

New year off to a busy start at Auburn High School



Courtesy Photo

Auburn High School students going green last year in support of the Boston Celtics.

BY KIMBERLY MASCHI
NEWS CORRESPONDENT

AUBURN — Auburn High School is busy as ever in the new year. On Friday, Jan. 18, AHS is hoping everyone in town will head over to Moe’s Southwest Grill at 3 Stafford St. in Worcester, to help the class of 2020. From the district’s Web site, “Help support the Class of 2020 and enjoy

some great food, too! Be sure to bring a copy of the flyer with you so those students can earn 20 percent of eligible costs. GO ROCKETS and Thank You!” Melissa LaBeaume, co-advisor at the Auburn High School, states “the proceeds for this event are to fund activities like field-trips, yearbooks, and prom. We are trying to build up our treasury as things can get

expensive.” There will be more fund-raising opportunities in the future to help the Junior class prepare and enjoy their last year in high school. The Auburn High students stay busy with trying to teach other save lives. Auburn High students were stationed at the Auburn High School to provide free training to anyone who wanted to learn hand-only CPR. Hands only CPR is without the

mouth-to-mouth breaths. It is recommended for teenagers or adults and consists of two steps. First, always call 9-1-1 and push hard and fast in the center of the chest. The students stationed taught these strategies in hopes to save lives. “Thanks to the many AHS students who have volunteered their

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Town continues to urge residents to recycle correctly

BY KIMBERLY MASCHI
NEWS CORRESPONDENT

AUBURN — In an effort to lower costs, time, and waste, the Town of Auburn asks that residents stay diligent when sorting their recycled materials. Cardboard is next on the recycling campaign. After the holidays, it is no wonder that there is a massive amount of cardboard being seen in recycling bins at the end of each driveway. The best way to recycle the cardboard is stated as follows, break down the cardboard into two-foot-by-two-foot pieces and place in the recycling bins. If the pieces cannot fit inside the bin, residents may gather them up, wrap in clear tape, and set on the side of the bin. It can be difficult, but the town asks for the cardboard to remain dry. What is not allowed to be recycled are as follows, bubble wrap, air pillows, Styrofoam, and packing peanuts. Residents can bring plastic films and bags to their local grocery store and place in collection bins. Solid Waste Reduction Enforcement asks Auburn residents to abide by these recycling smart rules. When inappropriate items enter the

Turn To **RECYCLE**, page **A13**

Sun N’ Sound joins the U-Haul Dealer Network

AUBURN — U-Haul Company of Massachusetts and Ohio, Inc. is pleased to announce that Sun N’ Sound has signed on as a U-Haul® neighborhood dealer to serve the Auburn community. Sun N’ Sound at 606 Southbridge St. will offer U-Haul trucks, trailers, towing equipment, moving supplies and in-store pick-up for boxes. The arrival of U-Haul Truck Share 24/7 is revolutionizing the moving industry through its more convenient, more secure way to pick up and return a truck. U-Haul live verification technology allows rental transactions to be carried out entirely on a smartphone at any hour – day or night. There are no membership fees. Simply visit uhaul.com to create an online account. Normal business hours are 9:30 a.m.-5 p.m. Monday-Friday and 9:30 a.m.-3 p.m. Saturday.

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Courtesy Photo

U-Haul Company of Massachusetts and Ohio, Inc. is pleased to announce that Sun N’ Sound has signed on as a U-Haul® neighborhood dealer to serve the Auburn community.

Bay Path Interactors participate in holiday event that raises more than \$15,000

CHARLTON — Three members of the Interact Club of Bay Path participated in the Bay Path Education Foundation holiday event on Dec. 8 at Bay Path Regional Vocational Technical High School in Charlton. The annual Santa Claus Pancake Breakfast raised more than \$15,000 for scholarships and teacher mini-grants. The public school’s administration and members of the Foundation served breakfast to families who took part in this event. Children were able to have their picture taken with Santa Claus as well as with three members of Bay Path’s Interact club, who were dressed as characters from the popular movie “Frozen.” Those Interact members were Kelsey Durant, Dominic Chivallatti, whose

mother is president of the Rotary Club of Auburn, and Maura, 2018-2019 president of Bay Path’s Interact club. The Rotary clubs of Auburn and Southbridge are sponsors of the Bay Path club. Through Interact clubs around the world, young leaders ages 12 to 18 take action through community and inter-

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Courtesy Photo

Three members of the Interact Club of Bay Path participated in the Bay Path Education Foundation holiday event on Dec. 8 at Bay Path Regional Vocational Technical High School in Charlton. The annual Santa Claus Pancake Breakfast raised more than \$15,000 for scholarships and teacher mini-grants.



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Joshua Hyde Library, Alternatives for Health hosting one-of-a-kind educational display

TRAVELING EXHIBIT PROMOTES AWARENESS OF CARCINOGENIC TOXINS

STURBRIDGE — The state’s leading breast cancer prevention non-profit, Massachusetts Breast Cancer Coalition (MBCC) is pleased to announce the tour and exhibition of the educational program, Let’s Talk Prevention: Reducing Toxic Exposures, will be hosted by the Joshua Hyde Public Library on Jan. 4 through Jan. 31 and the Alternatives for Health Herbal Apothecary in Sturbridge Feb. 1 through Feb. 15. For information about the library, please visit the Web site: <http://www.sturbridgeli-brary.org/> For information about the apothecary, please visit the Web site: <https://www.alternatives-4health.com/>.

This educational program is designed by MBCC to facilitate discussions between health professionals and patients about environmental exposures and chemicals of concern. To help facilitate these discussions and make this important public health topic more palatable,

MBCC has created a one-of-a-kind booklet for health professionals and a medical brochure for patients. The brochures are currently available in English, Spanish, Portuguese, Japanese and Mandarin.

The Let’s Talk Prevention: Reducing Toxic Exposures booklet for health professionals summarizes scientific evidence linking exposure and effect for many common chemicals of concern and suggests how to begin environmental health conversations with patients. The accompanying Let’s Talk Prevention: Reducing Toxic Exposures patient brochure describes basic steps for individuals and families to reduce problematic exposures and choose safer alternatives to toxic products. The goal of this program is to reduce toxic exposures which has implications for reducing the burden and cost of all environmentally-linked diseases, including breast cancer. MBCC is dedicated to preventing environ-

mental causes of breast cancer through community education, research advocacy, and changes to public policy.

This program is in direct response to several federal reports, from the President’s Cancer Panel, the Interagency Breast Cancer and Environmental Research Coordinating Committee, and more, which recommend increased attention to the link between environmental factors and disease, especially cancer. Additionally, information from the National Institute of Environmental Health Sciences supports actions to reduce toxic exposures. The burden of environmental linked diseases is often underestimated and not often discussed, even in medical programs.

Dr. Michael Misialek, MBCC Medical Advisor and physician at Newton-Wellesley Hospital, also had an opportunity to review the Let’s Talk Prevention materials, and said

“As a physician at Newton-Wellesley Hospital, specializing in Anatomic and Clinical Pathology and a Board Member of Massachusetts Breast Cancer Coalition, I’m very pleased to see the Let’s Talk Prevention: Reducing Toxic Exposures program develop as a resource for patient-doctor engagement. The value of such a program is not to be minimized. This program will provide much needed information about reducing toxic exposures in daily life to physicians and patients alike. I look forward to promoting doctor-patient discussions concerning the link between health and toxic chemical exposures.”

As an extension of this program, MBCC has also developed an environmental health program for high school students called Let’s Talk Prevention: Actions You Can Take. These standalone classroom modules can supplement science, health, or environmental studies curriculum by helping high

school students understand the impact of chemicals on disease risk. The classroom modules are free and downloadable from the MBCC website.

If a hospital, health center, community center, library, high school, college or private group has an interest in exhibiting the Let’s Talk Prevention materials, hosting a presentation about toxic exposures reduction, and sharing the materials, please e-mail: mbcc.juliawithers@gmail.com with the subject line: Let’s Talk Prevention Tour. The materials can be easily exhibited and displayed.

For more information to view when the Let’s Talk Prevention tour will be coming to a location near you, to download the medical booklet for health professionals and the patient brochures, or to learn more about the new high school program, please visit www.mbcc.org and click on the Let’s Talk Prevention tab.

Gary McKinstry returns to OSV in Harrington Auxiliary Benefit

STURBRIDGE — The Harrington Auxiliary is proud to bring back Gary McKinstry, world-renowned, professional medium and psychic, to Old Sturbridge Village on Thursday, Jan. 31 from 6 to 8 p.m. McKinstry’s presentation will offer attendees an opportunity to connect with loved ones who have passed to the other side.

McKinstry’s psychic activities are legendary and have been chronicled in “Ghost Hunters of America: Real Stories of Paranormal Investigators.” He is one of a handful of psychics to have toured the Victorian Mansion in Gardner, which he

certified as definitely haunted. McKinstry has also verified that the Publick House in Sturbridge is haunted and has been since the Colonial era.

At the event attendees will have an opportunity to purchase tickets for two raffles. Proceeds from a 50/50 raffle will enable the Auxiliary to purchase much-needed equipment and provide community health programs that support Harrington Hospital’s mission. The second raffle entitles the winner to a one-hour private reading with McKinstry.

Tickets for the event are \$25 and can be purchased through Harrington Hospital’s

Volunteer Office at 100 South Street, Southbridge. For more information, please call 508-765-6473 or email khibbard@harringtonhospital.org.

This event featuring Gary McKinstry is held in memory of Cecile T. Edmunds.

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



Courtesy Photo

The Harrington Auxiliary is proud to bring back Gary McKinstry, world-renowned, professional medium and psychic, to Old Sturbridge Village on Thursday, Jan. 31 from 6 to 8 p.m.

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\$259,000, 128 Hampton St, Eslava, Juan P, and Eslava, Tricia A, to Cyr, Zachary, and Polucha, Kathryn.

\$250,000, 70 Rochdale St, 70 Rochdale Street RT, and Ocean Point Invests Tt, to Benton, Katrina Q. \$248,500, 38 Oakwood Ave, Murphy FT 2010, and Murphy, Ruth M, to Chasse, Sarah E, and Chasse, Anthony J. \$222,500, 13 Mount View Ave, Dorothy A Butkus 2013 T, and Butkus, Dorothy A, to Lanni, Joseph S, and Teli, Margaret S.

\$220,000, 100 Hampton St, Saff Properties LLC, to Szafarowicz, Derek.

\$180,000, 16 Sumner St, Cron Mary B Est, and Dillaire, Bruce W, to Flink, David R, and Flink, Dolores E.

\$119,400, 39 Pinehurst Ave, Almeida, Edward A, and FNMA, to FNMA.

\$25,000, 10 Stone St, Borko, Stanley J, to Constitution Properties. BARRE

\$250,000, 49 Nichols Rd, 49 Nicholas Road RT, and Lemoine

Harrington HealthCare System joins Boston Accountable Care Organization

SOUTHBIDGE — Harrington HealthCare System is the latest organization to partner with Boston Medical Center (BMC) Health System and participate in the MassHealth Accountable Care Organization (ACO) program through the Boston Accountable Care Organization (BACO).

“This partnership is an important step forward in our commitment to the MassHealth patients in our community. We will place strong emphasis on gaining access to primary care and on making sure our patients have a seamless connection to a range of community-based support and wraparound resources,” said Ed Moore, Harrington HealthCare System President and CEO.

BMC Health System and its BMC HealthNet plan formed accountable care partnership plans with BACO and three other ACOs in other parts of the state in order to provide enhanced services to MassHealth members.

The ACO program supports MassHealth’s commitment to:

Improve quality and member experience and integrate the full spectrum of care, including medical care, behavioral health and long-term services and supports;

Provide clinical and community-based support for populations with behavioral health and long-term health care needs;

Shift incentives to hold providers

accountable for quality and total cost of care for a population of patients;

Invest in primary care and community workforce development;

Allow for innovative ways of addressing social determinants of health;

Expand access to substance misuse disorder treatment, including treatment for co-occurring disorders.

BMC Health System President Kate Walsh said that the organization’s longstanding patient and community-centered approach, understanding of MassHealth cost drivers, and its commitment to innovative, new approaches to improve care put BMC Health System and BACO in a strong position for success.

“We’re pleased to be a part of this important restructuring of the MassHealth program to improve care for MassHealth patients and reduce costs for the Commonwealth,” Walsh said.

The ACO program is a major component in the state’s five-year innovative “1115 MassHealth Demonstration1,” bringing in \$1.8 billion in new federal investments to restructure the current MassHealth system. The waiver – effective July 1, 2017 through June 30, 2022 – seeks to transform the delivery of care for most MassHealth members and to change how that care is paid for, with the goals of improving quality

and establishing greater control over spending.

ACOs will receive more than \$100 million in new investments to support the transition of health care providers providing value-based care.

Funds will be used to:

Enhance care coordination and management efforts through formal partnerships with certified behavioral health and long-term services and supports community organizations;

Improve electronic health records and ACO analytic capabilities;

Reduce avoidable inpatient and emergency department utilization;

Implement other key initiatives for ACOs to improve health outcomes and member experience under the new payment models.

Member enrollment in an ACO will be based upon an established relationship with his/her current primary care provider to ensure continuity of care. All ACO models support MassHealth’s commitment to invest in community-based organizations, referred to as certified community partners for behavioral health and long-term services and supports.

