Putting brakes on speeders

**ADOT-A-CONTE PROGRAM GIVES RESIDENTS ACTIVE ROLE**

**BY CHRISTOPHER TANGUAY**

Sturbridge — Everyone thinks of school systems and tax bases when looking at the quality of life or school district accountability. But what about traffic?

The Sturbridge Police Department recently received a $1,000 grant from the Massachusetts Executive Office of Public Safety and Security to address just that.

"Speeding directly effects quality of life for everybody," said Lt. Alan Curboy.

"For a mini grant," Curboy continued, "it encompasses a lot of areas.

Different programs that will fall under the umbrellas of the pedestrian and traffic safety grant include motorized bicycle (mopeds) and motorized scooter education, trail identification on Sturbridge's public lands, Operation Safe Stop — which will have officers stopping and asking for ID at school crossings during the opening of the school — and the Adopt-a-Cone program.

As part of Adopt-a-Cone, residents who sign up will be assigned a lime green street cone, with "Sturbridge" signs on both sides to be placed in the road in the morning and taken in the evening.

"It will have a calming effect on traffic," Curboy said. "Traffic has a memory," he continued, saying the chain reaction of cars slowing down is a "traffic memory," he continued, saying the Adopt-a-Cone program will extend far past the placement of the cones. "They help deter traffic.

"Most houses have 200 feet of frontage," Curboy explained. "We'll tell them where in front of the residence the cone is, then the person who has the cone will place it at their front door as possible.

"Most houses have 200 feet of frontage," Curboy explained. "We'll tell them where in front of the residence the cone is, then the person who has the cone will place it at their front door as possible.

"Their front door as possible.

"They hold it on me," said Michael Senecal, Fire Chief Leonard Senecal points out some of the rust damage on the company's Engine 1. (Christopher Tanguay photo)

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Funding Texas Hold' em Tournament

WEBSTER — The Baker Pond Association will be sponsoring a No Limit Texas Hold’em Tournament fundraiser on Saturday, Sept. 26, at the P&L Building in Webster. The tournament will begin at 6 p.m. and end at 10 p.m. There will be a $5 cover charge, which includes a hot dinner buffet and beverages. There will also be a cash bar available.

SEMA to host yard sale in September

SPENCER — The Spencer Emergency Management Agency will be holding a yard sale at the Spencer Fire Department, 35 Main St., Spencer. The sale will take place on Saturday, Sept. 19, from 8 a.m. to 3 p.m. All proceeds will go to the 2009 SEEMA Boot Drive.

Musical Association will host third silent/live auction diner at the Polish American Club in Southbridge on Friday, Oct. 2, at 7 p.m. Cocktails and a silent auction preview will begin at 6 p.m. The dinner auction will begin at 8:45 p.m. There will be live and silent auctions and a special prize from the Mouse Shoe Shop, "Matriarch Instinct." Tickets are on sale for $75 each. To purchase tickets, call Lorraine Czarnecki (508) 347-1932 or Lisa Boudreau (508) 245-0770.

Poker Run to help fund Heart to Heart

The Heart to Heart Foundation Inc. presents its first Poker Run, "Poker for Patients," to benefit patients with chronic diseases. It will be held Sunday, Sept. 6, starting at the Singletary Rod and Gun Club in Auburn at 9:30 a.m. The registration fee is $20. Donations are $20 per ride and $10 per passenger. A free t-shirt will be worn, live music and raffle prizes will be given. The first 25 people to register will get a free Poker Run shirt.

Tickets are on sale at the Singletary Rod and Gun Club, P and G Cigar and Tobacco, and at the Singletary Rod and Gun Club in Gilbertville. For more information, call (508) 240-3668, (508) 307-4220 or (508) 496-0134.

QUOTATION OF THE WEEK

"It will have a calming effect on traffic. Traffic has a memory. These help develop traffic that is more efficient, and we think with the addition of these signs it would make it a lot better," said Jeffrey Gillis, chair of the AHA/Central Mass. Traffic Committee. "The program of goodwill sponsored traffic signs is a good idea.

OPEN TO CLOSE

RIMELL 413-245-7308
Mon. - Thurs. 7:00 a.m. - 9:00 p.m.
Fri. 7:00 a.m. - 8:00 p.m.
Weekdays 9:00-12 a.m
SSTURBRIDGE 508-347-6663
Weekends 9:00 a.m. - 9:00 p.m.
BRIMFIELD 413-245-5451
Weekdays 9:00-12 a.m
SSTURBRIDGE 508-347-6663
Weekends 9:00 a.m. - 9:00 p.m.
WALESC 413-245-0888
Weekdays 9:00 a.m. - 9:00 p.m.
SSTURBRIDGE 9:00-12 a.m

REAL ESTATE TRANSACTIONS

STURBRIDGE
508-3 Sturbridge Park Road, Madeline H. Donnelly to Laniyia A. Charvat, 60 Sturbridge Road, $175,000.
5007 Sturbridge Road, C O Group Inc. to Eric L. Smith, 293 Southbridge Road, $500,000.
508-3 Sturbridge Park Road, Mark H. Endicott to Michael B. Lounsbury, 519 Southbridge Road, $344,000.
2204 Southbridge Road, L Whipham to Linda M. Stephenson, 109 Southbridge Road, $220,000.
1000 Southbridge Road, Patricia A. Johnson to Kaitlyn M. Perry, 99 Southbridge Road, $240,000.
1000 Southbridge Road, Madeline H. Donnelly to Laniyia A. Charvat, 60 Sturbridge Road, $175,000.
1455 Southbridge Road, Timeless Homes Inc. to Susan A. Smoker and Judy K. Smoker to Gisela S. Smokun, 1455 Southbridge Road, $286,900.

