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Friday, February 12, 2021

# Hitchcock Academy lines up a Fabulously Fun February

BRIMFIELD — Hitchcock Academy presents a fabulous social distancing community event just in time for February vacation. It's a car based Scavenger Hunt, sponsored by West Wind Farm in Brimfield.

The Hunt is a fun adventure for friends and families, which will lead them throughout Brimfield

## CMS Chamber welcomes new board chair

REGION — The Chamber of Central Mass. South is very pleased to welcome Erika Travinski, CEO at The Center of Hope, as the Chair of the Chamber's Board of Directors.

Travinski will serve a one-year term which commenced when she presided over the Chamber Board Meeting held on Dec. 10. The Chamber is thrilled to have her experience, dedication and leadership at the helm of the Chamber's Board.

"Erika has been a fantastic contributor to our Board of Directors," said Alexandra McNitt, Executive Director of the Chamber. "She has a sharp mind, quick wit and a deep appreciation for our community. I am excited to have her support as Chair of our Board during this tumultuous time. Her pragmatic leadership coupled with her sense of compassion is just what we need right now."

Travinski replaces the Board's Immediate Past Chair Laurie Cashman, of Yellow Iris Farm, to whom the Chamber is most grateful for her service and leadership during a very challenging year.

Erika Travinski is the Chief Operating Officer at the Center of Hope Foundation, where she is part of the executive team that oversees a non-profit agency that serves more than 700 individuals. She has been an advocate for individuals with disabilities for more than 25 years. Her dedication to helping the disability community has

Turn To **TRAVINSKI**, page **A15**



and the surrounding towns to earn points. Some of the clues are easy, but all of the clues will make you think while you learn local lore and visit areas of geographical interest. Teams will be given February vacation week to complete the hunt to accommodate for any weather event that may pop up. Although the expectation is that no team will get every clue, the adventure is set up to bring maximum enjoyment. Prizes will be awarded to the top five highest scoring teams. Some clues will get an automatic entry into a raffle. The list of clues will be emailed to teams and posted on the Hitchcock Academy Scavenger Hunt Event Page at noon February 16 and teams will have until 5 p.m. Saturday, Feb. 20 to finish.

Interested participants can go to Hitchcock Academy's website and register a team at the Scavenger Hunt Event for a fee of \$20. "Scavengers" must provide a photo of their team and team name prior to the noon Feb. 16 start. Teams earn points by taking a picture of the entire team with each clue they find and posting it to the site. Winners will be announced online and notified via email the following week after all team posts have been verified and points have been tallied. Teams will be required to follow state laws and COVID-19 advisories including social distancing and mask guidelines whenever appropriate throughout the quest.

It's February and Punxsutawney Phil has predicted six more weeks of winter but that's no reason for us to not look on the bright side! After all, each day the sun is shining a bit longer and brighter in the sky, so we are going to make a Fabulously Fun February! Hitchcock Academy will shine a special light on hope, kindness, and love with the continuation of our Community Tree. Through February a tree, decorated in a Valentine theme, will serve as an open invitation

Turn To **HITCHCOCK**, page **A11**

## Harrington's Meaghan Krajcik among Healthcare Heroes invited to Super Bowl

SOUTHBIDGE — To thank healthcare heroes who've been on the front lines of the COVID-19 pandemic, the New England Patriots and the Kraft family provided complimentary Superbowl tickets to approximately 76 vaccinated healthcare workers from across the New England region.



Courtesy

**Meaghan Krajcik**

Meaghan Krajcik, unit coordinator, patient care assistant and administrative assistant to the director of the Medical-Surgical and ICU units at Harrington Hospital, is among them.

Krajcik has worked in healthcare for ten years, and at Harrington Hospital for the last eight. As the pandemic stretches on, soon to close in on a full year since the first cases were detected in Massachusetts, she says she is grateful for the recognition that the NFL's gesture has given to healthcare workers as well as to the COVID-19 vaccine.

"I was very grateful to be able to receive the

Turn To **KRAJCIK**, page **A11**

## Trinity Catholic Academy students take part in virtual March for Life

SOUTHBIDGE — On Jan. 29, TCA seventh and eighth grades participated in the Virtual March for Life held in D.C. through "live streaming" options in the gym. In preparation, last week they lead the Day of Prayer along with teacher Coleen Casey. Each student created their own poster message for their inclusion in the silent protest in the Southbridge gym. Part of the day included a virtual mass celebrated by the Archdiocese of Washington, D.C. There were speakers, discussions and more broadcasted by the event. TCA has been participating in this annually for many years in support of Pro-Life.

After several months of social and political unrest amid the pandemic, the 48th annual



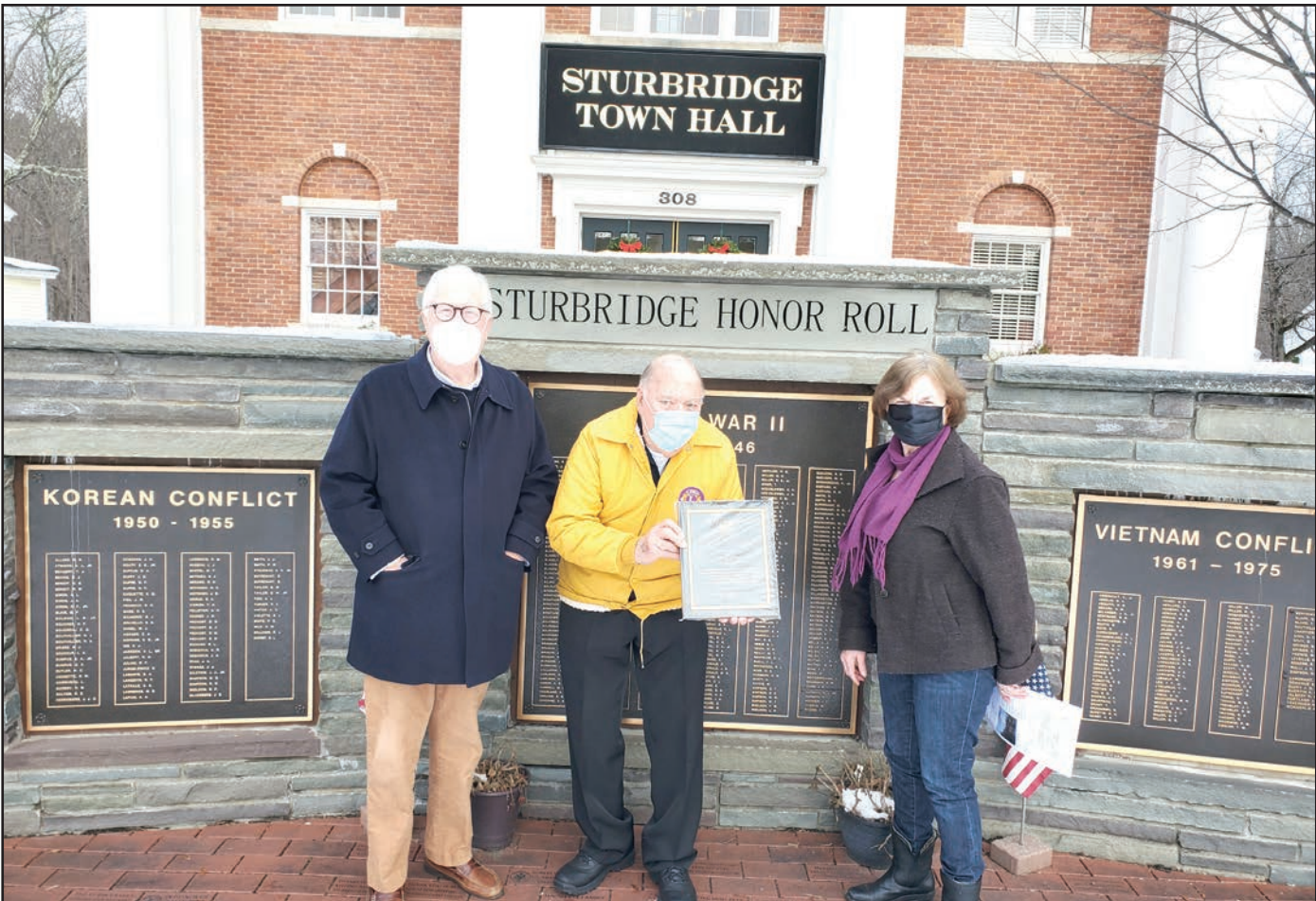
March for Life in Washington, D.C. took place under a banner of unity and hope:

"Together Strong: Life Unites. For decades, the March for Life has been the largest peace-

ful protest of human rights in the United States. Every year, tens

Turn To **MARCH**, page **A11**





Courtesy

### HISTORICAL COMMISSION HONORS BOB BRIERE

The Sturbridge Historical Commission honored Bob Briere at the Sturbridge Selectman's meeting on Dec. 7 for his lifelong dedication to bringing Sturbridge history to the people of Sturbridge and surrounding communities. A plaque was presented to him in recognition of his dedication on Dec. 8 in front of the Sturbridge Town Hall. From left to right: Charlie Blanchard, Bob Briere, and Barbara Search.

## Endicott College announces local Dean's List students

BEVERLY — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2020 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits

for the semester.

