dinner theater
The Fashionable Murders. 6:30 pm
Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required
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2345. 260 West Main Street
West Brookfield, MA 01585

SUNDAY, NOVEMBER 15

MURDER MYSTERY DINNER
An interactive dinner theater
The Fashionable Murders 6:30 pm
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ONGOING



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5 p.m.
WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW AT KLEM'S
All makes and models. Proceeds benefit the Masonic Children's Charity
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117 West Main St., Spencer, MA
508-885-2708 (Ext. 104)
www.klemsonline.com

ACOUSTIC FRIDAYS

at 308 Lakeside
June 14 - Rodger Ekstrom
June 21 - Dan Feeley
June 28 - Chris Barber
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with live music from 2-5 on the patio
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508-892-9822

LIVE ENTERTAINMENT FRIDAY NIGHT
HEXMARK TAVERN
AT SALEM CROSS INN
260 West Main St.,
W. Brookfield, MA
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50 Elm St., Auburn, MA



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Bunn My Cafe single cup brewer \$75 Oak bookcase 3"x3" 3 shelves \$50 508 320-7230

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Couch, 84 inches long. Dark red fabric with pillows, good condition. \$150. 508-410-5167

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FOR SALE MAKE A OFFER: kitchen table with four chairs and a side table. Inversion Table and Ellipticle and 3 book cases. Call 508885-6570

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

Queen size bedroom set, dark cherry, includes bed frame, headboard, 2bureaus, one end table \$500. Also lighter oval table with leaf and 4 cushion chairs, solid wood. \$200. 508-885-2262.

REESE 16K SLIDING FIFTH WHEEL HITCH \$375 or BO. ALSO WEIGHT DISTRIBUTION HITCH, for class C receiver on car or truck \$300 or BO. call john 508 244 9699

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TIRES: Four NEW Goodyear Wranglers LT 265-60R20 BW \$150 Each. 508-259-8805

TIRES: Two used Goodyear Wranglers LT 265-60R20 BW. \$150 each. 508-259-8805

TOOL SHEDS Made of Texture 1-11: 8x8 \$1600 8x10 \$1800; 8x12 \$2000 8x16 \$2500 Delivered, Built On-Site. Other Sizes Available. CALL (413) 324-1117

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TRUCK CAP: fits newer Dodge Trucks. 6.6 Bed size Removable front window, screens, side windows that open, rugged inside, Lights inside. Excellent cond. RED \$140. 508-259-8805

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107 Misc. FREE

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6/15 9-2 SOUTH ST. SOUTHBRIDGE MULTI FAMILY YARD SALE & FINE CRAFT ITEMS Birdhouses, wind chimes, centerpieces, beeswax candles. Small selection vintage linens

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LARGE YARD SALE 75 PARK AVE, SOUTHBRIDGE 01550 SUNDAY JUNE 16 8AM-3PM Furniture, Toys, Space Heaters, Air Conditioners, nick nacks and much more.

MULTI FAMILY YARD SALE SATURDAY, JUNE 15TH. 8-1 748 Dennison Drive, Southbridge, MA Lots of great items. Household items, antiques, old tools, card collections, furniture, clothing, jukebox and records. So much more!

NEIGHBORHOOD YARD SALE- Saturday June 15 8am-2pm, 5 Founders Court, Oxford (Route 12-off Rocky Hill Rd. Household items, furniture, toys, books, clothes, quilt sets, jewelry, curtains, glassware, and much more!

THE ANNUAL MULTI-FAMILY YARD SALE at the top of Morris Street and neighboring streets in Southbridge will be held beginning at 9am SATURDAY, JUNE 22. THERE IS NO RAIN DATE SCHEDULED. Something for everyone. clothes, toys, tools, appliances, glass items, books, cookies, soda, water and much more. Stop by and say hello!

YARD SALE 8 BOUNTY RD., OXFORD SAT., 6/15 8:30AM - 1:30PM Everything priced to Go !!! Tools, Gas Grill, Hutch, bedding, curtains, cookware, glassware, holiday décor, jewelry, and more.

YARD SALE with a variety of items including some furniture, sports equipment, toys and other miscellaneous items. Sat June 15th. Rain date Sat. June 22nd. 9:00 - 2:00

200 GEN. BUSINESS

205 BOATS

MIRROCRAFT 12 FOOT "V" BOTTOM. MINNKOTA MAXXUM 40 POUND THRUST, VARIABLE DRIVE, VERY LOW HOURS. 3 SEATS WITH PEDESTALS .OARS, ANCHOR, TRAILER, SPARE TIRE . ALL VERY GOOD CONDITION. \$1500.00. CALL 508-987-0386 LEAVE MESSAGE.

DUCK STAMP RW#1. \$150. got stamps?. Call Ron 413-896-3324 stamps wanted.