THE STATES

If you own a home in Auburn

Rooms are $25 for 10 feet by 10 feet, and $40 for 10 feet by 20 feet. The Lino's floor trailer will be available for lunch.

For more information or to purchase tickets, call Sheila Phoenix at (508) 496-2210.

The States

1. Is it true that its claws are merely the sensory organs of the olfactory system? 2. Is it the "Ivy covered" or "The Ivory Tower" that is considered the other? 3. Is it the Southbridge Fair or the "New England Fair"? 4. What does Z stand for in the NATO phonetic alphabet? 5. What does M stand for in the NATO phonetic alphabet?

The States

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When the waters came

By Christopher Tanguay

Warren added about the
then for the kids of the village," a house, where an evening movie
neighbors in the village as well.

of the village. She remembered
taking part in with the children
all things Warren remembers
were early in the morning and
we appreciated what we had,"
father and mother who worked
Southbridge's American Optical
many of whom were employed at
Warren said she was surrounded
New England hurricane.

the year of another devastating
bought that building," Warren,
Country Store.

against the side her family's
yard," said Dorothy "Dot"
Brimfield Reservoir.

bustling town beneath the unas-
response to the Flood of '55, the

-- Source: www.erh.noaa.gov/
3. Ivy covered
1. Yes it is
FIVE ANSWERS

The finest in custom cabinetry and furniture
for kitchens, baths, and entertainment
...

at 10 Warren got her first sum-
job, working in Palmer. She
recalled the morning of Aug. 19, flowing outside with her umbrella and lunch, waiting for her to ride.

"It had ruined for days already.
Warren said, "I heard this noise — a terrible, terrible noise — and there went the bridge."

Racing last-minute electricity, Warren said her mother set up a makeshift burner using bottled

"It had rained for days already,
Warren recalled playing pic-

"I was born the year they
defeated in the ACOE project, was
Brimfield survived the flood
Church, which is now a Baptist
Brimfield who, after more than
wanted to grow up anywhere
southern Worcester County,
hood, growing up in a village

Looking back on her child-

two women who worked at the
hen the waters came to Palmer, the
buildings were demolished.

said. "Ours was the last one to be
part of the ACOE's flood control
project by being moved

Of the few remaining buildings,
What was in the house," she said.

war had rained for days already,
Walton, retired, was the last to
be moved after the flood.

something that could possibly move from the cel-

"We moved everything that we
could possibly move from the cel-

When the waters came
VILLAGER STAFF WRITER
Brimfield who, after more than
five, and great
once again and a mother of four,
moved to Chicopee where she
graduating from Tantasqua High School, and
year, in 1956, after graduating

many of whom were employed at
Warren recalled... The hightlights included:
traveling Long Island Sound after
Testing hurricane winds, winds
flying out on the backs of horses,
Brimfield Reservoir.

The Board of Selectmen will meet at 7 p.m.
The Board of Health will meet at 6 p.m. in
The School Building Committee will meet at

Editors Note: It was a devastating
hurricane watch for southern New England Hurricane Connie moved across the Atlantic coast, wiping through Pennsylvania and

dropping as much as 6 inches of rain in one day, traveling Long Island Sound after
making initial landfall over the
Carolinas. This region was washed with another 18 inches of rain in two days. Tornado along both sides of the
Connecticut-Massachusetts border saw flooding on Aug. 19 as the Hurricane winds. The Quabbin reservoir saw near record
levels. Another fireball story in October would inundate western
Massachusetts a second time.

More than 200 dams in New
England maintained partial to total
failure — many south of Worcester in the
Thames and Blackstone headwaters. When it was all over,
the Berkshire lost more than $800 million in property dam-
ages.

Sept. 1

The Conservation Commission will meet at 7 p.m.

The Town Hall Center/Office Building Construction Committee will meet at 7 p.m. in the
School Committee will meet at 7 p.m in
the Sturbridge Elementary School.

Wales

Tuesday, Sept. 5

The Planning Board will meet at 7 p.m. in the
Hitchcock Academy Memorial Room.

Holland

Thursday, Sept. 7

The Planning Board will meet at 7 p.m. in the
Nixon Hall Annex.

Sturbridge

The Agricultural Commission is accepting letters of interest from residents within town.
Two men from East Brimfield survived the flood control project by being moved
to new locations. The Brimfield Congregational Church, which is now a Baptist

For more information on the course:
... AAlltthhoouugghh nnuummeerroouuss ssaaffee--
TThhee eeddiittoorr wwiillll rreettuurrn

to chance in a display of just how

In the days following the flood,

the flood, Warren said their
family’s freezer so it wouldn’t

"I had to kind of utilize
the fridge in the basement," she said.
As soon as the cooking was
complete in the basement, Warren said the gas
dislodged and began drifting
upstairs. In a display of just how

The finest in custom cabinetry and furniture
for kitchens, baths, and entertainment
from Contemporary to
New England Colonial

A Massage is a special treatment that can
make you feel better physically and mentally.

Commercial Banking at its Best:
Free Checking, No Hidden Fees & $100 For You

There’s never been a better time to open a
banking checking account.


... - Source: www.AcusageAcademy.com

For more information on the course:
... AAlltthhoouugghh nnuummeerroouuss ssaaffee--
TThhee eeddiittoorr wwiillll rreettuurrn
Local artist counts off a year’s worth of reasons to run

BY CHRISTOPHER TANGUAY

STURBRIDGE — What’s better on a beautiful day than getting outside and taking a walk? Local artist and writer Carol Goodrow is encouraging people to do just that with her latest publication, a 2010 calendar called “What a Day for Running.”

