

Free by request to residents of Sturbridge, Brimfield, Holland and Wales

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Friday, March 5, 2021

Area fairs, festivals anxious but hopeful

BY KEVIN FLANDERS STAFF WRITER

REGION – The state continues to recover from the pandemic, but not nearly fast enough to salvage major spring fairs and festivals.

Last month, West Brookfield's Asparagus and Flower Heritage Festival became the latest local event to be scrapped for 2021. It joins several other canceled festivals and craft fairs, with others in jeopardy throughout the region.

Old Sturbridge Village appoints new Director of Collections and Researcb

STURBRIDGE — Old Sturbridge Village (OSV) has announced a new Director of Collections and Research, Derek Heidemann to oversee their Collections and Research Division. Old Sturbridge Village has more than 40,000 pieces in their collection and a large research library on site.

Derek Heidemann first started at Old Sturbridge Village as a volunteer in the junior intern program in the year 2000. Heidemann went on to join the Village's interpretation part time team working in the Blacksmith Shop and other trade shops. After receiving a Bachelors of Arts degree in History in 2009 and Masters of Arts in History with a focus in Public History in 2010 from Clark University, Heidemann joined the Village's fulltime interpretation team. In 2014, he was made the Coordinator of Historic Trades and then Interim Assistant Director of Interpretation

Turn To HEIDEMANN, page A10



A decision is expected by March 31 as to whether the Brimfield Antique Show scheduled for May 11-16 will be held as planned.

For residents, it was disappointing to receive news that the Asparagus Festival tradition would be lost for the second straight year due to COVID-19. But for local crafters, vendors, and artists, the loss of festivals has devastated their businesses. While residents can always look forward to their favorite traditions returning in 2022, several crafters hope their businesses survive that long.

Meanwhile, multiple vendors who attend the Brimfield Antique Show are desperate for the event to take place this year after all three shows were canceled in 2020. "We are keeping our fingers crossed and hoping we can have the show in May," said Pam Moriarty, a co-owner of the Heart O' The Mart showgrounds in Brimfield. "The dealers and vendors can't wait to get back. Everything is up in the air right now."

Courtesv

Added Lori Faxon, who owns Dealer's Choice Antique Shows in Brimfield, "This has been a very hard year, not just for dealers but also for all the local hotels, restaurants, and shops that rely on income from guests every year. This has impacted everyone's business in one way or another."

Lost parking revenue has also taken a toll on local residents and businesses. On a single day at the antique show, thousands of guests are paying for parking throughout the day, then dining and shopping at local establishments afterward.

The 2021 antique show slate in Brimfield is scheduled for May 11-16, July 13-18, and Sept. 7-12. Owners and dealers were informed that a final decision on the May event will be made on or before March 31.

Brimfield resident joins Centrend

consulting firm, recently added John Reilly to its team of IT consultants. Reilly, a Brimfield resident, will work as an Technology Consultant for Centrend clients and as tech support for Whiz Kid Support, Centrend's division for consumers and home-based businesses.

WORCESTER - Centrend, a Worcester-based IT

"With the pandemic, computer usage has increased for both home and work. Inevitably, that's led to an increase in computer issues for both home and businesses. We are grateful to have John onboard to help with the additional workload," said Paul LaFlamme, owner of both Centrend and Whiz Kid Support.

Reilly holds a degree from Springfield Tech in IT Security. He's currently enrolled at Western New England University and working on a bachelor's degree, also in IT security.

"I'm really excited about this opportunity to come in and work with Paul and the rest of the Centrend team," said Reilly. "I'm looking forward to learning and growing with the company."

Reilly resides in Brimfield.

For more information on Centrend, visit www. centrend.com.

About Centrend

With offices in both Worcester and Sturbridge,

Turn To REILLY, page A10 John Reilly



"Even if we can't have the May show, we are confident that we will have the July and September shows," added Moriarty, who has owned her business for 40 years.