265 FUEL/WOOD

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

284 Lost & Found PETS

**Did you find your pet?
Or find a home for one?**

LET US KNOW!!!
Please call us so that we can take your ad out of the paper...
Town-to-Town Classifieds
508-909-4111

287 FEED

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

298 WANTED TO BUY

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

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WAR RELICS & WAR SOUVENIRS WANTED: WWII & EARLIER CASH WAITING! Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 40 Years Experience. Call David 1-(508)688-0847. IT Come TO YOU!

300 HELP WANTED

310 GENERAL HELP WANTED

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

ADVANCED BEHAVIORAL HEALTH

Town of Spencer - Notice of Job Opportunity
Wetlands Soil Specialist
(Part-time – 19 hours / week)

The Town of Spencer seeks a proven conservation professional with excellent written and oral skills and thorough working knowledge of the Wetlands / River Protection Acts to administer these and local wetlands by-laws. Provides environmental / open space planning support and periodic Title V assistance by inspecting percolation tests and installations. Reviews stormwater permit project applications and issues stormwater permits. Performs annual gravel pit inspections. Provides technical support to the Conservation Commission.

Associates Degree in Environmental Science or related field and three (3) years of experience in a similar capacity; or, a combination of education and experience to demonstrate competency. MACC "Fundamentals" certification required to be completed within twelve months of hiring. This is a non-union position with a starting hourly rate of \$22.26, up to a maximum of \$27.63.

Submit cover letter, resume, and standard town application which can be found at www.spencerma.gov to Town Administrator, 157 Main Street, Spencer, MA 01562.
Applications will be accepted until position is filled. An EEO / AA employer.

325 PROFESSIONAL HELP WANTED

EASTFORD SCHOOL DISTRICT HAS THE FOLLOWING POSITION OPEN FOR SY2019-20:

School Counselor (068) or School Psychologist (070) Grades PK-8 One .7 FTE position (possibility of more)

The person in this position will be expected to assist all students to cope with challenges that impede their academic performance and personal development through individual and small-group counseling sessions and in class lessons as needed. The person in this position will also work in collaboration with classroom teachers to attain this goal. Dependent upon certification, the person may assume responsibility for administering evaluations. Send letter of intent, resume, copy of certification, 3 letters of reference and an unofficial transcript to:

Dr. Donna Leake, Superintendent Eastford School District P.O. Box 158 Eastford, CT 06242-0158 Closing Date: Open until filled

THE EASTFORD SCHOOL DISTRICT SEEKS

Long-term Substitute Social Studies Teacher Grades 5 through 8 This is for the start of the 2019-20 school year, 8/22/2019 - 1/5/2020 Social Studies certification preferred Submit letter of interest, resume, letters of reference and CT certification to:

Dr. Donna Leake, Superintendent Eastford School District P.O. Box 158 Eastford, CT 06242-0158

333 SURROGATE MOTHERS

VIABILITY INC. is looking for caring, energetic and reliable applicants for our FT Clubhouse Unit Coordinator (40 hr/wk, \$14/hour) and PT Van Driver (25 hr/wk; split shifts, \$14/hour). Visit <https://www.viability.org/careers> or contact Elizabeth at eproulx@viability.org

400 SERVICES

442 LICENSED DAY CARE

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

454 HOME IMPROVEMENT

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

500 REAL ESTATE

505 APARTMENTS FOR RENT

FOR RENT EAST BROOKFIELD Half duplex. Two bedroom off Rt. 9. Central air/Vac. Spacious deck. No smoking/pets. Available August 1. \$1500 per month. No utilities. First, last and credit Check. 808-778-5183

FOR RENT

First floor 2 bedroom apartment, near center of town. No smoking. No pets. Available August 1. \$1200 per month. No utilities. First and Last. Credit Check. 808-778-5183

546 CEMETERY LOTS

DOUBLE LOT at waldron-cemetery in Dudley. \$700. 508-341-7873



Town of Spencer Notice of Job Opportunity

Summer Seasonal Maintenance position –Sewer department. (\$15.00/hr). General duties required to maintain facility grounds, properties (mow, trim, and prune grounds on or around Department properties, also janitorial, and custodial as required.) This is a part time position and offers no benefits.

High school diploma or general education degree (GED); some related experience and/or training preferred. Familiarity with operating and maintaining small motorized equipment and general building and grounds maintenance practices. Valid Massachusetts Driver's License required. Must be a minimum of 18 yrs. old.

Submit application letter, resume and standard town application form to Town Administrator, 157 Main Street, Spencer, MA 01562; or visit www.spencerma.gov. Open until filled. Review begins immediately. Subject to funding. EEO Employer.