“Goodrow had previously worked with Manross on the PECentral.com calendar. World, commissioned her to create physical education Web sites in the world, she began illustrating, and even then, it was mostly graphic design using a computer. ‘I never met him, I hope to finish this summer,’ she said. All of the illustrations in the calendar feature children engaged in different outdoor activities against settings inspired by places like Highland Orchards. ‘The beauty of the calendar comes from Sturbridge,’ Goodrow said. The December image, which depicts some joggers crossing against a family of deers came from two experiences Goodrow had, one at home and one at school. ‘My husband and I had seen a family of deer one day meandering,’ Goodrow said. ‘And I ran with six of her students, a family of six deer crossed our path.”

“There’s always a story behind a picture,” said Goodrow. The calendar’s October picture was inspired by Goodrow’s house with arms full of flowers. This image was inspired by a favorite memory of looking peach pies with her son, who is now living in California with children of his own. A 2007 recipient of the Celebrite Literary Award from the International Reading Association, Goodrow described herself as a ‘natural born artist.’ However, her first foray with charcoal and chalk in college, Goodrow said it was not until much later in life that she began illustrating, and even then, it was mostly graphic design using a computer. ‘I was very intimidated,’ she said. ‘I was very creative.’

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“Goodrow describes herself as a ‘late bloomer,’ she said. ‘I was very intimidated,’ she said. ‘I was very creative.’

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“Goodrow describes herself as a ‘late bloomer,’ she said. ‘I was very intimidated,’ she said. ‘I was very creative.’

“If you’re looking for the upcoming school year, Goodrow said the calendar was completed from start to finish this summer.”

“When I worked on it night and day and it was just me — I’m just so excited about it,” she said. Some illustrations took Goodrow much longer than others though. She finished the December page in only three hours, while June took nearly two weeks of revisions before she was satisfied. ‘They’re all different,’ she said of the illustrations. ‘They’re all very creative.’


New stuff writer Christopher Tanguay may be reached at (508) 909- 6252 or by e-mail at ctanguay@stonebridgepress.com.
The arrests and offenses below were listed in police department logs. People charged are innocent until proven guilty in a court of law. This newspaper will publish dispensations of facts at the request of the accused, with proper documentation.

Log Highlights

STURBRIDGE — 11:36 a.m. — A suspicious vehicle was investigated at Verizon Wireless, Main Street.

STURBRIDGE — 12:46 p.m. — An accident investigation was initiated, Wells State Park, Wednesday, Aug. 19.

STURBRIDGE — 11:08 a.m. — An investigation was initiated, Old Sturbridge Village Village.

STURBRIDGE — 11:36 a.m. — A suspicious vehicle was investigated, Route 20.

STURBRIDGE — 5:11 p.m. — Suspicious activity was investigated, Cricket Drive.

STURBRIDGE — 7:12 p.m. — Suspicious activity was investigated, Route 131.

STURBRIDGE — 9:10 p.m. — A suspicious vehicle was investigated, Walkers Pond Road.

Local News, Online

Available When You Are.

The Heart Of Massachusetts.com

(whatever you don't sell is still yours and goes home with you!)

Eye of the Commonwealth

• Comfort Inn and Suites, Charlton Road.
• Trespassing/an unwanted person was arrested for operating a motor vehicle under the influence of liquor, possession of an open container of alcohol in a motor vehicle, and operating under the influence of liquor and possession of an open container of alcohol in a motor vehicle, Breakneck Road.

Trend Report

• Trespassing/an unwanted person was arrested for operating a motor vehicle under the influence of liquor, possession of an open container of alcohol in a motor vehicle, and operating under the influence of liquor and possession of an open container of alcohol in a motor vehicle, Breakneck Road.

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This is an accident that happened in Sturbridge!

This 15 year, heavy duty SAFETY COVER installed by Ideal Pools stopped a tragedy. Come in today and see a display of our Safety Cover Program. We offer Free Installation (Concrete Patio). The Best costs Less!

Don’t buy a safety cover until you’ve seen our program

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Private Label Water Rite Made and EPA Registered for IDEAL POOLS.

Pool Line Anti-Freeze • Waterline • 1st Plate • Visual Rags

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DO IT ONCE. DO IT RIGHT.

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Free Estimates • 24 HOUR EMERGENCY SERVICE

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The largest selection of pool chemicals in the area.

Over 30 Years of Proven Service. Large Enough to Lead, Yet Small Enough to Care.
STURBRIDGE — Left to Right, “Claire’s Chargers”, Grammy Ruel, of Sturbridge, Zachary Hebert, 3, of Dudley, Jackie Miranda, of Southbridge, Erika Hebert, of Dudley, and Dionne Fennell, of Southbridge.

Zachary Hebert, 3, of Dudley, looks up at the sky as raindrops start to fall.

Michael Sosik, of Northeast Merchant Systems, sells raffle tickets among other items at the yard sale to benefit his grand daughter.

Chloe Nolin, 8, of Union Ct. browses over items for sale.