The Boston Accountable Care Organization is made up of 19 provider organizations. It includes Boston Medical Center and, in addition to Harrington HealthCare System, the fol-



ACCURACY WATCH

The Auburn News 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) 909-4130 during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.

lowing health care organizations: Boston University Affiliated Physicians, Inc.; Boston University Family Medicine, Inc.; The Boston Health Care for the Homeless Program, Inc.; Child Health Foundation of Boston, Inc.; Codman Square Health Center, Inc.; Dorchester House Multi-Service Center, Inc.; Evans Medical Foundation, Inc.; Greater New Bedford Community Health Center, Inc.; Greater Roslindale Medical and Dental Center; Health First Family Care Center, Inc.; Manet Community Health Center, Inc.; Mattapan Community Health Center, Inc.; South Boston Community Health Center, Inc.; South End Community Health Center, Inc.; South Shore Physician Hospital Organization, Inc.; Stanley Street Treatment and Resources, Inc.; Sturdy Memorial Hospital, Inc.; and Valley Health Partners, Inc./Holyoke Medical Center.

Norcross Wildlife Sanctuary announces winter lecture series

WALES — The Norcross Wildlife Sanctuary is excited to announce its 2019 Winter Lecture Series, beginning Saturday, Jan. 26.

Our winter lectures are open to the public and offered free of charge on Saturdays at 1:30 p.m., lasting about an hour.

2019 WINTER LECTURE SERIES

A Tree Falls at Garden In The Woods

Saturday, Jan. 26 at 1:30 p.m.

Learn how the unexpected falling of a single white pine prompted horticulturists to replant the meadow at the Garden in the Woods. Anna Fialkoff, Horticulturist for New England Wildflower Society, will share insights about establishing a new meadow garden: She’ll discuss how to take advantage of opportunistic plants, fill niches before the wrong weeds do, chose the best pollinator magnets, as well as how to manage the garden for least disturbance and maximum winter wildlife value. Free. Space is limited. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

Norcross Wildlife Sanctuary or How an Arctic Explorer Became Interested in Preserving the Wooded Hills of His Own Hometown

Saturday, Feb. 2 at 1:30 p.m.

What are the origins of this unique wildlife sanctu-

ary? What do greeting cards have to do with it? Norcross employees Jennifer Ohop and Leslie Duthie will review the history of Tupper Hill and talk about the challenges faced when preserving and maintaining the various habitats of the Sanctuary. Learn how the plants of each community host a huge array of wildlife on this special piece of property. Free. Space is limited. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

Adventures with Oddities: Strange and Noteworthy Natives

Saturday, Feb. 9 at 1:30 p.m.

Our native flora is full of amazing things! Did you know that big-leaf aster was once known as lumberjack’s toilet paper or that the berries of poison ivy are loved by birds? How about that the berries of chokeberry contain seven times more antioxidants than lowbush blueberries or that Jack in the pulpit can change sexes? From unique flavors to hilarious names to the oddest survival strategies there are strange and noteworthy plants right outside our back doors if we simply know where to look. Join Dan Jaffe, author and photographer of Native Plants for New England Gardens, to learn about all of these oddities and more. Free. Space is limited. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

A Summer with the Nantucket Land Bank

Saturday, Feb. 23 at 1:30 p.m.

Daniella Lopez spent a few summers working here at Tupper Hill as part of the horticulture crew. This past summer, she was an intern 30 miles out to sea on “the rock” with the Nantucket Land Bank. Join her today and learn more about the history of the Nantucket Land Bank and the importance of continued land conservation throughout the northeast. She will describe the important work she was involved with including invasive species pulls, the major plant study on survival of a rare species as well as studies of northern long-eared bat, green crab, American burying beetle and eel grass. Free. Space is limited. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

Land of A Thousand Cairns

Saturday, March 2 at 1:30 p.m.

Mother-son research team Mary and James Gage present a case study of three farms with ceremonial stone landscapes owned by three generations of one family in Hopkinton, Rhode Island, an area with one of the densest concentrations of cairns in the Northeast. Their in-depth research reveals how ceremonies and cairns fit into the purposes and objectives of the farms from pre-settlement days through the 1800s. Mary and James have 24 years of experience researching stone structures, visit their website www.stonestructures.org for more information. Free. Space is limited. Call 413-267-9654 or

email lectures@norcrosswildlife.org to register.

Biodiversity Hotspots: Vernal Pool Wildlife and Citizen Science

Saturday, March 9 at 1:30 p.m.

Vernal pools are really neat, small ecosystems that support tremendous biodiversity. We will explore the wildlife that can be found in a typical southern New England vernal pool and improve your recognition of these important habitats. We will discuss the many threats that vernal pools face, and ways that the general public can make significant and valuable contributions to the long-term protection of the biodiversity of vernal pools. Matt Burne is a Vernal Pool Ecologist and co-author of A Field Guide to Animals of Vernal Pools and A Field Guide to the Dragonflies and Damselflies of Massachusetts. Free. Space is limited. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

Impacts of the 2011 Tornado on Songbird Habitat Use

Saturday, March 16 at 1:30 p.m.

The 2011 tornado was devastating to the people of the Brimfield area, but how did this event affect the forest and songbirds? We know that it created new young forest habitat, an uncommon type of forest on

the Massachusetts landscape. Find out how research in and around the Brimfield State Forest is revealing how songbirds utilize nesting habitats within: tornado-damaged areas where downed trees were left in place; tornado-damaged areas where salvage logging took place; and undisturbed forest adjacent to the tornado impact area. Andrew Vitz is the Massachusetts State Ornithologist. John Scanlon is the Habitat Program Supervisor for the MA DFW, and is responsible for identifying, prioritizing, and administering habitat restoration & management operations to benefit rare and declining wildlife. Free. Space is limited. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

The Norcross Wildlife Sanctuary is located at 30 Peck Road in Wales. Sanctuary hours are Tuesday – Saturday from 9 a.m. to 4 p.m. Trails are open, conditions permitting, please call first. There is no admission charge. For more information, call 413-267-9654. Visit us virtually at www.norcrosswildlife.org or find us on Facebook!

Strap on your spats for a 1920s murder mystery in Holland

HOLLAND — You’re invited to the Holland Community Center for a night of great food and entertainment as we journey back in time to solve a Murder at the Holland Speak Easy Feb. 23 at 5 p.m.

Let us take you back in time to the 1920s, when flapper girls wore the best dresses and knew all the coolest danc-

es and gangsters lurked in shadowy corners. The clubs were in the midst of Prohibition, but if you knew the secret knock, you could acquire your alcohol of choice. (Please note, however, that no actual alcohol will be served at this particular establishment.)

Please register before Feb. 1 by calling (413) 245-3163 or e-mailing hceve-

nings@gmail.com, as the writer of the mystery tale will need to know how many characters to incorporate into the plot.

The cost of the evening’s fun is \$30 per ticket, and includes a meal, ‘mock’tails, and a role in the murder mystery.

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TAX TIP

**Employers:
Send 1099s Jan. 31**

The due date for sending 2018 Forms 1099 to vendors and others who performed work for your business is Jan. 31. The penalties for failing to do this have increased and can now be more than \$270 per form. Generally, amounts paid to corporations are exempt from the filing requirement, but there are exceptions. Call for details.

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Opacum Land Trust lands at Hitchcock Free Academy

BRIMFIELD — After 18 years of land conservation work in south-central Massachusetts, and having permanently protected just under 2,000 acres of land, Opacum Land Trust is finally settling into a physical office space.

Susan Gregory, Executive Director of Hitchcock Free Academy, extended an invitation for Opacum to use the memorial room upstairs at Hitchcock, making appropriate use of an underutilized space in the building.

“I am thrilled to welcome Opacum Land Trust to Hitchcock to share our community building in a new way with the public. Opacum’s mission to protect land for our future and Hitchcock’s mission to serve our community, dovetail beautifully. Besides, it is wonderful to have some new co-workers in the building during the day,” said Gregory.

Hitchcock Free Academy serves residents of Brimfield, Holland, Wales, Sturbridge and other surrounding communities with educational, recreational and cultural programming (www.hitchcockacademy.org).

“Brimfield is at the geographic center of the Opacum Land Trust service area, which stretches across thirteen towns from Monson to Charlton and Southbridge to North Brookfield, and with our success in creating ‘Dingley Dell: The Clayton and Margaret Thomas Nature Preserve on Monson Road in Brimfield, it makes great sense for us to be based here. Opacum’s conservation project work load is rapidly expanding, and we need a meeting and office space to support that. Hitchcock Free Academy has been very generous in sharing their space with us and now in providing this much needed office space,” said Ed Hood, Executive Director of Opacum Land Trust.

Opacum ended 2018 by raising \$10,800 to work on the public parking, trails and signage for the Dingley Dell preserve and looks forward to offering programs and volunteer work days on the property in the coming year as public access there is improved. For more information on Opacum Land Trust, visit www.opacumLT.org.



Courtesy Photo
After 18 years of land conservation work in south-central Massachusetts, and having permanently protected just under 2,000 acres of land, Opacum Land Trust is finally settling into a physical office space. Susan Gregory (far left), Executive Director of Hitchcock Free Academy, extended an invitation for Opacum to use the memorial room upstairs at Hitchcock, making appropriate use of an underutilized space in the building.

Frost, Durant provide update on gas tax petition

BY JASON BLEAU
CHARLTON CORRESPONDENT

CHARLTON — Despite agreeing for a second time to petition the state for a local gas tax the town of Charlton is sitting in limbo as lawmakers look for a way to expand support for the concept among other communities.

During an all-board roundtable on Jan. 8, Charlton’s State Representatives, Paul Frost and Peter Durant, were approached about the status of the town’s petition by Town Administrator Robin Craver who acknowledged that Charlton approved seeking the tax in October of both 2015 and 2018 having to resubmit after the Legislature failed to act on the petition within a two-year period. Craver said the tax would be a significant source of revenue for Charlton.

“We have two of the gas stations on the Mass. Pike that would be significant revenue if we were able to have a local option,” Craver told the State Reps.

If approved by the Legislature as presented the petition would levy a three-cent tax on gasoline and diesel fuel per gallon that is consumed by the public. The petition needs to be approved by lawmakers in Boston before it can be ratified through a vote at town and state elections. With this being the second time Charlton has voted to petition for the tax and the new legislative session now underway both State Reps Frost and Durant said one of the biggest hurdles is justifying the tax among other communities and not giving Charlton special privilege.

“The chances of just allowing one town, the town of Charlton, to implement a tax is slim to none. They’re just not going to do it because as soon as you do it everybody else is going to do it,” Durant said, noting that lawmakers didn’t want to set a precedent that towns can seek to implement specific taxes within their single communities.

Frost agreed and added that having more communities join Charlton would be the optimal way to make sure the petition gets through Beacon Hill.

“I think it’s more of getting other towns on board looking for the same thing and trying to look at it from a statewide approach like they do for restaurants, like they do for hotels and see if you can get enough communities to be clambering for it,” Frost said.

The representatives said they would still file the petition in the off chance that it does get a vote even with only one community on board. They said at the very least it could create a dialogue that could mean success in the long term for the concept.

“It’s more of an advocacy piece of legislation, I would call it, but don’t go spending it anytime soon. One town getting to do it and nobody else getting to do it, I haven’t seen it happen,” Frost said.

Both lawmakers recommended that Charlton try and facilitate conversations with other communities to get the ball rolling. They also noted that another roadblock could be the already extensive list of taxes in Massachusetts and that town leaders and voters may not look kindly on yet another tax being levied on more businesses in the commonwealth.

Yelena Samofalov, M.D., joins Harrington Physician Services Pediatrics practice

SOUTHBRIDGE — Harrington Physician Services is pleased to welcome Dr. Yelena Samofalov to its pediatrics practice in Southbridge.

Dr. Samofalov will join Dr.’s Cynthia Wilson-Grillo and Diana Rabkina and Nurse practitioner Ariel Bullock in Suite

102 of the Medical Arts building in Southbridge. Dr. Samofalov will treat pediatric patients of all ages, including newborns.

Board certified in pediatric medicine, Dr. Samofalov is a native of Ukraine. She has more than 10 years of experience. Her most recent position was at Trinitas Regional Medical Center in Elizabeth, N.J.

Dr. Samofalov completed her medical degree at Kiev Medical Institute in Kiev, Ukraine. She then went on to complete her residency at Children’s Hospital of New Jersey at Newark Beth Israel Medical Center in Newark New Jersey when she came to the United States. She is fluent in English,

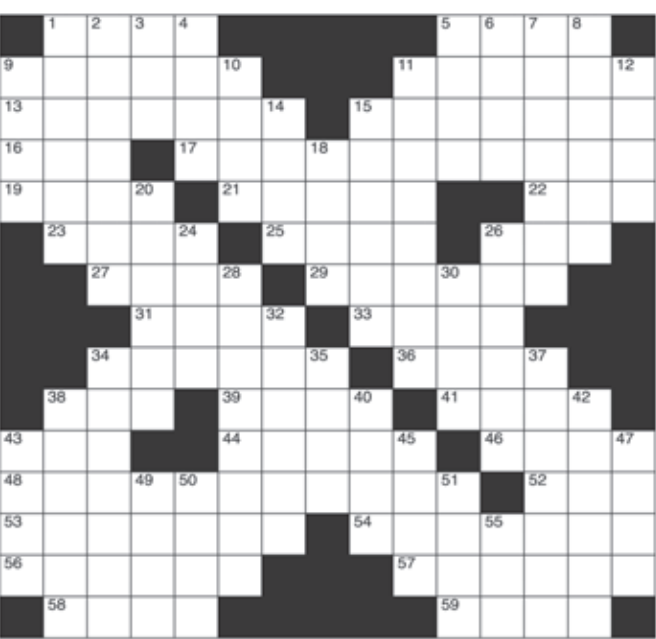
Ukrainian and Russian.