546 CEMETERY LOTS

Worcester County Memorial Park Garden of Valor, Paxton Mass. 2 lots for sale. \$3,000 or best offer for both lots. (valued at \$8,500) Call 508-892-9843

WORCESTER COUNTY MEMORIAL PARK. Garden of Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

550 MOBILE HOMES

MOBIL HOME FOR RENT One person. One bedroom country living. One mile from Southbridge McDonald Plaza. Call evenings 508-943-4964. First, Last and security. \$700. Reference check.

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.

575 VACATION RENTALS

CAPE COD DENNISPORT Clean 2 bedroom Cottage

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Large Private Lot, Great for Children! ***** \$700.00 A Week 508-280-8331 rwo12@aol.com

576 VACATION RESOURCES

TIMESHARE FOR SALE full-flex week at The Manhattan Club in New York located across from Carnegie Hall. Great buy; illness forces this sale. Asking \$7,000. For details 508-248-5123

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700 AUTOMOTIVE

715 AUTO SERVICES

\$100 CASH FLAT RATE for any Junk Vehicle No title/no keys OK. Free pick up. Call 401-648-9300

725 AUTOMOBILES

1971 Chevy Impala Convertible 400 2 barrel carb with 89,000 miles, 1 owner, runs smooth, new top in 2012, asking \$8,000 or best offer 508-885-6878

1987 BMW 325i Convertible, red with black leather interior, 153,000 miles and in good condition, no rust, newer top, needs a tune-up. \$4100 or B/O, Adam 508-735-4413

1998 Mercedes Benz SL500 40K Red w/Tan Leather interior 2 tops. Both Perfect. \$14,00 508-885-6988

2001 CAD EL DORADO TC 72,000 miles. Must see! \$11,000 7 Hartley Street, Webster, Mass.

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

2006 MUSTANG GT-50K, 5sp fully modified. Call or email for details and photos. 508-476-2293. savianojohn@yahoo.com

2007 HYUNDAI /SANTA FE GLS/ AWD \$3,800. Or best offer original owner. 155k miles. meticulously maintained at dealer. records available for review. Sunroof tow package. Heated seats. Recent tires. CALL 508-943-4912

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

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

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

F250 work truck, 2012, RWD, 71K, equipped with aluminum flatbed with fold-down sides. Recent brakes, battery, ac compressor, tires, 10 ply. Ready to work. 10,000 GVW. \$17,000 508-943-1941 or 508-320-2765

HONDA PLERUDE SI 4cyl. ddbbh cam. 2.1 1991 good condition. well maintained. needs some clear coat. must see & drive. 314-792-8779 \$1700 OBO.

RED 1971 MUSTANG MACH 1 in good condition. 302 engine with automatic transmission. Lots of new parts. Call Eric at 508-987-2628. Serious buyers only.

VEHICLES FOR SALE 1999 F150 118k miles. 4x4 single cab stepside capt. chairs Loaded Red with Cap \$4,000. 2002 Chevy Silverado 2500 HD black long bed loaded with plow. Low mileage. 67 thousand. \$7500. Would consider partial trade. Call Mike 508-752-7474.

740 MOTORCYCLES

1991 HARLEY DRESSER: 55,000 Miles. Runs Great! \$4,500 or Will Trade for Car of Equal Value. BASS BOAT 16 1/2ft LUND Very Good Condition! MANY EXTRAS \$3,750 O.B.O. Call for Info (508) 943-5797, Call (508) 353-9722

740 MOTORCYCLES

2005 YAMAHA V-STAR 1100 CLASSIC, PEARL-WHITE Has all options- hardbags, windshield, custom seats/exhaust, backrest, floor-boards. 20,000 well-maintained miles. Great looking & performing bike. \$3500 OBO 774-289-4550

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

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

750 CAMPERS/ TRAILERS

2012 Cougar 324RLB 5th Wheel Camper. 1 & 1/2 bath, kids room w/sleeping loft. Pictures available. Excellent condition. \$19,750. 413-245-4403 Please leave a message. Located in Brimfield Mass.

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

760 VANS/TRUCKS

2000 GMC 2500 SIERRA 4-door cab & 1/2, 4-wheel drive, no rust, with plow + truck mount slide-in Fleetwood Alcom camper (2001) w/bath, fridge, a/c, kitchenette. \$5100 508-341-6347

2006 Ford E150 Van, good condition. 65,952 miles, \$3,300 Call 508-765-4738 x 322

8' PLOW - three cable hook, in good condition. \$700 or best offer. Call Jim at 774-317-0628. No texting please.

