

**OPINION**

BY GUS STEEVES

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**SPORTS**

**OPINION**

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SOUTHBRIDGE — Ready to “hit the boards” this weekend, the cast and crew of “The Snow Queen” took their rehearsals to 25 Cole Ave., the old Southbridge High School, for dress and tech rehearsals this week. Students from the Cosmetology Department of Bay Path Regional Vocational Technical High School provided the makeup and hairdressing services for more than 40 area youngsters in the musical, a classic fairy tale by Hans Christian Andersen. The Gateway Players Children’s Theatre production is being presented Friday to Sunday, Feb. 22-24, in the auditorium of the old Southbridge High School. The Friday show is at 7 p.m. Saturday shows are at 2 and 7 p.m., and Sunday’s matinee is at 2 p.m. Tickets are $16 for adults and $13 for seniors/youth, with a $2 discount for purchases before Feb. 21. For reservations or information, call 508-764-4531.

Lenten Concert Series & Stations of the Cross

Friday, February 22, 5:30pm

Blessed John Paul II Parish is pleased to offer the Southbridge and surrounding communities this weekly devotion during the Fridays in Lent. Every week a musical artist will give a short recital of seasonal music followed by a reflective and emotionally moving walking of the Stations of the Cross. The whole experience is an hour long and people of all faiths or denominations are welcome.

February 22 – Featured Artist:

BETSY FIEDLER
Soprano from Leominster, Massachusetts. She will present a program of Classical and folk-style sacred songs.
preparations for performance

Bay Path Community College’s LePage gets some finishing touches on the hair and headband of Abigail Peterson, a Rose.

Snowflake Ellora Bowlin gets a last-minute fitting from her mom, Renee.

Snowflake Silvia Kasten strikes a pose.

Being torn in two directions, cast members take to the stage at (the old) Southbridge High School on Cole Avenue.

According to National Association of Realtors (NAR) data, existing-home sales are up more than 11 percent from the same time last year. NAR Chief Economist Lawrence Yun said on reduced supply. NAR Chief Economist Lawrence Yun said his national press conference.

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Home Owners Add nearly $1 Trillion in New Home Equity in 2012

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**The ‘pinning’ revolution**

These days, social media, cell phones, e-mails, letters, tweets, texts, and increasingly, applications, are the way we communicate. In the age of Facebook, YouTube, Twitter, and Pinterest, it’s not unusual to see a banner pinning a picture of your recent vacation, a Facebook blog, an e-mail about a new TV show, or a tweet about a new movie. If you’re not pinning, are you even looking at the world in 2012?

Pinning is the latest trend in organizing things you love. A pin starts with an image—pinning is a way of organizing your visual ideas, trends, books, articles, and anything else you might want to save or share. You can add a pin from a website using the Pinterest bookmarklet, or upload an image right from your own computer. Any pin on Pinterest can be pinned to any of the boards you’ve created or chosen from the list of popular ones. Your pinning account may become a bookmark of sorts, showing the related pins and other Internet action. You might find birthday cakes to bake, cutting-edge technology to buy, books to read, or a pin from anyone else’s board.

We also refer to the act of pinning as the ‘pinning’ revolution.

**About Pinterest**

Pinned Pinterest is the pinning revolution. It’s a way of organizing your ideas, interests, concerns, and worries. Pinterest is a virtual bulletin board. In other words, Pinterest is the Facebook of the visual. Social networking doesn’t mean connecting people and/or animals. In addition, the incident made it apparent that we cannot rule out any theory as to where an animal may have come from.

The incident served to substantiate what a pinning campaign would do in connecting people and/or animals. In addition, the incident made it apparent that we cannot rule out any theory as to where an animal may have come from.

**The Everyday Pinterest**

You might think of Pinterest as a virtual bulletin board for pinning images. In reality, however, Pinterest is better than that. Pinterest can organize how you spend your time, or even how you spend your money. Pinterest is a way of organizing your visual ideas, trends, books, articles, and anything else you might want to save or share. You can add a pin from a website using the Pinterest bookmarklet, or upload an image right from your own computer. Any pin on Pinterest can be pinned to any of the boards you’ve created or chosen from the list of popular ones. Your pinning account may become a bookmark of sorts, showing the related pins and other Internet action. You might find birthday cakes to bake, cutting-edge technology to buy, books to read, or a pin from anyone else’s board.