Because festivals and craft fairs draw guests from throughout the state and the country, local officials and health boards are using caution about recommendations. They also must consider whether state restrictions on gatherings will be lifted in time for the events. Gov. Charlie Baker's administration has repeatedly promoted a phased, careful return of public events statewide to avoid outbreaks.

"We totally understand that everyone is trying to keep the event as safe as possible. A lot of this depends on state health officials," Moriarty said of the May antique show in Brimfield.

Local officials recognize that even after the majority of residents get vaccinated, masks, social distancing, and other precautions may still be needed at spring and summer festivals

Turn To FAIRS, page A10

Vaccine hopefuls experience issues with state Web site

BY KEVIN FLANDERS STAFF WRITER

REGION – State officials approved new priority groups for vaccine eligibility last month, but residents encountered immediate problems.

Within hours of the state announcing COVID-19 vaccine eligibility for residents 65 and over, as well as individuals with two or more health conditions, the state's vaccine scheduling website crashed.

"Vaccine appointments are being added throughout the morning on vaxfinder.mass.gov," read a Feb. 16 statement posted by state officials on the Web site. "Due to very high website traffic, you may experience a delay in booking."

Local officials were worried about an unmanageable swell in vaccine registration attempts, after Governor Charlie Baker announced an honor system policy for comorbidities. As of Feb. 26, anyone in the state could schedule a vaccination and claim to have two or more health conditions, with no medical documentation required for proof.

State officials also saw problems with the newly created COVID-19 phone hotline for priority groups. The hotline was quickly inundated with calls from throughout the state, and many residents were unable to reach a service agent.

Over the last two weeks, frustrated residents from across the region have reached out to their legislators for assistance.

"People have had a lot of difficulties with trying to schedule their vaccines. It's a tall order to ramp up something like this so quickly," said State Representative Peter Durant, of Spencer. "I understand the frustration everyone is feeling. People have been very patient with this process, and we have pushed the state to fix these problems as quickly as possible."

Local legislators have also helped navigate seniors who do not have access to computers or technologies. Additionally,

Turn To **VACCINE,** page A10



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Courtesy

TRINITY CATHOLIC ACADEMY CELEBRATES COMMUNITY

This "Blessing Bag: Catholic Schools Week project that was initiated the first week of February with the help of our school community donations and contributions was recently completed! TCA celebrated our community completing the assembly of more than 100 "Blessing Bags" representing more than 100 years of Catholic Education in Southbridge. They were distributed to our local veterans' shelters, STJPII Food Pantry & St. Luke's House.

Country Bank welcomes new commercial lender

WARE Country Bank, full-service а financial institution serving central and western Massachusetts, is pleased to announce that Seth Arvanites has joined their Commercial Lending

Arvanites,

who resides in

Belchertown,

Division.

has been in the learn about, and commercial serve the people lending industry and businesses for 22 years. He in the communicame to Country ty. The great peo-Bank from ple I've worked with over the Peoples United years instilled and earned Bachelor's in me the value Degree in both of kindness, responsiveness. Political Science flexibility and teamwork," statand Geography from Syracuse University. ed Arvanites. "The best part "I'm excited for of this role is the opportunity getting to meet, and I look for-

Town Of Brimfield • Town Job Posting PLANNING BOARD CLERK

- This position requires the successful application to be responsible for the following:
- Attend a minimum of one evening meeting monthly

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- · Record, deliver, and post agendas and minutes of all meetings in timely manner
- Post and mail legal notices for meetings and public hearings as required by MGL
- · Coordinate with Chairman and members for general preparation prior to meetings
- Monitor both physical and electronic mail as well as voicemail notifying Chairman as appropriate
- Research and tasks as assigned by the board
- · Ensure adherence of MGL for all duties • Other duties as assigned

Minimum Qualifications:

The successful applicant shall have:

- · Excellent organization, comprehension, writing, and minute-taking skills
- · Good sense of urgency and be cognizant of deadlines
- · Good computer skills including email, internet, Microsoft Office 365 including but not limited to MSWord and MSExcel experience
- · Familiarity with open meeting law, MGL, zoning bylaws, and Planning Board activities a plus

This position is offered at an hourly rate of \$16.65 for up to 15 hours per month.

