

Auburn News

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Auburn announces 2021 ballot openings

AUBURN — On Tuesday, May 18 at 8 a.m., residents of Auburn will gather to elect by Official Ballot the following Town Officers and Committees for the following terms of offices as provided by the Charter, March 10, 1969, under General Laws, Chapter 43B Section (9c).

One Housing Authority for	Five Years
Two Library Trustees, Auburn Free Public Library for	Three Years
One Moderator for	One Year
Two School Committee Member for	Three Year
Two Board of Selectmen Members for	Three Years

TOWN MEETING MEMBERS

Precinct One	8 to be elected for	Three Years
Precinct Two	8 to be elected for	Three Years
	1 to be elected for	One year unexpired term
Precinct Three	8 to be elected for	Three Years
	1 to be elected for	One year unexpired term
	2 to be elected for	Two year unexpired term
Precinct Four	8 to be elected for	Three Years
Precinct Five	8 to be elected for	Three Years
	3 to be elected for	One year unexpired term

Random acts of kindness

HEARTS OF BAY PATH PN
STUDENTS ON DISPLAY

CHARLTON — According to research, “spreading kindness not only helps others feel better about themselves – it can also boost the giver’s health and happiness.” Feb. 17, the National Random Act of Kindness Day was celebrated by the Practical Nursing Class of 2021 at Bay Path Practical Nursing Academy by displaying their “RAktivism” or being a “Random Acts of Kindness Activist.”

Gretheline Bolandrina, MSN Ed, RN, CRRN Academy Director, is grateful for the PN Class of 2021 and their kind gestures. She strongly believes in kindness’ many health benefits such as lower blood pressure, pain reduction, happiness, and the ultimate “helpers’ high.

“Our student nurses are making the world a better place,” she said. “Any act of kindness, no matter how small changes the world, and any kindness given to others is also a gift to yourself.”

“A random act of kindness I’ve done a couple of times when I have extra money: at the Dunkin’ Donuts drive-thru, I paid for the orders behind me! Hopefully made someone’s day better!” — Brianna Pincince-Mcleish, SPN of Brookfield

“Sometime back, on a Thursday morning while driving on Route 31 in Spencer. The two cars in front of me got into a collision. I pulled over and made sure the police were called. The accident involved a middle-aged

man and an older woman. I had the woman stay in her car and not move in case she had any injuries as she was affected more than the male was. The male was anxious and really worked up. I did what I could to reassure him that he needed to be calm. I waited until the police arrived. Fortunately, both collision survivors left with only minor bumps and bruises.” — Brianna Cloutier, SPN of Charlton

“When a neighbor’s dog, ‘Juda’ (a German Shepard) passed away (of old age), my eight-year-old daughter who had a small stuffed animal that looked like Juda gave the neighbor her stuffed animal in remembrance. It made Juda’s mom (who is in her 50’s) so happy, she gave my daughter daisies

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Courtesy

A two-alarm fire leveled a home on Stevens Park Road last week.

Fire levels lakeside cottage

BY JASON BLEAU
CORRESPONDENT

CHARLTON – A cottage-style home was destroyed as the result of a two-alarm fire that sparked a response for five local fire departments on Wednesday, Feb. 17.

At around 5:30 p.m., the Charlton Fire Department was dispatched for a report of a structure fire at 38 Stevens Park Rd., where first responders found

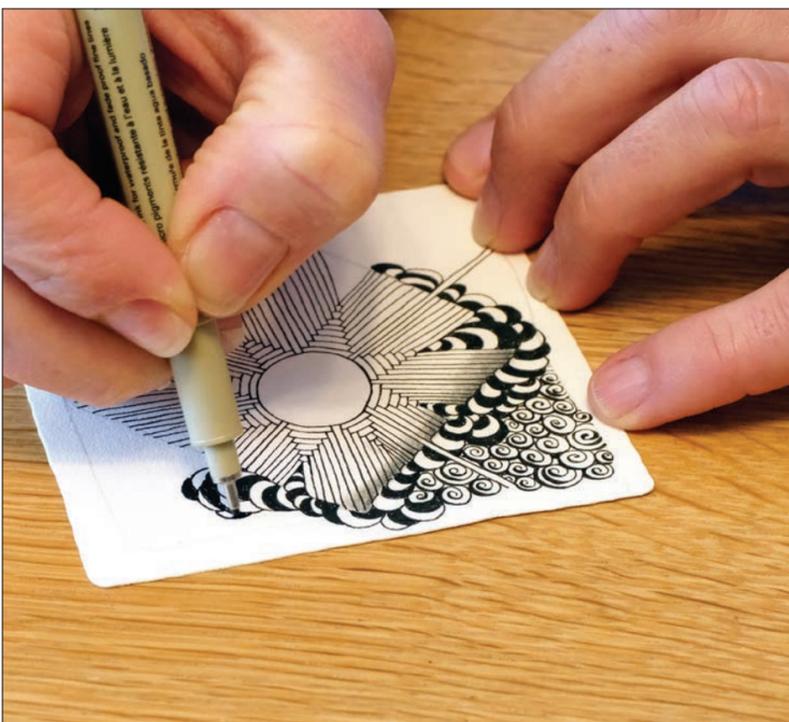
a building engulfed in flames. The cottage, positioned along Glen Echo Lake, was reportedly undergoing renovations at the time of the incident.

Charlton Fire Captain Michael Bjorn was one of the first firefighters on the scene and reported visible smoke and flames, requesting mutual aid to manage the blaze. Firefighters from several surrounding towns including Auburn, Dudley, Southbridge and Sturbridge reported to

the scene to assist. It took more than an hour for the fire to be deemed under control. One firefighter was evaluated at the scene but did not require transport to the hospital.

After the fire, the home was deemed a total loss and the cause and origin is still under investigation as of this report. The State Fire Marshalls Office and District 7 Fire Investigation Unit were called in to be a part of the investigation.

Open Sky to participate in UMass Medical School study



WORCESTER — Open Sky Community Services is pleased to be participating in an art therapy study for serious mental

illness that’s being sponsored by UMass Medical School’s MIND Clinical & Research Program. The study will investigate whether the Zentangle® Method, which encourag-

es participants to relax and to create their own individual drawings, can improve symptoms and daily functioning. Study participants will include interested individuals

served by Open Sky. The study will occur over the course of 14 weeks via video chat.

UMass’s Dr. Alair Newman, who is one of those charged with leading the study, is enthusiastic about this venture.

“It is so exciting to see UMass promote mindfulness-based techniques, such as Zentangle, as a part of mental health treatment,” explains Newman.

The Zentangle Method is described as an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns (called tangles). We’re particularly excited to be part of the UMass study as Zentangle founders Maria Thomas and Rick Roberts are long-time supporters of Alternatives, which joined with The Bridge of Central Massachusetts in 2018 to form Open Sky and have continued to support the organization.

Last year, Zentangle volunteers offered a

series of classes free of charge to youth attending our Safe Homes Drop-in program for LGBTQIA+ youth.

When asked about Zentangle’s involvement with the UMass study, Maria Thomas said “We are thrilled and honored to be working along with the UMass Mind Clinical and Research Program. Our goal is to bring to the study participants the relaxation and a sense of creativity that we have found to result when drawing with the Zentangle Method.”

If you or someone you know lives with serious mental illness (Schizophrenia, schizoaffective disorder, bipolar disorder or major depressive disorder) and are interested in the arts, you may want to learn more about a new study involving a creative art project. The date and time for the sessions are to be determined.

Anyone interested in participating in the study should call 508-856-MIND(6463) or email

mind@umassmed.edu.

This program is supported in part by a grant from the Worcester Arts Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

About Open Sky Community Services

Open Sky Community Services is dba for Alternatives Unlimited, Inc. and The Bridge of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has over 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit www.openskycs.org.



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YOUR TEETH MATTER

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH



Visit one of these Professionals to improve your family's oral health.

Good dental hygiene is very important to overall good health.

Simple ways to maintain braces

Many adults recall having braces as children. While braces have evolved dramatically over the last few decades, modern braces benefit teeth in much the same ways as those adults recall from their youth.

Braces are often recommended to help straighten crooked teeth, correct misaligned bites and/or address overcrowded teeth. Maintenance is essential to ensure braces are effective and provide long-lasting benefits, and the American Association of Orthodontists offers these tips to protect braces and prevent patients from developing tooth decay

- Avoid certain foods. Hard, sticky, crunchy, or chewy foods should be avoided. Many can-

dies and snacks fit that description, so parents of children with braces and adults with braces of their own should make sure these foods are not readily available around the house. The AAO specifically mentions foods such as caramel, gummies, licorice, jelly beans, and even soft drinks among the foods to avoid when wearing orthodontic braces.

- Be extra cautious around Halloween. The days surrounding Halloween can be an especially difficult time to maintain braces. Candy is everywhere come the end of October, but people with braces must be diligent in avoiding hard-shelled peanut candies and nut-filled candies.
- Brush twice per day, but be careful. The

experts at Oral-B® note that careful cleaning is required when wearing braces. Plaque bacteria can be easily trapped inside and around braces, so it's especially important that people with braces carefully brush each day. Removable parts, including elastics, should be removed prior to brushing. Clean each tooth individually in a circular motion, tilting the brush as necessary to reach small front teeth.

- Continue regular visits to your orthodontist as well as your dentist. Regular visits to the orthodontist are required when wearing braces. These visits are necessary so braces can be adjusted and orthodontists can make sure there are no signs of gum disease. But Oral-B® notes



that it's just as important to continue visiting the dentist while wearing braces. Dentists can perform routine services designed to protect tooth surfaces from decay

while wearing braces, making dental visits a vital component of orthodontic maintenance. Orthodontic braces help people have healthy, beautiful smiles.

Maintenance while wearing braces is vital to avoid disease and produce a mouthful of pearly whites.