To schedule an appointment with Dr. Samofalov, please call their office at 508-765-7860.



Yelena Samofalov

Photo

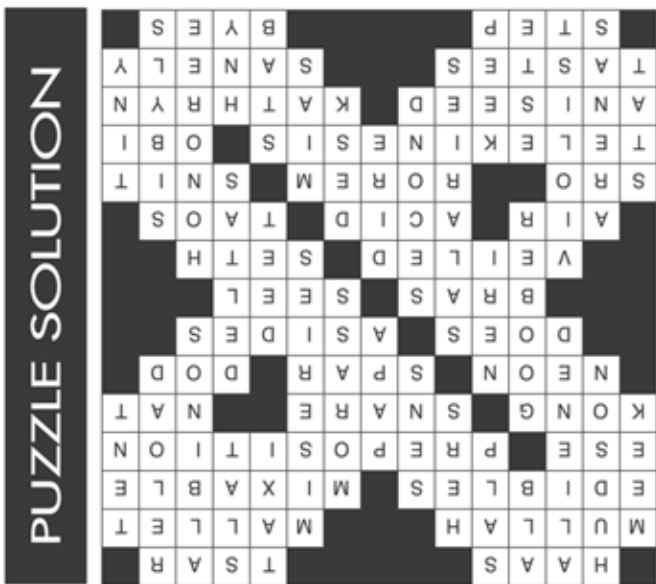


CLUES ACROSS

- 1. One-time Levi’s CEO
- 5. Emperor of Russia
- 9. Islamic theology scholar
- 11. Hammer with a large, wooden head
- 13. Food
- 15. Can be combined
- 16. Midway between east and southeast
- 17. Governs a noun or pronoun
- 19. Gorilla
- 21. Type of trap
- 22. “Unforgettable” singer
- 23. Atomic #10
- 25. Practice fight
- 26. US gov’t branch
- 27. Female deer
- 29. Remarks meant for the audience
- 31. Undergarments
- 33. Prevent from seeing
- 34. Masked
- 36. “A Suitable Boy” novelist
- 38. Invisible gaseous substance
- 39. Sour
- 41. County in New Mexico
- 43. No seats available
- 44. Pulitzer-winning composer
- 46. Fit or irritation
- 48. The ability to move objects through thought
- 52. Skywalker mentor ___-Wan Kenobi
- 53. Herbal medicine seed
- 54. “Zero Dark Thirty” director
- 56. Preferences
- 57. Soundly
- 58. One precedes another
- 59. Au revours

CLUES DOWN

- 1. Famed explorer
- 2. Transferred property to
- 3. Clerical vestment
- 4. Free-swimming marine invertebrate
- 5. Cab
- 6. Thin piece of wood
- 7. Persons without pigment in their skin
- 8. Fill again
- 9. Submissive
- 10. His and ___
- 11. Sources of stress
- 12. Shelter
- 14. French commune
- 15. Boggy ground
- 18. Old man
- 20. Peanut
- 24. Michael Corleone’s enforcer
- 26. Geological formations
- 28. Wages
- 30. Insect repellent
- 32. Unit of time
- 34. Musician
- 35. Not good
- 37. Esteemed one
- 38. Structures
- 40. Where workers sit
- 42. Women who foretell the future
- 43. Quantitative fact
- 45. Missing soldiers
- 47. Diminutive
- 49. This (Spanish)
- 50. Hold on to
- 51. Thrust a knife into
- 55. Hengyang Bajialing Airport



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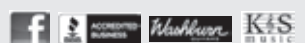
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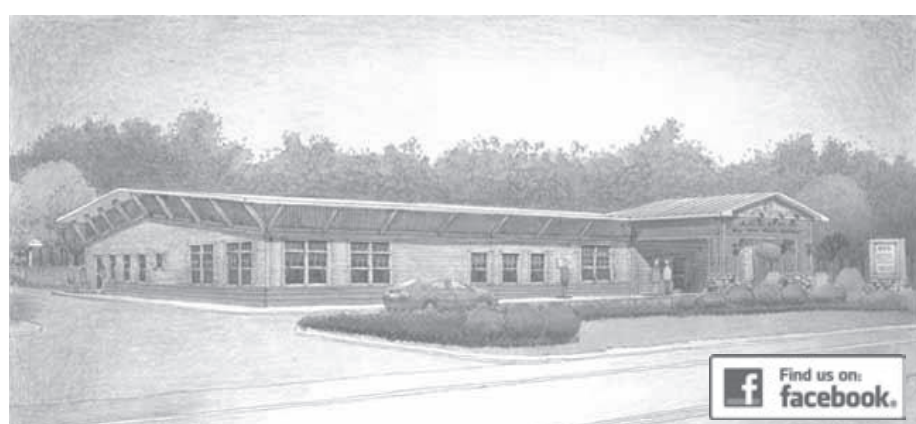
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LEARNING

Business Matters

In looking at the District calendar for January, I noted the “Post Occupancy Site Visit” of the Massachusetts School Building Authority (MSBA) to the Auburn Middle School, on Jan. 23. This triggers my reflection on the positive and successful relationship that the School Department and the Town of Auburn have enjoyed with the Massachusetts School Building Authority over the past several years. This period spans back to 2008 when Auburn was officially invited to join with MSBA to begin the process of constructing a new Middle School until this past year when the Town finished their most recent project at the Pakachoag School with the completion of a new roof.

The MSBA is a government authority created to reform the process of funding capital improvement projects in the Commonwealth’s public schools. Their mission is to create affordable, sustainable and energy efficient schools, while bringing reform and innovation to the building process in Massachusetts. The MSBA has two program types that a District can participate in. The first program is the Core Building Program, which is the process of building a new school. The second program is the Accelerated Repair Program, which offers assistance for such things as roofs and boilers for schools that have a longer life expectancy but require renovations. The first step in both Project types requires a Statement of Interest to be filled out by the District as the initial application. Not all applications are accepted, though, as there are many requests and only a limited number are officially invited to participate each year by the MSBA.

Once invited, the District must submit a Maintenance and Capital

Planning record. This shows that the District/Town has the resources and ability to complete the project as well as a demonstrated planning by the District to ensure maintenance of all buildings owned and in use by the District. The next step is the selection of an Operations Program Manager (OPM), who is in charge of the Project and partners with the District to manage the project from start to finish. Finally, a Designer/Architect for the project is chosen which completes the Project Team.

Once the Project Team is established, the first step is to complete a feasibility study for the project in which the team collaborates with the MSBA to generate an initial space based on the District’s educational program and recommend the most cost effective and appropriate solution. This will require a final approval from the MSBA Board of Directors before proceeding to the next level which is the Schematic Design phase. In this phase, sufficient detail needs to be developed in order to establish the scope of work to be performed, the budget details which outline the costs of undertaking the project and the scheduled timeline for the proposed Project from start to finish.

Once the Feasibility Study and Schematic Design phases are complete, the District moves on to the Project Funding step. This entails the District securing community authorization and financial support for the project. Initially the School Committee votes to enter into the Agreement with MSBA, then it goes before the Board

ROCKETS
REVIEW

By CECELIA
WIRZBICKI
BUSINESS MANAGER

of Selectmen for a vote, before being placed on as an Article for Town Meeting approval. Once all steps for funding approval have been met, the MSBA and District are able to enter into a Project Funding Agreement.

At this point, the District can start submitting all previous expenses for reimbursement consideration. Once expenses are approved, the District receives the percent of reimbursement for costs incurred. The percentage of reimbursement is determined by MSBA and has been slightly better than 50% for all of Auburn’s projects. The Core Project – namely construction of Auburn Middle School was set at a rate of 58.61% reimbursement, while the Accelerated Repair Projects at Bryn Mawr, Swanson Road and the Pakachoag School were set at a rate of 54.16 percent.

The Detailed Design phase follows, which finalizes the scope of work and gears up for the Construction Process. The Project Team procures a contractor and subcontractors, if necessary, to complete the project as designed and approved, abiding by the Massachusetts Procurement Law. Once the contractor is selected, a contract is drawn up for the Project with a timeline for completion. During this period the OPM, Designer, School Building Committee or School Staff and Town Administration all work closely with the Construction Manager and MSBA to ensure that all requirements are met; documentation is submitted regularly and in a timely manner. Reimbursement requests are submitted monthly and are capped off

at the 95 percent completion amount for the project, whereas all other reimbursements will be held until the final payment.

Finally, at the completion of the Project, there is a closeout phase, where the OPM submits a final report to MSBA, which triggers the beginning of the audit phase of the Project. Once the audit is complete, it is sent back with the findings to the Town and School Department, who may choose to accept or dispute the decision. If accepted, the MSBA team now brings the project before the MSBA Board for final approval and, once approved, sends the District its final calculated payment.

The Town of Auburn and the Auburn Public Schools have reaped the benefits of a brand new Middle School opening in the fall of 2015, along with the replacement of a roof at Bryn Mawr, a roof and boiler at Swanson Road Intermediate in 2017 and finally a new roof at the Pakachoag School in 2018. I would have to say that it has been a welcome and valuable relationship in which Auburn has greatly benefitted by receiving the value of these projects at 100 percent percent of their worth, while only paying less than half of the cost to replace them, had we done the projects on our own. Truly a wonderful gift to the students and families of Auburn!

To contact Mrs. Wirzbicki, School Business Manager, to share an idea, a concern or to ask a question, she can be reached at 508-832-7750 or via e-mail at cwirzbicki@auburn.k12.ma.us. Thank you for your continued interest in and support of the Auburn Public Schools!

Local students named to Dean’s List at Quinsigamond Community College

Quinsigamond Community College has released its Dean’s List for the Fall semester of 2018. Among those recognized for their superior academic performance were the following Auburn residents:

Stephen Acquista, Brigid Campbell, Lauren Francis, Stephen John, Tyler Judice, Abigail Lloyd, Katherine Nordborg, Roque Ramos, Jacqueline Santram, Andrew Sprague, Sam Taki, and Scott Williams.

LEGALS

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claiming to have an interest in a Mortgage covering real property in Auburn numbered 1 Westwood Drive, given by William J. Richinick a/k/a William James Richinick to Sovereign Bank, dated September 28, 2011, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 47972, Page 164, and now held by the Plaintiff, has filed with this court a complaint for determination of Defendant’s Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before FEB 11 2019 or you may be forever barred from claiming that you are entitled to the benefits of said Act. Witness, GORDON H. PIPER Chief Justice of this Court on dec 31 2018
Attest: Deborah J. Patterson
Recorder
January 18, 2019

ELIZABETH FAZIO NAMED TO COLBY-SAWYER COLLEGE DEAN’S LIST

NEW LONDON — Colby-Sawyer has named Elizabeth Fazio of Auburn to the Dean’s List for fall 2018. Fazio, who majors in nursing, is a member of the class of .2019. To qualify for the Dean’s List students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

About Colby-Sawyer College
Colby-Sawyer College is a compre-

hensive college that integrates the liberal arts and sciences with professional preparation. The college’s faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students’ academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer prepares

students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college’s vibrant teaching and learning community at www.colby-sawyer.edu.

LOCAL STUDENTS NAMED TO DEAN’S LIST AT BECKER COLLEGE

WORCESTER — The following students have been named to the dean’s list at Becker College for the fall semester. The dean’s list recognizes all full-time students whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades.

Molly Bonneville, of Auburn, is pursuing a BS in Business Administration, Management Concentration.

Anthony Papetti, of Auburn, is pursuing a BA in Interactive Media Design, Game Arts Concentration.

Elizabeth Simonian, of Auburn, is pursuing a BS in Legal Studies.

Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly 1,800 students from the United States and around the world live and learn on the College’s Worcester and Leicester campuses. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a “Best College” for undergraduate education by The Princeton Review.

ROGER WILLIAMS UNIVERSITY ANNOUNCES FALL 2018 DEAN’S LIST

BRISTOL, R.I. — Select students have been named to the Fall 2018 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester.

Mary Byrne of Auburn
Dylan Pratt of Auburn

About RWU
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today’s employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

LOCAL STUDENT NAMED TO DEAN’S LIST AT UNIVERSITY OF NEW ENGLAND

BIDDEFORD AND PORTLAND, Maine — Samantha Dinsdale of Auburn has been named to the Dean’s List for the 2018 fall semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester. The University of New England is Maine’s largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts.

Preschool pre-registration to be held Feb. 6

AUBURN — Pre-registration for the 2019-2020 preschool program will be held Wednesday, Feb. 6 from 3 – 7 p.m. at the Auburn High School Presentation Room.

