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Friday, January 31, 2020



Courtesy Photo

IN REHEARSAL

Alumni and parents joined current students at Tantasqua Regional High School recently for the 24-Hour Play Slam, a day-long event during which the adults and students collaborate on 10-minute plays which are rehearsed and staged for an audience that same evening. Photo courtesy of the Tantasqua Drama Club's Twitter feed.

Abducted girl rescued in Sturbridge

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE — An 11-year-old Springfield girl was rescued recently after an Amber Alert led to the arrest of her abductor on the Mass. Pike in Sturbridge.

At 1:30 p.m. on Jan. 15, Charlotte Moccia was forced into a vehicle shortly after she got off her school bus. Police immediately issued an Amber Alert, asking residents to be on the lookout for a blue Honda Civic with yellow fog lights and no front license plate.

The abduction took place in the Springfield neighborhood of Princeton and Amherst Streets. State and local police quickly fanned out across the area, and Amber Alerts were broadcast through television, radio, and text alerts.

“Preliminary investigation suggests that a white or Hispanic male was walking behind Charlotte and forced her into the back of an older model (believed to be 2001-2005) dark blue or black Honda,” read the initial statement issued by the State Police. “The vehicle has distinctive aftermarket rims and a moonroof.”

Police were praised for the level of details released on the suspect's vehicle in the Amber Alert. Because of the alert, multiple drivers on the Mass.

Pike reported a car heading eastbound that matched the suspect vehicle's description. One driver even followed the vehicle for several miles while on the phone with police, officials said.

Troopers then flooded the highway and stopped the vehicle near the Sturbridge-Charlton line, roughly six hours after the abduction and 30 miles away. The car was located by troopers in a work zone and pulled over without incident, police said. The driver, Miguel Rodriguez, 24, of Springfield, was arrested and charged with aggravated kidnapping.

Rodriguez was transported to the State Police Charlton barracks for booking. Moccia, found in the suspect's vehicle with no apparent injuries, was evaluated as a precaution by EMS personnel, police said.

The suspect and victim were not related, police said. Rodriguez appeared in Springfield District Court for arraignment on Jan. 16. He was held without bail and ordered to undergo a mental health evaluation. He will return to court later this month for a dangerousness hearing.

Police are not seeking any other suspects in the crime. A few witnesses had described seeing a woman in the suspect's car, but police believe Rodriguez acted alone.

Smola announces fire education grants awarded to local communities

BOSTON — Rep. Todd M. Smola (R-Warren, Ranking Member, Committee on Ways & Means) is pleased to announce that five fire departments in the 1st Hampden District have been awarded funds through the Student Awareness of Fire Education (S.A.F.E.) and

Senior SAFE programs for fiscal year 2020. Fire departments awarded grants are:

Palmer Fire Department (S.A.F.E. Grant: \$2,065 and Senior SAFE Grant: \$1,388)

Sturbridge Fire Department (S.A.F.E. Grant: \$3,965 and Senior SAFE Grant: \$2,348)

Three Rivers Fire Department (S.A.F.E. Grant: \$1,550 and Senior SAFE Grant: \$1,118)

Wales Fire Department (S.A.F.E. Grant: \$3,065 and Senior SAFE Grant: \$2,055)

Ware Fire Department (S.A.F.E. Grant: \$3,965 and Senior SAFE Grant: \$2,348)

“Our local fire departments have always played a critical role in educating residents about fire safety,” said Representative Smola. “The S.A.F.E. programs provide important resources for people to learn about fire prevention and how to be better prepared in the event of a fire.”

Since the creation of the S.A.F.E. program twenty-five years ago, average annual child fire deaths have been reduced by 76 percent. Seniors are the most vulnerable of populations at risk of fire related deaths. This initiative is aimed at educating seniors on fire prevention, general

home safety and how to be better prepared in the event of a fire.

For additional information please contact Representative Smola at Todd.Smola@mahouse.gov or (617) 722-2100.

Traffic Commission seeks to grow

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – After making great strides in helping the town of Charlton address traffic and road safety concerns, specifically along Route 20, since its inception in late 2017 the Charlton Civilian Traffic Commission is looking to take the next step by reorganizing and including several more town officials in the conversations.

Mike McGrath, Chairman of the Civilian Traffic Commission, appeared before the Board of Selectmen on Jan. 14 to discuss a pair of letters provided to each selectman by members of his own commission. While one letter regarded a proposed survey of local traffic the second delved into the concerns about the limitations that keep the commission from making real changes beyond simply providing ideas at public meetings.

“There is one that was brought up

in regard to doing a traffic softening survey for the town. Although we discussed that financially it may not be feasible to do, the majority of the board wanted to present that to selectmen as an option,” McGrath said. “The second letter is a little more to the point. We’ve found over the last couple of years that although we’ve had some great ideas and we’ve gone forward with some and had a lot of discussions in regard to what’s going on in town our ability as a think tank is limited.”

Many times, the commission has to go to outside parties including finance officials, highway officials and others in the town hall to gather information regarding their ideas and the possibilities for traffic solutions. For McGrath and other members, they’d like to see these resources be permanently included in the commission rather than

Please Read **COMMISSION**, page **A6**

Name reveal held for new manikin at Bay Path Practical Nursing Academy



Courtesy Photo

Barbara Owusu of Worcester and Robin Peters of Douglas during a SIM scenario.

CHARLTON — A name reveal ceremony was recently held for the new manikin in the Simulation (SIM) laboratory at Bay Path Practical Nursing Academy. The name “Sam” was voted on by PN Class of 2020.

The manikin’s gender can be suited to the teaching-learning scenario, and a gender-neutral name is appropriate. Sam will be “Samantha” for when the manikin requires a female gender for SIM scenarios, and “Sampson” for

Please Read **BAY PATH**, page **A7**



Hitchcock Happenings

BRIMFIELD — Following is the schedule of events and activities for next week at Hitchcock Free Academy.

Monday, February 3
REMINDER: You can sign up for all classes and find more information regarding classes on our website: hitchcockacademy.org. Please remember to like us on Facebook.

FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Monday: Playgroup 9-11 AM; bring a snack. Questions? Contact Cheryl Cameron at union61@tantasqua.org

WEIGHT WATCHERS: Traditional Weight Watchers meetings. Weigh-in/Registrations: 5:30PM Meeting: 6:00 PM Leader: Angela Kramer. Visit www.weightwatchers.com to become a member or to learn more about Weight Watchers.

SEN-I JUDO CLUB: 4:30 – 6 PM Develop discipline, confidence, fitness, a sense of team work and have fun. For details and registration call Sensei

Israel Lopez 413 279-4330.

YOGA: 7:15-8:45 PM This 90 minute Hatha Yoga practice will relax and rejuvenate you with guided meditations. Wear comfortable clothes and bring a mat. Instructor: Sharon Palmer M.Ed. Certified 500 hour Kripalu Yoga Teacher

Tuesday, February 4
ART GROUP: 9 – 11:30 AM Bring your own art and enjoy the company of other artists as they explore and encourage each other in creative adventures.

PILATES: 5:15 – 6:15 PM A perfect class for those who wish to unwind right after work. A mat floor exercise targeting the core muscles, Pilates improves flexibility, posture, balance and strength. Instructor: Karen Larsen

PILATES: 6:15 – 7:15 PM A great way to start your evening. A mat floor exercise targeting the core muscles, Pilates improves flexibility, posture, balance and strength. Instructor: Karen Larsen

RAVIOLI MAKING WITH JEN: 6:30 – 8:00 PM Jen is back to show you how to use wonton wrappers and/or a pasta

machine along with a variety of fillings to put your own flair on this perennial favorite. Instructor: Jen Poirier, Shepherd's Gate Farm Fee: \$25 includes materials

Wednesday, February 5
WATERCOLOR: 9:30 – Noon For all levels – ongoing watercolor classes with new paintings every three weeks. Instructor: Beth Parys. For more information and to register call: 413.245.3295

FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Music and Movement: 9 – 10 AM

MOVING MUSCLE: 5:15 – 6:15 PM. Muscle conditioning exercises using light hand weights. This class will use a series of squats, lunges, and varying arm exercises for an overall body workout. All levels are welcome. Instructor: Karen Larsen; Fee: \$50 for 8 classes.

BUDDIES DOG TRAINING: 6:30 – 7:30 PM (6 classes) A dog training basics class for canines of all ages (puppies are welcome.) It provides positive training methods, good management practices and problem-solving strategies. Vaccinations must be up to date. Fee: \$130 per dog. Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork®

Instructor- National Association of Canine Scent Work

Thursday, February 6
FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Thursday: STEAM Experiments 9-10:30 AM. Bring a snack. Questions? Contact Cheryl Cameron at union61@tantasqua.org

VIOLIN LESSONS: 2-5 p.m. Instructor: Linda Day Newland, violinist in the Austin Symphony Orchestra for 22 years. Lessons available for all ages and all levels

SEN-I JUDO CLUB: 4:30 – 6 PM Develop discipline, confidence, fitness, a sense of team work and have fun. For details and registration call Sensei Israel Lopez 413 279-4330.

FENCING: 6:15-7:15 Youth and adult classes with Andy Bloch.

K9 NOSEWORK® 7 – 8:30 PM. This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

Friday, February 7
ALCOHOLICS ANONYMOUS: Traditional

open AA meetings in a friendly setting. Come early to chat and share in refreshments. Time: 7:30 PM

LET YOUR YOGA DANCE: 6:30-7:30 PM An energizing experience where joy and fun meet deep and profound; it combines flowing Yoga movements, dance, and an exploration of the body's seven "chakras" or energy centers -- all with an eclectic variety of music. You can "let your yoga dance" either standing or seated, or both, and no experience in Yoga or dance is needed. Even if you think you have "two left feet" you can participate easily because there is no "right or wrong" way to dance here, and you will find yourself smiling and feeling great throughout -- and after. Instructor: Sharon Palmer Fee: \$15

Saturday, February 8
K9 NOSEWORK® 9 – 1:30 PM This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

New Charlton CEA updates announced

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – If they haven't already, participants in the Town of Charlton Community Electricity Aggregation, or CEA, Program will soon be receiving details on the new deal for 2020 through 2022 which sees Charlton partnering with NextEra Energy Services in the contract.

Touting the new rate as 26 percent lower than National Grid's Basic Service Supply Rate, the program offers participating Charlton power custom-

ers a chance to go green and to decrease their energy bills by sourcing electricity from New England-based renewable energy sources including solar, wind and hydroelectric providers.

John O'Rourke, a representative of energy management consulting company Good Energy, provided details on the new partnership to Charlton's selectmen on Jan. 14. The Program applies to Charlton, Millbury and Oxford residents and continues an effort sparked in 2017 to help offer power customers a chance to utilize greener energy at a cheaper rate than National Grid. The new partnership with NextEra is only the latest step in lowering those bills and continue to provide new power options for Charlton residents.

"We went out to bid last May. The

reason we did that was because our analyst told us the market was very good during that period of time and to go out to bid to start the renewal program for January 2020. We got a very good bid of 10.316 cents per kWh, slightly below the current rate of the aggregation," said O'Rourke. "What we also did because there's more interest in renewable energy we added a product to the aggregation, 100 percent local green. That's priced at 12.366 cents. Essentially what that is, we get Massachusetts Class 1 renewable energy certificates from an organization called the Green Energy Consumers Alliance. They are the gold standard here in Massachusetts."

The new price per kilowatt hour of 10.316 cents is a drop from the previous deal which was set at 10.430 cents per

kWh. Good Energy assumes an average cost of \$15 more a month for power customers who choose to embrace the Charlton Premium 100 percent Local Green program costing 12.366 per kWh.

O'Rourke and Good Energy previously met with the town administrators and managers of the three participating communities to work out a plan to spread the word of the new partnership for customers. This resulted in the creation of a detailed letter informing residents what they can expect from the new partnerships and how this will be reflected on their bills.

Information about the changes or about the Charlton CEA Program in general can be found at Charlton-CEA.com or by calling the Charlton Town Hall at (508) 248-2209.

Pet of the Week

Sponsored by The Dog Haus

Name: Brady
Sex: Male



My name is Brady. I am kind of a nervous guy, I was here as a puppy and now that I am back I am really nervous. I prefer women but I do warm up to guys after awhile. I love toys and love to play tug of war with my staff, yep I call them my staff because, well they love me and do whatever I want!! If I really like you, I'll even roll over and wiggle so you can rub my belly! I would prefer to be an only pet, and children scare me, so it would be better if I went to a quiet home. If you're patient, we can get to know each other and then you'll see that I'm really the best dog ever. I also am a great tracker so if you need me to find something for you I bet I could, I always have my nose to the ground during my walks.

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SENIOR SCENE

February happenings at the Brimfield Senior Center


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

NEW!! "TRIVIA TUESDAY" January 7th, 11:30 AM: Join us for lunch and Tuesday Trivia! Come on in for lunch and test your trivia knowledge. Grand prize is a \$5.00 scratch ticket. So sharpen up your brain and head on down for food, fun, and your chance at both fame and fortune! The meals have been greatly improved so if you haven't been recently it's a great opportunity to give it a try. There is a \$2.00 suggested donation for lunch. Please call before 11 AM on Mondays to reserve your lunch. 413-245-7253

February 20th, 11:30 AM, Lunch & Learn with Eva Pittsinger, Senior Center Director and Outreach Specialist. Ever wonder what you or a family member might be eligible for? Eva will go over guidelines and procedures for programs and services. Lunch is available for a suggested donation of \$2.00 but you must reserve prior to Monday, February 19th at 11 AM. Menu is: Roast Pork, Seasoned Cauliflower, Yellow Rice, Whole Wheat Roll & Fresh Fruit.

February 21st, 11AM – 1PM Italian Fest is back! Join us for a fabulous spread starting with an appetizer of balsamic bruschetta with tomato & garlic. Main course will be a combo plate of spinach & cheese stuffed shells with meatballs, pasta, Italian bread, salad & birthday cake. February birthdays will be celebrated. Please reserve your seat prior to February 18th. 413-245-7253. There is a \$5.00 suggested donation for this party.

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The *Sturbridge Villager* (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

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VILLAGER ALMANAC

REAL ESTATE

STURBRIDGE

\$345,000, 2 Sprucedale Dr, Stillman, William P, and Stillman, Jacqueline M, to Birsan, Andrei, and Ratnikova, Daria.

\$312,000, 234 Podunk Rd, Moynagh, Kathleen M, and Ashe, Rebecca L, to Dupre, Nicole, and Leach, Katherine.

\$225,000, 24 Simpson St, Maxwell RT, and Capurso, Michael, to Fitzgerald, Melissa B, and Fitzgerald, Rory.

\$80,000, 108 Westwood Dr, Basch, John H, and Basch, Daryl L, to Thibault, Bobbie J, and Thibault, Sylvain.

Bottle & Can Box celebrates 15th year



CHARLTON — If you're a Charlton resident, chances are that you've seen the Charlton Lions Club's purple Bottle & Can Box across from the Main Street Post Office.

Fifteen years ago, the Lions embarked on a different twist to the old fashion bottle drive - they built a permanent box to create a drop off for redeemable bottles and cans. The Lions are always looking for ways to fundraise for their many charitable causes, and that's how the Bottle & Can Box was born. The Box was the idea of Lions members Steve & Shelley Doucette.

"To be honest, we stole the idea from

a Lions Club in Vermont. We saw their box and thought it was a great idea," said Steve Doucette.

The idea is simple. Most people want to recycle their old bottles and cans, but they don't have the time to go to a store and feed the recycling machine.

"So, we decided to build a permanent recycling box to give folks a place to donate their redeemable bottles and cans year-round," said Shelley Doucette.

The idea took off immediately, and the Box has been raising money for charities in Charlton ever since. Jack and Sandra Bacon allowed the Lions to put the first Box on their property in

the center of Town. Thank you, Jack and Sandra, for starting something really special. There are now two boxes across from the Post Office, just waiting for your redeemable bottles and cans.

