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Friday, January 22, 2021

Local author explores “complex” American identity in new book

BY GUS STEEVES
CORRESPONDENT

SOUTHRIDGE – At a time the nation is seeing protests, Internet memes, Twitter storms, ballot questions and other avenues of grappling with the American identi-

ty, former Southbridge Evening News editor Loren Ghiglione recently threw his hat in the ring with a new book, “Genus Americanus.”

Now living on Martha’s Vineyard in semi-retirement, Ghiglione spent a

Neal joins vote to impeach Trump

BY JASON BLEAU
VILLAGER CORRESPONDENT

WASHINGTON, D.C. – Congressman Richard Neal, Representative of the 1st Congressional District in Massachusetts, was among the members of the House of Representatives to vote to impeach President Donald Trump for a second time on Jan. 13.

The House voted 232-197 to impeach President Trump with accusations of “incitement of insurrection” after lawmakers blamed Trump’s rhetoric for encouraging his supporters to storm the Capital Building on Jan. 6, an event that some have labeled a violent riot and attempted insurrection in protest of the results of the 2020 Presidential Election which Trump claims was rigged in favor of his opponent and eventual winner Joe Biden. Trump was previously impeached in early 2020 by the House for abuse of power and obstruction of Congress but was acquitted following a Senate hearing.

Congressman Neal was among those who voted in favor of his impeachment both times. With the most recent impeachment Congressman Neal said he felt it was essential that lawmakers hold President Trump accountable for his part in the events that unfolded on Jan. 6 which left five people, four Trump supporters and a Capitol police officer, dead.

“We are a nation of laws, traditions, and values. The seditious act we witnessed on Jan. 6 was unprecedented, and President Trump’s response to this horrific attack and deadly insurrection was inexcusable. When the citadel of our democracy comes under attack, actions taken by the President need to be swift and unwavering. Instead, the President incited this mob. He called on his supporters to come to Washington, to march

Turn To NEAL, page A12

Genus Americanus

Hitting the Road in Search of America’s Identity



Loren Ghiglione with Alyssa Karas and Dan Tham

“Reminds us of just how much work remains to be done as we explore what it means to be American in the twenty-first century.” —NATHAN MCCALL, author of *Makes Me Wanna Holler: A Young Black Man in America*

couple months on the road with two students, Alyssa Karas and Dan Tham, chasing Mark Twain’s travels, talking to people he’d normally never meet, diving into some of his own family history, and generally exploring what it means to be American.

“The American experience is not just about white folks coming from Europe, but much more complex,” he said. “I’m trying to make the point that, out of this mixed experience, there’s something special, and it’s to be valued, not disparaged.”

In both Twain’s era and ours, the nation is “trying to become more accepting,” juggling ideas of equality and the American Dream with the fact there’s still “a hierarchy in society” that generally favors whites over other groups and native-born whites over immigrants and, ironically, Native Americans, he observed. While society is “striving to be less racist” and “many markers suggest society has gotten more open,” some people still feel threatened and discriminated against, either by law or less formal practices.

“Society still has challenges, and they’re not likely to go away anytime soon,” Ghiglione said.

On page 13, he para-

Turn To BOOK, page A12

Charlton experiences post-holiday COVID spike

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – While the town of Charlton has continued to be among the lowest number in COVID-19 infections locally, increased cases in December and early January have proven to be concerning for town officials.

Many experts believed that the holiday season would bring an increased number of COVID cases nationwide due to family gathering and the shopping experience. Charlton appears to have suffered such a fate with one of its highest numbers to date, 80 recorded cases, during the first week of January. Town Administrator Andrew Golas said these numbers are a red flag but weren’t necessarily unexpected especially with the national warning of potential spikes due to the holidays.

“It’s obviously concerning. Really, we’re in the position of just reminding people to continue to observe the precautions that were given by the state and to continue mask wearing and try to avoid gatherings as much as possible. We haven’t seen a giant cluster in one area like we did earlier when the numbers first started going up. It’s really just a town-wide reminder to stay vigilant and continue to observe social distancing and mask wearing,” Golas said.

Charlton also got a forewarning of a potential spike. Leading up to Thanksgiving Charlton’s had recorded less than 30 cases per week, including only seven cases in the first week of November. The week of Thanksgiving Charlton had 55 cases and only once since then have Charlton’s numbers been below 50. Even then Charlton has not gone one week without more than 35 positive COVID cases since mid-November. The first week of the new year brought 80 cases, a new high for the town. Several local communities recorded numbers consistent with or similar to Charlton’s recent spike during the same timeframe.

Looking ahead, Charlton’s town hall remains largely closed to the public with only employees allowed in the facility except for specific scheduled meetings. Golas doesn’t see this changing any time soon, however the spike in cases aren’t resulting in more precautionary measures either. Charlton plans to remain with the status quo at least for the month of January until the numbers start to fall. With that in mind, Golas acknowledges that almost a year into the pandemic citizens are probably starting to get frustrated but they need to remain vigilant or risk even larger spike in infections.

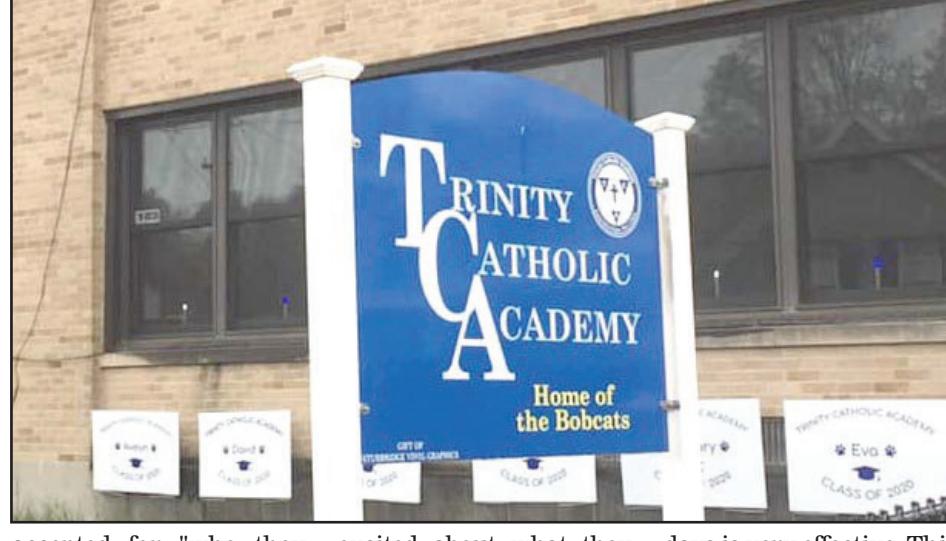
“The tough part is that we recognize people have fatigue from all of this. A lot of times people just let their guard down when they are around people that they know, especially people outside of their household. It’s tough when we’re almost a year into this situation and trying to stay as vigilant as possible, but really that’s the mantra that we have to keep sharing with everyone. As the state ramps up its vaccination protocols hopefully

Trinity Catholic Academy accepting registrations

SOUTHRIDGE — TCA is now accepting registration for Pre-K, Kindergarten – Grade 8, including transfer and returning students for fall 2021. Open House on Jan. 31 will be by appointment only.

Trinity Catholic Academy, a Pre-K to Grade 8 school emphasizes and promotes Christian values through example and instruction of academic excellence, athletics, and the arts with respect, compassion, and service among a diverse school family. This opportunity is available for all faiths.

Trinity Catholic Academy’s goal is to provide a warm, loving, rich and safe environment designed to consider the total development of each child’s needs and meet his/her individual interests. It is recognized that children learn best when they have a good self-image and are



accepted for “who they are” by adults and children alike.

Parents and teachers appreciate TCA’s caring and nurturing environment. Children can learn independently and together with their friends. Children look forward to going to school and are

excited about what they learn. The schools “buddy system” is a favorite of parents and students. The idea that 3rd Grade students are buddied up with preschool children empowering leadership and mentoring at the same time as they carry out projects and reading

days is very effective. This program is used throughout the grades and has been adjusted to keep with social distancing guidelines and remains an effective practice.

The Preschool is separate from the rest of the

Turn To TCA, page A12

Turn To COVID, page A12

Assumption, Holy Cross alumni lead development of virtual mental health museum

MILFORD — The National Museum of Mental Health Project, Inc. (NMMHP), a group initially formed in 2019, has been incorporated as a not-for-profit organization with an expanded mission to develop virtual exhibits that transform society's understanding of mental health.

The work of NMMHP founders Paul Piwko, a professor in the Grenon School of Business at Assumption University, and Alexandra Orlandi, a University alumna and Mental Health Specialist at McLean Hospital, initially focused on researching and

publishing the benefits of mental health exhibitions. Prior to the pandemic, the display of mental health exhibitions in museums, airports, and malls was increasing. NMMHP now seeks to expand this trend from brick-and-mortar establishments to the internet at a time when museums are increasing their online visibility and the COVID-19 pandemic has created an unprecedented need for mental health resources.

Virtual museums side-step the cost of physical buildings and dramatically increase visitor accessibility. Piwko compares the concept

of a virtual museum to a "museum without walls" like GirlMuseum.org, an online museum dedicated to celebrating girlhood. Piwko states, "What Ashley Remer has done with Girl Museum is what we seek to replicate. From her living room in New Zealand, financed by a few thousand dollars annually, she created one of the world's first virtual museums."

NMMHP exhibitions will promote mental health literacy by sharing personal narratives and expanding vocabulary. Orlandi says, "Learning about mental illness and wellness isn't just about reading textbooks,

listening to lectures, or seeing a therapist. Learning is also observing and exploring." Exhibits will provide a unique space for visitors to experientially interact with content.