**The benefits of social media in organizing parties**

Organizations like the Natural Resources Defense Council (NRDC) have Pinterest accounts. These accounts allow them to promote their campaigns and alert their followers to relevant news. Organizations like the United States National Parks Service might be sharing photos and information about their parks. Other organizations might be on Pinterest to promote their campaigns and alert their followers to relevant news.

Social media provides a platform for organizing about important issues. Social media allows people to organize and mobilize quickly. Social media allows people to connect with one another and share information. Social media provides a platform for organizing about important issues.

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**Mild Endometriosis is unlikely to affect fertility**

**DR. AND DOCTOR K.** Can endometriosis affect fertility? Could this affect my ability to get pregnant?

Endometriosis is the inner lining of the uterus that migrates outside of this primary location. It is a condition that can be observed in women in reproductive age. The condition can be found anywhere outside the uterus, from the ovaries to the fallopian tubes, and sometimes in the appendix or elsewhere. Typically, endometriosis affects women before or during childbearing age, but it can develop at any age. If the condition is diagnosed during pregnancy, it is usually treated with medical or surgical interventions to reduce pain and improve fertility outcomes. In some cases, endometriosis may require surgical procedures, such as laparoscopy or laparotomy, to remove or destroy endometrial tissue. The surgery can help to treat the condition, reduce pain, and improve fertility outcomes. Endometriosis may be associated with infertility, but it is not a guarantee. In most cases, treatment for endometriosis can help to improve fertility and increase the chances of pregnancy. However, the severity of the condition and its impact on fertility can vary from case to case. It is important to talk to your healthcare provider about your fertility concerns and the potential impact of endometriosis on your ability to get pregnant.
**PEARLS BEFORE SWINE**

Guys, I've been thinking... I don't think we should jump. I think we should just make life is filled with joy and wonder and love.

**BIG NATE**

Big Nate story starts here...

Bong song... Do you think... Will you invite me to be there? Over to watch something... Great, so there'll be two of you? Invited me to be there. Ice show!

ROSE IS ROSE

A Romance

**ARLO & JANIS**

Do you think, you'd jump to consider, you'd jump to consider!

**GRIZZWELL**

Every time I can't stand it... shock waves, I'm starting to enjoy it less...

**FRANK & ERNEST**

The only time I know when they've been apart is when he was in 'Iraq'.

**DILBERT**

I found a backdoor into NASA's asteroid tracking satellite. I see that a big one is heading directly toward...

**BORN LOSER**

Who knows what number these Roman numerals represent?

I must fill my final days with love. You ruined my ears, jerk!

**MONTY**

Oh, but I think that's my pop's shirt size.
McCleary: "There are way too sick people"

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Lyme

Specifically they note the tick is "highly dependent on climate patterns," but has also been spreading "outside its usual domain, especially in the Northeast region of the United States." Noting that even though, "their model projects tick habitats and the number of infected individuals increasing in the Northeast," it has not come to pass as expected. It then states that it comes to close to par (again or in excess) by 2051.

To McCleary, though, future projections also indicate groundswell in Lyme disease. His own data shows significant expansion in "onset of Lyme disease" during the 1980s, 1990s, and 2000s, with "no signs of decreasing severity." He notes that Lyme disease "has become far more than just a tick-borne disease," and the number of people infected is "soaring at a pace that the healthcare system is很难 to keep up with."

"There are cesspools of carrying illnesses, and babies are being born with them," McCleary states.

"The percentage of babies diagnosed with Lyme disease is probably too high for us to handle. We are talking about a big increase in cases and a need for massive improvements in how we diagnose and treat" the disease.

"It is not a new disease, it is an old disease. We're not prepared for it. We are not prepared to deal with this."

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NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

DECEMBER 10, 2013

By virtue and in exercise of the power of sale contained in a certain mortgage given by Keith Kaminski, of Sturbridge, and Kelly A. Kelly, of Rehoboth, to the Southbridge Savings Bank, of Southbridge, Worcester County, Massachusetts, recorded in the Worcester District Registry of Deeds, Book D3348, Page 195, said mortgage being described therein.