The following students have met these requirements:

**Charlton Demers,** Biology/Biotechnology, Jill Demers and Steve Demers  
**Sarah Horgan,** Interior Design, Elizabeth Horgan and Timothy

Horgan

Emma Hurley, Libl Studies/Education, Lisa Hurley and Gregory Hurley

Payton Krukonis, Nursing, Donna Krukonis and Stephen Krukonis  
Brynne Mandeville, Hospitality Management, Tina Mandeville and Paul Mandeville

#### Douglas

Lauren Bek, Hospitality Management, Mary Anne Bek and Stephen Bek

Leah Haire, Liberal Studies, Christine Haire and Colin Haire  
Maddison Murray, Libl Studies/Education, Diane Beals and Timothy Murray

#### Grafton

Stephanie Butler, English, Pamela Butler and Gary Butler

Abigail Seely, Art Therapy, Sarah Kasanovich and Darren Seely

#### Milford

Hannah Currie, Hospitality Management, Ann Currie and Lloyd Currie

Kaylee Harmon, Hospitality Management, Doreen Zinck-Harmon and Thomas Harmon

Megan Larouco, Nursing, Cheryl Larouco and John Larouco  
Isabelle Mathieu, Interior Architecture, Michelle Simpson  
Mikayla Michelson, Digital Media, Karen Michelson and Gary Michelson

Jillian Paccico, Nursing, Nara Paccico and Lawrence Paccico  
Maggie Rothberg, Hospitality Management, Lynn Rothberg and Marc Rothberg

#### Millbury

Megan Dunne, Art Therapy, Pamela Dunne and John Dunne

Megan Lawson, Nursing, Kelly Lawson and Paul Lawson

Victoria McGovern, Engineering, Carolyn Leary and Robert McGovern  
Jacquelyn Pariseau, Biology/Biotechnology, Finance, Gina Pariseau and Craig Pariseau  
Kasey Teixeira, Nursing, Susan Teixeira and Joseph Teixeira

Turn To **ENDICOTT**, page **A11**

## Country Bank supports community with more than \$1.3 million in donations

WORCESTER — Country Bank, a full-service financial institution serving central and western Massachusetts, proudly reported donations and sponsorships for 2020, totaling \$1.3 million. Through the bank's philanthropic efforts, it provides support to local non-profits throughout the communities it serves; in 2020, more than 400 of these organizations received generous donations.

The pandemic has left businesses and individuals facing continued looming uncertainties. Many non-profits struggled from the economic fallout, and they looked to community partners like Country Bank for assistance. Country Bank donated more than \$500,000 to area hospitals and first responder housing efforts to provide the financial and tangible emergency resources needed to support their mission during the pandemic.

"On behalf of the Southbridge Hotel, we are enormously grateful to the people at Country Bank for their support in assisting with the critical housing needs of the public safety persons and hospital staff in Southbridge. The leadership demonstrated by their President and CEO, Paul Scully, is remarkable. As one of our most important lenders, Country Bank has once again demonstrated a strong civic commitment and a true partnership with the business community, a partnership that goes above and beyond expectations," stated Chip Norton, Manager, of Franklin Realty Advisors LLC, and part owner of the Southbridge Hotel and Conference Center.

Other organizations receiving support included the Boys and Girls Club of Worcester, the Greater Worcester Community Foundation, Why Me and Sherry's House, Provision Ministry, and the Worcester Youth Center.

Recognizing the importance and overwhelming need to help organizations that address hunger, Country Bank provided monetary donations to food programs throughout the region that exceeded \$100,000. The recipients of these funds included The Mustard Seed, St. John's Food Program, the Worcester County Food Bank, and many local food pantries.

"As a community partner, we care deeply about the sustainability of our communities. As such, and in recognizing the burdens that our communities have experienced throughout this year, we were hon-

Turn To **DONATIONS**, page **A11**

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#### HOLLAND

\$345,000, 11 Vinton Ln, Morsbach, Gregory L, and Morsbach, Suzanne, to Elmy, Lynn, and Elmy, Keith.

#### STURBRIDGE

\$384,900, 5 Stearns Dr, Clay, Kimberly, to Roberts, Stacey G.

\$268,000, 108 Fiske Hill Rd, Matys, William E, and Matys, Martin E, to Crowley, Sean P.

\$130,000, Podunk Rd #231, Kaszowski, Kenneth P, to AH&DB Custom Homes Inc.

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# Open Sky’s Bridge Training Institute launches virtual series on mental health in schools

WORCESTER — Open Sky Community Services recently announced the launch of its “Mental Health in School” series scheduled to begin virtually on Feb. 5, 2021 through the Bridge Training Institute. The Bridge Training Institute, headed by Suzy Langevin LICSW, LADC I, offers continuing education workshops and personalized consultation services that focus

on evidence-based and best practice treatment models. “Supporting students’ mental health has taken on a whole new level of importance in light of the COVID-19 pandemic,” said Langevin, Director of Training & Professional Development at Open Sky Community Services. “The Bridge Training Institute is grateful to have the opportunity to help

support schools through these challenges, and in turn support their students through this crisis and the next steps. The Mental Health in Schools series provides a multi-faceted look at supporting social emotional learning and overall student mental health, from district-and-school-wide interventions to individual neurobiological development. Led by leading local experts in the field, Fran Kuehn, LICSW, and Dr. Sharon Saline, PsyD, these workshops will help all school personnel feel better equipped to impact their students’ social emotional learning. “There is no learning without relationships,” says Fran Kuehn, LICSW. “The schools that will be the most successful in bringing kids back into the classroom after remote learning will be the ones who are focused on those relationships.”

For more information about Open Sky Community Services, please contact Lorie Martiska, lorie.mar-

tiska@openskycs.org For more information about the Bridge Training Institute and its 2020-2021 training calendar, please visit the website [www.thebridgetraininginstitute.org](http://www.thebridgetraininginstitute.org) or contact [traininginstitute@openskycs.org](mailto:traininginstitute@openskycs.org)

## 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](http://www.openskycs.org).

# Cornerstone Bank to award sixteen \$2,000 scholarships

SOUTHBRIDGE — Cornerstone Bank, a community bank with 12 locations throughout central Massachusetts, will be awarding sixteen \$2,000 scholarships to students in the area it serves. Cornerstone Bank is hoping to help 2021 high school graduates throughout their community pursue higher education and foster advancement in the fields of business and finance. The sixteen scholarships will be awarded to the students who best demonstrate achievement in academics, extra-curricular activities and community involvement.

“Making sure the future leaders of America get a great education is so important to us at Cornerstone Bank,” said CEO Todd Tallman. “We are excited to be able to help students achieve their dreams every year to go into the business or finance industries. Access to a good education can be difficult for many students, especially with how difficult this past year has been, so we hope the help we are able to provide to this group of graduates helps them to reach their goals.”

To apply for a scholarship, the student must:

- Be a 2021 high school graduate
- Reside within 10 miles of a Cornerstone Bank branch or office
- Anticipate being a full-time student at an accredited, degree-granting institution of higher education
- Anticipate studying in a business or financial field
- Demonstrate achievement and high standards in academics, extra-curricular activities, and community involvement
- Submit an official transcript and GPA from their guidance office

In addition, the student must choose one of the following prompts and submit a one-page typed essay:

1. Are there any challenges you

have had to overcome in your high school career?

- OR  
2. What are your goals for the future, and how will this scholarship assist you in meeting them?

Applications must be submitted or postmarked to Cornerstone Bank by April 5, 2021. Please send all applications [toscholarships@cornerstonebank.com](mailto:toscholarships@cornerstonebank.com), or mail to Cornerstone Bank Scholarship Committee: P.O. Box 370, Southbridge, MA, 01550. Selected recipients will be announced by the week of May 24, 2021. Scholarship funds will be disbursed to the student after successful completion of the first semester, and upon presentation of an official copy of the first semester transcript and second semester bill.

For more information, and to download the application form, please visit [cornerstonebank.com/scholarships/](http://cornerstonebank.com/scholarships/).

## About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving residents, businesses and communities throughout Central Massachusetts. Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank’s personal and business banking offerings, please visit [cornerstonebank.com](http://cornerstonebank.com) or call 800-939-9103.

# QCC awarded Donnelly Workforce Success grant

WORCESTER — Quinsigamond Community College was one of only two community colleges awarded a 2020/2021 Kenneth J. Donnelly Workforce Success Grant for Expanded Training Capacity & Employment Program Performance.

QCC was awarded a \$197,183 Grant that will provide funding for unemployed residents to take part in the College’s Administrative Medical Professional Program. Donnelly Workforce Success Grants serve people across Massachusetts whose life experiences and circumstances make it difficult for them to succeed in employment without targeted support. QCC’s Workforce Development and Continuing Education (CWDCE) will provide training and placement services for 40 eligible, unemployed residents in the Central MA region.

Eligible students who take part in the program can realize a career as a Medical Administrative Assistant in a variety of healthcare settings such as hospitals and health systems, physicians’ offices, clinics, long-term care facilities, surgery centers, ambulatory surgery centers, rehabilitation centers, and other types of healthcare settings. Students in the program will learn the roles and responsibilities of a healthcare team, interpersonal communication, medical records management, compliance with HIPAA, and diagnostic and procedural coding. Students will also learn how to handle medical emergencies to prepare for, and appropriately respond to various life-threatening emergencies in the medical office setting. The U.S. Bureau of Labor Statistics projects that from 2019 to 2029, Medical Administrative Assistants will more than quadruple the job growth rate of all other occupations.

“We are presently recruiting for two classes that will begin in the Spring/Summer,” said Kathie Manning, dean of the CWDCE. “This program includes all materials, as well as the certification test.”


Students enrolled in the program

are expected to work a minimum of 30 hours per week (remote or in-person) once they have completed the course and obtained certification. Students who complete the program and are employed for 60 days at 30-hours-a-week are eligible to receive a \$500 stipend.

“To maintain a competitive and sustainable economy, Massachusetts must continue to invest in a skilled and well-trained workforce,” said Governor Charlie Baker. “These grants will give workers and companies the opportunity to gain access to occupations critical to the future economic success of the Commonwealth.”

To learn more about the program, email [cce@qcc.mass.edu](mailto:cce@qcc.mass.edu) or call 508-751-7900.

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




## ACCURACY WATCH

The Sturbridge Villager 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.com](mailto:news@stonebridgepress.com) during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.

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# Alumna speaks at Worcester State’s Girls & Women in Sports event

WORCESTER — The Worcester State University Athletics Department celebrated National Girls & Women in Sports Day on Wednesday afternoon with a virtual event featuring Lancer softball alumnae Marissa Avanzato ‘16.