NMMHP is currently developing its first exhibition, I Get It, which will launch in 2021 on its website NMMHPProject.org and via social media. The website was designed by Assumption alumna Kate Kruzick and launched via Wifi hotspot from the grounds of the Medfield State Hospital Cemetery – a place of early inspiration for the Project.

Although NMMHP seeks a national audience for its research and exhibitions, all founding board members are residents of the Worcester area. Piwko and board secretary Anne Walton are Milford residents, and Orlandi lives in Hudson. Piwko and Orlandi completed a research fellowship at Assumption about mental health exhibitions and have been published by numerous news outlets, including the Des Moines Register, the Omaha World-Herald, and the Worcester Telegram. They presented their work to the New England Museum Association in 2018 and will be presenting at the 2021 Mental Health America Annual Conference.

In January 2020, prior to its formation as a nonprofit, NMMHP participated in the annual Nonprofit Careers Conference at College of the Holy Cross where a team of students developed fundraising strategies. The organization's connection to Holy Cross and the Worcester area deepened this past fall with the hiring of Communications Intern Emily Taylor, a junior at Holy Cross who is from Hopkinton.

Piwko says, "We take inspiration from the rich history and people of the Worcester area in impacting the national dialogue on mental health, such as nineteenth century reformer Dorothea Dix and mindfulness innovator Jon Kabat-Zinn. We feel our goals come from that same spirit."

The impact of the mental health exhibition trend has already been

Turn To VIRTUAL MUSEUM, page A11

Gove Law Office adds Heather Castro as Real Estate Paralegal

STURBRIDGE — Gove Law Office is happy to announce that paralegal Heather Castro has joined the firm as a real estate paralegal. Heather has more than four years of experience as a paralegal and will be focused on residential and commercial real estate transactions with the firm.

"Heather brings significant experience to our real estate practice, and will be ready to help our clients with their transactions from day one," said Michael Gove, founding partner of Gove Law Office.

Castro received her Bachelor's degree in Legal Studies and Certificate of Advanced Paralegal Studies from Bay Path University, and is currently in her final year of law school at Western New England University, with an expected graduation in May 2021.

The Gove Law Office, with offices in Ludlow, Northampton, and Sturbridge, has attorneys licensed in Massachusetts and Connecticut who provide practical, solutions-oriented guidance to clients in the areas of residential and commercial real estate, estate planning and administration, guardianships, and conservatorships, family law and mediation, business representation, and



Courtesy

Pamala Holt joins Goodrich Insurance Agency

We are excited to welcome Pamala Holt from Dudley MA to our team of insurance professionals at Goodrich Insurance Agency in Milton MA.

Pam has over 20 years of insurance expertise and will be our Personal lines Account Manager. Pam joined our office family on November 23, 2020 and will be working remotely from Dudley and in our main office in Milton. Help us to give Pam a warm welcome! We look forward to providing our current client and new clients with professional, personal, knowledgeable valued client services you expect from Goodrich Insurance Agency!

Donna Benoit CIC CPIA
Vice President



Pamala Holt
Account Manager

William L. GOODRICH INSURANCE Agency, Inc.

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\$385,000,101 Shepard Rd, Landon-Grover, Joseph, and Grover, Johanna, to Dyer, Lily, and Dyer, Andrew.
\$360,000,5 Ladd Rd, Cyr, James L, and Cyr, Deserae, to Monaco, Lorenzo.
\$355,000,10 Allen Rd, Elian, Michael P, to Neves, Margaret M.
\$355,000,12 Allen Rd, Elian, Michael P, to Neves, Margaret M.
\$350,000,129 Walker Pond Rd, Alex & Evelyn Young, IRT, and Young, Gary A, to Cairns, Allison.
\$280,000,217 Podunk Rd, Power, Louise M, to Christo, Gianni M, and Rice, Micaela H.
\$273,000,24 Cedar Lake Dr, Tremblay FT, and Tremblay, Gary, to Cantara, Nicholas W.
\$226,000,12 Arnold Rd, Bell, Robert, and Bell, Deborah, to Torres, Brendon.
\$180,000, Putnam Rd #ABC, Silverberg Axel GESt, and Silverberg, Christine, to G Lussier Builders LLC.

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mikaela@stonebridgepress.news

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Nichols adding new Sports Management, Real Estate concentrations

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY — Nichols College is enhancing its sports management and real estate offerings by launching three new concentrations within in Business Administration degree program.

Starting in the fall of 2021 Nichols will offer three new concentrations, Sport Sales & Strategy, Sport Marketing & Content Creation, and Real Estate Management which will offer specialized training including hands-on learning and internships with professional sports organizations among other coursework. The college announced the new programs in a Jan. 13 press release where Dean of Academy Affairs Mauri Pelto, Ph.D said these new courses will prepare students of in demand careers within sports management and the real estate market.

"These new concentrations are driven by industry demand, but also by the interests and passions of students who want to increase their skills and channel those passions into targeted careers," said Pelto. "Nichols can offer them distinctive opportunities and access to a faculty and alumni network who are successful in both fields. The success of these alumni underscores the value Nichols can offer."

Both sports-related concentrations were created partially in response to the projected 8.9 percent growth in sports careers through 2026. Sports Sales & Strategy will prepare students for sales and relationship building as part of a sales team within the sports world while the Sport Marketing & Content Creation will enhance students understanding and capabilities in brand management and social media engagement. Both programs will require internships according to Brittany Jacobs, Ph.D., chair of Sports Management at Nichols but will also include substantial classroom and hands-on work.

"These opportunities prepare students for a seamless transition into



sport sales or marketing careers upon graduation and provide an 'test-classroom' where students can practice skills and develop competencies," said Jacobs.

In the real estate program, the new concentration on real estate management will prepare students for careers in residential and commercial sales and leasing including appraisal, consulting, property management, mortgage lending and beyond.

"There are many diverse and intertwined real estate career paths that build on and complement each other, offering growth and the opportunity to have experience in several different aspects of the industry," said Maryann Conrad, chair of hospitality management and director of the real estate management concentration at Nichols College. "The real estate industry is never boring, ever challenging, and always changing. This new concentra-

tion will give students an edge with real estate knowhow, licensure preparation, and practical experience."

Details about all three programs as well as admissions information is available on the Nichols College Web site.



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.news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



TOWN ADMINISTRATOR

The Town of Holland seeks a qualified applicant for a full-time position of Town Administrator for the Select Board.

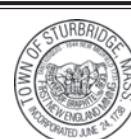
Requirements of a minimum of 3 years of municipal management experience as a Chief Administrative Officer or related field; municipal management strongly preferred; or any equivalent combination of education and experience. Experience with Massachusetts General Laws, personnel administration, upper-level management and town meeting process is preferred. Hours: Mon-Thurs, 9am-5pm.

Salary Range: \$40,000-\$42,973.

Resumes will be reviewed by the Town Administrator Search Committee as submitted and the position will remain open until filled.

Please submit a cover letter of interest and resume to Stacy Stout, Interim Town Administrator, c/o: The Holland Select Board, 27 Sturbridge Road, Holland, MA 01521 or by email: townadmin@hollandma.org

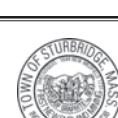
The Town of Holland is an EOE/AA.



Notice of Vacancy Sturbridge Board of Assessors

The Town of Sturbridge is seeking to fill a vacancy on the Board of Assessors. This is an elected, unpaid position. The person appointed must be a registered voter of the Town of Sturbridge. A special election for the seat on the Board will be held in April of 2021. The Board of Assessors is responsible for determining the fair and equitable valuation of all real and personal property in the Town, in accordance with Mass General Laws. The Board of Assessors duties include acting upon abatement requests for real estate, personal property, motor vehicle excise and boat excise taxes.

The Board is also responsible for acting upon personal exemption requests for real estate (Elderly, Veterans, Blind Persons, Surviving Spouses, etc.) as well as acting upon applications for classification of real estate as agricultural/horticultural, forestry or recreational land. The Board meets once a month. If you are interested in a position on the Board, please send a letter of interest to Jeff Bridges, Town Administrator at JBridges@Sturbridge.Gov. The position remains open until filled. *The Town of Sturbridge is an EOE.*



Town of Sturbridge Part-Time Custodian

The Town of Sturbridge Facilities Department is currently seeking an individual for the part-time position of Custodian. The 18-hour per week position reports to the Facilities Coordinator.

Duties include cleaning of buildings and equipment, disinfecting, monitoring supplies and building conditions, and reporting to Facilities Coordinator.

Candidates must be able to be flexible, work independently and as a team, follow strict cleaning protocols as necessary, and work up to 5 days per week. Starting rate expected to be \$16.75/hour.

See also job description for more details.

Sturbridge is a Drug-Free workplace and EOE. Applications can be downloaded on www.Sturbridge.gov. Please send letter and application to

Town Administrator's Office, 308 Main St, Sturbridge, MA 01566

or email to amcannon@sturbridge.gov. Applications accepted until filled.

Nichols College students named to

Fall 2020 Honors List

DUDLEY — Many hard-working students at Nichols College in Dudley, Mass., have achieved Dean's List or President's List honors during the fall 2020 semester.

The Dean's List and President's List give recognition to those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum grade point average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester. Students whose semester grade point average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President's List honors.

Shane Raney of Brimfield has achieved Dean's List honors.

Abigail Stansky of Sturbridge has achieved President's List honors.

Abigail Zahr of Fiskdale has achieved President's List honors.