Said mortgage being described as property conveyed to Keith Kaminski and Kelly A. Kelly, as aforesaid, is located in the town of Southbridge, in the Commonwealth of Massachusetts, bounded as follows:

THENCE turning and running South 71° 00’ 38” East by Lot 11 one hundred fifty-four and 00/100 (154.00) feet, and thence running South 89° 37’ W., along the southerly line of the aforesaid land, to the line of a driveway at land now or formerly of Philip Pettinelli, being more or less forty-four and 44/100 (44.44) feet to the point of beginning.

By: Philip Pettinelli, President

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NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

DECEMBER 10, 2013

By virtue and in exercise of the power of sale contained in a certain mortgage given by Rosanne Rozelle, of Southbridge, and the Southbridge Savings Bank, of Southbridge, Worcester County, Massachusetts, to the Southbridge Savings Bank, of Southbridge, Massachusetts, recorded in the Worcester District Registry of Deeds, Book D3348, Page 195, said mortgage being described therein.

The purpose of this sale is for the purpose of foreclosing the above mentioned mortgage.

The sale will be held on Friday, the 20th day of December, 2013, at ten o’clock in the forenoon, at the Southbridge Savings Bank, 334 Main Street, Southbridge, Massachusetts, to the highest bidder for, and in payment of all sums due and owing under said mortgage.

By: [Signature]

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NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE

DECEMBER 10, 2013

By virtue and in exercise of the power of sale contained in a certain mortgage given by Rosemary Kelly Chapman, of Grafton, and the Southbridge Savings Bank, of Southbridge, Worcester County, Massachusetts, to the Southbridge Savings Bank, of Southbridge, Massachusetts, recorded in the Worcester District Registry of Deeds, Book D3348, Page 195, said mortgage being described therein.

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By: [Signature]
Robert L. Lorange, 85

SOUTHBRIDGE — Robert L. Lorange died peacefully at home on February 28, 2013, at the age of 85. He was born in Southbridge, the son of Luigi and Terese (DiPietro) Lorange.

He was preceded by his sister, Anita Barreto; and is survived by three sons, Paul Lorange and his wife Kim, of West Boylston; Brady Lorange; three step-granddaughters, Jessica and Ivy Chickering and Desiree Harrington; two sisters-in-law, Alice DiGregorio, of Sterling, and Betty Presutti, and his wife, Janice, of Mount Dora, Fla.; two brothers-in-law, Albert Presutti and his wife, Maria, of Peterborough, N.H., and Richard Lorange of Southbridge; and numerous nieces and nephews.

Bob worked at the former A & P Supermarket in Webster where he worked at Wholesale Drug in Worcester and the Webster Drugstore for the years prior to retiring in 1991. In his retirement he started his own business, Bob’s Lawn Works, doing landscaping for many local residents.

He enjoyed gardening and watching the History Channel, was a member of the Webster Roadshow program, and spent as much time with his family as possible.

There are no calling hours. Robert’s funeral service will be held privately at 11 a.m. on Monday, March 4, 2013, at the St. John’s Parish, 8 St. John’s Plaza, Webster, MA 01580. In lieu of flowers, donations may be made to the St. Joseph of Bangor, Portneuf, NS 01580.

SOUTHBRIDGE — Ellen (DiGregorio) Vigliante, 94, of Marlborough, died peacefully at home on February 7, 2013. She was born in Marlborough, daughter of Anthony and Colette (D’Amicis) DiGregorio.

She was predeceased by two brothers, Frank DiGregorio and Albert Presutti and two sisters, Mary Larchepell and Luma DeLuccia.

Ellen also leaves several nieces and nephews and is survived by her brother, Anthony DiGregorio of Warwick, Rhode Island.

She was predeceased by her daughter, Mike, her husband, Mike, of Southbridge; two brothers, Anthony DiGregorio and his wife, Betty, and William Presutti, and his wife, Nancy, all of Southbridge; a sister, Esther Cofely and her husband, Mel, of Largo, Fla.; two sisters-in-law, Kathleen DiGregorio of Southbridge and Louise Presutti of Southbridge, grandson, Joseph, granddaughter, Jessica and her fiancé, Derick Glorioso; nieces and nephews.

She was a member of the Southbridge Congregational Church, VFW’s Widow’s for 35 years.