How parents can get kids excited about brushing their teeth



Dental hygiene is an important component of a healthy lifestyle, but it's an element youngsters rarely embrace with open arms. Parents know that getting kids, especially young children, to brush their teeth is not always so easy. In recognition of that, the American Dental Association suggests the following strategies to make brushing teeth something kids will look forward to.

- Make it fun. Brushing teeth may not be considered a fun activity, but who's to say it can't benefit from a little levity? The ADA recommends turning tooth brushing sessions into dance parties and/or sing-alongs. Youngsters might be so busy cutting a rug or listening to mom and dad belt out a few hits that they don't even realize they're cleaning their teeth at the same time. If singing and dancing aren't cutting it, then incorporate another fun activity, like reading a child his or her favorite story,

into daily brushing sessions. The ADA advises adults and children to brush their teeth for two minutes twice a day, so activities need not be too advanced. But a fun activity that allows kids to do something other than brush their teeth can be a great way to help them meet the "two minutes, two times" guideline.

- Reward good behavior. Parents can reward youngsters who brush their teeth without incident by offering praise or allowing them to pick a bedtime book when brushing at night.

- Put kids' favorite characters to work. The ADA notes that many popular children's television shows and books have stories about brushing teeth. Watch these stories with your children, then reference the stories and characters if kids are reluctant to brush their teeth. Parents also can find toothbrushes and/or toothpaste that feature kids' favorite characters to get youngsters more excited to brush.

- Become a storyteller. Parents also can make up their own stories, explaining to kids how they can be superheroes who brush away the bad guys that cause cavities.

- Brush alongside your children. Kids love to mimic their parents, so moms and dads can brush alongside their youngsters in the hopes they'll follow suit.

Many children may never jump at the chance to brush their teeth. But parents can employ a few savvy strategies to make daily brushing sessions more fun for youngsters.

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AUBURN

\$2,238,000, 16 Millbury St, 16 Millbury Street LLC, to Auburn 16 Millbury St LLC.

\$315,000, 191 Central St, Saucier, Dustin A, to Brown, Michelle, and Brown, Casey.

\$260,000, 128 Boyce St, Southworth, Geoffrey E, to Johnson, Kelsey E.

\$259,900, 903 Heritage Ln #903, Conroy, Sheila, to Denham, Marissa C, and Orbon, Christine.

\$232,350, 4 Tuck Farm Rd #1, Mason FT, and Mason, Marilyn J, to Sarolli, Eraldi, and Mico-Sarolli, Borila.

\$220,000, 3 Wyoma Dr, Kulma, Michal, and Matysiak-Kulma, Kinga, to Rynkiewicz, Krystian G, and Rynkiewicz, Maria A.

\$210,000, 4 Carriage Dr, Condon, Robert W, to Altamirano, Diana A.

Country Bank announces promotions



Dawn Fleury



Miriam Siegel



Tom Wolcott

REGION — Country Bank, a full-service financial institution serving central and western Massachusetts, announced three executive promotions within the Bank's senior management team.

Dawn Fleury, CPA, has been promoted to First Senior Vice President of Corporate Risk. Fleury joined Country Bank in 2012; before joining the bank, she held a 21-year career with the FDIC as a Commissioned Senior Bank Examiner. In her current role, she oversees the Bank's comprehensive risk management programs, including Compliance, Corporate Risk, Internal Audit, BSA Fraud, Commercial Credit, Commercial Loan Workout, and Residential Collections Departments.

Miriam Siegel, CCP, CBP, has been promoted to First Senior Vice President of Human Resources and Chief Diversity Officer. Joining Country Bank in 2018, she brought 26-years of professional experience as the Senior Vice President of Human Resources for United Bank.

In her current role, Miriam oversees all aspects of the Bank's human resource initiatives, as well as driving talent management strategies to lead the Bank's Learning and Development team. Siegel proudly serves on the Board of Behavioral Health Network in Springfield and serves on the Wilbraham Personnel Advisory Board.

Tom Wolcott has been promoted to First Senior Vice President of the Commercial Lending and Business Banking Divisions. He joined Country Bank in 2019 after a previous career in the financial services industry that spanned over three decades; this included Senior Vice President roles at Peoples United Bank, United Bank, Citizens Bank and FleetBank primarily in the Connecticut, Springfield and Worcester markets. His background offers extensive expertise in managing diverse and complex commercial clients as well as assisting small businesses with creative solutions to help them achieve their financial goals. "Promoting these talented members

within our existing leadership team strengthens our foundation for the future," said Paul Scully, President and CEO of Country Bank. "Dawn, Miriam, and Tom have proven to be immensely skilled leaders and have been strategic partners in major decisions we have made at Country Bank. I am excited they will be taking on additional responsibilities in their expanded roles to help further drive our strategic direction and growth. They each exemplify Country Bank's iSTEP Corporate Values of Integrity, Service, Teamwork, Excellence, and Prosperity."

About Country Bank
Country Bank is a full-service mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton, and Worcester. Country Bank is a member of FDIC, DIF, and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.



ACCURACY WATCH

The Auburn News is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress.news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

University of Maine announces fall 2020 Dean's List

ORONO, Maine — The University of Maine recognized 4,133 students for achieving Dean's List honors in the fall 2020 semester, including Niamh Toomey of Auburn.

Of the students who made the Dean's List, 2,670 are from Maine, 1,366 are from 38 other states and 97 are from 35 countries other than the U.S.

Due to the unusual and challenging circumstances faced this semester amid the global pandemic, the university has modified its Dean's List policy for the fall 2020 term. The requirement that students earn 12 calculable credits to be eligible for Dean's List has been waived. Instead, students will be eligible 1) if they earned Dean's List recognition in spring 2020 and have placed all of their fall 2020 courses on pass/fail; or 2) if they have earned a minimum GPA of a 3.5, regardless of the number of credits taken, in fall 2020.

Bravehearts sign nine returners for 2021

TEAM'S CORE GROUP INCLUDES SIX LOCALS

WORCESTER — Coming off of the team's seventh consecutive Futures League championship appearance in 2020, the Worcester Bravehearts will return to Hanover Insurance Park at Fitton Field this summer with a core group of nine returning players on the roster. Five pitchers and four position players have rejoined the team for the upcoming season, a majority of whom have local ties.

Fan-favorite Nick Martin (Shrewsbury High School / Shrewsbury) will be returning for his third summer with the Worcester Bravehearts. The Shrewsbury native is a current Junior at Westfield State and was a standout on the Shrewsbury Legion Post 397 team for many years. Over the past two summers he has played in 64 games for the Bravehearts at a variety of positions, hitting .271. In 2021 he has a chance to become just the third player in franchise history to appear in 100 career games, a feat that has only been accomplished by West Boylston's Mariano (133) and Dante (114) Ricciardi.

Another former Post 397 player, Carson Hauben (St. John's H.S. / Grafton), will be returning for his second season with Worcester. The Grafton resident was primarily used as a reliever last season, but Bravehearts Manager Alex Dion has high hopes for the right-hander, saying "he has experience in the league and pitched in big spots for us last year, including in the championship. He will probably be one of our top two starters this year." He is teammates with former Bravehearts player Nick Santucci at Rollins College.

Holden's Brendan Case (Wachusett Regional H.S.) will return to the Bravehearts after a year off following arm surgery. The right-handed pitcher was a key bullpen arm for the Bravehearts during their championship season in 2019. He appeared in 13 games that season, only allowing three runs. The

graduate student at Salem University in West Virginia was a member of the 2015 Wachusett Regional H.S. team that made a Super 8 appearance.

Alex Amalfi (Ashland H.S. / Ashland) returns to the Bravehearts' pitching staff after his first season with the team in 2020. Amalfi was a two-sport athlete at Ashland High School, also playing hockey. In 2019, he was the ace of the Ashland Legion Post 77 team and threw a complete game against a Shrewsbury Post 397 team that featured his 2020 Bravehearts teammates John West and Carson Hauben. Although he was unable to make an appearance for UMass-Boston as a freshman in the shortened collegiate season last year, he did go 2-0 for the Bravehearts and had 19 strikeouts over 12 innings.

A pair of players who play their college ball in Worcester will also be returning to the team this summer, with Holy Cross' Andrew Selima (St. John's Prep / Andover) and Clark University's Chris Radovic (Fairfield Warde H.S. / Fairfield, Conn.) each coming back for a second season. Selima led Holy Cross with 13 RBIs in the shortened 2020 season. The senior first-baseman made a great first impression with the Bravehearts last year, hitting a two-out, game-winning homerun in the top of the ninth inning in his very first game with the team. Radovic — who is both a pitcher and an outfielder at Clark — posted a 2.31 ERA in eight appearances for the Bravehearts last summer.

The last returning player from the 2020 Bravehearts is catcher Zachary DeMattio (North Attleboro H.S. / North Attleboro). After joining the team late in the season, he appeared in five games, recording a hit in four of them, including a booming three run homerun. He was recently named a captain of the Wheaton College baseball team for the upcoming season.

Rounding out the list of returning play-

ers are two members of the 2019 championship team: left-handed pitcher Brian Robertson (Cherry Hill West H.S. / Cherry Hill, N.J.) of the University of Dayton and outfielder Jakob Sessa (East Lake H.S. / Palm Harbor, Fla.) of Valdosta State University. Robertson made his collegiate debut for Dayton last year, where he is teammates with former Bravehearts players Mariano Ricciardi and Bryce Helgeth. While with the Bravehearts, he struck out 10 hitters in nine appearances. Sessa, a senior at Valdosta State University, was a key bat in the middle of the Bravehearts lineup in 2019 when he hit .333 in 30 games.

The Futures League expects to announce its 2021 schedule in mid-March, with opening weekend slated for Memorial Day. Bravehearts Season Tickets, Flex Plans, and Group Outings at Hanover Insurance Park at Fitton Field are now available by calling the Bravehearts box office at 508-438-3773.

