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“TO ESCAPE CRITICISM
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NOTHING, BE NOTHING.”
— ELBERT HUBBARD

VOL.87 NO. 294

WEDNESDAY, DECEMBER 12, 2018

75 Cents

Marijuana grow facility hearing continued to February

By GREG FITZPATRICK
Correspondent

SOUTHWICK – Prior to Tuesday night’s Planning Board meeting, Jon Goddard of R. Levesque Associates informed the Westfield News that Southwick Greenhouses Inc. has postponed their continued public hearing that was scheduled for Tuesday.

Goddard, consultant for the project that Southwick Greenhouses Inc. is developing, said that the continued public hearing has been requested for February 5.

Paul Dellatorre, owner of Southwick Greenhouses Inc. at 27 Hudson Dr. that’s been operating in town since 1983 growing roses, is looking to diversify his business by growing and producing marijuana in his facility.

Dellatorre is looking to get approved for a special permit by the Planning Board in order to move forward with the project.

According to Dellatorre, the building has not been in operation since he decided to stop growing roses. Dellatorre added that importing roses has become much cheaper than growing them and making it tougher to be successful in the business.

About four years ago, Dellatorre noted that an individual was interesting in using his greenhouse to grow medical marijuana when the substance first became legal in Massachusetts in 2012. Despite taking the proposal to the Planning Board, Dellatorre didn’t receive enough votes to move forward.

Dellatorre added that he’s open to having an investor or a professional grower join the project, but for now, he will be conducting the growing and producing process of marijuana, along with six to 10 employees.

The existing greenhouse features 21,000 sq. ft., along with two outhouse buildings that are 2,000

See Facility, Page 8



Sherry Elander with Alec, a former East Mt. Road Transition student who is now a paid mentor at Westfield State, at the PhotoVoice exhibit. (Photo by Amy Porter)



Mangal and helper Crystal Hays discuss his photographs of city blocks in Westfield at the exhibit. (Photo by Amy Porter)

PhotoVoice Exhibit gives expression to student voices

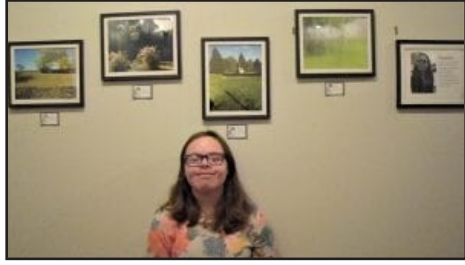
By AMY PORTER
Correspondent

WESTFIELD – The Rinnova Creative Arts Center on Elm Street hosted a reception on Tuesday evening for PhotoVoice, a photographic exhibit by students in the East Mountain Road Transition program of the Westfield Public Schools, funded by the Westfield Education Foundation.

Four students from the EMRT program, several of whom are dually enrolled through the Inclusive Concurrent Enrollment Initiative (ICEI at Westfield State University and Holyoke Community College, displayed their photographs for the exhibition and spoke to visitors about them. Sherry Elander, transition specialist for the EMRT Program, who wrote the original grant for the ICEI program, said of the 27 students in the EMRT program, 14 attend college classes at WSU and HCC.

Mangal, a first-year student in the EMRT program took photos of downtown Westfield, and the places he likes to go. One photo showed the city block of Whip City Music, where he likes to go and play guitar. Another is of the Central Baptist altar, where students have lunch after creative art classes at Rinnova. Mangal is also interested in cooking, and the restaurant Alo Saigon is featured in one of the photographs.

Maddie is dually enrolled at EMRT and Westfield State University’s ICEI program,



Maddie’s photos featured landscapes at Westfield State, where she studies photography, and at Stanley Park. (Photo by Amy Porter)



“I am passionate about Westfield,” said Ned of his photos of downtown events and structures. (Photo by Amy Porter)

where she takes a photography course. Her photos featured nature and landscapes at the college and Stanley Park. One photo in particular, focusing on the raindrops on a window looking onto a landscape, garnered a lot of comments at Rinnova for its beauty. Maddie also participated in the Yearbook Club at Westfield High School when she was a student there.

Dakota, a former Westfield Tech graphic arts student, could not attend the reception because she was participating in a choral club performance at Holyoke Community College, where she is dually enrolled. Her photographs focused on college life, and one on a dog, showing her love of animals.

Ned, another former Westfield Tech graphic arts and EMRT student is now fully matriculated into the HCC communications department. “I was one of those kids who didn’t want to go to college. Sherry (Elander) said she had one spot at HCC. You start from square one, and you work your way up,” said Ned.

Ned said he enjoys photographing structures and various events in downtown Westfield. Included in his featured photos were ones of a Westfield on Weekends concert and of the Pumpkin Fest on the green. Another photo featured the newly-refurbished railroad bridge on the Columbia Greenway Rail Trail. Ned said the bridge

See PhotoVoice, Page 8

Convicted OUI driver had drinking history

By CARL E. HARTDEGEN
Correspondent

WESTFIELD – A review of court records shows that a city man who was jailed recently after conviction in Hampden County Superior Court on a charge of involuntary manslaughter while operating a motor vehicle under the influence of alcohol began his path to prison – paved with alcohol, driving and assault charges – years earlier.

Ryan A. Pasquini-Pezzini, 27, of 183 Gun Club Road, Westfield, pleaded guilty in Hampden County Superior court to the manslaughter charge and to a charge of leaving the scene of a property damage accident and was sentenced to an 11-12 year term in state prison for the manslaughter charge by Judge Mark D. Mason on Oct. 16.

The charges stem from two vehicular collisions which occurred within minutes of each other Nov. 8, 2016.

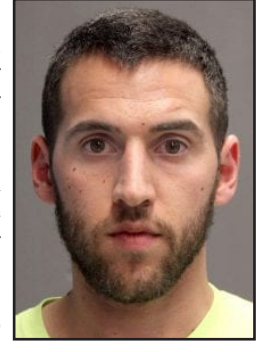
Shortly after 7:30 p.m. that evening, Pasquini-Pezzini rammed his vehicle into the rear of another car on Main Street at the intersection with Meadow Street.

Fleeing that accident scene, Pasquini-Pezzini drove east and witnesses reported that he was traveling at a high rate of speed when he approached the traffic light at the intersection with Delmont Avenue. Although he was facing a red light and traffic was crossing Main Street from the shopping center parking lot, Pasquini-Pezzini did not stop and plowed into one of the crossing vehicles. Pasquini-Pezzini’s car struck the driver’s side of a Toyota Tacoma pickup truck operated by David Matysek, 68, of Westfield. Matysek was fatally injured.

Officer Bradley White reports that after the second crash Pasquini-Pezzini was slurring his words so badly he was hard to understand and displayed the classic symptoms of alcohol intoxication. When asked how much he had to drink, Pasquini-Pezzini replied “Not enough”.

Although Pasquini-Pezzini’s reckless driving that night was the direct cause which sent him to prison, his journey to get there began much earlier.

Westfield police had been dealing with Pasquini-Pezzini – as a juvenile – for years by 2009 when, at 17, Pasquini-Pezzini had his first appearance in Westfield District Court as an adult.



RYAN A. PASQUINI-PEZZINI

See OUI Driver, Page 8

Kids Night Out ideal for parents juggling holiday commitments

By LORI SZEPELAK
Correspondent

WESTFIELD-For parents seeking a date night or needing time for a last-minute holiday shopping trip, the YMCA of Greater Westfield will offer a Kids Night Out on Friday, Dec. 14.

“We offer a monthly gathering for children to meet tons of other children in all age groups,” said Patrick Lusteg, camp/program director.

Lusteg noted that YMCA memberships are not required to attend the Kids Night Out program which is conducted on the second Friday of the month from 5:30 to 9:30 p.m.

“It’s a good night for children, ages 4 to 11, to interact with other kids and put away the electronics,” said

See Kids Night Out, Page 8

Sidewalk account now in effect

By GREG FITZPATRICK
Correspondent

SOUTHWICK – After a series of reviews by the Attorney General’s Office, including an appeal process, a revolving account for sidewalks was formed into a bylaw on December 6, according to DPW Director Randy Brown.

Passed by the voting residents at the annual town meeting in May of 2018, the sidewalk revolving account allows developers in town to deposit money into this account if they don’t need to put sidewalks at a certain area of a subdivision they’re building. This would allow the money to be used to maintain other sidewalks in town that desperately need it.

See Sidewalk Account, Page 7



Town Counsel Ben Coyle (left) speaks to the Select Board while DPW Director Randy Brown (right) looks on during an October 2018 Select Board meeting on the sidewalk revolving account. (Photo by Greg Fitzpatrick)

Westfield scouts ready to take cookie orders

By LORI SZEPELAK
Correspondent

WESTFIELD-Girls from Westfield were among hundreds who gathered at the Mass Mutual Center on Saturday night to participate in the “Go for Bold” program, sponsored by the Girl Scouts of Central & Western Massachusetts, which reflects the Girl Scout Cookie Program theme for 2019.

Activity stations reflected the theme and were designed to build business savvy skills to help girls run and manage their Girl Scout cookie businesses online and in person, according to Dana Carnegie, communications manager, Girl Scouts of Central & Western Massachusetts.

Community partners also hosting stations included The

See Westfield Scouts Cookie Orders, Page 7

THE WESTFIELD NEWS RADIO SHOW THURSDAY LINE-UP 6AM-8AM



THIS THURSDAY...

6AM-8AM:

ALEX DIXON

MGM SPRINGFIELD GENERAL MANAGER

Download WSKB from your Tune In Radio App or watch on Comcast Cable CH. 15

RADIO FOR THE WESTFIELD MASSES

Athenaeum holds 4th annual Hat and Mitten Tree drive

By PETER CURRIER
Correspondent

WESTFIELD- The Westfield Athenaeum is displaying its fourth annual Hat and Mitten Tree to collect warm winter clothes for charity.

The tree is on display near the circulation desk of the library. It is decorated with knitted hats, scarves, and mittens that have been donated or made by library staff.

“It originally came from our knitters group who decided it would be nice to knit hats for people in town who needed them,” said Sandy Records, Head of Circulation for the Athenaeum, “we decided to extend it to the rest of the community.”

Records said that anybody may donate hats, mittens, scarves,

See Hat and Mitten Tree Drive, Page 8



AROUND TOWN

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Left to right: American Legion Post 124 Commander Ted Gage, Post 124 Past Commander Gene Theroux, Past Commander Harold "Butch" Rines, American Legion Auxiliary Unit President Dawn Monty, and Past Commander Cindy Lacoste. Past Commander Rines was recognized by Post 124 for his history of volunteerism that spans over three decades. He was one of three people who started a fundraiser for the annual Post 124 children's Christmas party. He and his team of volunteers host 17 football dinners a year during the NFL season to raise money for the party. He is also in charge of the logistics of getting gifts for the children, getting Santa to attend, and getting food for the party. Post Commander Ted Gage presented Rines with the certificate of appreciation.

American Legion gives certificates of appreciation in Tuesday ceremony



Left to right: Past Commander Gene Theroux, Legion Baseball Coaches John Blake and Don Irzyk. Blake was recognized for his volunteer work to raise funds for Post 124 through a program with Traveler's Insurance, where Blake works. The Traveler's Volunteer Rewards Program will donate \$500 for every 24 hours volunteered for a certain group. Blake volunteered for enough time for Traveler's to donate \$1,000 to American Legion Post 124. Blake hopes to do more to volunteer through the program in the future. Theroux noted that the money Blake helped raise could be used to help field the legion baseball teams. Irzyk remarked that just the time Blake spends on the field is more than enough for Blake to be recognized.



Left to right: Senior Vice President of Post 124 and Assistant Scout Master of Boy Scout Troop 821 Gary Fontaine, Scout Master of Troop 821 Chris Muldrew, Chris' son Life Scout Aaron Muldrew, and Life Scout Antonio Horta. Chris Muldrew was presented with a certificate of appreciation for his service and time with the scouts. Theroux said that his work is making better citizens out of his scout troop. Muldrew's Troop recently hosted a breakfast with Santa. Their troop also assists with putting up and taking down the small American flags at graves in Pine Hill Cemetery and St. Mary's Cemetery.

22 STORM NEWS TEAM LOCAL FORECAST

TONIGHT



Generally Fair.

20-21

THURSDAY



Mainly Sunny.

31-35

FRIDAY



Partly Sunny/Cloudy.

30-34

WEATHER DISCUSSION

Today, sunny skies. High around 35F. Winds NNW at 10 to 15 mph. Tonight, partly cloudy. Low 11F. Thursday, a mix of clouds and sun early, then becoming cloudy later in the day. High 34F. Thursday Night, mostly cloudy skies early, then partly cloudy after midnight. Low 24F. Winds light and variable. Friday, partly cloudy skies. High 44F. Winds W at 5 to 10 mph. Friday Night, considerable cloudiness with occasional rain showers. Low 37F. Winds S at 5 to 10 mph.

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TODAY

7:11 AM SUNRISE 4:20 PM SUNSET 9 hours 8 Minutes LENGTH OF DAY

ODDS & ENDS

Factory mishap paves street with chocolate in Germany

BERLIN (AP) — A street in a western German town got a repaving worthy of fictional candy maker Willy Wonka when a ton of chocolate flowed out of a factory and solidified.

The German newspaper Soester Anzeiger reported Tuesday that a "small technical defect" involving a storage tank caused the sweet and sticky spill from the DreiMeister chocolate factory in Westoennen.

After hitting the chilly pavement, the milk chocolate quickly hardened. About 25 firefighters got the job of prying the coating off with shovels and using hot water and torches to remove remaining bits from cracks and holes.

Company boss Markus Luckey told the Anzeiger the factory would be back in action on Wednesday. Luckey said if the spill had happened closer to Christmas, "that would have been a catastrophe."

LOCAL LOTTERY

LAST NIGHT'S NUMBERS
MASSACHUSETTS
MassCash
 03-14-20-23-32
Mega Millions
 04-38-39-54-59, Mega Ball: 12, Megaplier: 2
 Estimated jackpot: \$245 million
Numbers Evening
 3-5-9-3
Numbers Midday
 4-8-9-8
Powerball
 Estimated jackpot: \$230 million



CONNECTICUT
Cash 5
 07-10-11-26-32
Lotto
 04-24-25-31-35-38
 Estimated jackpot: \$8.9 million
Lucky Links Day
 01-03-09-10-12-13-15-20
Lucky Links Night
 01-03-09-12-13-16-19-20
Play3 Day 3-9-3
Play3 Night 9-1-2
Play4 Day 3-2-2-7
Play4 Night 7-4-5-4

TODAY IN HISTORY

TODAY IS WEDNESDAY, DEC. 12, THE 346TH DAY OF 2018. THERE ARE 19 DAYS LEFT IN THE YEAR.

On Dec. 12, 2000, George W. Bush became president-elect as a divided U.S. Supreme Court reversed a state court decision for recounts in Florida's contested election.

ON THIS DATE:
 In 1787, Pennsylvania became the second state to ratify the U.S. Constitution.

In 1906, President Theodore Roosevelt nominated Oscar Straus to be Secretary of Commerce and Labor; Straus became the first Jewish Cabinet member.

In 1913, authorities in Florence, Italy, announced that the "Mona Lisa," stolen from the Louvre Museum in Paris in 1911, had been recovered.

In 1917, during World War I, a train carrying some 1,000 French troops from the Italian front derailed while descending a steep hill in Modane (moh-DAN'); at least half of the soldiers were killed in France's greatest rail disaster. Father Edward Flanagan founded Boys Town outside Omaha, Nebraska.

In 1937, Japanese aircraft sank the U.S. gunboat Panay on China's Yangtze River. (Japan apologized, and paid \$2.2 million in reparations.)

In 1946, a United Nations committee voted to accept a six-block tract of Manhattan real estate offered as a gift by John D. Rockefeller, Jr. to be the site of the U.N.'s headquarters.

In 1963, Kenya became independent of Britain.

In 1977, the dance movie "Saturday Night Fever," starring John Travolta, premiered in New York.

In 1985, 248 American soldiers and eight crew members were killed when an Arrow Air charter crashed after take-off from Gander, Newfoundland.

In 1995, by three votes, the Senate killed a constitutional amendment giving Congress authority to outlaw flag burning and other forms of desecration against Old Glory.

In 1997, Ilich Ramirez Sanchez, the international terrorist known as "Carlos the Jackal," went on trial in Paris on charges of killing two French investigators and a Lebanese national. (Ramirez was convicted, and is serving a life prison sentence.)

In 2003, Paul Martin succeeded Jean Chretien as Canada's prime minister. Rolling Stones frontman Mick Jagger was knighted by Britain. Keiko, the killer whale made famous by the "Free Willy" movies, died in the Norwegian fjord that he'd made his home.