Celebrated annually, National Girls & Women in Sports Day, powered by the Women's Sports Foundation, "inspires girls and women to play and be active, (and) to realize their full power," says the Women's Sports Foundation on their website. "NGWSD honors the achievements of female athletes, coaches and leaders and continues to Lead Her Forward by acknowledging the power of sports to unlock her limitless potential."

Avanzato was a three-year member of the Lancer softball team, where she helped lead Worcester State to the 2016 MASCAC Championship and was a three-time Spring All-Academic team selection, while also a three-year member of the Student-Athlete Advisory Committee (SAAC). She was the President of Lambda Pi Eta, Worcester State's Communication Honor Society, as well as a member of the Chi Alpha Sigma Athletic Honor Society.

After graduation, Avanzato began her career in athletic communications at Villanova University, serving as an intern. After one year, she began a graduate assistant position at Eastern Tennessee State University, and in 2019, began her current role serving as Assistant Director of Athletic Communications at Texas A&M University.

Her career in collegiate athletics started almost as soon as she stepped foot on Worcester State's campus as a freshman in the fall of 2012. She was granted federal work-study, and began working for Worcester State baseball coach and work-study manager Dirk Baker. "That was my first real start in anything in collegiate athletics," she said.

Being around the baseball team, Avanzato believed she would follow in her brother's footsteps, as he works for the New York Yankees, before her senior year when she realized she could make a career in college athletics. "I started shadowing (then sports information director) Nikki Narducci a

ton, which gave me a lot of experience. I learned (the statistics programs), writing, and a handful of other things that I never even knew about."

Avanzato admitted that she still didn't have an abundance of experience after graduation, but that persistence was what got her into the athletic communications field. "I still have this on my Mac, I applied to 32 different internships, graduate assistant positions, and marketing, social media, and sports information positions," she said to the student-athletes. "Villanova ended up being the one that gave me my first shot, and I learned a ton in that first year."

What Avanzato ultimately took from the experience of applying for 32 jobs, and what she preached to the Worcester State student-athlete was to "never give up, and just keep shooting."

As primary media contact for the Aggie women's volleyball and softball programs, Avanzato regularly travels around the country with the teams. Spending time with these college athletes has made her realize that the relationships she gained after walking onto the Worcester State softball team her sophomore year are her fondest memories of her four years on Chandler Street. "Even in quarantine, a few of us got on a Zoom together," she said. "I haven't seen these people since six years ago, and it was amazing to see where we all were."

"The relationships that we built, the opportunity to play the game we love, and being able to say I was a college athlete have all become part of my career. Being an sports information director is about the closest thing to not being an athlete anymore. That's the reason I love being an SID so much - the relationships I get to build with my players, and watching them succeed and grow as players."

"I would like to send a huge thank you to Marissa for coming on and speaking with our student-athletes," said Worcester State Director of Athletics Michael Mudd. "I think our women student-athletes here at Worcester State are rockstars. They have continued to succeed not only in competition, but in the classroom, in the community, and even some on the frontlines of the pandemic."



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## CLUES ACROSS

1. Composed

5. Lesotho currency

9. Ethnic group associated with Hungarians

11. Gains knowledge of

13. Gradual destruction

15. Purchase

16. Pharaoh of lower Egypt

17. Where you’re going

19. The 6th letter of the Greek alphabet

21. Fishing net

22. Midway between south and southeast

23. A way to sort

25. C C C

26. Popular sports podcast (abbr.)

27. Discount

29. Consumes tobacco
31. A way to run

33. Popular musical awards show

34. Pertains to the male sexual organ

36. Supplements with difficulty

38. Green veggie

39. Deep-bodied freshwater fish

41. Holy fire

43. Usually has a lid

44. Being of use or service

46. Have a yen for

48. Unknowingness

52. Dry white wine drink

53. Unwinds

54. Traveling by sea

56. Outdoor entertaining areas

57. Stringed instruments

58. \_\_ Redgrave, actress

59. Moves earth

## CLUES DOWN

1. Progressive decay of a bone or tooth

2. Burrowing rodents

3. French/Belgian river

4. A professional cleaner

5. A Russian river

6. Kiln

7. True statements

8. Most private

9. French city

10. Masses of fish eggs

11. Apart from others

12. Monetary unit of Samoa

14. Nanosecond

15. Film

18. Men’s fashion accessories

20. Flowering shrub

24. North Carolina university

26. Former monetary unit of Spain
28. Foodies

30. New Zealand parrot

32. Makes very happy

34. A payment required for not fulfilling a contract

35. Emerald Isle

37. The act of terminating someone’s employment

38. Gland in some mammals

40. Commoner

42. Large animals

43. Belch

45. Employee stock ownership plan

47. Work units

49. Wagon

50. Nerve fiber

51. Proclaimed

55. Japanese delicacy

PUZZLE SOLUTION

	S	G	I	D				N	N	Y	L				
S	O	N	A	I	P			S	O	I	T	A	P		
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# Worcester Art Museum's Flora in Winter goes virtual

WORCESTER — Flora in Winter, the Worcester Art Museum's winter floral extravaganza, will be offered to the public virtually this year. One of the region's most anticipated annual events, Flora in Winter displays flower arrangements inspired by art in the Museum's collection and created by top floral designers from throughout central Massachusetts. Due to COVID-related capacity restrictions this winter, a limited number of tickets to enjoy Flora in person will be available for Museum members only. However, a virtual guided tour of all 24 interpretive arrangements throughout the Museum will make the stunning beauty of Flora available for all to enjoy in the comfort of their own homes.

Called "Passport to Virtual Flora," the online package will include a tour of all floral arrangements and displays—led by one of Flora's Co-chairs—plus a variety of online programs and demonstrations by floral design and art history experts. "Passport to Virtual Flora" will be available free for Members; \$40 for nonmembers. Museum members will automatically receive a link to the "Passport" package. Nonmembers can purchase a link to "Passport" on the Museum's Web site: [worcester-art.org/flora](http://worcester-art.org/flora).

This year's Flora in Winter chairpersons are Kathy Michie, Sarah

Ribeiro, and Kim Cutler. Their team oversees the event and maintains the flora designs throughout the four days. Flora in Winter is supported in part by the Bernard G. and Louise B. Palitz Fund and the Spear Fund for Public Programs.

"Passport to Virtual Flora" A virtual Flora in Winter programming package "Passport to Virtual Flora" brings the beauty and excitement of Flora in Winter to participants anywhere in the world. This virtual programming package—inspired by the Worcester Wedding Kimono, specially commissioned from Chiso, the revered 466-year-old Kyoto-based kimono house and on view at the Museum—can be enjoyed an unlimited number of times after Feb. 25.

Free for Members and \$40 for nonmembers, "Passport to Virtual Flora" provides access to all Flora online programming. Following completion of advance purchase, guests will receive a "Passport to Virtual Flora" link via email on the first day of Flora in Winter — Feb. 25 at 10 a.m. "Passport to Virtual Flora" is on sale now through Sunday, Feb. 28 at 6 p.m., and can be purchased at [worcesterart.org/flora](http://worcesterart.org/flora).

"Passport to Virtual Flora" will include the following pre-recorded programs:

Flora in Winter virtual tour of all 24 floral arrangements and

the Japanese table display in McDonough Court, narrated by one of the Flora Co-chairs; plus, a bonus video tour of the professional floral arrangements in the Museum's public spaces, generously donated by local businesses, garden clubs, and schools.

Interpretation of the Worcester Wedding Kimono with Maureen Christmas and Andrea Little

WAM's popular Flora Live event has been pre-recorded onsite for virtual enjoyment. Two experienced floral designers face the challenge of interpreting WAM's newly acquired Worcester Wedding Kimono. Maureen and Andrea will each guide viewers as their designs evolve during the demonstration, sharing their inspiration, plant material choices, and creative process—and showing how one piece of artwork can inspire two quite different arrangements.

Bonsai Demonstration by Michael Levin

Viewers will learn how to cultivate—through special techniques such as pruning, root reduction, pot-

ting, defoliation, and grafting—small trees that mimic the shape and style of mature, full-size trees. Michael Levin will lead a guided tour of the Bonsai West nursery, sharing the history of this famous bonsai collection, which includes trees over 100 years old. Viewers watch as an old overgrown juniper is transformed into a refined specimen bonsai. Topics will include styling, transplanting, wiring, seasonal care, and maintenance.

Winter's Chill, Spring's Glow: Ikebana Demonstration by Russell Bowers

Russell Bowers, an Ikebana Master, demonstrates several Japanese floral arrangement styles that emphasize nature's beauty and convey a sensitivity to the season. Viewers will observe techniques developed over hundreds of years, which incorporate aspects of Japanese culture and aesthetics—and learn how to add elements of wabi-sabi, minimalism, and negative space into magnificent floral works of art.

Furoshiki Demonstration by ..... Turn To **FLORA**, page **A11**

## Matthew Sexton named to College of the Holy Cross' Dean's List

WORCESTER — Matthew Sexton of Wales was named to the College of the Holy Cross Fall 2020 Dean's List. A member of the Class of 2022, Sexton is majoring in Economics.

Sexton was among more than 1,453 students named to the Dean's List for outstanding academic achievement during the fall semester of the 2020-21 academic year.

To qualify, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

### About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

## Nickolas B. Shea named to Husson University's Dean's List

BANGOR, Maine — Brimfield resident, Nickolas B. Shea, has been named to Husson University's Dean's List for the Fall 2020 semester.

Shea is a junior who is currently enrolled in Husson's Bachelor of Science in Accounting/Master of Business Administration (MBA) program.

Students who make the Dean's List must carry at least 12 graded credit hours during the semester and earn a grade point average of 3.60 to 3.79 during the period.