Coleman Picard of Auburn named to the University of Hartford Dean's List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce Coleman Picard of Auburn has been named to its Dean's List for Fall 2020.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,600 undergraduate and 2,000 graduate students representing 49 states and 47 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're

a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impactful change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. For more information, visit hartford.edu.

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Friday's Child



Tatiana
Age 12

Hi! My name is Tatiana and I want to try gymnastics!

Tatiana is a funny and lovable girl of Hispanic descent. She loves playing with dolls, coloring and riding her bike outside. One day she hopes to join a gymnastics team.

Tatiana receives extra supports in school to help address her academic, intellectual and social/emotional needs. Tatiana particularly struggles with relating to her peers and often presents as a much younger child. She is on the Autism Spectrum.

Not yet legally freed for adoption, Tatiana will benefit from joining a loving family of any constellation who can provide her with stability, structure and a dependable routine. She will do best as an only child or with older siblings. An ideal family will be comfortable navigating the mental health and educational systems, and be able

to act as a strong advocate for Tatiana. A family should also be open to helping Tatiana maintain a relationship with her four siblings and birth parents, who she currently visits with monthly.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mare-inc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

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Nichols College adds degree programs in entrepreneurship, nonprofit management, criminal psychology

DUDLEY — Nichols College is continuing to examine and expand its academic offerings to broaden career opportunities that better align with student passions in business, social change, and criminal justice.

Last week, the college announced approval of two new business concentrations for its Bachelor of Science in Business Administration degree — entrepreneurship and nonprofit management — and a new Bachelor of Arts degree in criminal psychology, each to begin in fall 2021.

“The Nichols mission to provide a dynamic career-focused education dictates that we remain agile and attuned to opportunities for students to advance their skills and training in new areas of specialization,” said Nichols College President Susan West Engelkemeyer, Ph.D. “The world is changing — constantly and quickly — and we are committed to preparing graduates to respond to those changes as they impact business practices, society at large, and their own communities.”

Mauri Peltó, Ph.D., vice president for

academic affairs, says that Nichols is refining its curriculum to ensure relevancy, adding “We are identifying targeted careers that intersect student interest and channeling that passion into the job market.”

In January, the college announced it was adding three new business concentrations in sport sales and strategy, sport marketing and content creation, and real estate management.

“The new programs offer increased avenues for experiential learning opportunities, whether we are helping students launch a business, providing consulting services to a local nonprofit, or promoting research to help solve crimes,” Peltó adds. With the addition of the new programs, the college has also announced it is phasing out two of its existing majors — English and history — and has transitioned mathematics into business analytics.

The new programs are outlined below. For more information, contact the Nichols College Admissions Office at 800-470-3379.

Concentration in Entrepreneurship
According to Inc. Magazine, Generation Z — those born between 1995 and 2012 — are positioned to be the most entrepreneurial generation yet. With more young people yearning to be their own bosses, Nichols will help students cultivate an entrepreneurial mindset and learn how to launch a new business or develop their existing one. Through the entrepreneurship concentration, students will partner with alumni entrepreneurs and other businesses to offer consulting services or lead case competitions.

The new programs are outlined below. For more information, contact the Nichols College Admissions Office at 800-470-3379.

“Opportunities for entrepreneurs are exploding,” says Tim Liptrap, chair of the program. “The combination of expanding e-commerce and the gig economy has launched many new small businesses by fostering lower start-up costs and has expanded market access for products and services and providing effective e-commerce platforms.” This includes Etsy Inc., which

Concentration in Nonprofit Management
The nonprofit management concentration will focus on the business of social responsibility, preparing students for rewarding careers in community collaboration and development, corporate social advocacy, and charitable outreach.

“Working at a nonprofit provides so many opportunities for personal and professional growth, all while serving as a catalyst to change the world,” says Taylor Pons, a 2015 graduate of Nichols College who is a staff associate for the First Generation Program at MIT. “Nonprofit work inspires leaders to push towards success.”

Len Sambrowski, Management Program chair, looks to connect the program with one of Nichols’ key learning outcomes — civic and social engagement. “I’m excited to incorporate business solutions to impact big social problems,” he says. “Our new concentration allows students to engage with the interconnectedness of global society and one’s social and civic responsibility to community, nation and world. It’s a focus on the ‘we’ not the ‘me.’”

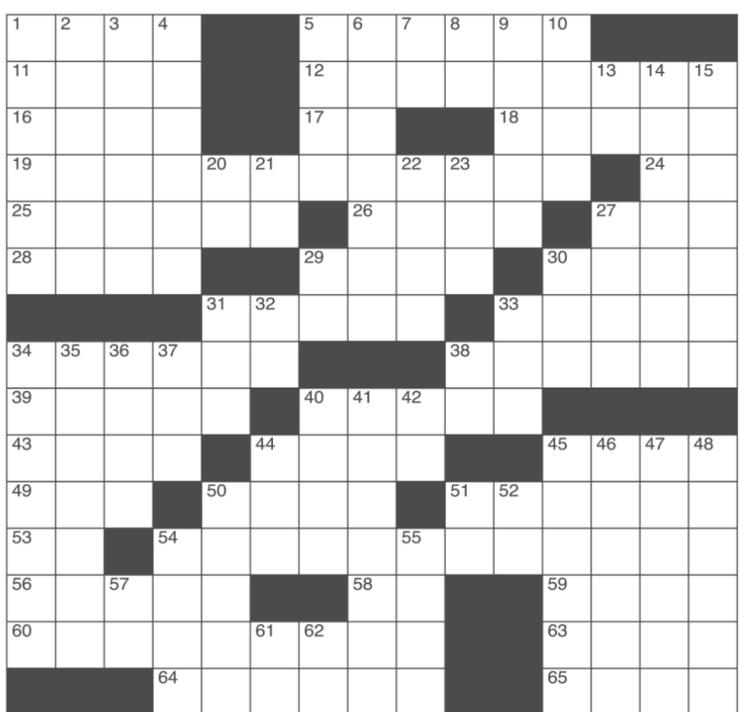
Bachelor of Arts in Criminal Psychology

Nichols College has seen a significant increase in students pursuing dual degrees and minors combining criminal justice and psychology. The new Bachelor of Arts degree provides a streamlined approach for students to explore the interconnectedness between the two. Drawing on the theories and practical applications of both fields, the program will reveal the psychology that drives criminal behaviors and improve the lives of those affected by crime.

“Students who embark in this degree program will have their knowledge from the reality TV crime shows challenged as they explore the complex field of criminal psychology,” says Allison McDowell-Smith, chair of the Criminal Justice Management Program. Focus will be placed on having students sharpen their critical thinking skills specifically in forensic psychology principles related to personal, social, and organizational issues.

“Having the opportunity to earn a degree in criminal psychology will not only teach students the ins and outs of the court system and law enforcement agencies but the psychology behind the human brain,” says Emily Wood, an investigator with the Suffolk County District Attorney’s Office who earned both a Bachelor’s degree and Master’s degree in counterterrorism at Nichols College. “As an investigator, I am regularly speaking with victims and families of violent crimes. A background in psychology helps me be able to interact and advocate for these families. It also gives me the understanding of the mindset behind the person committing these violent acts.”

The program will amplify coursework in criminal justice and psychology with experiential learning opportunities, such as interactive research and internships, to prepare students for careers ranging from victim witness advocates to crime analysis as well as graduate-level work.

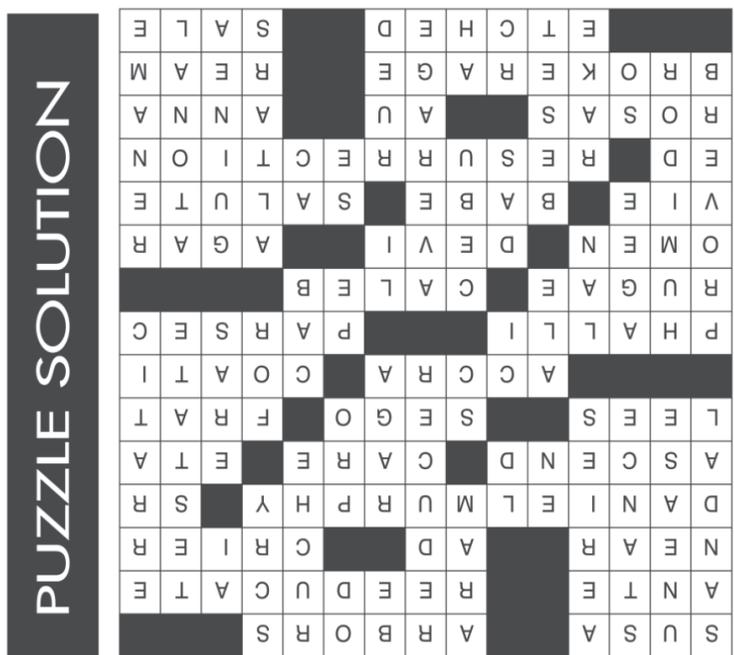


CLUES ACROSS

- 1. Ancient Persian city
- 5. Spindles
- 11. Stake
- 12. Retrain
- 16. Close by
- 17. Commercial
- 18. One who publicly announces
- 19. American ballplayer
- 24. Junior’s father
- 25. Go up or climb
- 26. Concern
- 27. When you hope to get there
- 28. Iacocca and Oswald are two
- 29. Plant of the lily family
- 30. Male college organization
- 31. National capital
- 33. Raccoonlike animal
- 34. Symbols of fertility
- 38. Astronomy unit
- 39. Series of ridges in anatomy
- 40. Hebrew leader
- 43. A portent of good or evil
- 44. Supreme goddess
- 45. Gelatinous substance
- 49. Engage in a contest
- 50. Famed ballplayer Ruth
- 51. Pledge
- 53. —, denotes past
- 54. Revival
- 56. Spanish surname
- 58. Gold
- 59. Elsa’s sister
- 60. Workplace
- 63. Large quantity of something
- 64. Engraved
- 65. Discount

