

FEBRUARY 2020

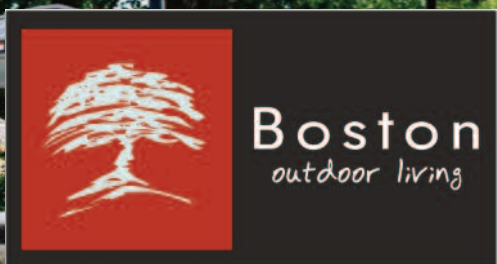
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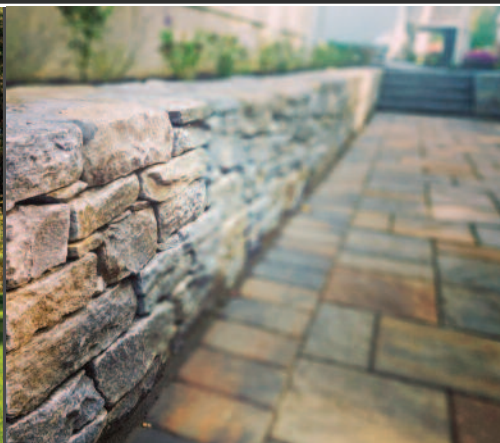


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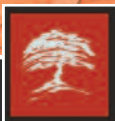
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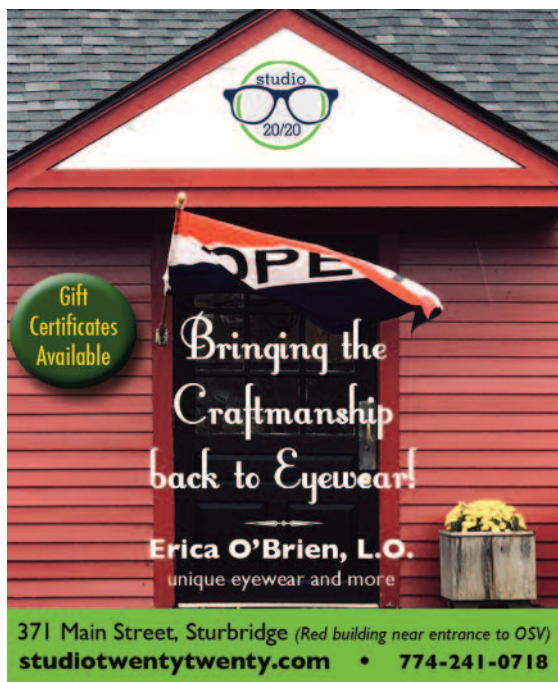
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Tantasqua Model United Nations Club  
Intergenerational Conference



Generations come together for a community learning experience

By Rose Pecci

This past October, Tantasqua Regional High School's Model United Nations Club held its first intergenerational conference on International United Nations Day. Club members and adults from the community collaborated with students from Boston's International School CATS Academy to adopt positions of different countries and, more specifically, discuss the issue of aging and its impact on society.

Brenda Palmer, the director of the Holland Community Center, inspired the Tantasqua conference. She had participated previously in an intergenerational mock United Nations conference held by the Massachusetts Council of Aging on Cape Cod. Palmer viewed the exercise as extremely interesting to see how politics worked while teenagers and adults shared perspectives. She introduced the idea to her own community and reported it to Tantasqua Model United Nations Club advisor, Amanda Hellyar.

The Tantasqua Model United Nations delegates were surprised to learn that on the same date as their October 2019 conference, October 24, 1957, Eleanor Roosevelt visited Sturbridge to address the Sturbridge Chapter of the American Association for the United Nations at Tantasqua High School, speaking to both students and adults. Decades later, she would be impressed by the conference's blend of student leadership and adult commitment. For the 2019 conference, students and their adult partners focused on reforms related to needs of our senior neighbors, with attention paid to elderly poverty, healthcare and vitality during retirement. A list of targeted solutions were worked into proposed resolutions to be considered by the large group. The students, familiar with the structure of a mock U.N. debate, brought the adults up to speed on the process. In a symbiotic exchange of expertise, the older group offered insights on how the solutions discussed were likely to impact the adults in real-life scenarios. One student commented that this new perspective "personalized and humanized the debates for the students."

One goal of the conference was to call out and deal with ageism, which is endemic in every community. Palmer, who frequently witnesses age-based discrimination in her work at the Holland Community Center, shared that her vision for this conference was to "see the different generations find a common ground," and to see the student and adult members of the community feel encouraged and hopeful for the future.

Ed Galonek Sr., a first-time Model UN participant, shared that he was "impressed by the younger people's ability to manage an issue." Julio Mercado, a long-time member of Tantasqua's Model UN club, reflected that "this conference showed that the community can come together despite differences in ideology, experience and age." Both groups felt the experience was rewarding and educational, describing a mutual sense of respect having been established.

Tantasqua Model United Nations plans to host similar events in the future.

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## NORTHERN EXPOSURE

By G.E. Shuman



## Ideas

I've often been asked where the ideas for my magazine columns come from. Admittedly, I'm asked this question by my 95-year-old mother more than by anyone else. Her children, like mine, and yours, are all brilliant, so I don't really have to comment when she says something like: "I don't know how you do it."

I usually just look down, grind the toe of my shoe into the ground, and say "Aw, gee... shucks Mom."

Not really.

The fact that I live up in Central Vermont and Mom makes her home in sunny Florida these days means she wouldn't see me grinding the toe of my shoe into the ground during one of our phone calls, (She doesn't 'do' Facetime.) and my toe would never pierce the tundra just outside our door anyway, at least not until maybe June.

In any case, I decided that in this first column written in this brand new year I'd tell you how I do it, and where the columns come from, at least to the point where I have an answer to that question... that you didn't ask in the first place. (See, two paragraphs in place already, and I didn't even start yet. This stuff is easy.)

Truthfully, and mostly seriously, I'm not sure where all the columns come from. It's been over 25 years now of writing a twice-monthly piece for our local paper, and over seven years of doing monthly articles for *The Sturbridge Times*, and I guess the well hasn't dried up yet. In fact, my wife once called me an "endless pit," but I'm not sure that was meant as a compliment.

I would like to think that some talent or at least ability has something to do with getting my thoughts on paper and IN the publications, but I've never been sure of that, (unless I'm talking to my mother.)

What I am sure of is that the theme of a column, the 'germ of an idea' is rarely my own. Most commonly I write a piece because of something I've heard or read that



someone else has said or written. What I do here is to simply relate that purloined idea to you folks, because you're my friends and you always listen to me. Right? ...Hello?

It is true that I often base my writing on some quote or idea from the mind of someone else, and recently electronics has helped me handle those quotes and ideas. I used to scurry, (Although it was always a very slow scurry.) for a pencil and paper if I heard something that I thought was a bit profound and relatable. Now I just reach for my phone and make a note on that. Ain't technology grand? (If you sensed a bit of sarcasm in that last short sentence, your senses are good.)

Here are two recent pilfered and para-

phrased thoughts that I will likely use in the future. I don't know exactly where either of them came from, but at the time I heard them I must have thought they were worth making notes of, because they're on my phone.

One thought is this: "Impossible is just an opinion." I love that idea and believe that ANYONE could write a thousand words or so about those five words.

Another idea that somehow made it into my notes is: "A change is as good as a rest." I think that was from a movie or TV show, but I'm not sure. I AM sure it will somehow find its way into my portfolio.