Thomas Messina of Sturbridge has achieved President's List honors.

Timothy Rynearson of Sturbridge has achieved Dean's List honors.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.



Jillian Johnson of Holland earns placement on Assumption University's Dean's List

WORCESTER — Assumption University has announced that Jillian Johnson, of Holland, Class of 2024, has been named to the University's Dean's List for the fall 2020 semester. Students must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters. Due to the pandemic, this fall semester was divided into two accelerated seven-week terms.

"This semester, our students faced unprecedented challenges due to the global pandemic," said Francesco C. Cesareo, Ph.D., president of Assumption

College. "Following a rapid transition to remote learning, students adapted to the new form of education delivery amid difficult circumstances. The Assumption community is proud of these students who, despite the distractions of the COVID-19 situation, were able to remain focused and maintain a commitment to their academic programs."

An Assumption education prepares students to succeed in a continuously changing world and for jobs that do not yet exist. Steeped in the liberal arts tradition, students studying at Assumption are exposed to a broad range of disciplines in the humanities, sciences, and

social sciences as they explore fundamental questions characteristic of the liberal arts, while also learning best-practices and developing valuable communication and critical-thinking skills, traits sought after by employers in nearly every industry. A combination of classroom theory and hands-on learning through internships, participation in community service, or one of the more than 60 on-campus clubs and organizations help students develop into leaders who will

make a difference in the communities in which they live and work.

For more information, visit assumption.edu.

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England's premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

LEGALS

Town of Charlton Invitation to Bid Maintenance of Recreational Properties

Mowing & Snow Removal Service

The Town of Charlton is seeking proposals from qualified landscape/plowing contractors, hereinafter referred to as the Bidder, for the purposes of maintaining town recreation fields, town common, and other municipal sites.

Bidders must be able to perform varied landscaping services including mowing, trash removal, field maintenance and snow removal.

Prospective bidders may obtain a Request for Bid package, which is available for pick-up during the week, excluding holidays, Monday- Wednesday -Thursday: between 7:30 am and 5:00 pm and Tuesday, 7:30 am and 7:00 pm in the Board of Selectman/Town Administrator office of the Town Hall and returned **no later than 10:00 AM, Thursday, February 11, 2021**. The bid envelope shall be clearly marked "Request for Bids-Maintenance of Recreational Properties/Mowing & Snow Removal Service."

Sealed bids, appropriately marked will be publicly opened and read aloud in the Town of Charlton Selectmen's Meeting Room, Charlton Municipal Offices, 37 Main Street, Charlton, MA 01507.

The Town of Charlton reserves the right to accept or reject any or all proposals, to accept any part or portion of a proposal, to waive any informality in a proposal, to accept proposals and to award contracts as shall be in the best interest of the Town of Charlton. Minority and female owned businesses are encouraged to bid.

The Bidder shall separate and identify costs according to year and whether the work is lawn/field operations or snow/ice removal as internal accounting shall use two different accounts for payments. Bids shall be awarded based on the total, combined bid for both operations.

This agreement is from date of award, projected to be February 23, 2021, until January 31, 2021

January 15, 2021

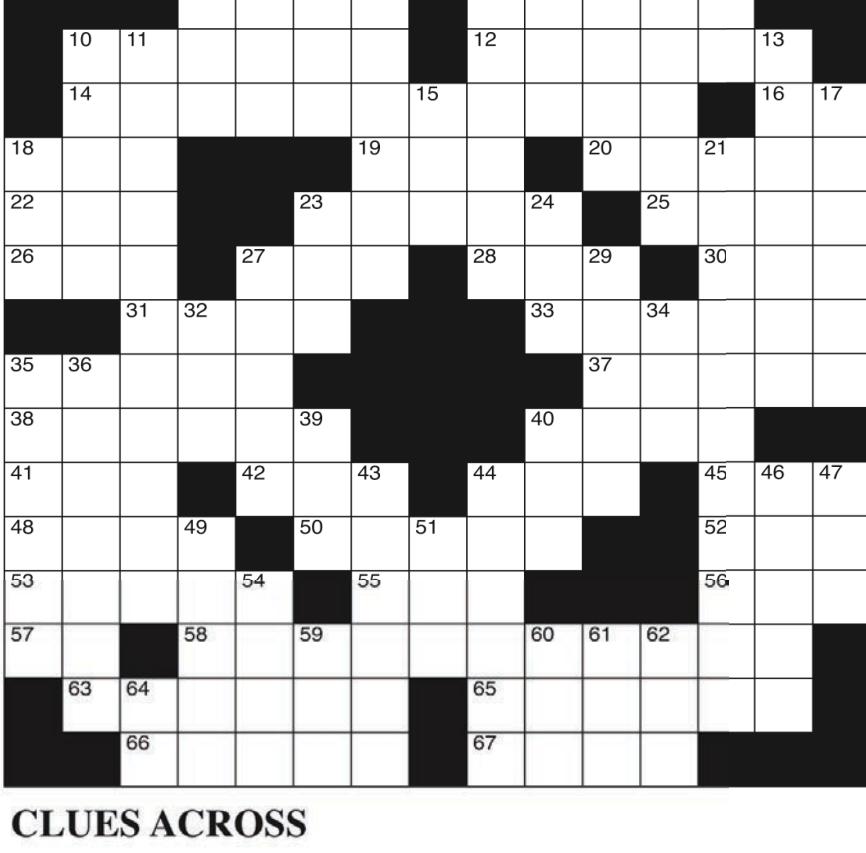
January 22, 2021

SNHU announces Fall 2020 Dean's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2020 Dean's List.

Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester.

Alex Lord of Holland Raymond Morehouse of Holland Southern New Hampshire University (SNHU) is a private, non-profit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



CLUES ACROSS

- 1. Ancient kingdom near Dead Sea
- 5. 2014 Winter Olympics host
- 10. Soft fabric
- 12. Covered in flowers
- 14. Works at a college or university
- 16. Keeps us cool
- 18. Corpuscle count (abbr.)
- 19. Similar
- 20. Birthplace of Muhammad
- 22. They __
- 23. Preamble to a book
- 25. Southern China people
- 26. Hair product
- 27. The woman
- 28. Partner to cheese
- 30. One point north of due east
- 31. Round Dutch cheese
- 33. Be in awe of
- 35. Christmas song
- 37. Emits coherent radiation
- 38. Something that is comparable to another
- 40. Monetary unit
- 41. The cutting part of a drill
- 42. Resinlike substance secreted by certain insects
- 44. Touch lightly
- 45. Toyota SUV
- 48. __ and Andy, TV show
- 50. Made less dangerous
- 52. Assets under management (abbr.)
- 53. Nostrils
- 55. Moved quickly
- 56. Thai isthmus
- 57. TV personality Roker
- 58. Honors anew
- 63. Rags
- 65. One who obtains pleasure from inflicting pain on others
- 66. Marketplaces
- 67. Dark brown or black

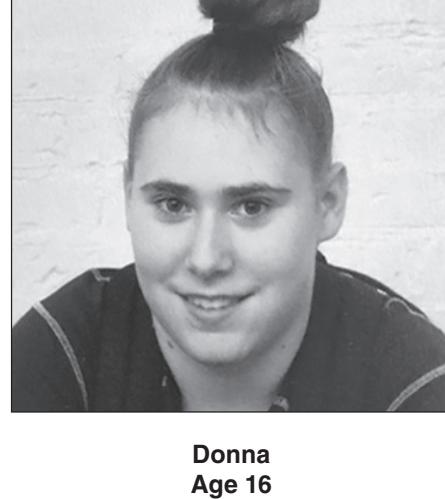
CLUES DOWN

- 1. Nowhere to be found (abbr.)
- 2. Not new
- 3. Brew
- 4. Stain with mud
- 5. Chief or leader
- 6. Luke Skywalker's mentor __-Wan
- 7. Type of sauce
- 8. Sharpens
- 9. Priestess loved by Zeus
- 10. Jean Henri __, French entomologist
- 11. Regulates supply of fuel
- 13. Disturbing and horrifying
- 15. Equal (prefix)
- 17. Hosts film festival
- 18. Tattered piece of clothing
- 21. Rich desserts
- 23. Unique motor (abbr.)
- 24. Disfigure
- 27. Chemical substance
- 29. Slang for famous person
- 32. Department of Labor
- 34. The A-team rode around in one
- 35. Beach cabin
- 36. Living things
- 39. Gun (slang)
- 40. Disconsolate
- 43. Stroke gently
- 44. Actress Richards
- 46. "Cletus Hogg" actor
- 47. Returned material authorization (abbr.)
- 49. Brazilian mountain range
- 51. Upset
- 54. One with supernatural insight
- 59. Insecticide
- 60. Taxi
- 61. "Much __ about nothing"
- 62. Cannister
- 64. Popular clothing retailer



PUZZLE SOLUTION

Friday's Child



Donna
Age 16

Hi! My name is Donna and I'm very athletic!

Donna is an athletic girl of Caucasian decent. She is incredibly articulate and insightful. Conversation comes easy to Donna. She also has the ability to let her sense of humor shine through in her conversations. Donna has a warm demeanor and is described as having the ability to "light up a room with her personality." She is very polite and always shows her caring nature towards others. Donna is very energetic and loves to participate in athletic activities, especially basketball, soccer, and working out. Aside from her activities and hobbies, she has a great love for all animals. She hopes to be a veterinarian one day so she can spend all her time

around animals! Donna is also a BIG fan of Dominican food, music and good shoes. Donna is always appreciative of people who spend time with her. She loves connections with adults, they are very meaningful to her and she holds these relationships as very special. Regardless of her age, Donna is still wishing for a forever family to come into her life.