CLUES DOWN

- 1. Shoe
- 2. Disquiet
- 3. Posture
- 4. Large nests
- 5. Soviet “Second Symphony” composer
- 6. Joins two pipes of different diameter
- 7. Exist
- 8. Overdose
- 9. Pleat of fabric
- 10. Predict the future
- 13. Burgeoning technology
- 14. Having made a valid will
- 15. Having no fixed course
- 20. — route
- 21. Lethal dose
- 22. Indian musical pattern of notes
- 23. Athlete
- 27. Geological times
- 29. Atomic #21
- 30. In support of
- 31. Brew
- 32. Certificate of insurance
- 33. Taxi
- 34. Type of saying
- 35. For cigars
- 36. Phil —, former CIA
- 37. Local area network
- 38. Gym class
- 40. Philippine Island
- 41. Not great or bad
- 42. Eastern part of NY state
- 44. Gov’t lawyers
- 45. Constructions
- 46. Former British gold coin
- 47. Unkeyed
- 48. Rechristen
- 50. Threaten persistently
- 51. Southeast
- 52. Cools your home
- 54. Removes the leaves
- 55. Regretted
- 57. Thus
- 61. Relief organization (abbr.)
- 62. Exclamation of surprise



PUZZLE SOLUTION

QCC earns 2021-2022 Military Friendly® School designation

WORCESTER — Quinsigamond Community College has earned the 2021-2022 Military Friendly® School designation. Institutions earning the Military Friendly® School designation were evaluated using both public data sources and responses from a proprietary survey. More than 1,200 schools participated in the 2021-2022 survey with 747 earning the designation.

“This award is an honor for QCC and all the veterans who attend here. We pride ourselves on our commitment to our vets. We are extremely proud of every service person who walks through our doors,” said QCC’s Veteran Affairs Director, Paula Ogden.

The 2021-2022 Military Friendly® Schools list will be published in the May issue of G.I. Jobs magazine and can be found at www.militaryfriendly.com. Methodology, criteria, and weightings were determined by Victory with input from the Military Friendly® Advisory Council of independent leaders in the higher education and military recruitment community. Final ratings were determined by combining the institution’s survey response set and government/agency public data sources, within a logic based scoring assessment.

“Schools that achieve designation show true commitment and dedication in their efforts. Our standards assist schools by providing a benchmark that promotes positive educational outcomes, resources, and support services that better the educational landscape and provide opportunity for the military community,” said National Director of Military Partnerships, Military Friendly®, Kayla Lopez.

For more information on QCC’s Veteran Affairs, visit <https://www.qcc.edu/veteran-affairs>.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

Zoom boating safety courses offered

REGION — Our local United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing four upcoming boating safety classes through the Zoom video conference platform, due to COVID-19 restrictions. Registration is managed through the Milford Community School Use Program, Adult-Boating, at <http://mcs.milford.ma.us> or (508) 478-1119 at least 6 days prior; keeping in mind that availability is limited and you will receive course materials prior, covered by the registration fee. Participants under the age of 16 must be accompanied online by a registered parent/guardian. For additional USCGAux. information: phil.uscgaux@verizon.net or (508) 478-3778.

About Boating Safety Saturdays: March 27 & April 24 8 a.m. – 5 p.m. (\$45)

A one-day course developed to provide the skills and confidence needed to explore the coast and inland waters by boat. Basic knowledge and skills are needed to have

safe and enjoyable boating experiences. This course is perfect for families that have just purchased any type of boat or are planning to in the future, and also for the boater keeping up with changes to boating regulations and laws. Successful completion of the course will also temporarily certify (until a proctored exam is completed) any minor, from 12 to 16 years of age, to operate a powerboat, including a Personal Water Craft / Jet Ski for 16 & 17-year-old operators, on all Massachusetts waters; in conjunction with the Mass. Environmental Police. Rhode Island residents born in/or after 1986 can also take the "Challenge Exam" for the RI Boater Education Card to operate motor vessels over 10 horse power, along with anyone, any age, from any state, wanting to operate a PWC on RI waters. It will also cover the requirements to operate a vessel in most other states & many countries where boating safety education is mandatory. Several of the boating insurance companies offer a discount on

premiums for successful completion of this course. The Zoom ABS class is limited to 20 students.

Suddenly in Command Wednesdays: March 17 & April 14 7 – 10:30 p.m. (\$5)

Imagine you are out on the water when the boat's captain somehow is incapacitated or falls overboard and can't swim back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you're not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends' pontoon boat can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared.

AUBURN TOWN ELECTION CALENDAR

Tuesday, May 4	Annual Town Meeting-High School Auditorium
Tuesday, May 18	Annual Town Election-Precincts 1,2,3,4 & 5 Auburn High School Gym
NOMINATION PAPERS – Available Feb. 17	
Tuesday, March 30	5 p.m. Last Day for candidates to file nomination papers with the board of registrars
Thursday, April 15	5 p.m. Last day for filing objection/withdrawals
Wednesday, April 28	8 a.m. Last day to register to vote 8 p.m.
Monday, May 10	4 p.m. Campaign Finance Reports (Town-wide only) 8 day report
Thursday, June 17	4 p.m. Campaign Finance Reports Due 30 day report

NOMINATION PAPERS – NUMBER OF SIGNATURES REQUIRED

Town-wide Office Minimum of 50 voters of the town. No more than four blank nomination papers issued

Town Meeting member Minimum of 10 voters of the precinct in which the candidate resides. No more than one blank nomination paper issued

Incumbent Town Meeting Members Last day to notify the Town Clerk in writing they wish to be on the ballot, is Tuesday, March 23.

Auburn residents 18 years of age by Election Day, May 18 or older may register to vote in the Town Clerks Office. A resident may register to vote by mail, in person or online <https://www.sec.state.ma.us/ovr/>; the mail-in form must be postmarked on or before April 28 for the voter to be eligible to vote at the annual town election. 16 and 17 years of age may also pre-register.

Selectmen approve request for HR Assistant

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Charlton's Board of Selectmen has decided to bring some extra help to the town's human resources department, filling an existing position currently in the town's budget.

Town Administrator Andrew Golas recommended the hire during a meeting on Feb. 9, where he stated that he feels Charlton will benefit from the added personnel.

"Prior to the passage of the HR Director bylaw positions of treasurer and collector were split. The treasurer at that time assumed many of the responsibilities of benefit and payroll coordination while workers compensation issues were handled through the town adminis-

trator's office. The intent of the bylaw was to centralize these functions to one overseeing authority and to improve process oversight. My recommendation to provide assistance to that office in order to support its operation still stands," Golas said.

The Town Administrator acknowledged that there are two assistants in the town hall already, one for his office and the other for the Board of Selectmen, but felt they already had enough on their plate and didn't want to consolidate or overwork either position calling them "valuable" assets to the town. That led to his recommendation to hire a new part-time individual that would work 18-hours a week to assist the Human Resources Director with the functions of that office spe-

cifically.

While most of the selectmen seemed in favor of the hire, Selectman Patsy Rydlak cast the lone dissenting vote feeling that the data doesn't show a need to fill the position.

"Overall, if you look at the data, I don't believe we need somebody else. If we do need somebody else looking at this data, then perhaps we have an inefficient process and we're doing something that the other towns are doing better than us," Rydlak said.

The other four selectmen all voted in favor of the hire, many noting that it wasn't a new position but instead a backfilled post and that the funding was already available in the town's budget. Selectman David Singer strongly encouraged approv-

al of the motion saying the board should trust the town administrator if he says there's a need.

"I'm going to move forward, for now anyway, having had conversations and trust our town administrator, the Water & Sewer Superintendent, the Highway, the police and fire chiefs who are there full time doing their jobs to tell me, who is not there full time doing the job, what they need and what the difficulties and challenges are. So, I support Andrew's request," Singer said.

A citizen's comment also spoke in favor of the new hire again pointing out that this was a backfilled, already budgeted position that would help a busy department in need in the town hall.

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Mass vaccination center opens at Worcester State

BY KEVIN FLANDERS
STAFF WRITER

REGION — With last week's opening of a mass vaccination center at Worcester State University, area residents now have a resource much closer to home.

Opened on Feb. 16, the site will operate on Tuesdays through Saturdays (9 a.m. to 5:30 p.m.). Residents who are currently eligible to receive the COVID-19 vaccine can make appointments using the statewide reservation portal.

For university and city officials, it means a lot to help local residents reduce drive times. Previously, hundreds of area seniors had to drive out to Springfield and wait in long lines at the Eastfield Mall vaccination site.

"As the city of Worcester's public university, Worcester State

takes service to our community to heart," read a statement released by the university. "We are pleased to host a large-scale vaccination center in the Competition Gym in the Wellness Center to help speed the distribution of the COVID-19 vaccine to Massachusetts residents."

Officials remind residents that you must schedule a vaccination appointment ahead of time. As of press time, the state was only vaccinating residents in the 65-plus age group, as well as those with two or more health conditions.

Appointments, though significantly limited at this time, can be scheduled online by visiting www.mass.gov/COVIDVaccineMap. Residents will be asked to enter their zip code or select a location from the map on the website, then follow prompts to schedule an appointment online.

Residents 65 and older who are unable to use the online model can call the Massachusetts Vaccine Scheduling Resource Line (877-211-6277).

"Individuals ages 65 and older will be able to speak to a representative live on the phone to assist them with an appointment through the state's online system," read a statement released by Governor Charlie Baker's office. "If no appointments are available, callers will have the option to be placed on a call-back list for the mass vaccination sites. The caller will receive a call when an appointment becomes available for them at a mass vaccination site."

The Massachusetts Vaccine Scheduling Resource Line is only meant for individuals seeking to schedule an appointment. Representatives are not able to answer general

questions about COVID-19 or provide individual healthcare advice.

If you are attending the Worcester State University location, park in the north parking lot and enter through the designated door no more than five minutes before your appointment time.