A yard sale to help find a cure for Arthritis was held in honor of little Claire Sosik, on Saturday afternoon in front of Northeast Merchant Systems, located on the corner of New Boston Road.
Naturalist to give talk on invasive plant crisis

SOUTHBURY — The Southbridge Garden Club will present a talk by Alan Plant, “Invasive Plant Crisis in Massachusetts,” with world-renowned naturalist, speaker and author Peter Alden. On Sept. 7, Peter Alden at 7 p.m., Tuesday, Sept. 22 at the Arts and Culture Center in Town, 184 Main St. Seats are limited, $5 advanced purchase to 508-347-2332 or at the door. Peter Alden at 7 p.m., Tuesday, Sept. 22 at the Arts and Culture Center in Town, 184 Main St. Seats are limited, $5 advanced purchase to 508-347-2332 or at the door.

Burlington — The Burlington High School science department will host a talk by Alan Plant, “Invasive Plant Crisis in Massachusetts,” with world-renowned naturalist, speaker and author Peter Alden. On Sept. 7, Peter Alden at 7 p.m., Tuesday, Sept. 22 at the Arts and Culture Center in Town, 184 Main St. Seats are limited, $5 advanced purchase to 508-347-2332 or at the door. Peter Alden at 7 p.m., Tuesday, Sept. 22 at the Arts and Culture Center in Town, 184 Main St. Seats are limited, $5 advanced purchase to 508-347-2332 or at the door.

**Tantasqua Junior High and High School Bus Routes**

**BURLINGTON** — The Burlington High School science department will host a talk by Alan Plant, “Invasive Plant Crisis in Massachusetts,” with world-renowned naturalist, speaker and author Peter Alden. On Sept. 7, Peter Alden at 7 p.m., Tuesday, Sept. 22 at the Arts and Culture Center in Town, 184 Main St. Seats are limited, $5 advanced purchase to 508-347-2332 or at the door. Peter Alden at 7 p.m., Tuesday, Sept. 22 at the Arts and Culture Center in Town, 184 Main St. Seats are limited, $5 advanced purchase to 508-347-2332 or at the door.
To the Editor:

The summer Rebuilding Program, “Sturbridge Villager,” was successful in raising funds and set the stage for a successful conclusion at the Joshua Hyde Library this month. As library patrons participating, we had great enthusiasm for the program along with successful fund-raisers, book sales, raffles, crafts, and more!

Assistant Librarian Jude McDonnell and I take pride in having the opportunity to thank and recognize all the people who donated above $200 to the library’s summer program. We are truly grateful for the support we have received from community members and businesses.

This week, a check was sent to the town of Sturbridge, representing $750,000, the monies in the summer program. While the funds are not a large sum, they will be used for longer pieces, and should be of benefit to the community.

The end of the summer program marks the conclusion of the program for this year, but the library’s summer program will continue.

Barbara Glick
Librarian
Joshua Hyde Library
Sturbridge

SOUND OFF!

Community must respect Heins family property right

“The Community Preservation Committee has recently been discussing the possibility of a community farm on the Heins parcel...”

The combination of faithful service and a sad battle with brain cancer is tragic, but not any more important than the needs of the world. President Obama’s health care plan equally needs more swiftly than the current special interests. Let’s admit it, all the Democrats in an all-Democratic body are in favor of the program along with special performance.

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Three for the Record

M y husband was the heat wave we were hav- ing, but last week seemed to bring out, the worst aspects of human nature and allows a passage of human beings. Three for the Record is a weekly column aimed at making a positive impact on our community.

The officer said he has observed that the more that one transports of “constant pur- pose and motive, the risk of fire” would be exponentially increased.

Releasing dance plan of bomber “is just wrong”

The release of the lone Libyan convicted of the bombing of Pan Am Flight 103 over Lockerbie Scotland and al-Megrahi was the convicted bomber of Pan Am Flight 103. Some Abdelbaset Ali Mohmet al-Megrahi the convic

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had a compromised immune system. “For significantly,” he said, noting the few serious interactions between horses and humans.

“Such a way they don’t fall over and hurt themselves,” said Senecal. “It’s because they are very docile.”

The CDC reports that WNV, which is of a similar neurological threat to humans, is a mosquitoes and may last several weeks. The CDC reports that WNV, which is of a similar neurological threat to humans, is a potential vector for many species, including humans.

For more information on mosquitoes and motor scooters, visit the CDC’s website at http://www.cdc.gov.

A new test the Health Department has to use in this period of heightened alertness is a WNV field test that can be conducted to any horses and birds in your area. The test, which took over when it showed promise of stopping the motor scooter making a U-turn or running a red light.

“It’s damaged bad,” said Bell.

The task, after all, is复杂. The frame is basically a safety and pedestrian awareness.

Regarding used vehicles, Senecal said that “it’s a good idea to look at the condition of the tires and the condition of the engine.”

Senecal said that he had done extensive research into grants, but found very few that were available.

For more information on how to purchase permits and prevent the spread of WNV, contact the Health Department at (508) 909-2350.

Regarding used vehicles, Senecal said that it is important to look at the condition of the tires and the condition of the engine. He also recommended that people look for grants that may be available to help prevent the spread of WNV.

For more information on how to purchase permits and prevent the spread of WNV, contact the Health Department at (508) 909-2350.
STURBRIDGE — As kids all over the nation learned about their local school re-opening plans this morning, WNEC anticipates opening in the fall. The first charge however, is to gain accreditation for WNEC’s pharmacy program to have your students sit for the national licensing program, a guest lecturer in different classes at the University of New England College at Western New England (WNEC) in Springfield, Massachusetts School of Pharmacy and Health Sciences in Worcester.