TEN YEARS AGO:
 A bomb exploded inside the West Coast Bank in Woodburn, Ore., killing Woodburn Police Capt. Thomas Tennant and Oregon State Police Senior Trooper William Hakim. Actor Van Johnson died in Nyack, N.Y. at age 92.

FIVE YEARS AGO:
 The House voted to ease across-the-board federal spending cuts and head off future government shutdowns, acting after Speaker John Boehner unleashed a stinging attack on tea party-aligned conservative groups campaigning for the measure's defeat. Actor-writer-pro-

ducer Tom O'Laughlin, 82, creator of "Billy Jack," died in Thousand Oaks, California.

ONE YEAR AGO:
 Democrat Doug Jones won Alabama's special Senate election over Republican Roy Moore, who had denied accusations of sexual misconduct with teenage girls that allegedly took place when he was in his 30s; it was the first Democratic Senate victory in Alabama in a quarter-century, and came despite an endorsement of Moore by President Donald Trump. San Francisco Mayor Ed Lee, the city's first Asian-American mayor, died at the age of 65 after collapsing while grocery shopping.

TODAY'S BIRTHDAYS:
 Former TV host Bob Barker is 95. Basketball Hall of Famer Bob Pettit is 86. Singer Connie Francis is 81. Singer Dionne Warwick is 78. Rock singer-musician Dickey Betts is 75. Hall of Fame race car driver Emerson Fittipaldi is 72. Actor Wings Hauser is 71. Actor Bill Nighy (ny) is 69. Actor Duane Chase (Film: "The Sound of Music") is 68. Country singer LaCosta is 68. Gymnast-turned-actress Cathy Rigby is 66. Author Lorna Landvik is 64. Singer-musician Sheila E. is 61. Actress Sheree J. Wilson is 60. Pop singer Daniel O'Donnell is 57. International Tennis Hall of Famer Tracy Austin is 56. Rock musician Eric Schenkman (Spin Doctors) is 55. Rock musician Nicholas Dimichino (Nine Days) is 51. Author Sophie Kinsella is 49. News anchor Maggie Rodriguez is 49. Actress Jennifer Connelly is 48. Actress Madchen Amick is 48. Actress Regina Hall is 48. Country singer Hank Williams III is 46. Actress Mayim Bialik is 43. Model Bridget Hall is 41. Actor Lucas Hedges (Film: "Manchester by the Sea") is 22. Actress Sky Katz (TV: "Raven's Home") is 14.

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If you can help a family in need with their Christmas Tree this year, please stop down. If you are a family that could use a little help this Christmas, please also come see us. **Thank You and Happy Holidays!**



Black Oil Sunflower Seed 40 lbs. **\$15⁹⁹** ea.



MON-SAT: 8-6 ❖ SUN: 8-5

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2018 Tree Jubilee Winners

WESTFIELD — Westfield on Weekends held the first Tree Jubilee this season. It was an overwhelming success...and we would like to thank all of those who stopped by and participated in our tree raffle.

And a special thank you to all of our participants who donated trees and wreaths. Next year will be even bigger and better. Here is the list of the lucky winners of our beautiful trees and wreaths.

2018 - TREE JUBILEE WINNERS ARE:

- Desserts by Monica - Tree
- Judy Williams
- WOW - Wreath
- Diane Jennett
- Westfield G&E - Tree
- Peggy Champagne
- Pride Stores - Wreath
- Cathy Falconer
- Savage Arms - Tree
- Karen Moussette
- The Republican - Tree
- Peg O'Grady
- State Rep. John Velis - Wreath
- Fran Burrington
- Firtion Adams - Tree
- Jason Polonsky
- BodyWorks Massage - Tree
- Dawn Davis
- 99 Restaurant - Wreath
- Lisa Nardacci
- Councilor Mike Burns, Lisa Sunderland Burns and The Homeless Cat Project - Tree
- Andrea Fallon
- People's Bank - Tree
- Mary Loughary
- Councilor Bill Onyski - Tree
- Eileen Mason
- Two Rivers Burritos - Wreath
- Gina Onyski
- Pioneer Valley Credit Union - Wreath
- Jean Fallon
- Skyline Trading - Wreath
- Roz Terry
- Boys and Girls Club of Greater Westfield - Tree
- Marie LeMarier
- Flowers by Webster - Wreath
- Kim Lombardi
- Tekoa Country Club - Tree
- John Tuohy
- Westfield Police Department - Tree
- Colleen Giroux
- Blue Umbrella Books - Tree
- Audrey Harrison
- A Signature Fence Company - Tree
- Sharlene Brown
- Westfield News - Tree
- Milt Vazquez
- Wagner Rug - Tree
- Mary Burrows
- Mayor Sullivan - Tree
- Jean LeFebvre

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CHICKEN BREAST **1.99** LB.

★ 5 LB. LOTS
CHICKEN WINGS **2.99** LB.

BONELESS ★ 5 LB. LOTS
CHICKEN THIGHS **2.99** LB.

BUTCHER BLOCK'S OWN ALL NATURAL, ANTIBIOTIC FREE, AIR CHILLED:

BNLS CHICKEN BREAST ... **3.99** LB.

WHOLE CHICKENS **2.99** LB.

CHAIRMAN'S RESERVE PRIME PORK FRESH ~ NEVER FROZEN

PORK TENDERLOINS **4.99** LB.

CUT FOR FREE
BONE IN WHOLE PORK LOINS... **1.29** LB.

ZIGGY'S GARDEN

ACORN SQUASH **.99** LB.

BUTTERNUT SQUASH ... **1.29** LB.

ICEBERG LETTUCE **1.69** HEAD

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AMERICAN CHEESE ... **3.99** LB.

GOVERNMENT MEETINGS

WEDNESDAY, DEC. 12

WESTFIELD:

Board of Health meeting is cancelled.

BLANDFORD:

GRSD School Committee Budget Meeting at 7 pm
Fire Department Meeting at 7 pm

SOUTHWICK:

Park & Recreation Commission at 6:30 pm
Agricultural Commission Meeting at 7 pm

HUNTINGTON:

Selectboard meeting at 5:45 pm
Joint Selectboard Meeting with Gateway Regional School Committee at 7 pm

Third retail pot shop set to open in Salem, Massachusetts

SALEM, Mass. (AP) — A third retail marijuana shop is set to open in Massachusetts.

Alternative Therapies Group in Salem has received final licensing approval from the Massachusetts Cannabis Control Commission and could begin retail sales as soon as this weekend. The shop currently operates as a cannabis dispensary serving registered patients.

The first two recreational marijuana shops on the U.S. East Coast opened last month in Leicester and Northampton. Marijuana is already sold legally in six Western states. The sales also include edibles such as brownies and chocolate bars.

The shops have generated more than \$7 million in sales since opening and drawn customers from across New England. They've also drawn complaints from some local residents concerned about increased traffic delays.

The openings come more

than two full years after Massachusetts voters authorized recreational marijuana sales to adults.

Westfield December Fest
A Westfield On Weekends Celebration

AVEDA

Holiday Spa Gift Ideas

- Spa Manicure & Spa Pedicure**.....\$105
save \$13
 - Spa Body Polish & 50 min Massage**.....\$120
save \$15
 - Dual Exfoliation Facial 75 mins**.....\$135
save \$15
 - Day of Relaxation**.....\$353
- Slip into a soft robe and slippers and experience a complete body massage with aromatic steam shower followed by a facial, spa pedicure and classic manicure. Complete your visit with a blow dry and fresh makeup application with personal chart. A spa lunch is included.*
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Democratic AGs oppose proposed rule change on patient lifts

BOSTON (AP) — Massachusetts Attorney General Maura Healey is leading a coalition of 12 fellow Democratic attorneys general in opposing a rule change proposed by the U.S. Department of Labor that they say would let young people operate power-driven patient lifts without training or supervision.

Healey said Tuesday the change would endanger the health and safety of young workers and residents in health care facilities. Healey said the labor department currently lets 16- and 17-year-old workers operate the power-driven patient lifts — used in nursing homes, residential facilities, and hospitals — but only after they have been trained and only under the supervision of an adult caregiver.

Healey was joined by the attorneys general of California, Delaware, Hawaii, Illinois, Maryland, New York, New Jersey, Rhode Island, Virginia, Washington, and the District of Columbia.

How Did This House Help Seniors?

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Analysis: A rancorous first glimpse of new Trump-Dem dynamic

By ZEKE MILLER
and LISA MASCARO
Associated Press

WASHINGTON (AP) — President Donald Trump's first encounter with newly empowered congressional Democrats produced a striking Oval Office display that revealed how ill-prepared he is for the biggest political challenge of his presidency.

There was Trump, sitting between two seasoned legislators, repeating his demands for border wall funds, while House Democratic leader Nancy Pelosi and Senate Democratic leader Chuck Schumer first politely, then forcefully, told him no, with the force of their combined 60-plus years in Congress.

Tuesday's televised bout offered a tantalizing preview of divided government in Trump's Washington. The bravado and playground taunts that are the president's signature weapons of choice ran squarely up against the Democratic resistance, subpoenas and gridlock of a soon-to-be empowered Congress. After two years of unified Republican control in Washington, Trump learned the hard way that as challenging as his first two years in office have been, the next will be even more trying.

It marked the beginning of what may be an early comeuppance after Trump's post-election spin that Democratic control of the House would turn out to be smoother for him than having a slim GOP majority. When Trump invited reporters and cameras into his private meeting with Pelosi and Schumer, Democrats played on his turf: Taunting, goading and lecturing the president, Pelosi and Schumer made clear they intend to use their seats at the table to give the president a taste of what he's been serving since taking office.

"Elections have consequences, Mr. President," Schumer said pointedly after Trump was reminded that Democrats took control of the House.

It was a new reality that Trump, still smarting from his party's losses on Nov. 6, appeared to be struggling to internalize as his demands for border wall funds fell flat with those he'll need as partners to deliver on his priorities.

Pelosi told reporters later at the Capitol that she "didn't want to contradict the president again and again in front of the public." But, she said, "If that's what he wants, then that's what we have to do."

The freewheeling meeting was hardly designed to score a deal on keeping key government agencies open past Dec. 21. The president admitted as much. For Trump, it was an opportunity to lay his case before the American people, as the Democrats first urged Trump to negotiate privately, and then treated him to a public needling.

From the start, the differences were clear. Pelosi told the president the American people expected the government to stay open, adding: "You should not have a Trump shutdown."

"Did you say 'Trump'?" the president asked.

That set the stage for what came next: Trump and Pelosi haggling over vote counts, along the way highlighting Trump's long-term disengagement from the legislative process. He and Schumer sparred over politics.

Rather than reach toward compromise, Trump tried to force Democrats to accept the border wall on his terms. But bolstered by their electoral wins, Democrats weren't having it.

The encounter only reinforced the fears of White House aides and some of Trump's congressional allies that he is not only unprepared for dealmaking in a divided Washington but also for handling the investigations of Trump and his administration that Democrats are sure to undertake.

When Trump said he'd be "proud" to shut down the government over border security, it became a soundbite for the ages.

Later, Pelosi said Trump talked so much about the border wall, "it's like a manhood thing for him." That comment was revealed on condition of anonymity by an aide who was in the room but was not authorized to speak publicly. Pelosi also said Trump insisted Mexico would pay for the wall.

Democrats have grown almost exasperated working with Trump who, after nearly two years in office, still doesn't seem to understand Congress and can't always stick to his decisions and close the deal.

"Dealmaker, negotiator, whatever. That wasn't my experience with him," said Democratic Sen. Dick Durbin of Illinois, who tried and failed to cut an immigration deal with Trump last year. "We've got to bring him into the world of congressional reality," Durbin said. "And sometimes I wonder if he has anyone around him who does that."

White House officials offered little commentary on the remarkable Oval Office confrontation beyond admonishing Democrats for trying to move the proceedings out of public view. They privately questioned whether Trump understood the gravity of the new legislative era. But Trump, at least publicly, expressed confidence in the exchange.

Trump has long believed that his tough immigration rhetoric was responsible for his 2016 campaign victory, and he brandished it again for the 2018 midterms to more mixed success. According to AP VoteCast, more voters this year opposed the border wall than supported it.

"If we close the country, I will take it because we're closing it down for border security and I think I win that every single time," Trump said later. He insisted the meeting with Pelosi and Schumer was "very friendly."

Democrats, too, suggested the meeting ended well enough, noting that Trump neither accepted nor rejected their offer to fund the government with up to \$1.6 billion for border security, rather than the \$5 billion he's been demanding for the wall.

But Democrats showed they are comfortable, as Pelosi often says, standing their ground "like a rock" — even if the day of name-calling and rancor provided a curtain raiser for the new Congress. Democrats seemed to indicate they know what they're in for and may emerge tarnished.

As Pelosi said, according to the aide, "It goes to show you: You get into a tickle contest with a skunk, you get tinkle all over you."

COMMENT



Google grilled in Congress: What's ahead for tech companies

By BARBARA ORTUTAY,
MICHAEL LIEDTKE
and MARCY GORDON
Associated Press

WASHINGTON (AP) — U.S. lawmakers' grilling of Google CEO Sundar Pichai may have sounded like a broken record, but it amplified the prickly issues facing tech companies as Democrats prepare to take control of the House next month.

The 3 1/2-hour hearing Tuesday hit upon familiar themes — online privacy, data protection and the danger of digital monopolies — that are poised to come into even sharper focus next year.

Here are some of the hurdles that Google parent Alphabet Inc., Facebook, Amazon and other tech companies are likely to face when the 116th Congress convenes.

USER PRIVACY

Looming over the tech industry is the possibility of government regulation intended to protect people's data. One model for lawmakers may be Europe, where new rules governing data and privacy went into effect this year.

Rep. Ted Poe, R-Texas, tried to pin down Pichai on privacy during Tuesday's hearing. "I've got an iPhone," Poe said, waving his device. "Can Google track me when I move?" If he moved to the left toward his Democratic colleagues on the panel, would Google know?

"Not by default," Pichai answered. Poe demanded a yes or no answer, but Pichai indicated it was complicated.

Other lawmakers questioned whether regular people know how much data Google can collect about them and how to stop being tracked. Privacy, of course, is also a huge issue for Facebook, which has spent nearly a year trying to recover from the Cambridge Analytica data mining scandal.

SEARCHING FOR BIAS

Lawmakers from both parties seem determined to re-examine whether Google rigs its search results to promote its own services and its own political agenda, too. President Donald Trump also has complained about the issue (without evidence).

European regulators already have concluded Google manipulated its search engine to gain an unfair advantage over other online shopping sites in the lucrative e-commerce market, and fined the company \$2.8 billion. Google disputes those findings and is still appealing the decision reached in 2017.

The U.S. Federal Trade Commission opened a similar investigation into Google's business practices in 2011. That probe concluded 19 months later without finding any serious misconduct and didn't require any meaningful changes to how the company operates. But internal documents later surfaced that indicated the FTC's board had brushed off some recommendations of staff lawyers who believed Google was tinkering with its search results in way that stifled competition.

U.S. Rep. David Cicilline, a Democrat from Rhode Island, told Pichai he intended to work with the FTC to draw up a regulatory framework to prevent Google from throttling its

rivals through its search engine, which handles two out of every three queries in the U.S.

Numerous lawmakers also asserted that Google uses its search engine as a propaganda machine that highlights news and opinions supporting its own view of how the world should be. The prevailing consensus so far is that the alleged bias most frequently falls on the left-leaning side of most debates, although that pendulum could swing now that Democrats will be the majority party in the House.

But drawing up regulations governing that area of search results would be more likely to raise First Amendment issues making them even more difficult to impose.

CHINA

Lawmakers on both sides peppered Pichai with questions about the possibility that Google is considering offering a censored search engine in China after pulling out of that country in 2010 in a high-profile dispute with its communist government's policies.

It's not clear what Congress might be able to do to prevent Google from returning to China, but it would certainly trigger more political fireworks.

Pichai acknowledged Google has been exploring a possible search engine in China with a team of engineers that at times has exceeded 100 people, but repeatedly emphasized the company has no plans to release it "right now." If that changes, Pichai promised let lawmakers know about it.

ELECTION INTERFERENCE

While Republicans on the House Judiciary Committee grilled Pichai on what they perceive as bias against conservatives, top committee Democrat Jerrold Nadler said lawmakers should instead examine issues such as the spread of misinformation online and Russian efforts to influence U.S. elections online.

Given Democrats are poised to take over the House, the use of fake news and misinformation by foreign actors — especially Russia — will likely to continue to be front and center in the coming months, if not years.

BREAKING UP IS HARD TO DO

Governments around the world are becoming increasingly unnerved by the power being amassed by major technology companies — with the dominance of Facebook in social networking, Google in search and Amazon in e-commerce raising the most concerns.