I wanted to do this particular column because, as we have begun 2020, I hope we will take this new ride around the sun a bit more seriously than we might have taken the last one. I hope we appreciate what we have and WHO we have, and let our lives be a bit more enriched by those things, mostly by those people. Listening to the ideas and experience-born statements of others has always helped me write and has more so helped me live. I hope it is the same for you.

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**Making Love While Farming: Field Guide to a Life of Passion and Purpose**

By Ricky Baruch and Deb Habib  
 Levellers Press, 2019  
 Paperback, 302 Pages  
 ISBN-10: 194547386X  
 ISBN-13: 978-1945473869  
 List: \$22.50 Amazon: \$22.50

Deep roots planted north of the Quabbin

I was there at the beginning, sort of. In the town of Orange, Massachusetts there is annually the North Quabbin Garlic & Arts Festival. When it started, who could've predicted it would become the institution it is.

Not me.

Attending the premiere event, the future did not seem promising. The night before, a torrential rain made a mess of the entrance to the venue. One had to cross a stream that had resulted from the downpour to get in. It did not augur well.

Yet, as the day went on, it got better and people did seem to be enjoying themselves. The impresarios must have been encouraged enough to give it a go the next year.

So, 22 years later, they are still at it and one should take your reviewers powers of prediction with a grain of salt.

Neither should one underestimate the potential of friends and neighbors to build a community, let alone a festival, in a place

thought of as a backwater such as Orange, MA.

Two of the people involved in that endeavor have written about their lives. They have accomplished a lot, but this is not a book of self-congratulation. They are generous regarding the people who have been part of their lives along the way. As to struggles on the journey, the couple do not spare themselves when necessary.

Not that there is no fun. Serious as it might be there is a sense of humor to go along with all that has happened.

*Making Love While Farming: Field Guide to a Life of Passion & Purpose* by Ricky Baruch and Deb Habib is not a book to pigeon hole. Though it recounts much of their adult lives, it is not an autobiography. There is much how to information whether about no till farming or starting a garden education program. Though one could learn from that, the book is not a tutorial. Recipes are included, but it is not a cookbook.

It might be enough to say it is a story of a man and a woman and what they have done with land, people and each other.

It has been a lot.

Deb and Ricky met at the New Alchemy Institute on Cape Cod. In the section, A Universe-Arranged Marriage, Ricky wrote about how over time and travels and separateness they began. That they "were meant to come together in this lifetime as two children following their hearts in an often-heartless culture."

The two married at the Peace Pagoda in Leverett, Massachusetts. As you read, some things strike one as typical of them. For the ceremony, they made the benches and left them for future ceremonies. There is a flavor of always doing what is useful, but more than utilitarian and it pervades the book.

The wedding itself was unconventional as it was referred to at the beginning of Chapter Six as a "Big, Jewish, Buddhist, African Wedding." Eclectic it was and a refreshing depar-

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ture from the garish, industrial level debt inducing nuptials au courant.

Not only was the day self-catered, but self-grown and they harvested with friends to prepare the food.

If all the improvisation wasn't enough, the honeymoon would not be to some all-inclusive resort on a tropical island. Ricky and Deb set off on a pilgrimage with others. It was not a jaunt to a shrine and a few prayers, but a world ranging tour of places important to them in a family sense and to world history. Rewards there would be, but also risks.

Actually, asking Deb to go on the pilgrimage was Ricky's proposal, also a pleasant counterpoint to putting elaborate requests on video as is done now, and as proposals go, far more serious. The International Interfaith Pilgrimage for Peace and Life was to travel from Auschwitz to Hiroshima.

The start at the site of the concentration camp would have no little resonance, and in Istanbul, Deb would meet Sephardic relatives. Then on through conflict zones such as Gaza and Iraq. No wonder Deb couldn't be sure she would make it back. They would wend east with other serious folks.

Other than those who never wed, all know that marriage is not a never-ending honeymoon, or even pilgrimage (except maybe, for some, in a metaphorical sense). Ricky and Deb came home and got to work on life, and have kept it consonant with their values.

The house and other buildings they made themselves with some help. It was off the grid when that was not as popular as it is getting now. The land, unpromising as it was, was made productive and fertile by Ricky's use of no till methods and cardboard to suppress weeds and build fertility. While he was at it he took on apprentices and mentored them over the years. Seeds of Solidarity, over a couple of decades later, is a thriving farm.

As the farm was growing, another institution would come into being. The Seeds of Leadership program has served hundreds of young people since 1998. Deb had really begun this work years before when volunteering in California for Life Lab Science and bringing some of their work east. She alludes to it "foretelling" what was to be the focus of her career.

Then there is the aforementioned Garlic &

Arts Festival. What it is now, a volunteer run event with almost no waste might not grab you, but there is so much going on that one would be hard put to experience it all. Put it on your calendar for October 3 and 4, 2020. Who knows, you too may get a private reading from the Massachusetts Beat Poet Laureate.

In *Making Love While Farming*, the vignette that most captivated me was titled Guerrilla Gardens and Pink Shoelaces. Guerrilla gardening is growing plants on public spaces to reclaim land and produce some food, and maybe not being overly concerned with the bureaucracy. The little chapter spoke of doing it under cover of dusk.

Someone might say, what right have they?

There may be something to that, but this paragraph says much:

"We'd been in this small town long enough and knew enough police by face and name; we paid our taxes; had started a festival; given innumerable hours to schools, local youth and families; and worked hard to do right by the town. Still, we didn't want the kids to get in trouble, and we wanted them to see how to do nonviolent action right. It was edgy but relatively safe—perfect for teenagers. Start digging kids, we said. They did."

So far, there have been no reports of arrests for the crime of planting tomatoes and sunflowers sans permit and "Grow Food Every-

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# Sturbridge can boast having three Eagle Scouts

By **Elisa Krochmalnyckyj**

With only 6 percent of Scouts ever earning the rank of Eagle Scout, Sturbridge defied the odds, with three of its own becoming Eagle Scouts in one year: Andrew Houle, Andrew Jensen and Arakel Kandoyan.

"It's an amazing journey to watch — seeing them grow up through the years, seeing them trying different things, and accomplishing this. I am extremely proud of them," said Scoutmaster Mark Fancy. "I hope I had an influence."

Eagle Scout is the highest achievement or rank attainable in Boy Scouts of America. Part of the criteria is for each Scout to organize and run a service project that benefits the community.

## Andrew Houle

At 18, Andrew Houle is already a part-time firefighter/emergency medical technician for the town of Sturbridge, and an apprentice-level electrician.

But even more important gratifying to him was becoming an Eagle Scout.

"I don't think I have ever put as much effort, work and preparation into anything else I've ever done," Houle said. "I've done it for 11 out of the 18 years I've been around."

Houle is a third-generation Eagle Scout who is now an assistant Scout Master for Sturbridge.

"It's all about paying it forward," said

Houle, who still volunteers at a Boy Scout camp. "When I was young, there were a lot of 17- and 18-year-olds who were still involved, and now it is great being able to hand down the knowledge that I was taught by them."

Houle's Eagle Scout Project was to create an outdoor classroom at Tantasqua High School. The work included designing the project, building the 400-square-foot pergola, and beautifying an unused area of the courtyard.

The project was the culmination of skills acquired throughout his years as a Cub Scout, Boy Scout and, ultimately, Eagle Scout.

Looking back, Houle sees that while he had no idea that Scouting was doing more than providing a great time with great friends, it was turning him into a responsible adult.