For more than 120 years, Husson University has shown its adaptability and strength in delivering educational programs that prepare future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate

degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent a superior value in higher education. The hallmarks of a Husson education include advanced knowledge delivered through quality educational programs in business; health and education; pharmacy studies; science and humanities; as well as communication. According to a recent analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit [Husson.edu](http://Husson.edu).



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# How adults can take active roles in their health care

Adults play a significant role in their own health care. Adults focused on getting fit may visit various fitness facilities before signing up for a membership, and individuals who want to improve their diets may spend countless hours poring over healthy recipes and the latest trends in nutrition. Such research pays dividends, and the same commitment can be applied to choosing the right health care services.

Adults who are enrolled in employer-sponsored health insurance plans may feel as though their options are limited in regard to their health care services. However, there are many ways for patients to get more out of their health care plans.

- Shop around for a primary care physician. It's easy to be overwhelmed when perusing lists of in-network primary care physicians provided by insurance companies. Such lists can seem endless and it can be hard to distinguish one physician from another. Adults in need of new primary care physicians can ask neighbors or family and friends who live nearby for recommendations. It's important to put the time in when choosing a primary care physician, as people who are comfortable with their physicians are more likely to schedule annual wellness visits or book appointments when they aren't feeling well. Such visits can be life-saving.
- Schedule annual wellness visits. Annual wellness visits are very important, even for health-conscious



individuals who are not experiencing any signs of illness or injury. Regular checkups and screenings can uncover health problems even when no symptoms are present, potentially saving patients' lives. For example, Hackensack Meridian Health reports that mammograms have reduced breast cancer mortality in the United States by 40 percent since 1990. Many insurance providers cover annual physicals at no cost to the patient, and screenings can catch diseases early when they're at their most treatable and treatment is less expensive and less time-consuming.

- Be a prepared patient. Prepare a

list of questions prior to a scheduled doctor's appointment. Jot questions down as they come to you in the weeks leading up to the appointment and don't hesitate to ask questions during the visit

- Be open and honest with your physician. Concealing behaviors from your physician will negate some of the benefits of visiting the doctor. For example, if you live a largely sedentary lifestyle but tell your doctor you're physically active, he or she won't offer advice on how to make exercise a bigger part of your life. Being open and honest with a physician enables the doctor to give the best medical advice.

Taking an active role in their health care is a great way for adults to improve their overall health and can help them reduce their risk for illness.

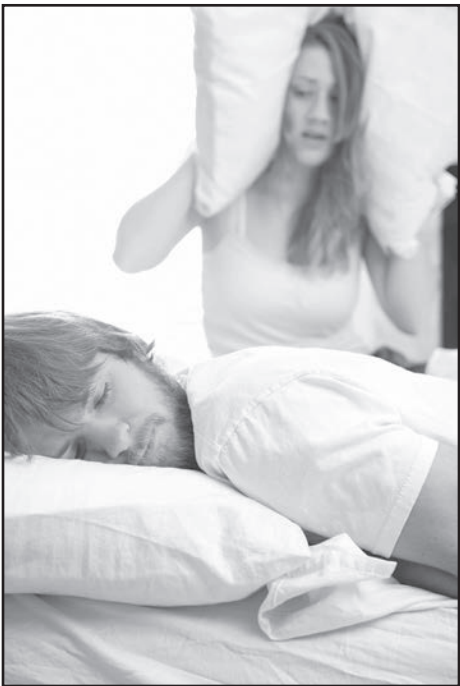
## Some high tech ways to stop snoring

When climbing into bed, no one wants to endure a snore-filled night of fits and starts. Snoring may be inconvenient, but it's more than just disruptive. Snoring may indicate a serious health issue.

The American Academy of Sleep Medicine notes that snoring may be associated with obstructive sleep apnea, a serious sleep disorder and a risk factor for heart disease, diabetes, stroke, and many other health problems.

Men's Health magazine says some 90 million Americans snore, with 37 million doing so on a regular basis. Men are more likely to snore than women. Sometimes snorers can be so loud they disturb bed mates and even those in nearby bedrooms.

People who snore, and their loved ones who deal with the cacophony each and every night, are often on the lookout for ways to alleviate snoring. Despite an abundance of innovation in recent years, anti-snoring solutions have been slow in coming. But technology continues to evolve, and some new anti-snoring solutions have been developed.



- Track your overnight breathing. Snorers can use tracking devices to see just how well they are sleeping each night. When worn at night, devices like Fitbit™ can track breathing and will rate which levels of sleep a person reaches: deep, light or REM. It also records if a person awakens during the night, even when people do not realize their sleep was interrupted. This data can paint a clear picture of sleeping behaviors.
- Test snore ratings. Smartphone users can use an app called SnoreLab to rate snoring. The app is left running next to a bed. If it detects snoring, it will record an audio clip and rate the snoring on a scale that ranges from Quiet to Epic. The premise behind the app is that before snoring can be addressed, one must recognize that it is happening in the first place.
- Smart sleep masks. The Hupros Sleep Mask is an example of a smart sleep mask. It works with a smartphone to detect snoring. Then the mask gen-

tly vibrates to encourage a person to change positions to open up airways and reduce snoring. The mask also has a nose piece that will be engaged if a change of position doesn't stop the snoring. It delivers expiratory positive airway pressure (EPAP) — allowing a wearer to breathe in through the nose, but making it hard to breathe out in the same way. This creates resistance meant to expand lung volume and reduce airway vibrations.

- Change positions. Another device that is supposed to help a person change positions to relieve snoring is the Philips SmartSleep Snoring Relief Band. It straps around a user's torso to monitor sleeping position. If snoring occurs, the device will nudge the snorer on his or her side, a position that is less likely to induce snoring.
- Go low tech. While there are many digital devices that may help alleviate snoring, one option does not require a device. A new pillow, such as a wedge pillow, can slightly elevate the head, which may promote better breathing.

Snoring is problematic for millions of people. Turning to technology may help people get the rest they need.

## Take a step back in time for a Valentine's tradition

Greeting cards are popular ways to express love and affection on Valentine's Day. However, those looking to say "I love you" and much more in a creative way may want to harken back to a tradition that is several centuries old.

Purse puzzles were once an innovative way to send notes and illustrations and express other sentiments. Purse puzzles became popular around 1720 and remained so until roughly 1840. The puzzles consisted of a sheet of paper folded into smaller parts. When unfolded, the purse puzzle would reveal several messages and hand-drawn art.

In the 19th century, purse puzzles were a clever way for lovers to send love notes on Valentine's Day or other times of the year. Purse puzzles were a form of paper art, similar to origami.

Valentine's celebrants can rekindle the magic of purse puzzles to add creative flair to this year's celebrations. They can be made easily with tutorials found on websites such as Snapguide.com (<https://snapguide.com/guides/make-puzzle-purses/>). The finished puzzle will take a square shape and open up like a pinwheel until the full sheet of paper is revealed.

## Friday's Child



Kye  
Age 11

**Hi! My name is Kye and I love to be outdoors!**

Kye is a young boy of African-American and Caucasian descent who is looking for a family with room in their hearts and home to provide him with a forever family. He enjoys legos, sports, and video games. Kye does well when he has a chance to be outside; he loves to run and play. He also likes fishing and camping. Kye does well in school when properly motivated and enjoys interacting with other children, especially those that are older than him.

Legally freed for adoption, a family of any constellation will be considered for Kye, as long as they are willing to maintain his relationship with his sister. Kye does well in a home setting and benefits from structure and routine. Other siblings in the home are okay, but it would be best if Kye could be the youngest. An active family is highly recommended, as Kye has a great personality with lots of energy.

### 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](http://www.mare-inc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.

## LEGALS

### PUBLIC HEARING NOTICE

The Charlton Board of Selectmen will hold a public hearing on Tuesday, **February 23, 2021 at 6:45pm** via ZOOM Webinar: <https://us02web.zoom.us/j/87489442885?pwd=VmhRdzhXd-mR3SnN5T0dtRGVzaElidz09> Passcode: 061416

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to act on a request from Tree House Brewing Company, Inc., 129 Sturbridge Road, Charlton MA for the following: (1) Remove approximately 10,819 sq. ft. of the Section 19C Farmer-Brewery premises within the existing warehouse building to construct a Section 19E Farmer-Distillery. (2) Application for a Section 19E(o) Farmer-Series Pouring Permit to sell distilled spirits produced by Tree House on the Section 19E Farmer-Distillery Premises and (3) Application for a Section 19H License to sell of both beer and distilled spirits produced by Tree House throughout the property for on-premises consumption.

Anyone wishing to be heard on this matter should appear at the time and date specified or submit concerns in writing.

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BRENDAN BERUBE

EDITOR

EDITORIAL

Why we listen to the groundhog

Tuesday, Feb. 2 was Groundhog Day, and it was reported that Punxsutawney Phil came out of his burrow at Gobbler's Knob, where he saw his own shadow. This means that we will have six more weeks of winter. We'll take it!

This North American tradition is derived from the Pennsylvania Dutch superstition that if the groundhog sees it's shadow due to clear weather, it will go back to its den and winter will last just a few weeks longer. If the animal does not see it's shadow due to the clouds, spring will come early.

This lore originated from German speaking areas where the groundhog is considered the most accurate forecasting animal. Each year, a Groundhog Day ceremony is held in Punxsutawney, Pa., and is always well attended.

The Pennsylvania Dutch, immigrated from German speaking parts of Europe. Groundhog in German is 'grun'daks.' In Europe, the Germans had an existing tradition of marking Candlemas as 'Badger Day,' where if a badger appeared on a sunny day, casting a shadow, winter would be extended. In some areas a bear or a fox took on the forecasting responsibility.

In Irish folklore, St. Brigid's Day, Feb. 1, is the first day of spring, which begins the farmer's year. Seeing a hedgehog was a sign of good weather.