In her younger years Ellen loved to dance, ice-skate and travel. She will always be remembered for her simple and charming ways.

We would like to express our sincere gratitude to the following people for their kind, compassion, and excellent care that made it possible for her to remain at home with us: Dr. Adam Pankowski and his nursing assistant, Diane Cardani, Hope Fili and Christine Mahoney of Overlook. Betty and John Lohan, Nancy and Karen Schaller, and to her CNA, Karen Scott. She appreciated living care she took of Ellen especially at the end of Ellen’s life. She will be greatly missed. The family has requested that those interested in making a memorial donation may be made to the Alzheimer’s Fund, 34 Washington St., Suite 205, Worcester, MA 01605.

A Mass will be held at 11 a.m. on Monday, March 11, 2013, at St. John’s Parish, 8 St. John’s Plaza, Webster, MA 01580. In lieu of flowers, donations may be made to the St. Joseph of Bangor, Portneuf, NS 01580.

Elisa and all of her family.

She will always be remembered for her love and voluntary care of her daugh-

Harrington physician office in Spencer opens March 1

HARRINGTON — Dr. Carl M. Peabody, 75, died on Friday, February 15, 2013 at St. Vincent’s Hospital, Worcester, after a short illness.

He leaves his wife of 31 years, Virginia (Harrington) Peabody, and his daughter, Anna Elizabeth Peabody of Belmont.

Memorial donations may be made to St. John’s Children’s Research Hospital, 950 Avenue of the Americas, New York, NY 10022.

To send a condolence, visit www.farleyfuneralhome.com.

HARRINGTON — Deborah Greenblatt’s program/ presentation “Living with a Loving Care Agency” will be held March 23, at 1 p.m., in the Sturbridge Host Hotel, beginning at 11 a.m. in Notre Dame Church of the Blessed John Paul II Parish, 279 Hamilton St., Southbridge, MA 01550.

Harrington HealthCare System.

Dr. Peabody was a resident of Barrington, R.I., before moving to Spencer, where he resided for the past 16 years.

Harrington’s entry into Spencer marks a new era for the residents and a welcome return for the Harrington HealthCare System.

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**SPORTS BRIEFS**

**Sturbridge Girls’ Softball League holding online registration**

The Sturbridge Girls’ Softball League is welcoming new and past players for the 2013 season. In order to meet the March 1 deadline, please go to the Sturbridge Recreation website at http://www.town.sturbridge.ma.us/pub- lic_documents/sturbridgeMA_baseball/ for the registration. For more information, please visit the website or call League Coordinator Gerry Deshaies at (508) 230-4612 or visit www.eteamz.com/pioneerfastpitchsoftball for additional information. The league will start Tuesday, April 9 and run for 10 weeks, playing every Tuesday, Wednesday and Thursday nights. The league is in need of volunteers, including certified referees. All games will be played at the Southbridge Community School gym. Sign ups are located in the Junior High School gym. Registration deadline is March 4, 6, 7, 11, 13 and 14 in the Junior High School gym. Sign ups are located in the Junior High School gym. For more information, please contact Coach Rousseau at 508-396-4814 or e-mail opof@south- bridgemail.org.

**Southbridge Recreation Spring Adult Basketball League fast approaches**

The league will start Tuesday, April 9 and run for 10 weeks, playing every Tuesday, Wednesday and Thursday nights. The league is in need of volunteers, including certified referees. All games will be played at the Southbridge Community School gym. For more information, call League Coordinator Gerry Deshaies at (508) 396-4814 or e-mail opof@south- bridgemail.org. All players must pay a minimum of $25 to play, and all members of the team must pay in order to participate. If making a full team, each player must fill a participation waiver. The league is also in need of vol- unteer scorers and time keepers. This is a great opportunity for the attentive and bas- ketball-minded youth.

**Tantasqua to host free volleyball clinic at Junior High**

The 2013 Sturbridge Junior High Girls Volleyball Clinic will be offered to girls in grades 7 and 8. The clinic will teach the basic fundamentals of volleyball such as serving, passing, hitting and blocking. The clinic will be held from 10 a.m. to 12:30 p.m. on Monday, March 5, 7, 8, 11 and 13 in the Junior High School gym. Sign ups are located in the Junior High School office. For any questions, please contact Coach Rousseau at 508-396-4814 or e-mail opof@south- bridgemail.org.