"When I was young, it was all about the hiking and canoeing and playing with fire — that was the lure to me in the beginning," he said. "Even at 12, I was naive enough to have no idea what would come of everything that I was doing. But now, looking back, I see the leadership skills and maturity I was gaining."

Of all of Houle's skills, the one that stands out most in Fancy's mind is his musical ability. Fancy remembers being pleasantly surprised by it.

"It was one year at summer camp, and Andrew was there with a guitar, and started playing all these songs — he was quite the musician," Fancy said. "Even when you fast forward to now, you can still see that side of

him. The music is still there."

Houle has so many good memories of his years as a Scout, and so many feelings of accomplishment — like summiting Mount Washington in 2013.

"We hiked it, and when we got to the top, I just thought 'wow, we finished the biggest peak in New England,'" he said. "It was something I never would have done without the Scouts."

Reaching the rank of Eagle Scout was a lot like reaching Mount Washington.

"After I had first gotten the award, I was just sitting in my house one day looking at it, and started thinking about the entire journey from Tiger Scout to Eagle Scout," Houle said. "It is the biggest accomplishment of my life."

## Andrew Jensen

Andrew Jensen will forever be grateful for his years as a Scout.

"I am so glad it is a part of my life," said Jensen, now a freshman at UMass Amherst. "It helps you grow up, while still letting you be a kid."

Jensen, the second of four sons in his family, almost missed out on Scouting. For years, he judged the program because of some misconceptions he had about it.

"I thought it was only for nerdy people, and you didn't really do anything," he said. "It just wasn't appealing to me."

But when Jensen was in 5th grade, his next-youngest brother, Eric, joined the Scouts, and Jensen's misconceptions were shattered.

"I saw everything he was doing and realized 'hey, this is really cool,'" he said. "I joined the year after he did."

That left Jensen with one year of Cub Scouts. Then he transitioned into Boy Scouts.



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“That’s when I really fell in love with Scouting,” he said “They had the best experiences, and the best opportunities.”

Even though he “aged out” of Scouts when he turned 18 and he’s away at UMass, Jensen still gets to be involved, as his two younger brothers are Scouts.

“It is so fun to see them doing the same cool, fun things,” he said. “It makes me laugh, because they seem really young. Younger than I was!”

Fancy remembers his first impression of Jensen as someone who was quiet and laid back. But eventually, Fancy saw the other side of Jensen.

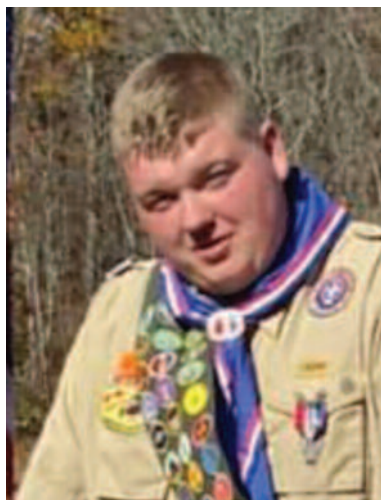
“When he was with his peers and friends, he’d goof-off like everyone else,” Fancy said. “To me, it was so interesting and so nice to see his reserved side and non-reserved side as he evolved on his journey.”

Jensen’s Eagle Project was fixing up the American Legion Post 109 building on Main Street.

“The American Legion has helped out with Scouting so much – they’re the troop’s spon-



Andrew Jensen



Andrew Houle



Arakel Kandoyan

sor,” he said. “They have always been there for us.”

One of the main parts of the project was fixing the drainage problem that was damaging the building’s foundation.

“There was a lot of runoff from the roof, and a lot of eroding that would have killed the foundation,” Jensen said. “We put in a system so it would be properly irrigated and stopped the water from running into the building.”

In addition, the project included refurbishing and painting all of the railings around the building, replacing window trim and making other repairs.

“It might not have been the biggest project, but to me it was an important one,” Jensen said.

One of the unexpected challenges Jensen faced was finding times the Legion hall wasn’t being used or rented out.

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# WAZE, Google Maps redrawing us Map apps turning our country roads into de facto highway lanes

By **Elisa Krochmalnyckyj**

What do you do when GPS traffic apps send streams of cars, trucks and buses past your house to sidestep traffic backups on Route I-84?

Sturbridge is trying to figure that out, as residents of Farquhar Road cope with what, they recognize, is a logical re-route to circumvent the backup – but turns their road into a parking lot.

“This road is not designed to be an extra lane on the interstate,” said Donna Englander, of 32 Farquhar Road. “As soon as 84 backs up, Waze and Google Maps kick everyone off at Exit 2 to River Road, then up Farquhar.”

Farquhar is a narrow mile-long residential road with a one lane-bridge on it. It ends at Route 131, where GPS followers are directed to make a left onto 131, a right onto Willard, a right to Hall Road, then onto Route 20 and into Auburn to pick up the Mass Pike there.

On holidays, summer weekends and times when there’s a backup on the Pike, Farquhar is at a standstill, as one by one, cars struggle to make that difficult left turn onto 131.

Farquhar residents, blocked in their driveways, have found their own way –



orthodox or not – to clear the traffic at least long enough for them to get out.

“You just walk outside to the road and report a crash on the app,” Englander said. When traffic apps are alerted to an accident, they divert traffic to alternate routes around it.

Doing that stops the GPS apps from bringing traffic to Farquhar, and instead takes the drivers to Route 15 (Haynes Street). But only temporarily.

“That gives you 5 to 10 minutes where the road is clear, so you can get out,” Eng-

lander said. “But it takes a while for that to take effect, so you have to do it 10 or 15 minutes before you want to leave.”

Long-term solutions are a little more complicated, said Police Chief Thomas Ford, who along with other town and state officials is looking at things that have worked – or not worked – in other towns.

“We are certainly weighing local options, but first we want to exhaust our efforts with the GPS companies themselves, and let them know how much of an impact it is having on our secondary roads,” he said. “If they find out it takes longer to take a route that is intended to be shorter, maybe that will encourage them to change their algorithms.”

The problem is not unique to Farquhar. Back roads leading to Brimfield are also subject to bumper-to-bumper diverted traffic during flea-market weeks, as are

Advertisement for Lucky Mart Convenience Store and Mobil Gas. The ad features a yellow banner that says "Now Selling Beer, Wine &amp; Liquor!" and a blue sign for "Lucky Mart CONVENIENCE STORE LIQUOR BEER &amp; WINE". Below the sign is a "Mobil Gas" logo. A yellow starburst graphic says "Gas customers redeem Your Shaw's Gas Points Here!". The address "122 Main Street, Sturbridge, MA • 508-347-9017" is displayed at the bottom.



other roads that circumvent Route 84 and the Mass Pike.

Local options bandied around at a Board of Selectmen's meeting in December included changing the speed limit on Farquhar to 15 miles per hour, which would render the route too time-consuming to be viable; alerting trucks and buses to the bridge's weight limit; installing "residents-only" signs; and banning trucks from the road.

While those ideas sound good — and may even be viable — there are laws and regulations that dictate whether those things can happen, Ford said.

"You can't just post a road 10 miles an hour," he said. "You have to go through a process."

Still, the town is exploring a variety of solutions to see which might apply.

"There's nothing we can announce now, but we're engaged in discussions with the

GPS companies, working with the highway superintendent, and talking with our partners in the Department of Transportation," Ford said.