If the Worcester State campus is closed or has a delayed opening due to weather, the clinic will be shut down and appointments will be rescheduled. Any changes to the campus status will be posted on the school's homepage.

The university thanks Commonwealth Medicine, which is providing logistics support, project management, and volunteer staff support at the mass vaccination site. Meanwhile, Saint Vincent Hospital will serve as the clinical partner, providing daily clinical and operational leadership at the site.

"Numerous members of the Saint Vincent team will assist Commonwealth Medicine's volunteer corps in staffing the site in both clinical and non-clinical roles," read the university's statement.

Volunteer opportunities are available for both clinical and non-clinical personnel. Medically trained and certified volunteers will administer vaccinations and monitor recipients for any adverse reactions. Non-clinical volunteers will help with check-in services, directional assistance, and cleaning of high-touch areas.

State officials urge eligible residents to schedule their appointments as soon as possible. As more priority groups are added in the coming weeks and months, vaccine centers will likely be booked throughout the day.

"Due to extremely high demand for appointments and limited vaccine supply, appointments are getting booked quickly," read a statement issued by the Mass. Department of Public Health. "New appointments will be added to the website regularly, and the mass vaccination sites have the most availability for appointments."

No one will be denied the vaccine due to lack of insurance. You will not need to provide a Social Security card or government issued identification to receive the COVID-19 vaccine.

You will never be asked for a credit card number to make an appointment.

Additional mass vaccination sites include Gillette Stadium, Fenway Park, the Eastfield Mall in Springfield, and the DoubleTree Hotel in Danvers.

Charlton looks to fill police lieutenant's position

BY JASON BLEAU
CORRESPONDENT

CHARLTON — With the recent decision to hire Dan Dowd as the new Chief of Police in Charlton, attention now turns to filling his spot in the chain of command and potentially a sergeant if someone is promoted from within.

Immediately following the decision to hire Dowd as chief on Feb. 9, the Board of Selectmen discussed how to fill his previous position, which remains in civil service

and thus would require either an assessment center or exam to choose a candidate. At the request of Selectman David Singer, the board decided an assessment center would be the best course of action.

"My request and motion would be to contract with the same assessment center we've used in the past to conduct and assessment center for the lieutenant's position and also notify patrolmen and limit it to command staff. The sergeants could apply to fill the lieutenant position

and notify the patrolman that obviously then there would be an opening for a sergeant. I'm not sure if they have to test, I don't know the steps for sergeant, but we need to look into filling the lieutenant and sergeant role," Singer said prior to the decision.

While Chief Dowd was hired as the hand-picked candidate by selectmen this is because the chief's position was recently removed from civil service allowing selectmen to choose the candidate they want for the job. With the lieu-

tenant remaining in civil service, Charlton selectmen will now employ a third-party company to conduct and assessment center ringing forward a single candidate for the board of selectmen to hire. Selectmen, the chief and officers have called the assessment center a stressful and intense process which Singer believes will allow the most qualified candidate to shine, whether from inside the town's own department or from an outside source.

Selectmen unanimously agreed to utilize and

assessment center to fill the lieutenant post but engaged in further discussion before deciding how to proceed with potentially filling a sergeant position if someone was promoted from within. Chief Dowd said the town may be able to benefit from an assessment center that could still be on the books.

"There is a current assessment center that was performed for the sergeants and that has a shelf life. We have to notify Civil Service and see what that shelf life is," Dowd said. "They're nor-

mally good for more than a year. You may have five people to choose from that are on that list or if that list is expired by the time you do the next promotion, you'd have to potentially hold another assessment."

Selectmen voted unanimously to allow the chief and town administrator to proceed with the hiring processes for both the lieutenant post and any potential opening for a sergeant within the recommendations and requirements of Civil Service.

Local students named to Western New England University Dean's List

SPRINGFIELD — Close to 750 students have been named to the Fall 2020 Dean's List at Western New England University. To qualify for the Dean's List, students must achieve a GPA of 3.30 or higher.

"We are so proud of our Dean's List students who demonstrated an unwavering commitment to excellence in their studies despite the unique challenges of our fall semester," commented Dr. Robert E. Johnson, President.

"Of the roughly 3,000 colleges and universities tracked by the College Crisis Initiative, Western New England University was among just 27 percent nationwide that resumed 'in-person' teaching last

fall. Our Dean's List students stayed focused and engaged; they should be very proud of their achievements. Well done, Golden Bears!"

The following students have earned their place on Western New England University's distinguished Dean's List: Jacob Benoit, of Auburn, working toward a BSBA in Sport Management.

Christopher Bernier, of Auburn, working toward a BSE in Electrical Engineering.

Michael Robichaud, of Auburn, working toward a BS in Health Sciences/Pre-Phys Asst Concentration.

Matthew Russell, of Auburn, working toward a BSBA in Marketing/Advertising.

Sebastian Smreczak, of Auburn, working toward a Pre-Pharmacy.

Emily Wambach, of Auburn, working toward a BSE in Biomedical Engineering.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,690 students, including 2,486 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

Local students named to Western New England University President's List

SPRINGFIELD — More than 500 students have been named to the Fall 2020 President's List at Western New England University. To qualify for the President's List, students must achieve a GPA of 3.80 or higher.

"Making the President's List is a notable achievement under any circumstances, but particularly so during the unique challenges of our fall semester. It is an honor to salute our students who have demonstrated an unwavering commitment to academic excellence," commented Dr. Robert E. Johnson, President.

"Of the roughly 3,000 colleges and universities tracked by the College Crisis Initiative, Western New England University was among just 27 percent nationwide that resumed 'in-person' teaching last fall. Our President's List students stayed focused and engaged; they should be very proud of their accomplishments. Well done, Golden Bears!"

The following students have earned their place on Western New England University's distinguished President's List:

Haley Burek, of Auburn, working toward a Pre-Pharmacy.

Amy Ly, of Auburn, working toward a BS in Health Sciences.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,690 students, including 2,486 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

StonebridgePress.com

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 1 Westwood Drive, Auburn, Massachusetts
By virtue of and in execution of the Power of Sale contained in a certain mortgage given by William J. Richinick, a/k/a William James Richinick, to Sovereign Bank, said mortgage dated September 28, 2011, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 47972 at Page 164 and now held by Santander Bank, N.A., f/k/a Sovereign Bank, for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at Public Auction on **March 22, 2021 at 12:00 PM Local Time** upon the premises, all and singular the premises described in said mortgage, to wit: THE LAND IN AUBURN, WORCESTER COUNTY, MASSACHUSETTS, BEING LOT #3 ON PLAN OF WESTWOOD ACRES, RECORDED IN WORCESTER DISTRICT REGISTRY OF DEEDS, PLAN BOOK 270, PLAN 106, BOUNDED AND DESCRIBED AS FOLLOWS: BEGINNING AT THE NORTHWESTERLY CORNER OF THE LOT HEREIN DESCRIBED AT

LAND OF OWNERS UNKNOWN ON THE EASTERLY SIDE OF BURNETT STREET; THENCE S. 2 DEGREES 18 MINUTES E. BY SAID BURNETT STREET, EIGHTY-NINE AND FORTY HUNDREDTHS (89.40) FEET TO A POINT; THENCE BY A CURVE TO THE LEFT HAVING A RADIUS OF 10 FEET, CONNECTING BURNETT STREET AND WESTWOOD DRIVE, FIFTEEN AND SEVENTY-ONE HUNDREDTHS (15.71) FEET TO A POINT ON WESTWOOD DRIVE; THENCE N. 87 DEGREES 42 MINUTES E. BY WESTWOOD DRIVE, NINETY-FIVE (95) FEET TO LOT #4 ON SAID PLAN; THENCE N. 2 DEGREES 18 MINUTES W. BY SAID LOT #4, NINETY-TWO AND EIGHTY-ONE HUNDREDTHS (92.81) FEET TO A POINT; THENCE N. 88 DEGREES 42 MINUTES 20 SECONDS W. BY LAND OF OWNERS UNKNOWN, ONE HUNDRED FIVE AND TWENTY-ONE HUNDREDTHS (105.21) FEET TO THE POINT OF BEGINNING. BEING THE SAME PREMISES CONVEYED TO THE GRANTOR

BY DEED OF J.E. MURRAY ET UX DATED OCTOBER 18, 1963 AND RECORDED AT WORCESTER DISTRICT REGISTRY OF DEEDS, BOOK 4414, PAGE 1. SUBJECT TO RESTRICTIONS, RESERVATIONS, EASEMENTS, COVENANTS, OIL, GAS OR MINERAL RIGHTS OF RECORD, IF ANY. BEING THE SAME PREMISES CONVEYED TO WILLIAM JAMES RICHINICK FROM WILLIAM J. RICHINICK BY DEED (SUBJECT TO A LIFE ESTATE OF WILLIAM J. RICHINICK) DATED 1/8/2003, AND RECORDED ON 9/3/2003, AT BOOK 31498, PAGE 18, IN WORCESTER COUNTY, MA. ASSESSORS PARCEL NUMBER: MAP: 3 BLK: 32 ATI ORDER NUMBER: 201109210604 Sources of Title: Book 31497 Page: 18 The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication. For Mortgagor's Title, see deed dated January 8, 2003, and recorded in Book 31498 at Page 18 with the Worcester County (Worcester District) Registry of Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described. FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale. Other terms to be announced at the sale. BENDETT & MCHUGH, PC 270 Farmington Avenue Farmington, CT 06032 Attorney for Santander Bank, N.A. f/k/a Sovereign Bank Present Holder of the Mortgage (860) 677-2868 February 26, 2021 March 5, 2021 March 12, 2021



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BRENDAN BERUBE
EDITOR

How about this weather?

“How about this weather?”

If ever there was an easy, non-challenging conversation opener, this is it. You can be in line at the grocery store, serving jury duty or pushing papers around at work – it doesn’t matter where you are - this line never fails.