Over the past 15 years, the Bottle & Can Box has raised almost \$20,000 from the generous donations of the people of Charlton. All the money the Lions Club raises through the Bottle & Can Box donations goes back to funding our charitable projects; like Walmart Christmas gift cards, handicap ramps, eye glasses and hearing aids for seniors, and scholarships for graduating Charlton high school seniors. Over the years the Lions have shared the Box with other non-profits and charities in town, like the Girl Scouts, Boy Scouts, Youth Football and Cheerleaders, the Charlton Leos Club and so many more. If you run a youth organization, or a non-profit, and would like to use the Bottle & Can Box as a fundraiser for your group, please email us at "thecharltonlions@gmail.com," and give us your contact information.

So, after 15 years of collecting bottles and cans, the Charlton Lions would like to thank all of you who have donated your bottles and cans. We have received almost 400,000 bottles and cans, so thank you to all the Coke, Pepsi, Bud Light and Coors Light drinkers throughout the town. Your effort to help the Lions Club by emptying those cans does not



ACCURACY WATCH

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

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

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

go unappreciated. Just a note to our faithful donators, the Box is designed to receive just redeemable 5 cent cans and bottles. We cannot take items, like water bottles, that do not have a 5 cent redeemable label. So, before you bring your bag of bottles and cans, if you could do one last sort to make sure that only 5 cent cans and bottles are donated, we would greatly appreciate it.

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

Municipal Building Committee looks ahead

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON - Charlton's Municipal Building Committee is looking ahead to the needs of the future for the town's infrastructure with an eye on several priorities for the 2020 calendar year.

Charlton Building Commissioner Curtis Meskus represented the Municipal Building Committee during a meeting with selectmen on Jan. 14 where he provided an update on recent discussions among committee members and some priorities that the town should be exploring in the immediate future. The update was the first in a while provided by the committee with Meskus delving into several items during a short discussion where infrastructure, facilities management, community lighting and green community projects were all put on the table.

"We need to continue down

the development of a facilities maintenance department so that our department heads and building heads are doing their jobs and not being torn by having to take care of maintenance tasks on a daily basis. There has been discussion and will probably continue to be discussion about the further build-out of the department of public works and what goes in there and what facilities are needed as that goes forward. The construction of a new public safety building will free up the space at 85 Masonic Home Rd. for additional municipal purposes," said Meskus. The Masonic Road property he spoke of is the current fire department building which could become vacant if the town were to build a new facility to house both fire and police officials.

Other projects and priorities discussed included requests from the cemetery commissioners who are seeking a space for

them to operate, the potential for new roof projects including at the police station and obtaining grant funding to convert streetlamps to LED bulbs. The committee is also continuing to work with municipal departments to achieve the 20 percent reduction required by the Green Communities Act. One major need Meskus says is a place for file storage, a project which has been conceived and abandoned already in recent years.

"We did embark on a program quite a while ago to build and archival storage building. We had the design for that and put that project out to bid and that number was very unpalatable for a fireproof closet. We looked at some other potential options, but we'd have to design those options and bid those out. We are making strides forward with our network. We are very fortunate to have just gotten a grant for a little over \$90,000 for

backup equipment - digitization of records has always been a goal of mine," said Meskus.

When selectmen had their chance to chime in Selectman Bill Borowski commented that Charlton should be examining a much bigger priority as well, a more serious consideration of the overarching infrastructure needs of the community. Meskus noted that none of the projects presented are set in stone but he felt it was time that the board have the opportunity to discuss the questions and initiatives his committee had helped think up.

"We just wanted to make sure (the selectmen) were aware as transitions occur that these are things that the community needs to be aware of," said

Meskus. "The committee felt that it was important to get this information before the board at this time because you are making some very large decisions about the assets of this community."

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Nichols College students named to Fall 2019 Dean's List

DUDLEY — Many hard-working students at Nichols College in Dudley, Mass., have achieved Dean's List or President's List honors during the fall 2019 semester. The following local students received academic honors from Nichols College:

Abigail Stansky of Sturbridge
Kyla Johnson of Holland
Jake Boisvert of Sturbridge

The Dean's List and President's List give recognition to those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students whose semester average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President's List honors.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-fo-

cused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

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See Facebook @EB100th or tinyurl.com/EB100th for details on all events!

Join us for some winter fun on beautiful Lake Lashaway!

UPCOMING EVENTS TO CELEBRATE THE 100TH ANNIVERSARY of East Brookfield FEBRUARY

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Six lessons, \$60 per person
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DATE TBD
Fishing Derby

Hurricane Katrina – a National Guardsman’s experience



BY BRENT STANLEY

Editor’s note: The following piece was submitted by Brent Stanley, Supervisor of the MassDOT Highway Call Center in Charlton, who felt compelled to share his memories of being deployed to New Orleans as a member of the National Guard in the wake of Hurricane Katrina, which struck the Gulf Coast 15 years ago this August.

We rode a bus from the airport for as long as we could.

The water was up to the axles, and we were still four miles from our destination – the University of Louisiana. Our commander said “Time to pack

and walk.” I shouldered three packs as did my buddies, and in the wee hours of the morning, we walked. The water was up to our waists in some areas, up to our knees in others. It was so dark we reached out to touch each other’s packs to keep together. The water was black and nasty smelling. There was only the drinking water from our canteens and the MREs (meals ready to eat) in our packs. Dawn came, and we were still sloshing through the floods. The light of the new day showed us the horrors of Katrina. Dead animals and dead humans. We couldn’t deal with them then – we had to reach the University and help the living. Water was way over

our boots, and we were soaked through our uniforms, but at least it was warm and we were in no danger from exposure. We saw alligators and large fish in the water. They didn’t bother us.

We finally reached our destination about mid-morning. The University was trashed. There was human waste everywhere. The walls were covered brown with feces. Water was up to our knees.

We set up operations in the campus police quarters. That first night, we caught three looters with computers, DVDs, and TVs. They had a Doberman, and the smallest of them outweighed me by 100 pounds. But we had M16s. They surrendered peacefully and we handcuffed them and sat them down on the ground that we had used for a latrine. It wasn’t by intention – the situation called for it. We gave them food and some of our limited water. We were still not connected with a supply line. The Doberman didn’t look too mean. He was panting, and he looked thirsty. I asked my commanding officer if I could give the dog water.

“We don’t have much water, Stanley,” he said.

I said the dog really needs water. He made a pained expression, and said “give him a little.” When his back was turned, I gave him a lot.

On the third day, our supply line was established, and we finally had food and water beyond what we carried. We were, by this time, way beyond the need for a shower. There were no showers. Power was dead, and the showers at the University were full of filth and feces. Some of my buddies and I decided to clean out an area in the shower stalls. At the same time, other guardsman succeeded in getting a diesel generator running, and we had power. Still, there were no showers. I told a buddy that I could hear the ocean at night.

“Let’s go to the ocean and clean up,” I said.



We found bicycles, and after chow time, rode in the direction of the ocean sounds. When we got there, it was dark, but the light of the moon shone on the ocean. I shined my torch down on the eight foot drop to the water. We saw old tires, garbage, and raw sewerage. To say we were disappointed would have been a huge understatement.

“Let’s go back to base,” I said.

On the sixth day, we finally had showers.

Our days were taken up with helping the local population find their way to the relief centers that had been set up. People were lost and disoriented. They were glad to see us, and told us so. Our uniforms represented stability and hope in a flood of despair. I felt good helping people who had lost all hope and were totally vulnerable to Mother Nature.

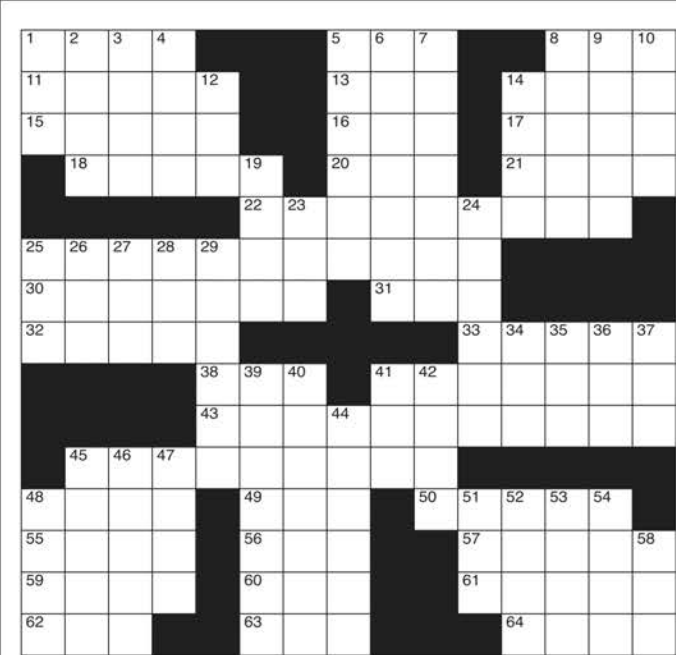
During the second week, we were very much aware of the suffering of animals – pets that had been abandoned. Our commander had said we were not to feed or help the animals. There were too many other priorities. Still, it was hard to see the suffering. There was a female dog that had just had pups. Here teats were all swollen and red, and she kept hanging around. I asked my commander again if I could give her some of my food. He said no. Later, when it was

dark, I snuck out to the perimeter of our base and fed the dog my rations. She ate hungrily, and licked my hand after. She was as confused as she was hungry, and seemed grateful for human contact. I sneaked back to my barracks undetected. I had a hard time to get the dog not to follow me. She kept following me even when I told her to go back. I felt good about helping the dog.

We saw lots of bodies. They were bloated and disfigured. There was nothing we could do for them. Our mission was to help the living. It felt like Stephen King’s “The Stand.” It didn’t seem real. This was a disaster of major proportions.

After the third week, the water seemed to recede. There were huge pumps set up to remove water. When the water receded, there was a filthy layer exposed. The smell was terrible. We continued to help people to the shelters, where they would have food and clean water. It was hard to sleep and not have dreams about the horrors we had seen.

When the mission was over, I felt good that I’d been able to help. I knew that it would be years before things were back to normal in this area, but the Guards had done their best to help these desperate people through this disaster. This was what I signed up for. I wanted to help people.

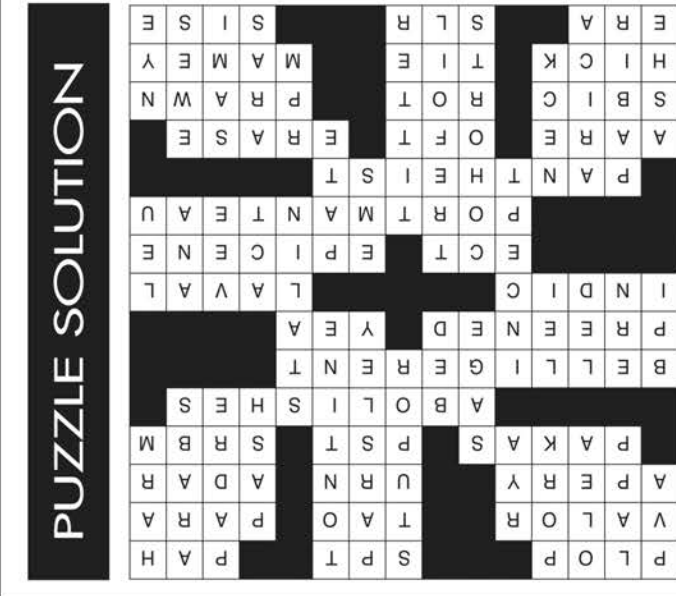


CLUES ACROSS

- 1. Fall down
- 5. American TV company (abbr.)
- 8. Exclamation that denotes disgust
- 11. Gallantry
- 13. Chinese word signifying “doctrine”
- 14. Prefix meaning “beside”
- 15. Act of imitating
- 16. Tall, rounded vase
- 17. Sixth month of Jewish civil calendar
- 18. Rural Iranian village
- 20. Time zone
- 21. Military weapon (abbr.)
- 22. Gets rid of
- 25. Aggressive
- 30. Addressed one’s appearance
- 31. Affirmative
- 32. Denoting Indo-European languages
- 33. French noble family
- 38. Shock therapy
- 41. Having characteristics of both sexes
- 43. Large suitcase
- 45. One who identifies God with the universe
- 48. Swiss river
- 49. Frequently
- 50. Wipe out
- 55. Invests in little enterprises
- 56. Waste
- 57. Resembles a large shrimp
- 59. Derogatory name for rural resident
- 60. Menswear accessory
- 61. Tropical American tree
- 62. Pitching statistic
- 63. Camera type
- 64. Cardinal number that is the sum of five and one

CLUES DOWN

- 1. Surgical procedure of the heart (abbr.)
- 2. Northern Scandinavia indigenous person
- 3. Evergreen trees and shrubs
- 4. Meat from a domestic hog
- 5. State of insensibility
- 6. Herb
- 7. Annuity
- 8. San Diego-based ballplayer
- 9. Members of a Semitic people
- 10. Any physical damage
- 12. Woolen rug
- 14. Alsos Mission leader
- 19. Aromatic plant used as culinary herb
- 23. Where you sleep
- 24. Ruled Russia
- 25. Indicates density of data (abbr.)
- 26. Sea eagle
- 27. Type of light bulb
- 28. Wreath
- 29. Graduate with a degree
- 34. What thespians do
- 35. “Orange is the New Black” character
- 36. Comedienne Gasteyer
- 37. Romanian monetary unit
- 39. People treated as a group
- 40. Small European plant
- 41. First responder group
- 42. A person’s head
- 44. Giggle
- 45. Bura-__: Chadic language
- 46. Snout moth genus
- 47. Body part
- 48. Inspirational Wimbledon champ
- 51. Revolutions per minute
- 52. American software developer
- 53. Ancient Greek city
- 54. Female sheep
- 58. “The Science Guy”



Worcester Polytechnic Institute announces Fall 2019 Dean’s List

WORCESTER — The following local residents were among 1,678 students from Worcester Polytechnic Institute (WPI) named to the university’s Dean’s List for academic excellence for the fall 2019 semester.

Veronica Melican of Fiskdale, Mass., is a member of the class of 2021 majoring in computer science.

Joshua Hoy of Fiskdale, Mass., is a member of the class of 2021 majoring in robotics engineering and mechanical engineering.

Luke Hoy of Fiskdale, Mass., is a member of the class of 2023 majoring in robotics engineering.

Jacob Goodwin of Sturbridge, Mass., is a member of the class of 2021 majoring in chemical engineering.

The criteria for the WPI Dean’s List differs from most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean’s List by the amount of work completed at the A level in courses and projects.

“WPI’s academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students go beyond the classroom to work on open-ended problems in and for communities around the world. The problems are important and the impact is real” said dean of undergraduate studies Arthur C. Heinricher. “Some of this nation’s best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean’s List have excelled in all of their work, and we are exceptionally proud of these outstanding students.”