The earliest mention of Groundhog Day appeared in 1840, in the diary of James L. Morris of Morgantown, Pa., who was talking about his German neighbors. In 1886, the observance of Groundhog Day was mentioned in the Punxsutawney Spirit newspaper. It noted, "Up to the time of going to press, the beast has not seen its shadow." One year later, a group of townspeople went to Gobbler's Knob in search of the groundhog and so began the tradition. Pre-COVID, gatherings to celebrate in Punxsutawney grew as large as 40,000.

Clymer Freas, who was born in 1867 and passed away in 1942, is said to be the one who created the idea of Groundhog Day. Freas was the Editor of the Punxsutawney Spirit. In 1899, a Groundhog Club was formed in town including a hunt and a feast. It is said that groundhog tastes like a cross between chicken and pork. We'll pass on finding out.

In 1993, Bill Murray and Andie MacDowell starred in the comedy "Groundhog Day," which is now considered a cult classic. We must admit to enjoying Mr. Murray more in "What About Bob?" but that's an editorial for another time. Baby steps.

It's not easy being a parent, but here's something simple you can do. Spend two minutes each day encouraging your child to eat something green. Make it fun. Visit [www.2min2x.org](http://www.2min2x.org) to join the 2MIN2X Challenge.

2MIN2X DAY

Easier than getting them to eat something green.

AMERICA'S HEALTHY KIDS

Healthy Healthy Healthy Kids

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Valentine's Day Facts & Trivia

Wallethub reports 73% of Americans feel it's more important than ever to celebrate Valentine's Day this year given this state of the pandemic. While some festivities may have to be curtailed due to COVID restrictions, statistics show the basic sentiments of the romantic holiday will thrive this February 14th.

With this spirit in mind, this week's column will highlight Valentine's Day trivia and fun facts.

\*\*

Flower Power: Valentine's Day is one of the biggest flower buying holidays of the year. The red rose, representing love, remains the most popular flower purchased in the U.S. In fact, approximately 250 million roses, most of which are red, are produced for Valentines Day.

While most people know a red rose means "love," did you know the number of roses you give or receive also has significance? Interpreting a message from the number of roses sent and received is an old fashioned tradition that is making a comeback. Here is the rundown according to Teleflora:

One rose: Love at first sight, or years later "you are still the one."

Two roses: Mutual love and affection.

Three roses: The traditional three-month anniversary gift also simply means "I love you."

Six roses: Infatuation, or "I want to be yours."

Nine roses: Eternal love or "I want to be with you forever."

10 roses: A perfect 10 means "You are perfection."

12 roses: A dozen means "be mine forever."

24 roses: If one dozen says "be mine," two dozen says "I'm yours." whether you want it or not.

25 roses: This means "congratulations."

36 roses: Three dozen says "I'm head over heels in love" or "I will remember our romantic moments."

40 roses: Forty roses says what 10, 20, or 30 can't: "My love for you is genuine."

\*\*

Valentine History: According to the Greeting Card Association, 145 million Valentine's Day cards are exchanged each year! Did you know the nearby city of Worcester boasts a historical link that cements its place in the early history of Valentine's Day cards? The Central Mass city was hailed as the "Valentine Capitol of the World" well into the 20th century, thanks to an innovative Worcester woman who is credited with turning the lace valentine into a major industry.

The first American made valentines were sold for Valentine's Day, 1849, designed and made by Esther Howland, the daughter of a Worcester stationer. So impressed was Esther when she received a fancy English valentine shortly after graduating from Mount Holyoke College in 1847, that she returned to her Worcester home inspired to recreate the embossed, lacy cards.

Miss Howland began by hiring her friends to assemble the valentines, working from the Howland home on Summer Street. The ornate cards often included gilded lace and colorful European decals.

Esther's valentines were a huge success and within a few years, she built her cottage business into a \$100,000 a year enterprise. In 1879 she partnered with Edward Taft of North Grafton to establish the New England Valentine Company (NEVCO).

The remarkable achievements of



TAKE THE HINT

KAREN TRAINOR

Esther Howland did not go unnoticed, earning the 19th century entrepreneur the title of "The Mother of the American Valentine," and ensuring her place in both local and national history.

Today, collectors covet original Esther Howland valentines, which are identified by embossed paper lace, floral motifs, and bright paper backgrounds. Howland cards often bear a red H on the back. "NEV CO" is embossed on later cards.

\*\*

V-Day Fun Facts:

\*Cupid, another symbol of Valentines Day, became associated with it because he was the son of Venus, the Roman god of love and beauty.

\*The expression "wearing your heart on your sleeve" has origins in a Victorian Valentine's Day tradition. Girls would write their names on paper, which would be drawn by young man. Once drawn, the man would "wear" the girl's name on his sleeve to claim her as his valentine

To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

\*For centuries it has been claimed that certain scents have aphrodisiac qualities, with no reliable evidence to back up the claims However, in 1998, neurologist and psychiatrist Dr. Alan Hirsch published some intriguing findings, which people are still buzzing about today.

His research revealed women are attracted to the smell of black licorice, citrus, and banana nut bread. The study found men felt romantic when they smelled baked cinnamon buns, pumpkin pie, and lavender. Surprisingly, cinnamon rolls were found to prompt favorable romantic reactions from both men and women.

\*The Chocolate Connection: Dr. Hirsch also noted the euphoria of falling in love and chocolate may be connected because phenyl ethylamine is elevated during the early stages of infatuation and attraction. Since chocolate contains this chemical, both chocolate and falling in love will produce similar changes in brain chemistry, he noted.

\* According to the National Retail Federation, one in four people will give Valentine's Day gifts to their pets this year.

\*Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy", on Valentine's Day, 1876.

\*\*

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](mailto:KDRR@aol.com). Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

The guiding power of influence

I've spent my week reading and pondering the guiding and power of influence. The influence others have on us as well as the influence we have on others. Influence is power and it is a double-edged sword. There's of course positive as well as negative influences, and we must choose who we associate with wisely.

The late Motivational/ Inspirational Speaker, Jim Rohn, said, "You are the average of the five people you spend the most time with."

This is going to be a working column, as I am going to ask you to do more than just read. I'd like you to participate. Ask yourself, "Who are the five people you spend the most time with now," and "who were the five people you spent the most time with during your formative years as a child?"

This exercise will help you understand the influence people had on you and are having now. When you were young, if the kids you hung around with smoked, you are/were probably a smoker. If they were



POSITIVELY SPEAKING

GARY W. MOORE

shoplifting, you probably joined in. And if they were good students who took their education seriously, you were probably a good student.

Our greatest childhood influencers were usually your caregivers ... your parents and guardians. My sisters and I laugh and often talk about how we are still influenced today by our parents. It's unavoidable. As Rohn said, we are the average of the five people we spend or spend the most time with.

My mother certainly understood the power of influence, as I can hear her saying, "Don't hang around that kid. He'll only lead you into trouble." She understood, not from education but from experience.

Like I said, I spent the week focused on influence. I made an honest and sobering list of what and who has influenced my life. My second request is that you do the same, but let's begin with a reflection of now. Who do you hang around with? Who are the five people you spend the most time with?

.....

Turn To **MOORE**, page **A10**

Financial gifts for your Valentine



FINANCIAL FOCUS

JEFF BURDICK

For many of us, the COVID-19 pandemic may be putting a hold on dinner at the charming local bistro, but the spirit of Valentine's Day cannot be extinguished. This year, perhaps more so than in the past, you may want to make your Valentine's Day gifts even more meaningful. So, for example, what can you give your loved ones to help them along on the road to financial security?

- Here are a few possibilities:
- Contribute (indirectly) to an IRA
- Virtually anyone with earned income can contribute to an IRA, which offers tax benefits and an almost unlimited array of investment options. Yet, most people never contribute the maximum amount allowable each year, which, in 2021, is \$6,000, or \$7,000 for those 50 and older. You can't contribute to another person's IRA, but you can give that person the money for that purpose. However, an individual can't contribute more to an IRA than he or she earned during that year. So, if you were to give someone \$1,000 to be placed in an IRA, that individual must have at least \$1,000 in earnings. Be aware, though, that the recipient can use the money for any purpose.
- Give shares of stock
- You probably are already familiar with the products your loved ones use – so why not give them shares of stock in the companies that make those goods or services? Most people enjoy being "owners" of businesses whose products they use. Furthermore, owning stocks for the long term can be a valuable component of anyone's financial strategy. If you are unsure of how to give stocks, you may want to consult with a financial professional.
- Stay protected
- If your valentine also happens to be your spouse, you can give a gift of tremendous value by simply working to protect what you have. For example, if something happened to you, would your spouse be able to maintain the household, educate children, pay the mortgage and so on? A financial professional can help you find the protection you need, as well as suggest ways to defend yourself against the devastating costs of long-term care. A private room in a nursing home can cost \$100,000 or more each year, according to the insurance company Genworth, and Medicare typically pays few of these expenses, so you'll want to be prepared.
- Create (or revise) your estate plans
- It doesn't sound very romantic but making sure your estate plans are in order is one of the best gifts you can give to all your loved ones. If you haven't created your plan yet, contact an attorney who specializes in estate planning. You may also want to involve your tax and financial advisors. And if it's been a while since you looked at your existing plan, take the time to review it – this is especially important if you've had changes in your family situation.
- On Valentine's Day, the chocolate hearts and flowers are certainly always appreciated. But financial gifts can help you make a truly lasting impact on your loved ones' lives.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or [jeff.burdick@edwardjones.com](mailto:jeff.burdick@edwardjones.com).*



# Derbies offer fantastic fishing



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

This past weekend provided a couple of days for anglers to enjoy some great ice fishing locally. Although the ice was not the best to fish on, anglers attended many ice fishing derbies that were held in the area. The 200 sportsmen's club in Webster had over 75 anglers fishing the club's derby. Pond Chairman Rob Sullivan did a great job signing up the fishermen and recording the catch of bass, perch, & pickerel. A report of a couple of Eagles flying over the pond prior to my arrival was interesting. The Eagles in the Valley area are the direct results of sportsmen's monies being used for this great restoration project. This week's picture shows Sullivan, Joe Foisy, and Brian Lightbound. Foisy had caught a big 17-and-a-half-inch largemouth bass, and released it. Captain Mel True and his buddy Brett, also had a great day fishing, landing numerous brook trout and yellow perch, as did many other contestants.