Everyone seems willing to talk about the weather. It’s a built-in, slam-dunk, easy topic that allows complete strangers to either commiserate or celebrate, depending on the daily meteorological situation.

So, what is it with the weather? Why do we love to discuss, comment and re-hash it?

Weather is complicated, frustrating and ultimately uncertain. Weather breaks our hearts and lifts our moods and forces daily choices for everyone. Weather drives our decisions, affects our attitudes and makes fellow survivors out of strangers.

Weather is our most true common denominator. No matter what our life circumstances - student, professional, retiree – when you live in the same geographic area, you and your fellow community members have the weather in common.

Weather doesn’t care about politics or sports teams or vacations or the date on the calendar. It is an equal opportunity annoyer and a great equalizer – everyone has to drive in snow, or dash to the car in the rain, or stand in long lines at the fair in the hot sun. Almost everyone has had a picnic cancelled, a vacation spoiled or a ball game rained out.

But weather is also the unexpectedly warm, sunny, sweet-smelling spring morning that causes smiles and banter with co-workers. It’s the light snow flurries that add sparkle to early December and prompts holiday greetings between shoppers. It’s the crisp, snappy feel of fall football games and the slow, sultry, humidity of summer evenings spent on backyard patios. It’s the backdrop of every day of our lives.

So, what is it with the weather? Maybe we love the topic because it’s universal. Maybe we love the excitement of something that will change – either for the good or the bad. Maybe it’s that it is temporary and fleeting and something to either be withstood or enjoyed, knowing that it will not last. Maybe it’s simply because weather is always with us... whether we like it or not.

LETTERS

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You’ll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don’t have a set limit, but if you keep it around 600 words or so, you’re going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

Celluloid collectibles

Celluloid was considered the first semi-synthetic plastic. According to Britannica, “some historians trace the invention of celluloid to English chemist Alexander Parkes, who in 1856 was granted the first of several patents on a plastic material that he called Parkesine.” The Atlantic magazine attributes development to the United States inventor John Wesley Hyatt who is said to have created celluloid in 1869. Celluloid was created to

replace ivory billiard balls but proved to be unsuitable for that purpose. According to the Atlantic, “because celluloid could be made to imitate expensive or rare materials – such as ivory, tortoiseshell, and mother-of-pearl – it was soon employed in the manufacture of fancy goods affordable for the growing middle class.” It increased in use during the 1880s and it was used to make postcards, game pieces, toys, advertising novelties and souvenirs, jewelry, knitting needles, straight razor handles, and imitation linen collars and cuffs.” “In 1882, John H. Stevens, a chemist at the Celluloid Manufacturing Company, discovered that amyl acetate was a suitable solvent for diluting celluloid,” according to Britannica. The new clear celluloid was used to create flexible films. Celluloid was used in motion picture films into the 1930s.

Because celluloid was so widely used, we often find it in local estates. Dresser/vanity sets are some of the more common celluloid items we encounter. Years of heat exposure often affected the sets and they can become very brittle. A typical set in good condition sells for around \$20. A vanity set in a color other than ivory can bring a little more.

Most celluloid is affordable to collect, but there are some celluloid collectibles that command strong auction prices. For example, cels (Merriam Webster: “a transparent sheet of celluloid on which objects are drawn or painted in the making of animated cartoons”) from older cartoons can be quite valuable. In 2017 a cel from 1937 of the Evil Queen from Snow White sold for \$25,000 and a Charlie Brown Christmas cel sold for \$50,000. Because celluloid deteriorates over time there aren’t a large amount of advertising signs in pristine condition. Three nice examples sold very well at auc-



tion. A Chancellor Cigar sign depicting a 1910 woman went for \$12,000. An Ingram’s Witch Hazel Salve sign sold for \$13,000 in 2012 and a 1902 hanging celluloid Coca Cola sign reached \$19,000 in 2011. Rare celluloid toys can also bring high auction prices. A 1930s waddling Donald Duck toy went for \$13,000 in 2014 and a celluloid Mickey Mouse on a metal scooter with the original box brought \$37,000 in 2008.

Older pinback buttons were also made of celluloid with metal backing. Some have brought astronomical prices. A rare “Buck Rogers 25th Century” celluloid pinback went for \$2,700 in 2019. A Franklin D. Roosevelt for Senate pinback brought \$3,750 in 2016. As you might expect, sports pinbacks are very popular. Few examples of a one and a half inch Mickey Mantle Fan club button are known to exist. One sold for over \$23,000 last year. A pinback advertising a Detroit beer company is even more rare. The pinback is the only one known to exist depicting Babe Ruth and the 1916 World Champion Boston Red Sox. It sold for nearly \$63,000 last year. I’m sure celluloid manufacturers weren’t expecting the objects they made inexpensively for the middle class to sell for five figure sums over a century later.

We will have some celluloid objects from the estate of a long-time collector in our May multi-estate auction. We are still accepting quality items such as antique paintings, gold jewelry, sterling silver and older collectibles such as coins, sports memorabilia, advertising signs, and comic books for the May auction. We are also currently running an online auction of model railroad trains, die-cast cars, pressed steel trucks, and models that ends on March 10th. See our Web site for details: <https://centralmassauctions.com>.

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

Tips for seed starting success

You created your wish list, ordered some or all of the seeds you will need, and they are beginning to arrive. Make the most of your investment with a bit of planning.

Starting seeds at the proper time, indoors or directly in the garden, ensures a good start to the growing season. Check the back of the seed packet for planting times and directions. Consult your local Extension Service’s website for more details on the best time to plant in your area.

Organize your seeds by when they need to be started. You can create your own system or invest in one like Gardener’s Supply’s seed envelopes and dividers. This system allows you to organize seeds by type, planting season, color, garden location and more. Use your storage system to keep leftover seeds organized for future plantings. It will also save you money on future seed orders. Just be sure to place the seeds in an airtight container in the refrigerator.

Enter planting dates on your calendar as well. Months pass quickly and it is easy to miss important planting times. Creating a planting calendar will help you plant seeds at the proper time for the maximum benefit.

Gather seed starting equipment and supplies if starting seeds indoors. You will need a quality seed starting or potting mix and clean containers. Use yogurt and other small food containers for starting seeds. Drill holes in the bottom and clean them before planting. Avoid disease problems by sanitizing old plant containers. Soak them in a one-part bleach and nine-parts water solution for ten minutes. Then rinse in clear water before filling with planting mix.

Or try one of the new plastic-free, environmentally friendly seed starting options. Use a paper pot maker (gardeners.com) to convert newspaper into biodegradable plant pots. Consider cow pots made of composted manure that provide nutrients in a biodegradable pot. You can leave your seedlings in these containers when moving them into the garden.

Create your own pot-free seed starter with Gardener’s Supply soil blocker. It presses moist potting mix into blocks that hold their shape. The blocks can be moved directly into the garden, reducing transplant shock.

Follow the directions on the seed packets for depth and care. Most seeds prefer warm conditions but do not need light to sprout. Keep the planting mix moist.



Courtesy — Gardener’s Supply Company

Paper pot makers make it easy to transform newspaper into biodegradable plant pots that are perfect for starting seeds.

Cover the containers with a sheet of plastic to conserve moisture and extend the time between watering.

GARDEN MOMENTS

MELINDA MYERS

results.

Once your plants are actively growing, you can begin fertilizing if needed. Check the planting mix to see if a fertilizer has been added and how long it will be effective before adding more. Follow the label directions on the fertilizer you select.

Share the fun and workload with friends and family. Perhaps you will start tomatoes for everyone, another person handles the peppers and yet another person the eggplants. Or just share extra seeds since each packet usually contains more than most gardeners have space to grow.

Most importantly, have fun. Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD series and the Melinda’s Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.

Pre-retirees: Plan now for health care costs



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

If you’re close to retirement, you’ll have several financial issues to consider. But you’ll want to pay attention to one of the most important of these issues: health care costs. How can you prepare yourself for these expenses? First, get an early start on estimating health care costs. More than two-thirds of those planning to retire in the next 10 years say they have no idea what their health and long-term care costs will be in retirement, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study. And some people don’t worry much about these costs, which may be considerable, thinking that Medicare will pay for most of them.

While Medicare does cover many medical expenses, it also has its own costs. You probably won’t pay a premium for Part A (inpatient/hospital coverage), since you likely had this cost deducted from your paycheck when you were working. But if you are hospitalized, you’ll have to pay deductibles and coinsurance (the percentage of costs you pay after you’ve paid your deductible). Part B (doctor’s visits) requires a premium, deducted from your Social Security checks, and you must pay an out-of-pocket deductible. After you meet this deductible for the year, you typically pay 20 percent of the Medicare-approved amount for most doctor’s services. And when you enroll in Part D (prescription drug plan), you will likely also have to pay a monthly premium, an annual deductible and coinsurance or copays.

To help pay for the Medicare deductible, coinsurance and copayments, you may want to get supplemental insurance, known as Medigap. Premiums for Medigap vary, depending on the plan you choose.

As an alternative to original Medicare, you could select Medicare Advantage (sometimes called Part C). Medicare Advantage plans are offered by private companies approved by Medicare, but the benefits and costs vary by plan. These plans generally will incorporate Medicare Parts A and B and will provide additional medical coverage, such as prescription drugs.

When you incorporate all the above, the annual out-of-pocket costs for traditional medical expenses likely will be about \$4,500 to \$6,500 per year, per person – not insignificant, but certainly a number that can be addressed by careful planning.

But there’s one more expense to keep in mind: long-term care. The average cost of a private room in a nursing home is more than \$100,000 per year, according to the insurance company Genworth. And Medicare typically pays few of these expenses.

Clearly, between regular medical costs associated with Medicare or those not covered by it, and costs resulting from the possible need for long-term care, your health care bills can mount. To meet these costs, you need to plan ahead – and take action.