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

Raymond Morehouse named to SNHU President’s List

MANCHESTER — Raymond Morehouse of Holland has been named to Southern New Hampshire University’s fall 2019 President’s List. Eligibility for the President’s List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 87-year history of educating traditional-aged students and working adults. Now serving more than 130,000 learners worldwide, SNHU offers over 300 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the “Most Innovative” regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



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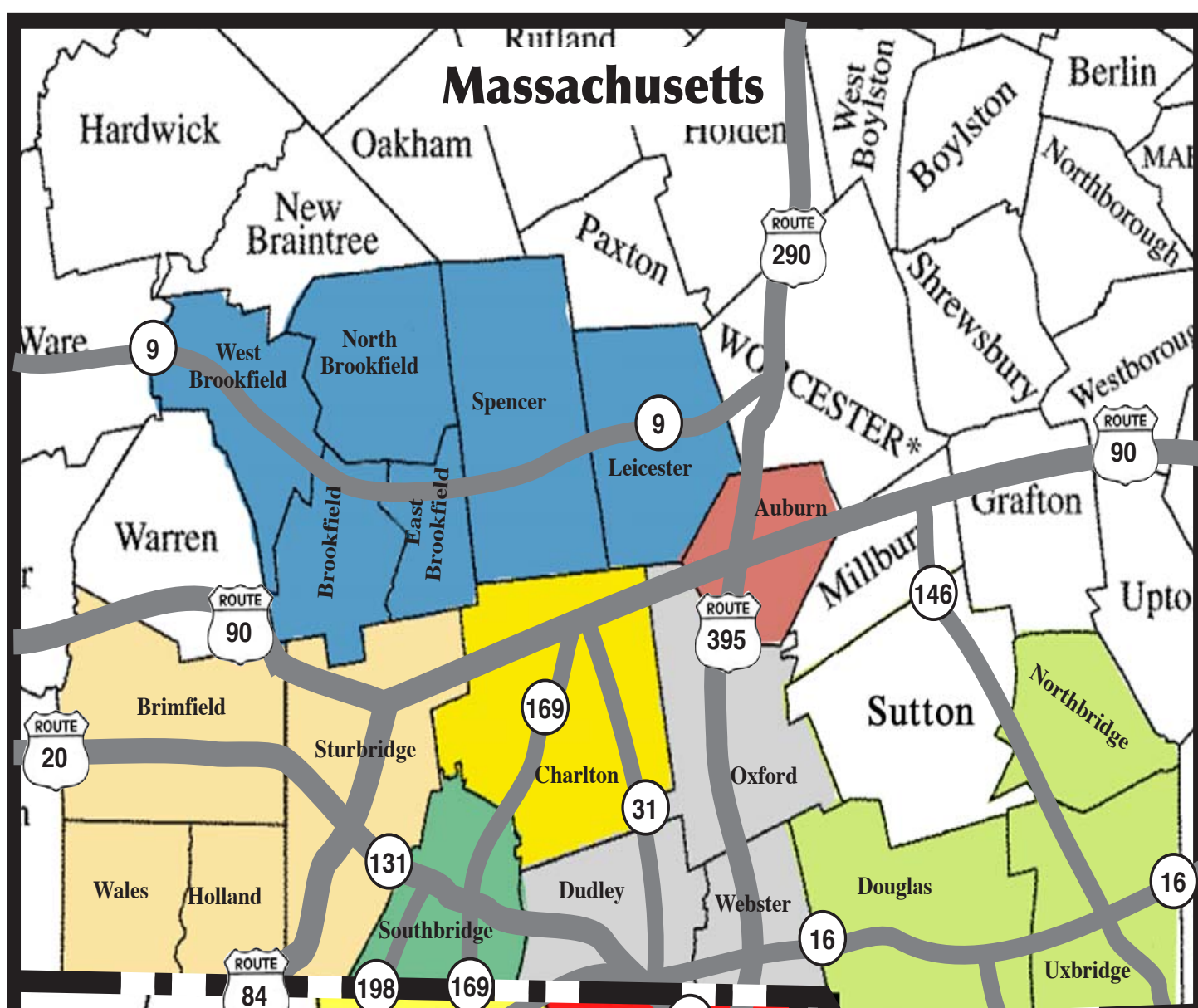
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LEARNING

WORCESTER STATE UNIVERSITY DEAN’S LIST

WORCESTER — Worcester State University congratulates the following students from central Massachusetts on being named to the Dean’s List for the fall semester of 2019.

AUBURN: Alexa K Adams, Anya E Arenius, Domenic R Astrella, Nicole A Berthiaume, Dominick A Boschetto, Alexis H Brunsell, Veronica A Campoverde, Deanna A Dalli, Quynh D Doan, Kerri J Dowd, Danielle M Dufault, Julia M Duquette, Jessica D Ferris, James D Frederick, Alexandra E Giaquinto, Carrie A Girardin, Rachel A Griffin, Maggie R Grogan, Sarah M Kendrick, Lauren E Kennedy, Kaylee A Kittredge, Victoria R Konicki, Samantha M Kowalchek, Jenna L Lanciault, Christena Mena, Engy L Mena, Eric J Merriam, Monika Mularski, Katherine E Nordborg, Ashley M Peck, Courtney J Prescott, Renae M Renihan, Paige F Robidoux, Amanda N Roux, Emily A Saucier, Brianna L Stomski, Caitlyn E Sullivan, Sean M Sullivan, Aliana Torres, Monica K Tran, Hayleigh L Vail, Makenzie R Ward, Allison J Woeller, Andre Zink

BLACKSTONE: Jefferson B Coutinho, Myah C Dawson, Andre M Jarret, Emily N Labrie

BRIMFIELD: Kayla C Archambault, Kelly N Austin, Christine Corrow, Maren C LaBonte, Alison P Senecal, Anita J Swift

BROOKFIELD: Natasha D Austin, Jade E Menard, Faye L Rhault

CHARLTON: Nicholas R Brooks, Michael Brunelle, Susan Burtchell, Ryker X Capielo, Deven E Chaffee, Brenna J Chaisson, Kylie E Chupka, Michelle A Elliott, Megan R Greenough, Heidi E Hazzard, Zachary M Hill, Bethany A Irish, Hayley M Johnston, Angela M Kaperonis, Barbara N Kuria, Cameron E Lanier, Jonah J Messier, Kiara A Millett, Casey E Mullaly, Stephen T Myers, Emily L Novack, Parth S Patel, Brandon A Premo, Emily M Provasoli, Kathryn E Ryan, Aviya T Singer, Abigail M Snopkowski, Abigail M Stone, Michael J Sullivan, Andrew C Vizzachero, Allison H Walker

CHARLTON CITY: Julia L Fitzpatrick, Kayla J Fitzpatrick

CHERRY VALLEY: Megan Gaucher, Emily J Hastings, Elise M Leveillee, Samantha J Sealey

DOUGLAS: Amanda L Bara, Sydney C Connor, Meghan L Foley, Maureen L Grady, Margaret E Gurney, Hanna R Kearney, Bethany M King, Ryan J Klenk, Melissa E Landry, Santina M MacGregor, Davis M Parella, Erin S Theroux, Rebekka L White, Angela M Woodford

DUDLEY: Amanda J Babbitt, Jacob J Bond, Willie Bounphasaysonh, Bailey T Bowes, Bellalorraine M Carey-Hicks, Vanessa Corriveau, Trevor R Dow, Megan F Gatsogiannis, Jason F Harrington, Juliet L Helock, Sara N Jedrzynski, Monika M Kicilinska, Arton Krasniqi, Amanda Lane, Allison R Marrier, Heidi A Marrier, Erin Masciangioli, Emily Mattson, Camryn M Ozolins, Danele Pierce, Kyle F Quadarella, Molly H Springer, Justyn W Sudyka, Sarah E Tonkin, Michael J Toomey, Victoria L Townsend, Benjamin R White, Erica J White, Michaela L White, Catherine A Wielock

EAST BROOKFIELD: Caitlyn A Bean, Ciara A Haddad, Julia E Joyce, William J Mitchell, Ashley E Paine

EAST DOUGLAS: Hailey R Baldwin, Rachel E Sutton

FISKDALE: Jillian R Bellville, Paige Szczypien

GRAFTON: Alannah A Casello, Gabrielle R Decosta, Samantha E Ellis, Isabelle L GianDomenico, Logan A Goldovitz, Ryann P Molinari, Emily L Parish, Zuhair I Shaikh, Margaret T Sheehan, Bailey R Shepard, Sydney M Wilson

HOLLAND: Justin A Boucher, Sarah N Cox

LEICESTER: Veronica L Agbanyo, Shelby E Ayres, Meghan A Beckman, Kiana N Besse, Jessibelle Burgos,

Meghan C Caribo, Ryan P Carney, Hawraa H Chreim, Madisyn N Constantine, Erin R Doherty, Dimitrios Gaitanidis, Patrick D Gallant, Jared M Gould, Rose M Grady, Kelley A Hall, Efstathia Kapoukranidis, Konstantina Kapoukranidis, Bridget L Kupfer, Logan J Laflamme, Mackenzie A Lavin, Andrew H Le, Judy Le, Rebecca A Lulu, Anthony M Madonna, Alex M McCormack, Trevor V Mott, Meagan M Perro, Evgenia Psarras, Christian K Robert, Jeremy J Shays, Jaymi-Lyn Souza, Matthew S Splaine, Jared P Walsh

MILLBURY: Jonathan F Beaudoin, Jaresa J Burgos, Ashley N Cami, Sarah A Crossman, Edward J Daher, Jason T Hanna, Laura J Holland, Pauline M Holland, Erica L Lawson, Danielle M Michalak, Noah P Peterson, Teresa A Prytko, Melanie E Riedle, Rhea V Vyas, Brittany E Watson, Shavonne Yoho

NORTH BROOKFIELD: Brodin P Coughlin, Shawn P Day, Janet M Fortune, Deanna C Gould, Kalie E Harding, Dakota R Hinerth, Breana L Joubert, Emily C Lavin, Madison J Parker, Megan M Quigley, Andrew T Shays, Tory E Zalauskas

NORTH GRAFTON: Michael F Baldwin, Brian A Barthelmes Jr., Taylor D Gerrie, Melissa V Hamilton, Joseph R LeMay, Danielle J Mesurvey, Geoff R Pironti, Ian T Scarlett, Patrick B Young

NORTH OXFORD: Zachary E Alicandro, Heather M Hibbard, Andrew D Ravenelle, Rachel E Stelmach

NORTH UXBRIDGE: Jacquelynn K Rondeau

NORTHBRIDGE: Nicole M Ballard, James W Blair, Matthew W Conary, Grace O Demers, Zachary J Grenon, Connor M Loando, Megan M Mattox, Sean C Otoole, Cameron J Richards, Michelle D Rivas, Patrick D Sweeney

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SOUTH GRAFTON: Daniel M Keller, Zoe G Krouner, Tyler R LaComfora, Alberto Laguna, Jorge Laguna, Connor C Matatall

SOUTHBRIDGE: Brandon M Aviles, Maxwell R Kimball, Jhan B LaTulippe, David A Livengood, Kassidy R Murphy, Dante I Ortiz, Chantelle L Ricard, Laurie E Schlatter, Matthew J Travers

SPENCER: Lilly A Brochu, Tammi J Chenard, Tyler J Clayfield, Zabrina A DeLaura, Michael J Dow, Michael A Duquette, Dong L Dzindolet, Eric R Fyrberg, Cassandra L Gallagher, Jaymee L Hayes, Meghan C Joslyn, Richard W Mayne, Abigail L Meyer, Bradley Montanez, Jeffrey M Morrissey, Jennifer M Morrissey, Elias F Nelson, Kimarilis Ojeda, Nicole A Ouellette, Elizabeth A Pedone, Alexandra Rodriguez, Samuel P Shea, Samantha R Sousa, Ariana R Strout, Selena M Wilson

STURBRIDGE: Victoria A Boulay, Brooks A Chernisky, Stephen F Gagnon, Brandon M Gatta, Nicole S Ghantous, David J Novack, Kathryn E Staples

SUTTON: Riley J Brown, Sydney E Cortes, Carter J Craft, Jillian M Dombroski, Maeve C Donovan, Andrew M Girouard, Alexandra M Hebert, Sydney K Howe, Julia Jennison, Aidan Lucey, Megan R Mahoney, Michael J Maurier, Kerry K McGrath, Sydney M McKinlay, Matthew J McNickles, Alexis M Nevalsky, Abigail J Ostrowski, Brenna K Perry, Brendan J Quinlan, Kevin T Rothermich, Lisa M Sciannameo, Haley J Thurber, Madison F Troy

UXBRIDGE: Kelly A Bates, Felicia T D’Ambra, Mikala M Davis, Nathaniel I deVries, Emily L Guertin, Dimitri I Jaros, Jessica L Kollett, Jade S Letendre, Bruce Marchand, Hannah M Muggeo, Jocelyn M O’Brien, Cara M Parker, Victoria L Picotte, Andrea J Plichta, Madison L Poirier, Elizabeth A Rondina, Kristi Shore, Russell S Wise

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WEBSTER: Brian B Aphram, Shadya B Aphram, Adrianna J Audet, Jodi Beaudette, Sheila A Blythe, Michael D Candito, Michael E Connor, Sarah B Curry, Caitlin D Frabotta, Katelyn J Holden, Emily E Jones, Danielle L Marrier, Emilia M Noyes, Joshua T Patterson, Zachary A Poitras, Abigail J Poplawski, Marco M Rego, Arhum R Rizvi, Felicity P Robillard, Megan R Scully, Pawel Stypulkowski, Savannah J Walckner, Sarah M Wong-Kam, Matthew S Wyman

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Gustav Masch Jimenez named to Dean’s List at Lehigh University

BETHLEHEM, Pa. — Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Gustav Masch Jimenez of Guatemala, in the Fall 2019 semester.

For more than 150 years, Lehigh University (lehigh.edu) has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among the nation’s most selective, highly ranked private research universities. Lehigh’s four colleges - College of Arts and Sciences, College of Business and Economics, College of Education and the P.C. Rossin College of Engineering and Applied Science - provide opportunities to 7,000 students to discover and grow in a learning community that promotes interdisciplinary programs with real-world experience.

COMMISSION

continued from page 1

simply turning to them after ideas are brought to the table.

“We found that we’re kind of running into a lot of roadblocks that we’re dealing within the traffic commission,” McGrath said. “We’re looking to either disband or reorganize the traffic commission to include those people that have a little more say in financing and the actual operation of the town roads and signage or whatever it might be.”

The proposal was to include a representative of the Department of Public Works, the Town Administrator, town planner and members of the planning board into the mix. The police department already has representation on the commission. This would essentially


evolve the civilian commission to a more standard town body mixing civilians and town authorities at one table. McGrath thinks this can only help create even more effective discussion.

“There’s a lot of good ideas and a lot of good discussions. Citizens have come in and brought up some of the points that they needed to address for traffic concerns in their neighborhoods. We also need to be able to do something besides saying ‘That’s a great idea,’” McGrath said.

Selectmen agreed to table the discussion to get a better idea of how they would like to approach possibly changing the makeup of the commission. They were scheduled to discuss the matter further during their Jan. 28 meeting.

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Treyvon
Age 8

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Treyvon is legally freed for adoption and can be placed in any type of family with or without other children. Treyvon has bi-monthly visits with his birth mother until an adoption is finalized, then the visits will decrease to two visits per year. Treyvon will also need to maintain three visits per year with his sibling.

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

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


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




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Charlton FD welcomes new firefighter

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The Charlton Fire Department added a new member to its ranks in mid-January unveiling a new firefighter in front of selectmen at a meeting on Jan. 14 where officials also discussions dispatch concerns for both fire and police services.

Chief Ed Knopf started off his portion of the Board of Selectmen meeting by introducing Lindsay Kelly to the board. Previously a firefighter for Hopedale, Mendon and Sherborn, Kelly joins Charlton after an extensive search in mid and late 2019 to fill an opening. Kelly was joined by her father who pinned her badge to her uniform.

Following the pinning ceremony Knopf delved into another personnel need, this time one mutually beneficial to the fire and police departments in the form of a dispatcher. Until the Jan. 14 meeting only one dispatcher was on duty handling calls for fire, EMS or police services in Charlton. This is in



Fire officials stand with new Charlton firefighter Lindsay Kelly.

Courtesy Photo

contrast for many neighboring communities where two dispatchers are often if not always on duty to handle the call volume.

“I don’t want to say that there’s personnel issues or anything like that. We just identified that there’s a gap there. We’ve seen increases. Our volume has gone up 21 percent over the last three years. Overall volume in the dispatch center has risen 55 percent during that same period of time. However, we have one dispatcher on at one time. We’ve identified an area within the workday where the volume is at a greater pace, usually 10 a.m. to 6 p.m., where we believe that an added dispatcher would bring great value to the service,” Chief Knopf told selectmen. “We’re working on providing some efficiencies within our respective groups to make the job a little easier for the dispatchers, but the fact remains that they are inundated and we haven’t had the opportunity to address this since they went full time with one dispatcher

for the last twenty-some-odd years.”