After leaving the 200 sportsmen's derby, I visited a few other ponds in the area that all had fishermen on them. Some ponds had good ice, while others were marginal for safety. The following day anglers were out in force again, enjoying a few hours of fishing before the big football game that evening. Some areas had slow fishing, while others had a great day with anglers chasing flags.

It looks as though striper fishing this year will have the same regulations again, with the only change requiring commercial rod and reel anglers to use circle hooks. The slot limit for stripers will again be implemented for recreational anglers as of last word. Massachusetts anglers will again enjoy an early season for seabass, with a limit of five fish daily. Rhode Island anglers are hoping for an early season on seabass, and are also hoping for a reduction in length for summer flounder to 17 inches for recreational anglers. Wishful thinking!

The late Canada Goose season will end on Feb. 15 in the Central District, but it was not before Cole Bromly and his buddies harvested their limit of 5 birds, as this week's picture shows. They brought along



Left to right: Rob Sullivan, Lary Lyons and Brian Lightbound at the 200 Sportsmen's club this past Saturday.

Courtesy

their good friend Cody, who is a paraplegic, but that did not stop him from enjoying the hunt. It takes good friends to bring along handicapped sportsmen on their hunting and fishing trips, many of whom are war veterans.

With the absence of sportsmen's shows this year because of the pandemic, many sportsmen are visiting their local bait and tackle shops in the valley, for their fishing gear, or shopping online. It is a shot in the arm for the small tackle shops that have survived, but at one time there were two or three in every town in the valley. Harding's Boat livery on the Meadow Pond in Whitinsville had supplied live bait and boat rentals for many years. Francis Joslin had a tackle shop in the basement of Bakers Dept store in the town of Whitinsville, and Police Chief Vic Nelson of Douglas, also ran a small tackle shop on Main Street in that town back in the day, to mention a few.

.....There was also a Bait & Tackle

Turn To **TRUE**, page **A10**



Courtesy

This week's picture shows Cole Bromley with a few of his friends that limited out on nuisance Canada geese last week. They brought along their friend Cody, who is a paraplegic friend of the group.

# Low light, low maintenance houseplants



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS

Don't let a lack of brightly lit windows stop you from gardening indoors. Include some low maintenance, low light houseplants and maintenance strategies to boost your success.

Low maintenance gardening starts with proper plant selection. Match the plant to the growing conditions and your gardening style.

ZZ plant is a favorite low light, low maintenance plant. You will see it in hotels and shopping malls where light and care are often limited. Avoid overwatering that can lead to root rot and death of this plant.

You will need to do a bit of searching to find a few of the newer ZZ plant varieties. Zenzi is compact with curled leaves while Raven has dark purple black foliage that contrasts nicely with green and chartreuse leaves of nearby plants.

Peace lily is another popular low light plant found in a variety of public places. It requires moist soil to thrive, making it the perfect plant for those that tend to overwater. Increase your success by mixing organic Wild Valley Farms' wool pellets (wildvalley-farms.com) into the potting mix. This sustainable soil additive retains moisture, reducing watering by up to 25 percent. It also adds air space, improving

the growing conditions for all indoor plants and helps reduce the risk of overwatering.

Pothos and philodendron are traditional low light favorites. New cultivars provide a fresh look to these indoor beauties.

Neon pothos has vibrant neon green foliage sure to brighten any spot in your home. Pearls and Jade has smaller cream and green variegated leaves. It is slower growing but just as tough as other pothos. Show off their trailing habit in a hanging basket, container displayed on a shelf, or set upon a pedestal.

You'll find a variety of philodendrons for your indoor garden. Brasil has dark green heart-shaped leaves with a golden stripe down the middle. Brandi, another trailing philodendron, has olive green heart-shaped leaves with silver splashing. These can be allowed to trail or trained up onto a trellis.

Golden Goddess has larger chartreuse leaves that make a dramatic statement in a home or office. When small, it is great for desks and tabletops, but you will need to transition it to a floor plant as it climbs its support, growing up to six feet tall. Or add a subtle touch of orange with Prince of Orange. The new leaves of this shrubby philodendron emerge a coppery orange and eventually age to green. It grows 24 or more inches tall.

The name says it all. Cast iron plant is tough and tolerant of low light and benign neglect. Individual long strappy leaves sprout from the ground to create a mass of greenery. This growth habit has made it a popular groundcover in milder climates. Variegated varieties with splashed or striping can be difficult to



Melinda Myers

Aglaonema 'Siam Red' (Red Chinese Evergreen) is a popular low light plant that can brighten up any space with its beautiful foliage.

find but add to its beauty.

New varieties of Chinese evergreen have found their way into many garden centers. Their green leaves may have silver highlights like those of Calypso. Cecilia and Golden Bay. Or add a bit of red to your indoor garden with be Red Gold and Ruby Ray Chinese evergreen.

Low light indoor plants allow you to add greenery where you once thought it was not possible. Their added beauty will help lift your spirits, reduce stress, and increase focus while improving your indoor air quality.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

# Antique finds



ANTIQUES,  
COLLECTIBLES  
& ESTATES  
.....  
WAYNE  
TUISKULA

There has been a lot of antique news since my last antique and collectibles news column. Three import-



ant antique finds have been reported within the past month, beginning with some coins that were literally uncovered in Poland.

The Archaeological Institute of America reports that medieval coins were recently found in a Polish cornfield. Archaeologist Adam Kedzierski was researching the 1935 discovery of

Turn To **ANTIQUES**, page **A10**

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OBITUARIES

Geraldine M. Levesque, 83

STURBRIDGE - Geraldine M. (Samaha) Levesque, 83, a longtime resident of Sturbridge, died Tuesday, February 2, at Quaboag Rehab & Skilled Care Center. Her husband was the late Edward J. Levesque, who died in May 2017.

She is survived by two sons, Robert Dion and his wife Rosemary of W. Brookfield, Randy Dion and his wife Paula of Brimfield; and 4 grandchildren.

She was born in Lawrence, daughter of the late Alfred and Jeannette



(Caplette) Dupuis and lived in Sturbridge most of her life. She worked many years for the Sturbridge Police Department, retiring many years ago. She also helped her husband operate their wood business, Levesque's Firewood, for many years.

Funeral services will be private. Burial will be at a later date in St. Anne's Cemetery.

Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550 is assisting with the arrangements. [www.sansoucyfuneral.com](http://www.sansoucyfuneral.com).

Ruth I. Jowett, 100

SOUTHBRIDGE - Ruth I. (Brousseau) Jowett, 100, formerly of Roosevelt Dr., passed away on Thursday, Feb. 4th, in the Overlook Masonic Healthcare Center, Charlton, after a long illness.

Her husband, Carl W. Jowett, passed away in 2005. She leaves her daughter, Patricia C. Wondolowski and her husband Joseph of Auburn; her son, James C. Jowett and Pamela Sjoblom of North Port, FL; her three grandchildren, Amy Vallee and her husband Craig of Brimfield, Timothy Wondolowski and his wife Sara of Lexington and Scott Jowett and his significant other Sarah Yaiser of Newington, CT; her daughter-in-law, Linda Langevin-Zonia and her husband David; her five great grandchildren, Tristen Vallee, Talyn Vallee, Emily Wondolowski, Benjamin Wondolowski and Jacob Wondolowski; and many nieces and nephews. She



was predeceased by her four brothers, Wilfred Brousseau, George Brousseau, Raymond Brousseau and Charles Brousseau. Ruth was born in Southbridge the daughter of Wilfred and Petronille (Lamoureux) Brousseau.

Ruth worked at Hyde Manufacturing in Southbridge as a secretary to the VP of Sales for over

25 years, retiring many years ago. Ruth's funeral was held on Monday, Feb. 8th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at Notre Dame Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial followed in Oak Ridge Cemetery, Southbridge. A calling hour in the funeral home was held on Monday, Feb. 8th, from 9:30-10:30am, prior to the Mass. [www.morrillfuneralhome.com](http://www.morrillfuneralhome.com)

TRUE continued from page A9

shop in Douglas in back of the Goodness store not that long ago by the Manning family, and even this writer sold live bait from my home for a number of years. My brother and I also sold live bait at our home on Main street in Whitinsville to local anglers. We erected a huge sign on the lawn advertising crawlers and garden worms for sale when my mother was at work. It had a huge nightcrawler standing six feet high, painted with a face smiling, which we thought was great, until my mother came home and had us

remove the sign immediately. We were not happy! I sure wish I had a picture of it.

There were a few shiner fishermen using nets to catch bait to sell to local bait shops. Huge seines were used by a couple of men in areas like the Mumford River, which yielded thousands of red fin shiners per day. Numerous large snapper turtles were often caught in the nets and were given to George Bramen (a member of the Whitinsville Rod & Gun Club) which he used to make turtle soup. It was delicious! Ah, the Good Old Days!

Take A Kid Fishing & Keep Them Rods Bending.

ANTIQUES continued from page A9

a hoard of coins when a local priest informed him that it was rumored that there were additional coins still buried in the field. Kedzierski found a "900-year-old hoard, stored in linen pouches placed in a pot, includes Czech, Danish, Hungarian, and German coins; lumps of silver; fragments of lead; and four gold rings." The more than 6,000 pieces were believed to have been the dowry of Maria who was a sister of Princess Zbysława of Russia. Maria was also believed to be the "daughter of Svyatoslavovich Isiaslovovich, Prince of Kiev" according to the Archaeological Institute of America. It is believed they were buried "during a time of turmoil in 1146." Further investigation of the area is being planned.