That has raised the specter that Trump and Congress might turn up the heat on antitrust regulators to get them to investigate whether consumers and the economy as a whole need to be protected from those companies.

In the most dramatic scenario, a case might be made for breaking the companies into smaller pieces. The premise would be that they have become modern-day trusts similar to what John Rockefeller built through Standard Oil, before the U.S. Supreme Court required it to be dismantled in a 1911 decision that reshaped the business landscape.

The Westfield News

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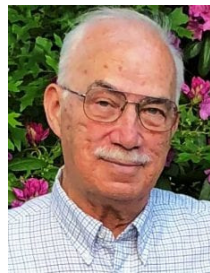
Google CEO Sundar Pichai appears before the House Judiciary Committee to be questioned about the internet giant's privacy security and data collection, on Capitol Hill in Washington, Tuesday, Dec. 11, 2018. (AP Photo/J. Scott Applewhite)

OBITUARIES

THEWESTFIELDNEWS.COM/CATEGORY/OBITUARIES/

Rudolph C. Versailles, Jr.

WESTFIELD - Rudolph C. Versailles, Jr., of Westfield passed away on December 7, 2018 after a brief illness.



Rudy was born June 16, 1938 in Leeds, MA to the late Rudolph C. Versailles, Sr. and the late Irene Gibson, née Lynch. A graduate of Northampton High School and Springfield Technical Community College, Rudy worked for years at Perstorp Compounds of Florence, MA where he held a variety of roles, ending his career as Safety Manager for the company.

Rudy is survived by his beloved wife of 60 years, Nancy Versailles, née Andras, his only sister, Patti McKenzie of Sagle ID, and three brothers: Paul Versailles and his wife Barbara, of Las Vegas, NV, David Versailles of Lakewood, CA, and Michael Versailles of West Springfield, MA.

Rudy had three loving children, Mary Versailles of Washington, DC, Richard Versailles and spouse Diane Fiorentino of S. Yarmouth, MA and Susan Driscoll and spouse Timothy of Mansfield, MA.

The greatest joys of his life were his cherished grandchildren: Lauren Flamand and spouse Christopher of Southington, CT, Caitlin Versailles and her fiancé, Dr. Will Pickering, of Chestnut Hill, MA, Alysa and Jon Anderson of Littleton, MA and Trevor and Rachel Finney of Mansfield, MA. Rudy was blessed with one great-grandson, Rory Flamand. Lastly, Rudy is survived by his faithful collie Thane.

As a communicant of St. Peter and St. Casimir, he was active in the parish community, serving in various capacities and enjoying many aspects of parish life. A parish friend sent an email to the family in which he characterized Rudy as "a humble, quiet, patient, fair, classy, dedicated, and honest man." Rudy was a lifelong model railroader and enjoyed the fraternity of his many acquaintances in the Amherst Railway Society. He served on the annual Railroad Hobby show committee and in particular enjoyed outings with his group of "train buddies." Rudy was never far from one or more of his beloved collies and enjoyed long daily walks throughout the neighborhood where he socialized with neighbors and their dogs alike.

The family wishes to thank the staff and fellow residents of the Governor's Center, the staff of Beacon Hospice, his many friends and extended family that spent time with him in his last days, and his neighbors for the years of friendship and fellowship.

Family, friends and neighbors are invited to attend a Mass of Christian burial at St. Peter and St. Casimir Catholic Church, 34 State Street, Westfield, MA on Saturday, Dec 15th at 10:00 am, burial to follow at St. Mary's Cemetery. Family, friends and neighbors are invited to gather after the burial at Roma Italian Restaurant, 561 College Highway, Southwick. Donations in lieu of flowers may be made to:

Collie Rescue League of NE, P.O. Box 3689, Cranston, RI 02910-0689 <http://www.collierescueleague.org/donate/>

Or

Men of St. Joseph, St. Peter and St. Casimir Parish, 34 State Street, Westfield, MA 01085. Southwick Forastiere Family Funeral Home is entrusted with arrangements. Please visit www.forastiere.com to offer a personal note of condolence.

William K. Pennington

William (Bill/Wicky) K. Pennington, 74, of Pie Town, New Mexico, died November 23, 2018. He was born in Springfield, MA son of William T. and Stella R. Pennington of Westfield, MA. He was a graduate of Westfield High School and New England College, Henniker, New Hampshire. He is survived by his sister, Marcia S. Placek of Westfield, his brother, David T. Pennington of Westfield and his devoted companion, Camilla VanSickle of Pie Town, New Mexico. A sincere thank you goes to Compassus Hospice in Show Low, Arizona for their special care. Funeral services will be private.



Man dies while cutting down tree

AMHERST, Mass. (AP) — Police say a man has died while cutting down a tree in western Massachusetts.

Officers responded to the scene Tuesday morning in Amherst and found the 38-year-old man suffering serious injuries.

The man was later pronounced dead at the scene. His name has not been released.

The Northwestern District Attorney's Office says no foul play is suspected.

State police are conducting an investigation, as well as the Occupational Safety and Health Administration.



In Loving Memory of Joan F. Stomski

~ December 12, 2018 ~

Today marks 20 years you left for another life. Today also means I have been alone, half of my life.

I could never understand why I failed to move forward, then out of nowhere, I knew... I never stopped loving you.

You were, and always will be the only love of my life.

Now I fully understand the meaning of believing.

Merry Christmas, Your Favorite Day.

All my love always, Your Hubby



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POLICE LOGS

WESTFIELD

Major crime and incident report
Wednesday, Dec. 5, 2018

2:00 p.m.: vandalism, Klondike Avenue, a resident came to the station to complain of vandalism to his mobile home, the responding officer reports the victim said that in October copper pipes under his mobile home were damaged causing a leak, the complainant said that on Nov. 28 the repaired pipes were cut causing water to gush out, the officer reports the incident remains under investigation;

4:07 p.m.: assault, Hillside Road, a DPW employee came to the station to report that he was assaulted while driving his trash collection route, the officer reports the complainant said that a person he has seen removing redeemable containers from refuse bins and leaving them to collect later assaulted him when he cleaned up the cans.

COURT LOGS

Westfield District Court
Wednesday, Dec. 5, 2018

Sheryl L. Fox, 50, of 43 Farnham Lane, Westfield, saw a charge of operating a motor vehicle with a suspended license brought by Southwick police dismissed upon immediate payment of \$100 in court costs.

Christina C. Bamford, 27, of 45 Honey Pot Road, Southwick, saw a charge of assault and battery on a family or household member dismissed when the alleged victim asserted her Fifth Amendment rights and refused to testify.

Shakeem K. Scott, 35, of 21 Summer St., 1st Floor, Westfield, saw charges of assault and battery on a family or household member and assault and battery with a dangerous weapon brought by Westfield police not prosecuted after the Commonwealth reported that the alleged victim is "not on board" with the case.

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..... **MONDAYS**

6-8 am: By George...it's Monday with George Delisle

8-10am: Owls on the Air with Michael "Buster" McMahon '92

..... **TUESDAYS**

6-8 am: WOW, It's Tuesday, with Bob Plasse

8-10am: Ken's Den, with Ken Stomski

..... **WEDNESDAYS**

6-8 am: Wake Up Wed., with Tina Gorman

8-10am: Wednesday Roll Call - Rotating Hosts

1st Wed On The Town with Mayor Brian Sullivan and Denny Atkins (8-10am)

2nd Wed Window into Westside with Mayor Wil Reichelt (8-9am) Chamber Chatter with Kate Phelon (9-10am)

3rd Wed Everything Southwick with Selectman Joe Deedy (8-9am) ArtsBeat with Mark Auerbach (9-10am)

4th Wed Rock on Westfield with Harry Rock (8-9am) Boys and Girls Club Hour with Bill Parks (9-10am)

..... **THURSDAYS**

6-8 am: The Westfield News Radio Show, with host Patrick Berry

8-9 am: In The Flow with Rob & Joe: Westfield Tech. Academy's Rob Ollari & Joe Langone

9-10am: Superintendents' Spotlight with Stefan Czaprowski

..... **FRIDAYS**

6-8 am: JP's Talk about Town, with Jay Pagluica

8-9 am: Owls Sports Weekly with Devin Bates '18 and Anthony Swenson '18

8-9 am: Conversations with Pete Cowles

..... **SATURDAYS**

6-10am: Polka Jammer Network, with Billy Belina

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FOODTRAVEL



HERB ROASTED PORK

- 1 teaspoon rubbed sage
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 clove garlic, crushed
- 1 (5 lb.) boneless pork loin
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1/4 cup vinegar
- 1/4 cup water
- 2 tablespoons soy sauce

Preheat oven to 325 degrees F. In a bowl, combine sage, salt, pepper, and garlic. Rub thoroughly all over pork. Place pork in an uncovered roasting pan on the middle oven rack. Bake in the preheated oven approximately 3 hours, or until the internal temperature reaches at least 145 degrees F, depending upon your desired doneness. Meanwhile, place sugar, cornstarch, vinegar, water, and soy sauce in a small saucepan. Heat, stirring occasionally, until mixture begins to bubble and thicken slightly. Brush roast with glaze 3 or 4 times during the last 1/2 hour of cooking. Pour remaining glaze over roast, and serve

PERFECT CRAB-STUFFED MUSHROOMS

- 2 tablespoons minced green onion
- 1 cup cooked crabmeat, finely chopped
- 1/2 cup dry bread crumbs
- 1/4 cup shredded Monterey Jack cheese
- 1 egg, beaten
- 1 teaspoon lemon juice
- 1/2 teaspoon dried dill weed
- 1/2 cup butter, melted
- 1-1/2 lbs. fresh button mushrooms, stems removed
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup dry white wine

Preheat oven to 400 degrees F. Melt 2 tablespoons butter in a skillet; cook and stir green onion until softened, about 2 minutes. Transfer green onion to a bowl. Stir in crabmeat, bread crumbs, 1/4 cup Monterey Jack cheese, egg, lemon juice, and dill weed until well mixed. Pour 1/2 cup melted butter in a 9x13-inch baking dish; turn mushroom caps in butter to coat. Fill mushroom caps with the crab mixture and sprinkle with remaining 1/2 cup Monterey Jack cheese. Pour white wine into baking dish. Bake in preheated oven until cheese is melted and lightly brown, 15 to 20 minutes.



CREAM CHEESE CHRISTMAS COOKIES

- 1 cup butter, softened
- 1 (8 oz.) pkg. cream cheese
- 1 cup white sugar
- 1/2 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup chopped pecans
- 1/2 cup green sugar crystals
- 1/2 cup red sugar crystals
- 1 cup pecan halves

Cream together the butter and cream cheese. Add sugar and vanilla; beat until light and fluffy. Combine the flour and salt; gradually add to creamed mixture, beating until well blended. Stir in chopped pecans. Cover bowl with plastic wrap and refrigerate for 15 minutes. On four sheets of aluminum foil, shape dough into four 6 inch rolls, 1 1/2 inches in diameter. Wrap each roll tightly in foil and refrigerate over night. Preheat oven to 325 degrees F). Line cookie sheets with foil. Remove rolls of dough from refrigerator one at a time. Coat each roll with red or green sugar crystals; cut dough into 1/4 inch slices. Place on prepared cookie sheets; top each cookie with a pecan half. Bake for 15 to 18 minutes or until bottom of cookie is lightly browned when lifted.



HOLIDAY CINNAMON PEARS

- 3 (16 oz.) cans pear halves in juice
- 1 (2.25 oz.) pkg. cinnamon red hot candies
- 1/4 teaspoon red food coloring
- 6 leaves butterhead lettuce

Drain the liquid from the cans of pears into a saucepan. Add red hot candies to the juice. Cook over medium heat, stirring constantly, until the candy has dissolved. Stir in the food coloring, remove from heat, and allow to cool. Place the pear halves in a deep bowl. Pour the liquid over the pears, cover, and refrigerate overnight. You may want to stir a couple of times to evenly distribute the color. Serve pear halves cold on top of a leaf of lettuce.



Holiday entertaining in small spaces is an art

By KATHERINE ROTH
Associated Press

For those in small homes, holiday entertaining can feel daunting, or even impossible. But with a little planning, that needn't be the case. "I don't think anyone who enjoys hosting should stop themselves from entertaining just because of space constraints," says Sarah Carey, editorial director of food and entertaining for Martha Stewart Living magazine. There is an art to small-space entertaining, and a few things to keep in mind to help things go smoothly. "In a small space, it's important to keep it simple. Make it easy on yourself by having everything prepared and in place before guests arrive, so that you can enjoy yourself with them. If you're having fun, your guests will likely have fun, too," Carey says, adding that,

particularly in close confines, a stressed-out host risks ruining the party.

The most common mistake, she says, is thinking that more is more. Less is definitely more.

"Just be realistic about what you can do and provide. You can be a very generous host without going overboard," she says.

CLEAR THE DECKS AND SET THE MOOD

Preparing your space ahead of time is especially important when entertaining in a small home, says Stephanie Sisco, home editor at Real Simple magazine.

"Focus on the powder room, entryway and kitchen, making sure the clutter is cleared off countertops, personal items have been removed from the bathroom, and you've made room for coats and scarves," she says.

She suggests putting an essence-oil infuser near the front door to set the mood, and having a fan going, since small spaces tend to warm up quickly. And it's nice to have a playlist at the ready.

SPREAD OUT

When laying things out ahead of your event, consider where people will be congregating so that the drinks are separate from the food area, if possible, and people aren't blocking the entryway, Sisco suggests.

COOK AHEAD OF TIME

"Make-ahead food is great because you aren't cooking in the kitchen at the last minute, and you can utilize that space for entertaining," says Carey. "Putting a few last-minute touches on things as people are arriving is OK, but you don't want to be in full production mode."

Think crudite and aioli, or hummus, or maybe spiced olives as a cold appetizer. Also, "casseroles are back in fashion and are always crowd-pleasers," says Sisco.

MAKE A STATEMENT

"A large centerpiece adds focus to a party. A ham, Gravlax or smoked salmon platter . are all great make-ahead ideas," says Carey. "Make one or two and place them in a few different spots — maybe one on the kitchen counter, one on the dining table or sideboard — to spread out the 'revelers.'"

SIGNATURE DRINKS

Instead of a full bar, set out a couple of punches, one with and one without alcohol, and a couple kinds of wine.

"A full bar is not something you can do in a small space, so keep it simple and people will know what to do," says Carey.

SEND THEM HOME WITH A TREAT

"Make a cookie or two — no need to go crazy — but make them super special. Our Meyer Lemon Wreath cookies make a splash, and gingerbread espresso crinkle cookies are a great twist on a classic," suggests Carey. "Box them up as a reminder of a sweet evening spent with friends."



This photo provided by Crate & Barrel shows a modular serving set. An item like this available at Crate & Barrel can lend a hand in entertaining in a small space. With a little planning, even the smallest homes can be just right for holiday entertaining. (Crate & Barrel via AP)

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Editor's Note: Our Faces of Carson feature shares experiences from the perspective of Behavioral Health Network's caregivers and program directors in helping individuals and families in our community.



CARMEN QUINONES

Assistant Program Director for BHN's Adult Community Clinical Services Program

Carmen Quinones, the Assistant Program Director for ACCS, is no stranger to artistic expression. "My father was an artist, so art was always a part of our household — I've been drawing since I could talk." Carmen joined BHN two years ago as a Care Coordinator for the Adult Community Clinical Services program in Westfield (formerly known as the CBFS program), bringing her passion for art with her. Eventually, a number of local art exhibits caught her attention, citing exhibits hosted by the National Alliance on Mental Illness and Holyoke Community College, as sources of inspiration. As May approached, Carmen saw an opportunity to align a possible art exhibit with May Mental Health Month.

On May 11, the walls within The Mill at Crane Pond in Westfield came to life when Carmen organized the art exhibit featuring paintings, photographs, sculptures, and other forms of art created by program participants and employees. In the words of the Carmen, "We have a lot of talented program participants and staff [and] it was very rewarding seeing how proud our participants were showcasing their artwork."

The process of turning her idea into a reality was no small feat — "It was an intense process," she recalls, "we didn't expect as many pieces as we got; they kept flooding in past the deadline." Yet, the process also revealed the depth of Carmen's generosity. She cites one participant who spent hours creating paintings for the exhibit, but couldn't afford the supplies to display and frame them — "I ended up taking all 8 of her paintings home with me and spent a couple hours framing them myself." Another participant had been passionate about photography during his childhood and teenage years but gave it up as an adult. "He had tons and tons of old photographs in his attic, and this exhibit gave him an opportunity to showcase his work for the first time in decades. His reaction meant the world to me — he was so proud to display his work again."