Selectmen were supportive of the idea and showed understanding of the need, but the concern seemed to be how to fund a second dispatcher for an extended period of time. Police Chief Graham Maxfield said there is \$15,000 remaining from a grant that would help fund part of the \$24,000 it would cost for the dispatcher.

“I’m about halfway there in my existing budget to fund that person. We’d have to take a look at it again in the spring to see where we are as far as salaries and if we can continue on or if we can move some money to try to get this done without having to go ask for any more,” Chief Maxfield said.

With the money question still unanswered selectmen decided to allow the use of the grand funding to at least begin the process of adding a second dispatcher from in house. Further funding for the current fiscal year and an approach for permanent funding were slated to be discussed at a future date.

Support your local bait & tackle shop



Ice fishing took another hard hit this past week, causing cancellation of the Uxbridge Rod & Gun Club derby again. Other clubs in the valley are also hoping for safe ice to hold their fishing derbies. It did not stop numerous anglers from fishing some ponds in the

area, but most anglers kept a safe distance from each other. Inviting groups of anglers to a fishing derby with dangerous ice conditions was not something the Uxbridge Rod & Gun was going to do. For anglers that did fish some small ponds last weekend, action was great.

Catching bass, pickerel and perch with a horn-pout mixed in provided a great day in the outdoors.

This past week, this writer was talking with a few sportsmen in the valley about the loss of small Bait & Tackle shops that were scattered throughout the state 30 or 40 years ago. Large companies like Walmart, Target, Cabela’s, and Bass Pro Shops were more competition than the small shops could compete with. At one time, there were 21,000 small Bait & Tackle shops from the Cape to New Jersey to Maine & to Rochester, N.Y. Today, there are only 780 shops left. This information was provided by a salesman that sells his fishing equipment to the small shops throughout the above mentioned areas.

Purchasing your fishing equipment from the small Bait & Tackle shops may cost a few more bucks, but they are there when you need them. Many big companies sell out of a popular item and do not restock them until the following year. The small shops that also sell archery and hunting equipment are doing much better , but it is



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the only way they can survive. The small shops have the expertise to set you up with the proper fishing & bow hunting equipment, and are often owners that run the shop, ensuring that you are satisfied with your purchase. The next time you need hunting or fishing supplies, give the little guy some of your business.

A couple of local hunters headed for the saltwater to do a bit of sea-duck hunting last week. They experienced some great Eider hunting while sitting in a boat that was well camouflage. They used a Chesapeake Retriever to find and retrieve the downed birds. Hunting any waterfowl needs a strong dog to bring them back, as the tidal flow can be very strong, and can tire the dog very quickly as this writer found out on my last eider hunt. Fortunately, we had a guide that quickly retrieved the dog and duck after numerous retrieves.

This week’s picture shows Dan Southwick with an impressive Northern Pike he harvested a few years ago under harsh weather conditions. Dan releases all his fish.

Take A Kid Fishing & Keep Them Rods Bending!

BAY PATH

continued from page 1

when the manikin requires a male gender for SIM scenarios. As it happens, Bay Path Practical Nursing Academy have produced several successful “Samantha’s” and is soon to graduate a “Sampson.”

The new manikin was purchased by the Bay Path Practical Nursing

Academy through funds received from Perkin’s grant. Influencing the manikin name reveal is the fact that Bay Path Practical Nursing Academy alumni continues to return and assist in every way they can with current students. Tasheena Laliberte, LPN from Worcester, of PN Class of 2019 was at the first SIM Lab to assist.

“We have a wonderful team here at Bay Path and an even more amazing alumni community,” expressed

Gretheline Bolandrina, MSN Ed, RN, CRRN Academy Director.

In addition to honoring alumni, the PN staff and faculty wanted the students in the program not only to have access to something important to their overall training but to be engaged and involved in decisions, even simple ones such as naming the manikin.

“We love that our alumni are supporting current cohorts even after they have left, continuing to recognize that

nursing is vital to improving health-care for all,” said Bolandrina.

“The practical nursing faculty is extremely appreciative of the generosity of time, inspiration and camaraderie from the alumni, and the opportunities it provides the current students in their practical nursing education,” concluded Bolandrina.

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EDITORIAL

We must remember

This past Monday, Jan. 27, was Holocaust Remembrance Day, the date designated by the United Nations General Assembly as the anniversary of the liberation of Auschwitz-Birkenau. Everyone is urged to take a moment on that day to honor the six million Jewish victims who lost their lives, those who were ripped from their families and placed in concentration camps, and the survivors who did their part in educating others to help prevent anything that would ignite genocide in the future.

The Holocaust is one of the most horrific events in human history. Millions of innocent people, simply looking to live their lives, love their children and families, and seek happiness and success were killed not because of any crime they committed, not because they were bad people, but because they were Jewish. Unbelievably, we have seen in recent years an uptick in Anti-Semitic hate crimes. To have so much hate in one's heart is simply unfathomable. That is why this day of remembrance is so important. It reminds us all to stand up for what is right when we encounter hate speech, particularly of the anti-Semitic variety. It is simply unacceptable in this day and age, and we all must remember to protect each other, and to protect what's treasured, peaceful, kind and good about humanity.

Most history classes in schools across the country at least touch upon the Holocaust; however, it is surprising — indeed, alarming — how many young people do not seem to have a firm grasp on how or why millions of “undesirables” were deprived of their homes and possessions, herded into labor camps, and as the “Final Solution,” systematically slaughtered.

Jewish people were quarantined to a section of town that was enclosed with barbed wire and guarded. There was no medicine, minimal food and water and was overly crowded with the living conditions unheard of. They were lied to as they boarded trains headed to concentration camps. They were told they were going to a better place, when in fact they were led into gas chambers in large groups and executed. Those deemed fit enough were spared and put to work; however, many died of starvation.

Those that did survive did so by hiding, often in plain sight. Many pretended to be a part of a family they were not biologically related to. They hid in basements and other rooms until they were able to escape to a free country.

It is hard to comprehend such horror. In a report on NBC, Sonia Klein, who was a teenager in 1943 when she first stepped foot at the Nazis' most notorious death camp said the most important way to honor its liberation two years later was to ensure that as many young people as possible know what happened there.

Klein, now 94, was quoted as saying “Young people are the ones that have to carry the memory of our loved ones forever. I survived the death march to tell the tale, but it was important to remember those who didn't.”



THE 411
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THE LATEST
IN LOCAL SPORTS!

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Strap on your armor

Thank you all for your prayers and notes of encouragement. As most of you know, I had major surgery to remove thirty inches of my colon last week and I'm recovering and feeling great.

POSITIVELY
SPEAKING

By GARY W.
MOORE

My seven days in the hospital were restful and interesting. I kept hearing from doctors, nurses and caregivers that they were surprised by my positive outlook and optimism. I must confess that their surprise, surprised me. I was able to have a few conversations with my nurses about their average patient facing tough surgeries with various outcomes. They kept telling me how different I was than most of their patients and how upbeat and positive I was responding.

Why expect the worse?

There is an old saying that says, “Your attitude, not your aptitude, effects your altitude.” In other words, the optimism you bring to the fight is more powerful than your education or IQ. If you believe you can beat cancer, your chances are improved dramatically. If you believe in a positive outcome, you will fight. If you believe there is no hope, why would you bother? The impact of optimism on the mind and body is powerful.

..

Of course, there are times that a positive attitude may not overcome a medical reality. A positive attitude alone will not heal you, but healing is enhanced with a positive outlook.

Sound simple? Yes, but it's not easy.

When we are faced with a life-threatening crisis, our minds go into to hyper-drive, churning out all the things that can go wrong. When we are dealing with cancer or a variety of other frightening events, it's easier to believe the worst. It takes no effort. Just close your eyes and let the negative demons move out of the depth of your mind and tell you why you are dying. It's easy. Just let it happen.

Or you can dig in and fight.

Make the decision to fight it out. Research the successful stories on the internet that detail the successes others have enjoyed. Speak only positive outcomes into your universe and be an inspiration to those around you. Tell yourself, “I'm a fighter! I'll beat this!”

Your positive attitude will not only

help you but provide a more positive support system. Giving up has an equally negative impact on those who love you. To see you give up, curl into a ball and await whatever may come, saddens everyone. Be brave. Be strong. Fight for your life.

Albina and Tim Dugan are two of the most remarkable people I know. Over fifteen years ago, Albina was given five years to live. She was diagnosed with a rare form of liver cancer and was told there was no hope. Her doctor told her to go home and get her life in order.

Instead, Tim began searching the world via the internet for options and Albina strapped on her armor, mounted her horse and rode into battle. Her 5 years to live has now passed three times and she's working on twenty years. She still has the cancer. No one totally understands why, but Albina has successfully fought and continues to hold her cancer at bay. How? Partly because of her positive attitude. At the time of her diagnosis, she had four young children at home. She proclaimed she wasn't going anywhere until they were grown, married and she met her grandchildren. Tim never gave up in his relentless search for medical options and people all over the world were lifting them up in prayer. Never underestimate the power of prayer.

Albina and Tim have been an ongoing source of inspiration for people all over the world and they continue to fight.

I keep telling everyone, “I'll die of something someday, but not this. I truly believe that cancer is already sorry it chose me. It just picked the wrong guy. I won't stop fighting until cancer is sent in defeat, squealing away from my body.” I'll remind everyone of this column every 5 years or so. I'll be here.

Every person reading this column has, is or will face something in their life that requires a positive attitude and a fight. Never give up. Never give in. Be like Albina. Strap on your armor, mount your horse and ride enthusiastically into the fight ...to win.

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @ GaryW Moore721 and at www.garyw-moore.com.

Fight Flu & Colds Naturally

As if flu season isn't bad enough, current coronavirus reports have heightened concerns. With that in mind, this column will review some natural and proactive methods you can employ to increase your odds of staying healthy this season.

Whether you're worried about catching a cold or are fretting about the flu, there are alternatives to treating what ails you. From herbs and spices to massage and aromatherapy, the following information and strategies can be valuable weapons in the annual battle of the cold and flu bug.

Stats: The flu season affects one in five adults, who will contract the virus this year. By contrast, the average person will suffer two or four common colds this annually according to national statistics.

Cold or Flu? You know you're sick, but not sure how sick. Is it a common cold or the dreaded flu? . Symptoms can be similar at the beginning of the infection. Since colds and flu are often treated differently, and an average of 23,000 people in the US die from flu related complications each year, it's important to identify the illness.

According to the Centers for Disease Control and Prevention (CDC), a cold is a milder respiratory ailment that has symptoms that last a few days; the flu can last weeks and result in such serious health problems as pneumonia. While a stuffy nose and aches and pains are symptoms typically present in both colds and flu, a temperature reading can often differentiate the two. A com-



TAKE
THE
HINT

KAREN
TRAINOR

mon cold rarely causes a temperature to reach over 101 degrees. Also, body aches are much more common with the flu virus.

Cold Symptoms: Symptoms usually begin with sore throat, runny nose followed by congestion and cough. Mucus may become thicker and darker. A slight fever is possible. Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious.

Flu Symptoms: Flu symptoms usually come on quicker than cold symptoms are typically more severe. They can include a sore throat, (sometimes hacking) cough, congestion, accompanied by headache, fatigue, chills and fever 102 to 104 degrees. Most symptoms improve in about five days, but fatigue can linger on for a week or more. The flu virus can be contagious from the day before the onset of the virus up to a week after.

How Colds & Flu are spread: Cold and flu viruses are spread when an infected person releases germs in the air via coughing, sneezing and close contact. Cold and flu viruses can live for hours on surfaces such as telephones, desks, door knobs, etc.

The flu is highly contagious as an infected person can spread flu germs a day before symptoms appear and can remain contagious for up to a week later. Studies show children with the flu virus can be contagious for over a week after onset. A person with a cold or flu is most contagious the first three

Turn To TRAINOR page A9

Are you a
mindful
investor?



FINANCIAL
FOCUS

JEFF
BURDICK

Recently, we've seen an increased interest in mindfulness, although the concept itself is thousands of years old.

Essentially, being mindful means you are living very much in the present, highly conscious of your thoughts and feelings. However, being mindful doesn't mean acting on those thoughts and feelings – it's just the opposite. With mindfulness, your decision-making is based on cognitive skills and a rational perspective, rather than emotions. As such, mindfulness can be quite valuable as you make investment decisions.

Two of the most common emotions or tendencies associated with investing are fear and greed. Let's see how they can affect investors' behavior.

• When investors are fearful ... Investors' biggest fear is losing money. So, how did many of them respond during the steep market decline from late 2007 through early 2009? They began selling off their stocks and stock-based mutual funds and fled for “safer” investments, such as Treasury bills and certificates of deposit. But mindful investors witnessed the same situation and saw something else: a great buying opportunity. By looking past the fear of losing money, they recognized the chance to buy quality investments at bargain prices. And they were rewarded for their patience, long-term perspective and refusal to let fear govern their decisions, because 10 years after the market bottomed out in March 2009 (as measured by the Dow Jones Industrial Average), it had risen about 300 percent.

• When investors are greedy ... We only have to go back a few years before the 2007-09 bear market to see a classic example of greed in the investment world. From 1995 to early 2000, investors chased after almost any company that had “dot com” in its name, even companies with no business plans, no assets and, in some cases, no products. Yet, the rising stock prices of these companies led more and more investors to buy shares in them, causing a greed-driven vicious circle – more demand led to higher prices, which led to more demand. But the bubble burst in March 2000, and by October 2002, the technology-dominated Nasdaq stock index had fallen more than 75%. And since some of these companies not only lost value, but went out of business, many investors never recouped their investments. To avoid the dangers of fear and greed, take these steps:

• Know your investments. Make sure you understand what you're investing in. Know the fundamentals, such as the quality of the product or service, the skill of the management team, the state of the industry, whether the stock is priced fairly or overvalued, and so on. The better informed you are, the less likely you'll be to chase after “hot” investments or to bail out on good ones.

• Rebalance when necessary. If you've decided your portfolio should contain certain percentages of stocks, bonds and other vehicles, stick to those percentages and rebalance when necessary.

• Keep investing. Ups and downs are a normal feature of the investment landscape. By continuing to invest over time, rather than stopping and starting, you can reduce the effects of volatility on your portfolio.

It's not always easy to be a mindful investor and to avoid letting emotions drive your decisions – but it's well worth the effort.

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.

Vintage travel posters

Most people enjoy vacations and travel, so it makes sense that travel related posters would appeal to collectors. Many posters have bright graphics that depict exotic locations often along with ships, trains, airplanes, and other modes of travel.

Travel has been long documented, even before the invention of the printing press. Medieval manuscripts depict people traveling by horse. Prior to that, paintings depicted ships, horse carriages, and people on horseback. Broad-sides originated in the 15th century. They were single sheets of paper printed on one side and used to make announcements. According to the Library of Congress, broadsides were “often quickly and crudely produced in large



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WAYNE TUISKULA

numbers and distributed free in town squares, taverns, and churches or sold by chapmen for a nominal charge, broadsides are intended to have an immediate popular impact and then to be thrown away.” Broad-sides remained popular through the 19th century and were often used to promote ship or train travel. Some broadsides can be worth hundreds or even thousands of dollars, but I’ll focus more on newer travel posters in this column.