The Smithsonian Magazine reports that a Geneva, N.Y. man (David Whitcomb) found a treasure trove of photographs in the attic of a building that he recently purchased to open his law practice. The two previous building owners were unaware of the attic's existence because a drop ceiling had been added to the top floor decades ago that hid the view of the attic. Along with the photographs, Whitcomb found frames, old cameras, and backdrops. The Smithsonian reported that "according to Ben Hooper of United Press International (UPI), the items probably belonged to James Ellery, or J.E., Hale, a prominent photographer active during the late 19th and early 20th centuries. Hale's name was written on many of the objects in the attic, including letters and photographs, and he once owned a studio next door to the New York building." Two of the photos were of famous figures from the women's rights movement, Elizabeth Cady Stanton, and Susan B. Anthony. Hale took the photo of Susan B. Anthony in 1905, a year before she died. David Whitcomb consigned

the collection to a nearby auction house. The collection is expected to sell for \$100,000.

The Canadian Broadcasting Company (CBC) reported that an Edmonton, Alberta antique dealer (Alex Archibald) recently purchased a home that had belonged to a hoarder. He paid \$10,000 for the property, sight unseen. The home and contents were the estate of a local piano teacher (Bette-Jean Rac) whom Archibald had known before she passed away. A grand piano initially caught his attention. He has turned up many more valuable objects since he purchased the home and has been searching through it. Archibald found typical things you would expect to find in an old estate including clothes, shoes, books, and magazine. He found many more valuable objects as well though. Archibald said, "our most impressive finds included wallets full of cash, a 100-ounce silver bar, and bags full of gold and diamond rings." He found some of the clothing to be valuable pieces by well known designers. The estate items were sold in three auctions which ended up bringing \$400,000. Archibald kept the grand piano and moved it to his antique shop. He may not be able to hit a higher note than he already has though.

We are still accepting quality consignments for our spring multi-estate online auction such as gold jewelry, sterling silver flatware, antique paintings, coins, and other older collectibles. Our online auction with paintings from the estate of equestrian artist Fay Moore ends on February 17th. Our next online auction Session 2 of antique, vintage, and contemporary toys will soon be available for bidding.

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

Steven Francis Alger 62

STURBRIDGE - Steven Francis Alger 62, passed away on February 2, 2021 at UMASS Hospital.

Steven leaves behind his brother Paul Alger of Southbridge; his best girl Lynne of Feeding Hills; his lap warmer Buddy; his aunt Patricia Schellhammer of Fiskdale; and his good friend Robert Renaud of Southbridge.

He is predeceased by his father Frank Alger, and his mother Bernice (Kovaleski) Alger.

Steven graduated from Bay Path Vocational School, Johnson and Wales Culinary School, and Westfield State College where he earned his Master Degree.

He worked at the Publick House for many years and then taught culinary arts at Pathfinder Vocational school for 27 years before retiring in 1998.

Steven enjoyed golfing, barbecues



at the lake house, playing cards, watching Jeopardy he never missed an episode, his spectacular fireworks display over the lake every 4th of July, going to the casino, and attending concerts. He attended multiple Rolling Stone concerts.

He enjoyed people and always had a joke or two to tell. He will be missed by many. A few comments

from his past students on Facebook were; whistling chef in the talent show, peace ad cook from heaven, caring person with a great sense of humor which made him an amazing teacher, he always kept us laughing.

Belanger-Bullard Funeral Home, 51 Marcy St., Southbridge is directing arrangements.

An online guestbook is available at [www.BelangerFuneralHome.com](http://www.BelangerFuneralHome.com)

MOORE continued from page A8

Once you have the list, take each name, and make notes. Do I want to imitate them? Is their quality of life what I want for mine? What are they doing to me? How are they influencing me? Has my time with them changed me? And is that okay?

If you will take a hard, honest, and serious look into your associations, you will be surprised. Positive influences and examples will have a profound influence on your life. So will negative influences. Both will take you somewhere ... but ask yourself, "is it someplace you really want to go?" It's easy to dismiss the influence of others but its not honest. Make a list and examine each name.

Everything matters. Every word spoken. Every action taken leads us somewhere and impacts our lives. Ignorance is never your best policy. Understanding who and how you are being influenced is.

What am I becoming? I don't care how old you are, we are all on a journey somewhere. Is your journey taking you where you want to go? Ask yourself, "Who has power over you? Who is influencing my journey?"

Now, take positive and decisive action.

If you have participated so far in this exercise, you should have a clearer idea of who and how you are influenced. Now let's talk about the three steps you can take to improve your life.

1. Disassociation (hard choice) Get the losers out of your life.
2. Limited association – people you enjoy but add no real value to your life.
3. Increased association. Associate on purpose with people of positive substance.

These actions should be clear, so I won't spend too much time on them. Dump the people who are negatively influencing you. Limit the time you spend with casual friends who add nothing to your life and seek out people whose influence will improve your life and add to your success.

Never spend major time on minor things. Spend major time on/with positive influences. Spend more time with people of accomplishment and high character. It's your life. You can spend your time with whomever you want, but you must always weigh the time against what kind of return you are getting. Always be cautious and discerning about who and what you let into your mind.

Association can also be through the writing of positive people. We can't spend time with George Washington, Abraham Lincoln, Billy Graham or Martin Luther King, but we can through their words and writings they left behind.

I asked you to participate and I hope you will. Even more so, I hope you'll talk to your children and grandchildren about the power of influence. Helping them understand at an early age will positively impact them for the rest of their lives.

Next week, let's talk about the power of influence you have on others.

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 @GaryWMoore721 and at [www.gary-umoore.com](http://www.gary-umoore.com).

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DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

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**HITCHCOCK**continued from page **A1**

to community members to fill its branches with a “heart” felt message.

Executive Director Cindy Skowrya says, “The past months have been challenging in so many ways, so we are trying to find creative ideas to be a beacon of light for the community and bring attention to all that is still good in the world. We’ve converted one of our Christmas Trees for people to leave a message of kindness, hope, or inspiration for their neighbors and the world.”

There are blank heart notes and markers available on Hitchcock Academy’s porch so anyone can stop

by any time and pen a note of love, of encouragement, or of gratitude to a spouse, partner, a friend - anyone. You can also bring your own ornament to help fill the branches of the tree.

Hitchcock will also use its Facebook and Instagram platforms to encourage people to participate in activities to find enjoyment in the many “National” day celebrations throughout the month such as National Make a Friend Day, Random Acts of Kindness Day, Love Your Pet Day and Pokémon Day. There will also be a Brimfield based brain teaser. Keep checking our Facebook for more ways to have fun this February with Hitchcock Academy!

of the Supreme Court’s 1973 Roe v. Wade ruling which legalized abortion in all 50 states. It was not the volume of usual festivities in DC, but an important message that was expressed.

needed additional assistance in 2021. To learn more about Country Bank’s charitable giving program, visit [www.countrybank.com/about-us](http://www.countrybank.com/about-us).

**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](http://countrybank.com).

tion. Viewers will learn techniques for composing an arrangement using blossoms, leaves, and stems to highlight the elements of the artwork and see the creative process unfold.

“Passport to Virtual Flora” also includes the following Zoom art talk on Friday, Feb. 26 at 10 a.m.:

Flora Paintings Through the Ages, an illustrated talk by Martha Chiarichiaro

Flowers have been an inspiration to artists for centuries. Art historian Martha Chiarichiaro will explore the changes in artistic style from the Dutch floral artists of the 17th century (including several outstanding women artists) to the sunflowers of Vincent van Gogh and the irises of Georgia O’Keeffe. The paintings of contemporary floral artists also will be shown.

In addition, “Worcester in Bloom,” a virtual community exhibition of Flora-inspired paintings, drawings, photographs, sculptures, mixed media pieces, and written short stories or poems, is available online from Feb.

**KRAJCIK**continued from page **A1**

vaccine in hopes of getting back to a somewhat normal life soon, and I am absolutely honored to be given this opportunity,” Krajcik says. “Going to the Super Bowl is something I’ve wanted to do since I was a kid so for this to become a reality for me still feels unreal. I’m so grateful to the Kraft family & the Harrington administration for choosing me.”

“Meaghan goes above and beyond for everyone,” said Harrington Healthcare Chief Nursing Officer Jess Calcidise. “In the beginning of COVID, she was working 70 to 80 hours a week and didn’t take one day off. She suited up when she needed to, and made herself avail-

able to take swabs in the testing sites whenever she was asked; she is a truly great representation of Harrington.”

Being from Dudley and a native of Massachusetts, Krajcik says she is an avid Patriots fan. Although she won’t be seeing her favorite team play in the Superbowl, she says she is looking forward to seeing Tom Brady play – even if she’s not necessarily rooting for him anymore.

“I do like Brady, but it’s tough seeing him play for another team. I really wish he would have retired as a Patriot! I do think he’ll put up a good fight, but I think the Chiefs are going to win. Pat Mahomes is one of the best right now, and I will be rooting for the Chiefs,” she said.

**ENDICOTT**continued from page **A2****Northbridge**

Maeve Buckley, Libl Studies/Education, Gail Buckley and Mark Buckley

**Oxford**

Victoria Sheehan, Nursing, Donna Sheehan and Brian Sheehan

**Sturbridge**

Melissa Izzio, Interior Architecture, Tricia Izzio and Brian Izzio

**Sutton**

Isabella Fitman, Interior Design, Julie Fitman and Thomas Fitman  
Claudia Houde, Marketing, Melissa Houde and William Houde  
Nicholas Maselek, Finance, Andrea Maselek and Scott Maselek

**Upton**

1-28. “Worcester in Bloom” can be accessed at [worcesterart.org/flora](http://worcesterart.org/flora).

High resolution images from last year’s Flora in Winter can be found here.