765 HEAVY EQUIPMENT

GENERAC GP500 Gasoline Generator- Unboxed, never used. Original manual + warranty card. Provides 5500 watt power supply. Asking \$575. 203-209-6418

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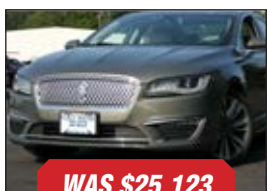
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Awesome gas mileage
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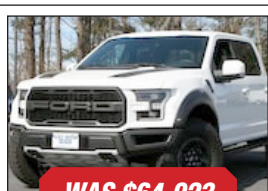
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19117
Turbo.
Fun to Drive

38,000 MILES **\$18,960**

2016 Mazda CX5 GT



\$322
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19104
Sporty,
leather roof

25,000 MILES **\$19,990**

2016 Honda CRV Touring



\$359
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19220
Leather roof,
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40,000 MILES **\$22,440**

2016 Ford F150 Ext. Cab



\$386
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19178
2.7 liter,
Eco boost

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2015 Jeep Grand Cherokee



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19080
Limited, leather,
roof, navigation.

28,000 MILES **\$23,990**

2016 Toyota Highlander LE



\$369
per month
19090
AWD, Toyota
reliability, AWD,
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UNDER
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2017 Jeep Wrangler Sport



\$369
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19070
Super clean jeep, 2
door, w/auto. trans.

35,000 MILES **\$23,985**

2016 Ram 1500 ST



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4x4

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\$435
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Unlimited, new
brakes & tires w/
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32,000 MILES **\$26,990**

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K1500 custom,
stunning black beauty
w/chrome wheels.
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17,000 MILES **\$26,740**

2016 Toyota Sienna XLE



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NOW \$41,000



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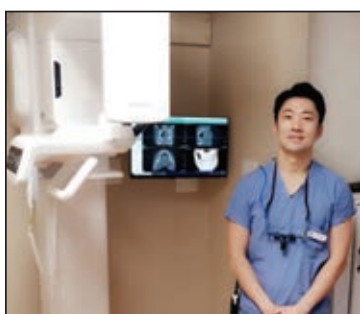
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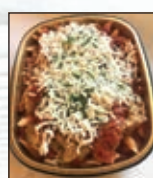
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2018 CHEVY CRUZE LT NEW Retail Price: ~~\$22,390~~
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PREMIUM AUDIO, BACK-UP CAM
WHOLESALE PRICE: \$13,977

SAVE \$8,400 OFF OF RETAIL PRICE!

2017 CHEVY TRAVERSE NEW Retail Price: ~~\$38,545~~
#119210A • LS TRIM, BLUETOOTH,
BACK-UP CAM, 3RD ROW SEATS
WHOLESALE PRICE: \$20,377

SAVE \$18,200 OFF OF RETAIL PRICE!

LIKE NEW 2016 CHEVY SILVERADO
#19357A
1500 LT 4x4
NEW RETAIL PRICE:
~~\$40,675~~
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\$29,347
Premium Audio, Back-Up Camera,
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2015 DODGE DURANGO NEW Retail Price: ~~\$38,680~~
#D9636 • MOONROOF, ALLOYS,
HEATED LEATHER, NAV, AWD
WHOLESALE PRICE: \$23,977

SAVE \$14,700 OFF OF RETAIL PRICE!

2016 GRAND CHEROKEE NEW Retail Price: ~~\$36,290~~
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BACK-UP CAMERA, BLUETOOTH
WHOLESALE PRICE: \$25,500

SAVE \$10,800 OFF OF RETAIL PRICE!

LIKE NEW 2017 JEEP RENEGADE
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NEW RETAIL PRICE:
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BEDLINER, BLUETOOTH, V8 HEMI
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2015 CHEVY EQUINOX LT NEW Retail Price: ~~\$29,795~~
#39430 • 17" ALLOYS, MYLINK,
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WHOLESALE PRICE: \$15,977

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WHOLESALE PRICE: \$27,377

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LIKE NEW 2016 FORD F-150 4x4
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SUPERCREW
NEW RETAIL PRICE:
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Satellite Radio, Back-Up Camera.

SAVE \$10,500 OFF OF RETAIL PRICE!

2019 GMC TERRAIN SLT NEW Retail Price: ~~\$38,015~~
#39847RV • HEATED LEATHER,
ALL-WHEEL DRIVE, 18" ALLOYS
WHOLESALE PRICE: \$30,977

SAVE \$7,000 OFF OF RETAIL PRICE!

2016 FORD EXPLORER NEW Retail Price: ~~\$37,545~~
#P12143LV • 4X4, MOONROOF,
HEATED LEATHER, ALLOYS, NAV
WHOLESALE PRICE: \$27,377

SAVE \$10,200 OFF OF RETAIL PRICE!

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#18502A
4x4 SUV
NEW RETAIL PRICE:
~~\$28,995~~
WHOLESALE PRICE:
\$16,747
SYNC System, Turbo, Power Seats,
17" Alloys, Bluetooth, Back-Up Cam.