The 20th century saw the bright, colorful travel posters that we are more familiar with today. The Library of Congress lists the golden age of travel posters as the 1920’s to the 1960’s. “Great travel posters attract the eye in a variety of ways: by highlighting points of interest, depicting the conveyance used to reach a loca-

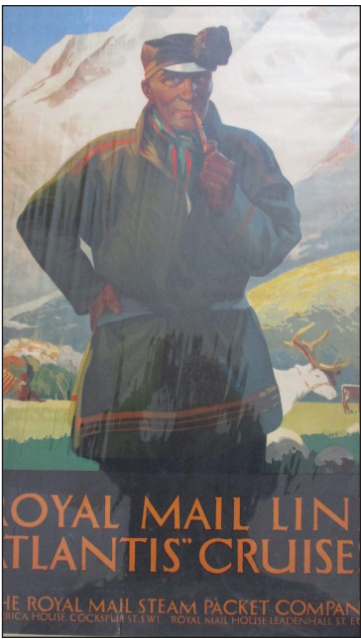
tion, or by featuring activities available at the destination.” Later posters typically used photographic images and do not have the collector value of the graphically produced versions.

Older travel posters with nice graphics can sell for hundreds of dollars and better examples can bring thousands. Philip Zec’s 1932 LMS / BY NIGHT TRAIN TO SCOTLAND shows a passenger train being pulled by a steam engine. Smoke pours from the smokestack under the night sky with a full moon. It sold for \$16,000 at auction in 2014. A 1938 poster depicts “the New Twentieth Century Limited.” The streamlined train poster touted that it could travel from New York to Chicago in 16 hours. One of these posters sold for \$18,000 in a 2015 auction. A poster of St. Moritz picturing a skier flying through the air above the Engadin Valley also brought \$18,000 in a 2014 auction. “L’Atlantique” poster from

1931 shows a huge ocean-liner dwarfing a tugboat in front of it. The 1931 poster by Adolphe Mouron (A.M.) Cassandre sold for \$120,000 in 2011. Another Cassandre poster set an auction record in 2012. He created a very low production run of these posters that pictured the stylized steel wheels of a railroad steam engine. The 1928 “L.M.S./Best Way” poster steamed to \$162,500 at auction in 2012.

We have several travel posters and other posters in our January 30th auction. My “Evaluating your antiques” class will be held on March 3rd at the Bay Path Adult Education Evening School in Charlton. Other events are being scheduled. Please see www.centralmassauctions.com for details on these and other events.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.wtuiskula.com



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TRAINOR

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days of infection, when the virus is most concentrated in nasal secretions. To prevent spreading the flu virus to co-workers and the public in general, the CDC recommends that people with flu stay home for 24 hours after their fever breaks.

According to the CDC, the single, most effective way to avoid contact with cold and flu viruses is to wash your hands. Wash them often and scrub with warm water and soap for at least 20 seconds. If washing isn’t practical, use a hand sanitizer with at least 60% alcohol and rub into your hands until dry.

Home Remedies: The following remedies are effective “first step” treatments to cold and flu. Symptoms that last more than a few days or become severe should be checked by a physician’

*A hot bath can be a powerful cold chaser and in Chinese medicine very hot baths are used to “sweat” out a cold at its earliest stages. To kick up the detox power of a bath, add a few drops of eucalyptus, rosemary or thyme essential oils to the water.

Note: Check with your doctor before taking a hot bath if you are pregnant, diabetic, have heart disease or other complications.

*Giving colds a two step punch with a double dose of ginger and lemon can

relieve cold and flu symptoms. Adding ginger and lemon to a hot cup of tea not only soothes the throat, but ginger’s antimicrobial properties and lemon’s vitamin C help fight the bug. To break up mucus, add a pinch of cayenne pepper to the hot tea. Or try this recipe from Food Network to relieve cold and flu ailments: Combine in a mug: the juice of half a lemon, a quarter size piece of fresh ginger, two teaspoons of honey, and 3/4 cup of boiling water. Allow to steep for at least three minutes. Add dark rum if desired.

*It’s true that chicken broth can offer cold and flu sufferers relief, but did you know it’s the “bone broth” from the homemade brew that provides much of the healing power? Broth made from boiling bones offers magnesium, sulfur, phosphorus and other trace minerals that are easily absorbable not always readily available.

*Whether you like it hot or cold, a compress applied to sinuses can relieve congestion quickly. A freeze pack (or bag of frozen vegetables) works as a cold pack on the sinus area to decrease symptoms. Or, heat up a wet facecloth in the microwave (not to hot) and apply across the bridge of the nose for similar relief.

*While there’s no cure for the common cold some foods appear to reduce susceptibility to catching colds, or at least reduce the severity of the symptoms. Foods containing beta-carotene, vitamin C, and zinc have shown to have

immune repairing and boosting properties. Research suggests that zinc (which is in many over the counter products to prevent colds) can work to reduce the duration and severity of a cold. But it is only effective if it’s started early, at the very first signs of illness.

*“Take two squares of chocolate and call me the morning.” may seem an unlikely prescription for cough relief, but research reveals dark chocolate can curb your cough. The secret is Theobromine, an ingredient in chocolate. According to medical studies, theobromine is nearly one third more effective in halting persistent coughs than codeine. Dark chocolate typically contains about 450 mg of theobromine per ounce. Some experts suggest two ounces of dark chocolate every four hours as an effective anti cough dose for adults. Just be aware chocolate contains caffeine.

*Did you know you can reach into the refrigerator to clear congestion? Apple juice and purple grape juice both have properties to help clear congestion and a runny nose. As a bonus dark grape juice is rich in tannins, which have been known to kill viruses.

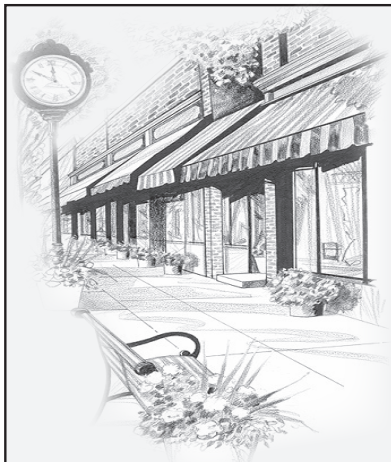
*Hot foods may be the weapon to battling mucus. Studies show foods such as chili peppers, horseradish and garlic help reduce congestion by driving out mucus. How? The same agent that induces tears also helps thin out excess mucus.

*Coughs and congestion is uncomfortable, but relief can be as close as your water bottle. Keep hydrated by drinking at least 64 ounces of water a day. Water is the best expectorant, and will help thin the mucus and loosen the cough.

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.



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SPORTS

Warriors pick up important victory versus non-league foe in North



Tantasqua's Joe Groccia makes space by juking out Worcester North's Ransford Adjel.

BY NICK ETHIER
SPORTS STAFF WRITER

STURBRIDGE — On Tuesday, Jan. 22, the Tantasqua Regional boys' varsity basketball team had the chance to test itself with a non-league game against one of the region's best when they hosted North High of Worcester.

And the Warriors passed with flying colors.

Tantasqua established a lead early in the second quarter and never lost it, although the game was close throughout, as they held on for a 52-46 victory.

The Warriors are now 7-2, while the Polar Bears dropped to 6-3.

"Any time we can play a Division 1 team out of league, it's always a big test," said Tantasqua head coach Scott Dion. "A team like North plays St. John's, plays Wachusett, plays the big boys all year."

The Warriors, who in the postseason compete in the Western Mass. Division 2 Tournament, have future contests against the likes of

Doherty, St. Peter-Marian, Milford and Westborough High's, all D1 and D2 teams.

"They're a very talented team, so athletic," Dion said, getting back to North. "They killed us on the glass, and we're the bigger team, [but] we just held a pretty good offensive team to 46 points."

The Polar Bears led 9-8 after the initial eight-minute quarter, but Tantasqua embarked on a 10-0 run to open the second — which included a quick five-point spurt from Mikey Lucas and a banked in 3-pointer by Joe Groccia — to jump ahead 18-9.

North then closed the gap by finishing the half on an 8-4 run to narrow the deficit down to 22-17.

The Warriors, though, had an answer to open the third. Groccia (a team-high 16 points), started the half with a 3-pointer, Cam Varney grabbed a steal and fed Groccia for a layup, and Groccia canned another 3 to extend the lead to 30-17.

The Polar Bears, again, ended

the quarter on a run — this one 13-6 — to make it a manageable 36-30 game through three.

But Tantasqua, and particularly Troy Lee, was ready for the fourth quarter. With the score now at 36-32, Lee received a pass from Griffin Polga and converted a reverse layup while drawing the foul. He connected on the free throw for the traditional three-point play to go ahead 39-32. Then, following a North basket, Lee hit a baseline jump shot to keep the lead at seven points (41-34).

With 3:13 to go and the Polar Bears inching closer at 43-40, Lee was fouled and he calmly drained both of his free throws.

"Everyone has their better games," Lee said, stressing a team-first philosophy, "and tonight it just happened to be me. Offensively, I was feeling it."

Lee also got things done on the defensive end as North came away with a steal and a coinciding two-on-one. Reginald Devone went for a layup, but Lee swatted it away, flying from seemingly out of nowhere for the important block.

"Troy's the kid that's going to step in and take a charge, the kid that's going to get a rundown block when it looked like they were going to have a breakaway layup," Dion said, calling the block a "ginormous" play.

"He gets tip-ins, he does all the little things, and tonight he put the ball in the basket, which is huge," Dion added.

Leading 45-42, Polga (8 points) drained a 3-pointer from the left elbow with 2:22 remaining to give the Warriors some breathing room.

North would get no closer than four points away before ultimately losing by six.

"This is a huge win," said Lee, who finished with 13 points (7 in the fourth quarter) and 7 rebounds. "It's good for playoffs, it got the boys all pumped up."

"This team is definitely bonding very well," continued Lee. "We lost a lot of seniors last year, I think it was eight, but we're all a team — a family



Mikey Lucas of Tantasqua takes a layup to the hoop for two points in the third quarter.

— and it's just nice to see."

Dion is pleased with how his team is performing at the season's midpoint.

"We're certainly building an identity. I thought we'd

be a little bit more explosive offensively when we started, and I think now we're leaning toward grinding games out and defending like crazy," he said.



Tantasqua's Troy Lee elevates to the basket, scoring two more points for the Warriors.



Tantasqua's Tyler Hall sends a pass up-court as the Warriors build on their lead against Worcester North.

HIGH SCHOOL NOTEBOOK

Monday, Jan. 20
Westfield 125, Tantasqua 60 — Andrew Wade won the 200 Freestyle and Jonah Green took first in the Diving, but the Warriors' boys' swim team, with only eight participants, was outgunned by the Bombers. Tantasqua is now 1-6.

Westfield 117, Tantasqua 54 — In a similar fashion, the Warriors' girls' swim team also lost to the Bombers. Sarah Kersting-Mumm of Tantasqua (2-5) was a double winner in the 50 Freestyle and the 100 Backstroke.

Wednesday, Jan. 22
Tantasqua 108, Shrewsbury 75 — In their final regular season home meet, the Warriors' girls' swim team defeated the Colonials. Sarah Kersting-Mumm won the 200 Freestyle and

the 50 Freestyle, while Kira Dambly took first in the 200 IM, Zoey Zhu was victorious in the 100 Butterfly, Emily Owens won the 500 Freestyle, the 200 Freestyle relay team of Katie Wade, Dani Harwood, Erika Madden and Kersting-Mumm combined for a victory, Madden took first in the 100 Breaststroke, and the 400 Freestyle relay team of Zhu, Dambly, Wade and Kersting-Mumm ended the meet with a win. Tantasqua is now 3-5.

Tantasqua 93, Shrewsbury 65 — Much like the girls, the Warriors' boys' swim team won in its final home match. The Medley relay team of Eli Currier, AJ Osimo, Andrew Wade and Jonah Green got the team start with a win, and then Green won the 50 Freestyle and the Diving, Currier took first in the 100 Fly, Eben

Mazeika won the 500 Freestyle, the 200 Freestyle relay team of Green, Dan Sickenberger, Osimo and Wade won and qualified for Sectionals, Cameron Chisholm was victorious in the 100 Freestyle, and the 400 Freestyle relay team of Currier, Adam Mazeika, Eben Mazeika and Sickenberger ended the night with a win. The Warriors are now 2-6.

Both teams celebrated Senior Night with a shout out to Tiana Brantley, Eli Currier, Jonah Green, Sarah Kersting-Mumm (Oxford), Alyson Locke, Erika Madden, Adon (AJ) Osimo, Parker Riley, Evan Selvey and Andrew Wade.

Thursday, Jan. 23
Tantasqua 110, Advanced Math and Science Academy 68 — Kira Dambly

(200 Freestyle), Sarah Kersting-Mumm (200 IM, 500 Freestyle), Zoey Zhu (50 Freestyle, 100 Freestyle), Tiana Brantley (Diving), the 200 Freestyle relay team (Emily Owens, Dambly, Erika Madden, Zhu), Owens (100 Breaststroke), and the 400 Freestyle relay team (Zhu, Dambly, Katie Wade, Kersting-Mumm) were all winners for the Warriors' girls' swim team, which beat AMSA and improved to 4-5.

Advanced Math and Science Academy 105, Tantasqua 60 — Jonah Green once again won the Diving event for the Warriors, but the boys' swim team lost to AMSA. Andrew Wade was a double winner for Tantasqua, which dropped to 2-7, as he won the 100 Butterfly and the 100 Breaststroke.

SPORTS

Lydia's laser-like focus leads Tantasqua convincingly past South



Tantasqua's Sophie Law drives through the defense of two Worcester South players.

BY KEN POWERS
SPORTS CORRESPONDENT

STURBRIDGE — Lydia Boland pumped in a game-high 25 points to go along with 6 steals and 5 assists to help lead the Tantasqua Regional girls' varsity basketball team to a 65-23 victory over Worcester's South High Community School back on Tuesday, Jan. 21.

With the win, their seventh straight, the Warriors improved to 8-1. The Colonels, with the loss, fell to 2-7.

Boland, a senior captain, played with an aggressive sense of urgency right from the opening tip, scoring 12 points in the first quarter, after which Tantasqua led 21-14.

"Lydia definitely got us going; she is our leader out on the floor," longtime Tantasqua head

coach Tom Goyette said. "She is an all-around player and she provided a lot of energy for us tonight."

"Lydia is our leading scorer, but she's much more than just a scorer for us," Goyette added in regard to his four-year starter, who is currently tied for the Southern Worcester County League lead with 16.4 points per game. "Lydia is also an excellent defender and a great communicator on the court. She is always talking with her teammates, especially on defense."

Following the Warriors' win over South, Boland was just 163 points away from scoring the 1,000th point of her career. While she acknowledges that the potential accomplishment is a motivating



Tantasqua's Lydia Boland eyes the hoop as she scores a layup, adding to the Warriors' lead.

factor in her increased aggressiveness and sense of urgency, it is not the only thing driving her.

"As a senior who is not going to play in college, I'm starting to see the end coming," said Boland, who is planning on attending UMass-Amherst next year and majoring in psychology.

"But it's more than that," Boland added quickly. "I think we're a team that can go really far this year in the playoffs. Our bench played amazing tonight. They had their best game yet. We play as one unit so if one person steps up and shows the urgency that I did tonight, everyone else will. That's definitely what happened tonight."

After allowing South 14 first-quarter points the Warriors gave up just nine points to the Colonels the rest of the way, which included

keeping them off the scoreboard in the fourth period. Tantasqua led 38-18 at halftime and 60-23 after three quarters.

"We were coming off a bit of a layoff and I think it showed; we were a little rusty in the first quarter," Goyette said. "After that we picked things up and really got into playing our game."

Ten of the 11 Warriors who played cracked the scoring column. In addition to Boland, notable scoring contributions came from juniors Ainsley Way (8 points) and Emmy Cherry (5), and sophomores Sophie Law (7), and Alexxis Cutler (6).

Goyette believes one thing that sets Boland apart from a lot of other girls playing the game is her focus.

"Lydia is a competitor; she's intense out there and she brings it,"



Haley Courtney of Tantasqua makes her way into the paint.