Children who will be three years of age on or before Sept. 1, 2018 are eligible for our three year old preschool program. Children who do not meet the Kindergarten cut off of being five by Sept. 1 are eligible for our four year old programs.

For more information, please contact Kate Flynn kflynn@auburn.k12.ma.us.

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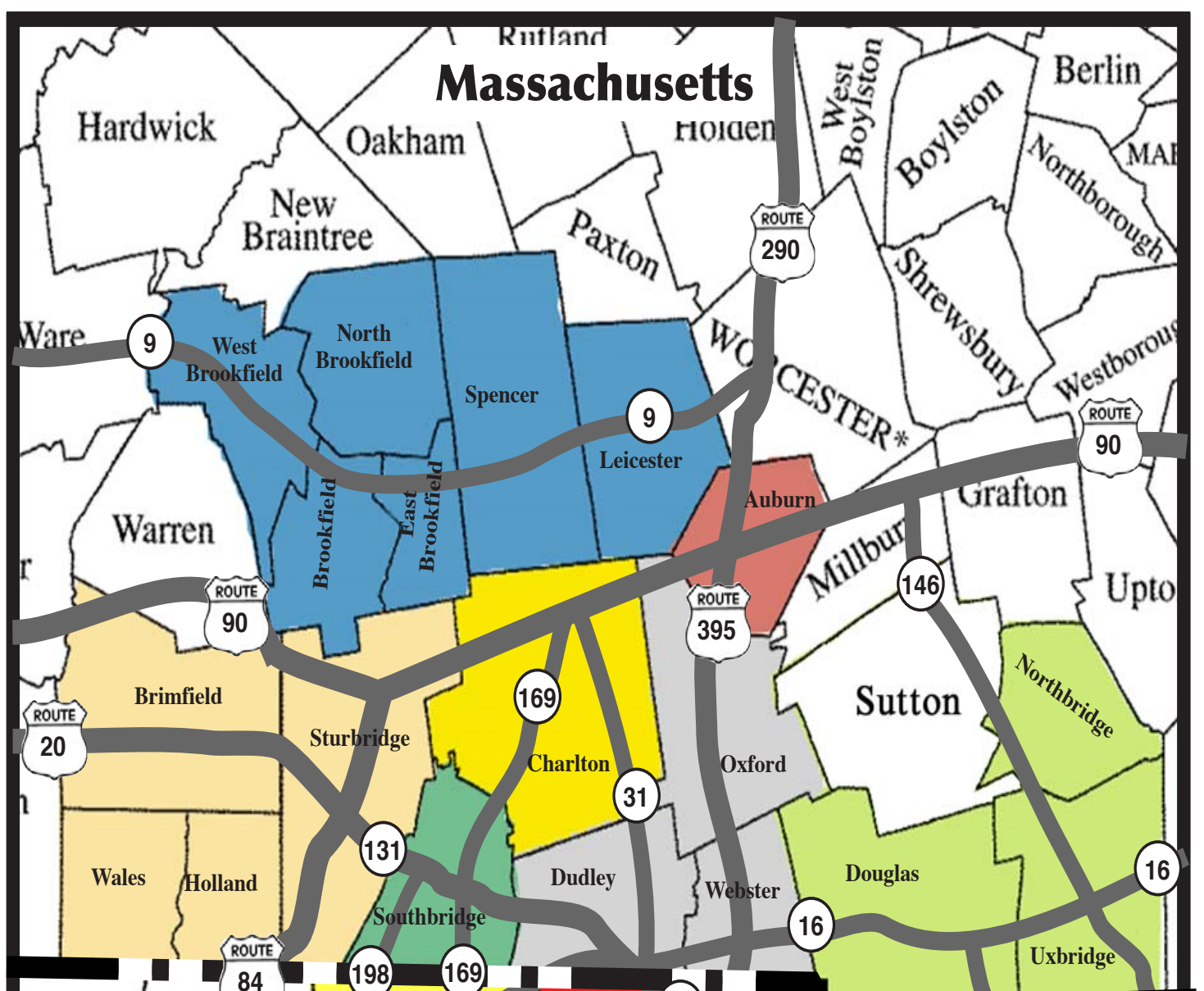
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OPINION/COMMENTARY



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FRANK G. CHILINSKI
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EDITORIAL

Making a resolution that will last

With New Year's Day now in our rear-view mirror, we, like many of you out there, are thinking about resolutions. We could debate that September is actually the start of a new year given the clean slate of grades to start a new school year, but a new year is a new year, and not all of us are still in school.

More than half of all resolutions end in failure, but we like the fact that generally, we, as people, seek to improve ourselves and our lives. One reason resolutions fail is that a person just hasn't chosen the right one, something that has meaning. Many people fail before the end of January.

A resolution isn't the right one for you if it's too vague, if it's someone else's expectations for you, or if you have no plan.

The acronym SMART (specific, measurable, achievable, relevant and time bound) can be used to help facilitate your success. If you make a specific goal of losing a certain amount of weight, your goal will be easier to obtain. If you set a time limit (baby steps) by saying 'I will lose one pound each week,' your plan becomes more effective. As a side note on the 'baby steps' concept, if you haven't seen the comedy "What About Bob?" starring Bill Murray, you must.

We all like to see progress and to see it fast. One way is to make something measurable. If you want to scale back on something, say using social media, you can use the 'see how much time you've spent on Facebook' setting to watch your usage go down. Or if you've set out to watch as many old classic movies or read as many John Grisham novels as you can this year, you can make a check list, and as you finish each one, check it off the list. Or bring an empty book case into your house, as you finish a book, pop it on the shelf.


Pick a goal that is achievable. By taking a leap that is too big, you might find yourself in over your head and likely frustrated. Having a goal of saving more money than you can, will leave you hopeless, however if you can put away \$50.00 per month, then you're on to something.

Choose a resolution that is relevant. Doing something for the right reasons is key. A relevant goal is a lasting goal. If you want to do more research on your family's ancestry, so that your family will have the information for years to come, then what you're doing has meaning to not only you but to the people you care about. Choosing to bring others in on your goal is never a bad idea either. We all need a coach at times.

Using a timeline for your goals should be realistic. Knocking off small goals along the way will lead you to your larger goals and will also give you a chance to create your new habit.

Learning something new is one of the most refreshing things about being alive. Being able to continually grow and morph into the best versions of ourselves is what life is all about. The more you enjoy, the more meaning you get out of life.

As the poet T.S. Eliot wrote, "For last year's words belong to last year's language, and next year's words await another voice."



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Do-It-Yourself Tips for Health and Well Being

The answer to common maladies isn't always in a medicine cabinet. In fact, treating everyday ailments or symptoms of aging is often a matter of common sense. From mental maneuvers to manual massage, the following self-help tips are geared toward effectively promoting good health and well being!


- Improve Memory:** What's your memory grade? If you're a flunky when it comes to remembering, it may be time to get your brain back in shape with some mental gymnastics. No matter what your age, experts say exercising your brain really may make the difference between using it and losing it. Activities such as doing crossword puzzles, playing word games or cards, strengthens the receptors between brain cells in memory transmission areas. If you sense memory loss occurring, use mental helps such as calendars, calculators, list making, and group discussions to exercise your memory receptors. And relax. According to the experts, worrying about what you're going to forget can actually cause a mental block! *
- Effortless Memory Boost:** Too tired to exercise your brain to boost memory? Dab on your favorite perfume! Believe it or not, medical studies show memory skills are enhanced while people are wearing a fragrance. The theory is that because the part of the brain that stores memory is located near the part that senses smell, the memory is boosted when you sniff a fragrance. Now, if you can only remember where you put the cologne... *
- Laughter is the Best Medicine:** Groucho Marx once declared "A clown is like an aspirin, only he works twice as fast!" And health officials worldwide have proved laughter really may be the best medicine. According to University of Maryland Hospital studies, the benefits of laughing include improved coordination of brain functions, memory improvement, reduction in stress and depression, pain relief and stronger internal muscles. One UM doctor even claims twenty seconds of hearty laughter gives the heart the same workout as three minutes of hard rowing. So enjoy a daily dose of laughter, it's free, fun and contagious! *
- Stress Busters:** It's 2 p.m., you've got a pile of unfinished work, you've yet to each lunch and the phone keeps ringing! If the high tech and high stress world has got you chewing your acrylic nails off, try these easy office stress busters: At the first sign of stress, massage therapists suggest simply massaging the palm of one hand by making a circular motion with the thumb of the other. Or, when you're stressed out, reach for a steaming mug of decaf or other hot beverage and cup your hands around the mug. Bring your warm hands to your closed eyes for a few seconds and take a deep breath to induce calm. And here's a good excuse to snack on the job: Carbohydrates stimulate serotonin in the brain, so reach for a bagel, crackers or pretzels to help calm down fast. *
- The Buzz on Caffeine:** If you love your coffee, you now have another excuse to drink high octane java! A ten year study by the University of Bristol revealed coffee drinkers really may be better thinkers. The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person has a cold. *
- Hearing Help:** Are you saying "Huh?" more than you used to? Well before you



TAKE THE HINT
KAREN TRAINOR

- run out to by a hearing aid, you might want to consider a pair of sneakers instead! Believe it or not, researchers at Miami University in Ohio report aerobically fit people heard sounds at lower volumes than their sedentary counterparts. In fact, the researchers went as far as to declare that a fit person at age 40 can have the hearing of a 20 year old! The concept is that aerobic exercises such as walking, enrich the blood with oxygen and improve blood flow to the ears, which improves hearing function. For a proper hearing "fitness" routine, the experts suggest working your way up to walking 30-60 minutes, five or six days per week. For an optimum hearing boost, add strength training, as those who are aerobically and muscularly fit had the best hearing! *
- Eye Test:** Baby boomers may be soon discovering their eyes aren't as sharp as they used to be! Here is a quick vision test to gauge whether or not it's time to have those glasses upgraded: A person with good vision should be able to read the numbers and letters on a license plate 80 feet away. If not, it's time to get a vision check up. If you work at the computer all day, this simple "eye break" exercises tired eye muscles. Hold a pencil one foot away from your eyes, focus on an object behind the pencil for several seconds, then blink and focus directly on the pencil for a moment or two. This helps relaxes and revitalize eyes. At home, relieve eye strain by cutting two thin slices of raw red potato. Keep them on your closed eyelids for 20 minutes. *
- Sweet Slumber:** Are you always tired? Is your nightly slumber less than satisfying? If so, it might be time to reset your sleep clock to ensure your daily dose of rest! If your body clock is set to a different time than your schedule, you'll feel tired. Experts say when you're in your 20s and 30s, your body is typically set to stay up late and sleep late. On the other hand, it's common for people in their 60s and 70s to fall asleep at before 8 p.m. and wake up before the birds. Here's how to get back to a normal sleep rhythm by resetting your sleep clock: Bright electric light can shift your body clock, according to a past study published in the Journal of Investigative Medicine. If you want to stay up later, sit under a bright light bulb for one to two hours before your current bedtime. This will slowly shift your body clock to a later bedtime. In the morning, block out bright light until you've been up for an hour or two. If you want to go to bed and get up earlier, dim the lights in the bedroom after 9 p.m. and pull up shades to allow the morning sun to stream in. *
- Stall Senility:** If forgetfulness has you fretting about a future with Alzheimer's, here are some facts that may actually help you stall or prevent the disease. While searching for the cause for Alzheimer's disease, researchers found some interesting clues. Middle-aged people with high cholesterol or high blood pressure have a 50 percent greater risk for developing Alzheimer's later in life. Studies also reveal patients may have low levels of vitamin B-12, A, C and beta-carotene, and high concentrations of aluminum and mercury. Most revealing is that a recent study of people genetically predisposed to developing Alzheimer's disease, showed those who consumed the most fat on average, as well as the most calories, were more likely to develop the disease compared as to people who followed low-fat, low-calorie diets. So take your vitamins and eat healthy to up your odds of avoiding Alzheimer's!

What's keeping you from protecting your family's future?



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

Think about your loved ones. What will their future be like? Can you picture them living in your house many years from now? Can you picture your children going to college? Can you picture your spouse or partner enjoying a comfortable retirement? These are all pleasant visions – but what if you weren't in these pictures? If you were no longer around, you'd leave a gaping hole in the lives of your survivors. The emotional element would be tough enough, but the financial aspect – the permanent loss of your income – could be devastating to all the hopes you've had for your family members. Fortunately, you can help prevent this "worst-case" scenario from happening – if you have sufficient life insurance.

Unfortunately, a lot of people don't – even when they recognize the need. LIMRA and Life Happens, two organizations that provide education on life insurance, report the following:

Only four in 10 Americans own an individual life insurance policy – although 85 percent say that most people need life insurance.

More than one-third of all households report that they would feel an adverse financial impact within one month of losing a primary wage earner's income, while nearly half would feel an impact in just six months.

What's keeping people from providing adequate insurance for their families? Here's a sampling of the most common reasons:

"I just don't want to think about it." Let's face it – like almost everybody, you probably don't like to think about death. And consequently, you may well be inclined to postpone thinking about life insurance. But if you can just envision what your loved ones' lives would be like without you, in terms of their financial situation, you will find it easier to address your insurance needs in a calmer, more analytical manner.