SAVE \$12,200 OFF OF RETAIL PRICE!

2017 SUBARU FORESTER NEW Retail Price: ~~\$29,595~~
#H0859RV • AWD, BACK-UP CAM,
PREMIUM TRIM, MOONROOF
WHOLESALE PRICE: \$22,377

SAVE \$7,200 OFF OF RETAIL PRICE!

2006 CHEVY IMPALA NEW Retail Price: ~~\$19,895~~
#39336A • LS TRIM, POWER PKG,
POWER DRIVER SEAT, 3.5L V6
WHOLESALE PRICE: \$3,999

SAVE \$15,900 OFF OF RETAIL PRICE!

LIKE NEW 2017 HYUNDAI SONATA
#H0735R
PZEV SEDAN
NEW RETAIL PRICE:
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(NAPS)
Chronic kidney disease (CKD) is a serious health problem, affecting an estimated 30 million adults in the United States. Yet more than nine out of 10 people who have kidney disease don't know they have it. The sooner you find out you have kidney disease, the sooner you can take steps to prevent or delay serious health problems.
CKD means your kidneys are damaged and can't filter blood the way they should. Kidney damage can cause wastes to build up in your body and can lead to other health problems such as anemia, bone disease and heart disease. You can have CKD without any symptoms, especially in the early stages of the disease, and over time it may lead to kidney failure. If your kidneys fail, you will need dialysis or a kidney transplant to maintain your health. You can't reverse progressive kidney damage but you may be able to avoid or delay dialysis or a kidney transplant with medications and lifestyle changes.
Understand Your Risk for Kidney Disease
If you have diabetes, high blood pressure, heart disease or a family history of kidney failure, you are at risk for kidney disease. An estimated one in three people with diabetes, and one in five adults with high blood pressure, have CKD. Therefore, it's important for people who are at risk for the disease to get tested.
Get Tested Early
Testing for kidney disease is simple—it involves a blood test and a urine test. Your health care provider uses a blood test to check how well your kidneys



are filtering your blood and a urine test to check for protein in your urine.
Talk with Your Health Care Provider
If you have diabetes, high blood pressure, heart disease or a family history of kidney failure, talk with your health care provider about kidney disease. Stay informed and ask for the results of your kidney tests. You can start the conversation with your health care provider by asking these three

questions:
1. Have I been tested for kidney disease and how healthy are my kidneys?
2. How often should I get my kidneys checked?
3. What should I do to keep my kidneys healthy?
Take Steps to Protect Your Kidney Health
If you don't have kidney disease but are at risk for it, your health care provider may suggest ways you can keep your kidneys healthy. Here are

some steps you can take to protect your kidney health:
• Manage your diabetes, high blood pressure and heart disease
• Make healthy food choices
• Aim for a healthy weight
• Make physical activity part of your routine
• Get enough sleep—aim for seven to eight hours of sleep each night
• Stop smoking

• Find healthy ways to cope with stress.
Learn More
For more information about kidney disease, kidney failure, diabetes and more, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) website at www.niddk.nih.gov.
Your doctor can tell you whether you have kidney disease and what to do about it.

Ten Easy Ways To Get A Dose Of Vitamin N(ature) In Just Ten Minutes

(NAPS)
A growing body of scientific evidence proves getting outside (i.e., being an “outsider”) is good for our health and well-being. Exploring and appreciating nature—in our own backyards, community parks and school yards—reduces stress, improves memory, boosts heart health, and offers a host of other benefits for our minds and bodies.
“Having a living landscape of grass, trees, shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better,” said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. “Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life.”
On its 10th anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.
Take a walk. Lace up your athletic shoes and head out for a walk around the block or to your neighborhood park. While you're out, commit to turning off your cell phone and enjoying the natural setting around you (it's just 10 minutes, after all!).
Get your kids moving. A rousing game of tag or hide-and-seek in the family yard is a great way to counter computer and screen time.
Play with your dog. A dog's favorite “room” of



Getting outside is good for your mind and body.

the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.
Clean up your outdoor living room. Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.
Plant something. It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.
Dine alfresco. Taking a meal outside is one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. Enjoy your coffee break under a shade tree.
Study or read a book. Take the “work” out of homework by moving study or reading sessions to your backyard or community green space.

Swap a (short) commute for walking or biking. Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it's not too far, take a short walk or ride your bike instead.
Meet outside. Fresh air can be a catalyst for fresh ideas, so take your next brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.
Sit back and relax. Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.
Learn More
For more information on the benefits of our living landscapes and how to be an outsider, visit www.SaveLivingLandscapes.com. For more about the TurfMutt program, go to www.TurfMutt.com.