For example, it’s essential that you incorporate health care expenses into your overall financial strategy. You can also work with a financial professional to run some “what-if” analyses to see if your strategy would be derailed by a potential long-term care stay. And the professional you work with may be able to suggest specific protection vehicles that can help you meet the costs of long-term care.

The best time to prepare for your health care costs during retirement is well before you retire. So, if you haven’t already started, now is the time to do so. When it comes to paying for health care, the fewer surprises, the better.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

Discussing duck boxes



The recent cold weather has made a lot of ponds safe to fish on, and it also made the ice safe enough for Mass. Fish & Wildlife personnel to visit the hundreds of Wood Duck boxes that are erected throughout the state. Each year, repairing and cleaning out boxes in numerous bodies of water needs to be addressed. The state is not the only entity that has taken on the interest in helping the Wood Ducks by erecting boxes. Numerous Fish & Game Clubs have taken on the task of placing Wood Duck boxes on their property, and in local rivers and swamps. When checking and cleaning boxes, it is like opening a gift, revealing weather the box was successful in a duck hatching her eggs. The sign of empty shells in the box is very satisfying.

Paul Soars has maintained a number of Wood Duck boxes on



THE GREAT
OUTDOORS
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the Uxbridge property for years. Efforts by both Fish & Wildlife and local clubs and private citizens have kept the Wood Duck population in good shape. At one time, the Wood Duck population was in bad shape, but with the erection of Wood duck boxes over the years, the population is high enough to allow a three-bird daily bag limit during the hunting season. At one time, only a single Wood Duck was allowed in the daily bag limit of ducks.

Over the years, Boy Scout troops and other outdoor groups have built numerous duck boxes, and actively moni-

tored and repaired them every year. Any group that is interested in finding out more about building and monitoring them should call the Mass. Fish & Wildlife in Westborough. They can get you started, and also have plans, as to building the boxes and all other information that you will need to get started. This writer contacted the Boys Trade school back a number of years ago, and was successful in getting the carpenters section of the school to build more than 100 boxes in one year. All we did was to supply the wood from a local sawmill and passed them out to sportsmen that erected them in suitable habitat. The Wood Duck is a migratory bird that will return to New England every spring. This year's migration is due to arrive in a few weeks.

This past week, ice fishermen were out in force again trying to enjoy the

outdoors and to catch the big one. Reports were coming in from all over the state about lunker bass, pike, pickerel, perch and some large trout. One local angler caught a two pound rainbow trout at the Whitinsville Fish and Game Club's fishing derby this past Saturday, that netted him a \$500 purse. More than 80 anglers entered the derby which was a record turnout. This week's picture shows Patrick Soullier with his derby winning trout.

There were a lot of youngsters also fishing, which was nice to see. The second picture shows young Sophie, waiting patiently for a bite on her jig stick! She was social distancing and wearing her mask. The bite was a bit slow, but everyone had a great time. A report of more than five or six anglers that fished Wallum Lake this past Saturday caught nothing, while another

group caught a couple of bass, but no trout. That is the way Wallum Lake is. Do not forget that Wallum Lake closes to all fishing on Feb. 28!

Mass. Fish & Wildlife released their proposals for an increase in 2022 hunting and fishing licenses, permits and stamps and a new stamp for pheasant hunting for 2022. They are only proposals! The partial list is as follows: Resident fishing license \$40, Resident hunting license \$40, Resident sporting license \$75, all stamps and permits \$20 each. A new Pheasant and Quail license will cost \$20. Most Non-Resident permits could be \$40 each! For a complete list of all license changes and permit changes, go to the Mass. Fish & Wildlife Web site. Saltwater licenses are also up for an increase for 2022.

Mother Nature had been kind to all wildlife this winter, until this past

couple of weeks. With very little snow this year, finding food was relatively easy after the heavy acorn crop of last year. Female deer are now carrying their young, but should have no problem finding food and navigating the recent snow left by the last two storms. The snow should be gone in the next two weeks.

The Whitinsville Fish & Game Club will hold their annual Game dinner on March 27. The event will be a takeout only dinner with all of the usual great food. Tickets are \$20 each. Go to their Web site at www.whitinsvillefishgame.com to purchase your tickets. A raffle will also be held. At this time of Covid-19, numerous Rod & Gun Clubs are doing everything they can to keep the lights on, and they need your continued support.

Take a Kid Fishing & Keep them Rods Bending!

An Array of Handy Tips

This week's column will feature a potpourri of assorted tricks and tips to make everyday life a little easier. From fix-it hints to painting pointers, read on for an array of tried and true strategies:

** During the long, cold winter creativity often results in a room redo! Here's a tip from pro painters: If you are painting a baseboard or old fashioned radiator with enamel paint (made for this purpose) the finish will last longer if the surface is warm. The enamel will "bake" on the metal for a chip-proof finish.

** One more another painting tip: Here's the best way to quickly and easily remove latex paint from your brush. Immediately after use, swish brush vigorously

in a pail filled with a quarter cup liquid fabric softener to a half gallon of water and watch paint disappear! As a bonus, the fabric softener makes bristles silky again!

** Salt has many virtues way beyond seasoning! New toothbrushes soaked in salt water don't need to be replaced as often. Did you know if you marinate fish in salt water the scales will come off easier?

** And, to extend the life of flower blooms, simply add a little salt to your fresh flower vase.

** Attention Do it Yourselfers: Did you know nonstick vegetable spray such as Pam can be used to lubricate sticky locks, metal gears, and even bicycle chains? And never use oil for squeaky



TAKE
THE
HINT
.....
KAREN
TRAINOR

door hinges, use a dab of Vaseline - for a drippless job well done!

** And don't toss out those rusty tools. Soak them in hot vinegar for a quick fix.

** Go for Garlic: Garlic is praised as an antibacterial, anti-viral and anti-fungal remedy but before you gorge on garlic, take note: Garlic must be fresh for optimal benefits. Garlic's active ingredient is destroyed within an hour of smashing the clove. So eat fresh garlic, or run it through a juicer in a vegetable drink for

best results.

** Is that squeaky floor board are driving you crazy? You can tighten loose boards by using 50 mm screws instead of nails. Just Pre-drill the boards to stop the wood splitting.

** Frosting a cake can be "a piece of cake" with this top tip from bakers! If you're frosting and the tiers of your layer cake lean like the Tower of Pisa, prop them back up by inserting strands of uncooked spaghetti through the cake for support. Just be sure to pull them out after the frosting has set.

** Cut cleaning time in half with these tips: After washing grout and tile, rub liquid turtle wax car wax on, and polish when dry. It makes the tiles

twice as easy to clean next time.

** When you clean your refrigerator or freezer, wipe the inside down with straight white vinegar and allow it to air dry. It will discourage future growth of mold and mildew and instantly deodorize your refrigerator.

** Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm

in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

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WEBSTER LAKE – 11 Henry Road! Bates Point - Middle Pond & Panoramic Views + Western Exposure = Beautiful Sunsets! Never 2 the Same! 3,184' 9 Room Fully Furnished Colonial Built from the Ground Up as a New Home in 2005! This Home Features 4 Bedrooms, 2 of which are Master Suites, 1 of which Overlooks the Lake, 4.5 Bathrooms, 2 of which have Separate Showers & Whirlpool Tubs, 3 of which have Double Granite Vanities, 2 Complete Granite/Stainless Kitchens! The First Floor Open Floor Plan with Hardwood Floors Features an Eat-in Kitchen with LP Gas Jenn-Air Range, Double Drawer Dishwasher & Trash Compactor! Spacious Formal Dining Room with Crown Moldings & Chair Rails! Lake Facing Great Room/Living Room with Gas Fireplace, Wet Bar with Bottle Cooler, Surround Sound & Slider to Composite Deck! Half Bath with Laundry Closet! The Second Floor with 4 Bedrooms! Comfortable Front 16x16 and Back 17x17 Masters with Tray Ceilings, Recessed Lighting, Ceiling Fans, Surround Sound & Full Tile/Granite Bathrooms! Full Hall Bath for the other 2 Bedrooms! Fully Finished Walk-out Lower Level with Full Summer Kitchen, Family Room with Gas Fireplace, Surround Sound, Slider to Paver Patio & Full Bath! Buderus 3 Zone Oil Heat! 3 Zone Air Conditioning! Central Vac! Security! 2 Car Heated Garage! Boat Dock! **\$1,099,900.00**

CHARLTON – 74 Daniels Road! Completely Renovated 9 Rm, 4 Bdrn, 2.5 Bath Gambrel w/Attached In-Law Apt! Picturesque 3.39 Acres! Deeded Water Rights to South Charlton Reservoir! Extensive Updates! House w/New Roof, Siding, Kit, Bthrms, Windows, Int Doors, Electrical, Flooring, R60 Insulation in Attic, Water Heater, Well Pump & More! In-Law w/Open Flr Plan, Kit, Bdrn w/Walk-in Closet, Full Bath w/Laundry! Both Fully Applianced! 2 New Driveways, Irrigation, AG Pool! Shed! Security! Generator Hookup! **\$489,900.00**



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THOMPSON - 25 TERRACE DRIVE
OH Thompson Hill! At the end of a Dead end road well maintained & loved! Kitchen with double wall ovens, gas cook-top, granite countertops. Formal dining room, fireplaced Living room! master, on the first floor, 4 bedrooms total! 2nd full bath - second level. 2 car garage!
assisted sale **\$325,000.**

WEBSTER - 103 UPPER GORE RD
Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System!! Bedroom, 1.5 Bath - 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre - Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character
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Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided!
\$89,900
Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE!
\$115,000.
Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res!
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Douglas-Mount Daniels 2.5 Acres abuts Douglas State Forest!
ON DEPOSIT! \$132,900

WEBSTER - 29 WEST AVE.
Cozy 2 Story House with 3 BIG Bonuses! #1. Land almost 1 ACRE! #2. Zoning is MR-12 - Possible Multi Family Use - Investment Opportunity! #3. Large Over-sized 2+ Car Garage, Work Bench, Power & 2nd Floor! Great Space for the Hobbyist, DIY or Contractor! 1ST Floor - Living rm, Bedroom, Large Kitchen/Dining Area with Galley Pantry & Full Bath! 2nd Flr, 2 Bedrooms! All New Carpets - Recent Paint! Multi Level Back Deck with Jacuzzi!
\$255,000.