Problems created by drivers getting off the highway in Sturbridge and picking up the Mass Pike in Auburn is nothing new — but up until the advent of GPS traffic apps, the diverted traffic has mostly been confined to Route 20.

"That's been happening for years," Ford said. "The DOT puts out signs, and people get right onto Route 20 from Exit 3. Now they are getting off one exit earlier, at Exit 2."

That creates problems on Farquhar and beyond — like when those trucks, cars and buses finally make it off of Farquhar, then clog up Route 131, Willard and Hall roads before getting onto Route 20.

"In and of itself, that creates a hazard," Ford said.

Englander and her husband, Jason Knott, place no fault on the drivers who cause the hazards. They, in good faith, are going along with the directions their GPS is giving them.

"We don't blame them, they are just following the app," Englander said.

In fact, the drivers who are stuck in front of Englander and Knott's quaint, historic home are often friendly.

"If I'm outside in the yard, they'll roll down their window and call out 'we love your house,' 'your house is really cool,'" Knott said. "We don't blame the drivers for the problem. They get fed up themselves."

Unfortunately, some of those fed-up drivers try to reverse their route.

"They just turn around, sometimes in our driveway," Englander said. "Our dog almost got hit once — right in our yard."

Drivers attempting to go back the way

Next Page

Dr. Ferdinand Sabelis  
Dr. Dewey Tiberii

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## Our Eagle Scouts

From Page 9

"It was hard scheduling the work because they have events all the time," he said. "But I was lucky. I had a lot of friends in the troop who helped out, and we got it done really fast."

## Map apps create traffic burden in Sturbridge

From previous page

they came compounds the problem, because they can only get as far as the one-lane bridge, which is at a standstill as well.

Knott and Englander worry about the bridge.

"That bridge is going to be dropping into the river," Englander said. "I just hope it's not when my kids are in the car."

The problem has gotten progressively worse over the past few years.

"It started about three years ago, on holiday weekends, like clockwork," said Knott, who has lived in his Farquhar home since 2002. "We knew if the dog started barking, the road was backing up."

Englander was taken aback by comments that Farquhar Road residents drove on

Equally helpful was the Legion's Thomas Chamberlain, who provided a wealth of knowledge.

"Mr. Chamberlain, he's been part of Stur-

other town roads, so they shouldn't complain about people driving on their road.

"We knew this was a cut-through when we moved here, and we've never had a problem with that," she said. "But now it's a de facto highway lane, with 18-wheelers and tour buses."

While Englander and Knott understand there is no easy solution to the problem, they are surprised at the idea that some residents have to just give up.

"There's nothing you can do if you do nothing," Englander said. "Doing something might work."

They hope it does, because things are not the same.

"This has ruined the fabric of the street, that's for sure," Knott said. ■

bridge for 500 years and knows everything," Jensen said.

Working with the veterans was another interesting part of the project.

"It's a different generation," Jensen said. "It was really interesting seeing that, and very cool."

### Arakel Kandoyan

Arakel Kandoyan was just six-years-old when he donned his first little Tiger Scout uniform. Now, 12 years later, Kandoyan is an Eagle Scout as well a member of the Order of the Arrow, which is the Boy Scouts of America's honor society.

He is also an assistant Scoutmaster.

"The troop got me to Eagle Scout, and it's my job to do that for others," he said.

Kandoyan's Eagle Project was to provide a venue for collecting gift cards for families of patients at Dana Farber's Jimmy Fund Clinic.

The cause is close to Kandoyan's heart. He has a *Diffuse Leptomeningeal Glioneuronal Tumor*, a rare inoperable form of Brain/Spinal Cancer. He is an outpatient at Dana Farber's

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Jimmy Fund Clinic.

Because of that, and because of back problems, Kandoyan's Eagle Project couldn't involve too much physical labor.

It is also because of that, that Kandoyan knows how helpful those gift cards can be.

"We collected everything from Walmart cards to gas-station cards for parents who have to drive out like my mom did," he said. "If you add up everything from just one day's trip, it's not cheap."

Kandoyan ended up collecting more than \$4,000 in gift cards, which meant a lot to him.

"Anything that can ease the pain of their kid going through this helps," he said.

Kandoyan also noticed that all donated cards were stored in the bottom of a file cabinet drawer in one of the offices at Dana-Farber.

"I knew I could build something, so I decided to make a nice wooden box — 10 inches by 11 inches and 4 inches deep, with a lock and key on it," he said. "And that's something the troop could help me with — especially my Scoutmaster. He's really good with woodworking and

has a wood shop in his garage."

Kandoyan is happy that even though he aged out of the troop, he's still very involved — as is his mother, Laura.

"My mom is a huge part of the troop," he said. "When I turned 18, she suggested she

might slowly back out of the troop. The troop responded 'no, you can't!'"

One of Kandoyan's best times as a Scout was being part of the National Order of the Arrow Council's 100th anniversary, which Kandoyan, along with 15,000 others, attended at Michigan State University in 2015.

"I ended up raising enough money, and I was able to go," he said, adding that he traveled by bus with a group of other attendees from the region and that the trip was half the fun.

Fancy remembers first getting to know Kandoyan.

"Even when he was young, he was always trying to be helpful," Fancy said. "As he got older, he was the first one to help the younger kids. He continued to do that during his whole Scouting career. He still does."

Kandoyan commutes to Springfield Technical Community College, which enables him to stay involved in the troop.

"I am lucky I can put more back into the troop, as an Eagle Scout should," he said.

“  
My mom  
is a huge part  
of the troop.  
When I turned 18,  
she suggested she might  
slowly back out  
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The troop responded:  
No you can't!”

“

— Arakel Kandoyan

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# This Sturbridge kind of kindness is meant to be shared

By Elisa Krochmalnyckyj

The random acts of kindness that have been popping up around Sturbridge have had the rippling effect of delight, appreciation, and the desire to pay them forward.

"I was on my way to work and stopped at the Dunkin' Donuts next to Cracker Barrel, minding my own business, waiting to collect my food," said Jennifer Houde. "When I got to the window, they told me the police officer in front of me had paid for my order."

She was so grateful.

"He didn't need to do that — the police already do so much for us, especially Sturbridge police," said Houde.

Houde in turn paid for the person be-

hind her.

"I didn't want to break it," she said. "It's such a great way to start your day."

The gesture turned an ordinary day into an extraordinary one.

"I went on to have a wonderful day at work," Houde said. "I was in such a good mood. Everything that I touched seemed to work out."

The kindness continued. Soon after, Houde was parked outside of Tractor Supply, where she had just bought 10 bags of pellets for her pellet stove.

"Those are 40-pound bags, and I was trying to load them into my car," she said. "This man in his truck saw me struggling, and he came and loaded the rest. That was such a big help. And then, on top of that, another man saw me and came down and took back the pallet I had brought the bags out on!"

Elizabeth Sitko's random-act-of-kindness story happened over brunch at the Publick House. Sitko had just finished a "mom and daughter overnight" to celebrate her daughter Reese's 8th birthday. The two were having brunch before heading home.

They ended up being seated next to a 30-something couple who had walked into the dining room at the same time they did.

"Reese was being really sweet, getting her own food, getting food for me, and the couple was smiling and laughing at some of the things she was saying and doing," Sitko said. "We were chit-chatting the

whole time."

The couple finished eating before the Sitkos did.

"Before they left I turned around and said to them, 'I really hope this was a great breakfast for you, and that you have a great day,'" Sitko said. "I liked having a nice conversation with strangers."