What You Need To Know About Cholesterol

(NAPS)
New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease.
What Cholesterol Is
Cholesterol is a waxy substance that your body makes to build cells. Too much can pose a problem. Extra cholesterol comes from foods including meat, poultry, dairy and tropical oils.
Why Cholesterol Matters
Cholesterol can slowly build up in your arteries and form a thick, hard deposit that narrows them and makes them less flexible. If a blood clot blocks a narrowed artery, a heart attack or stroke can result.
What To Do
Ask your doctor such questions as:
Q. What do cholesterol numbers mean?
A. Studies suggest optimal cholesterol levels are about 150 mg/dL and about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C). Levels in this range are linked to lower rates of heart disease and stroke.
There's no ideal target for LDL-C but “lower is better.” Assessment with a risk calculator helps your doctor determine your personal risk and treatment options. A coronary artery calcium test may also help with your assessment.
Q. How can I lower my risk for heart disease?
A. A healthy lifestyle is critical. Also, while statins are still the first choice of medication for lowering cholesterol, new drugs are available for people who

have had a heart attack or stroke and are at risk for another. Your doctor will monitor your progress.
Q. How do I know if my medicine is working?
A. It may take a few tries to find the right medicine and dose.
“Finding the sweet spot for treatment is highly individualized,” said Donald Lloyd-Jones, M.D., a member of the cholesterol guideline writing committee and chair of the Department of Preventive Medicine at Northwestern University in Chicago. “The latest guidelines strongly encourage patient and doctor to have detailed and personalized discussions about medication.”
Ask your doctor about medicines, foods—such as grapefruit or pomegranate—or supplements that may interact with your cholesterol-lowering medication.
Q. When and how often should I follow up?
A. Have a follow-up visit one to three months after starting cholesterol-lowering medication to check that it's working, that you're taking it properly, and to monitor for side effects.
Learn More
The American Heart Association's Check.Change.Control.Cholesterol initiative, supported by Sanofi and Regeneron, has information and resources for managing cholesterol and other cardiovascular risk factors. Visit www.heart.org/cholesterol for further facts, and www.heart.org/MyCholesterolGuide to download the free guide.



It's a healthy idea to be your own advocate when it comes to managing your cholesterol levels.

TECHNOLOGY

Small Businesses Need To Invest In These Four Technologies



Anthony Bradley

BY ANTHONY BRADLEY
GVP OF RESEARCH, CAPTERRA

(NAPS)—Because they operate on razor-thin margins, small-business owners and managers may be tempted to put technology expenses near the bottom of any priority list. After all, small businesses have many fires to put out—and investing in a new technology tool can seem like a problem that can wait. But technology is a double-edged sword: Used correctly, it increases productivity, brings savings and gives you a competitive advantage. Ignored, it lets your competitors use it against you. And it's worth remembering that business software is the driver of technology value; without it, your hardware is useless. Software can be a thicket of specialty areas and product names: Which tool should be purchased now and which can be put off? Capterra recently surveyed small and midsize businesses (SMBs) and asked them about their

2019 and 2020 purchasing intentions and budgets for business software. The 2019 Capterra SMB Spending Survey illustrates four clear software categories that small-business leaders are prioritizing and can help other companies understand the competitive landscape and prioritize technology investments.

1. Finance and Accounting: This is the standout tech category, with 53.6 percent of respondents budgeting for it. If you don't correctly handle your accounts receivable, accounts payable, sales taxes, income taxes, reporting and audits, you'll derail your business—it's that simple. Among businesses investing in this technology, banking and construction lead the way, with over 60 percent of respondents budgeting for finance and accounting software. Transportation and wholesale industries have the highest average spend at \$56,330 and \$53,850. More findings include:
 - Transportation and wholesale businesses should expect to budget between \$50,000 and \$55,000 for finance and accounting software in the next 12 to 24 months.
 - Media, government, manufacturing, banking and retail should consider budgeting between \$30,000 and \$40,000 for finance and accounting tools.
 - Other businesses should consider budgeting between \$10,000 and \$30,000 for finance and accounting software.
2. Cloud Computing: This year, cloud software is the second most prevalent technology, with 47.8 percent of businesses surveyed budgeting for it. It delivers all the power of FAMGA

(Facebook, Apple, Microsoft, Google, Amazon). Cloud-enabled Software as a Service (SaaS) gives small businesses subscription-based access to robust business software and data storage technology. Industry experts suggest:

- Insurance and transportation businesses should expect to budget between \$40,000 and \$50,000 in the next 12 to 24 months for cloud computing technology.
- Businesses in the services, communications, manufacturing, health care, banking and education sectors should consider budgeting between \$30,000 and \$40,000 for cloud business software.