WOODSTOCK - 33 DEER MEADOW LANE
Beautiful 2,422 Sq Ft Colonial! 4 Bedroom! 3 Bath! Fireplace, 2 Car garage! So much more!
assisted sale **\$415,000**

DUDLEY - 22 ROBERTS ROAD
Lovely 3 bedroom Ranch! Single door 2 car garage with storage! Eat-in kitchen. Fieldstone Fireplaced Living Room! 3 bedrooms, hardwood floors, Remodeled bathroom! Lower Level fieldstone walls/ fireplace! In-ground pool - 3.58 ACRES includes extra lot.
\$312,000.

WEBSTER - 20 KINGSBURY
NEW TO THE MARKET! Custom Sprawling Split 2800+ SF Central Air! Kitchen, Dining Room, Cathedral Ceiling Living Room, 3 Bedrooms! Granite Counters & New Flooring! New Boiler - Hot Water Tank - Oil Tank! FULL finished Lower Level w/ Full Bath & Laundry! THERE'S MORE! 2 Car Garage, renovated to include Hydro Heat, AC & 1/2 Bath! Great for Fitness Studio, Game Room or Home School! Over 1.4 Acres!
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WEBSTER - 52 CUDWORTH ROAD
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Webster Lake - 100 Lakeside Ave
WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind. Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+ prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining / formal dining room, media room & spacious 1st floor guest BR Suite w/ private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing is Everything!
\$1,075,000.

Lake Shirley - 647 Reservoir Rd
Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House!
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Wintry weather creates headaches on area roads

REGION – A wintry week in mid-February delivered plenty of headaches on the roads, bookended by an ice storm and a snow event. Last week began with an ice storm on Feb. 15, causing several accidents and sporadic power outages. Local highway departments were kept busy throughout the night, going through multiple rounds of salting on roadways.

“The Highway Department has salted every road in town twice, and still there is significant ice buildup,” informed the Leicester Police Department at the height of the storm. “Untreated surfaces such as walkways and driveways are more like skating rinks.” In Spencer, first responders provided assistance after a vehicle crashed into a utility pole on Route 31. No serious injuries were reported. Meanwhile, a driver in Brimfield escaped serious injuries after striking a tree. The week wrapped up with a snowstorm on Feb. 18-19, dumping several inches across the area.

A car struck a tree in Brimfield during a wintry mid-February week. No injuries were reported. Courtesy



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The positive power of influencing others

A few weeks ago, we spoke of the power of influence and that we become the average of the five people we spend the most time around. People often brush aside the idea that they are influenced by others. To do so is foolish. We are all influenced, and we all influence others.

Today, I want to speak with you about the power of influence we have over others. Let me first break down the difference between casual influence and purposeful influence. Casual influence is the impact you have on others by just who you are. Purposeful influence is in mentoring others. Let's focus on the power of influence you can have on others and we will call it mentoring.

Mentoring is about helping another person learn through a one-to-one relationship. It's a common practice for transferring knowledge

and promoting best practices and procedures in the workplace, as well as being an effective way to develop new leaders. Serving as a mentor can play a powerfully influential role in younger generations and can benefit you as well as the mentee.

We spend a lifetime learning, gathering information and experiences. My oldest son once told me, "When a person dies, it's as if a library full of one-of-a-kind books burns to the ground. Unless shared, all your knowledge, information and experience are lost." If we allow that to happen it's as if a lifetime of learning is wasted.

What experience and information do you have that can benefit others if shared?

I don't care who you are, what your education level is or what you do or have done for a living, you have something



POSITIVELY SPEAKING
GARY W. MOORE

inside your head and heart that would benefit others to know.

A few years ago, our community was desperate for substitute teachers. I have a degree in education, so I began. I continued doing so two days a week until I was diagnosed with stomach cancer.

I also started a drum line and color guard in association with Youth for Christ and found weekly opportunities to set an example and share life experiences with eighth grade through high school age students. Many of those students came from broken homes and did not have a father

figure in their lives. I found it to be an incredibly rewarding experience for me as well as them.

What experience do you have to share? Are you a musician, athlete, business professional or tradesperson? If so, you have experience to share. Do you know how to cook or work in a kitchen? Do you know how to repair cars? Are you a computer coder or hardware tech? We all know something that will benefit others.

What I've learned most of all about mentoring, is what young people want and appreciate most is your time. They may not express it in words, but when you connect with a young person, they benefit from the experience and are grateful whether they express it in words or not.

Where can you go for mentoring opportunities?

Your church, service club or fraternal organi-

zations often have opportunities. I know most, if not all school districts, need substitute teachers. Organized sporting activities or community dance, theater, or musical organizations ... the list is endless. All that is required of you is to take the step to let them know you are available ... and be available to spend time. I know of no studies to verify this, but I believe those who volunteer find happiness and joy in the experience.

Once I'm a little further along in my healing process, I'd enjoy starting a young writer's group to provide mentoring and encouragement to those interested in the craft as a hobby and/or career. I don't want my library to burn to the ground without sharing the information and experience in my head and heart. When we do so, we live on through the lives of others.

What about you? Are you a "Hey you kids! Get off my lawn!" kind of person or would you like to make a positive difference in the lives of the next generation? That's a serious question and I'd like you to answer. If you are willing to share your experience and time with others, jump in.

There's never been a time when optimists are needed more to provide positive mentoring to the next generation. Will you answer the call? Will you share what you know?

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryW Moore721 and at www.garywmoore.com.

KINDNESS

continued from page A1

with thanks. "She makes me so proud."

"On Christmas Eve I gave a homeless man in downtown Worcester (under a bridge) a variety box of homemade cookies. There were chocolate chips, snowballs, thumbprints, peanut butter balls, peanut butter cookies, and sugar cookies with frosting. Small acts of kindness warm the heart." — Tianna Welcome, SPN of Oxford

"On term 1, an alumna provided me with textbooks which I was missing for the program. It filled my heart with extreme gratitude to know that someone could do such an amazing gesture

for someone who they do not know personally. I am forever grateful! It also served as a life lesson to show kindness towards others, it is a very rewarding feeling!" — Digmery Sanchez, SPN of Worcester

Brought in pastries (Quesitos and Pastelitos de Guayaba) specially ordered from 'Whisk Me Away Treats' to share with the class. Whisk Me Away Treats is a "family-based business striving to bake the world a better place one goodie at a time." Supporting a small business is great for the environment because they have a smaller carbon footprint than larger companies! Bringing so much joy by sharing sweets made daily, from scratch. A win-win!" — Monique Bull, SPN of Worcester

Stopped at a traffic collision that

involved a nursing student on their way to clinicals. She waited with the student until police officers arrived and until the totaled vehicle was towed. She then gave her classmate a ride to clinicals, all along giving emotional support to allay anxiety. — Grace Mwangi, SPN of Worcester

Picked up (and delivered) prescription medications (and over-the-counter pain meds) multiple times for an ill neighbor. Cleared the driveway after a snowfall for the same ill neighbor and brought to ER! Makes it a point to walk with faculty at the end of the night making sure faculty is not alone and feel unsafe at the end of long lectures at night. — Khamphan Houatchanthara, SPN of Southbridge

Brought flowers to cheer up and cel-

brate milestones for staff and faculty! "Floriography, the language of flowers, was developed as a form of communication at a time where it was not appropriate, polite or proper etiquette for an individual to fully express their emotions with another." — Brianna Laforest, SPN of Webster

ARC blood donor! She's definitely someone's type! "Blood donors report feeling a sense of great satisfaction after making their blood donation." — Elizabeth Larson, SPN of Webster

The Random Acts of Kindness Foundation lists kindness ideas organized by work, community, environment, animals, strangers, kids, seniors and more. For more information visit <https://www.randomactsofkindness.org>.

3RD ANNUAL ABC's of the Seasons

~ WINTER EDITION ANSWERS ~

1 A C C U R A T E P E S T C O N T R O L

2 L

3 N A L S P A I N T C E N T E R

4 J

5 G

6 V

7 T A L K O F T H E T O W N

8 U

9 A

10 S

11 C E N T R A L O N E

12 C

13 M O V I N G C R E W

14 S

15 A

16 H A R D W I C K F A R M E R S

17 C

18 Q

19 D A V E S A P P L I A N C E

20 S P E N C E R F A M I L Y D E N T A L

21 K E A R N S C O L L I S I O N

22 L I S A C A R O N

23 R A M C O W I N D O W

24 W O O D Y S A U T O

25 F I V E L O A V E S

26 A M E R I C A N D I S C O U N T

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We hope you enjoyed our Winter ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is **Kristen Petrik of Charlton, MA**. Please continue to support these and all of your local businesses. Our next ABC's of the Seasons will be our Spring Edition, coming out on April 30 and May 7. Thank you to all the ABC businesses and to those who completed our puzzle! If you would like a letter for spring, please contact your sales representative to see what is available.

June
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Charlton Villager
Auburn News
Blackstone Valley Tribune
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Mikaela
Southbridge News
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"One of my favorite things about working at Quaboag is that you can tell the staff is here because they care about the patients. I have also found that my supervisor and administrator are very approachable when I have any concern. There are a lot of places where someone in a supervisor position is not that approachable." — Nicole F. (CNA)

"I am Definitely glad to be a part of the team as well. I feel like I'm home and everyone has been wonderful." — Nicole V. (LPN)

"In the time that I have been working at Quaboag I have witnessed the well-being and comfort of the residents as the main priority of the facility. The facility is centered around patient care and is designed in the best interest of the residents." — Lynnea T. (CNA)

For more information please contact: Julie Stapleton at 508.867.7716
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