When the Sitkos were ready to leave, the waitress came over — without a check.

"She asked me 'do you know that couple?' and I said 'No, we just met them on the way in,'" Sitko said. "She said 'well they paid for your entire breakfast!'"

"I just started to cry," Sitko said. "The waitress was still standing there, and she was crying. Reese asked me 'Mommy, are you happy-crying?'"

Sitko told her she was.

"Reese just sat there, taking it all in, then she said 'there are so many nice people in the world,'" Sitko said, even more grateful to the couple. "It was so nice for her to see that."

Since then, the Sitkos have been paying the kindness forward.

"I told her and my sons 'we just need to follow suit and do nice things for others,'" Sitko said. "That is the lesson — for them, and for myself and husband as well."

Todd Ruggere's story is similar, as he was out for breakfast at Annie's Country Kitchen with his daughter, who was just about to turn four.

Page 18

## Book Review

From Page 7

where, "the motto, has been upheld as has a level of good citizenship.

The community that has been built north of the Quabbin is to be admired. True, Deb and Ricky are unique, but they are not the only ones up there and they would not deny it. We might ask if something like that is possible down here.

We do have some fine CSAs (Community Supported Agriculture farms) and some good farmers' markets. There are festivals seasonally, but it does not come together in the same way. Not yet, anyway. ■

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American Style — Publick House  
Comfort Food Restaurant — Churchill's  
Fast Food Choices — Sturbridge Coffee Roasters  
Italian Restaurant — Avellino  
Asian Restaurant — Thai Place  
Vegetarian Choices — Cedar Street Grille  
Vegan Choices — Sturbridge Coffee Roasters  
Steak — The Duck  
Budget Restaurant — Churchill's  
Gourmet Quality Food — Fins & Tales  
Bakery — Publick House  
Seafood Restaurant — Fins & Tales  
Fish Market — G&R  
Wine & Cheese — Yankee Spirits  
Bar Menu — The Duck  
Cocktail — The Duck and Cedar Street Grille (tie)  
Appetizer/Tapas — Cedar Street Grille  
Pizza — Village Pizza  
Small Quick Market — Micknuck's  
Cup of Coffee — Sturbridge Coffee Roasters  
Healthy Food — Your Health Matters  
Soup & Sandwich — Sturbridge Coffee Roasters

Deli — Micknuck's  
Ice Cream — Howard's Drive-In  
Dessert — Publick House  
Farmer's Market — West Brookfield Farmers' Market  
Family Entertainment — Brush it Off  
Late Night Dining — Cedar Street Grille  
Live Theater — Gateway Players  
Gathering Place — Sturbridge Coffee Roasters  
Neighborhood Bar — Cedar Street Grille  
Golf Course — Cohasse Country Club

### **shopping**

Clothing/Women's — Paradise Found  
Clothing/Children — Klem's  
Clothing/Consignment — Painted Stone  
Clothing/Work — Klem's  
Antiques/Collectibles — Sturbridge Antique Shops  
Place to Buy Art — Sturbridge Antique Shops  
Gifts — Sadie Green's  
Jewelry — Cormier Jewelers (Southbridge)  
Artisan Jewelry — Sadie Green's  
Primitives — Sturbridge Antique Shops  
Sporting Goods — Klem's  
Furniture — Charlton Furniture  
Lawn & Garden — Penney's  
Greenhouse — Bemis Farm, Spencer

### **services**

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Dentist/Orthodontist — Sturbridge Orthodontics  
Personal Trainer — Paula Patruno  
Yoga — The Centered Place  
Pet Store — Noah's Ark  
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Financial Advisor — Jeff Burdick-Edward Jones  
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Gym — Julie Gerrish Fitness  
Pet Groomer — Woof'n Whisker  
Hair Salon/Barber — Salon 484  
Manicure/Pedicure — Simple Indulgence  
Bank/Credit Union — Southbridge Credit Union  
Accountant — Tom Dubrey (Dubrey, Culliton & Associates)  
Auto Dealer — Lamoreaux Ford  
Auto Mechanic — Stebbins Auto Repair, Southbridge  
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Electrician — Ed Laforte, Charlton  
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# LEGAL BRIEF

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MONTHLY LEGAL ADVICE  
FOR READERS OF  
THE STURBRIDGE TIMES MAGAZINE

## Law now bans holding phones while driving

No more holding your phone while driving because this month the Commonwealth became the 16th state to ban not only texting, but even just touching your phone while driving.

The law allows the police to pull you over if they see you with any electronic device in your hand. The previous version that only banned texting was hard to enforce because the police could not tell whether a driver holding a phone was texting, or talking, or navigating, or surfing the net. Now it's all illegal.

No fines will be levied until the end of March, but after that it's \$100.00 for your first offense, \$200.00 for your second and \$500.00 for any after that. Subsequent offenders would have to age a driving safety class and could also face an insurance surcharge.

The new law won't stop you from using your phone to navigate, but you have to have it mounted on the dashboard or console. In other words, no looking down at the phone in your hand to see if the next light is your next turn.

There is one additional feature in the law that polices the police. Lawmakers were concerned that some police departments would use the new law to racially profile drivers. To prevent that, they required the police to report the race, gender and age of person they cite to the Commonwealth, which will track whether the police are pulling over a disproportionate number of minority drivers.

MUSINGS FROM LONG HILL

## STILL TIME TO GO

BY RICHARD MORCHOE

After the Soleimani assassination, one glaring aspect of the event was the lying. As his enemies would have it, that is only to be expected from Donald Trump. No matter how much one would like to defend The Donald (he started off making enemies of the Military Intelligence Industrial Congressional Think Tank Educational-Media Complex which can be considered a plus\*) it has long been obvious, for him, truth is malleable.

It has not been just the president, but a pervasive aspect of the whole government from the top through Congress.

The media may not have outright lied, though there was probably that, but it seemed that even those who wanted to dissent a tiny bit felt they needed to preface their statements with words to the effect that we all know Soleimani was a horrible, awful whatever.

Trump's prevarication is risible. "We took action last night to stop a war. We did not take action to start a war." Even supporters who applaud the deed cannot truly believe this. The statement has all the flavor of being caught doing something that was not a good idea and having to say something...anything.

The Iranians swore revenge, but what else were they going to do? Their response was met with lies again. After Iran's missile attack on the Ayn al-Assad base, Trump claimed only minimal damage and no loss of life. There are some things he did not note.

The Swiss ambassador, who represents American interests was given notice by the Iranians the missiles were going an hour before it happened. Thus, personnel could be moved out of harm's way.

As to "minimal damage," photographic evidence of significant destruction was available. More than that, a correspondent at Colonel Pat Lang's intel website noted something interesting:

"I was shocked that not one Iranian missile was intercepted. It appears CENTCOM did not even have a capability to intercept missiles at the Ayn al-Assad Air Base. That is military incompetence. A slew of officers should be relieved for that egregious incompetence including the CINC CENTCOM. No wonder the neocon wonder boys in the Pentagon and White House decided not to join the dance in the wee hours after the Iranian strike. Talk about scared

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straight.”

It was later reported, there were 11 American personnel treated for concussions.

The Iranian air defense coordination, however, did leave something to be desired as evidenced by the tragic downing of the airliner.

The lying by a president was unique in history.

Actually, no.

Yes, Trump is a liar, but he is within the American tradition of lying about conflict. Falsehood to get a war going is a hallmark of our history.