Naturally, the exhibit's resounding success led to questions about future exhibits within BHN, to which Carmen responds, "I'm still recovering from this year's!" Reflecting on this year's exhibit, Carmen says "It was very rewarding to see how program participants felt as a result — they were so happy and so proud to showcase their work," she continued, "it's no secret our walls are boring, blank canvases waiting to be filled — everyone was so excited to see the walls come alive with color." In the end, Carmen's art exhibit became a symbol of something larger than the display of art — "I think it just goes to show that anything is possible with some inspiration and determination."



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This undated photo provided by America's Test Kitchen in October 2018 shows Simple Pot Roast in Brookline, Mass. This recipe appears in the book "Cook it in Your Dutch Oven." (Joe Keller/America's Test Kitchen via AP)



Westfield Girl Scout Ambassador Troop 40222/40230 represented by Patricia O'Connor, leader; Morgan O'Connor, Lisa Stawasz (leader), Allison Bower, and Diane Bower (adult volunteer). (Submitted photo)



Westfield Troop 40064 members Kaitlin Paulson, Carissa Fillion, Lexi Monczka, and Makayla Calhoun, joined by troop leader Christie Fillion, get ready for the Springfield Thunderbirds game on Saturday night. (Submitted photo)



Westfield Daisy Troop 64631 members Katie Mottola, Mary Olivia Ramos, Mya Kozik, and Callie Browne show their goal-setting necklaces at a weekend cookie rally. (Submitted photo)



Kaitlin Paulson of Westfield Girl Scout Troop 40064 votes for her favorite cookie during a weekend cookie rally. (Submitted photo)

Westfield Scouts Cookie Orders

Continued from Page 1

Women's Fund of Western Mass, Dress for Success, Greater Springfield Habitat for Humanity, MGM Springfield, Home Depot, Society of American Magicians and TD Bank.

More than 300 Girl Scouts were in attendance and after attending a cookie rally, enjoyed the Springfield Thunderbirds hockey game.

"During Girl Scout cookie season each G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader) sets out to sell delicious cookies while also

building entrepreneurial and business skills that are imperative for leadership and future success," said Carnegie.

Carnegie added that close to 7,000 Girl Scouts participate in the cookie program each year, generating nearly \$4 million in sales during the average season.

"All of the revenue raised stays within western and central Massachusetts," said Carnegie.

Girl Scout cookie order taking begins Dec. 12 and

community booth sales will start in the Greater Westfield area Jan. 18 and continue through March 10. Cookie selections range from Thin Mints, Toffee-tastics, and Caramel deLites/Samoas, to Trefoils/Shortbread varieties. A new cookie, Caramel Chocolate Chip, is a gluten-free offering with a hint of sea salt that will be available in select areas.

"We've placed our initial orders for cookies and will be able to start taking orders Dec. 12," said Patricia

O'Connor, who oversees Brownie and Girl Scout Ambassador troops in the city. "We will have cookies in hand for direct selling on Jan. 18."

For persons who would like to order cookies from O'Connor's scouts, email her at oconnorp1749@comcast.net.

To find out when Girl Scouts are selling cookies throughout the Greater Westfield area, visit www.girlscoutcookies.org.

Sidewalk Account

Continued from Page 1

Town bylaw requires developers to install sidewalks on both sides of the road however, sometimes a developer is granted a waiver by the town to not add the sidewalks.

At the meeting in October, town counsel Ben Coyle first went through the regulations of the revolving account. Brown then discussed with the Select Board which areas in town they felt would need funds for this account.

"We do have some areas we'd like to target utilizing those funds," said Brown.

It has been determined that Depot Street will be the first street in town that will benefit from the sidewalk revolving account. Depot Street's sidewalks get heavy pedestrian traffic from the rail trail walkers, runners, and bikers so the sidewalks along that street are very important for the safety of those that use the sidewalk.

Brown reiterated that the town bylaw for the sidewalk account has to only be for sidewalks.

When it comes to pot roast, keeping it simple is the best

By AMERICA'S TEST KITCHEN

When it comes to pot roast, keeping it simple is sometimes best. We started with a chuck-eye roast, a well-marbled cut that is great for braising. Splitting the roast in two allowed us to trim excess fat and cut down on cooking time.

A stovetop sear created a nicely caramelized exterior; transferring the covered Dutch oven to the oven promoted even cooking and prevented scorching over the long cooking time. Adding carrots, potatoes, and parsnips to the pot partway through braising ensured that the vegetables didn't overcook and become mushy.

We added wine to the sauce after braising so that its flavor stayed bright; reducing it briefly on the stovetop ensured that our sauce didn't taste boozy. Use a good-quality medium-bodied wine, such as a Cotes du Rhone or a pinot noir, for this dish. Depending on the size of your Dutch oven, you may need to brown the roasts in two batches rather than one.

SIMPLE POT ROAST

Servings: 6-8

Start to finish: 4 hours, 30 minutes to 5 hours

1 (3 1/2-to-4 pound) boneless beef chuck-eye roast, pulled into 2 pieces at natural seam and trimmed of large pieces of fat
Salt and pepper

3 tablespoons vegetable oil

1 onion, chopped

1 celery rib, chopped

4 garlic cloves, minced

2 teaspoons sugar

1 teaspoon minced fresh thyme or 1/4 teaspoon dried

1 cup chicken broth

1 cup beef broth

1 cup water

1 1/2 pounds carrots, peeled and cut into 3 inch pieces

1 1/2 pounds red potatoes, unpeeled, cut into 1 1/2 inch pieces

1 1/2 pounds parsnips, peeled and cut into 3 inch pieces

1/3 cup dry red wine

Adjust oven rack to lower-middle position and heat oven to 300 F. Tie roasts crosswise with kitchen twine at 1-inch intervals. Pat dry with paper towels and season with salt and pepper. Heat 2 tablespoons oil in Dutch oven over medium-high heat until just smoking. Brown roasts on all sides, 8 to 10 minutes; transfer to plate.

Add remaining 1 tablespoon oil, onion, and celery to fat left in

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pot and cook over medium heat until vegetables are softened, about 5 minutes. Stir in garlic, sugar, and thyme and cook until fragrant, about 30 seconds. Stir in chicken broth, beef broth, and water, scraping up any browned bits, and bring to simmer. Return roasts to pot along with any accumulated juices. Cover, transfer pot to oven, and cook for 2 hours, flipping roasts halfway through cooking.

Remove pot from oven. Nestle carrots into pot around roasts and sprinkle potatoes and parsnips over top. Return covered pot to oven and cook until vegetables and beef are tender and fork slips easily in and out of meat, 1 to 1 1/2 hours.

Remove pot from oven. Transfer roasts to carving board, tent with aluminum foil, and let rest while finishing sauce. Transfer vegetables to large bowl, season with salt and pepper to taste, and cover to keep warm.

Using wide, shallow spoon, skim excess fat from surface of braising liquid. Stir in wine, bring to 7/8 simmer over medium-high heat, and cook until sauce measures 2 cups, about 15 minutes. Season with salt and -pepper to taste.

Discard twine, slice roasts against grain into 1/2 inch-thick slices, and arrange on serving platter. Spoon some of sauce over meat and serve with vegetables, passing remaining sauce separately.

Nutrition information per serving: 431 calories; 99 calories from fat; 11 g fat (2 g saturated; 0 g trans fats); 122 mg cholesterol; 544 mg sodium; 36 g carbohydrate; 7 g fiber; 10 g sugar; 45 g protein.

Facility

Continued from Page 1

sq. ft. and 1,500 sq. ft. The outhouse buildings will be used to processing and package the marijuana. There is also a mechanical room that includes irrigation, electrical, heating, and other utilities.

If the special permit is approved, the security systems will be upgraded as Southwick's town bylaw for marijuana cultivation requires that there has to be two separate camera systems on the outside of the property in order to cover the entire property. The Cannabis Control Commission, the state's legal authority for marijuana, will have access to the surveillance system in order to watch the whole operation inside and outside of the building. The Southwick Police would also have access to the camera system.

In order to ensure the operation is secure, Dellatorre acknowledged that the outhouse buildings where the packaging and processing is taking place will only be accessed by specific employees who are responsible for those duties. Maintenance workers or other employees will be restricted from those areas.

The Planning Board has asked Dellatorre and his consultant, John Goddard of R. Levesque Associates, to make some improvements on the site plan for the special permit. Included in that will be having further discussion with the police department about security and with the fire department regarding installing sprinklers inside the facility.

The reason for Dellatorre requesting the continued public hearing be pushed to February 5 is due to the planning aspects of the project that the greenhouse owner needs to solidify. Dellatorre is working with an architect for the inside of the building.

"The town likes to have a good firm grasp on what's happening inside the building," said Dellatorre.

Although Goddard noted that most of the planning for the inside of the building has already been ironed out, Dellatorre needs to work on where the exact location of the cultivation of the marijuana would take place, having the required clean spaces, and making sure the products would be transferred from the facility the exact way the CCC (Cannabis Control Commission) requires them to.

In the coming weeks, Dellatorre will be working on scheduling a date to hold a community outreach meeting in order to answer any questions the community may have about his proposed project. The new marijuana regulations by the CCC requires prospective marijuana businesses to organize a community outreach meeting.



The Planning Board is seen briefly discussing the hearing that is to be continued for February on a marijuana growing facility in town. (Photo by Greg Fitzpatrick)

Kids Night Out

Continued from Page 1

Lusteg. On Dec. 14, a host of winter and holiday themed arts and craft activities are planned as well as closing out the evening viewing "How the Grinch Stole Christmas" starring Jim Carrey. Cheese pizza will be served during the evening and parents have the option to provide their children with a meal.

"Traditionally on Kids Night Out we provide snacks," said Lusteg.

The festive evening planned for kids will feature a host of board and card games and playing with Legos, as well as choosing a group game including kickball, basketball or swimming.

"Many of the kids choose to go swimming," said Lusteg, adding if a child is new to the YMCA, lifeguards will provide a swim test to determine the child's swimming level.

"We provide life jackets if needed," said Lusteg.

For children participating in Kids Night Out, Lusteg notes that participants should have a backpack with appropriate clothing as needed and a swim suit and towel if the child will be using the pool. Closed toed shoes are also recommended, added Lusteg.

"Kids Night Out is a great opportunity to introduce children to all of the activities we offer at the YMCA which includes a tour of the gym, work-out area, basketball court, and swimming pool," said Lusteg. "We also have amazing counselors to meet who provide a welcome and warm sense of community."

While the program is structured from 5:30 to 9:30, Lusteg added that parents can drop off their children at any time from 5:30 on and pick them up when it is convenient by 9:30. An emergency contact and medical form must be completed for each child.

The cost of the Kids Night Out is \$15 for the first child and \$10 for each additional sibling. Pre-registration is not required but can be made by visiting the YMCA's reception desk at 67 Court St. or by calling (413) 568-8631.

For more information on the program, contact Lusteg at (413) 568-8631, ext. 322 or via email to plusteg@westfieldymca.org.

Hat and Mitten Tree Drive

Continued from Page 1

and other warm clothes that are small enough to hang on the tree. The clothes may be handmade or purchased from a store, the only requirement is that they are new and in good condition.

Because people who donate often bring in multiple items of clothing, it is difficult to say how many people bring in donations each year.

"We had one very generous woman who brought in a giant trash bag full of clothes she had knitted over the past year," said Records, "We had more than enough items for everyone at the Samaritan Inn, Our House, and more to bring to the Food Pantry in Westfield."

Because the library was recently closed for a week due to ongoing construction, they have not been able to collect as many donations as in previous years. Records said that last year she took the money raised from their Jeans Drive and purchased more men's insulated gloves.

On Friday's, staff at the Athenaeum are allowed to wear jeans to work if they put one dollar into their charity fund. They save this money until they have a respectable amount, then decide as a group which charity in town they are going to give it to.

The Hat and Mitten Tree will be on display with until December 20th.



The Southwick Regional School Chorus led by Band and Chorus director Rich Quinn.

Southwick Regional School Winter Concert



Soloist Adam Sherlin brings "Sim Shalom" to life at Tuesday night's concert.



Band and Chorus director Rich Quinn leads students in "My Favorite Things"



The evening began with the 7th/8th grade band playing "Yuletide Festival".



The second selection for the evening was "Shenandoah".

PHOTOS BY MARC ST.ONGE

OUI Driver

Continued from Page 1

City police responded to a call for service at his home and found an under-age drinking party. He was found to be in possession of a bag of white powder which he told police the bag was 'ecstasy' and was charged with possession of a Class B drug.

He was placed on pretrial probation for six months and ordered to be drug and alcohol free. The charge was subsequently dismissed.

Pasquini-Pezzini was next in court in April, 2010, after he was arrested by city police and was charged with drunk driving. He did not contest the charge which was continued without a finding with probation for one year and eventually dismissed. His license was suspended for 210 days and he was found to be responsible for a charge of operating in the wrong direction on a state highway.

Two years later, in July, 2012, Pasquini-Pezzini was again charged with motor vehicle offenses.

He did not contest a charge of unlicensed operation of a motor vehicle and that charge was continued without a finding, with probation for three months, and ultimately dismissed. At that time he was found to be responsible for a charge of possession of an open container of alcohol in a motor vehicle. He had admitted to the trooper who stopped him that he had been drinking beer.

Two years later, in December of 2014, Pasquini-Pezzini faced assault charges stemming from an incident in which he

and a confederate ambushed his former girlfriend and her new boyfriend. The two men reportedly beat the woman's companion with pipes and kicked him before they fled, taking the woman with them. The woman told police that they beat her before they pushed her from their vehicle.

Again, Pasquini-Pezzini did not contest the assault charges and they were continued without a finding with probation for one year and later dismissed. In that incident, Pasquini-Pezzini pleaded guilty to a charge of malicious damage to a motor vehicle and was placed on probation for one year.

Pasquini-Pezzini's probation had been completed on Nov. 8 when when he rammed into Matysek's pickup truck and killed him. When he is released after completing his 11-12 year term in state prison he will again be on probation.

In addition to his conviction on the manslaughter charge, he was found to be guilty of leaving the scene of a property damage crash and Mason sentenced him to a two year term of probation to begin upon his release from prison.

PhotoVoice

Continued from Page 1

was one of his favorite structures before they turned it into the bike trail, and he was happy they saved it from demolition. "I'm very passionate about Westfield," he said.

Ty Hanson, who works for the UMASS Boston Institute for Community Inclusion said Photo Voice allowed the students to document and reflect Westfield. She said the project combines photography with social change, to empower students and promote discussion. "Students with disabilities' voices are not always heard. Through photography, they are able to share their stories," Hanson said.

She talked about another project Ned participated in, called "putting yourself on a digital map." She said through an app, Ned was able to log himself on campus and elsewhere as he took photos and produced a digital map, allowing him to write a blog and make a video about the life of a college student. He was a keynote speaker at a conference attended by 400 people about the project, and will be presenting at a research summit later this week.

"It's so exciting seeing Ned taking all the communication classes at HCC," Hanson said.

Alec, who participated in the digital stories portion of the Photo Voice project, is another former EMRT student who enrolled in the ICEI program at Westfield State. Elander said Alec has just been hired by the college as a paid mentor in the ICEI program. He also works with the basketball team there as a shot changer.

Elander said she requested \$1,100 from the Westfield Education Foundation for the PhotoVoice project, and was fully funded. She also gave credit to her WSU intern Mollie O'Connor for preparing the project for exhibit, and thanked Hanson for her involvement and support.



Sandy Records, Head of Circulation at the Westfield Athenaeum, stands next to the Hat and Mitten Tree in the Athenaeum lobby. She personally knitted the hat and scarf she is wearing, as well as several of the other items on the tree. (Photo by Peter Currier)

SPORTS

Tigers rally, fall short

By CHRIS PUTZ
Staff Writer

THREE RIVERS – Like the Little Engine That Could, the Westfield Technical Academy boys basketball team kept climbing and climbing that mountain on the road only to stall out in their season opener.

Westfield Technical Academy fell behind by 12 points early, rallying to within two points or a tie multiple times, but could never get over the hump on the road Tuesday night at Pathfinder Regional High School. The Tigers fell 67-57.

Pathfinder's size advantage came into play late in the second half, by dumping the ball inside for some easy baskets.

"I am not disappointed at all by our efforts," Westfield Tech boys basketball head coach Kyle Dulude said. "We were just a little out-matched with height. If our guys continue to learn and improve, I am very optimistic for the future."

Westfield Tech (0-1) produced three players with double-digits in the scoring column.

Darrien Wilson-Grant led Westfield Tech with 16 points. Tigers' Dave Tikhonchuk and Brody Zabielski finished with 15 and 12 points, respectively.