Donna is legally freed for adoption. She very much wants to be adopted. She welcomes the idea of moving out of state if it's the right family for her. Her social worker believes that a family with at least one female parent would be of benefit to Donna. Additionally, it is recommended that Donna be the only child in the home or the youngest child in a home with much older children. Donna responds well to nurturing behaviors and clear communication styles. The ideal family would encourage Donna's many aspirations, support her hobbies and positively influence her potential.

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.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

QCC announces Fall 2020 Dean and Merit Lists

WORCESTER — Quinsigamond Community College has released its Fall 2020 Semester Dean and Merit Lists. A total of 577 students were named to the College's Dean's List and 953 students were named to the Merit List.

Students named to the Dean's List must have a Quality Point Average (QPA) of 3.5 or higher and have earned 12 or more credits in a given semester. Students named to the Merit List must have a QPA of 3.5 or higher and have earned 6 or more credits in a given semester, but fewer than 12 credits.

For more information, contact Josh Martin, Director of Institutional Communications at 508.854.7513 or

jmartin@qcc.mass.edu.
QCC's Dean's List Fall 2020 Semester

Auburn: Kiara Almeyda, Casey Clouthier, Gracie Curtis, Samantha Deso, Aidan Foley, Kevin Foley-Foster, Catherine Forde, Rebecca Forrett, Lauren Francis, Dawson Gemme, Collin Hines, Luke LaBonte, Hailey Martell, Quinne Masiello, Benjamin Rackett, Xabriana Santiago, Meloney Thapa, Rheina Viruet, Makenzie Ward

Blackstone: Colin Johnson, Erin McDonald, Cassidy Tellstone, Patricia Wozniak

Charlton: Elaine Bond, Alaina Chiminello, Lauryn Dawson, Rebekah Diaz, Natasha Emco-

Zelenak
Southbridge: Jamal Blyther, Rayann Carl, Jaime Fuentes, Jessica Harvey, Lizzette Hernandez, Melynda Marcano, Eridon Mehmeti, Christina Ruberti, Justin Santiago, Juan Velasco

Spencer: Dylan Connors, Judith Hickman, Nelmarie Irizarry, Jennifer Jarmulowicz, Ashley Leighton, Tonya Morrill, Kevin O'Rourke, Sofia Ocana, Kyle Paquette, Brian Payson, Jade Shultz,

Josephine Tang, Dustin VanDyke Sturbridge: Megan Curboy, Abigail Glazebrook, Jason Hastings, Bonnie Hensley, Alyssa Lalashius Webster: Carolyn Almanzar Gutierrez, Anthony Barnardo, Abigail Biernacki, Katelyn DiTullio, Audrey Ducharme, Anna Israeliyan, Joshua Kichar, Chime Lama, Antonia Lopez, Makenzie MacGregor, Anne Marie Markiewicz, Joe Ramos, Alicia Rogalski, Orion Walker

QCC's Merit List Fall 2020 Semester

Auburn: Zahraa Alshammari, Gabriella Amoros, Tatiana Baez,

Turn To QCC, page A11

DA offers grants for safe post-prom & graduation activities

REGION — Worcester County District Attorney Joseph Early, Jr., is helping local students end the school year safely.

Worcester County high schools are invited to apply for mini-grants to support safe after-prom and post-graduation activities for students. These events offer drug-free and alcohol-free alternatives to high-risk activities with no supervision.

Recognizing that students have gone through a long, challenging year due to COVID-19, DA Early understands that kids will be eager to head out and celebrate their accomplishments this spring. As vaccinations ramp up and events resume across the state, Early's team wants to make sure all stu-

dents enjoy themselves safely in the "new normal."

"Grants will be given to schools to support existing events, or to assist schools in establishing a new event," read a statement released by Early's office. "While none of us know what the status of school activities will be in the spring, we are cautiously optimistic and accepting applications for funding requests."

The grants are funded by the Massachusetts Office of Victim Assistance Drunk Driving Trust Fund. The applications for funding requests are due by Feb. 12.

For more information about the grant opportunity, contact Ellen Miller at ellen.miller@mass.gov. You can also reach her by calling 774-317-2159.

Health Foundation announces the 2021 Activation Fund grant opportunity

WORCESTER — The Health Foundation of Central Massachusetts is pleased to invite grant applications for its Activation Fund in 2021. Letters of Intent are due April 29. The Activation Fund supports discrete, one-year projects in Central Massachusetts that demonstrate creative and innovative approaches to addressing community health concerns and that move an organization to its next level of capacity and effectiveness, which can be sustained beyond the term of the grant.

Activation Fund grants typically range from \$10,000 to \$100,000. Final decisions about 2021 Activation Fund grants will be made in September, with funding awards to be made in October. In 2020, fourteen grants were awarded, with an average grant of approximately \$50,000.

Those interested in applying for an Activation Fund grant should visit the Foundation website at www.hfcm.org and attend an online information session (registration required) for details including guidelines, deadlines, and examples of previous grants. In addition, interested parties are asked to email The Health Foundation staff at thfcgrantadvisor@gmail.com by April 1, 2021 to discuss proposed project ideas before submitting a Letter of Intent.

The Foundation was established in 1999 with the proceeds from the sale of Central Massachusetts Health Care, Inc., a physician-initiated, not-for-profit HMO. The Foundation currently has assets of approximately \$80 million and has awarded grants totaling over \$47 million.

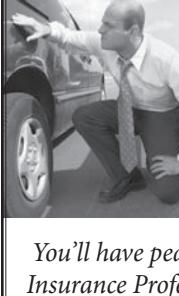
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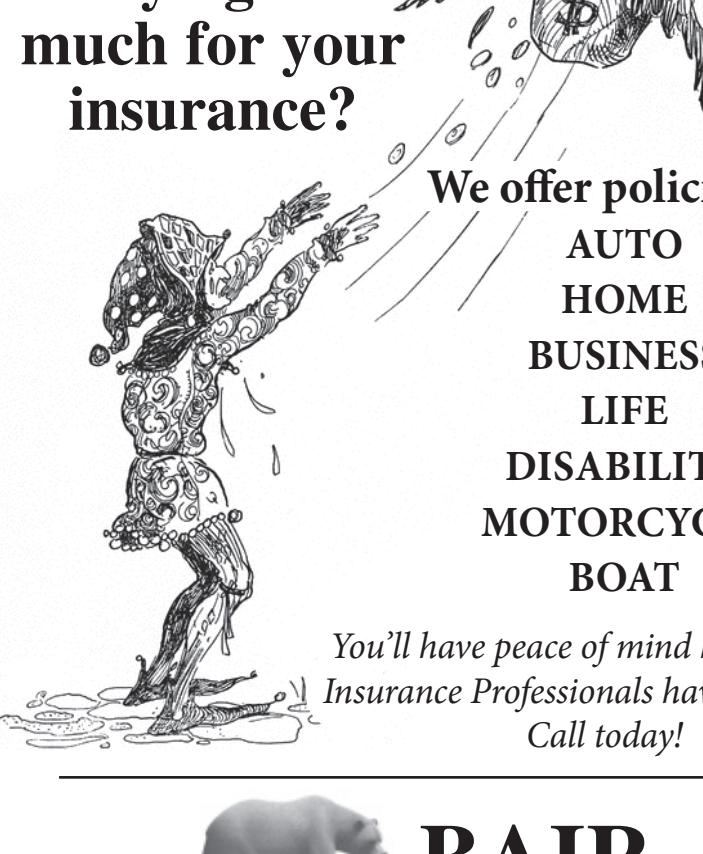
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The image features a bold, high-contrast graphic design. At the top, the word "HEALTH" is written in a large, blocky, light-grey font. Directly below it, the word "EACHY!" is also in a large, blocky, dark-grey font. A thick, horizontal grey banner stretches across the middle of the image, partially overlapping the second line of text. Below this banner, there are four dark grey, capsule-shaped objects arranged in a cluster. The background is white, and the overall aesthetic is clean and modern.

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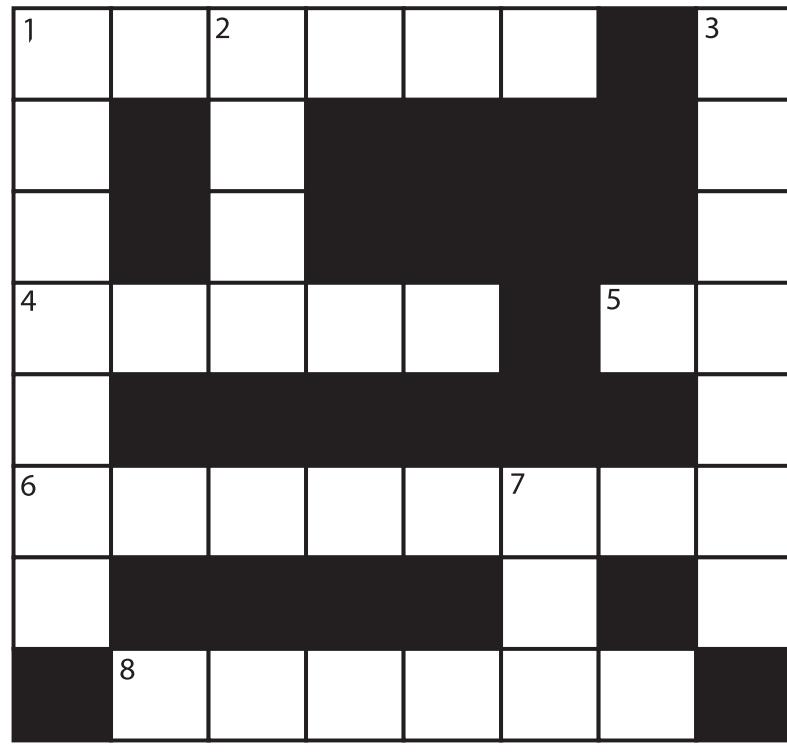
GRANICERIO 10

ITALIAN: Connate

FRENCH: Manteau

GERMAN: Mantel

Crossword Puzzle



ACROSS

1. Downhill sport
 4. Very breezy
 5. Scary film and book
 6. In the north
 8. A bit cold

DOWN

1. Frozen precipitation
 2. Type of metal
 3. Blades on ice
 7. Snakelike fish

Answers: Across 1. Skiing 4. Windy 5. It 6. Northern 8. Chilly Down 1. Skating 2. Skier 3. Skiing 7. Fall

THIS DAY IN...