"I have other financial priorities." You will always have financial obligations – mortgage or rent payments, car payments, credit card bills, student loans, etc. You can't ignore these expenses, but ask yourself this: Do any of them really take priority over the future happiness and welfare of your loved ones? Since the answer to this question is obviously "no," you will likely conclude that maintaining adequate life insurance is one of the most important financial moves you can make.

"I can't afford life insurance." If you think life insurance is prohibitively expensive, you're not alone. In fact, 80% of consumers think life insurance costs more than it does, according to LIMRA and Life Happens, while nearly half of the "millennial" generation estimates the cost at five times more than the actual amount. In reality, some types of life insurance, such as term insurance, is highly affordable.

"I don't know how much insurance I'll need." To determine an appropriate level of coverage, you'll need to consider a variety of factors, such as the number and age of your dependents, size of your mortgage, spousal income, amount of employer-provided insurance, and so on. A financial professional can help you calculate the amount of protection you need.

As you can see, none of the reasons listed above should really keep you from adding life insurance to your overall financial strategy. So, take action soon to help ensure that your wishes for your family's future will become reality.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

Things to remember on Martin Luther King, Jr. Day

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." -MLK Jr.

With Martin Luther King Jr. Day coming up on Jan. 21, I wrote down things I try to keep in my thoughts each year, hoping that other people will not simply see it as a Monday holiday, but a celebration of how far we have come and a realization of how far we have to go.

First, questioning the status quo is not only important, but it's necessary. The laws of the 1950s in the Southern United States reveal that just because something is legal does not mean it is right. Jim Crow laws mandated racial segregation in many states by creat-



MIND OF A CURIOUS GIRL
• • • • •
ANNIE SANDOLI

ing separate public facilities, schools, and transportation vehicles for black Americans and white Americans. The idea, upheld by the U.S. Supreme Court in 1896, was based on the idea that these facilities would be "separate but equal," with the problem being that they were always separate and never equal. After Rosa Parks refused to give up her seat to a white man in 1955 when the whites-only section was filled, Dr. King became the leader in the Montgomery Bus Boycott, which led to the ending of racial segregation on all Montgomery public buses in 1956. When following the

Time to get out on the ice



THE GREAT
OUTDOORS
• • • • •
RALPH
TRUE

Start your engines! Ice augers, that is. Ice fishing has finally arrived, and anglers are wasting no time to do a little bit of ice fishing.

As always, extreme caution needs to be practiced when navigating new ice. Because of the deadline for this column, no reports of fishing from local anglers this week, but I am sure there will be a lot of news next week.

Reports from Maine: ice fishing anglers have bob houses and other fishing gear being set up on frozen lakes. Hopefully, the ice will hang around for a while, giving anglers a few weeks of good ice fishing. Cape ponds have a coating of ice on them, but may need a few more days of cold weather to make them safe. Remember to wear ice creepers on your shoe or boots to avoid a nasty fall that could send you to the hospital and end your ice fishing expeditions for the year.

This week's two pictures show a local angler with his prize winning broodstock salmon caught a number of years ago at Wallom lake in Douglas, and the second picture shows a farther and son team ice fishing at Linwood Pond a few years ago. Unfortunately, no broodstock salmon are available to Mass. Fish & Wildlife again this year. It sure was a great opportunity for anglers to enjoy the experience of land-



ing such a great fish through the ice. Pike fishing in Rhode Island and in lakes in the Western part of Mass. should start to produce some great fish.

The last segment of the Canada goose season in Massachusetts opened this past Tuesday, Feb. 15, and will end on Feb. 15. The late season allows for a liberal daily bag limit of 15 birds. Because of the extreme cold weather and frozen lakes this past week, many geese will be visiting local rivers to feed and have water. Hunting areas around water require a good bird dog for retrieving downed birds, but can be hazardous for them also. Dogs falling through thin ice can often put the dog in a dangerous condition. I like to have my lab fitted with a good vest that is buoyant and also keeps his body warm

when swimming in the frigid water. No goose is worth the life of my dog, as I have told numerous stories of my hunting experiences in past columns that could have very well cost myself and my dog our lives.

Hunting from a canoe or small water craft at this time of year is also dangerous and common sense and caution needs to be practiced on every hunt. Wearing life preserves at all times when in water craft while hunting this time of year can save your life. I have tipped over my canoe while hunting waterfowl in my younger years and if it happened to me today it would more than likely cost me my life. I no longer have a canoe or small boat to hunt from and I prefer to keep both feet on dry ground. Goose hunting can be a lot of fun but common sense needs to be



practiced every minute while out in the great outdoors at this time of year.

If you own a good rabbit dog, this is the time of year to enjoy the baying of the hounds as they trails the scent of the elusive rabbit. There populations have increased these past few years, and if you can find a bit of cover along fields and swamps that are open to hunting, you may just be able to harvest a few of these tasty rabbits. The bare ground is just what you need to hunt rabbits this time of year. Rabbit stew was a favorite dish of mine back in the good old days.

Hunting on a Saturday morning with the late Bob Campo and Buster Bromley, it was not hard to harvest a few rabbits for a good stew. My son, Ralph Jr., also enjoyed rabbit hunting back in the day, at age 12. He shot his first two rabbits on Thanksgiving morning

off of Sutton Street in Uxbridge in front of my first real good beagle called Joe. I purchased the beagle as a pup from the late John Bolanzo of Douglas. The dog won numerous trophy's and ribbons in field trials at the Blackstone Valley Beagle Club and The Whitinsville Fish & Game Club. Ah, yes, the good old days.

Don't forget the upcoming Sportsmen's shows. The Marlboro Fly Fishing Show is this weekend, Jan. 18, 19, and 20, and the New England Fishing and Outdoor Expo open their doors on Jan. 25-27. The Springfield show will open their doors on Feb. 22-24.

The Rhode Island saltwater fishing show is March 22-24 this year. More on these shows next week.

Take a kid fishing & keep them rods bending!

Preserving antique furniture and silver

Those of you who regularly watch PBS' "Antiques Roadshow" have seen antiques that have lost much of their value after being cleaned. If you are unsure whether to clean an antique, don't. While some antiques can be cleaned, others like coins should never be. This column will offer some guidelines on caring for antique furniture and silver, but the best advice is to consult with a professional before you clean or restore antiques.



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

If you have a valuable piece of Period furniture or another family heirloom the American Institute for Conservation of Historic and Artistic Works (AIC) offers some great suggestions for preserving your pieces. To preserve antique furniture keep it out of direct sunlight. Damage from visible and ultraviolet light is "cumulative and irreversible." Humidity also affects furniture. The AIC recommends that furniture not be stored in basements or attics and kept away from heating vents and fire places. High humidity can promote mold growth and insect activity in the wood. Changes in humidity can produce shrinkage and cracking.

"It was once thought that furniture needed to be 'fed' with various mixtures of oils and other materials to keep it from drying out," according to the AIC.

It has now been determined that some furniture oils will produce a gummy surface on furniture. Other furniture polishes contain non-drying oils that attract dirt and grime.

Silicone polishes leave a film and may interfere with later preservation. For clear-varnished furniture a lightly applied, good paste wax is recommended. AIC notes that "it may not be appropriate to wax furniture that is gilded, painted or lacquered, or furniture that has unstable veneers or flaking finish." Stripping and refinishing used to be considered standard practice, but no longer is. The original finish is important to the piece and can't be recovered once it is removed. They recommend contacting a conservator if you are unsure about what to do.

The Victoria and Albert Museum Web site states that silver tarnishes from car emissions and other pollutants. A wide variety of other factors tarnish silver. Wood, wool, leather, textiles, rubber bands, newspaper, adhesives and even vegetables and egg all emit sulphurous and acidic



gases. To help prevent tarnish James Robinson of James Robinson Inc in New York recommended enclosing silver in airtight zip lock plastic bags in his appearance on the Martha Stewart show. He advised against using rubber bands to keep flatware pieces together. Cloth silver protectors help protect from tarnish. Robinson advised that silver that is used regularly can be washed with mild soap and water.

To remove dirt from silver the Victoria and

Albert Museum uses solvents on cotton swabs. To remove tarnish, they use a chemical cleaning solution with cotton wool and wash it with de-ionised water. Overcleaning silver can remove hallmarks. They note that when "used carefully these treatments can improve the appearance of silver objects, while retaining signs of wear, which are evidence of past use."

I have seen many pieces of silverplate that appear to have been

polished with abrasive cleansers. The thin layer of silver has been worn off exposing the plate beneath. Sometimes, it may be best to leave your silver alone for a while and work on New Year's resolutions instead.

We are planning an online estate auction in Swampscott. We are still accepting consignments and making pickups for our next live February 28th. I'll be teaching my "Evaluating your Antiques" class on March 12 at the Bay

Path Evening School in Charlton. Please see www.centralmassauctions.com for details on these and other upcoming events.

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

SANDOLI

continued from page A8

law was not the right thing to do, King refused to follow it, creating a change to further human rights.

Second, nonviolence is often much more brave than violent retaliation. King and the rest of the Southern Christian Leadership Conference organized nonviolent protests throughout the south to fight for desegregation, voting and labor rights, and other civil rights. It was never about doing nothing, but rather about turning nonviolence into an action that allowed them to openly confront legal racism through marches, sit-ins, and other forms of protest. The SCLC hoped that its efforts

would increase media coverage of civil rights protests and the violence and harassment that partakers suffered, and it did. The efforts of Dr. King, especially the Selma demonstrations, changed public opinion about the Civil Rights Movement dramatically by the early 1960s and led to the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

Third, change is inevitable, so we have to learn to move with it. Maybe the world isn't like it was the day you were born, and it shouldn't be. Every single day, people change, circumstances change, and our entire world changes, little by little. Dr. King was a facilitator of change, but he also had his moments of difficulty, especially during his jail time in Birmingham and prior to the

March on Washington, and had to learn to put aside his own fears and doubts in order to follow his vision of equality.

Fourth, ideas do not die with people. Dr. King's assassination in 1968 did not end his legacy or the idea that every single human, regardless of race, deserves human rights and to be treated equally. We can see this now in the Black Lives Matter movement and the fight against racist tendencies in America's war on drugs. Equality is not just an important part of American society, it is the base of it. Celebrating MLK Jr. is part of celebrating the idea of human rights for everyone, regardless of skin color.

Finally, many people were injured and some even died during the Civil Rights Movement. Martin Luther King, Jr. Day was established to celebrate a

man who took charge and made sacrifices during the civil rights movement, but he is not the only one who did so. It is a day we can take to stop and remember how many lives were lost or never the same again because of police force. It is a day to not take our freedoms for granted, but remember how many people fought for what was right and how many things we still need to fight for.

Instead of thinking of MLK Jr. Day as just another day off from work, I hope we can all think about who it is celebrated for, why his efforts were needed in the first place, and how we can continue to guarantee equality and human rights in this country. After all, it is every single citizen's responsibility to make sure America remains a free and equal place for all people.

SPORTS

Final score deceiving in Rockets' competitive loss to Millbury



Nick Ethier photos
Auburn's Cam Bolduc employs a spin move in the post on a Millbury defender.



Auburn's Justin Skaparas releases a jump shot from the corner.



James Whittemore of Auburn looks inside to Cam Bolduc before making a pass.

BY KEN POWERS
SPORTS CORRESPONDENT

MILLBURY — High school basketball fans who weren't at Auburn's boys' varsity game against Millbury at Martin J. Roach Gymnasium on Wednesday, Jan. 9, and only know that the Rockets lost to the Woolies by 15 points, have no idea how incredibly competitive a contest it was.

Millbury, which trailed by six points entering the fourth quarter, defeated Auburn, 76-61, the Woolies' offense exploding for 30 points in the final eight-minute frame.

"I'm very proud of the effort my guys put forth tonight," Rockets' first-year head coach Dan Koen said. "I think we have made a giant improvement since the beginning of the season."

Auburn, 1-9 overall and 1-4 in Southern Worcester County League (SWCL) play, trailed by six points, 37-31, at half-time. The Rockets, however, rode the hot shooting hands of senior captain Jason Henry and junior Cam Bolduc in the third quarter, outscoring the Woolies by a 21-9 count in the period to take a 52-46 lead into the final quarter.

Henry, who finished with 13 points, scored eight in the third period, six of those points coming on a pair of 3-pointers. Bolduc scored seven of his 11 points in the period as well.

"Jay Henry is the heart and soul of the team. He's one of our stronger kids, and he's got the biggest heart and the most competitive drive on the team," Koen said. "He does every single thing he's asked. We had him covering the big guy from Millbury [senior Matt Leroux] and Jay was clawing and scrapping and going for rides sometimes trying to cover him, but he never quit working. He embodies what Auburn basketball is trying to become."

Millbury (6-2 overall, 3-0 in the SWCL) opened the fourth quarter with a 13-0 run, turning its six-point deficit into a seven-point lead, 59-52, at the three-minute mark of the period.

Senior captain Jack Ezold, who scored eight of his 20 points in the period, drained a pair of 3-pointers in the run. Leroux, who finished with 23 points and 16 rebounds — both game-highs — scored four points in the spurt and 11 in the period. The other three points in the 13-0 start to the quarter came on a trey from senior captain Tim Dunne, who canned three 3-pointers in the game and finished with nine points.

Despite having lost the lead, Auburn continued to battle, cutting the Millbury lead down to two, 59-57, with 3:50 to play on Henry's third 3-pointer of the game. Millbury called timeout at that point, regrouped and closed out the game and the victory with a 17-4 run to account for the 76-61 final.