George W. Bush propagated the WMD myth that he and his advisors had to know was untrue. Yet he has been rehabilitated, being embraced by no less than Michelle Obama.

Michelle's husband or subordinates also did not display absolute fidelity to the truth in getting us involved in Libya or pushing revolution in Syria.

The Bush père administration propagated the stolen incubator lie to get us into Gulf War I.

Heck, it goes way back. General Grant felt ashamed for having participated in such

an “unjust” war, as the Mexican and lies helped us get into that.

“Remember the Maine” was the battle cry before the Spanish-American War. We ran with that falsehood even though there was no evidence that the Spaniards had anything to do with the explosion that sent the ship to the bottom of Havana Harbor.

If there was a prize for high level war lying, Woodrow Wilson would be a contender. America, on the western edge of the Atlantic pond, had no reason to get involved in the collective suicide known as World War I. Wilson, after campaigning for re-election as the peace guy (slogan: “He kept us out of war”), promptly changed tune after the votes were counted. With propaganda lines such as “Make the world safe for democracy” and “The war to end all wars” he shipped American youth to die in the trenches.

His platitudes were inane. Without us, The Old World would have come to a peace of exhaustion. With us, they got a dishonest one and, eventually, Hitler.

There is, of course, the Tonkin Gulf incident that Johnson used to put troops in Vietnam. Your columnist was old enough to be

fooled by that one. Mea culpa.

Whether Trump is more a liar than others is a subject for another day, but he seems to be able to do it effortlessly and even almost change up mid-sentence. His man, Pompeo, is almost better.

The reason for the execution of Soleimani evolved from there being an imminent threat to he is evil. Conveniently not mentioned was that the Iranian general was more effective against ISIS than we were, and had been allied with us in Afghanistan.

Eventually, some honesty surfaced. It was not that anyone was being honest, but something was said that gave away the game.

After the killing of Soleimani, the Iraqi parliament passed a resolution to expel US troops. As we had invaded to get rid of a ruthless dictator and bring democracy, we would have no choice but to go.

Except we have no intention of acceding to the sovereign will of the people. The Wall Street Journal reported the administration told the Iraqis that if we go, their access to their oil money at the Federal Reserve Bank in New York will be closed down.

*Next page*

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## The Sturbridge kind of Kindness

From Page 14

The two were sitting at the counter, next to a woman who struck up a conversation.

"My daughter was eating chocolate-chip pancakes, and the woman was smiling at her," Ruggere said. "I think the woman saw something in my daughter."

When the woman began talking to his daughter about Santa, Ruggere explained that his daughter might not understand everything because she was developmentally delayed.

"The woman told me she has two children who are special-needs and are now adults. They work at the Center of Hope," he said. "We talked about all of that."

After the woman got up to leave, Ruggere noticed the waitress come back and take his check, which she had already left, but didn't think anything of it. When he was ready to leave and asked for the check back, he learned the woman had already paid for their breakfast.

"The woman told the waitress 'tell the little girl Santa paid for it,'" Ruggere said.

Ruggere said the kindness really affected him.

"The bill was probably under \$15, but that didn't matter. It got me good," he said. "I don't know if it was just an emotional reaction, but something about it really got to me."

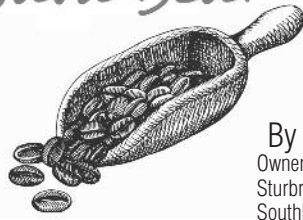
While not to the extent of the gesture by the woman at Annie's, Ruggere has been on the receiving end of kind acts in the past, especially as a UPS driver.

"We're so busy, and work so hard, and it can get so hot, and someone will have a bowl outside their door with chips and drinks for delivery people," he said. "You're sweating so much, and you see that cold drink — it's so nice."

Both ends of random acts of kindness are familiar to Katie Johnson. Her first experience with the idea was about 10 years ago, when she pulled up to the Dunkin' drive-up window and instead of being told the amount to pay, the clerk handed her a \$10 gift card, courtesy of the driver that had been ahead of her.

"My kids were all in the car, and we were incredulous," she said. "It was just so nice

## Java Beat



By Elvis Dyer  
Owner/Roster  
Sturbridge Coffee Roasters  
Southbridge and Dudley

## Coffee Degassing

There is nothing like fresh roasted coffee, however, brewing a cup of coffee with beans that have literally just been roasted may not give you the best brew, and coffee degassing is to blame. Coffee degassing can greatly impact your brew so you should be aware of why it is important.

### What is Coffee Degassing?

Degassing is the release of gases from roasted coffee. During the roasting process,

gases, including a lot of carbon dioxide, form inside the bean. A lot of these gases are released in the first few days after roasting. This is why a coffee roaster always recommends beans not be used for at least 48 hours after roasting.

The escaping gases can result in small bubbles when you brew your coffee. These air pockets can impact the contact between the coffee grounds and the water. This causes an uneven extraction of the flavor and aroma

## Morchoe column

From previous page

So, all the high falutin talk about liberating them so they could be free and build democracy was just that. It was always about the oil.

Congress has not been all that stalwart in asserting oversight. The House had voted an amendment to the huge defense authorization bill requiring congressional approval for an attack on Iran. Before final passage, the amendment was stripped from the legislation.

Maybe it's a day late and a dollar short, but Senator Tim Kaine has introduced a resolution denying the president power to go ballistic on Iran again without congressional okay. It will be miraculous if it survives and overrides the inevitable veto. Maybe that is the way it is supposed to be.

We are not leaving anywhere soon. All the

hopefuls who want to replace Trump will find an excuse to stay in the Middle East if one of them is elected, with the possible exception of Sanders. Gabbard would have us leave, but she is being frozen out.

It is said that chess was invented in Persia. Our Persian adversaries will play the long game and their moves will be subtle. Do they want their part of the world, where they actually live more than we do? One might want to consult the Vietnamese as to how that works.

\* President Dwight Eisenhower, in his farewell address warned the American people about the increasing power of what he termed the "Military-Industrial Complex." Since then, just about every aspect of government and bureaucracy as well as media and education seem to work together for their common aggrandizement. ■

that someone would do that."

Since then, the Johnsons have tried to pay it forward, from buying coffees, handing out \$5 Cumberland gift cards, and even leaving quarters on the car-vacuum stands.

"I always leave enough quarters to pay for one vacuum," Johnson said. "Then I think about how fun it will be for the person to find the quarters. I figure it's a lot of happiness for 50 cents or a dollar." ■

compounds in the dry coffee. Simply put, brewing coffee right out of the roaster can negatively affect the flavor and profile of the coffee.

Many coffees don't even hit the shelves for sale for a few days after roasting. This allotment of time, and the chemical release that happens during this time, is known as degassing.

### Why is there Carbon Dioxide in Coffee?

During the roasting process, coffee beans undergo many chemical reactions. Complex carbohydrates are broken down into smaller molecules, beans begin to brown, and water vapor and carbon dioxide are created. The "first crack" a coffee roaster hears or see is the build-up of gases causing enough pressure to break the bean's cell wall. And, the development of gases continues throughout the roast. At the end of roasting, the conversion of sugar happens. When this energy is released, it makes gas.

Carbon dioxide in your beans is not a bad thing and plays an important role in the quality of your coffee. This carbon dioxide is an indicator for freshness, plays a role in shelf life and packaging, impacts the extraction process, and is involved in the formation of crema in your drinks. This carbon dioxide may also affect the sensory profile in the cup. Too much degassing and the flavors are less vibrant. Gas still being released is an indicator of freshness. However, that degassing process does need some time, as using your beans too quickly after roasting will prevent the coffee grounds from being fully extracted, whether it's in your coffee maker or your espresso machine.