- 3. Data and Information Security: Over 40 percent of all industries budget for data security. Research shows cyberattacks can cost small businesses \$84,000 to \$148,000 per incident and that 60 percent of SMBs that are hacked go out of business within six months. The average budget spend on data security takes a tiered shape for business size. Larger businesses with more data, more customers and more employees will need more software licenses and greater functionality. Expert findings include:
- Government agencies (and those that work closely with them) should plan on budgeting between \$40,000 and \$50,000 for data security in the next 12 to 24 months.
- Those in the education industry should anticipate a \$40,000 spend.
- Retail, construction, health care and wholesale should expect to budget close to \$20,000.
- Other sectors may gain competitive advantage with a data security

budget between \$30,000 and \$40,000.

4. Digital Marketing: This year, 45.1 percent of SMB respondents plan to budget for digital marketing campaigns and tools. This is natural, given that ROBO (research online, buy offline) buying behavior is now the norm. Up to 88 percent of buyers do online research before purchasing in a store. The survey uncovered that digital marketing spend tracks with business size. At 60 percent and 50 percent, media companies and retail businesses have the highest percentage of smaller firms investing in digital marketing. Most industries are between 40 percent and 50 percent. More findings include:
 - If you're a smaller business in the media or retail sector, plan to spend \$10,000 to \$25,000 on digital marketing over the next 12 to 24 months.
 - If you're a midsize business in the media or retail industry, plan to spend \$35,000 to \$45,000 on digital marketing over the next 12 to 24 months.
 - If you're in another industry (especially insurance), you may gain a competitive advantage with a digital marketing budget between \$20,000 and \$40,000.Businesspeople know it's vital to find out where competitors are going. These results should indicate where your sector is headed and what technology to prioritize. Detailed information on survey findings—and over 500,000 verified reviews for every type of software—is on the Capterra site. Learn More For more information about how small businesses can make smart technology investments, visit www.capterra.com.

How To Use Online Reviews To Invest In The Best Technology For Your Office

BY MARK DIGIAMMARINO
(NAPS)

Anyone who's in charge of purchasing technology for a small business knows there's a bit of alchemy in the procurement process: You apply instinct. You ask your colleagues for advice. You research what the critics in the magazines say. Increasingly, you're also reading the online reviews on specialized sites. Reading online reviews is a logical extension of how people once bought goods—through word of mouth. Technology, however, is even better, because it provides access to many more experienced.



Mark DiGiammarino, Manager, Vendor Reviews, Capterra

Online reviews give depth and breadth. They explain the pros and cons of any product or experience. At their best, they're incredible tools, perhaps the best thing to have happened for consumers in decades. At their worst, they're a scam. Consider this: A London journalist once created numerous fake reviews on a restaurant site and made his humble garden shed an opening-night restaurant hit. As the manager of reviews for Capterra—a free site for software buyers to read objective and insightful reviews—I've learned how to navigate the world of online reviews. Here are four top tips: Check to see if the site monitors its review: Confirm the site has an FAQ page with transparent policy statements. Does it clearly state how the site makes money? Check to see if there's a way to report fake reviews. Make sure the site screens and reads all reviews before they go live. If it doesn't monitor reviews—or offer a way to report the fakes—the site isn't there to help you. It's essential to report fake reviews because the reviews community depends on honest participation. When users share reviews, they help you to learn from their discoveries. Fake reviews tear at the fundamental trust everyone in the community must have in each other when they read and share online

reviews. Look for verified reviewers: Reviewers should be verified as being real people and actual customers. You'll also need to know if they're buying products for large enterprises or small businesses like yours. Knowing who's writing the reviews matters. As an example, think about when you're in the market for a new car, and you get a recommendation from a neighbor on the best vehicle to buy. Isn't it important to know if that neighbor prefers a plush, magisterial ride—or a sports car with tight handling for the side roads? Verified reviewers should also be actual customers of the products they write about. No one likes a rubbernecker standing at the sidelines, making unqualified assessments. When users have either bought or demoed the product, however, they have something to say. They know the product's pros and cons. They're often passionate about the product and want to share their experiences with you. Read the negative reviews but read them fairly: Make sure to understand what's truly behind a negative review—it could be that one person's lemon is your lemonade on a hot day. For example, a honeymooner might not like a hotel that you, with

kids, would consider a perfect vacation destination. Negative reviews are most useful when you can find specific patterns: If most of the reviews say the company has an excellent product but substandard customer service, then take that into account before you decide to buy or move on. Also, look for a vendor response: If the vendor hasn't responded to the negative reviews, then that's useful to know. When the business responds to the reviews—if, for example, it says it's working to improve customer service consider that a point in its favor. Remember that negative reviews are also a snapshot in time. Take into account recency and don't fault a vendor for something that occurred two years ago, especially if the vendor has responded to the negative review. Be open to discovering new product: At Capterra, it's common for a user to come to the site looking for a marquee-name software product. But after some research, that user may then decide upon software from a smaller, less well-known provider. Often, it's because the product is better priced and better suited to the user's business. And usually, it's because others in the reviews community thought it was a better product. Those software vendors that have a smaller footprint in the marketplace may have more utility and suitability for you. Be open to the unexpected when you read reviews. Finding the best reviews in a sea of bad ones is no small challenge, but online reviews offer you a chance to avoid the mistakes of others and gain from the wisdom inherent in online reviews. Use these tips to learn from reviewers who have honestly shared their positive and negative experiences. Use reviews to discover new products and services that can take your business to a new level.