"We are young and I feel we will be just fine in time," said coach Dulude, noting that this chapter in the program's history is just beginning. "The guys just need to stick together and push each other every day."

Once they think they can, a seemingly impossible task might likely become possible.



Westfield Tech's Jordan Otero (23) goes up for a jump shot above all the arms of the Pathfinder Pioneers. (Photo by Chris Putz)

scoring 23 points and hauling in more than 20 rebounds to lead Frontier. Kalen Evans and Owen Morse scored 13 points apiece. Morse made three 3-pointers.

Southwick's Connor Roy scored a team-high 10 points. Devan Parrow and Cade Billings each had eight for the Rams (0-1), who battled to a 28-all half before falling behind in the third quarter. The Rams netted just five points in the fourth quarter.

"I thought we played really well, really hard," Southwick boys basketball head coach Peter Fiorentino said.

"Frontier was big, long, and athletic," he added. "We have a lot to learn and a lot of room to grow."

Terriers chase Bombers

West Springfield 65, Westfield 41
West Springfield's Nick Toma and Nicholas Moche finished with 21 and 15 points, respectively, to hand Westfield its second straight

See H.S. Roundup, Page 11



Mateo Sanchez (3) dribbles the ball up the floor for Westfield Technical Academy Tuesday night at Pathfinder Regional High School. (Photo by Chris Putz)



Westfield Tech's Dave Tikhonchuk (2) lines up a foul shot. (Photo by Chris Putz)



Westfield Tech's Darrien Grant (11) attempts a free throw. (Photo by Chris Putz)



Tigers' Carter Slack (21) puts up a shot. (Photo by Chris Putz)

Carey's double-double downs Rams

Frontier 59, Southwick 46
Carson Carey recorded a double-double,

Southwick Regional vs. Frontier Regional basketball



Josh Lis tries for a 3 pointer. (Photo by Marc St.Onge)



Southwick's Danny Schurman (10) is pressured by Frontier's Tim Barrington (3) as he goes for the layup. (Photo by Marc St.Onge)



Evan Clarke (34) goes for the jumper in Tuesday's game against Frontier Regional. (Photo by Marc St.Onge)

Connor Roy (33) fires the ball past Frontier's Colin Boudreaux (20) to Cade Billings (11). (Photo by Marc St.Onge)



Josh Lis (24) sinks one backed up by Evan Clarke (34) and Ryan Molta (35). (Photo by Marc St.Onge)

H.S. WINTER SPORTS RESULTS/STANDINGS

GIRLS BASKETBALL

WESTFIELD 2-0
WESTFIELD TECHNICAL ACADEMY 0-1
ST. MARY 0-0
SOUTHWICK 1-0
GATEWAY 1-1

BOYS BASKETBALL

WESTFIELD 0-2
WESTFIELD TECHNICAL ACADEMY 0-1
ST. MARY 0-1
SOUTHWICK 0-1
GATEWAY 0-0

GIRLS SWIMMING

WESTFIELD 2-0

BOYS SWIMMING

WESTFIELD 2-0
WRESTLING
WESTFIELD 3-1

BOYS ICE HOCKEY

WESTFIELD 1-0
SOUTHWICK 0-1

TUESDAY'S RESULTS

BOYS BASKETBALL
PATHFINDER 67,
WESTFIELD TECHNICAL ACADEMY 57
FRONTIER 59, SOUTHWICK 46
WEST SPRINGFIELD 65, WESTFIELD 41
GIRLS BASKETBALL
WESTFIELD 43, AMHERST 33
BOYS SWIMMING
WESTFIELD 132, AMHERST 31
GIRLS SWIMMING
WESTFIELD 101, AMHERST 82

WINTER SPORTS SCHEDULES

WESTFIELD
HIGH SCHOOL

Wed., Dec. 12
No Sports Scheduled
Thurs., Dec. 13
No Sports Scheduled
Fri., Dec. 14
BOYS/GIRLS SWIMMING vs. Central, 4 p.m.
JV BOYS HOOPS @ Monument Mountain, 5:30 p.m.
JV GIRLS HOOPS vs. Agawam, 5:30 p.m.
BOYS HOOPS @ Monument Mountain, 7 p.m.
GIRLS HOOPS vs. Agawam, 7 p.m.
Sat., Dec. 15
No Sports Scheduled
Mon., Dec. 17
JV BOYS HOOPS vs. Agawam, 5:30 p.m.
BOYS HOOPS vs. Agawam, 7 p.m.
Tues., Dec. 18
BOYS/GIRLS SWIMMING @ Chicopee Comp, 4 p.m.
JV GIRLS HOOPS vs. Central, 5:30 p.m.
GIRLS HOOPS vs. Central, 7 p.m.
Wed., Dec. 19
WRESTLING vs. Holyoke, 7 p.m.
Thurs., Dec. 20
GIRLS HOOPS vs. Paulo Friere Social Justice Charter School, 7 p.m.
Fri., Dec. 21
JV BOYS HOOPS vs. Minnechaug, 5:30 p.m.
JV GIRLS HOOPS @ Longmeadow, 5:30 p.m.
BOYS HOOPS vs. Minnechaug, 7 p.m.
GIRLS HOOPS @ Longmeadow, 7 p.m.
Sat., Dec. 22
BOYS ICE HOCKEY @ Agawam, Olympia (West Springfield), 5:20 p.m.
Mon., Dec. 24
No Sports Scheduled
Tues., Dec. 25
CHRISTMAS
Wed., Dec. 26
BOYS ICE HOCKEY @ Gloucester High School, 7 p.m.
Thurs., Dec. 27
JV BOYS HOOPS @ Minnechaug, 5:30 p.m.
BOYS HOOPS @ Minnechaug, 7 p.m.
BOYS ICE HOCKEY @ Gloucester High School, 7 p.m.
Fri., Dec. 28
JV GIRLS HOOPS vs. Northampton, 5:30 p.m.
GIRLS HOOPS vs. Northampton, 7 p.m.
Sat., Dec. 29
BOYS ICE HOCKEY @ Westborough, NorthStar Ice Sports, Time TBA
Sun., Dec. 30
JV BOYS ICE HOCKEY vs. Chicopee, Fitzpatrick Ice Arena, 10:45 a.m.
Mon., Dec. 31
No Sports Scheduled
Tues., Jan. 1
NEW YEAR'S DAY
Wed., Jan. 2
BOYS ICE HOCKEY vs. Minnechaug, Amelia Park Ice Arena, 7 p.m.
Thurs., Jan. 3
JV BOYS HOOPS @ Amherst, 5:30 p.m.
BOYS HOOPS @ Amherst, 7 p.m.
WRESTLING vs. East Longmeadow, 7 p.m.
Fri., Jan. 4
BOYS/GIRLS INDOOR TRACK vs. Chicopee Comp, Smith College (Northampton), 3:45 p.m.
BOYS/GIRLS SWIMMING @ Agawam, Agawam Junior High School, 4 p.m.
JV GIRLS HOOPS vs. Holyoke, 5:30 p.m.
GIRLS HOOPS vs. Holyoke, 7 p.m.
Sat., Jan. 5
No Sports Scheduled
Mon., Jan. 7
JV BOYS HOOPS vs. Northampton, 5:30 p.m.
BOYS HOOPS vs. Northampton, 7 p.m.

WESTFIELD
TECHNICAL ACADEMY

Wed., Dec. 12
GIRLS HOOPS @ Smith Academy, 6 p.m.
Thurs., Dec. 13
No Sports Scheduled
Fri., Dec. 14
No Sports Scheduled
Sat., Dec. 15
No Sports Scheduled
Mon., Dec. 17
JV BOYS HOOPS @ Baystate Academy Charter Public School, South End Community Center, 5:30 p.m.
BOYS HOOPS @ Baystate Academy Charter Public School, South End Community Center, 7 p.m.
Tues., Dec. 18
No Sports Scheduled
Wed., Dec. 19
No Sports Scheduled
Thurs., Dec. 20
BOYS HOOPS - Box Out Cancer Challenge vs. Hampden Charter School of Science, 7 p.m.
Fri., Dec. 21
GIRLS HOOPS @ John J. Duggan Academy, 7 p.m.
Sat., Dec. 22
No Sports Scheduled
Mon., Dec. 2 No Sports Scheduled
Tues., Dec. 25
CHRISTMAS
Wed., Dec. 26
No Sports Scheduled
Thurs., Dec. 27
No Sports Scheduled
Fri., Dec. 28
GIRLS HOOPS vs. Renaissance, 6 p.m.
Sat., Dec. 29
No Sports Scheduled
Mon., Dec. 31
No Sports Scheduled
Tues., Jan. 1
NEW YEAR'S DAY
Wed., Jan. 2
No Sports Scheduled
Thurs., Jan. 3
JV BOYS HOOPS @ Gateway, 5 p.m.
BOYS HOOPS @ Gateway, 6:30 p.m.
Fri., Jan. 4
GIRLS HOOPS @ St. Mary, Westfield Intermediate School (Southampton Road), 5:30 p.m.
Sat., Jan. 5
No Sports Scheduled
Mon., Jan. 7
JV BOYS HOOPS vs. St. Mary, 5:30 p.m.
BOYS HOOPS vs. St. Mary, 7 p.m.
Tues., Jan. 8
No Sports Scheduled
Wed., Jan. 9
No Sports Scheduled
Thurs., Jan. 10
JV BOYS HOOPS vs. McCann Tech, 5:30 p.m.
BOYS HOOPS vs. McCann Tech, 7 p.m.
Fri., Jan. 11
JV BOYS HOOPS @ John J. Duggan Academy, 5:30 p.m.
BOYS HOOPS @ John J. Duggan Academy, 7 p.m.
Sat., Jan. 12
No Sports Scheduled

ST. MARY'S
HIGH SCHOOL

Wed., Dec. 12
No Sports Scheduled
Thurs., Dec. 13
BOYS HOOPS @ Red Raider Holiday Tournament - vs. Athol, Athol High School, 7 p.m.
Fri., Dec. 14
BOYS HOOPS @ Red Raider Holiday Tournament - vs. TBD, Athol High School, 5:30 p.m.
Sat., Dec. 15
No Sports Scheduled
Mon., Dec. 17
No Sports Scheduled
Tues., Dec. 18
No Sports Scheduled
Wed., Dec. 19
No Sports Scheduled
Thurs., Dec. 20
BOYS HOOPS @ Box Out Cancer Challenge - vs. Gateway, Westfield Technical Academy High School, 5 p.m.
Fri., Dec. 21
GIRLS HOOPS @ Sci-Tech, 4 p.m.
BOYS HOOPS @ Box Out Cancer Challenge - vs. Hampden Charter School of Science, Westfield Technical Academy High School, 5 p.m.
Sat., Dec. 22
No Sports Scheduled
Mon., Dec. 24
No Sports Scheduled
Tues., Dec. 25
CHRISTMAS
Wed., Dec. 26
No Sports Scheduled
Thurs., Dec. 27
JV BOYS HOOPS vs. Baystate Academy Charter Public School, Westfield Intermediate School (Southampton Road), 5 p.m.
BOYS HOOPS vs. Baystate Academy Charter Public School, Westfield Intermediate School (Southampton Road), 6:30 p.m.
Fri., Dec. 28
GIRLS HOOPS vs. John J. Duggan Academy, Westfield Intermediate School (Southampton Road), 6 p.m.
Sat., Dec. 29
No Sports Scheduled
Mon., Dec. 31
No Sports Scheduled
Tues., Jan. 1
NEW YEAR'S DAY
Wed., Jan. 2
GIRLS HOOPS @ Pioneer Valley Regional School, 6 p.m.
Thurs., Jan. 3
No Sports Scheduled
Fri., Jan. 4
GIRLS HOOPS vs. Westfield Technical Academy, Westfield Intermediate School (Southampton Road), 5:30 p.m.
BOYS HOOPS @ Pioneer Valley Christian Academy, 6:30 p.m.
Sat., Jan. 5
No Sports Scheduled
Mon., Jan. 7
JV BOYS HOOPS @ Westfield Technical Academy, 5:30 p.m.
BOYS HOOPS @ Westfield Technical Academy, 7 p.m.
Tues., Jan. 8
GIRLS HOOPS @ Smith Vocational and Agricultural, 6:30 p.m.
Wed., Jan. 9
No Sports Scheduled
Thurs., Jan. 10
SKIING @ PVIAC Race #1, Berkshire East, 5 p.m.
JV BOYS HOOPS vs. Pioneer Valley Christian Academy, Westfield Intermediate School (Southampton Road), 5 p.m.
BOYS HOOPS vs. Pioneer Valley Christian Academy, Westfield Intermediate School (Southampton Road), 6:30 p.m.

SOUTHWICK
-TOLLAND
-GRANVILLE

Wed., Dec. 12
BOYS ICE HOCKEY vs. Greenfield, Amelia Park Ice Arena, 7 p.m.
WRESTLING @ Smith Vocational and Agricultural, 7 p.m.
Thurs., Dec. 13
BOYS HOOPS @ Falcons Holiday Classic - vs. Gateway, Smith Academy High School, 5:30 p.m.
BOYS ICE HOCKEY @ West Springfield, Olympia, 8:30 p.m.
Fri., Dec. 14
BOYS/GIRLS INDOOR TRACK vs. TBD, Smith College (Northampton), 3:45 p.m.
BOYS HOOPS @ Falcons Holiday Classic - vs. TBD, Time TBA
Sat., Dec. 15
WRESTLING @ Longmeadow, 8 a.m.
Sun., Dec. 16
BOYS ICE HOCKEY vs. Drury, Amelia Park Ice Arena, 3 p.m.
Mon., Dec. 17
JV BOYS HOOPS vs. Smith Academy, 5:30 p.m.
BOYS HOOPS vs. Smith Academy, 7 p.m.
Tues., Dec. 18
JV GIRLS HOOPS @ Turners Falls, 6 p.m.
GIRLS HOOPS @ Turners Falls, 7:30 p.m.
Wed., Dec. 19
BOYS ICE HOCKEY vs. Amherst-Pelham, Amelia Park Ice Arena, 7 p.m.
WRESTLING vs. Mahar, 7 p.m.
Thurs., Dec. 20
JV BOYS HOOPS @ Mahar, 5:30 p.m.
BOYS HOOPS @ Mahar, 7 p.m.
Fri., Dec. 21
BOYS ICE HOCKEY @ South Hadley, Fitzpatrick Ice Arena, 4 p.m.
Sat., Dec. 22
WRESTLING @ Enfield High School, 8 a.m.
Sun., Dec. 23
JV BOYS ICE HOCKEY vs. Agawam, Fitzpatrick Ice Arena, 1 p.m.
Mon., Dec. 24
No Sports Scheduled
Tues., Dec. 25
CHRISTMAS
Wed., Dec. 26
No Sports Scheduled
Thurs., Dec. 27
JV BOYS HOOPS vs. Granby, 5:30 p.m.
BOYS HOOPS vs. Granby, 7 p.m.
Fri., Dec. 28
JV GIRLS HOOPS @ Mahar, Grzesik-Bixby Gymnasium Complex, 5:30 p.m.
GIRLS HOOPS @ Mahar, Grzesik-Bixby Gymnasium Complex, 7 p.m.
Sat., Dec. 29
WRESTLING @ Agawam, 8 a.m.
JV BOYS ICE HOCKEY vs. TBD, Amelia Park Ice Arena, 5 p.m.
Sun., Dec. 30
JV BOYS ICE HOCKEY vs. Chicopee Comp, Fitzpatrick Ice Arena, noon
Mon., Dec. 31
No Sports Scheduled
Tues., Jan. 1
NEW YEAR'S DAY

GATEWAY
HIGH
SCHOOL

Wed., Dec. 12
WRESTLING vs. Frontier, 6 p.m.
Thurs., Dec. 13
BOYS HOOPS @ Falcons Holiday Classic - vs. Southwick, Smith Academy HS, 5:30 p.m.
Fri., Dec. 14
BOYS HOOPS @ Falcons Holiday Classic - vs. TBD, Smith Academy HS, Time TBA
Sat., Dec. 15
WRESTLING @ Chickanians Memorial Tournament (Hudson Falls HS), 10 a.m.
Mon., Dec. 17
No Sports Scheduled
Tues., Dec. 18
JV GIRLS HOOPS vs. Hopkins Academy, 5 p.m.
GIRLS HOOPS vs. Hopkins Academy, 6:30 p.m.
Wed., Dec. 19
WRESTLING @ Smith Vocational and Agricultural, 7 p.m.
Thurs., Dec. 20
BOYS HOOPS @ Box Out Cancer Challenge - vs. St. Mary @ Westfield Technical Academy High School, 5 p.m.
Fri., Dec. 21
JV GIRLS HOOPS @ Pathfinder, 5:30 p.m.
BOYS HOOPS @ Box Out Cancer Challenge - vs. Westfield Technical Academy @ Westfield Technical Academy High School, 7 p.m.
GIRLS HOOPS @ Pathfinder, 7 p.m.
Sat., Dec. 22
No Sports Scheduled
Mon., Dec. 24
No Sports Scheduled
Tues., Dec. 25
CHRISTMAS
Wed., Dec. 26
No Sports Scheduled
Thurs., Dec. 27
WRESTLING @ Berkshire Holiday Tournament, Monument Mountain Regional HS, 9 a.m.
JV BOYS HOOPS vs. Franklin County Tech, 5 p.m.
BOYS HOOPS vs. Franklin County Tech, 6:30 p.m.
Fri., Dec. 28
JV GIRLS HOOPS vs. Sci-Tech, 5 p.m.
GIRLS HOOPS vs. Sci-Tech, 6:30 p.m.
Sat., Dec. 29
WRESTLING @ Phil Tomkiel Holiday Tournament, Agawam HS, 9 a.m.
Mon., Dec. 31
No Sports Scheduled
Tues., Jan. 1
NEW YEAR'S DAY
Wed., Jan. 2
WRESTLING @ Sabis, 7 p.m.
Thurs., Jan. 3
JV BOYS HOOPS vs. Westfield Technical Academy, 5 p.m.
BOYS HOOPS vs. Westfield Technical Academy, 6:30 p.m.
Fri., Jan. 4
JV GIRLS HOOPS vs. Smith Vocational and Agricultural, 5 p.m.
GIRLS HOOPS vs. Smith Vocational and Agricultural, 6:30 p.m.
Sat., Jan. 5
WRESTLING @ Jamie Mormiel Invitational, RCS High School, 10 a.m.
Mon., Jan. 7
JV BOYS HOOPS @ Pathfinder, 5 p.m.
BOYS HOOPS @ Pathfinder, 7 p.m.
Tues., Jan. 8
JV GIRLS HOOPS @ Baystate Academy Charter Public School, 5 p.m.