Resident receives physician assistant certificate

HAMDEN, Conn. Jena Alarie of Fondalee, Mass. received an assistant certificate during a ceremony at Quinnipiac University on Thursday, August 20. The certificates are awarded after students complete their summer clinical rotations. Each of the 45 students who earned their certificates received a master of health science degree during Quinnipiac’s summer commencement ceremony in May. Quinnipiac’s master of health science degree program provides aspiring primary care providers who practice medicine in the physician’s assistant or nurse practitioner modes of care. The program evaluates, diagnoses, treats and manages acute and chronic illnesses in hospitals, private practices, clinics and health maintenance organizations, physicians and dentists in all areas of medicine and surgery. P:qol patient histories, physical exam, perform diagnostic procedures, write reports on wellness and disease prevention.

In addition to training in the clinical aspects of the physician assistant, graduates have grown dramatically, and graduates of the program are among the most sought-after professionals in health care. Quinnipiac’s 27-month program, one of the oldest in New England, provides the clinical and applied sciences and involves real-world experiences — including in hospitals, medical centers, clinics, preceptors, and healthcare facilities.

Quinnipiac is a member of the Association of Physician Assistant Programs and accredited by the Accreditation Review Commission on Education for the Physician Assistant, Inc. (ARC-PA). The program is ranked nationally by U.S. News & World Report.

There’s a great deal of enthusiasm, it’s very palpable, which is overwhelming; it’s very exciting,” Spooner said. “It’s a friendly family rivalry.” Spooner continues to look forward to working with working with health plans, for-profit enterprises in Worcester.

Residents are thrilled to have a pharmacy school in the works.” Spooner said. “We also need to hire faculty, and we’re starting that process shortly as well.” Despite the administrative aspect of his new position, Spooner is in the classroom teaching a few courses. “I’ll teach an intro to pharmacy course as well as electives in health care systems and binary communication.” Spooner explained.

While instruction has not been the focus of Spooner’s career so far, while working and attending classes at the University of Sciences in Philadelphia he earned while employed there, working with health plans, financial management, and population-based pharmacy design.

For the last few years, the 33-year-old Spooner has lived with his wife, Linda, in Fiskdale, Mass., received a physician assistant certificate during a ceremony at Quinnipiac University in New Haven, Conn. He was a guest lecturer in different classes at the University of New England College. Currently, WNEC offers a pre-pharmacy curriculum, but needs state and professional organization approvals and accredita- tion. The Sturbridge Charlton Villager

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For the last few years, the 33-year-old Spooner has lived with his wife, Linda, in Fiskdale, Mass., received a physician assistant certificate during a ceremony at Quinnipiac University in New Haven, Conn. He was a guest lecturer in different classes at the University of New England College. Currently, WNEC offers a pre-pharmacy curriculum, but needs state and professional organization approvals and accredita- tion. The Sturbridge Charlton Villager

Resident receives physician assistant certificate

HAMDEN, Conn. Jena Alarie of Fondalee, Mass. received an assistant certificate during a ceremony at Quinnipiac University on Thursday, August 20. The certificates are awarded after students complete their summer clinical rotations. Each of the 45 students who earned their certificates received a master of health science degree during Quinnipiac’s summer commencement ceremony in May. Quinnipiac’s master of health science degree program provides aspiring primary care providers who practice medicine in the physician’s assistant or nurse practitioner modes of care. The program evaluates, diagnoses, treat and manage acute and chronic illnesses in hospitals, private practices, clinics and health maintenance organizations, physicians and dentists in all areas of medicine and surgery. P:qol patient histories, physical exam, perform diagnostic procedures, write reports on wellness and disease prevention.

In addition to training in the clinical aspects of the physician assistant, graduates have grown dramatically, and graduates of the program are among the most sought-after professionals in health care. Quinnipiac’s 27-month program, one of the oldest in New England, provides the clinical and applied sciences and involves real-world experiences — including in hospitals, medical centers, clinics, preceptors, and healthcare facilities.
Tight energy prices, coupled with increased awareness of cost-saving measures, represent the perfect cocktail for increased home efficiency efforts. And efforts to improve a home’s efficiency can start as simply as planting some shade trees, or installing energy-efficient light bulbs and window treatments. Better homes and improved health can be the result of simple strategies that fit within a budget and provide a sense of accomplishment.

***

STURBRIDGE — The Sturbridge Trails Committee invites everyone to participate in the National Public Lands Day project on Saturday, Sept. 5. The project will take place in the intersection of Douty Rd and Stallion Hill Road. A 20-member committee of Old Sturbridge Village staff and volunteers organized the project. Baking items, fudge, and hand made crafts will be available for sale.

In order to ensure the safety of all those participating, please register at the corner of Douty Rd and Stallion Hill Rd. If you can provide the services of a crew leader or bucket tractor operator, please contact the Trails Committee at (508) 347-0210; www.communitybusinessassociates.org or e-mail info@communitybusinessassociates.org.

STURBRIDGE — The Sturbridge Trails Committee in conjunction with the Public Lands Day project committee is accepting registrations for an upcoming workshop to be held on Sunday, Oct. 4, from 9 a.m. – 3 p.m. at Heins Farm / Leadmine Mountain Trail Head. The workshop will provide an introduction to the techniques of trail building. Those interested are encouraged to attend.

STURBRIDGE — The Sturbridge Trails Committee is preparing for the second annual Old Sturbridge Village Gala, theme is "The Magic of Old Sturbridge Village." The event will be held at the Oliver Wight Tavern on Saturday, Sept. 12, at 5:30 p.m. The event will feature an auction, games, the Boston Pops Holiday Concert, a riverboat tour of the Charles River, and a tour of Boston on Segway personal vehicles.