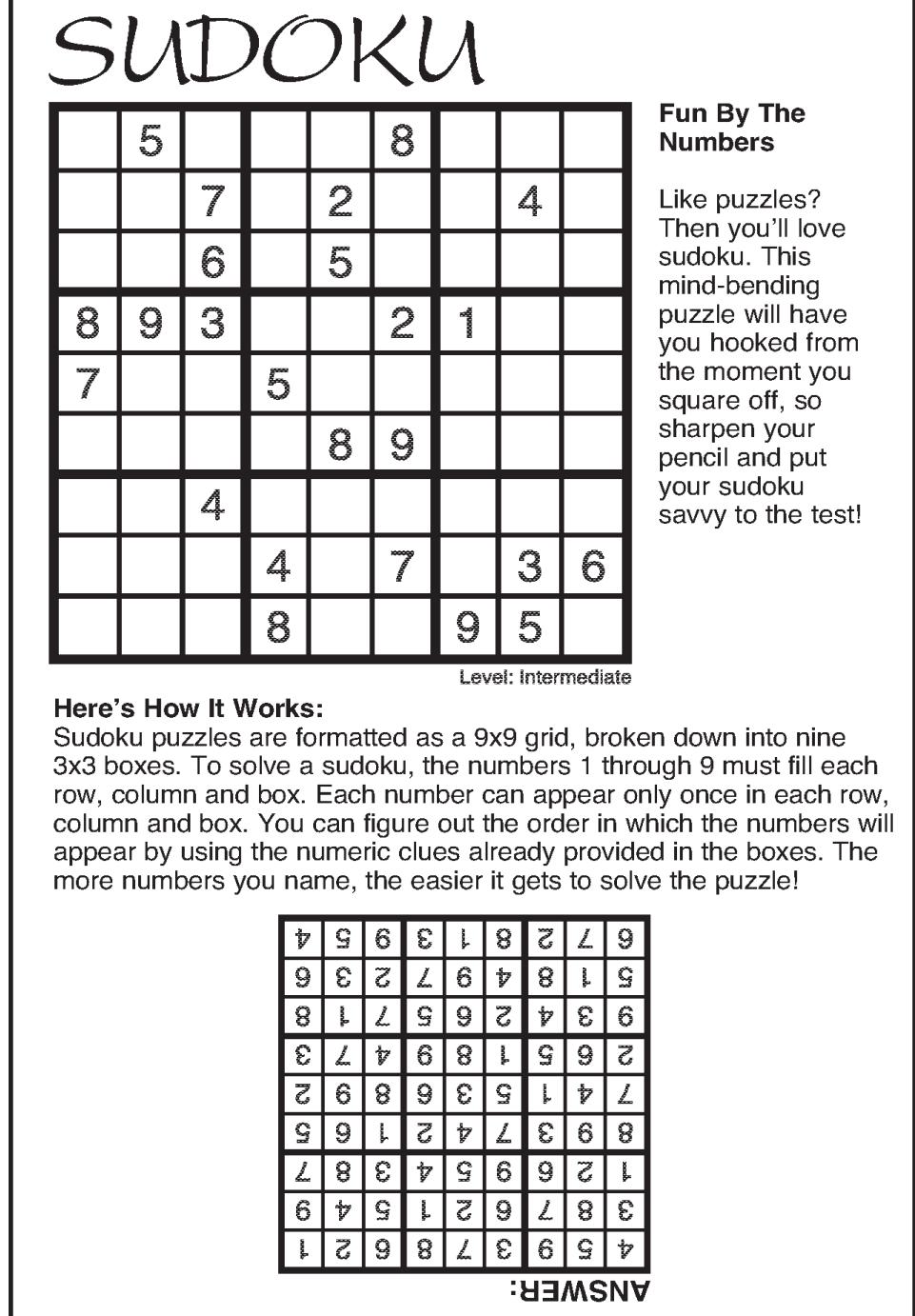
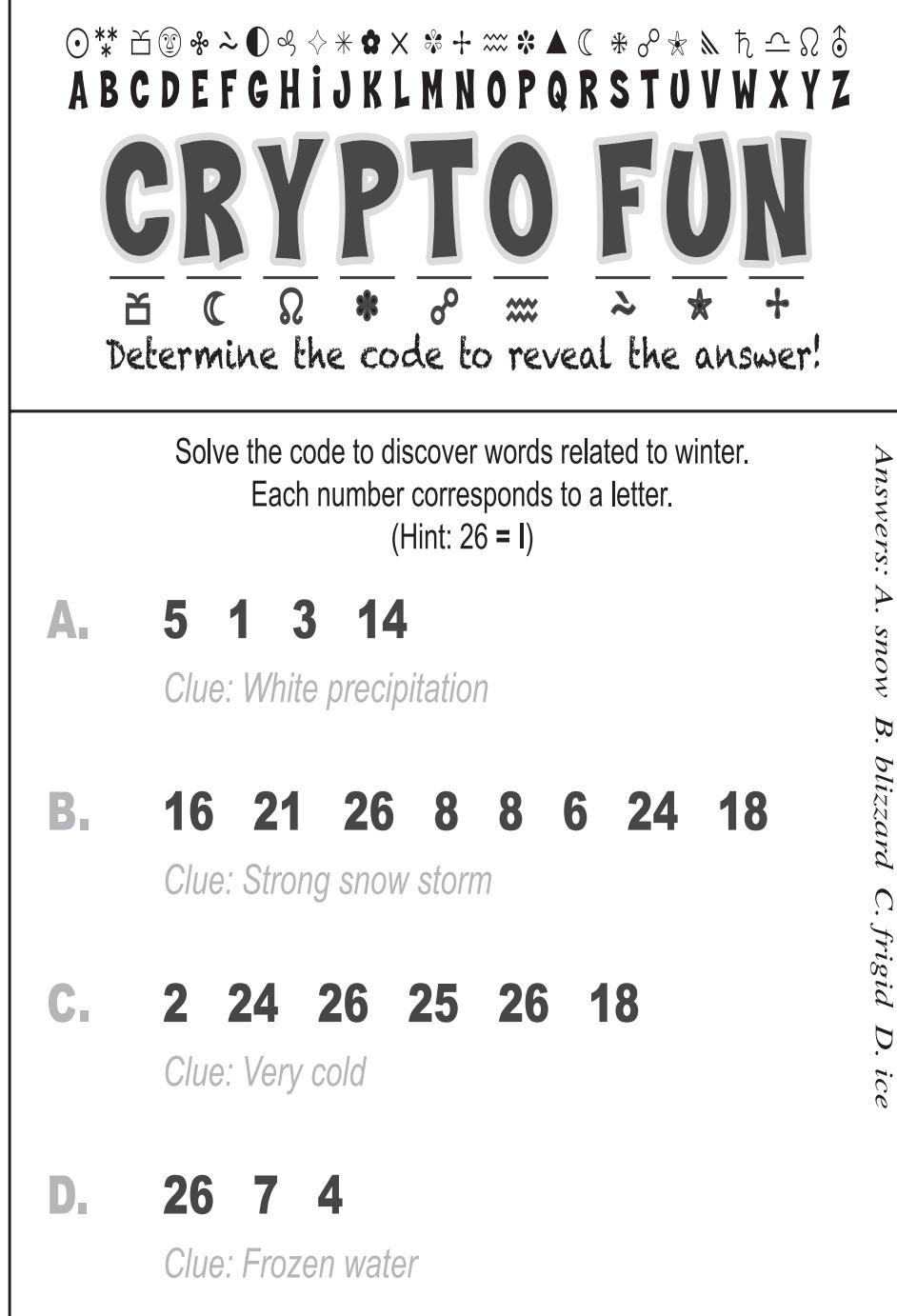
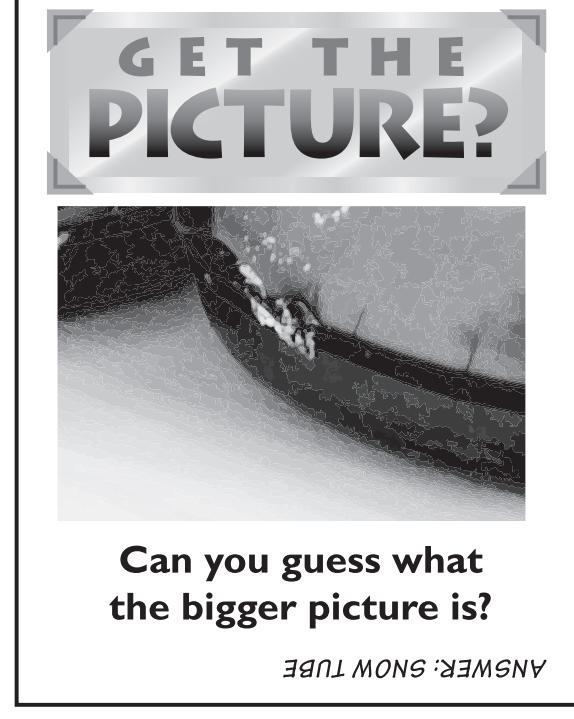
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EDITORIAL

Take your Vitamin D

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, with winter brings a challenge with shorter days and the ability to absorb the much needed vitamin.