BEAT 'THE PUTZ'

NFL FOOTBALL CHALLENGE

Pick Sunday NFL Games, Beat Our Sports Guy & Win!

- Entry forms will appear in Monday thru Friday's printed editions of The Westfield News and in The Pennysaver.
- **The Putz Picks & the Winners will appear in The Westfield News ONLY.**
- Original entry forms must be used. No duplications or copies
- Completed Entry Forms must be postmarked by midnight on Friday of that week's contest.
- The Putz's Picks will appear in the Saturday edition of The Westfield News.
- **Beat 'The Putz' AND finish with the best record overall to claim that week's gift certificate.**
- **Each weekly winner will be eligible for a GRAND PRIZE, 2nd Place & 3rd Place drawing!!**

THIS WEEK'S CONTEST SPONSORED BY:

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NFL SCHEDULE - WEEK 15

Sunday, December 16th

<input type="checkbox"/> Green Bay at	<input type="checkbox"/> Chicago
<input type="checkbox"/> Detroit at	<input type="checkbox"/> Buffalo
<input type="checkbox"/> Tampa Bay at	<input type="checkbox"/> Baltimore
<input type="checkbox"/> Arizona at	<input type="checkbox"/> Atlanta
<input type="checkbox"/> Oakland at	<input type="checkbox"/> Cincinnati
<input type="checkbox"/> Tennessee at	<input type="checkbox"/> N.Y. Giants
<input type="checkbox"/> Miami at	<input type="checkbox"/> Minnesota
<input type="checkbox"/> Washington at	<input type="checkbox"/> Jacksonville
<input type="checkbox"/> Dallas at	<input type="checkbox"/> Indianapolis
<input type="checkbox"/> Seattle at	<input type="checkbox"/> San Francisco
<input type="checkbox"/> N.E. Patriots at	<input type="checkbox"/> Pittsburgh
<input type="checkbox"/> Philadelphia at	<input type="checkbox"/> L.A. Rams

TIEBREAKER:

NAME: _____

ADDRESS: _____

PHONE: _____

CHECK YOUR PICKS & MAIL OR DROP OFF YOUR ENTRY TO:
Beat the Putz
c/o The Westfield News
62 School Street
Westfield, MA 01085

TOTAL POINTS: _____

This contest is open to any/all readers eighteen (18) years of age or older, unless otherwise specified by the Westfield News Group, LLC. Contest is open to U.S. residents only. The Westfield News employees and their relatives are not eligible for the contest. Odds of winning a prize will depend on the number of qualified entries. All contest entries become the sole property of Westfield News Group, LLC. Only one winner or qualifier per family or household will be allowed. The decision of Westfield News Group, LLC, is final. All contestants acknowledge as a condition of entry that Westfield News Group, LLC has a right to publicize or broadcast the winner's name, character, likeness, voice, or all matters incidental herein. All prizes are non-transferable and void where prohibited by law. No cash substitution of prizes allowed. Winners understand and agree that they are responsible for any and all taxes incurred on prizes received within the year of winning. If required by Westfield News Group, LLC, or its affiliates, winners must sign a liability release prior to receiving their prize. Prizes will be mailed either first, second, or third class U.S. Mail at the discretion of Westfield News Group, LLC. If the prize is to be mailed, it is the responsibility of the winners to provide Westfield News Group, LLC with a current and correct mailing address. Westfield News Group, LLC is not responsible for, nor obligated to replace, any lost, stolen, or damaged prize sent through the U.S. Mail. If the winner is instructed by Westfield News Group, LLC or its affiliates to personally pick up their prize, it must be claimed within thirty (30) calendar days of winning. Upon pick-up of prize, proper picture identification (i.e. valid driver's license, passport) from the winner may be required. Westfield News Group, LLC will not notify winners of the time remaining on their prize. It is the responsibility of the winner to claim the prize within the thirty (30) day timeframe. All unclaimed prizes after thirty (30) days will automatically be forfeited. Westfield News Group, LLC is at liberty to give away any unclaimed prize at the end of the thirty (30) day grace period. In the event that a winner voluntarily chooses to not accept a prize, he/she automatically forfeits all claims to that prize. Westfield News Group, LLC then has the right, but not the obligation, to award that prize to a contest runner-up. Westfield News Group, LLC may substitute another prize of equal value, in the event of non-availability of a prize. Employees of Westfield News Group, LLC and their families or households are ineligible to enter in any contest. All contestants shall release Westfield News Group, LLC, its agencies, affiliates, sponsors or representatives from any and all liability and injury, financial, personal, or otherwise, resulting from any contests presented by Westfield News Group, LLC. Additions or deletions to these rules may be made at the discretion of Westfield News Group, LLC and may be enacted at any time. Contestants enter by filling out the "Beat the Putz" pick sheets, included in Monday through Friday's editions of The Westfield News. Copies of entry forms will not be accepted. Contestants choose one team to win each game from the list of NFL games for that particular week. The winning entry will be the one with the most wins on Sunday. In the event of a tie among more than one entry, the Sunday night game score will be used as a tie-breaker. Contestants are to choose the total number of points scored in the Sunday night game. To be given credit for the tiebreaker, the contestant must come closest to the total points scored in the game. Westfield News Group, LLC will award a maximum of one (1) prize per week. The exact number of prizes awarded each month will be decided by Westfield News Group, LLC in its sole discretion. The prizes to be awarded each week will be determined by Westfield News Group, LLC. In the event that there are more eligible winners than the number of prizes awarded for a particular week, Westfield News Group, LLC will randomly select one winner for that particular week. Winner is determined by most correct games won. The tiebreaker is used when more than one entry have the same number of wins. At that point, the total number of points given by the contestant will determine winner. In the event of a game not being completed, that game will not be considered in the final tabulation for that week's games. The grand prize winner will be selected by a random drawing of all entries better than "The Putz" from throughout the entire 17-week regular season. This contest is merely for entertainment purposes. It is not meant to promote or to facilitate gambling or illegal activity.



Jalen Moore runs the West Springfield defender into the Riley Caughlin pick on his way to the basket.

West Springfield vs. Westfield Boys Basketball



Will Cameron puts up a floater for two against West Springfield.



Westfield's Tony Torres puts up a scoop shot under the West Springfield defender's block attempt.



Riley Caughlin pulls down the rebound.



Marcus Phillips drives down the lane and puts up a shot.

PHOTOS BY BILL DEREN

Marchand has 2 goals, 1 assist as Bruins beat Coyotes

By JIMMY GOLEN
Associated Press
BOSTON (AP) — In a span of five minutes, the Boston Bruins turned a two-goal deficit into a two-goal lead.

David Krejci was just happy to be along for the ride.

Moving up to Boston's top line to fill in for the injured Patrice Bergeron, Krejci assisted on three of Boston's four goals during a second-period flurry that put away the Arizona Coyotes 4-3 on Tuesday night.

Brad Marchand scored twice, and David Pastrnak had a goal and two assists for the Bruins — all during the five-minute span midway through the second.

"Those are two world-class players," Krejci said. "They make lots of skilled plays, so they kind of make it easy for you. ... I've just got to be at the right time at the right place, and the puck will find you."

Arizona led 2-0 before Danton Heinen and Pastrnak scored 33 seconds apart. Marchand gave the Bruins the lead two minutes later, and then added another two minutes after that to make it 4-2.

"It was those three minutes. We played a good hockey game for 50," Arizona coach Rick Tocchet said. "Two-nothing, there, we backed off."

Tuukka Rask stopped 30 shots for Boston, which beat the Coyotes for the 14th time in a row. The Bruins have won three in a row after snapping a three-game losing streak.

Coach Bruce Cassidy said the victory over Toronto on Saturday night was key.

"It can go in a hurry," he said. "Three can turn into five or six, and all bets are off and it's panic mode."

Nick Schmaltz and Nick Cousins scored 40

seconds apart for Arizona in the first period, and Darcy Kuemper made 22 saves for the Coyotes. Michael Bunting, who was making his NHL debut, scored an unassisted goal cut the deficit to 4-3 with 5 minutes left in the second.

"The guys bounced back really well," Bunting said. "You can feel bad for yourself and pack it in. We didn't do that."

The 2014 fourth-round draft pick admitted to jitters before the game, and snapped out of it during the national anthem.

"I was like, 'All right, I'm in an NHL game now,'" he said. "It's pretty special. It's something I'm going to remember for the rest of my life."

The Coyotes had a shorthanded breakaway midway through the third period, but the Bruins got back to keep them from getting a shot off. Arizona also pulled the goalie with 75 seconds left but managed just one shot on net, as time expired.

BLOOD ON THE ICE

Bruins forward David Backes rushed himself off the ice after taking a skate blade to the face in the first period. Backes was to the side of the net when he pushed Oliver Ekmann-Larsson aside and the Arizona defenseman went to the ice, kicking up his left skate on the way down.

It caught Backes in the face and he went down before skating on his own quickly to the Bruins bench and out the tunnel. He returned for — and won the opening faceoff to start the second period.

Backes did not speak to reporters after the game, but he told The Boston Globe that he had a cut on the side of his nose that needed a few stitches and some ointment.

UP NEXT
Bruins: Visit Pittsburgh on Friday.

H.S. Roundup

Continued from Page 9

loss.

Tony Torres scored a team-high eight points to lead Westfield, which held West Springfield to just 27 points in the second half.

GIRLS BASKETBALL

Bombers net second straight win

Westfield 43, Amherst 33

Olivia Hadla (18 points) and Kaela Mochak (15) combined for 33 of Westfield's 43 total points. Bombers' Emma Peolzky had eight.

Mochak also had a monster effort on the boards, grabbing several rebounds.

Westfield (2-0) delivered a solid defensive effort, forcing more than a dozen turnovers and holding Amherst's top scorer Erin Klaes (8 points) well below her average.

"We're playing hard," Westfield coach Cyndi Fillion said. "We're playing aggressive and coming into our own. Now we're just trying to polish things up a bit."

BOYS SWIMMING

Bombers sink Hurricanes

Westfield 132, Amherst 31

Three swimmers (Cole Viamari, Matt Morash, Jack Beaulieu) won two events apiece, and the Westfield boys swim team posted a convincing victory at home.

Viamari won the 200 freestyle (2:09.93) and 500 free (5:37.89), Matt Morash finished first in the 200 individual medley (2:14.64) and

100 butterfly (59.69), and Jack Beaulieu took gold in the 100 free (54.69) and 100 backstroke (1:03.24).

Other individual Westfield winners included: Patrick Lurgio (50 free, 25.40), Dominic Navarrete (1:12.40), and diver Kevin Hayes (240.60).

Westfield's medley relay team — Beaulieu, Navarrete, Morash, Lurgio (1:50.96), 200 free relay team — Morash, Lurgio, Viamari, Matvey Hancharonak (1:41.73), and 400 free relay team — Beaulieu, Viamari, Navarrete, Patrick Callahan (4:02.20) also each won.

O'Connor, Fraser boost Bombers

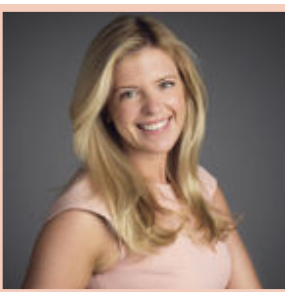
Westfield 101, Amherst 82

Westfield won a closely-contested meet, thanks in large part to Kathryn O'Connor, who not only won the 50 freestyle (28.02) and 100 free (1:00.08), but also teamed up with Lizzie Fraser, Emily Dion, and Emily Langlois to take first in the 200 free relay (1:53.60), and Emily Mihalek, Dion, and Chloe Schumacher in the 400 free relay (4:07.91).

Fraser was also instrumental, winning the 200 free (2:08.48), 100 breaststroke (1:14.48), and teaming up with Langlois, Mihalek, and Shumacher for a winning medley relay swim (2:04.28).

"The girls ... had a little bit of a fight," Westfield head swim coach Tom Lewis said. "Amherst stuck around for a very, very long time in this meet."

Dion won the 500 free (5:54.39) and diver Jordan Bannish finished first with 180.40 points.



Dear Annie

By ANNIE LANE

Therapist Recommends Unfamiliar Treatment

Dear Annie: A therapist recommended that I try EMDR in order to process past traumas. It sounds intriguing and fancy, but I don't really understand what it involves. Could you explain what EMDR is and how it works? I'm uninformed and skeptical. -- Curious but Confused

Dear Curious but Confused: EMDR stands for eye movement desensitization and reprocessing. Francine Shapiro developed the form of psychotherapy in the late 1980s. It involves asking individuals to recall traumatic events while giving themselves some sensory input -- such as crossing their arms and tapping their shoulders or looking from side to side. It's often recommended for the treatment of post-traumatic stress disorder. According to the American Psychological Association, EMDR "is associated with a reduction in the vividness and emotion associated with the trauma memories." There is some controversy regarding the treatment's efficacy over other methods of psychotherapy. Don't be shy about asking your therapist for more information. It is your right to understand modalities of treatment before trying them out, and it's your therapist's job to inform you.

Dear Annie: Years ago, Ann Landers had a column about hate. I'm sorry to say I lost the paper.

It was about how when you hate other people, it's you hating yourself.

I've always said that if you like yourself, then you can like other people. I always accept people the way they are. We do not think the same way or like the same things all the time.

I hope you can find the column. -- C.L.L., Canfield, Ohio

Dear C.L.L.: I believe you're referring to "Rules for Being Human," a piece of unknown origin that Ann Landers printed several times. It contains some real gems, such as the passage you mentioned about hate, and it's my pleasure to reprint it.

Rules for Being Human

You will receive a body. You may like it or hate it, but it will be yours for as long as you live. How you take care of it or fail to take care of it can make an enormous difference in the quality of your life.

You will learn lessons. You are enrolled in a full-time school called Life. Each day, you will be presented with opportunities to learn what you need to know. The lessons presented are often different from those you THINK you need.

There are no mistakes -- only lessons.

A lesson is repeated until it is learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it (as evidenced by a change in your attitude and behavior), then you can go on to the next lesson.

Learning lessons does not end. There is no stage of life that does not contain some lessons. As long as you live, there will be something more to learn.

"There" is no better than "here." When your "there" has become a "here," you will obtain another "there" that will again look better than your "here." Don't be fooled by believing that the unattainable is better than what you have.

Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself. When tempted to criticize others, ask yourself why you feel so strongly.

The answers are within you. The solutions to all of life's problems are within your grasp. All you need to do is ask, look, listen and trust.

You will forget all this. Unless you consistently stay focused on the goals you have set for yourself, everything you've just read won't mean a thing.