**SPORTS**

**Last second shots don’t fall, Rams drop Clark Tournament opener to Panthers**

BY NICK ETHER MORE

WORCESTER — Trailing by 10 points, 48-38, early in the fourth quarter, Shepherd Hill managed to have the ball in its hands down just a point for the game’s last possession.

“It couldn’t have worked out better,” Rams head coach Dave Corriveau said. Shepherd Hill’s Justin Terlizzi found a 3-pointer from the right side, which clanged off the rim.

The high-ranking Regional 5 team defeated the Rams 48-38, but the Rams’ backcourt of Collin Bennett, Michael Rapoza and Justin Terlizzi didn’t go in, forcing Shepherd Hill to wait until the Central Mass. Division 1 district tournament to square off against the defending state champions.

The game was a 15-9 run in the third quarter before the Rams ended the third down 23-25 — at halftime.

Corriveau had no qualms about Terlizzi’s 13-point, 12-rebound showing the try if anything he wanted his senior co-captain to release it earlier to allow teammates to hit the boards.

The last shot was his, but he hesitated just a half a beat,” Corriveau said. “When he got it he should have turned and shot it.”

The Rams connected on just 3 of 11 attempts from downtown.

Fourth seeded Shepherd Hill defeated No. 5 Quabbin twice during the regular season, 40-33 and 42-40, but the Clark Tournament setback will sting the Rams (13-7) for a while.

“We wish we could have lost the first game of our last game of the year,” Corriveau said. “We had the advantage to 48-38.”

To close the gap to 48-42, and Milton (20 points on 8 of 13 shooting) went down with a dislocated shoulder and did not return.

“Milton’s a good defensive pres- sure and once we came down, it was a mismatch down low,” Terlizzi said.

Kylan Kierman (11 points) of the Panthers did drain a 3-pointer, but from that point Terlizzi and Justin Martin combined for four free throws and Martin connected on a 3-pointer. It was a 54-49 game before Quabbin’s Griffin Bennett hit one free throw with a minute to go.

A Bianculli steal and layup put Shepherd Hill to within 52-51, and then the Rams’ defense went to work.

“We’re still going to put the pressure on them and we got them there to two points,” Corriveau said. But Terlizzi’s try and the Rams’ defense of Higginbotham, which didn’t go in, forced Shepherd Hill to within 52-51, and then the Rams’ defense went to work.

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“Shepherd Hill’s David Bianculli (25) and David Bianculli try to block Quabbin’s Colby Milton before he can enter the paint.
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Battling Breast Cancer.

1. Who have been impacted by breast cancer? 
2. MBCC is the only organization locally and nationally to focus solely on its cause, especially in light of Massachusetts residents. More information on the safety of a variety of consumer products and potentially dangerous flame retardants, including such things as baby bottles with dangerous flame retardants, reminds Osimo. “We’re trying to help wives and sisters, and mothers. We’re really very basic.”

Mark Ashton can be reached at mark@stonebridgepress.com, or by calling: 508-909-4144.

Battling Breast Cancer

“Why is there so much cancer, so much ill health?” Osimo is disturbed by the fact that since World War II, more than 85,000 synthetic chemicals have been manufactured and released onto the market and that, of those, fewer than 10 percent “have even been tested for their impact on health. Cancer rates are going up,” she says. “Why are we banned only 12 chemicals while Europe has banned a thousand?”

Osimo is equally vocal on “making connections” and advocating for meaningful change. According to MBCC, information, one in eight women risks a breast cancer diagnosis during her lifetime. And while breast cancer is typically a disease affecting older women, more and more younger women are being diagnosed with “very aggressive forms” of the disease. “These numbers have a special significance for Massachusetts residents,” says Osimo, “as incidence in the state is 10 percent higher than the national average. It is imperative – that we increase our efforts to prevent the disease through the work of organizations like MBCC.”