Goyette said. "She goes game speed all the time. We tell the team all the time in practice that you've got to bring the game speed into practice and then you've got to bring it into the games as well. Lydia does that; during the game she brings her play to another level. When she found that extra gear in the second and third quarter, everyone else on the team picked up their game, too."

For Boland, it's all in a day's work.

"As a captain you have to do that; raise your level of play and set the tone," she said. "You need to do that. You set the standard for a lot of your teammates, especially the bench players. But, more than that, it's a team effort. If I don't put my work in, why should

I encourage and expect others to put the work in? it's a chain effect; it's what has to happen."

As much as she enjoys scoring, Boland knows that teams that make a deep run in the playoffs win with their defense as often as with their offense.

"I think both offense and defense are important to winning; I think they rub off on each other," she said. "You get a big steal and it leads to a basket, so you're pumped. Then, the rush you get from hitting the basket makes you want to go play defense and get another steal. It's important to do both. Both parts of the game are very important to our success. Defensively I think you have to be aggressive and rely on your peripheral vision."

Nashoba posts shutout of Rockets

MARLBOROUGH — Looking to keep its winning streak intact, the Auburn High boys' varsity ice hockey team traveled to the New England Sports Center to take on Nashoba Regional on Wednesday, Jan. 22. But the Chieftains were able to skate past the Rockets, 3-0.

That loss dropped Auburn, which

also includes student-athletes from Millbury High, Tantasqua Regional and Shepherd Hill Regional as part of its cooperative agreement, to 4-5-1, but the Rockets rebounded with a 6-3 win against Minnechaug Regional three days later to even its record at 5-5-1.



Nic Spanos of Auburn carries the puck unimpeded into the neutral zone.



Auburn's Tommy Rembiszewski has the time and space to stick-handle the puck up the ice.



Auburn's Tommy Rembiszewski has the time and space to stick-handle the puck up the ice.

Photos courtesy Mark Seliger, www.SeligerPhotography.com

Grow houseplants with style and convenience in mind



It starts with one plant on a sunny windowsill then morphs into an impenetrable jungle. You may feel you need a machete to reach each individual plant to water and tend. Clear the way to improved growing conditions and convenient care while showcasing every plant with style. Group plants with similar light and watering needs to make maintenance easier for you and increase humidity levels – something tropical plants need to thrive. Set plants on attractive trays filled with pebbles to capture excess water. The pebbles elevate the containers above the water to avoid root rot. As the water in the tray evaporates, it increases the humidity around the plants.

Grow cacti and succulents in a cool, sunny location for winter. Give each plant enough room to capture the sunlight it needs and to show off its unique form and color.

Expand your indoor growing space and enjoy greenery throughout your home by adding artificial lights. New furniture grade LED light fixtures like the Bamboo Mini LED Grow Light Garden (gardeners.com) fit into small spaces and look great on countertops, work desks and shelves. You'll save energy with LED lights and add a bit of style to your home décor with these attractive light gardens.

Increase your success with the popular fiddle leaf fig and other floor plants. These beauties are often used to decorate a bare wall, corner or other space in need of a focal point. Oftentimes these areas do not receive sufficient light for the plants to grow and thrive. Soon leaves begin to yellow



Courtesy Photo

Furniture grade LED grow light gardens fit into small spaces, add some style to any home décor and provide plenty of light to make it easy to grow plants indoors.

and drop. Keep them healthy and beautiful with supplemental light. Hang a pendant light above or set a plant light stand beside these large plants. Many are trendy decorative fixtures similar to those used to light your home.

Save time and increase success by growing houseplants in self-watering containers. These pots have built-in water reservoirs that extend the time between watering. They also help reduce the mess of water spilling over the saucer and onto wood or carpeted floors.

Take the hassle out of watering with an indoor coil watering hose and sprayer. These coiled hoses hook up to the

faucet, allowing you to water houseplants and seedlings up to 50 feet away. You'll eliminate the need to fill and lug watering cans from plant to plant, leaving a trail of water along the way.

Maximize time spent tending your plants by using the proper tools. Many indoor gardeners use old silverware or try adapting outdoor tools for indoor garden use. Having the right tool for the job provides better results in less time. Indoor garden tool sets have perfectly sized tools for pruning, transplanting and tending houseplants. Many come with an attractive built-in case for easy storage and a tray for

corralling the mess of potting and transplanting. You'll waste less potting mix and spend less time sweeping up debris.

Increase your growing space and show off your plant collection with one or more plant stands. Many provide multiple tiers, allowing you to display plants of different sizes while positioning them in the light they prefer.

Set large plants on wheeled caddies or a collection of pots on a wheeled tray to move them out of the way when cleaning or hosting a gathering. Then wheel them back in place once your company has left.

Adding some convenience for easy care will allow you

to spend less time keeping your plants looking their best and more time enjoying the individual beauty each plant provides as you grow them in style.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything" DVD series* and the *Melinda's Garden Moment TV & radio segments*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Gardeners Supply* for her expertise to write this article. Her Web site is www.MelindaMyers.com.

TRIPS OFFERED

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

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CENTER

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Sign up sheets & flyers available at the Senior Center / Flyers also available on our web page www.townofcharlton.net Click on Departments then click on Council on Aging/Senior Center
Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton
Please call Dotti Murphy at 978-424-7010 for details if interested in any trips.

DAUGHTERS OF ISABELLA

For reservations contact Jan Caouette at (508) 887-2215. Make checks payable to Bernadette Circle #709 and mail to Bernadette Circle #709, PO Box 201, Webster MA 01570. The Daughters of Isabella is a nonprofit and charitable Catholic women's organization

DOUGLAS SUNSHINE CLUB

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

DUDLEY SENIORS

Dudley Seniors presents a Branson Show Extravaganza, Saturday, May 2 through Sunday, May 10, 2020, \$905 per person, double occupancy. Incredible price includes motorcoach transportation, eight nights lodging including four consecutive nights in the Branson, Mo. Area, 14 meals (eight breakfasts and six dinners), admission to seven fabulous Branson shows, including New Jersey Nights, Amazing Acrobats of Shanghai, Doug Gabriel, Presley's Country Jubilee, "Noah the Musical," and the Hughes Show; and one dinner show on the Showboat Branson Belle. For pictures, video and information,

visit www.GroupTrips.com/dudleyse-niors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.

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

FRIENDS OF THE STURBRIDGE SENIORS

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

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

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TRIPS
continued from page A12

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

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

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

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

Have you ever thought about visiting Nashville? Come along on a 4 Day/3 Night Trip December 4th -7th. Included are Roundtrip transportation to Logan Airport, Roundtrip Airfare to Nashville, 3 Nights of Premium Lodging, 7 Meals including a Sunday Brunch, An Exclusive Dinner Show featuring the Oak Ridge Boys, Ticket and Show at the Grand Ole Opry, plus a Tour of the Grand Ole Opry, Admission to Country Music Hall of Fame, a River Cruise aboard the General Jackson

Showboat, Tickets for a Holiday Show at the Opry House, Admission to ICE at Gaylord Opryland, a visit to Historic Studio B and a Guided Tour Of Nashville. WOW!! Prices are 1949 pp Double and 2349 pp Single Occupancy which includes Tour Guides and Bus Drivers Gratuities as well.

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

LEICESTER SENIOR CENTER

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

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

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

MARY QUEEN OF THE ROSARY PARISH

SPENCER — Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the following trips. For more information, call Bernard Dube at (508) 885-3098.

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

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

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

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

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

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

PAXTON SENIORS

Area Seniors are Planning Another Wonderful Trip

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

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

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

Transportation from Paxton to and from Logan is included.

Four countries – Hungary, Slovakia, Austria and Germany

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

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

October.

Bob Wilby, 508-792-4662 or rwilby@charter.net

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

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

Contact Jim Julian at the Casaubon Senior Center Monday, Wednesday, or Friday 9-10 a.m. or call (774) 922-4049 or e-mail jimtrips@yahoo.com.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association, payment due at sign up:

SOUTHBRIDGE SENIOR CITIZENS TRIP SCHEDULE FOR 2020

March 24, 2020 – Tuesday – Mohegan Sun \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Mohegan Sun at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

May 19, 2020 – Tuesday – Foxwoods \$30 – 8 a.m. bus.

This one is for the bingo players and all others that want to go. You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 2 PM.

You will receive \$10 for gaming and a buffet meal voucher.

September 15, 2020 – Tuesday – Mohegan Sun \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Mohegan Sun at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

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

November 12, 2020 – Thursday – Foxwoods \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

PAYMENTS DUE AT SIGN UP

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

UXBRIDGE SENIOR CENTER

All trips leave from the Whitinsville Walmart and the Stop & Shop at 32 Lyman St, Westboro. Make sure to include entree choice, phone # (esp. cell) and an emergency # when sending payment. "Like" us on FacebookThe Silver Club and The Uxbridge Senior Center. Please call Sue at (508) 476-5820 for more information.

The Silver Club BUS TRIPS for 2020 Please call Sue at 508-476-5820 for more information.

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

April 16, 2020 - Magic Wings Butterfly Gardens and Yankee Candle with lunch at the Golden Corral w/Fox Tours - \$71. April 27-29 Penn Dutch w/the new show Queen Esther at Sight and Sound -- (trip is full, sign up for the waiting list)- \$459. May 4 -- Granite State Chocolate and Wine Tour with lunch at Warren's Lobster House - Fox Tours - \$91. May 9 - Albany Tulip Festival w/Conway Tours --\$115. June 1 - Plymouth cruise on Pilgrim Belle with sightseeing tour and lunch at Hearth and Kettle - Fox Tours - \$91 June 26 - July 3 -- Atlantic Canada w/Conway Tours -- International Tattoo, ferry crossing, Hopewell Rocks, Halifax, Nova Scotia, Charlottetown, Prince Edward Island, St. John, New Brunswick - 3 seats left - \$1899. Aug. 30 - 31 - Saratoga Racetrack w/Conway Tours - enjoy a race at Saratoga, a tour of the town, a tour of Haven Oaks Horse Farm, and drive up Prospect Mountain - \$329. Sept. 16 -18 - The Hamptons w/Conway. Three day trip w/4 meals, guided tour of the "Rich and Famous," winery, ferry crossing, Old Westbury Estate & Gardens, Montauk Point Lighthouse, Sag harbor, etc. - \$579. Oct. 6 -- Green Mt. Railroad w/Fox Tours -- \$101. Nov. 19 -- Newport Playhouse w/Fox Tours - \$101. Dec. 7 & 8 -- Equinox Resort and Hildene, VT w/Conway Tours. Two day trip with elegant dinner & piano entertainment, breakfast, tour of Hildene, chocolate tasting, etc. \$379.

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

No Substitution

“If you want to know what’s going on in your town – whether the news is about the mayor or taxes or high school football – there is no substitute for a local newspaper. Wherever there is a pervasive sense of community, a paper that serves the special informational needs of that community will remain indispensable...”



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In Print and Online
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OBITUARIES

Wilfred J. Lamoureux, 92



F I S K D A L E - Wilfred J. Lamoureux, 92, of Heritage Green, passed away on Thursday, Jan. 24th, in the Overlook Masonic Health Center, Charlton, after an illness.

His wife of 39 years, June C. (Chace) Lamoureux died in 2016. He leaves his son, David J. Mogavero and his wife Deborah of Charlton; his step-daughter, Carol A. Neill and her husband

Thomas of Sturbridge; a step-son, Paul W. Pettinelli and his wife Dawn of Charlton; his sister, Lorraine A. Lamoureux of Fiskdale; four grandchildren and seven great grandchildren.

He was predeceased by his brother, Leo W. Lamoureux. Wilfred was born in Southbridge the son of Leo A. and Mabel (Nichols) Lamoureux.

He worked for 41 years as a supervisor for Hyde Tool Manufacturing before retiring many years ago. Wilfred was a WWII Veteran serving honorably in the US Navy. He was

the original founder of the water ski club on Little Alum Lake in Brimfield. Wilfred enjoyed his daily rides, putting together jigsaw puzzles and spending time with his beloved cats. The family would like to thank the staff on the fourth floor of the Overlook Masonic Health Center for all of the care and compassion they gave to both the family and to Wilfred.

Wilfred's funeral service and burial in North Cemetery, Sturbridge, will be private. There are no calling hours.

In lieu of flowers donations may be made to the Here Today Adopted

Tomorrow Animal Sanctuary, P.O. Box 557, Brimfield, MA 01010 or online at www.heretodaysanctuary.org.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

www.morrillfuneralhome.com



CALENDAR

Saturday, February 1

CHARLTON LIONS MEAT RAFFLE: The Charlton Lions are hosting our famous Meat Raffle being held Saturday, Feb. 1 at the Heritage Golf Course at 85 Sampson Road in Charlton. There will be six tables of beef, pork and poultry to be won. The raffle begins at Noon with early bird tickets available to those who arrive before 1 pm. For more information, please email thecharltonlions@gmail.com. What a great way to start 2020 with filling your freezer with meat from Fairway Beef!! And remember...100 percent of what we raise goes back to the community. The Charlton Lions thank you for your continued support!

CAT BEHAVIOR TALK & BOOK SIGNING: 2-4 p.m., Monson Free Library, 2 High St., Monson. Presented by Dr. Rachel Geller, Shelter Cat Behaviorist. One hundred percent of the proceeds from books sold at the event will be donated to Here Today Adopted Tomorrow Animal Sanctuary. For more information, call (413) 324-8224.

ONGOING

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

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

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

Pilgrimage to Italy, Holy Land, and Medjugorje

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

ALZHEIMER'S SUPPORT GROUP: First and third Thursday of each month, 2:30-3:30 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass.org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

Grief Support Group: at Overlook Hospice, Charlton: Have you recently experienced the loss of a parent, child, sibling, friend or spouse? We are here to help. Join a safe, supportive and caring group to share your stories and support

others who are learning to live again after the death of a loved one. Drop-in group for adults meets on the second and fourth Wednesday of every month, 1-2:30 p.m. Contact Susan Fuller at (508) 434-2200.

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

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

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

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

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

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

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

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

OVEREATERS ANONYMOUS: Is food a problem for you? Have you been worried about the way you eat? Do you resolve to go on a diet tomorrow, only to fail again and again? Is your weight affecting the way you live your life? You are not alone. Overeaters Anonymous can help. No dues, no fees, no weigh-ins. Meetings are held Sundays in Worcester (St. Michael's On-The-Heights, 340 Burncoat Street) at 7 p.m., Mondays in Auburn (Bethel Lutheran Church, 90 Bryn Mawr Ave.) at 7 p.m. and Wednesdays in Putnam, Conn. (Day Kimball Hospital, 320 Pomfret Strett) at 6 p.m. Want more information? Call or text Bruce P. (508) 864-0593, email him at brucep.oa@charter.net or visit oa.org.

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



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

the deadline is Friday noon for the following week.

(Memoriams will run on the Obituary pages)

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

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


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

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





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Send all obituary notices to

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Southbridge, MA 01550, or by e-mail

to Obits@stonebridgepress.news

How being bilingual benefits kids

Being bilingual is a necessity for millions of people across the globe. While many United States citizens may never need to speak any language other than English, that's not the case for people who reside in other parts of the world. Even some citizens of America's neighbor to the north, Canada, may need to learn both French and English depending on where they live.

Fluency in more than one language can produce some surprising benefits. For example, a 2017 study published in the journal *Proceedings of the National Academy of Sciences of the United States of America* found that lifelong bilingualism may help to delay the onset of dementia by as much as five years. In addition, numerous studies, including one conducted by an economist at MIT, found that people fluent in more than one language can earn tens of thousands of dollars more than their monolingual peers over the course of their careers.

Perhaps in recognition of the benefits of bilingualism in an increasingly global world, foreign language programs are now part of the curriculum at many daycare facilities and preschools. That might come as a surprise to parents who did not begin studying foreign languages until junior high or even high school. But the U.S. Department of Health & Human Services notes that the following are some of the ways that being bilingual can benefit kids.