The event, theme is "The Magic of Old Sturbridge Village," will host the second annual Old Sturbridge Village Gala beginning at 5:30 p.m. on Saturday Sept. 12 at OSV's Oliver Wight Tavern. The event will include a dinner, auction, games, entertainment and more information: (508) 347-0210; www.communitybusinessassociates.org or e-mail info@communitybusinessassociates.org.

The event will feature an auction, games, the Boston Pops Holiday Concert, a riverboat tour of the Charles River, and a tour of Boston on Segway personal vehicles.

The event is sponsored by Hometown Commerce.

The auction also includes VIP tickets to Red Sox and Patriots games, the Boston Pops Holiday Concert, a riverboat tour of the Charles River, and a tour of Boston on Segway personal vehicles.

The event includes also tickets to events offered as a "Thank You" gift.

The auction features: A pair of well-positioned local leaders will share their insights with Community Business Associates, the networking arm of the Sturbridge Chamber of Commerce.

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SPORTS
Mass Fury proud to call the region home

FOOTBALL TEAM CONTINUING WINNING WAYS IN FOURTH SEASON

By DAVID DONOHOE

LEICESTER— It’s pretty much a full-time job in terms of commitment, but for these guys it’s a lot of fun.

They are the almost 70 members of the Mass Fury, a semi-professional football team that has for the last four seasons has called Leicester home.

It’s a team that has traveled all over the New England Football League divisional ladder, starting in the Maritime (A-level) Conference in 2006. In 2007, the team won the league championship with a perfect 16-0 record.

Last year, the Fury moved up to the North Atlantic (AA) Conference. They finished 7-4 and won the divisional championship with a perfect 14-0 record.

The 2009 season has the Fury setting with a 6-1 record (5-1 in conference and 1-0 in overtime). Their only loss came Aug. 1 at the hands of the North Shore Generals, 27-22.

The Fury have lost only a game played in Leicester so far this year. While most of their contests are at Community Field, they have a game scheduled to play in Becker College’s Alumni Stadium.

That game July 15 came against the rival Brookfield Raiders. The game was called in the second half that saw a 1-0 score after the Raiders scored in the second quarter.

Fury owner and head coach Christopher Chambers credited the Leicester Parks and Recreation with working with the arrangement with Becker College staff members of the Mass Fury.

The Leicester Cable Access Center has taped games since the team was formed by Ryan Pacione of Leicester Community Recreation and Sam St. Laurent of the police department.

The Fury’s final home game of the season will be Sept. 19 against the North Shore Generals. Kickoff will be at 1 p.m. at Community Field on waist Street.

Preparation for a new season starts in March with indoor practices, according to Chambers.

“The regular season runs from mid-June to late September with playoffs in October.

For the 50-plus players and 15 staff members of the Fury, finding the time on the gridiron and their personal workload is a challenge. Almost all of them have full-time jobs, such as James Sargent of Pelham, with whom there is no time around, the military, and Chambers, who works the gate on game night.

“One may call around, we practice twice a week from May to the end of the season,” Chambers said. “We try to accommodate as possible, then why we play ball.”

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By Nick Ether

When a family member becomes sick and must stop working to care for them, it can be a challenging time. The Hevy family has taken an active stance against this type of situation and donation pool at Old Sturbridge Village.

Deb Hevy of Charlton, Jacob Hooker, 3, of Sturbridge and the Hevy family have been supporting leukemia on Jan. 16. But he was diagnosed with acute lymphoblastic leukemia around the corner.

The Hevy family has three children, and they have already completed 24 rounds of chemotherapy. With a maximum capacity of 300 people was there, and if thousands more allowed they would have filled the place even fuller.

They had some medical bills that insurance didn’t cover. Hevy explained as to why they began the fundraiser.

But Hevy knows more money needs to be raised, so he prepared a silent auction location at the fundraiser next week. Twenty auction items will be on display during the event.

Jacob Hooker, 3, of Sturbridge is one of the beneficiaries of the fundraiser.

Join us for the third fundraiser ‘Team Jake’ which consists of the leukemia survivor, while red balloons are “in memory of.”

One of the cool intricacies of the walk is everyone gets a color-coordinated balloon that shows how people have been touched by the disease. White balloons denote a leukemia survivor, while red indicates supporters and gold is “in memory of.”

All members of Team Jake will be holding red balloons proudly.

And Hevy is optimistic that Jacob will be there on Oct. 25 in support of himself and other children with leukemia.

If he’s healthy enough, we’ll push him in a wagon or something to get him around,” she explained. “He plans on attending, as long as he’s feeling healthy enough.”

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Above: Brimfield's Emma Boland (9) slides into home plate in a Major League softball contest in June in North Brookfield. The Brimfield girls earned the Quaboag Little League championship with a 16-3 record.

Below: Participants in Hitchcock Academy’s 5K road race and walk-a-thon take off from the start line on Brookfield Road Sunday, Aug. 2.

Oxford Little Leaguers made a lot of noise in Sturbridge during the Connie Mack Tournament, winning their second title in as many years.

North Brookfield and Tantasqua tipped off a tripleheader of PBA summer league playoff games in mid-August.

Hitchcock Academy raises funds online

BRIMFIELD — Hitchcock Academy is now accepting donations in support its educational, recreational and cultural programs through a first-ever on-line campaign. With a goal of $2,000, the fund raising effort will be used to replace the Academy’s boiler so that financial resources can be focused on programs offered at the community center.

“Hitchcock has much to be thankful for in this time of tightened budgets,” stated Linda Wright, president of the Hitchcock trustees in a statement on the center’s Web site www.hitchcockacademy.org. “We have already taken steps to insulate our 154-year-old building, but the time has come to replace our failing boiler.”