"I think tonight we learned that we need to learn how to finish games," Koen said. "That's the next step in our development — how to finish and win games. We need to continue to learn how to compete and do some of the little things it takes to win games like this. We have yet to get to that step."

The Rockets were led in scoring by junior Coleman Picard,



Auburn's Coleman Picard drives into the lane versus Millbury.



Nick Gonyea of Auburn dribbles the ball into the paint.

who finished with 14 points. Justin Skaparas also joined Picard, Henry and Bolduc in double figures by scoring 11 points.

Koen said the season so far has been an adjustment for the players, but that they're working hard and improving each day.

"It's difficult in the sense that the players have a new coach, so a lot of new stuff is

being thrown at them from a new personality," Koen said. "And I'm still trying to figure out the kids as well, and we started off the season with a tough schedule. I feel like only now are we finally starting to get our rhythm a little bit from a basketball sense, but I do think we've made some steps in the right direction."



Auburn's Jason Henry prepares to release a shot from the wing.

Shearns Boxing Promotions — A family affair

AUBURN — Former professional boxer "Irish" Chuck Shearns has announced the founding of New England's newest promotional company, Shearns Boxing Promotions.

Shearns will promote his inaugural show at The Palladium in Worcester, the same venue where he last fought nearly two years ago to the exact date, on Friday night, March 15. Full details about this event will soon be announced (please visit Facebook.com/ShearnsBoxingPromotions).

For the past two years, Shearns has worked with Rivera Entertainment Promotions, and he was co-promoter of Granite Chin Promotions, gaining invaluable experience in terms of the business of boxing. Now, he has decided to go out on his own, and he has more than the full support of his family.



Collectively, they are Shearns Boxing Promotions.

"I have experience because I worked shows with my friends, Jose Antonio and A.J. Rivera and Chris Traietti. Also, having been a pro fighter, I understand what it's like to sell tickets for purses. I also know what it's like to get

shortchanged by a promoter. Because of these factors, I decided that I was ready to go out on my own, starting a business with my family," said Shearns.

In addition to his duties as the official promoter, Chuck is also a licensed matchmaker who will be responsible for contracts and commission relations. His wife, Karen, will use her accounting background to handle finances. His two daughters will also be heavily involved in the company. Kayla has a marketing degree and will serve as marketing and social media director, while Olivia will take care of event management and operations. The family resides in Auburn.

Although Shearns Boxing Promotions will concentrate on the Worcester market, it also plans to expand throughout New England.

"We're going to feature quality, fan-friendly shows at reasonable prices to help keep New England boxers active and progressing their careers," Shearns said. "There is a potentially active boxing scene in New England with many boxers who need to be showcased."

Shearns is a pro-fighter promoter who, unlike some others, is open to working other promoters, many of whom are his friends.

"We want to work with, not against, other promoters," Shearns noted. "We want to see New England fighters step up and fight each other. Shearns Boxing Promotions will give them that platform. We're all-in for the good of boxing and its overall health, especially here in Massachusetts."

SPORTS

Bay Path completes season sweep with win over Indians

NORTH BROOKFIELD — The Bay Path Regional girls' varsity basketball team is rolling, and they picked up an eighth victory of the season after defeating North Brookfield High, 51-29, on Wednesday, Jan. 9. The Minutemen also defeated the Indians, 51-33, back on Dec. 27 to complete the season sweep. Bay Path led at the half, 17-13, but turned it on late to win by 22 points and improve to 8-1 in the process. The loss set North Brookfield back to 3-5.



Jason McKay photos

Bay Path's Nekelle Waskiewicz soars through the air — and through North Brookfield's defense — to be able to hoist a layup toward the basket.



Alexxus Afriye of Bay Path eyes the hoop while driving toward it versus North Brookfield.



Bay Path's Christin Pink gets off a shot between a pair of North Brookfield defenders.



Bay Path's Kayla Davis releases a 3-point attempt.



Emily Wong Kam of Bay Path knocks a North Brookfield defender down while charging toward the basket.

Worcester Tech gets hot in third quarter to take down Minutemen

BY NICK ETHIER
SPORTS STAFF WRITER

CHARLTON — The Worcester Tech boys' varsity basketball team is perennially near the top of the Colonial Athletic League and, in turn, normally makes a deep run in its Central Mass. District Tournament. And Bay Path Regional hopes to make a big splash in the league and in postseason play this winter after opening the season with a record of 8-1. And the Minutemen handled them-

selves well when hosting the Eagles on Monday, Jan. 14. Bay Path held a 27-21 halftime lead and ultimately won two quarters and tied another. But the Minutemen lost the third quarter by 16 points (26-10) and fell just short, 57-51. "Worcester Tech is one of the top teams in Division 4. Most likely they're going to be a semifinalist in the Districts. This is the kind of game that can measure exactly where we're at," said Bay Path head coach Al Greenough.

And Greenough believes that his team, now 8-2, passed the eye test with Worcester Tech, who improved to 8-1 with the win.

"Worcester Tech is up here," Greenough said, putting his hand to eye level, "and as far as I'm concerned after watching this game tonight that we're right there with them."

The game was tied, 14-14, after the opening eight-minute quarter. Then, in the second, the Minutemen's Cory Cotton came off the bench after picking up some early foul trouble to provide an offensive spark. Cotton closed the half on a personal 8-0 run — via a steal and layup, plus a pair of 3-pointers — to put Bay Path up, 27-21, at the break.

The Minutemen then held a 37-36 lead as the third quarter clock inched closer to zero. That is where the Eagles made their move.

"I thought we battled them all game as hard as we could with our lack of size. We did everything that we could defensively to try to take some things away and I thought the kids did a good job of carrying through with the game plan and keeping them in check, for the most part," said Greenough.

The "for the most part" indicated the final 1:36 of the third quarter when Worcester Tech's Jose Bonilla — who was scoreless up until that point — finished off a layup and then canned three 3-pointers, including the final one from NBA distance to beat the buzzer and give the Eagles a 47-37 lead with a period to play.

Worcester Tech's 26-point quarter was more than the 21 points they scored in the first and second quarters combined.

"That was basically the difference in

the game," Greenough said of Bonilla's 11-point outburst.

Bay Path never gave up and cut the deficit down to two points, 51-49, when Jamie Rodriguez (14 points) made a 3-pointer with 1:07 to play, but they could get no closer. The Eagles scored six of the final eight points to put the game away.

Cotton scored 17 points for the Minutemen and teammate Joe Starr added 10 more, but the team could never fully control Worcester Tech's top players, as Brandon Hamilton finished with a double-double (17 points, 20 rebounds) and Jason Latorre chipped in 12 points. Overall the Eagles outrebounded Bay Path by a sizable 49-21 margin.

But, more than anything, Greenough appreciated his team's effort, an effort that has won them a come-from-behind game in the recent past.

"They're a bunch of kids that work extremely hard and they work from the opening tip until the last buzzer. It's like our last game, down 12 points with a minute to go and we came back and won the game," Greenough said of beating Abby Kelley Foster.

Cotton hit four 3-pointers in the final minute for the Minutemen versus the Bears, and then Rodriguez made a jumper with a second to spare to win it.

Even though they lost to the Eagles, Greenough believes that his team is strong and will only get better after playing a top opponent so tough.

"Tonight will give them confidence that we can compete with these teams," he said of playing against the other top programs in the league in the form of Assabet Valley and the Advanced Math and Science Academy.



Nick Ethier photos

Joe Starr of Bay Path lofts a floater in the lane versus Worcester Tech.

New MS4 requirements could bear heavy cost to Charlton

BY JASON BLEAU
NEWS STAFF WRITER

CHARLTON – The town of Charlton is keeping their eye on a change to permitting on the state level that could end up costing the community more money for storm water system improvements in the years to come.

Todd Girard, Charlton’s Conservation Agent, provided an update to the community during a roundtable all boards meeting on Jan. 8 to kick of the new year, and noted that one major change Charlton will see in 2019 is alterations to the MS4 permits. MS4 stands for Municipal Separate Storm Sewer System and is defined by the EPA as a conveyance or system of conveyances that are owned by the state, city, town or village or other public entity that discharges to waters of the United States and are designed or used to collect or convey storm water. According to Girard, what used to be a pretty simple permit requiring minimal man hours is now going to be much more expensive and, potentially, expensive.

“Every other department in here will have something to do with this new permit — DPW, Board of Health, Planning Board, Conservation Commission, everybody under the sun. It is going to be quite a change,” Girard told the rest of the boards and commissions of Charlton. “It’s going to actually end up becoming a pretty big cost to the budget.”

Board of Selectmen Chair John McGrath said this is a reality that can’t be overlooked by Charlton, especially with budget season just on the



Courtesy Photo

Conservation Agent Todd Girard updates town officials on upcoming changes in the state permitting process for sewer system upgrades.

horizon. While the roundtable was simply an informative and updating session that didn’t involve much budgetary talk, McGrath said that all departments should be aware of the process as it will impact how Charlton handles storm water projects in the foreseeable future.

“The state is creating detention basins because this basically comes down from the EPA. The state has been creating detention basins and a lot of storage areas in the medians and in any of the drainage

pools in any of the interchanges. It’s costing state funds also. The federal government is not giving any money to do this they’re just saying do it. It’s going to be for a rural town such a Charlton,” McGrath said. “Usually, our drainage is one catch basin on one side of the street to another catch basin on the other side of the street and then into the swamp or a pipe underneath the road to just get the water from one lowland road to the other. This is going to cost us some serious cash when we really get into

it.”

While specific costs and upcoming project details were not discussed at length during the roundtable it was continuously stressed that this will be a budgetary hurdle for Charlton that will need to be addressed eventually.

As part of his update, Girard also discussed the status of Charlton’s Global Information System which has Girard going over all the maps of the town and making a new, updated document to show a more accurate and modern snapshot

of the town and its boundaries. Girard also revealed that Charlton has seen a significant increase in building and that one project that could see a lot of discussion in 2019 is new sewer lines all over town. Finally, Girard stressed that Charlton is continuing to see a problem with its local beaver population and their impact on the environment and that he is working with officials on the state level to continue to address those concerns.

Pawsitively 4 Pink holds first fundraiser to help ease financial burden for women diagnosed with breast cancer

About one in eight U.S. women will develop invasive breast cancer over the course of their lifetime. In 2018 alone, over 266,000 new cases were diagnosed in American women, Massachusetts being one of the highest occurrences of this diagnosis out of all the United States.

Often given little attention, however, is the economic impact of the diagnosis on patients. Women being treated for early breast cancer lose about a quarter of their annual income. Ten percent of women lose 66 percent or more of their yearly income.

Michelle Power, the President and Founder of Pawsitively 4 Pink, started this non-profit organization after witnessing the journeys of her long time friend and business partner, her foster mother and most recently, two other family members who were diagnosed with breast cancer. She has seen the devastating effects physically, psychologically and emotionally that this disease has inflicted on these loved ones and their families. After talking with these women she would never have guessed the internal struggles they were experiencing. But behind their faces were hardship and heartache.

“A diagnosis of breast

cancer infiltrates their bodies, and can win the daily battles, but we cannot let it win the war and steal what they have worked so hard for in their lives,” said Michelle Power, President and Founder of Pawsitively 4 Pink.

There are numerous side effects to this diagnosis not limited to the physical dimension, including psychological, emotional and fiscal all affecting a women’s ability to heal and become healthy.

Pawsitively 4 Pink, a non-profit organization based in Worcester, is holding its first major fundraiser to help supplement some of the financial cost that women in Worcester County who have been diagnosed with breast cancer struggle with. Without a paycheck daily bills including phone, electric, gas, and rent or mortgage payments are unable to be paid intensifying an already stress filled situation.

Researchers followed women who had paying jobs for the first year after their breast cancer diagnosis, and found that the majority missed work or had reduced hours. Women most affected by lost wages included those with lower education who received chemotherapy and had less of a social support network.

They also tended to be self-employed or worked part-time.