COGNITIVE DEVELOPMENT

The DHHS notes that a nearly 20-year-old study from the National Clearinghouse for Bilingual Education found that bilingual students had an easier time understanding math concepts and solving word problems than their peers who were not bilingual. The

DHHS also notes that researchers have uncovered numerous additional cognitive benefits to being bilingual as opposed to monolingual. These benefits include a greater ability to use logic, focus, remember, and make decisions.

SOCIAL-EMOTIONAL DEVELOPMENT

Researchers with the National Academy of Science found that children who grow up in bilingual households exhibit better self-control than those who grow up in monolingual households. That's an important benefit, as the DHHS notes that self-control is a key indicator of academic success. The DHHS adds that bilingual children benefit socially from

being bilingual because they are capable of making new friends and building strong relationships using their second language as well as their first.

The ability to speak more than one language fluently can produce some surprising benefits that children can use to their advantage in school and throughout adulthood.

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Italian hunter's stew loaded with vegetables and chicken served over linguini.
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Pork Tenderloin Salad
Mixed greens tossed together with apples, feta, bacon bits then topped with a smoky bacon-granny smith apple dressing and topped with medium cooked pork medallions

MAINS

Chicken Marsala
Grilled chicken topped with a mushroom wine sauce and served with roasted baby baked potatoes and vegetables of the day

Heart Shaped Cheese Stuffed Ravioli
Topped in a light tomato and wine sauce

Stuffed Flounder
Our own seafood stuffing wrapped in a full fillet of flounder and baked to perfection served with rice and vegetable of the day

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Our own six-year-old sourdough wrapped around a stuffed beef tenderloin and served with the vegetable of the day

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MEMORIAL FISHING
DERBY
West Brookfield Boy Scout
TROOP 118
Lake Wickabog Public
Boat Ramp, West Brookfield
7:30am-3:00pm. Trophies,
Door Prizes, Tickets \$1 by
Scouts or at derby

In remembrance of Mark Cook, Peter
Coulthard, J. Irving England, Michael Higgins,
and Dick Shepardon (No ice date February
16)

SATURDAY, FEBRUARY 8

"THE LAKE IN WINTER" EVENT.
2:30: Ken Ethier: Presentation on Ice harvest-
ing
East Brookfield Town Hall
3:30: Bonfire, Music, Skating
and S'mores with DJ and
concessions. Lake Lashaway Town
Beach
FREE -snacks for sale

SUNDAY FEBRUARY 9

6AM - 2PM FISHING DERBY -
Details to come! See Facebook
@EB100th or tinyurl.com/EB100th!



SATURDAY, MARCH 14

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

TUESDAY, MARCH 24

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

SATURDAY, APRIL 4,

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

SATURDAY, APRIL 11,

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

SATURDAY, APRIL 18,

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

SATURDAY, APRIL 25

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

SATURDAY, MAY 2,

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

SATURDAY, MAY 9,

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

SATURDAY, MAY 16,

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

SATURDAY, MAY 30

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

SATURDAY, JUNE 6

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

FRIDAY, JUNE 12

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

SATURDAY, JUNE 13

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

SATURDAY, JUNE 20,

OPEN HOUSE
at Camp Frank A. Day (archery, boating, bas-
ketball, mini golf, lunch) Rain Date: June 21.
125 South Pond Road, East Brookfield. 11:00-
3:00. FREE

MONDAY, JULY 6

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

SATURDAY JULY 25

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

SATURDAY, JULY 11

INDEPENDENCE DAY CELEBRATION
Parade & Fireworks
Connie Mack Field East Brookfield

SATURDAY, AUGUST 8

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

SATURDAY, SEPTEMBER 12

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

SATURDAY, OCTOBER 10

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

SATURDAY, OCTOBER 24, 3:30

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

SATURDAY, NOVEMBER 7

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

SATURDAY, NOVEMBER 14

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

SATURDAY, DECEMBER 12

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

SATURDAY, DECEMBER 12

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

ONGOING



MARIACHI BAND
First Thursday of the month
5-8 p.m.
MEXICALI MEXICAN
GRILL
Webster location
41 Worcester Rd., Webster,
MA
508-461-5070

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

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

THE CENTRAL MA CHAPTER OF TROUT
UNLIMITED
meets the first Monday of every month from
September through May. We discuss a variety
of conservation programs to improve the local
cold water fisheries, local fishing opportu-
nities. Our annual High School Fly Fishing
Championship (open to all MA high school
students) And our annual fund raising banquet.
Auburn Sportsman's Club
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Featured Listing!

POMFRET, CT - 280 RIVER RD

Motivated Seller! Cape that has been completely remodelled!, 3 Br, 1 bath; 1.7 acres. New kitchen cabinets w/granite counters and center island. New electrical/plumbing. Large Gambrel Post & Beam. 2 bay garage w/loft. New septic.

NEW PRICE \$244,900

WEBSTER - 5 SURREY LN



BRAND NEW TO MARKET Welcome Home! RARE FIND!! Gently Used 5 Bdrm Colonial, or 4 Bdrms & Game Room! This 24 x 28 3 Car Garage HAS HEAT! Radiant Heat in Floor, 8' High Garage Doors. Open Concept Kitchen, Dining & Living Room, Full bath, Beautiful Granite Counters w/ Breakfast Bar, Newer SS Appliances - Slider off Din Rm to Deck & Patio - Second Floor - 5 Over-sized Bdrms! Bath & Laundry Rm! Walk up Attic for storage! **\$489,000.**

WEBSTER - 8 MAPLE ST



Updated 2 Family - Vinyl Siding - **1st Floor:** 6 Rooms, 3 bedrooms, 1 Full Bath, open Kitchen. Fully Appliance! Washer & Dryer Included. New Carpeting, Hardwood Floors. **2nd Floor:** Open Kitchen with Gorgeous Kitchen Cabinets - 6 Rooms, 3 Bed, 1 Full Bath Hardwood Floors, New carpeting. Each Apartment has 1,200+ sq ft plus. Oil Heat - 2 New Oil Tanks, Circuit Breakers. Off street parking. Town Water & Sewer, 3rd Story Unfinished. Great Commuter Location. **\$237,500.**

WEBSTER - 17 PINEWOOD DR



SORRY, SOLD!
Location, Location, Location! Close to 1395. Split Entry with 6 rooms, 3 bedrooms & 1-1/2 baths. Many Updates! Fireplace living room. Wood floors! Recent Asphalt Shingled Roof & Solar Panels. assisted sale **\$289,900.**

WEBSTER - 14 HIGHCREST #4



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

WEBSTER - 212 SCHOOL ST



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

WEBSTER - 3 STEFANIAK AVE.



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

WOODSTOCK, CT - 64 LYON HILL RD



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

WEBSTER/OXFORD/DUDLEY/DOUGLAS

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

HOLLAND - 6 MAIDEN LN



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

WEBSTER LAND - COOPER RD



ATTENTION
DEVELOPERS

Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, Water/Sewer access **\$129,400.**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



SORRY, SOLD!

WEBSTER LAKE - 118 POINT BREEZE RD

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



SORRY, SOLD!

WEBSTER LAKE - 32 JACKSON RD

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



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MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Frpld Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3 Comfortable Bdrms! 3 Full Bathrooms! C/Air! Garages - 1 & 2 Car Detached Garages! Reward Yourself! **\$999,000.00**



SOLD



SOLD



WEBSTER LAKE - 9 Pebble Beach Rd! Middle Pond - Winter Cove! Private Peninsula Protected from the Storm - Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Fir Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Appliance Custom Granite Kit w/ Center Is! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Fir Liv Rm! 1st Fir Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! **\$779,900.00**



SOLD



SOLD



ON DEPOSIT



SOLD



ON DEPOSIT



OXFORD - 27 Rocky Hill Rd! Move Right Into this 6 Rm Ranch! Bright, Fresh Kitchen! Dining Rm! 20' Living Rm! 3 Comfortable Bdrms! Nice Bathrm! Deck w/Awning! All the Work has been Done! Roof, Siding, Windows, Insulation, Gas Furnace, Gas Hot Water Heater, AC, Front Porch Windows, Door, Living Rm Floor, Skylights, Kitchen, Bath & Dining Rm Floors! 2 Bdrms w/Wall to Wall Carpeting & the Interior Freshly Painted 10/2019! Quick Closing Possible! **\$269,900.00**

WEBSTER - 27 N. Main St! 3 Family! 55/3 Rms! 3 3/1 Bedrooms! 1st Fir w/ Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Fir w/Kit w/Din Area! Liv Rm! 3 Bdrms! Updated Bath! 3rd Fir w/Eat-in! Kit! Liv Rm! Bdrms! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Sided! Laundry Hook Ups! Freshly Painted Hallways! **\$249,900.00**

DUDLEY - 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Appliance Dine-in Granite Kit! 3 Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrms, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Fir! 2nd Fir Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out! **\$469,900.00**

DUDLEY - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Water is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! **\$399,900.00**



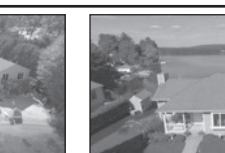
NEW LISTING



SOLD



ON DEPOSIT



SOLD



SOLD



WEBSTER - 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 385! Loads of Potential! 6 Rm Cape! Appliance Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Fir Master w/Full Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! Oil Heat! 2 Car Garage! **\$399,900.00**

THOMPSON - 299 Quaddick Rd! Custom Cedar Log Home! 5.47 Acres! Stone Wall Entry! 700' Driveway! Nestled in the Woods! 6 Rms of Cedar! Granite Kit! Cathedral Ceilings w/Skylights! Hrdwds! Stone Frpld! 1st Fir Master w/Full Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! Oil Heat! 2 Car Garage! **\$399,900.00**



SOLD



WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Appliance Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living Rm Overlooking the Lake w/Cathedral Ceiling, Custom Built Cabinets, Gas Frplc & Hrdwds! 1st Fir Lake Facing Master Bdrms w/Slider to the Deck & Access to the Screened Hot Tub, w/Walk-in Closet, Full Bath w/Whirlpool Tub, Separate Shower & Commode Closet! 1/2 Bath & Separate Laundry Rm Nearby! Walk-out Lower Level w/Full Kitchen, 22' Lake Facing Family Rm w/Sliders to the Patio/Lake! 2 Lake Facing Bdrms w/Sliders to the Patio/Lake! Full Bath! Oversized 2 Car Garage! LP Gas Heat/Hydro Air! Generator! Private Boat Ramp! Docks! Don't Delay! **\$910,000.00**



SOLD



DUDLEY - 94 Tracy Road! 7 Rm 4 Bdrm Colonial On 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplce Liv Rm w/Recessed Lights! Formal Din Rm! Eat-in Kit! Updated in 2015! Cherry Cabinets, Granite Counters, Center Is! & SS Appliances! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Fir 1/2 Bath w/Laundry! Master Bdrms w/Dble Closet & Full Bath! Full Kit! Full Bath & Laundry! Includes NEW A/C Splits System! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$349,000.00**

WEBSTER LAKE - 50 West Point Rd! Killdeer Island! 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, Has It All! 2 Story Foyer! Granite Kit w/Center Is! Dble Oven, High End Appliances & Walk-in Pantry! Din Rm w/ Wet Bar, Sliders to 1430' Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Cabinets, Gas Frplc! 1/2 Bath w/Laundry! An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths! Master w/ Tray Ceiling, Walk-in Closet & Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level w/Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrms w/Frplc & Private Bath! Slider to Patio! 13 Zones! Oversized 2 Car Garage! Loaded w/Quality & Detail! **\$1,175,100.00**



SOLD



SOLD



SOLD



CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! **\$499,900.00**

WEBSTER LAKE - 50 Union Point Rd! Panoramic Views of Middle Pond - South Facing - Tons of Sun! Principal Residence or as a Second Home this 6+ Rm Gambrel Colonial will be Ready for You! You'll Appreciate its Easy Access and Taken Back by the Ever Changing Lake Vistas! Featuring Appliance Kitchen w/Island, Dining Area, Lake Facing Fireplaced Living Rm with Custom Cabinetry, All with Hardwood Floors! Ideal Lake Facing 3 Seasons Rm w/Tile Floor & Anderson Sliders All Around! 3 Second Floor Bedrooms! Spacious Lake Facing Master w/ Cathedral Ceiling & 2 Sliders to its Private Deck! 2 Full Baths! Central Air! Composite Decks & Flag Stone Patio for Your Enjoyment! 7,405' Lot with 50' on the Water! Sorry, Closing not before 9/10/2019! **\$624,900.00**



SOLD



SOLD



ON DEPOSIT



CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Fir Plan! Appliance Granite Kit w/Is, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplc Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Fir w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walk-out Lower Level w/31' Fam Rm! Full Kit! Full Bath & Laundry! Includes NEW A/C Splits System! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$524,900.00**

WEBSTER LAKE - 506 Beacon Park! 1,280' Custom WATERFRONT Townhouse, Ideal End Corner Unit w/Panoramic Lake Views! Overlooks Lakeside Pool & Sandy Beach! From the Private Entry this Unit is Like No Other! Being Sold Fully Furnished & Appointed! 1st Fir w/Beautiful Maple Hrdwds! SS Appliance Silhouette Kit! Recessed Lighting! 2 Bdrms! Master Bath! 2.5 Tile Baths! Recent A/C & Heat! Garage! **\$369,900.00**

WEBSTER LAKE - 506 Beacon Park! 1,280' Custom WATERFRONT Townhouse, Ideal End Corner Unit w/Panoramic Lake Views! Overlooks Lakeside Pool & Sandy Beach! From the Private Entry this Unit is Like No Other! Being Sold Fully Furnished & Appointed! 1st Fir w/Beautiful Maple Hrdwds! SS Appliance Silhouette Kit! Recessed Lighting! 2 Bdrms! Master Bath! 2.5 Tile Baths! Recent A/C & Heat! Garage! **\$369,900.00**

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Please welcome Julie Terlizzi to our team! She is ready to assist you with our busy spring market!