The site’s home page provides a link to a donation form and instructions.

“If you feel Hitchcock is part of your local bounty please take a moment to make an extra investment so we can abide,” Wright stated.

Water Main Construction

STURBRIDGE — Main Main Construction, which began Monday, Aug. 3, is scheduled to conclude Thursday, Oct. 13. Construction will be from the intersection of Hall Road and Route 131 south on Route 131 to the Southbridge line. Expect delays.

Southbridge and Southbridge Savings Bank:

“Needle in a Haystack:
Problem Solved When You Look Locally”

Hitchcock Academy:

“Key Rewards Checking:
No Monthly Charge
AMT Fee Refunds Nationwide”

YOUR NEIGHBORHOOD!

The MOST AFFORDABLE HIGHER EDUCATION
in Worcester County

In 15 In

SUMMER SPORTS ACTION IN REVIEW

BRIMFIELD — Main Main Construction, which began Monday, Aug. 3, is scheduled to conclude Thursday, Oct. 13. Construction will be from the intersection of Hall Road and Route 131 south on Route 131 to the Southbridge line. Expect delays. Please seek alternate routes.
Rock for Alzheimer’s; Blacker in Quiet Corner

Dirtnap Entertainment Presents “A Benefit Concert for the Alzheimer’s Association.” Saturday, Aug. 29 at Mill Street Brews in Southbridge.

An all-ages event there will be more than 18 bands performing on two stages throughout the evening. Admission price is $10 in advance/$12 on two stages throughout the evening.

Sarah has now developed into an artist that Ron Bowen of WXRV The River calls “the perfect blend of Ella Fitzgerald and Joni Mitchell.” Sarah’s approach to music is that of an artist inspired by each passing nuance and minute detail. She admits, “Life is too complex to even begin to understand, so I make sense of life through song.”

Blacker is touring regionally to support her first full-length album. ‘The Only Way Out is Through.’ Don’t miss her local appearance Friday, Aug. 28.

Dirtnap Entertainment at 1-508-733-8387. Come out to support this cause that has affected nearly every family, and enjoy some awesome local rock. Doors open at 5 p.m. and the show starts at 5:15.

Blacker

A classically trained vocalist, pianist by ear only, and ballet dancer since age 8, Sarah Blacker has always kept her sights set high. At age 17, Blacker spent sleepless nights yearning to learn how to play the guitar. While writing song after new song, she eventually taught herself a plethora of techniques.

Sarah has now developed her vibrato, accepted her, and it was there as a vocal major she developed her vibrato, swoops and unique jazzy vocal inflections.

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**Diabetes Awareness Picks Up Speed, On Twitter And On The Racetrack**

When Charlie Kimball was diagnosed with Type 1 diabetes at the age of 14, it wasn’t just a health scare for the 16-year-old; it also threatened his dream to become a professional race car driver. Kimball, now 25, is one of America’s most promising drivers and the first known professional race car driver with diabetes.

In 2008, Kimball approached the company behind his Novo Nordisk insulin to see whether his diabetes could be managed while he continued his racing career. His diabetes management is now so well controlled that since July 2009, he has raced in more than 25 events without missing a single lap. As he travels to events across the country, Kimball records his insulin injections, lunch and dinner portions, as well as his thoughts and feelings on the Novo Nordisk corporate and insulin logos on his fire suit and helmet since his first race back. Today, he continues to prove that, “Race with Insulin” provides me the freedom to participate in my sport, says Kimball.

As a leading professional race car driver, Charlie Kimball continues to prove that, with proper management, diabetes does not have to be a roadblock.

**Tips For Lowering Your Risk Of Stroke**

- Reduce blood pressure
- Reduce cholesterol
- Lose weight
- Exercise
- Don’t smoke
- Control diabetes
- Reduce alcohol intake

**STROKE**

**Knowing the Signs and Symptoms**

*Stroke (

- Facial drooping, one side
- Arm weakness, one side
- Speech difficulty
- Time to call 911

**SPECK**

**Definitions**

- **S** - Sudden
- **P** - Partial
- **E** - Experience
- **C** - Change
- **K** - Knowledge

**Risk Factors**

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Previous stroke
- Family history
- Age

**Prevention**

- Healthy lifestyle
- Regular exercise
- Healthy diet
- Limit alcohol
- Quit smoking

**Health Care Provider**

- Monitor blood pressure
- Monitor cholesterol
- Monitor weight
- Diabetes management

**Emergency**

- Call 911
- Do not delay
- Do not drive yourself

**Outcome**

- Recurrent strokes are more common
- Stroke can lead to death

**Stroke Prevention**

- Eat a healthy diet
- Exercise regularly
- Control blood pressure
- Control cholesterol
- Quit smoking
- Use of aspirin

**Diabetes Management**

- Blood pressure control
- Cholesterol control
- Weight loss
- Physical activity
- Smoking cessation
- Stress management

**Diabetes Awareness**

- General awareness
- Early detection
- Disease management
- Quality of life
- Health care providers

**Diabetes Awareness**

- College campuses
- Health fairs
- Community events
- Online resources

**Diabetes**

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes
- Prediabetes

**Blood Sugar Monitoring**

- Glucose meter
- Continuous glucose monitor
- Blood glucose test strips

**Blood Sugar Control**

- Insulin injection
- Oral medication
- Diet and exercise

**Diabetes Education**

- Provider education
- Patient education
- Family education
- Self-management skills

**Diabetes Management**

- Regular follow-up
- Individualized care
- Patient-centered care
- Team approach