### How much time is ideal for Degassing?

Degassing coffee really allows the flavors in your beans to shine. You need enough time for some carbon dioxide to be present as the right amount of carbon dioxide is what stops the coffee from tasting stale and flat. Generally, somewhere between three days and two weeks after roasting is considered the best window to brew coffee. Every coffee is different, therefore, the degassing period needed will vary. And the brewing method,



processing choices and roast profile all impact how long this is. For example, a dark roast accelerates degassing because the bean has degraded more. The sugars have had more opportunity to be transformed, and there are more tiny cracks allowing the carbon dioxide to be released. Whereas a light roast has more of the bean intact and may

need to degas for longer.

How the bean was grown impacts the degassing process, as the harvesting and washing process is different for each bean.

Fresh roasted coffee truly is one of the best cups of coffee for you to enjoy. Make sure you know when your beans were roasted and that they have had time to degas. ■

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## Removing trees for risk

### When should you remove a tree?

Each year I receive numerous calls from homeowners concerned about trees on their property. The calls range from trees under and near utility lines that are dead, to severely cut back and butchered trees that have lived a long life, to the white pine struck by lightning, and the Bradford pear that a brother-in-law backed his boat trailer into and has a snapped limb from a recent wind storm. The list goes on and on. Each tree and call has its own story and many times an emotional attachment with the owners.

This gets to an often-asked question "Should I remove that tree from my property?" That can be a tricky question based on the health of the tree, location on the property, potential for successful remediation, potential for damage, and the amount of risk of damage you are comfortable with.

#### Who performs tree risk assessments?

I always recommend that homeowners consult a "Certified Arborist". These professionals have specific training in tree care. Certification means that they belong to a professional organization that requires professionals to attend continuing education classes to keep up to date on the latest research in tree health and care. Extension agents (Located at UMass) can assist with diagnosing disease, insect, and other tree issues for residents. Extension web site: <https://ag.umass.edu/>

A certified arborist can actually assist with the physical care of the tree as well as perform many of the same functions as an Extension professional. When it is time to remove a tree, always use a tree company that is not only insured against damages to property, but one that em-

loys OSHA trained Certified Arborists. Tree work is a hazardous profession. Only hire those who take the time for training, as they are taking the time to make sure they go home every night.

#### Signs a tree may need to be removed

The main trunk is leaning noticeably. Trees will lean depending on the sunlight available, and trees will grow good root zones to compensate for a nature lean. It is when recent construction activity in the root zone do, we see root failure.

25-50% of the crown (limbs) are dead or show signs of damage. Drought? Insect damage? Construction Damage? Something is stressing the tree to cause this dieback.

More than 25% of the trunk is damaged physically. Struck by vehicle or lawn mower or string trimmer?

The trunk or major limbs are more than 1/3 hollow. This is usually caused by older damage that tree was not able to compartmentalize, (IE: properly heal)

All the branches on one side of the tree die quickly. Good sign of some type of root damage, drought.

Trees that are leaning more than 25 degrees are especially hazardous. The root system is under stress from the leverage on the tree and most likely those roots have been damaged. These trees should be removed under most circumstances.

Trees that are hollow or have significant trunk damage should be the next consideration. These trees have a compromised support system. Most all of the down trees after severe storms fit this category. Notice the damaged trees the next time a storm is covered on the evening news! Trees can live a long time with this problem since the active living tissue is generally in the out-

side 4 inches of the trunk. This is the area where water and nutrients are transported up and energy is sent back down to the roots. However, tree with hollow centers or extensive rot, which may not be visible to the homeowner, are susceptible to failure in storms. Certified Arborists have tools that can help determine how strong the center of the tree is.

Trees with a large number of dead limbs require more consideration. Dead limbs can be caused by disease, insects, old age, or physical damage. These causes maybe found in the roots as well as in the above ground wood. Removing the dead branches and selectively thinning the tree will reduce the hazard of falling wood. However, you should determine what the real problem is. This type of tree work is expensive and may exceed the cost of removing the entire tree. Generally, this type of work is reserved for historic or highly prized trees in the landscape.

#### Do not "top" trees

Under no circumstances should you top a tree. This is the practice of cutting the tree back until only large branches remain. The theory of this old practice is that the tree will catch less wind and be less likely to fall. In reality, this greatly stresses the tree. The stress is due to root die off from lack of energy to support roots, tremendous energy usage to growth new branches and leaves, and potential for insect & disease invasion. As this new growth grows, it has been shown the attachment to the main limb is weak and very susceptible to storm failures.