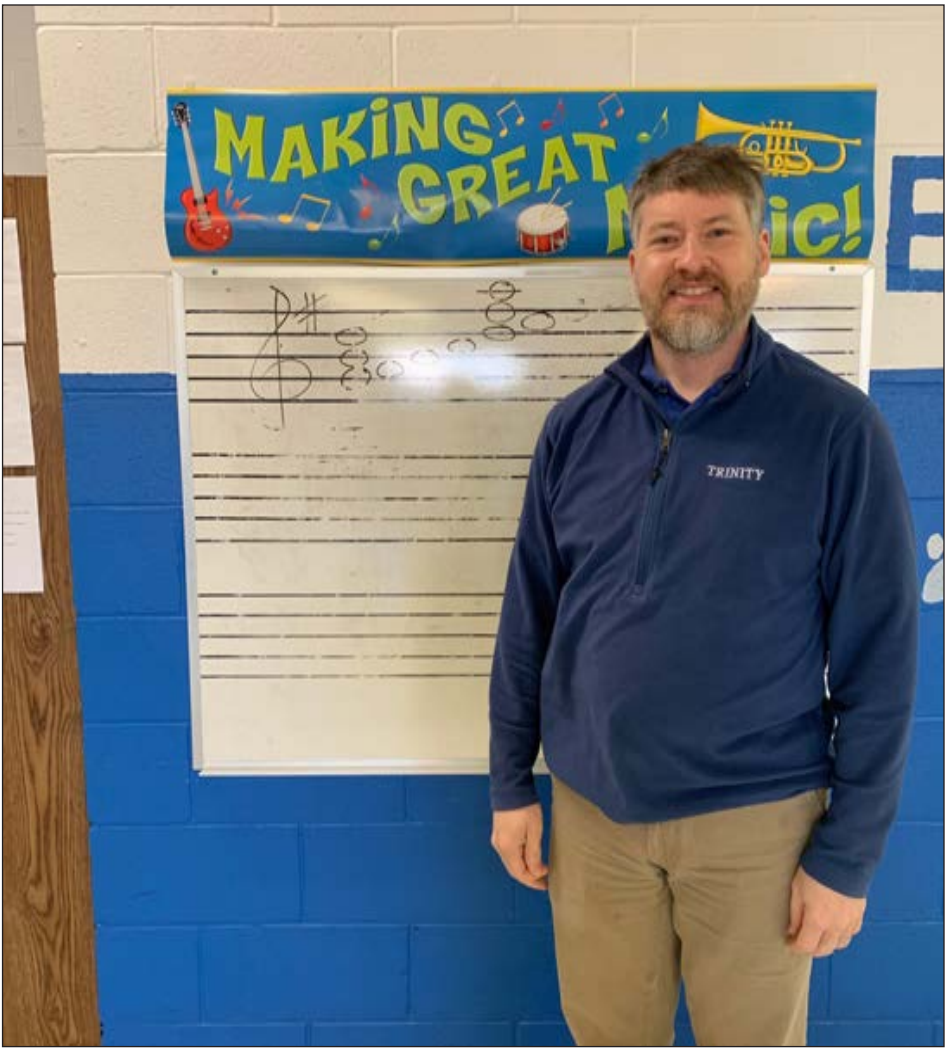
Being diagnosed with breast cancer can be life-altering, and handling the news is often a challenge no matter what the prognosis. Couple that emotional pain with lost wages, when they are needed to cover numerous co-pays and transportation costs, as well as medical procedures that are not paid for by insurance, and it’s easy to see how a woman could begin to feel overwhelmed.

The fundraising event will be held at 6 p.m. on March 2 at the White Eagle at 116 Green St., Worcester. There will be food, drinks, raffles, silent and live auctions and music. All proceeds go toward the Pawsitively 4 Pink organization and will benefit breast cancer victims.

About Pawsitively 4 Pink

Pawsitively 4 Pink’s mission is to improve the well being of women in Worcester County who have been diagnosed with breast cancer with love and dedication. Its sole focus is to be a source of pawsitivity and empowerment for one’s spirit and recovery by supplementing the financial burdens of these women.

Trinity Catholic Academy teacher heads to China



Courtesy Photo

From Jan. 14 to Jan. 25, Trinity Catholic Academy faculty member and music director, Brandon Vennink, will be traveling to China to conduct a series of workshops for Chinese instructors of elementary music and children’s choirs. The trip will consist of time in three different cities culminating in a three-day symposium in Guanchao, China with nearly 200 Chinese music teachers. Mr. Vennink will be sharing his experiences and the techniques he has been using to develop strong musical experiences for children for more than 20 years. The performance of choral music and systematic music

instruction has only recently begun to be of great interest to the Chinese people as they continue to develop internationally and emerge from previous isolationist policies. Even though it will be only Mr. Vennink and his wife, Lei Ray Yu, traveling to China, Mr. Vennink wants the Trinity community to know that they have all participated in this adventure and that he takes a little part of each student with him as an ambassador of Trinity Catholic Academy and its greater mission of sharing the love of Jesus in our world.

COMMUNITY CALENDAR

Saturday, January 19

Roast Beef Supper, 5 p.m., First Congregational Church, 128 Central St., Auburn. Tickets are \$10 for adults, and children 10 and under are free. No reservations are needed. Additional parking is available at the Town Hall.

Thursday, January 31

The Quality of Life, 6 p.m., Chuck's Steakhouse, Route 20 (10 Prospect St.), Auburn. Hosted by the Auburn branch office of Edward Jones. Who will change my light bulbs? How will I get an ice cream cone? Who will I have lunch with? What do these questions have to do with retirement planning? A lot more than you think. Find out how the answers to these questions can actually predict how rich and satisfying your retirement years will be with guest speaker Tim Hampson, Regional Vice President and Advisor Consultant for Hartford Funds. Registration begins at 5:45 p.m., with the seminar kicking off at 6 p.m. Although the seminar is free, reservations are required. Guests are welcome. Please call Karen Rieser at 832-5385 or e-mail karen.rieser@edwardjones.com by Jan. 28 to register. Refreshments will be served.

ONGOING EVENTS

12 STEP PROGRAM: Christian 12 Step Program for Men and Women 7-8:15 p.m. every Tuesday at Faith Baptist Church, 22 Faith Ave, Auburn. Do you feel your life/relationships/habits are spinning out of control? A Christian 12 Step Program is the key to Christ and life providing abundance, blessing and grace. Come as you are or contact (508) 832-5044 x 155 for information.

SUICIDE PREVENTION: Attempted Suicide Prevention Group. Held each Wednesday at 7:30 p.m. at St Bernard's Church, 236 Lincoln St., Worcester Gym Entrance Side, second floor meeting room. Parking & T services. Weekly facilitator, inspirational speaker, founder Dan Pelly, two time attempted suicide survivor. Your life matters, never give up. No charge. More info at (617) 592-5081.

STORY TIME: Have a little one in the house? Looking to get out and do something? The Auburn Public Library may have just the thing for you. Mother Goose Story time is for children ages 6-15 months. It's a great place for children and their grownups to listen to stories, share nursery rhymes and have time to connect with others during musical free play. Mother Goose Story Time is held Tuesdays at 10 a.m. Please

stop by and join us. For information, you call the library at (508) 832-7790.

MUSEUM HOURS: The Auburn Historical Museum, 41 South St. is open Tuesday, 9 a.m. to noon, and Saturday 9:30 a.m.-12:30 p.m. Admission is free to see a variety of artifacts and memorabilia concerning Auburn as far back as when it was known as the town of Ward. All are welcome to come. For more information contact Sari Bitticks at sarilb@verizon.net.

NEW GROUP FORMING: If you're separated or divorced, you don't have to go through it alone. DivorceCare meets weekly, you'll receive practical support and find healing and hope for the future in a friendly, confidential setting. We meet Thursdays, 6:30-8 p.m., beginning Feb. 1 at Faith Church, 22 Faith Ave., Auburn. Call (508) 832-5044 or email divorcecare@faithauburn.org for more information.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other.

About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

STORY TIME: Open Story Time will be held 4:30 p.m. every Thursday at the Auburn Public Library. No registration required. Please drop in. Open to all ages. For information, call (508) 832-7790.

BOYS' GROUP: Chuck wants boys in the 6th through 10th grades to join The Man Cave. The Man Cave is a boys' group that meets from 7:30 to 8:45 p.m. Thursdays at the AYFS, 21 Pheasant Court, Auburn. This is where members will learn that peers their own age share similar concerns. Group members will be able to discuss ways to cope with their concerns as well as receive positive feedback. Each week will center around a particular topic for discussion. No cost to join. For information, call Brandon Pare (508) 832-5707 x 16 or Dan Secor (508) 832-5707 x 14. Free food available.

Music Worcester presents a night with Havana Cuba All-Stars

PERFORMANCE WILL FEATURE SOME OF CUBA'S GREATEST MUSICIANS AND FINEST DANCING COUPLES

Music Worcester is pleased to announce a joyous celebration of Cuban music and dance styles with the Havana Cuba All-Stars at Mechanics Hall on Thursday, Jan. 31 at 7:30 p.m.

In recent years, Music Worcester has paid homage to several musicians making waves through the Cuban music industry and bringing their traditional sounds and style front and center to the Worcester community. These performances include the National Symphony Orchestra of Cuba's first U.S. tour in Fall 2012 and the Havana Lyceum Orchestra and Simone

Dinnerstein's first U.S. tour in June 2017.

This season's performance, back by popular demand, will feature some of Cuba's greatest musicians as they perform rhythms and melodies from the Cha Cha to the Rumba, from "Son Cubano" style to the Salsa, showcasing a wide variety of Cuban beats through fresh, contemporary lens. In their upcoming performance, the All-Stars will be backed by three of Cuba's finest dancing couples. With the greatest dancers and musicians of Cuba working in tandem, the American encore of the

Havana Cuba All-Stars' tour will be a spirited spectacle of song and dance, exemplifying Cuba's greatest musical traditions.

"We are very excited to have the talented musicians of the Havana Cuba All-Stars join us this season," Music Worcester Executive Director Adrien C. Finlay said. "The rhythms and sounds of Cuba will come alive in Worcester in an electric evening that celebrates both Cuba's music and dance styles. Our audience can expect a night of dancing in their seats for this performance."

For further information, con-

tact Sara Seng at sara@heard-strategy.com.

About Worcester Music, Inc.

Music Worcester, Inc., originally known as the Worcester County Music Association, for years, ran the Worcester Music Festival. Current programs reflect the merger in the mid-1990s of the Festival with International Artists Series and the Massachusetts Jazz Festival. Great performances by world-renowned orchestras and guest soloists, chamber music, ballet, world music and dance, jazz, and choral masterworks are hallmarks of Music

Worcester's annual operations. Multiple educational programs currently serve youth and families of greater Worcester: Music-To-Go, Tickets to Opportunity, Festival Singers, Symphonic Project, in-school residencies, and the Young Artist Competition. Music Worcester also welcomes the activities of two subsidiary groups each year - The Worcester Chorus, which has been an integral part of the Worcester Music Festival since the very beginning in 1858, and The Music Guild, Music Worcester's volunteer league.

RECYCLE

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recycling stream it can, "slow down or halt the processing of material, increase the risk of worker injury and reduces the value of recyclables" says the enforcements coordinator, Erica L. Lucier. The Department of Development & Inspectional Services depends on the residents to place only what can be rightly recycled in their bins. Recycling the wrong item can result in extra trash and extra cost. "One contaminated recycling bin can spoil an entire truck load of recyclables causing it to end up as trash" says Lucier. This affects the recycling facilities and can also have a financial cost to the town. When in doubt, leave it out. The website, recyclesmart.org is a helpful tool that can show what can and cannot be recycled, there is even a nifty search bar called Recyclopeda, where visitors to the site can type in what they wish to recycle and see if it is allowed or not.

Contact the DDIS/Board of Health Division at 508-832-7703 for any additional questions!

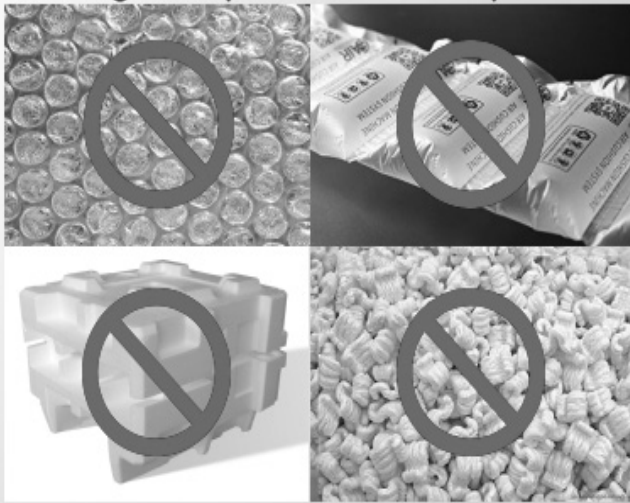
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Don't forget that common packing materials such as bubble wrap, air pillows, styrofoam and packing peanuts are **NOT** accepted in your curbside recycling. These items can contaminate single stream recycling reducing the value, cause worker injuries and facility shutdowns. An alternative for recycling your plastic films and bags is to bring them to a collection bin at a local grocery store



Packaging materials make up about 65% of household trash! Don't forget to **recycle** all of your cardboard! **Broken down** into 2'x2' pieces and put into your recycling toter. If you can not fit in your toter, please bundle with clear tape and put on side of toter. Do your best to pick a day that it is not raining or snowing to keep the cardboard dry. Thank you!



INTERACTORS

continued from page 1

national service, discover new cultures and promote international understanding as global citizens, develop skills to become school and community leaders, make friends locally and globally, and have fun while recognizing the importance of "service above self."

For more information on Bay Path's Interact club, contact Jen Reil at 508-847-3291 or jreil@baypath.net, or Brian Dekker at 508-735-0827 or bdekker@baypath.net.

AHS

continued from page 1

time to provide this training!" states the local district.

Mark your calendars for Jan. 22, when there will be a showing of "Anst: Raising Awareness Around Anxiety." After the presentation, Jon Mattleman, stated as "a mental health counselor and trainer with more than 35 years of experience working with children,

teens, young adults, parents, and families" by the district will be talking with those in attendance.

The showing is described as, "The producers of this film had one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they've found solutions and hope. The film also includes a

special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition."

The showing starts at 6:30 p.m. in the AHS auditorium, is about an hour long, and is appropriate for children 10 and older.