Great Grass Ideas



The grass can be greener on your side of the fence.

(NAPS)

For a lawn that turns the neighbors green with envy, heed these four hints:

1. Water well: Water your lawn early in the morning when temperatures are cool to cut down on diseases and destructive insects.
2. Feed it: Use fertilizer that provides nitrogen, phosphorus and potassium.
3. Mulch it: Mulch prevents evaporation and weed growth, helps drainage, encourages root development and cools the soil.
4. Mow wisdom: Cut the grass early in the morning or in the evening, not during the heat of the day. Cut off no more than a third of the grass blade.

Want to make mowing easier and still get a beautifully groomed lawn? Consider a robotic mower. Models like the Honda Miimo, powered by a high-performance lithium-ion battery, do the mowing for you. Because a dealer-installed boundary wire goes around the area to be mowed, the mower detects the electric field and stays within it, monitoring its own charge and returning to its docking station at need. Independent 360-degree sensors and a floating cover detect solid contacts. And, if Miimo comes too close to a person or pet, the lawn mower stops, turns, and moves in a different direction. Learn more at www.miimo.honda.com and www.powerequipment.honda.com/dealer-locator.

TECHNOLOGY

How To Make Meetings More Efficient



You can make your next meeting more productive.

(NAPS)
In 2019, company leaders and their employees have an opportunity to transform how they work in order to achieve stronger results and more creative and compelling outcomes. CIOs, IT decision makers and employees all have a role to help S.W.I.T.C.H. workplace environments and leverage IT investments for the benefit of the company and the bottom line.
S=Security. When connecting devices to the network, everything should be IT friendly with all communications

encrypted, to eliminate the risk of hacking.
W=Who. Knowing your audience and meeting participants' needs is essential for putting the right technology in the right place. Small conference rooms, for example, also known as huddle spaces, may require different technology than a formal boardroom. In Barco ClickShare's most recent study, 72 percent of workers with huddle spaces said it encourages productivity and 75 percent said it stimulates creativity.
I=Integration (and

interactivity). Do you know how the workflow and digital workplace are supported? Do users have an appropriate way to interact with technology? Finding the answers to these questions can help amplify integration and interactivity in meetings.
T=Technology. Three-quarters of respondents referred to technology provided by their employer as inconvenient. The solution: Invest in technology that will be adaptable and flexible for the long term.
C=Cross-Platform. Bring Your Own Device

(BYOD) is a growing trend. So much so that 57 percent of employees prefer using their own device at work. Having technology that works with any device brought into the meeting is important for productivity and security.
H=Human-centric. At the end of the day it's all about understanding and anticipating how people engage with the technology. Simply put: If it isn't easy to use, people won't use it. Today's users want technology that's intuitive and adapts to their preferences.

These ideas can help the everyday meeting room user have confidence that the technology will be reliable and dependable, and enable them to be productive and efficient.
The Matter with Meetings
Once the technology is set and operating flawlessly, there is the matter of the meeting itself. According to a recent study by Barco ClickShare:
• Only 30 percent of meeting time is actually spent working toward meeting objectives.

- On average, 12 percent of meeting time is spent trying to set up or connect technology.
- To make your next meeting more productive, consider these five ideas:
 1. Set a clear objective for every meeting. The most important aspect of any meeting should be the reason for calling it, and who should attend. Nevertheless, over half the people surveyed said they were often asked to attend meetings that turned out to be irrelevant to them. Everyone should be clear about his or her own role and responsibility in the meeting.
 2. Reduce the number and length of meetings. Studies suggest the ideal meeting length is 21 minutes, instead of the now average 48-minute meeting. Ideally, the meeting should end as soon as its objective is achieved.
 3. Choose the right technology and accommodate for BYOD security.
 4. Keep an eye on advances in meeting technology and keep current tech optimized. Seventy-two percent of employees say businesses should invest in more modern technology to enable better meetings in which they're more engaged.
 5. Provide accessible, agile meeting environments.
- Mr. Bertier is responsible for all strategic marketing activities at Barco, Inc., a technology leader that develops networked visualization solutions. He strongly advocates design and usability in product development. Learn more at www.barco.com.

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