HINTS FROM HELOISE

THE CUT OF THE PINEAPPLE

Dear Heloise: What is the correct way to CARVE UP A PINEAPPLE? My wife slices it down the sides and gets too much of the pulp and skin. We read you daily in the Los Angeles Daily News. -- George I., Panorama City, Calif.



George, using a sharp knife, you can slice down the sides, so your wife is using one of the correct methods. There also is a pineapple-slicing device that cores and quarters the pineapple by placing it on top of the pineapple (after removing the bushy stalk) and pushing or pulling it downward. -- Heloise

DIET HINT

Dear Heloise: I have a diet hint for folks who are trying to lose weight, but find it hard to keep their hands off those delicious second helpings. First, use a salad plate rather than a dinner plate. Fix your plate in the kitchen, putting only the amount your plate will hold in front of you. Then sit at a table, not in front of the TV or computer, and eat slowly. Really taste your food. Put your fork down between bites, and do not go back for seconds. Whatever you have on your plate is all you are allowed to eat at that meal. No snacking, no cheating, no kidding! -- Vera S. in Dallas

STORING EGGS

Dear Heloise: How long can I store eggs in my refrigerator? -- Bianca J., Newport, Vt.

Bianca, you can store them in their carton in a refrigerator for about five weeks. Be sure to store them in the main section of the refrigerator, not in the door, which may be warmer than the rest of the fridge. -- Heloise

TV Sports Listings

Wednesday, Dec. 12

COLLEGE BASKETBALL

8 p.m.

FS1 — Chicago State at DePaul

9 p.m.

ESPN2 — LSU at Houston

GOLF

6 a.m.

GOLF — European Tour Golf, Alfred Downhill Championship, Par-3 Challenge, South Africa 12 a.m. (Thursday)

GOLF — Asian Tour Golf, Indonesian Masters, first-round, Indonesia 5:30 a.m. (Thursday)

GOLF — European Tour Golf, Alfred Dunhill Championship, first round, South Africa

IRONMAN

3:30 p.m.

NBCSN — Ironman Triathlon: World Championship, Hawaii

NBA BASKETBALL

8 p.m.

ESPN — Oklahoma City at New Orleans

10:30 p.m.

ESPN — Toronto at Golden State

NHL HOCKEY

8 p.m.

NBCSN — Pittsburgh at Chicago

RODEO

10 p.m.

CBSN — PRCA Rodeo, Wrangler National Finals

SOCCER

10:20 a.m.

FS2 — FIFA Club World Cup, Al Ain FC vs. Team Wellington FC 12:55 p.m.

TNT — UEFA Champions League, Real Madrid vs. CSKA Moscow 3 p.m.

TNT — UEFA Champions League, Valencia CF vs. Manchester United

SWIMMING

1:30 p.m.

NBCSN — FINA World Championships, Day 2 of the 25m finals, China

At The Movies

Film Review: Jason Momoa swims but 'Aquaman' sinks

By JAKE COYLE

Associated Press

Superheroes who travel by sea horse never get any respect.

Since Paul Norris and Mort Weisinger first dreamed him up in 1941, Aquaman's fate has largely been as the Rodney Dangerfield of DC Comics — a regular punchline for his not-so-potent powers. Sure, he can talk underwater and brandishes a big fork for weapon. But like Luca Brasi, he sleeps with the fishes.

Yet Aquaman's day has finally arrived. And if there was one inspired stroke behind the first solo movie for the Atlantis hero, it was in casting Jason Momoa in the Justice League role, one he began in 2016's "Batman v Superman." It's almost a dare: Try telling this guy your Aquaman jokes.

In James Wan's waterlogged, fitfully entertaining "Aquaman," a heavy metal guitar riff blares at our first close-up of the long-haired, much-tattooed, shirtless Momoa. "Permission to come aboard?" he says with a sly, over-the-shoulder grin.

It's a welcome arrival. As Momoa showed on his recent "Saturday Night Live" hosting gig, his charisma is as formidable as his brawn. So why is "Aquaman" so soggy with Atlantis mythology and drowning in special effects when all it really needs to do is let Momoa's Aquaman rock?

There are pleasures in Wan's extravagant underwater pageant. It's surely the only movie around where you can enjoy a floating Willem Dafoe (as Vulko, royal counselor to Atlantis ruler Orm, played by Patrick Wilson), see a gladiatorial showdown sounded by an octopus on drums and, in one of the many scenes where water is weaponized, witness death by Chianti, in a tussle that tumbles into a Sicilian wine store.

"Aquaman" weighs in somewhere between the lugubrious "Justice League" and the less leaden "Wonder Woman" on the uneven scales of recent DC films. To both the movie's benefit and detriment, the seas here are choppy rather than in the predictably (and sometimes boringly) smooth sailing of a Marvel movie. But the bright spots (Momoa, that octopus) can be difficult to really relish amid the oceans of exposition and a typically pulverizing, overelaborate screenplay.

A war is brewing underwater, but David Leslie Johnson-McGoldrick and Will Beall's script takes a while to get us there. They have origin stories to map out, beginning with Atlanna, the banished Atlantis princess (Nicole Kidman, a screen goddess without the need to play an aquatic one), washing up on the rocky Maine shores of a lighthouse keeper (Temuera Morrison). They fall in love and have a child named Arthur (our Aquaman to be) before Atlanna is forced to return to the sea.

As an adult, Arthur — trained by Vulko as a kid — moonlights as a hero in between happy-hour trips to the bar. But he's reluctantly drawn into a struggle for the throne of the seven seas with his younger brother Orm, who's plotting a battle with "surface dwellers." He regards Arthur as a "half-breed" not fit for the underwater kingdom he grew up outside of. The red-haired Xebel princess Mera (Amber Heard), herself a formidable fighter, joins with Arthur on a globe-trotting mission to save Atlantis and prevent war by finding a sacred trident (oh, there is so very much trident action), with occasional, half-hearted gestures of romantic banter along the way.

After centuries of invisibility and peace, Orm and his conspirators have had enough of the landlubbers above.

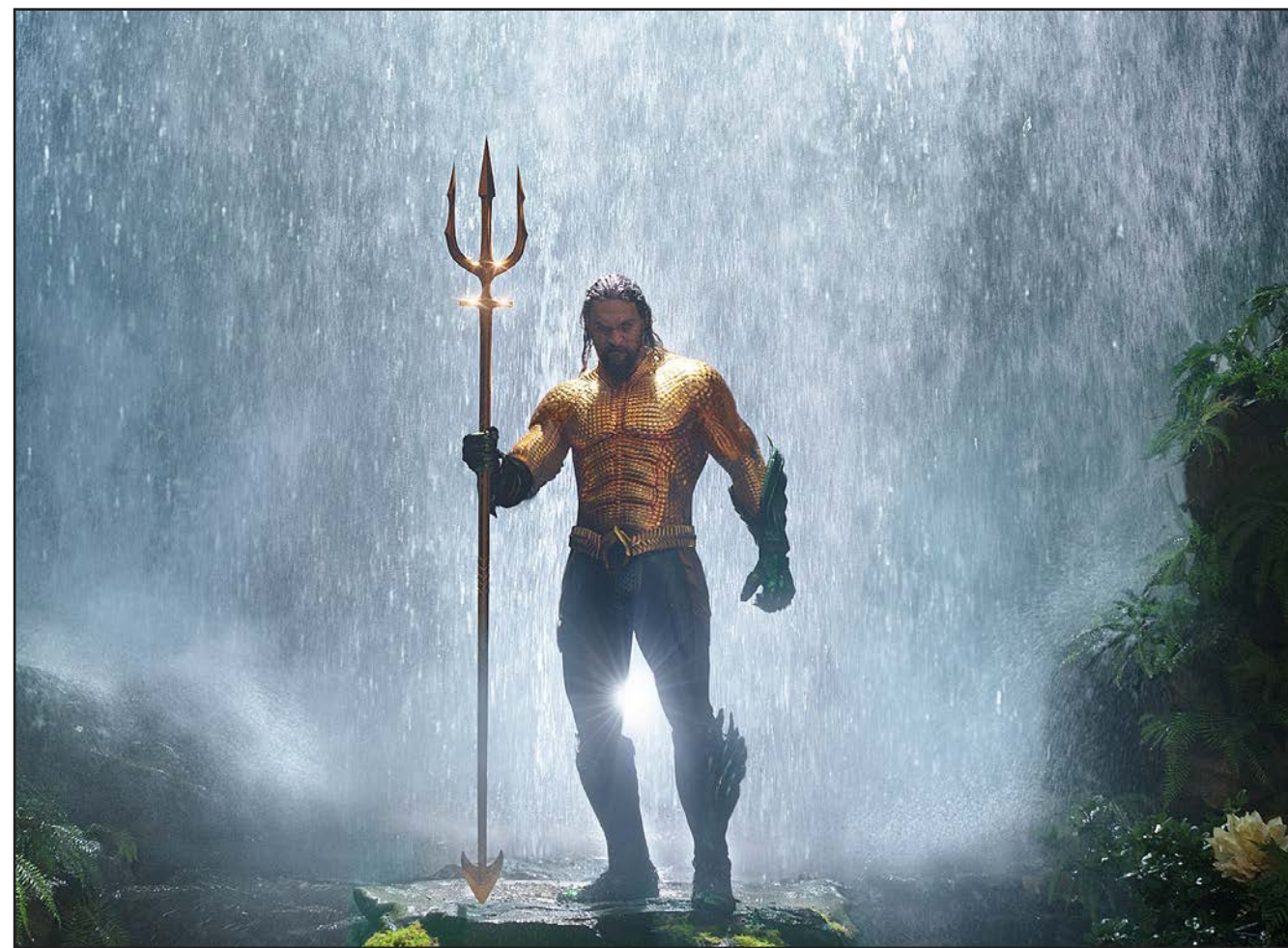
(Why they weren't earlier pushed over the edge by jet skis or, for that matter, "Baywatch," is unclear.) In one tidal wave of vengeance, he washes the ocean's garbage and warships onto beaches around the world.

But "Aquaman" is too timid to take this thread seriously (or even to substantially include sea animals for Aquaman to, you know, talk to). Instead we have a tiresome tale of royal power struggle that could almost as easily happen on Krypton or in ancient Greece, albeit without the benefit of a floating Dafoe.

Wan, the director of the "Saw" franchise and "Furious 7," deserves both criticism for soaking the film so thoroughly in kitschy CGI and praise for the glowing synthetic beauty of Atlantis. The movie zips along too quickly before we get much more than a float-over view of Atlantis. (Many mysteries, such as how plumbing functions on the seafloor, go unanswered.) But in almost "Tron"-like contours of luminous neon, Atlantis is a cinema world well built, at least on the outside. But the movie's only truly visually stunning sequence is a deep-sea chase lit by a lone flare while hordes of frightful creatures close in.

But both Wan and Momoa have a surprisingly firm grasp of who Aquaman is, and they ultimately — more than two hours later — steer their film toward sincerity and away from bombast. It's surely some measure of accomplishment that "Aquaman," for all its messy grandiosity, culminates in its hero therapeutically saying "Let's talk," and it's uttered not to a manatee but to a brother.

"Aquaman," a Warner Bros. release, is rated PG-13 for sequences of sci-fi violence and action, and for some language. Running time: 143 minutes. Two stars out of four.



This image released by Warner Bros. Pictures shows Jason Momoa in a scene from "Aquaman." (Warner Bros. Pictures via AP)

UNIVERSAL Sudoku Puzzle

									2
	2	6		5		8	4		
		1		8	4			3	6
6	5			4	1				
	4			7				2	
			8	2				1	5
4	6		7	1		9			
	8	7		9		1	6		
9									

Complete the grid so every row, column and 3 x 3 box contains every digit from 1 to 9 inclusively.

Previous puzzle solution

1	5	3	4	7	9	2	8	6
4	7	2	8	1	6	9	5	3
8	9	6	3	2	5	4	1	7
6	4	1	2	3	7	8	9	5
7	2	5	6	9	8	1	3	4
3	8	9	5	4	1	7	6	2
2	6	7	1	8	3	5	4	9
5	1	4	9	6	2	3	7	8
9	3	8	7	5	4	6	2	1

COMICS

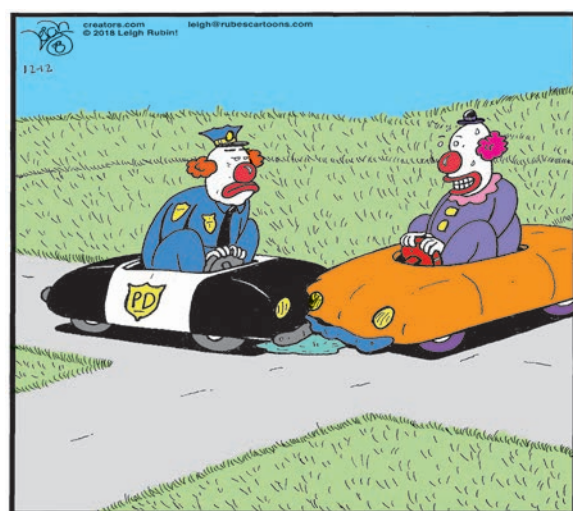
SPEED BUMP Dave Coverly



AGNES Tony Cochran



RUBES Leigh Rubin



DADDY'S HOME Tony Rubino and Gary Markstein



ARCHIE Fernando Ruiz and Craig Boldman



DUSTIN By Steve Kelley and Jeff Parker



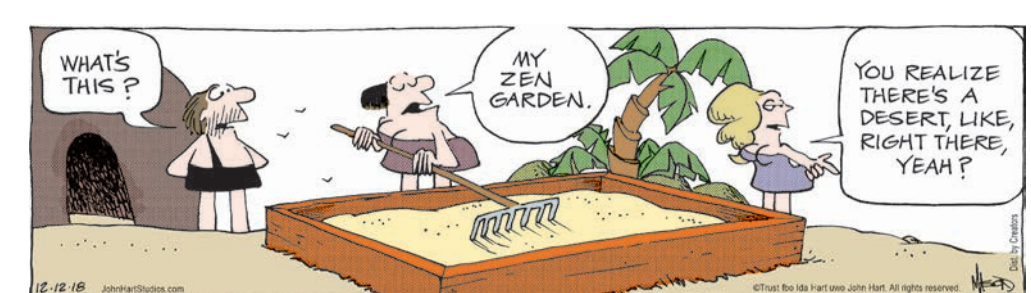
SCARY GARY Mark Buford



DOGS OF C-KENNEL Mick and Mason Mastroianni



B.C. Mastroianni and Hart



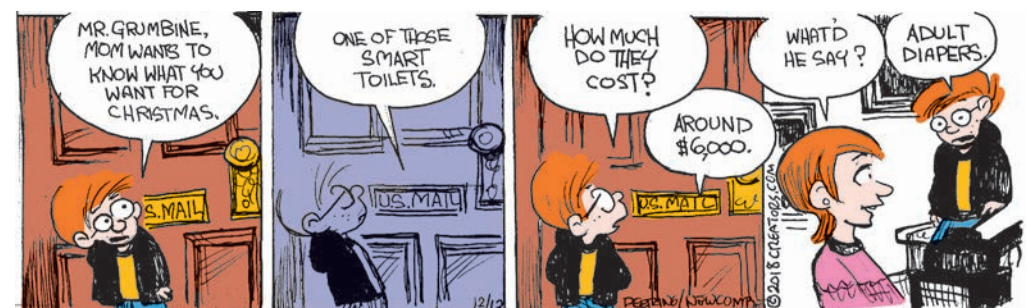
ONE BIG HAPPY Rick Detorie



ANDY CAPP Mahoney, Goldsmith and Garnett



ZACK HILL John Deering and John Newcombe



YOUR HOROSCOPE

By Jaqueline Bigar

HAPPY BIRTHDAY for Wednesday, Dec. 12, 2018:

This year you open doors, let go of unneeded limitations and take risks more often. Your personality is evolving into a new, more dynamic version. If you are single, others find you to be very desirable. Count on the likelihood of someone special entering your life. If you are attached, you and your partner move to a new level of caring and understanding. Your mutual trust grows, creating even more openness between you. **AQUARIUS** has a habit of creating wild situations around you.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)
 ★★★★★ Unexpected developments could point to a different response. Someone who considers him- or herself to be more important than you could become quite controlling. Be creative and optimistic, and find a way to ignore this person. Tonight: Go along with a suggestion.

TAURUS (April 20-May 20)
 ★★★ Pace yourself, as you could have a lot of ground to cover. You won't hesitate to let others know when you have had enough. You might come off as erratic to some, but to the right person, you will be seen as exciting. Tonight: Note what is not being said.

GEMINI (May 21-June 20)
 ★★★★★ You might discover that a friend is not as stable as you previously had thought. Tap into your sense of humor to deal with this person. Meanwhile, an important person in your life could let you know how much you are appreciated. Tonight: Have an important discussion with a loved one.