During a trek to the top of a mountain last week, we met a doctor who went on to explain how, during winter months, the Vitamin D the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the Northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of Vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D, and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays seem to have come and gone in a flash. We are just two weeks away from what many call the longest month of the winter, the dreaded February. Usually temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer.

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OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Readers Reveal their Favorite Tips and Tricks

The holidays are over and we're all looking forward to a better 2021! Meanwhile, readers took time out this month to share their favorite ideas to make life a little easier! Read on for the latest round of hints from readers:

Some like it hot; some, not so much. This reader's quick and easy flavor fix gets it just right:

If you like ketchup or hot sauce on your eggs or any other dish, but find the ketchup too mild or the hot sauce too spicy try mixing them together for the perfect combo!

Annie Wuelfing
East Brookfield, MA

**

This space saving tip repurposes a kitchen tool in the bathroom:

I have a hint for the paper. I actually use this one and want to pass it along.

In the bathroom, to hold the spare toilet paper rolls for future use, I use a kitchen paper towel roll holder. I find that three rolls of toilet paper can be stored on this smaller version of the larger stand up one that many people use.

The smaller version provides just enough storage for future rolls and is small enough to be hidden out of the way.

MC
Sturbridge, MA

**

Want perfect pasta? This reader's technique perfects "al dente" and saves energy in the process:

Here is an energy-saving hint with pasta: Bring the salted water for the pasta to a full boil, add pasta and stirring gently, boil 1 to 2 minutes only. Turn off the burner, cover the pot and leave on the burner for 2-3 minutes longer than the usual pasta cooking time. Test pasta; if needed, recover and leave an additional 1-2 minutes.

2nd pasta hint: before draining pasta always save a half cup or so of the pasta cooking water. If added to your pasta recipe near the end of cooking, the pasta water will make the sauce silkier and sauce will adhere to the pasta better. With pasta casseroles, it can also be used to loosen up any leftovers in the pan for later use!

Virginia Brousseau
Willington CT

**

Old fashioned Mason jars are back in active duty with a myriad of new uses, and this reader shares her favs:

It seems someone else had shared about the tops from parmesan cheese fitting Mason jars, boy do they ever, pint and quart size alike, the fit.

My new use that works great is for ice tea for adults! Paper straws (no plastic) or pasta large noodle straws fit in the sprinkle side opening. Straws stay upright and larger flip/pour side of the lid once affixed to your beverage jar for the day, opens so you can refill easily. Just pour in more tea, soda, fruit juice



TAKE
THE
HINT
KAREN
TRAINOR

etc. with very little or no touching! Each person opens their own flip-side for a refill!

Color code the straws, one color per person, or add those wine glass charms with a ribbon or pipe cleaner to the outside of your Mason Drink Glass!!!

Also, heavy enough and flip-pour side large enough opening to add ice by hand or hold beneath the ice dispenser if you have one!

Quart size Mason jars are heavy and stay upright on your stove top when cooking chili, soup or other messy dishes. It's the perfect place to stow a ladle or large spoon. It stays upright, collects drips into the jar and is easy to locate.

Mason jars are cheap at hardware stores, etc., work like a charm and clean up in a dishwasher – one more way they are COVID sanitize friendly!

Here are a couple of other tips:

The top of vegetable oil bottle equals one tablespoon. It sanitary to use it as a measure right into pan and reseal the bottle.

My trick each year putting the Christmas Tree and lights away: I have elongate spools or winders and I always wind the non-plug end onto the winder first.

Note the very first bulb in the string (end away from the plug) is the "blinker" the set comes with. I plug the string in to test in one more time before winding the remainder on, with the plug last left exposed. Makes next year easy, plug in and test before stringing the whole tree and if one is burnt out or knocked loose, the blinker bulb moved over one at a time lets me test and repair a strand before placing on the tree.

Viola Bramel

Northbridge, MA

**

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Reach across the aisle in the spirit of Lincoln

I don't think I'll find many that will disagree that our nation is in turmoil. From an election that a large minority of our friends and neighbors feel was stolen, to an assault on our nation's Capital, the concern about what will come next is eerie.

There has never been a more important moment than now for both sides, red and blue, liberal and conservative, to consider the attitude and wisdom of Abraham Lincoln ...

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds ..."

We are on a dangerous path, only a few steps away from a point of no return. Let's not take those last few steps.

Can it begin now, with us?

We need a peaceful transfer of power without any hitches and we need a new administration that enters office in the spirit of Abraham Lincoln.

"With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wounds..."



POSITIVELY
SPEAKING

GARY W.
MOORE

Yes, our nation is wounded. Anything less than this attitude carries the potential of lighting a powder keg. It's a matter of choice at this moment. President-Elect Joe Biden can calm his supporters and move forward with malice towards none and with charity for all. Extremists on the side of the left are using words like, 'purge' and 'punishment' when talking about those on the right who supported President Trump. Make no mistake about it, President Trump has acted like a petulant child in the weeks leading up to the attack on our Capital. His careless words were and are dangerous.

I implore us all, red or blue, liberal or conservative, to abandon the violent and angry rhetoric and come together as friends and neighbors. We may see the world differently... but we are still friends and neighbors.

I was taught a valuable lesson by my former, Pastor, Dr. Dan Boone. I was CEO who was at odds with a business competitor. We both attended the same church and the aggressive businessman within me was screaming, "Go in for the kill" and I easily could have. I had a

Turn To MOORE, page A10

Pre-retirees:
Plan now for
health care
costs



FINANCIAL
FOCUS

JEFF
BURDICK

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

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

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

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

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

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

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

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

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

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

Just when you thought the ice was ready...

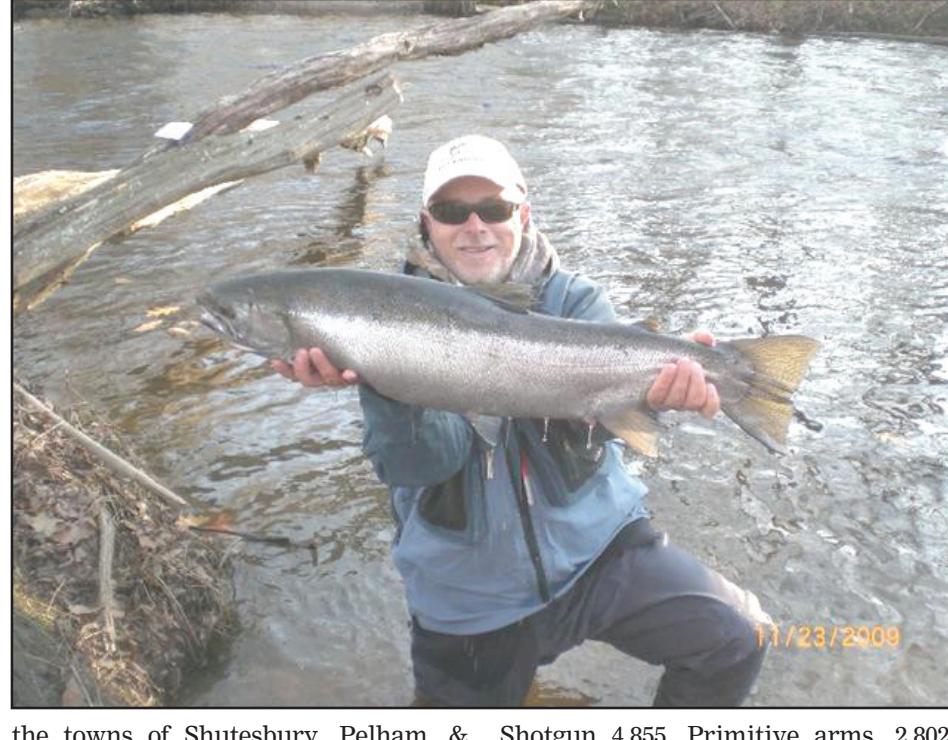


THE GREAT
OUTDOORS
• • • • •
RALPH
TRUE

Just when we think we are going to have safe ice, Mother Nature decides to take it all away with a good rainstorm and mild temperatures. With only five weeks left for making safe ice locally, ice fishing is going to be another short season. Trying some fishing on the Cape ponds with Rod & reel is a good way to get out & do some fishing. Some of the ponds that are a short drive from the valley include Hamblin Pond, Cliff Pond, and Mashpee Pond. They are heavily stocked with trout in the spring & fall.

Hamblin Pond is a favorite of mine, and has provided some great trout fishing all season long. Fishing at the beach area at Hamblin, is the best, and launching a small boat or Kayak is easy. Be sure to wear your life preserver if you are fishing from a boat. The beach area has a slow shallow draft, and wearing a good pair of waders can have you right into some impressive trout, which consist mainly of Rainbow & Brook trout. Shiners and grubs are the ideal bait for catching trout, not to forget the Power Bait line.

Massachusetts Wildlife recently signed a conservation restriction in



the towns of Shutesbury, Pelham, & Leverett. The 2,038-acre parcel of property will ensure that the land will be open to the public, for all outdoor activities for many years to come. The land is known as the Walter Cows Jones Working Forest.