**Diabetes Care**

- Provider training
- Patient education
- Health care services
- Community resources

**Diabetes Prevention**

- Lifestyle changes
- Medical interventions
- Genetic counseling
- Screening tests

**Diabetes Research**

- Clinical trials
- Basic science
- Translational science
- Public health

**Diabetes Management**

- Nutrition
- Exercise
- Medications
- Self-monitoring

**Diabetes Education**

- Provider
- Patient
- Family
- Community

**Diabetes Prevention**

- Lifestyle changes
- Medications
- Screening tests

**Diabetes Management**

- Nutrition
- Exercise
- Medications
- Self-monitoring

**Diabetes Education**

- Provider
- Patient
- Family
- Community

**Diabetes Prevention**

- Lifestyle changes
- Medications
- Screening tests
Newly Diagnosed, Now What? Tips On Advocating For Your Own Health

Are You Really “Addicted” To Caffeine?

There’s a lot of misinformation about coffee drinking. Did you know that coffee drinking can have some benefits? A recent study showed that people who drink coffee have a lower risk of developing type 2 diabetes. This is because coffee drinking can help improve insulin sensitivity, which is important for maintaining healthy blood sugar levels.

Medical Facilities Offer Improved Health, Safety And Savings

New Option In Heart Attack Treatment

5

Some people claim they are “addicted” to caffeine. But when it comes to caffeine, there is no such thing as an addiction or a serious medical condition. For example, if you are unable to drink your morning coffee, you may feel anxious or irritable. This is simply because your body is used to the caffeine and when it is absent, it may experience withdrawal symptoms. However, these symptoms are temporary and can be managed by gradually reducing caffeine intake.

Many people also consume caffeine in various forms, such as coffee, tea, and energy drinks. It is important to be aware of how much caffeine you consume, as excessive caffeine intake can lead to symptoms such as headaches, dizziness, and sleep disturbances.

It is important to keep in mind that caffeine is a stimulant and can affect different individuals differently. Some people may notice increased alertness and improved performance, while others may experience anxiety or jitters. It is recommended to limit caffeine intake, especially before bedtime, to avoid disrupting sleep.

Medical facilities offer improved health and safety options for patients. These facilities provide various programs and services that focus on improving patient outcomes and enhancing the overall quality of care. Examples of such programs include cardiac rehabilitation, diabetes education, and mental health services.

The American Heart Association (AHA) has released a new report on heart attack treatment. The report highlights the importance of early recognition and prompt medical attention for individuals experiencing a heart attack. The AHA recommends that people be aware of the signs and symptoms of a heart attack, such as chest pain, shortness of breath, and nausea, and seek medical attention immediately.

The report also emphasizes the importance of early treatment options, such as percutaneous coronary intervention (PCI) and stent placement. These procedures can help reduce the risk of future heart attacks and improve patient outcomes.

For more information, visit webmd.com/heart-attack or call (877) 447-3243. The website offers valuable resources for individuals who have experienced a heart attack or are at risk of developing one. It provides information on symptoms, risk factors, and prevention strategies.
For most children, returning to school means meeting new friends, teachers and opportunities. However, for the nearly one out of 10 children affected by asthma in the U.S., a new school year means exposures to triggers that may aggravate asthma symptoms.

Studies show that asthma attacks increase in the first few weeks of school due to the increased exposure to asthma emergency room and hospitalization rates spike in September. Asthma is one of the most common causes of school absences. For example, a report by the Centers for Disease Control and Prevention found that for children five years of age and older, asthma caused more than 5 million school days to be missed.

In my practice, I see an increase in pediatri- cians referring new patients to me when they return to school and become exposed to a variety of triggers that can aggravate their symptoms,” said Dr. Jennifer L. Schwartz, a board-certified pediat- rician at Beverly/So. Shore Pediatrics in Beverly, Massachusetts.

Fortunately there are ways parents can help their child’s asthma with the start of a new school year.

UNDERSTANDING ASTHMA SCHOOL ENVIRONMENT

The school environment is tough and gener- ally overwhelming, whining, and shortness of breath, can occur at any time, it is so important for par- ents to work closely with their child’s doctor to identify asthma triggers that can exacerbate a child’s asthma during school. For example, class size, cleaning products, dust, mold, and food odors can cause symptoms.

When planning lunches to take to school or the office, keep the following food safety tips in mind:

• Smart students and parents never leave perishable food out at room temperature for more than 2 hours. Toss any perishable food not eaten at lunchtime.

- Parents also need to note that their child’s lunch box should be large enough to contain cold foods and a separate one for meat, poultry, and seafood.

- Food fruits and vegetables under running tap water; including trash and next to jars that are used with home products. In addition to a quick-relief inhaler, which is available in a variety of vibrant colors, a spacers or valves to allow for more years of age and has not been demonstrated to be effective in treating asthma symptoms caused by specific triggers.

- To talk to your child about what triggers asthma symptoms and make sure your child knows where his/her Asthma Action Plan is located.

- Provide school staff with the asthma emergency procedures in place at your child’s school.

- Find out how often and when a school nurse is on-site.

- Parents of children who have asthma should talk with their child’s doctor about asthma medication and an Emergency Care Plan.

- Visit your local health department or call 911 for more information on food poisoning.


JUST LISTED

NEW PRICE

6

RECENTLY LISTED

New 5 Rm, 2 Br, bookcases & hutch. Lg. open foyer

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STURBRIDGE: Fabulous sandy beach

STURBRIDGE

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3BR 2BA yr rnd waterfront; 3 full floors,

Needs interior cosmetics. Finished base-

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