CANCER (June 21-July 22)
 ★★★ You wouldn't be as in demand as you are if you did not excel in a certain area. You might want to spend more time at home if you are feeling overwhelmed. If a loved one becomes controlling, know that it is just reflecting his or her insecurity. Tonight: Happy at home.

LEO (July 23-Aug. 22)
 ★★★★★ You have a way of drawing people to you and identifying with them. This sense of understanding creates more give-and-take. A co-worker who is fun to work with will add to the moment. Make and return calls, and don't put off any important decisions. Tonight: Your treat.

VIRGO (Aug. 23-Sept. 22)
 ★★★★★ Your instincts will be right-on with a money matter. Your creativity when taking risks might work well on paper, but it won't play out the way you would like it to. You could have a hard time understanding why this is. Ask a loved one for feedback. Tonight: Indulge a friend.

LIBRA (Sept. 23-Oct. 22)
 ★★★★★ You could see that a situation seems to be taking on a new twist. Ask questions and listen well to the answer. What you think is going on and what is actually happening might be two different things. Avoid projecting your issues onto the situation. Tonight: Go for what you want.

SCORPIO (Oct. 23-Nov. 21)
 ★★★ You will want to keep your own counsel for now. A hunch you have about someone else could pay off. You might be ready to add depth to this relationship. Try not to insert any biased judgments into the discussion. Stay open-minded. Tonight: Follow your instincts.

SAGITTARIUS (Nov. 22-Dec. 21)
 ★★★★★ You might be in the mood to do some shopping, especially for a very special loved one. What you choose could delight this person to no end. Don't forget about a dear friend or relative at a distance. Make plans to visit soon. Tonight: Where your friends are.

CAPRICORN (Dec. 22-Jan. 19)
 ★★★★★ You have an endearing quality about you that draws many people toward you. You might decide to become even more verbal in the next few weeks. Choose your words with your customary precision, and your message will be well-received. Tonight: Out and about.

AQUARIUS (Jan. 20-Feb. 18)
 ★★★★★ You are prone to do research rather than take anyone's advice. You trust hard facts more than opinions. A lovable friend or associate might add a lot of laughter and fun when he or she appears. Take a break when you see this person. Tonight: Choose your company with care.

PISCES (Feb. 19-March 20)
 ★★★ You could see a personal matter much differently from how another party sees it. Why not just respect the differences in your experiences? Understand that you might need to discuss alternative ways of handling problems of this nature in the future. Tonight: Opt for togetherness.

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 Jacqueline Bigar is on the internet at www.jacquelinebigar.com.

CONTRACT BRIDGE

Extra chance

South dealer.
 Both sides vulnerable.

NORTH
 ♠ K Q 5
 ♥ A K 8 4
 ♦ K Q 7 2
 ♣ 6 3

WEST
 ♠ 10 8 7 6 4 2
 ♥ 9 2
 ♦ 6 5
 ♣ 9 5 4

EAST
 ♠ A 9 3
 ♥ J 10 7 3
 ♦ 9 4
 ♣ K Q 10 8

SOUTH
 ♠ J
 ♥ Q 6 5
 ♦ A J 10 8 3
 ♣ A J 7 2

The bidding:
South 1♦ West 1♥ North 4NT East Pass
 2♣ Pass 4NT Pass
 5♥ Pass 6♣

Opening lead — six of spades.

Squeezes are thought of by most as the exclusive province of the expert, but in truth most squeezes are not very difficult to execute.

Take this case from a duplicate game. Most of the North-South pairs wound up in three notrump. At one table, however, North-South bid aggressively to reach six diamonds, a shaky contract at best. Even after West led a spade to East's ace, establishing dummy's K-Q, it appeared that the slam depended on a 3-3 heart split. But there was another possibility that did not require doing anything particularly fancy, and declarer

exploited it to the fullest. After taking the ace of spades, East shifted to the king of clubs. South won, drew two rounds of trump ending in dummy and discarded the 7-2 of clubs on the K-Q of spades. Many players would have tested the hearts at this point, or might have cashed two more trumps before trying the hearts, but when the suit failed to divide, they would have gone down one.

But the actual South saw that no harm could come from cashing all his remaining trumps — including the last one — before playing the Q-K-A of hearts. The worst that could happen would be that he would lose the last trick if the hearts did not divide evenly. The advantage in doing this was that if either opponent — most likely East in this case — had four more hearts as well as the queen of clubs, he would not be able to discard successfully when the last diamond was cashed.

When this proved to be the case, the slam came rolling home. In practice, East discarded the queen of clubs on South's last diamond, hoping West had the jack, but he was a goner whatever he elected to do.

The deal illustrates perhaps the most fundamental principle of the majority of squeezes — that when you have all the tricks but one, you must cash your side winners, including all your trumps, for the squeeze to work.

Tomorrow: Close but no cigar.
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CROSSWORDS

ACROSS

1 Sound booster
 4 Active person
 8 Suffix with song or gab
 12 Take to court
 13 "By the power vested ..."
 14 Annoys
 15 Balloon filler
 16 There-and-back journey
 18 Stuffiness
 20 Feed-bag bit
 21 Computer brand
 24 Actress Fox
 28 Intellectually stimulating act
 32 Takeout order?
 33 Assoc.
 34 Wise ones
 36 One-time link
 37 Fibs

DOWN

1 Now, in a memo
 2 Naturalist John
 3 Lima's land
 4 Calls the shots
 5 Lennon's love
 6 Ostrich's kin
 7 Nevada city
 8 Like some sheets
 9 Mess up
 10 Enjoy Vail
 11 Recipe abbr.
 17 Weir
 19 June honoree
 22 Historic periods

ACROSS

39 Traveler's digression
 41 Finished
 43 Conks out
 44 Small batteries
 46 Cartoon duck
 50 School excursion
 55 Old Olds
 56 Aviation prefix
 57 Car
 58 Pac. counter-part
 59 Campus VIP
 60 Oboe insert
 61 Tibetan bovine

DOWN

23 Stiff
 25 Equipment
 26 Choir voices
 27 Tide variety
 28 Golf target
 29 Ireland
 30 Mellowed
 31 Mani counter-part
 35 Bean container
 38 Spring, for one
 40 Airport screening org.
 42 "Kapital"
 45 Rating unit
 47 Unravel
 48 Greek salad cheese
 49 Egg part
 50 Scoundrel
 51 Grant's foe
 52 Coach Par-seghian
 53 Wish undone
 54 Mineral suffix

Solution time: 23 mins.

L	I	E	S	B	R	A	G	T	S	K	
A	L	E	C	A	I	R	E	E	N	E	
P	E	N	H	O	L	D	E	R	N	O	G
A	L	E	O	P	T	E	M	E	O	W	S
C	O	H	O	S	M	A	S	C			
O	P	E	L	I	R	O	N	C	L	A	D
M	E	N	A	D	O	B	E	S	O	L	E
A	C	H	I	L	L	E	S	S	G	O	W
O	K	A	V								
G	L	U	E	D	K	E	E	L			
L	O	S		D	E	N	M	O	T	I	E
A	L	E		T	I	C	E	T	E	M	M
M	A	S		N	O	W	S				

Yesterday's answer 12-12

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16				17			
18			19			20				
		21	22	23		24		25	26	27
28	29	30				31		32		
33			34			35		36		
37			38			39		40		
41			42			43				
		44		45		46		47	48	49
50	51	52			53	54		55		
56				57				58		
59				60				61		

CRYPTOQUIP

P V M S W S P M F Y W S K T D T S A
 W S H M S V F K M W T N P S B M
 H F Y T A K V T N D S Y H P Y T D B.
 V M K C P J C N P T A P V M
 N V F Z Z J M .

Yesterday's Cryptoquip: IF YOU SUFFERED WITH THE FLU ON SATURDAY AND SUNDAY, I WOULD SAY YOU HAD A WEAKENED WEEKEND.
 Today's Cryptoquip Clue: W equals M

WESTFIELD STATE UNIVERSITY SCHEDULE

Women's Basketball
Wed Dec. 12
SMITH 7:00

Women's Basketball
Fri Dec. 14
SPRINGFIELD 7:00

Men's Basketball
Sat Dec. 15 at
Springfield 3:00

Men's Basketball
Fri Dec. 28
BARUCH 2:00

Women's Basketball
Fri Dec. 28
VEGAS TOURNAMENT

Women's Basketball
Fri Dec. 28
vs Amherst 12:00

Women's Basketball
Sat Dec. 29
VEGAS TOURNAMENT

Women's Basketball
Sat Dec. 29 vs
Beuna Vista 10:00 a.m.

Men's Basketball
Sun Dec. 30
ROGER WILLIAMS 12:00

Women's Basketball
Thur Jan. 3 at
Plymouth State 5:30

Ice Hockey
Thur Jan. 3 BECKER 1:00
Ice Hockey Sat Jan. 5
SALEM STATE 5:35

Men's Basketball
Sat Jan. 5
MCLA 12:00

Women's Basketball
Sat Jan. 5
MCLA 2:00

Ice Hockey Tue Jan. 8 at
Franklin Pierce 7:30

Women's Basketball
Tues Jan. 8
MIDDLEBURY 5:30

Indoor Track
Thur.-Fri. Jan. 10-11
Harvard Multi Meet Harvard University-
Cambridge, Mass.

Ice Hockey
Sat Jan. 12 at
Framingham State 7:40

Men's Basketball
Sat Jan. 12 at
Bridgewater State 1:00

Women's Basketball
Sat Jan. 12 at
Bridgewater State 3:00

Men's Basketball
Wed Jan. 16 at
Framingham State 6:00

Women's Basketball
Wed Jan. 16 at
Framingham State 8:00

Ice Hockey
Thur Jan. 17 at UMass
Dartmouth 7:30

Swimming
Fri Jan. 18
SAINT JOSEPH, CT 6:00

Indoor Track
Saturday Jan. 19
Pioneer Invitational
Smith College-
Northampton, Mass.

Men's Basketball
Sat Jan. 19 SALEM
STATE 12:00

Women's Basketball
Sat Jan. 19
SALEM STATE 2:00

Ice Hockey Sat Jan. 19 at Worcester
State 5:40

Men's Basketball
Tue Jan. 22
FITCHBURG STATE 5:30

Women's Basketball
Tues Jan. 22
FITCHBURG STATE 7:30

Men's Basketball
Thur Jan. 24 at
Worcester State 5:30

Women's Basketball
Thur Jan. 24 at
Worcester State 7:30

Ice Hockey
Thur Jan. 24 FITCHBURG
STATE 7:35

Swimming
Sat Jan. 26 RHODE
ISLAND COLLEGE 1:00

Ice Hockey
Sat Jan. 26 at Plymouth
State 6:00

Men's Basketball
Sat Jan. 26 at
MCLA 12:00

Women's Basketball
Sat Jan. 26 at
MCLA 2:00

Indoor Track
Saturday Jan. 26
Massasoit Classic
Springfield College-
Springfield, Mass.

Ice Hockey
Thur Jan. 31 at Salem
State 7:00

Indoor Track Fri.-Sat. Feb 1-2
NEICAAA Championship Reggie Lewis

Center- Boston, Mass.
Indoor Track
Saturday Feb. 2
Wesleyan University Invitational
Wesleyan University- Middletown, Conn.

Swimming
Sat Feb. 2 at Western
Connecticut 12:00

Men's Basketball
Sat Feb. 2
BRIDGEWATER STATE 12:00

Women's Basketball
Sat Feb. 2
BRIDGEWATER STATE 2:00

Men's Basketball Wed Feb. 6
FRAMINGHAM STATE 5:30

Women's Basketball
Wed Feb. 6
FRAMINGHAM STATE 7:30

Ice Hockey
Thur Feb. 7
FRAMINGHAM STATE 7:35

Swimming
Sat Feb. 9 LEC
Championships 12:00

Men's Basketball
Sat Feb. 9 at Salem
State 1:00

Women's Basketball
Sat Feb. 9 at
Salem State 3:00

Ice Hockey
Sat Feb. 9 UMASS
DARTMOUTH 5:35

Indoor Track
Saturday Feb. 9 Dave
Hemery Invitational
Boston University-
Boston, Mass.

Men's Basketball
Wed Feb. 13 at
Fitchburg State 5:30

Women's Basketball
Wed Feb. 13 at
Fitchburg State 7:30

Ice Hockey
Thur Feb. 14
WORCESTER STATE 7:35

Indoor Track
Saturday Feb. 16
MASCAC/Alliance **Championships**
Plymouth State-
Plymouth, NH

Ice Hockey
Sat Feb. 16 at
Fitchburg State 4:00

Men's Basketball
Sat Feb. 16
WORCESTER STATE 12:00

Women's Basketball
Sat Feb. 16
WORCESTER STATE 2:00

Ice Hockey Tue Feb. 19 PLYMOUTH
STATE 7:35

Men's Basketball
Tues Feb. 19
MASCAC Quarterfinals TBA

Women's Basketball
Tues Feb. 19
MASCAC Quarterfinals TBA

Swimming
Thu Feb. 21 New England
Championships at MIT

Men's Basketball
Thur Feb. 21
MASCAC Semifinals TBA

Women's Basketball
Thur Feb. 21
MASCAC Semifinals TBA

Swimming
Fri Feb. 22 New England
Championships at MIT

Indoor Track
Fri.-Sat. Feb. 22-23 New
England Division III Finals (W) Bowdoin
College- Brunswick, ME

Indoor Track
Fri.-Sat. Feb. 22-23 New
England Division III Finals (M) MIT –
Cambridge, Mass.

Swimming
Sat Feb. 23 New England
Championships at MIT

Ice Hockey
Sat Feb. 23 MASCAC
Quarterfinals TBD

Men's Basketball
Sat Feb. 23
MASCAC Championship TBA

Women's Basketball
Sat Feb. 23
MASCAC Championship TBA

Swimming
Sun Feb. 24 New England
Championships at MIT

Ice Hockey
Tues Feb. 26 MASCAC
Semifinals TBD

Indoor Track
Saturday Mar. 2 Last
Chance Qualifying Meet TBD

Ice Hockey
Sat Mar. 2 MASCAC
Championship TBD

Indoor Track
Fri.-Sat. Mar. 8-9 NCAA
Division III Championships Reggie
Lewis
Center, Roxbury, Mass.



FILE PHOTO BY JAMES ENGLISH

JAUCH GREEN, JR.

Jauch Green, Jr. Named MASCAC Player of the Week

WESTFIELD, Mass. – Westfield State junior forward Jauch Green, Jr. (Cromwell/Hartford, Conn.) has been named the Massachusetts State Collegiate Athletic Conference men's basketball player of the week for the second straight week.

Green led the Owls in an 83-68 win over Western New England University with a strong all-around performance where he scored 17 points, grabbed eight rebounds, handed out six assists and totaled three steals and two blocks.

For the season, Green leads Westfield State with 17.6 points per game. He is shooting 50.8 percent from the floor, averages seven rebounds, two assists and two steals per game.

The Owls currently have a record of 5-4. Westfield will next play at Pine Manor College on Tuesday, December 11.

Popp Named MASCAC Women's Track Athlete of the Week

WESTFIELD, Mass. – Westfield State senior Lexi Popp (Westford, Mass. / Westford Academy) was named the MASCAC women's track Athlete of the Week, as announced by the conference earlier today.

She set a meet record in the 400 meters at the RIC Invitational with a time of 1:00.22, which qualified her for the Division III New England Championships. Popp also finished fourth in the 200 meters with a time of 27.46.

Popp is currently ranked seventh on the NCAA DIII performance list in the 400 meters.

Next up for women's track and field is the Harvard Multi Meet held at Harvard University on January 10th and 11th.

Kait Kelly Earns Little East Conference Swimmer of the Week Honors

Westfield State sophomore Kait Kelly (Hampden, Mass.) was named the Little east Conference Swimmer of the Week for the first time this season after winning three individual events to lead the Owls to a dual meet win over Plymouth State.

The sophomore was first to finish in the 50 backstroke (30.54), 50 freestyle (26.52) and 100 freestyle

(1:01.60), and led off for the winning 200 medley relay (2:05.14).

Kelly and the Owls will be off for finals and the winter break, before returning to action with the Owls annual training trip to Florida after the holidays, returning home for a meet with the University of St. Joseph on Friday, January 18, 2019.



KAIT KELLY

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Closing date for all applications is Thursday, December 27, 2018 - position will remain open until filled.

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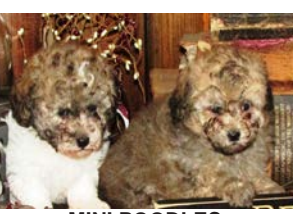
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