The latest report on the Massachusetts 2020 deer harvest for 2020, came close to breaking the 2018 deer harvest record, with archers again having the highest number of deer harvested. The numbers are as follows: Youth deer hunt 120, Paraplegic hunt 2, Archery 6,552,

Shotgun 4,855, Primitive arms, 2,802, for a state total of 14,331. The numbers are preliminary, and could change a bit. Unfortunately, the cross-bow bill did not pass again last year.

This writer reported on the planned increase in the saltwater fishing license for 2022 in Mass. & raising the free license to 70 years old. Increases in the regular hunting and fishing license are also on the table for 2022. I understand that there will be a virtual meeting for license holders on zoom or some other site, for those that may have any com-

ments on the planned increases in the coming weeks. Stay Tuned!

The Uxbridge Rod & Gun Club membership chairperson Janice Neitz has set up a Venmo account for membership renewal this year because of the pandemic. You can e-mail her at uxmembership@gmail.com if you have any questions. The club has also set out new application forms at the club that can be picked up any day. They need to be filled out and mailed or brought to the club with your check. Your 2021 membership can be picked up the following week.

The pond Chairman, Ed Gervis, reported that the pond will be stocked with trout this Friday. Depending on the ice condition of the pond, fishing may or may not start the same day. Be sure to check the signs at the pond that show the pond is open or closed. Stay off of unsafe ice! Many clubs in the valley will not be stocking their pond this year because of unsafe ice. The spring derbys are still being planned!

Steelhead fishing in upstate New York was a bit slow, but started to pick up this week, according to Fat Nancy's Tackle Shop in Pulaski, N.Y. You need to be in top physical shape to do any type of fishing at this time of year, especially fishing on the Salmon River. For those that can make a trip to New York to fish for Steel Head, the rewards are great. This week's picture shows local legend, Dan Southwick with a nice steel head caught on an earlier trip.

Take A Kid Fishing & Keep Them Rods Bending!

Testing leftover seeds for viability



GARDEN
MOMENTS
• • • • •
MELINDA
MYERS

The beginning of a new year finds many gardeners preparing for the growing season ahead. Clearing space to start seeds indoors, inventorying seeds and supplies, and ordering seeds, plants, and more are usually part of the process.

While organizing, you may uncover seeds from past seasons. Do not discard these just yet. When seeds are stored properly, many can last from one to five years or more.



Melinda Myers

(Left) Older seeds may still sprout, but it is likely there will be a reduction in the success rate.

Seeds stored in a cool location like the refrigerator in an airtight container maintain their viability best. But even those stored in less-than-ideal conditions may surprise you. Older seeds may still sprout once they pass their average life expectancy, but you are likely to see a reduction in the success rate.

The type of seed also influences how long seeds can be stored and remain viable. Start by checking the expiration date on the seed packet. Onions, parsley, and parsnip seeds usually last one year. Corn, okra,

Turn To GARDENING, page A11

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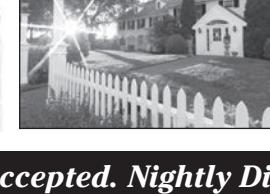
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We will be serving Valentine's Day Dinner, Sunday, February 14 from 5-8pm.
Reservations recommended.



MOORE

continued from page A8

clear advantage, and I could have ended my competitor's business. Over lunch. My pastor said, "Oh. I'm wondering if you'd do me a favor."

I assured him that I would. He then told me of a local business that was in trouble and asked, "Will you pray for Tom and Mary? (not real names) "There business is in trouble and a failure will cause them to lose everything." He was of course talking about my competitor.

I gave my word and prayed for them daily. My attitude changed. I found a way that my success would not cause their failure. I have never regretted the decision to back off. My prayers for a competitor created compassion and an invaluable realization.

Life isn't a zero-sum game. For one side to win the other doesn't have to

lose. I'll admit that I didn't vote for President-Elect Joe Biden, but now he's first on my daily prayer list.

Even if you were a candidate, your success in life didn't depend on this election. Your personal happiness wasn't destroyed or created by who won or lost. Your happiness is a choice. If you are angry and miserable, it is because you chose to be so.

I happened upon a delightful movie on Netflix this week. "Full Count" is a story of a young athlete's success that was unfairly stolen from him and how he deals with his future. After many twists and turns he comes to a life changing realization. "Life isn't going to make you happy. Your happiness is going to make your life." Lots of wisdom in those words.

So, what's my point? The election is over. On January 20, 2021, a new administration will take office. Let us stop being Biden or Trump supporters and be supporters of our

country and each other. For those of you who pray, I'm asking you to join me in praying for peace and unity.

First, let's pray for the health of our new President and administration, let's pray for wisdom to move our country successfully forward and for compassion for, and from, our new leadership.

Let's also pray for President Trump and his supporters. Pray that he will come to terms with his loss and move forward the rest of his life using his influence for the good of all. I pray he takes a lesson from the example set by former President Jimmy Carter.

If you're not a praying person, set aside what anger you feel for your fellow citizens. Extend kind thoughts and words for all regardless of which candidate they supported. If your candidate won, rejoice... but please do not think of revenge or getting even. If your candidate lost, pray for the success of the new

administration.

Do not allow your joy to turn into vindictiveness nor let your disappointment turn to violence. We can do better... and will.

Only our adversaries benefit by our division and failure, while the entire world benefits from the unity and success of the United States of America. Don't allow the actions of extremists on either side to extinguish the beacon of democracy.

Will you join me in prayer and positive words and actions?

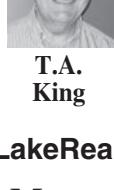
May God continue to bless the United States of America.

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.garywmoore.com.

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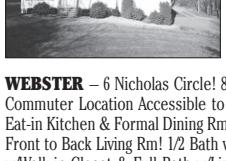
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ON DEPOSIT



ON DEPOSIT



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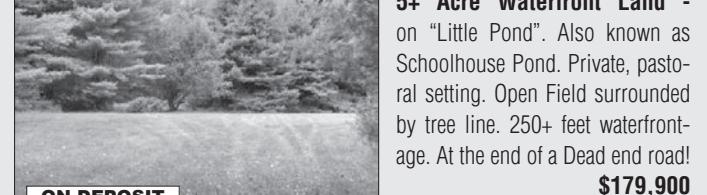
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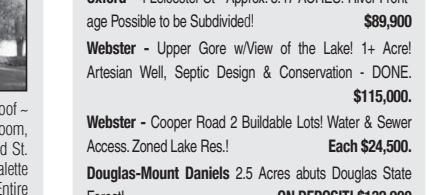
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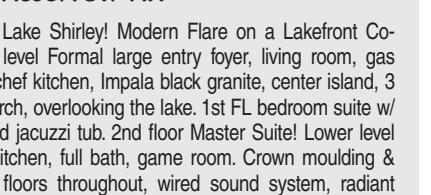
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VIRTUAL MUSEUM

continued from page A2

experienced locally. In 2019 the Worcester PopUp Museum hosted the first public unveiling of I Am More: Massachusetts by artist Amy Kerr, whose exhibition is profiled on NMMHP's website.

More information about NMMHP and its plans for its inaugural exhibition I Get It is available at NMMHProject.org. Anyone seeking additional information or offering to volunteer or donate can contact the group by email at NMMHProject@gmail.com.

GARDENING

continued from page A9

and peppers two years; beans and peas for three years; tomatoes, turnips, beets, chard, and watermelon four years; and Brussels sprouts, cabbage, muskmelons, radishes, and spinach last for five years.

The same principles apply to saved flower seeds. Marigold and zinnia seeds can maintain good viability for two to five years; ageratum, nasturtium, sunflowers, and yarrow for three to five years; monarda four years, and calendula for four to six years.

But the longer you grow plants, the more likely you are to push the limits. This often results in unexpected success or valuable insight for future gardening endeavors.

When in doubt use this quick-and-easy test to see if your seeds will sprout. Place ten seeds on a damp paper towel. Roll up the towel with seeds inside, place in a plastic bag and store in a warm location.

After a week or so, unwrap the paper towel and check the seeds for sprouting. If nothing has happened, rewrap the seeds and wait a few more days.

If all the seeds have sprouted, you have 100% germination and can plant the seeds as recommended on

About the National Museum of Mental Health Project

The National Museum of Mental Health Project, Inc. is a nonprofit organization that researches and creates exhibitions that transform society's attitudes about, and understanding of, mental health. Initially conceived as a clearinghouse for the sharing of mental health exhibitions and information about them, its formation as a nonprofit will enable the development of online exhibits that educate, interpret, advance dialogue, and develop literacy on the topic of mental health. For more information, visit NMMHProject.org.

the package. If only half the seeds sprout, for example, you will need to plant the seeds twice as close together to compensate for the lower germination rate.

The sprouted seeds can be planted indoors or out depending on the time of year, available space, and your climate.

If none of the seeds sprout, consider breaking out the glue and getting the family involved in turning these leftover seeds into works of art. Select a variety of sizes, shapes, and colors to create your masterpiece on wood or heavyweight card stock. Large seeds like beans, peas and corn are easy for crafters of all ages to handle. Use tweezers for finer seeds that add detail and texture to your creation.

Testing seeds now can help you save money when placing your seed order. You can focus your planting budget on new seeds and supplement with your existing inventory.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.