**About the Worcester Art Museum**

The Worcester Art Museum creates transformative programs and exhibitions, drawing on its exceptional collection of art. Dating from 3,000 BC to the present, these works provide the foundation for a focus on audience engagement, connecting visitors of all ages and abilities with inspiring art and demonstrating its enduring relevance to daily life. Creative initiatives— including pioneering collaborative programs with local schools, fresh approaches to exhibition design and in-gallery teaching, and a long history of studio class instruction—offer opportunities for diverse audiences to experience art and learn both from and with artists. For more information about the Worcester Art Museum, visit [worcesterart.org](http://worcesterart.org).

Maria Buono, Mrktng Comm/Advertising, Diana Buono and Joseph Buono

Mackenzie Morgan, Finance, Gail Morgan and Daniel Morgan

Kaitlyn Schimp, Nursing, Shannon Schimp and Christopher Schimp

**Uxbridge**

Kiara Griffith, Nursing, Kimberly Griffith and Mark Griffith

Erin Jones, Psychology, Carla Jones and Michael Jones

Payton Nestor, Nursing, Lisa Nestor and Scott Nestor

**Webster**

Cassidy Thorpe, Nursing, Jennifer Thorpe and Jeffrey Thorpe

**Whitinsville**

Nicole Cella, Interior Design, Diane Cella and Christopher Cella

**About Endicott College**

Endicott College offers doctorate, master’s, bachelor’s, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites in Boston, online, and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. For more, visit [endicott.edu](http://endicott.edu).



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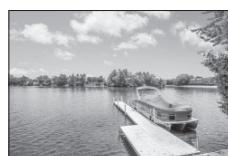


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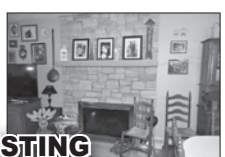
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**WEBSTER** – 6 Nicholas Circle! 8+ Rm Center Hall Colonial! 1.22 Acres! Sought After Neighborhood! Great Commuter Location Accessible to Many Major Routes! Spacious Stainless Steel Appliance Cabinet Packed Eat-in Kitchen & Formal Dining Rm! 23 x 24 Plrplce Family Rm w/Cathedral Ceiling & Slider to the Huge Deck! Front to Back Living Rm! 1/2 Bath w/Laundry Closet! The 2nd Floor You'll Find the Comfortable 12X17 Master w/Walk-in Closet & Full Bath w/Linen Closet! 2 Additional Bedrooms plus an Office/Nursery/Bedroom all w/Ample Closets! 2nd Full Bath off the Hall w/Linen Closet! 2.5 Total Baths! Lower Level Ideal for Storage or Future Expansion! 2 Car Garage w/Electric Openers w/Dble Door Entry to the Basement for Moving Larger Items aka Boys Toys! 2 Z Oil Heat, 2 AC, Separate Oil Water Heater! Irrigation! Don't Delay! **\$418,900.00**

**WEBSTER LAKE** – 124-2 Gore Road! 1.68 Acres! Private Retreat Lot with 320' of Road Frontage and 200' of Waterfront! Located in North Pond! Beautiful Panoramic Views! Sucker Brook Cove! Lot has been split from a larger parcel! Survey, Home Rendering and Conservation Items Addressed - Order of Conditions Pending! This is the Opportunity to Build a Unique Home with Spectacular Views! Direct Lake/Boat Access! Water and Sewer in the Road! Walk to Restaurants! Surrounded by Wildlife, including Swans and Eagles! **\$175,000.00**



**WEBSTER** – 69 Minebrook Rd! Conveniently Located 7 Rm Split Entry! 1.04 Acre Lot! House set well off the Road for added Privacy! Open Floor Plan! Eat-in Appliance Kit w/Island & Seating, Tile Flr, Tile Backsplash & Ceiling Fan! Din Rm w/Hrwd Flrs & Slider to the Deck Overlooking the Private Backyard! Frplcd Liv Rm w/Hrwd Flr! Ideal for Entertaining! Down the Hrwd Hall find a Full Bath w/Tile Flr & 3 Bdrms w/Wall to Wall Carpeting! Master Bdrm w/2 Dble Closets, Ceiling Fan & Master Bath w/Marble Tile Flr & Shower Surround! Hrwd Stairs, the Finished Lower Level Fan Rm w/Recessed Lighting, Stone & Tile Hearth w/Woodstove, 1/2 Bath w/Tile Flr, Laundry Rm w/Sink & Tile Flr, Utility Rm w/Storage! 2 Car Garage w/Electric Openers & Door to Backyard! Oil Heat! Steel "T" Beam Construction! Shed! Won't Last!! **\$349,900.00**

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**WEBSTER LAKE** – 20 Bates Point Rd! Middle Pond! Western Exposure w/Panoramic Lake Views! Beautiful Sunsets! 7 Rms, 2 Bdrms, 2.5 Baths! Recently Renovated from Top to Bottom! Move-in Ready! Professionally Landscaped! Exterior Stonework Front & Back! Open Floor Plan! 1st Level w/Huge Family Rm w/Lake View & Access out to Stone Patio, 1/2 Bath & Laundry, Travertine Tile Throughout! 2nd Level w/Custom Granite Kitchen w/Stainless Steel Appliances, Center Island w/Seating & Large Pantry! Spacious Living Rm w/Sliders to 14X34 Composite Deck! Dining Area w/Water Views, Hardwood Floors Throughout, Bath w/Tiled Shower, Guest Bedroom or use as Office! Lake Facing Master Bedroom w/Walk-in Closet & Private Deck! Bathroom w/Double Sinks, Tiled Shower & Separate Tub! Comfortable 3rd Bedroom w/Lots of Storage! Level Lot w/Room for Entertaining and Enjoying All The Lake has to Offer! **\$749,000.00**

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#### Lake Shirley - 647 Reservoir Rd



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#### JANUARY'S SINGLE FAMILY HOMES REAL ESTATE MARKET

##### AUBURN

	January 2020	January 2021	Trend
Median Price	\$310,000	\$350,000	▲
Market Volume	\$4,265,000	\$6,466,100	▲
# of Homes Sold	14	18	▲
Avg Days on Market	60	24	▼
Month Supply Inv.	1.08	.27	▼

##### WEBSTER

	January 2020	January 2021	Trend
Median Price	\$262,000	\$274,450	▲
Market Volume	\$3,165,500	\$5,173,900	▲
# of Homes Sold	10	20	▲
Avg Days on Market	43	19	▼
Month Supply Inv.	1.33	.54	▼

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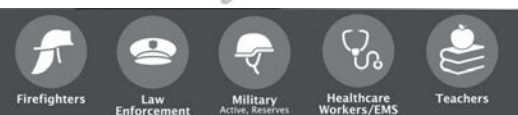
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TRAVINSKI

continued from page A1

improved the lives of countless individuals and their families.

Travinski graduated from Northeastern University with a BA in Psychology. She continued her education at Assumption College where she graduated with her masters, Certificate of Advanced Graduate Studies in Rehabilitation Counseling and a Certified Rehabilitation Counselor Certification.

During her career, she has worked with both children and adults ensuring that everyone was given the opportunities to live the most fulfilling life. Erika's compassion and kindness has touched the lives of so many.

Travinski is very involved in advocating legislatively for people with disabilities, is a member of the Board of Governors for the Tri-Community YMCA and is committed to the business community with her work with the Chamber of Central Mass South.

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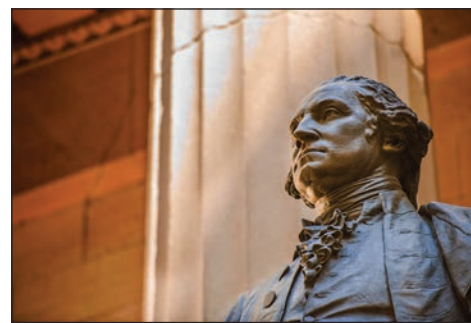
## Why 'Presidents' Day' actually goes by another official name

An official list of federal holidays in the United States won't feature "Presidents' Day" among the observed holidays. Some may say that's preposterous, as they're certain that post offices and other federal entities are closed on such a day each February. While the third Monday of February is commonly referred to as "Presidents' Day" throughout the United States, the day is legally referred to as "Washington's Birthday."

According to the U.S. Office of Personnel Management, this holiday is designated as "Washington's Birthday" in section 6103(a) of title 5 of the United States Code, which is the law that specifies holidays for federal employees. Though other institutions, such as state and local governments and private businesses may use other names, it is OPM policy to always refer to holidays by the names designated in the law.

### History of Washington's Birthday

The idea to give presidents a little extra fanfare originally was estab-



lished in 1885 in recognition of George Washington. After his death in 1799, Washington's birthday on February 22 became a day of remembrance, according to History.com. Its observance as an official holiday was signed into law in 1879 by President Rutherford B. Hayes. Originally, the holiday only applied to the District of Columbia, but in 1885 it was expanded to the entire country.

Abraham Lincoln, another revered American president whose birthday was February 12, also was largely celebrated during the month of February as a state holiday, particularly in his home state of Illinois. In the 1960s, when Congress proposed a measure known as the Uniform Monday Holiday Act that designated Monday as the day to celebrate various federal holidays, the proposal also included a provision to combine the celebration of Washington's and Lincoln's birthdays to provide more equal recognition of these two influential leaders. The name Presidents' Day was proposed at that time. However, when the bill moving the celebration of Washington's birthday to the third Monday in February went into effect in 1971, Congress rejected the name change, so it remained Washington's Birthday. That name stands to this day.

### Why Presidents' Day?

Even though federal calendars will list February 15 this year as Washington's Birthday, it will largely be referred to as Presidents' Day. This unofficial moniker developed in the 1970s due largely in part to retailer's use of that name to promote sales and the proximity of the holiday to both the birthdays of Washington and Lincoln. Indeed, a Washington's Birthday furniture sale doesn't have the same ring to it as a Presidents' Day sale.

No matter what the holiday is called, Presidents' Day offers citizens a chance to learn more about the history behind Washington and Lincoln — two pivotal statesmen in American history.

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