Osimo, who met Reeve at an organizational meeting a couple of years ago, says she was impressed by the Sturbridge woman’s enthusiasm and unflagging drive. “In the first 30 minutes of their meeting, says Osimo, “it was like I was talking to an old friend. Her passion is what led me to invite this truly remarkable woman to be one of our chairs for the statewide committee for Against the Tide. I am very interested in (MBCC)’s ability to educate and inform. And eventing at her stables with her contribution, dedicating an advertising budget. We are asking for a minimum contribution of $10 to take part. Reeve hopes to make this year’s Against the Tide triathletes financially viable, having established her presence felt in Sturbridge. A

To register or join Reeve’s team, visit www.mbcc.org/swim, or contact Cheryl at cheryl@charter.net. The Hopkinton fundraiser hopes to draw 4,000 participants, says Osimo, noting that the popular event has been operating for 21 years.

In terms of both moral support and financial sustainability. Participants on teams can solicit donations from supporters or provide their own financial backing. They can select their own events – whether swimming or kayaking or walking or running – and their own level of intensity – whether competitive or recreational. Each participant is asked for a minimum contribution of $10 to take part.

Reeve accepts ‘Against the Tide’ chair role

Cheryl Reeve/Sturbridge Farm Family Team for Breast Cancer Prevention. “People can take part as individuals, or as three of four as a family,” she says. The Hopkinton fundraiser hopes to draw 4,000 participants, says Osimo, noting that the popular event has been operating for 21 years. To register or join Reeve’s team, visit www.mbcc.org/swim, or contact her at cheryl@charter.net. The Hopkinton event could also use “tons of volunteers,” says Osimo, noting that non-athletes are needed to register participants, provide water service as guides, and – at present – put up posters promoting the event. “We don’t have an advertising budget. We are grass roots,” says Osimo. “Starting right now we have many jobs for willing volunteers.” Non-participants still wanting to help may simply donate through www.fightcancer.com. Even before this year’s Against the Tide, the MBCC will make its presence felt in Sturbridge. A

Prefer the water? There’s a six-kilometer swim to consider.

Past Against the Tide participants cheer on fellow walkers, runners, swimmers, and kayakers.

Turkey Feast – All You Can Eat Buffet dinner will be held at the Publick House on Monday, May 6, the proceeds of which will benefit the year’s non-profit organization of choice – the Massachusetts Breast Cancer Coalition. Tickets for adults are $13; the cost is $7 for children (ages 4-12). The buffet at the Publick House will be served 6:00-8:30 pm. The purchasing of tickets in advance is encouraged (email cheryl@charter.net, or call 742-2019). Tickets will also be available at the door.

The MBCC website offers information on the safety of a variety of consumer products and potentially carcinogenic chemicals – including such things as baby bottles with dangerous flame retardants, reminds Osimo. “We’re trying to create an awareness. We’re trying to help wives and sisters, and mothers. We’re really very basic.”

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Doctors say it’s best to fight acid or fix at the first sign of symptoms.

Don’t Be Embarrassed to Discuss It

Reinforce the Flu Shot With AHCC Mushrooms Says New Study

What Every Woman Needs to Know in 2013

Aging gracefully is made easier through a focus on maintaining healthy eating habits and exercise — even as you age. For women especially, maintaining a healthy lifestyle is particularly important, and there are a few additional health considerations to keep in mind. Catharine Hicks encourages everyone to do their part in preventing prescription drug abuse.

Do you or someone you know take a medication to relieve pain, or perhaps to treat high cholesterol or high blood pressure? While treating your ailment, the medication may also cause a side effect that many of us don’t want to talk about: constipation. That’s right, while your medication can effectively manage your condition, it might also occasionally cause your bowels to “clog up.” Constipation is really not that unusual, so don’t have to feel embarrassed to talk about it with your healthcare provider or pharmacist. According to Registered Pharmacist Jim Mervil, many people do not realize that their prescription, as well as some over-the-counter (OTC) remedies, can cause constipation.

The list of culprits include certain products from classes of medications such as anti-inflammatory drugs, antibiotics, and psychiatric drugs. Constipation can be uncomfortable, but there should be ways to effectively manage the problem. Do you experience constipation? It’s important to talk about it with your healthcare provider. You may experience constipation while taking prescription medications. If you become constipated, try Senokot-S Tablets. Senokot Tablets contain a natural vegetable laxative ingredient, plus a stool softener to provide gentle, overnight relief from constipation. For more information, go to www.senokot.com or call 1-800-332-1107 today.

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