SUN N SOUND

continued from page 1

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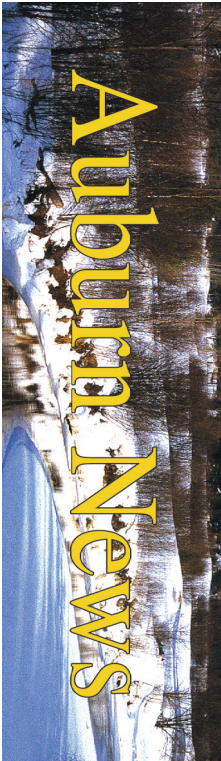
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B SECTION

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How to lose weight after a thyroid condition diagnosis

People diagnosed with an underactive thyroid condition may have to make several changes to their lifestyles to feel well and maintain a healthy weight.

The thyroid is a tiny gland located in the neck that produces a hormone to regulate one's metabolism, or the process that converts what a person eats and drinks into energy. With hypothyroidism, also known as an underactive thyroid, production of that thyroid hormone is insignificant, resulting in a dramatically slower metabolism.

The endocrinology health site Endocrine Web estimates approximately 10 million Americans have hypothyroidism. The reasons the thyroid gland falters vary. But the symptoms may include fatigue, weakness, weight gain or increased difficulty losing weight, hair loss, muscle aches, depression, and irritability.

Each of the side effects associated with thyroid conditions can be troublesome, but many people with thyroid issues struggle most with weight gain and their inability to keep weight off. The president of the American Association of Clinical Endocrinologists, R. Mack Harrell, MD, says to first visit a doctor, who can determine if a synthetic thyroid hormone medication can help. Regular exercise also can be an important part of the strategy to lose weight and manage other hypothyroidism symptoms.

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gentle yoga can improve core muscles and help alleviate joint pain as well.

Incorporating strength training into a workout can help build muscle mass, which burns calories, even when a person is at rest. That can be essential for a person finding it difficult to control his or her weight due to a sluggish metabolism.

Additional benefits of exercising are improved mood and reduced inflammation. Exercising can release endorphins into the body to help fight off depression. Also, researchers from the University of California-San Diego School of Medicine found a single 20-minute session of exercise was enough to trigger something called sympathoadrenergic activation, which suppresses the production of monocyte cytokines in the body that produce an inflammatory response in the immune system. That means exercise can keep inflammation in check.

Hypothyroidism is a common condition that produces various unwanted side effects. However, with proper care and exercise, many symptoms can be managed effectively.



Low-impact cardiovascular exercise mixed with intervals of strength training can be the right formula for losing weight with a sluggish metabolism.

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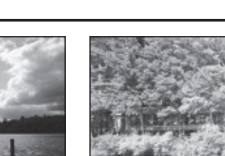
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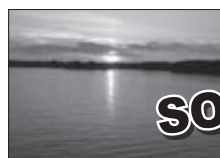
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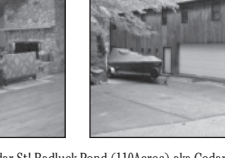
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WEBSTER LAKE - 412 Beacon Park! WATERVIEW 1,280' 5 Rm Townhouse! End Corner Unit! Lake Views! Applianced Kit! Fp'd Liv Rm w/Hrwd! 1st Flr Master w/Hrwd! Master w/Hrwd, Custom Bath & Closet w/Skyght! 2nd Bdrm w/Hrwd! 2.5 Remodeled Baths! C/Air! Garage! Great Lakeside Pool! Sandy Beach! **\$294,000.00**



WEBSTER LAKE - 130 Killdeer Island - North Pond! West Expo - Beautiful Sunsets! 6 Rm 3 Season Home! Add Heat & Use Yr Round! Great Potential! 4 Bdrms w/Hrwd, 2 Lake Facing! Fp! Liv Rm w/Lake Views! Spacious Kit & Dining Area! 2 Baths! 55' of Sandy Beach! **\$475,000.00**



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WEBSTER LAKE - 104 Treasure Island! 1,374' Townhouse! Oak Cabinet Kit w/Breakfast Counter! Formal Din Rm! Fp! Liv Rm! Screened Porch! 1st Flr Master w/Walk-in Closet & Bath! 2.5 Baths! 2nd Level w/2nd Master Bdrm & Bath! Recent C/Air! Attached Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$324,900.00**



WEBSTER LAKE - 955 Treasure Isl! WATERFRONT Townhouse! 6 Rm! 1,874' Hrwd! SS Applianced Quartz Kit! Open Flr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Fp'd Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$449,000.00**



WEBSTER LAKE - 202 Killdeer Island Rd! Panoramic View of North Pond! Natural Sandy Shoreline! Complete Rebuild Since 2002! Custom Center Island Applianced Granite Kitchen w/Walk-in Pantry, Recessed Lighting, Hardwoods & 1/2 Bath! Open Flr Plan! Dining Rm w/Window Seat, 2 Closets & Hardwoods! 19X19 Lake Facing Living Rm w/Hardwoods & 2 Sliders to Deck w/Recent Awning! Upstairs to 4 Bedrooms or 3 Plus Office! Lake Facing Master w/Cathedral Ceiling, Walk-in Closet & Master Bath w/Tile Floor, Corner Shower w/Seat, Double Linen Closet! Full Hall Bath! Halfway Laundry Closet! Lake Facing Walk-out Lower Level Family Room, 2 Sliders to Patio! Full Bath! 3.5 Baths Total! 4 Zone Heat & 2 Zone C/Air only 2 Years Old! Start Packing! **\$629,900.00**



WEBSTER LAKE - 202 Killdeer Island Rd! Panoramic View of North Pond! Natural Sandy Shoreline! Complete Rebuild Since 2002! Custom Center Island Applianced Granite Kitchen w/Walk-in Pantry, Recessed Lighting, Hardwoods & 1/2 Bath! Open Flr Plan! Dining Rm w/Window Seat, 2 Closets & Hardwoods! 19X19 Lake Facing Living Rm w/Hardwoods & 2 Sliders to Deck w/Recent Awning! Upstairs to 4 Bedrooms or 3 Plus Office! Lake Facing Master w/Cathedral Ceiling, Walk-in Closet & Master Bath w/Tile Floor, Corner Shower w/Seat, Double Linen Closet! Full Hall Bath! Halfway Laundry Closet! Lake Facing Walk-out Lower Level Family Room, 2 Sliders to Patio! Full Bath! 3.5 Baths Total! 4 Zone Heat & 2 Zone C/Air only 2 Years Old! Start Packing! **\$629,900.00**



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WEBSTER LAKE - 8 Reid Smith Cove Road! Panoramic Lake Views! West Expo! Super Sunsets! 9,698' Lot! Gently Sloping! 2,254' Custom Contemp Cape, Built 09 as 2nd Home, Like New! Open Flr Plan! Spectacular Lake Facing Great Rm w/Tile Ceiling, Recessed Lights, Sliders to Trex Deck, Stone Gas Fp! Surround Sound & Glimmering Hrwd! Granite Kit w/Is, SS Appliances, Soft Close Cabinets, Hrwd & Recessed Lights! 1st Flr Master w/Tile Bath, Whirlpool Tub/Shower, Dble Sink & Linen Closet! Upstairs Sitting Area overlooking Grand Rm w/Lake Views! Hrwd Hall to 2 Bdrms w/Recessed Lights, Ceiling Fans & Dble Closets! Full Bath & Linen Closet! Lower Level Walkout Fam Rm w/Tile Flr, 10' Ceilings, Recessed Lights, Ceiling Fans, Stone Gas Fp! Surround Sound, Wet Bar & Slider! Full Bath w/Tile Flr! Utility Rm w/Laundry & Storage! Nice Deck! Get Packing! **\$724,900.00**



WEBSTER LAKE - 37 Bates Grove Rd! South Pond! As a Second Home, Getaway or Expand it into Your Dream Home - Have Possible Plans! 4+ Rooms! Open Flr Plan! Applianced Kit! 2 Bedrooms! Bathroom! Covered Deck! Ideal Gradual Sloping Lot w/Panoramic Lake Views! **\$399,900.00**



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WEBSTER LAKE - 955 Treasure Isl! WATERFRONT Townhouse! 6 Rm! 1,874' Hrwd! SS Applianced Quartz Kit! Open Flr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Fp'd Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$449,000.00**



WEBSTER LAKE - 955 Treasure Isl! WATERFRONT Townhouse! 6 Rm! 1,874' Hrwd! SS Applianced Quartz Kit! Open Flr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Fp'd Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$449,000.00**



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Southbridge: 2.5 Acre Retreat! Come home to this 3 bedroom Cape with family room, breakfast nook, 18' living room, 2 baths and in-ground pool.
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All serious offers considered



Oxford: 3.6 Acres - Commercial Location! 4 bays 3 offices, parking for 30-40 cars, town water & sewer
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Webster: 3 Units with 4 car garage. \$299,900

Webster: Condo, 2.5 baths & granite counters, 3 bedrooms, garage

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Open House Directory

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

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, JANUARY 19				
DUDLEY				
7 Dudley Oxford Rd	S	10-Noon	\$449,900	Re/Max Advantage 1/JoAnn Szymczak 774-230-5044
SUNDAY, JANUARY 20				
WEBSTER				
11 Blueberry Ln	S	Noon-1:30	\$317,500	Re/Max Advantage 1/JoAnn Szymczak 508-943-7669 or 774-230-5044

To have your open house listed in this directory please contact Tia Paradis 508-909-4110

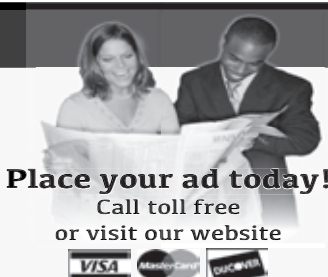
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225 GALLON WATER STORAGE TANK - used 6 months. \$350 508-867-2523

24 FOOT POOL, ABOVE-GROUND, 4 years old, filter, motor, all supplies included (except liner) Ready to go \$950 or best offer 508-498-0166 leave message

4 SNOW TIRES -235/50 R18 101T used 2 months- paid \$800, asking best offer. 508-414-2474

ABOVE-GROUND SWIMMING POOL, 24' x 54", filter system, 1 season. \$1,000 or best offer. 508-943-8769

ACORN STAIRLIFT - 3.5 years old: like new condition. 11 feet long. Asking \$1400 or best offer. Call 508-277-6568 if interested.

ANGLE IRON CUTTER For Shelving 4W296, HK Potter 2790. Normally Sells For \$700. \$50 OBO. Call 5pm-8:30pm, (508)867-6546

Beautiful Southwestern style sectional sofa, gently used, L-shape 112" x 86" Please call to set up time to view 508-885-9962. \$150 firm.

BUNK BEDS, black (youth) with mattresses (includes like-new bedding) \$350. Other furniture also available. Call Pat 508-949-9049

COFFEE & TWO END TABLES- Cherry finish w/glass tops. Very good condition. \$125 Call 508-735-2560

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

CUB CADET SNOWBLOWER. 13hp Tecumseh OHV. 45 in. width, trigger steering, 6 FRWD, 2 REV, new condition. Hardly used! \$1,600.00. 508-347-3775

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

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SNOW PLOW, Myers, 612' all controls and lights, great condition. Can be seen at Old Cider Mill, Rt. 9, West Brookfield or call 774-232-9382

SNOW TIRES, PIRELLI 245/45R19/102V M+S, 250 miles, \$1000, 508-564-3556

TOOL SHEDS Made of Texture 1-11: 8x8 \$1075 8x10 \$1260; 8x12 \$1350; 8x16 \$1675 Delivered, Built On-Site. Other Sizes Available. CALL (413) 324-1117

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100 GENERAL

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Local News



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1998 Mercedes Benz SL500 convertible and removable hardtop. Red to keep you young! Perfect condition. \$14,000 508-885-6988

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

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January's 'super blood Moon' eclipse will be visible to millions: Where and how to watch the rare event

Millions of people across the world will witness a partially red-tinted night sky as a rare celestial event arrives this weekend: a "super wolf blood Moon" eclipse.

North America hasn't had a decent view of this special scene in at least three years and another total lunar eclipse — which occurs when the entire Moon enters Earth's shadow — isn't expected to happen again until 2021, NASA predicts.


The 2019 total lunar eclipse will last approximately 1 hour and 2 minutes, Space.com re-

ports. It will kick off around 11:41 p.m. ET on Jan. 20 and peak around 12:16 a.m. ET on Jan. 21.

"The Moon won't be completely invisible during the period of totality when the Earth's shadow completely covers it! A little bit of sunlight is refracted by the Earth's atmosphere and reaches the Moon, bending around the edges of the Earth. This small amount of red light still illuminates the Moon enough for us to see it. Instead of being bright and white, the Moon will be very dim and red,

ten thousand or so times dimmer than usual; people call this a 'blood Moon,'" North and South America and portions of western Europe and Africa will be able to see the rusty-colored Moon overnight from Jan. 20 to Jan. 21. Central and eastern Africa and Asia will only be able to see a partial eclipse of the Moon during this time, according to Time and Date.

The U.S. East Coast will definitely have the "best seats" when it comes to viewing the upcoming super blood Moon



A super blood moon will be visible in late January. (The Associated Press.)

eclipse. In this part of the country, the Moon is expected to "climb to extraordinary heights," Space.com says.

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