Julia Terlizzi Realtor
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JuliaTerlizziHomes@gmail.com

SOLD
88 Depot Rd.
Douglas
\$288,500

SOLD
14 Chestnut Hill
N. Oxford
\$274,900

COMING SOON
Auburn
2 yr. young! 3 bdrm,
2 car, 2.5 BA
\$599,900

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

Dudley
2 Shine Ave.
\$475,000

Oxford
570 Main St.
\$310,000

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

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

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18 Lot Subdivision
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SOLD
7 Daniels St - \$199,000

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Diane Sells AUBURN
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Or Diane 774.239.2937
For A Free Market Analysis Or Buyer Consultation

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

SOLD
STURBRIDGE, MA - \$299,900
234 Podunk Road
Antique Colonial,
4 bed, 2 bath, Remodeled

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

FEATURE PROPERTIES

PENDING
New Construction
WEBSTER, MA - \$288,900
90-A Sutton Rd.
3 Bedroom, Raised Ranch. Come

FOR RENT
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WEBSTER, MA - \$1100/mo
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Open House Directory

(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront	
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, FEBRUARY 1				
DUDLEY				
Alton Dr	P	10-Noon	\$75,000	ReMax Advantage 1 / Maria Reed 508-873-9254
WEBSTER				
56 Chase Ave. Apt. #2	A	Noon-2	\$1100/Mo	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, FEBRUARY 2				
DUDLEY				
71 Mason Rd	S	Call	\$319,900	ReMax Advantage 1 / Joanne Szymczak 508-230-5044
SUNDAY, FEBRUARY 9				
WEBSTER				
35 Lakeside Ave	S	1:15-3	\$269,900	Centerwood Realty/ Judy Colecchi 508-943-8844

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

MORTGAGEE'S SALE OF REAL ESTATE
AT PUBLIC AUCTION
Monday, February 3, 2020
2:00 PM-DUDLEY
2 Progress Avenue
sgl fam, 1,793 sf liv area, 0.18 ac lot, 8 rm,
3 bdrm, 2 bth, Worcester(Worc): Bk 36890, Pg 344
TERMS: 5,000 cash or certified check at the
time and place of the sale. The balance to
be paid within thirty (30) days at the law offices
of Korde & Associates, P.C.
900 Chelmsford Street, Suite 3102, Lowell,
MA 01851, Attorney for the Mortgagee
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Mary Scalise

Robert Viani

Vivian Kozey

Corleen Law

Elizabeth Zimmer

Sarah Tetreault

Lauren Heidelberg

Kiona Carpenter

Kevin Houghton

Tanya McDermott

John Herlihy

Michael Collins

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Putnam \$200,000 NEW LISTING

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Mary Collins 860-336-6677

Thompson \$275,000 NEW LISTING

A well-maintained Cape w/3 BR & 2 full BA on a beautiful .96-acre level lot on Thompson Hill. Enjoy a barn & covered porch!
Mary Scalise 860-918-1539

Pomfret \$375,000 NEW LISTING

A beautiful Ranch style home w/4 spacious BR & 2 full BA on 2.5 acres. Property boasts a huge 2100 SF heated 6 car garage!
Kevin Houghton 774-280-2145

Woodstock \$348,500 NEW LISTING

3 BR Cape with large family room, finished lower level & large barn/garage on 5.5 acres!
Gelhaus Realty Group:
Brooke Gelhaus 860-336-9408

Putnam \$179,900

UNDER DEPOSIT IN 3 DAYS
Adorable 4 BR Cape w/1 BA & 1400 SF. Enjoy summers on your brick patio!
Rachel Sposato 860-234-1343

Woodstock \$775,000

Spectacular 70 acre estate. Elegant home, pond, rolling fenced pasture, 8 stall barn & 4 stall building. Extra 50 acre lot!
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Woodstock \$175,000

Adorable 3 BR, 1 BA Ranch home on 1.1 acres. Hardwood floors, ceramic tile in kitchen and bath, fresh paint throughout.
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Woodstock \$229,900

Great for entertaining. 3 BR / 2 full BA, 2 car garage. Private back yard, balcony deck! Must See!
Catherine Howard 860-234-2901

Pomfret \$440,000

Elegant and spacious home. 5 BR, 2 master bedrooms, 3,372 square feet of living space. Granite, hardwoods!
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Putnam \$214,000

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Putnam \$194,000

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Salary Range: \$21-\$25/hour commensurate on experience
Job Overview: The Executive Director's main role is to develop, sustain, and implement after-school and summer programming for the North Brookfield Youth Center. This individual will work with a team of after-school staff and volunteers in order to meet program component requirements as well as student interests and achievement needs.
Responsibilities and Duties:
• Development and facilitation of after-school and summer programming
• Reporting to and abiding by the NBYC Board of Directors
• Establishing and maintaining a positive relationship with school administration and personnel
• Attending relevant trainings in order to gain competency and new techniques for success
• Writing grants to acquire funds and support for programming
Qualifications:
• Experience working with children from grades 2-12
• Knowledge of brain-based learning principles a plus
• Grant writing experience highly preferred
• Full time with flexible hours required
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EDUCATION

The benefits of music instruction for young learners



Many children are introduced to music instruction at school. After being introduced to band, chorus and various instruments, students may be eager to explore music.

Young students are often introduced to the recorder or ukulele in the early grades and then given the opportunity to join primary bands as

they move through elementary school and into middle school. Some children also may want to supplement school music lessons with private music tutors, who can provide more in-depth instruction.

Parents considering making a commitment to music instruction may find that kids benefit from being involved with

music in many ways, some of which may be surprising.

- The New England Board of Higher Education says several studies show that consistent music education improves vocabulary and reading comprehension skills. Emerging evidence points to an area of the brain that controls both musical ability and

language comprehension as being more closely related than previously thought.

- Music education may help young children learn words and how to pronounce them, as learning to play music enables them to process the many new sounds they hear from others.
- Researchers have discovered a strong rela-

tionship between participating in school arts and academic success as demonstrated by students' grade point averages, according to the National Association for Music Education.

- The relationship between music and academic performance has been studied for decades. As far back as 1988, studies have been conduct-

ed about the benefits of music education. An analysis of data from the National Educational Longitudinal Study of 1988 demonstrated a significant correlation between participation in school music groups and achievement in math and English. And a 1996 study published in *Nature* found first graders who participated in special music classes as part of an arts study program saw their reading skills and math proficiency increase dramatically.

- Introducing music lessons to young children can have profound effects on their social development. Music fosters greater trust and cooperation, as well as a sense of community and belonging.
- Another benefit of music education is it allows children to harness their creativity and express it in a healthy way.
- The music instruction company Music U says children with developmental disorders and mental health issues might be able to unlock their potential with music. Music therapy has been shown to affect significant change in children with autism-spectrum disorders, learning disabilities, attachment disorders, cerebral palsy, and more.

Music instruction both in and out of the classroom can be a benefit to young learners.

The role of free play in early education

Glance at a typical family schedule and you would no doubt see that afternoons are jam-packed and many children — even the youngest among them — have full itineraries of structured after-school activities.

In an effort to raise well-rounded and intelligent children, many parents enroll their youngsters in all sorts of extra-curricular activities, including sports leagues, travel teams, enrichment clubs, and musical instruction. While these activities benefit kids in myriad ways, it's also beneficial to let kids be kids and to provide ample time for them to engage in free play.

According to the popular toy and learning company Alex Brands, structured activities can teach children how to follow rules and routines and help them build developmental skills. But free play can improve critical skills as well. One of the biggest benefits to free play is it can foster kids' creativity and help kids discover their interests on their own. Free play also helps children learn independence and how to keep themselves occupied.

The United Nations recognizes free play as a basic right of every child and underscores its importance. Despite this, unstructured play seems to be on the decline, with more structured activities taking over young children's days.

Even in school settings free play has given way to more time spent at desks and devices in preparation for standardized testing. Recess, which has been cut or reduced in many school districts, has become a hot-button



issue for many free play advocates. The development of Recess for All Florida Students, as well as proposed legislation in other states, has redirected attention to free play and the importance of it. Recess is a form of free play and provides students with a break from the rigors of learning.

In a 2011 article in the *American Journal of Play*, Peter Gray, Ph.D., a researcher at Boston College, indicated that "lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control." Gray also indicated that without play, "young people fail to acquire the social and emotional skills necessary for healthy psychological development."

Free play also can ben-

efit youngsters in the following ways:

- Enables kids to learn dexterity and improve on other strengths;
- fulfills exercise requirements for growing kids;
- helps kids conquer fears and develop confidence;
- establishes natural leadership roles and hierarchy in social groups;
- contributes to emotional well-being by giving children a respite from schedules; and
- helps teach self-responsibility, which may translate to better behavior at home and in school.

Free play is an important component of learning and exploration for children. A mix of structured and unstructured activities is key to raising well-rounded individuals.

Successful tips for finding a tutor

Many children are natural-born students who take to their academics like ducks to water. Others may not catch on as quickly as their parents desire. Every student has unique learning requirements, and sometimes all it takes is some one-on-one intervention with an experienced tutor to turn the academic tide.

The National Tutoring Association reports that the number of individuals offering private tutoring has increased dramatically in recent years, which can make finding a tutor challenging. It also means parents may face stiff competition in regard to procuring the services of qualified tutors. But parents can employ various strategies to improve their chances of finding skilled tutors to work with their children.

- Specify what you need done. The more clearly you define what you and your child hope to gain from individualized instruction, the more capably you can zero in on a tutor who will meet those needs effectively. Some students need reinforcement for testing, while others may struggle with a particular skill set. The more specific you are when illustrating your needs, the more likely you are to find someone who can help address those areas that need improving.
- Seek recommendations. Ask around for recommendations from other parents or educators. Speak with school personnel to find out if someone on staff may tutor in his or her off



hours.

- Try a favorite teacher. Many students may have a favorite teacher, past or present, with whom they developed a rapport. If your child fits that mold, contact this teacher to see if he or she tutors students on the side.
- Call the library. Many times high school or college students offer free or reduced-rate tutoring at local libraries. These sessions can be just as beneficial to young students as sessions with professional tutors.
- Consider a tutoring center. Nationally recognized tutoring orga-

nizations can be invaluable to students struggling with their studies. Explore the cost options of one-on-one sessions versus small group instruction.

- Look for specialized tutors. Certain tutors specialize in certain subjects or skills. Lean toward those tutors for advanced lessons in tricky subjects like maths and sciences.

Upon hiring a tutor, give it a few lessons to see if the tutor clicks with your child. Set benchmarks for success that the tutor can work toward. If the relationship is not working, start the process over.

EDUCATION

How being bilingual benefits kids

Being bilingual is a necessity for millions of people across the globe. While many United States citizens may never need to speak any language other than English, that's not the case for people who reside in other parts of the world. Even some citizens of America's neighbor to the north, Canada, may need to learn both French and English depending on where they live.

Fluency in more than one language can produce some surprising benefits. For example, a 2017 study published in the journal *Proceedings of the National Academy of Sciences* of the United States of America found that lifelong bilingualism may help to delay the onset of dementia by as much as five years. In addition, numerous studies, including one conducted by an economist at MIT, found that people fluent in more than one language can earn tens of thousands of dollars more than their monolingual peers over the course of their careers.

Perhaps in recognition of the benefits of bilingualism in an increasingly global world, foreign language programs are now part of the curriculum at many daycare facilities and preschools. That might come as a surprise to parents who did not begin studying foreign languages until junior high or even high school. But the U.S. Department of Health & Human Services notes that the following are some of the ways that being bilingual can benefit kids.



COGNITIVE DEVELOPMENT

The DHHS notes that a nearly 20-year-old study from the National Clearinghouse for Bilingual Education found that bilingual students had an easier time understanding math concepts and solving word problems than their peers who were not bilingual. The

DHHS also notes that researchers have uncovered numerous additional cognitive benefits to being bilingual as opposed to monolingual. These benefits include a greater ability to use logic, focus, remember, and make decisions.

SOCIAL-EMOTIONAL DEVELOPMENT

Researchers with the National Academy of Science found that children who grow up in bilingual households exhibit better self-control than those who grow up in monolingual households. That's an important benefit, as the DHHS notes that self-control is a key indicator of academic success. The DHHS adds that bilingual children benefit socially from

being bilingual because they are capable of making new friends and building strong relationships using their second language as well as their first.

The ability to speak more than one language fluently can produce some surprising benefits that children can use to their advantage in school and throughout adulthood.

Reading can help get kids ready to go back to school



It is common for children to backslide during summer vacations as they get further away from their daily school year routines. The rigors of schoolwork may come as a shock as children return to school and must reacquaint themselves with studying and doing their homework. But there are some steps students can take to keep their minds sharp as they ease back into school.

One of the most effective ways for students

to stay sharp over summer is to continue reading. Pearson Education says evidence suggests that children who read for enjoyment every day not only perform better on reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. Reading for pleasure also bears more influence on a child's academic performance than his or her social or eco-

nomic background.

Summer reading assignments may not be mandated, but children can take it upon themselves to continually push themselves through recreational reading and language arts pursuits. Here are ways that parents can facilitate that process.

- Set up a reading time. Children should have a set time each day that they devote to reading. Many find a regular reading time later in the

evening before bed or as a precursor to other activities, such as watching television or playing video games, can help make reading a priority.

- Keep fresh reading materials. Stock the house with new books, magazines, newspapers, and even graphic novels. The more reading materials children have access to, the more likely they are to become habitual readers.

- Parents can lead by example. Parents should

read as well. Choose books and periodicals over time spent on digital devices.

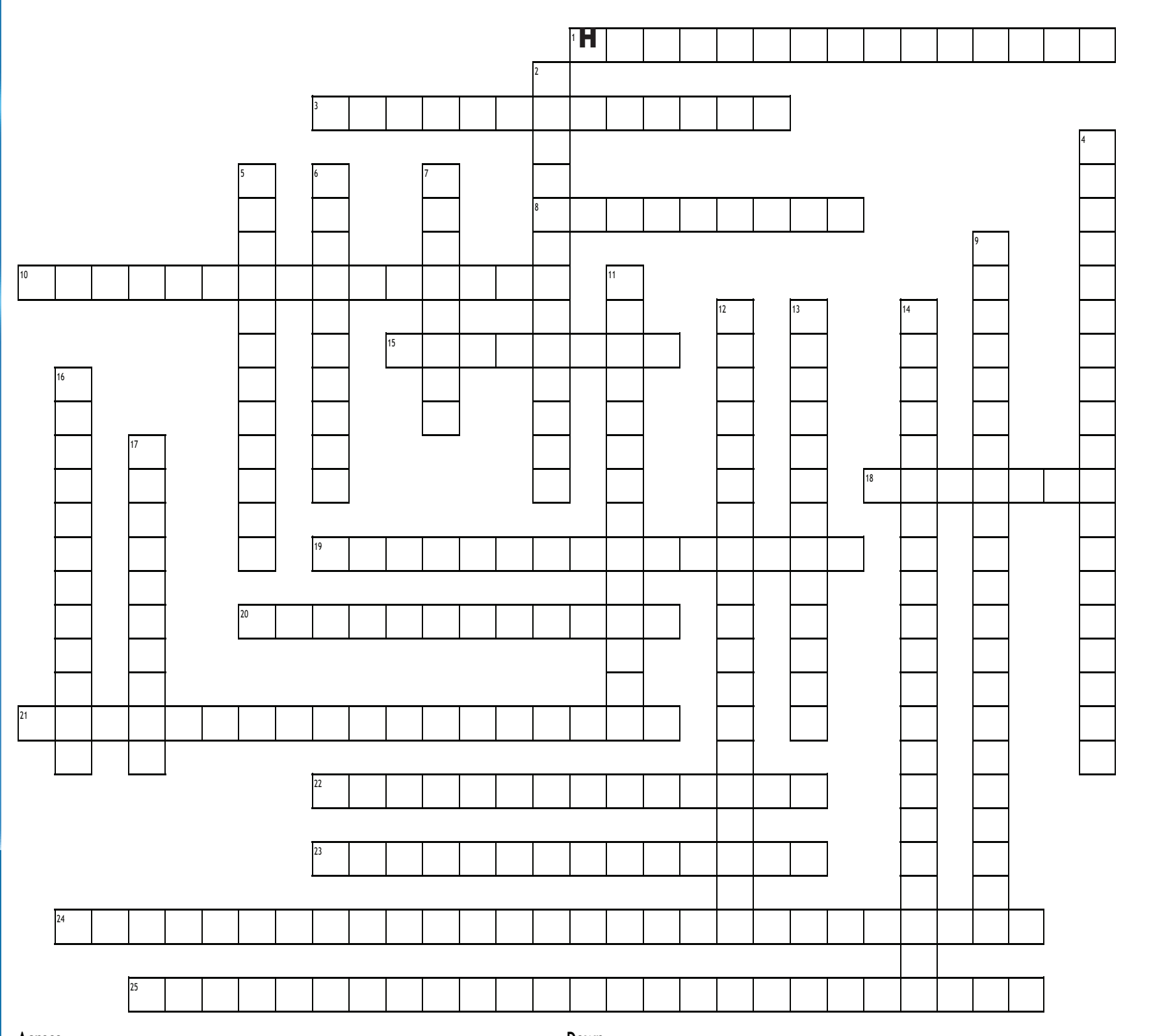
- Read in the world around you. Stop and read signs, menus, cereal boxes, billboards, and anything with the written word. Jot down difficult words and look them up together and discuss the definitions.

- Consult with the teacher. Educators have tools they use to assess reading levels and abilities. Knowing a child's

reading level and choosing the appropriate reading materials for that level can set kids up for success.

Reading is an important part of getting into the back-to-school groove. Make sure students set aside ample time for reading throughout the day, even during extended breaks from school.

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