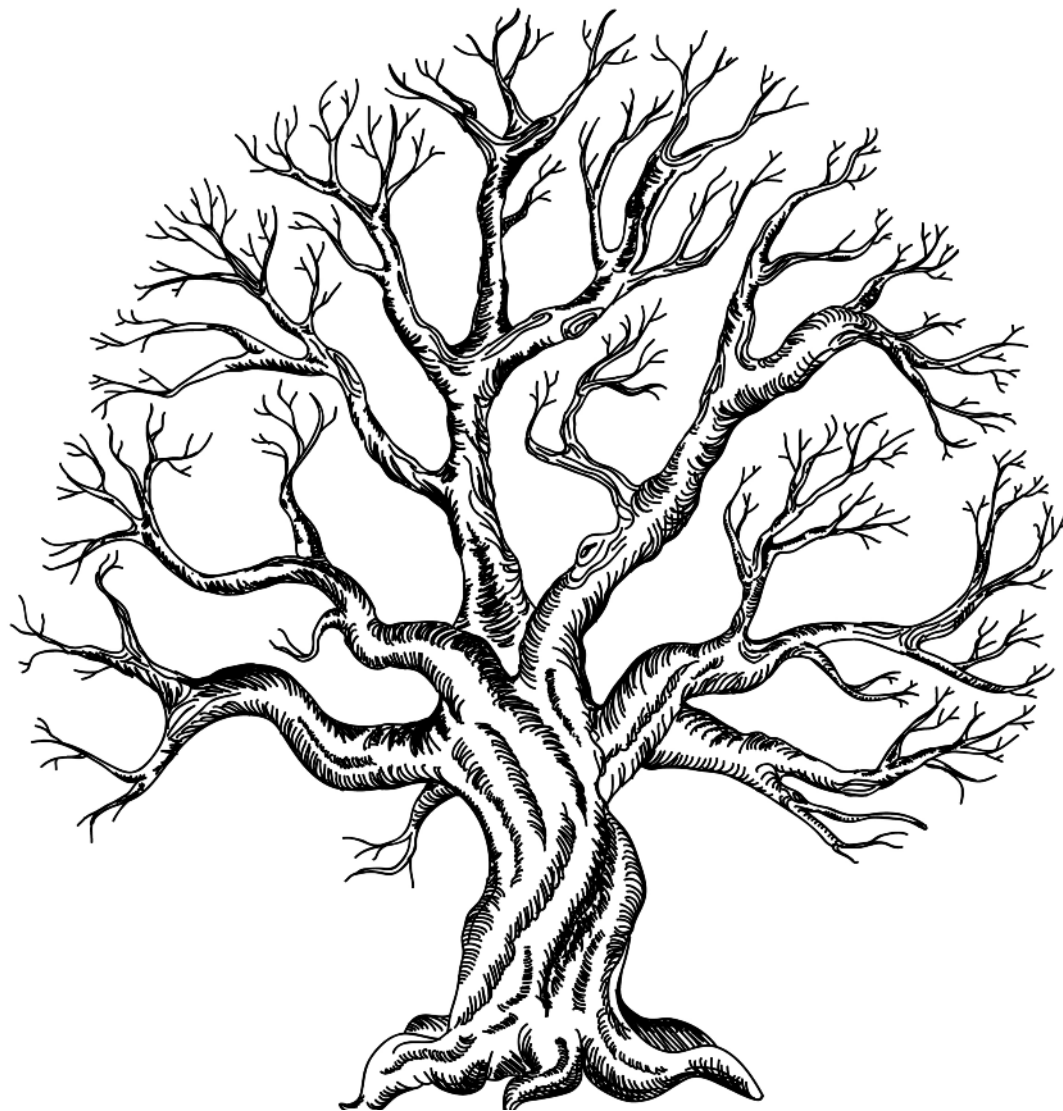
#### Tree root damage

Root damage is a large part of our tree problems. Excavating, trenching, construc-

tion, and even parking our cars under trees cause compaction or disrupt roots. Adding topsoil over the roots also causes damage in many cases. Frequently, homeowners will save a few trees during home construction only to have them die 3, 5, or 10 years later. Tree roots extend at least the width of the crown and most times they are twice the width of the tree. Anything you can do eliminate these stresses will improve tree health. If 50% of the roots are disturbed, consider removing the tree and planting a new tree in another location.

A final consideration is what type of tree is it? Trees like sweet gum, white pine, Hemlock Bradford pears, gray birch, cherry, poplar and some non-native species generally have low value and are prone to problems. The decision to remove them is fairly easy. Those large, stately oaks Maples, and Ash bring a lot more emotion to the decision and generally more money is spent to prolong their existence.

Trees that have potential to harm people and property require the most attention. You could be negligible and liable for damages if your hazardous or dead tree damages someone's property, especially if you had prior knowledge and did nothing about it.



Removing a tree is not the end of the world. Luckily, we can plant new trees. Then we can select the right size, right location, and right species for our needs. More on selecting the "right tree for the right place" in a future article.

While we have an open winter, and no leaves on your trees, is a great time to go out and inspect, or hire a certified arborist to check your trees and assess their risk.

For more information on tree risk assessment visit: <https://www.treesaregood.org/portals/0/docs/treecare/TreeRisk.pdf>

The responsibility of good home ownership includes caring for what grows on your property.

*Tom Chamberland is the retired Tree Warden for the Town of Sturbridge and a Certified Arborist. He enjoys caring for plants that grow in his yard. He can be reached at: [tchamberland@gmail.com](mailto:tchamberland@gmail.com)*

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By Julie Gerrish

PERSONAL TRAINER  
JULIE GERRISH FITNESS, STURBRIDGE

## The five foods I eat every week

I'm writing this in mid-January, right in the height of New Year's Resolution fever, so I think the timing of this article is good. People are always asking me what I eat, and while I do try to eat a varied diet that features as much local, seasonal food as possible and has a lot of nutritional variety, there are certain foods that feature in my diet every week because they give my body the most bang for the buck. Without further ado, here are five foods that I eat pretty much every day:

EGGS  
BERRIES  
QUINOA  
GREEK YOGURT  
GREENS

**1. Eggs** are at the top of my list, and with good reason. A large egg has 78 calories, 7 grams of protein and 5 grams of fat, plus some nutrients like selenium and Vitamin B. Recent scientific evidence shows that eggs although eggs are high in cholesterol, eating a few eggs a day won't cause a high rise in the body. Eggs are a great source of lean protein, and they can be made quickly in a variety of ways. I usually eat them scrambled with a bit of cheese over avocado slices, or bring hard boiled eggs to work as a snack or breakfast with some berries.

*Quick Basic Egg Mug Recipe: Spray a large mug or bowl with cooking spray or rub with olive oil. Add 2-3 eggs and whisk together. Microwave on high for 45 seconds. Stir the eggs and microwave again for 30-60 seconds until egg is fluffy and fully cooked. The exact cooking time will depend on your microwave. You can go sweet or savory with this, adding berries and maple syrup after or pre-cooked veggies that you*

*stir right into the eggs before cooking.*

**2. Berries:** One of the biggest reasons to eat berries are that they contain antioxidants, which keeps free radicals in the body under control and reduce disease risk. Blueberries, blackberries and raspberries have the highest antioxidant levels of most fruits. They improve blood sugar and insulin levels in the body, help fight inflammation, are high in fiber and contain lots of vitamins and minerals, as well as being among the lowest-calorie fruits. Although it is challenging, I am still managing to find some organic berries this time of year, and try to buy organic fruits and vegetables as much as possible. I eat berries almost every day, sometimes by themselves, with Greek yogurt, or in a salad.

*Antioxidant Berry Smoothie, from ambitiouskitchen.com: 1/2 cup each fresh or frozen blackberries and raspberries, 1/4 cup fresh or frozen blueberries, 1 frozen banana, 2 cups organic spinach, 1 T. Ground flaxseed, 1 T nut butter, 1/2 cup plain Greek yogurt, 1/2 cup unsweetened almond milk. Blend all ingredients one to two minutes until smooth, adding more almond milk as needed. Makes 1 smoothie.*

**3. Quinoa:** Although it is technically a seed, quinoa is classified as a whole grain and is a great source of plant protein and fiber. One cup of cooked quinoa provides 8 grams of protein and 5 grams of fiber. It is also naturally gluten-free. It also has nine amino acids and is high in magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and other antioxidants. I add it cooked to a salad, soups or chili. It makes a great breakfast substitute for oatmeal, and here is a link to one of my favorite quinoa recipes, marinated kale and chicken bowls with sun dried

tomato sauce from [pinchofyum.com](https://pinchofyum.com/marinated-kale-and-chicken-bowls-with-sun-dried-tomato-sauce): <https://pinchofyum.com/marinated-kale-and-chicken-bowls-with-sun-dried-tomato-sauce>.

**4. Greek yogurt:** The average nonfat, plain greek yogurt contains about 100 calories per 1 cup serving and provides a whopping 1/3 of your daily protein, plus 20% of your daily calcium and plenty of probiotics, healthy bacteria that help to boost your immune system and keep your stomach in check. How to eat it? I already listed it above as a breakfast with berries or as a main ingredient in the berry smoothie. It is a healthy substitute for sour cream in dips and sauces. For a delicious Tzatziki dip, combine nonfat plain Greek yogurt with grated cucumber, garlic, lemon juice and olive oil. Add lemon zest, dill, salt and pepper and whisk until smooth. Refrigerate 8 hours before serving with veggies and baked pita chips.

**5. Greens:** Whether it's spinach, kale or lettuce varieties, I eat salad every day and sometimes twice a day, and try to work leafy greens into lots of recipes. I buy organic as much as possible. Greens are low in calories and high in fiber, as well as being high in vitamins and nutrients. Spinach, for example, contains a whopping 25% of your daily iron intake. Spinach can be added to a smoothie and up the nutrition quotient without altering the flavor. Kale can be a great substitute to basil for a healthy pesto sauce. Get creative with leafy greens! Here is a great recipe for crock pot white bean chicken chili that I add kale to at the end before serving: <https://www.wellplated.com/crockpot-white-chicken-chili/>.

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