QCC

continued from page A5

Michelina Balsavich, Dawn Bombard, Elizabeth Burch-Elder, Loni Camdzic, Chantal Champagne, Hannah Chapdelaine, Madison Cove, Kali Daniels, Adam Eastty, Giselle Escobar-Alegria, Kirsten Farfan, Brian Lynch, Adrian Marin, Emma Martin, Indra Nagassar, Katelyn Pike, Abigail Randall, Haley Rivers, James Robertson, Alexis Rodney Chretien, Laura Ruzzoli, Matthew Seaman, Brian Smith, Lina Un, Jonathon Wambach, Cheryl Wheeler Blackstone: Alexa Boyt, Kelly Buurma, Jill Johnson, Gabriella Piette, Justyne Tellstone, Jason Torrey

Charlton: Rasa Auskalnyte, Leslie Chaves, Riley French, Victoria Gaspar, Lucas Lanier, Karina Lareau, Caroline Lawson, Chase Mannila, Brianna Ramsden, Jennifer Vezina

Charlton Depot: Kayla Simons

Fiskdale: Alexis Carson

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Sturbridge: Colleen Blackmore, Norma Cignarella, Tiondra DeBoise, Megan Faford, Leandra Giguere, Nolan Kingman, Mandy Koska, Alexander Starr

Webster: Julia Bileau, Danielle Cerasoli, Courtney Currier, Stephen Danso, Lynn Fellman, Kaylie Gendreau, Jill-Anne Godbout, Madeleine Grillo, Natalie Guzman, Timothy Hansen, Champayne Leshore, Kelly Marcoux, Nathan Phelps, Matthew Rakowski, Elena Ralph, Genesis Rodriguez, Sarah Mae San Agustin, Sara Soule, Brian Tvelia, Maria Verdejo, Hannah Waldron, Danielle Zecco

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OBITUARIES

Christian J. Petersen, 78



STURBRIDGE
Christian J. Petersen, 78, passed away on Wednesday, Jan. 6th, in his home.

He leaves his wife of 5 years, Lynne (DiGregorio) Sarty Petersen; his son, Christian Petersen and his wife Tara of Holland; his daughter, Mia Petersen and her husband Marc Stern of Franklin, TN; his stepson, Nathan Sarty and his wife Diane of Denver, CO; and his five grandchildren, Grace Petersen, Isabella Petersen, Cassidy Petersen, Deagan Sarty and Evalina Sarty. He was born in New Rochelle, NY the son of Emil and Olga (Boryczka) Petersen. He was a graduate of West Springfield High School then attended American International College. He served in the US Navy as a communications technician stationed in Guam and Edsel, Scotland. He then received his Bachelor of Science degree from Boston College.

Christian first worked in the medical field maintaining and repairing

medical instrumentation, then supporting computer systems and then as a technical hardware instructor for Data General.

An avid sailor for many years he sailed extensively in the islands of both New England and the Caribbean. He spent two months navigating the canal systems of New York, the St. Lawrence River and Lake Champlain. Christian was an active biker, hiker and kayaker. He was also an accomplished skier and scuba diver, diving in Belize, Honduras, Key West, the Caribbean and Socorro Islands. He also traveled to many other places around the globe including traveling on the Orient Express from Paris to Istanbul and journeying to the Arctic Circle on a Russian icebreaker.

A celebration of his life will be planned for some time next summer.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.
www.morrillfuneralhome.com



NEAL

continued from page A1

to the Capitol and to fight. When my colleagues plead with him to call off his supporters and their dangerous actions, he ignored them," Congressman Neal said in a statement following the vote on impeachment.

"What occurred (Jan. 6) was an affront to our historic republic, and the President illustrated his complete inability to lead this country with honor and effectively fulfill his constitutional duty. When we called for President Trump's impeachment in December 2019, I said, 'Impeachment is reserved for

moments of grave danger, when the constitutional order becomes dangerously out of balance. Moments like this one.' This is unequivocally another one of those moments. We are a nation built on rule of law, not the law of rulers - The President incited an insurrection and today I voted once again to impeach him," the Congressman concluded.

While the initial impeachment of President Trump in 2020 was split mostly along party lines, the second impeachment saw ten Republicans join every voting Democrat to affirm the impeachment. As of this report a Senate trial had yet to be scheduled as the Senate was not set to return back into session until Jan. 19 for Biden's inauguration.

COVID

continued from page A1

more and more people are able to get access and we strongly recommend those who can get vaccinated to do so to stem

any further transmission," Golas said.

Citizens are encouraged to continue to use the Town of Charlton website for COVID-19 updates weekly. Details on vaccinations, guidelines and workplace safety standards are also available on the site.

Preschool - Students must be age four by Aug. 31 to attend Trinity Catholic Academy's full day preschool program. This program is offered for both 5 and 3 days a week.

Kindergarten - Students must be age five by Aug. 31 for our five full day Kindergarten program.

An extended day program is available until 5:30 pm for all TCA students.

Questions pertaining to enrollment for Pre-K - 8th grade can be sent to Principal, Mrs. Citta, 508-765-5991 or email Josie.Citta@tca11.com.

BOOK

continued from page A1

phrases Connie Ritter of Hannibal, Mo., saying, "By talking good, the lie, not the reality, becomes your memory." That concept weaves its way through "Genus," as an exploration of the need to be truthful about our history.

Ghiglione's team saw that repeatedly, interviewing people of various ethnic backgrounds who are trying to do that. Traditionally white farm towns in the Plains states like Lexington, NE, are coming to terms with the fact Big Ag has driven many small farms out of business, forcing changes that bring in Hispanics (often undocumented) who work in the meatpacking plants for lower wages. LGBTQ+ people are trying to find ways to be themselves in places that aren't always so accepting. New Orleans is still seeing disparate recovery from Hurricane Katrina, with the devastated Ninth Ward largely still empty while the less-damaged Vietnamese neighborhood is thriving. Native Americans are still trying to stand up for their own worldview and sovereignty in the face of four centuries of conquest.

That latter avenue was one the trio went down largely by chance; he noted they literally took a left on a whim when they saw the Kickapoo Reservation sign. Before the journey, Ghiglione admitted, he was "ignorant of the Native American experience," but has since come to the conclusion that we can learn a lot from them. Closer to home, that has meant more involvement with his grandchildren's school, which has several Wampanoag students.

His exposure actually began back in fourth grade in California, when his class took a field trip to one of the Spanish missions. There, the kids were told the Natives were "happily educated" by the priests, but his recent journey made it clear the Native view "was quite different."

The government tried to erase the Native experience" in many ways, including by forcing many off reservations into the cities, where they were expected to marry and "assimilate out of existence," he said.

In "Genus," he quotes historian James Faris (page 231) regarding a fundamental difference between Native and white views of the world as symbolized by photography. Natives want to know, Faris found, "What is outside the frame? What is not focused? What are the silences to be listened (watched) for?"

Ghiglione said the Kickapoo visit started a thread that "turned out to be one of the most powerful parts of the trip for me," with similar observations on other reservations. One thing that jumped out to him was the great disparity in health care there; while the US government is largely in charge of care, the reservations generally get little or none.

The hollowing-out of our economy by decades of offshoring has led to similar experiences, if maybe not as long-lasting, across the country. Ghiglione recalled seeing it even during his tenure in Southbridge.

As reporter and editor, he regularly interviewed new management at American Optical, and noticed the major change of attitude "when the local family stopped owning the place and Warner-Lambert bought it," he said. "It was obvi-

ously they didn't know anything about the optical industry, and only saw the bottom line." Before long, the firm had been sliced up and most of it sent to Mexico, leaving thousands of Southbridgians unemployed.

His team's journey found many Southbridges, Hannibals and Lexingtons across our country. In many such places, such factors helped promote support for Trump, who was "really successful on several fronts" at tapping discontent based in conservative religion, economic woes, immigration worries, and elitism.

"A lot of people in smaller towns feel they're looked down upon by highly-educated urban residents, and they're right to feel that way," he said. "...Trump was playing on a sense of grievance in some places we visited."

Although he said his goal was to explore identity not politics per se (and some interviewees specifically didn't want to talk politics), the two areas often intertwined.

To Ghiglione, a big part of that is the polarization of the media. He recalled the big networks of the 1980s generally covering things more even-handedly and in similar ways. But today, even mainstream media tend to watch the same events or speeches and emphasize different things, never mind the greater range of views on social media.

"They're not covering the same universe even," he observed. "...I think the profit motive is part of this, wherever you are on the political spectrum."

Now Professor Emeritus of Journalism at Northwestern University, Ghiglione deplored the consolidation of media, noting it has decimated newsrooms and left papers with much more generic content. Part of his motivation for the trip and book was rooted in a longterm interest in reversing that, by making newsrooms more diverse and inclusive.

"Reporters can do a better job of covering the entire community they're supposed to serve" when that happens, he said.

He recalled that the most popular writer during his tenure as editor in Southbridge was George Mosley, who basically did just that. His column was devoted to simply walking down the street and letting people tell their stories. During the course of Genus, Ghiglione's subjects and his colleagues got to do that, too. He noted "Alyssa's personality comes through more easily than Dan's," and they learned a lot about each other.

"I didn't enter it with a narrow notion of this is what I want to get out of it," he said. "I just wanted to interview people I don't normally talk to about identity. University professors can be fairly isolated and the student body is not as diverse as the general population. This was an opportunity to escape those boundaries."

Getting Genus published was itself a journey, with rejection from about 10 commercial publishers and about a dozen university presses before the University of Georgia Press accepted it. He ended up cutting 87,000 words - including some of his favorite interviews - from the final text. Beyond that, his literary agent wanted him to spice it up a bit, adding "more tension and conflict between you and the young people. But there wasn't any of that. We got along so well," he recalled.

Gus Steeves can be reached at gus.steeves2@gmail.com.

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