Interested individuals are asked to apply by sending a letter of interest and resume to the Personnel Officer, Board of Selectmen, Town of Brimfield, 23 Main Street, Brimfield, MA 01010, or, you may apply by e-mail to selectmen@brimfieldma.org until position is filled.

Seth Arvanites



The Town of Sturbridge has an immediate full-time opening for a Mechanic/Equipment Operator in the Department of Public Works, Highway Division. This is a union position and the successful candidate will be responsible for maintenance and repairs on all equipment, among other responsibilities. A CDL Driver's License and Hydraulic License 2A are required. The starting pay for the position is between \$24.60 to \$27.09 per hour. For a copy of the complete job description and an application please go to https://www.sturbridge.gov/your-government/pages/job-opportunities. Position open until filled.

The Town of Sturbridge is an EOE.

Town of Sturbridge σ Building Inspector / Zoning Enforcement Officer **Building Department**

Courtesy

ward to getting to know my clients and teammates.' "We are excited to welcome to the Seth Commercial

Banking Team at

Country Bank.

ment to a high level of customer service is evident, and we are excited for him to begin working as a partner with our busi-

Seth's committo enhance their businesses and communithe ties they serve. Seth's trustapproach ed Commercial to Banking aligns with the ness customers Bank'siSTEP

Corporate Values of Integrity, Service, Teamwork Excellence and Prosperity, and we are pleased that he has chosen Country Bank to be his Employer of Choice," stated Miriam Siegel, First Senior Vice President, Human Resources.

Arvanites can be reached at sarvanites@ countrybank. com or at 413-277-2106.

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.

Federated Church of Sturbridge & Fiskdale announces annual Irish Dinner



The Town of Sturbridge has an immediate full-time opening for a Building Inspector / Zoning Enforcement Officer in the Building Department.

This is a Exempt position and the successful candidate will be responsible for reviewing plans for building construction, alterations, or any designated structures, issuing building permits,

calculating/collecting fees, superving the maintenance of associated records, and inspecting buildings, among other responsibilities. A unrestricted Massachusetts Construction Supervisor's License, certification as a Local Inspector and must be able to obtain certification as a Building Commissioner or Inspector of Buildings within 18 months of hire is required.

This also requires a valid Massachusetts Class D Driver's License. The pay range for the position is between \$67,774 to \$94,884 per year.

For a copy of the complete job description and an application please go to https:// www.sturbridge.gov/your-government/pages/job-opportunities.

Interested parties should send a letter of interest and completed application to Alex McConnon, 308 Main Street, Sturbridge, MA 01566 or amcconnon@sturbridge.gov. Position open until filled.

The Town of Sturbridge is an EOE.

How to Use

STURBRIDGE — This year's traditional Irish Feast, part of the Publick House Historic Inn & Country Lodge community supper program to benefit the Federated Church of Sturbridge & Fiskdale, will be a wee bit different from prior years.

In a break from tradition, the annual St. Patrick's Day feast, slated for Wednesday, March 17, is being promoted as a pre-packaged, hot corned beef dinner for two, and the entire meal is being prepared "to go" by the Publick House staff, with convenient curbside pickup in the restaurant's main parking lot.

Dinner for Two includes one and a half pounds of corned beef, boiled potatoes, carrots, turnips, and cabbage, two dinner rolls, two pieces of Irish soda bread and two cupcakes. Tickets are \$30 and may be purchased for one of two pickup times, 4:30 – 5:30 p.m. or 5:30 to 6:30 p.m.

Tickets may be purchased in person at the Church office, Monday - Friday, 8 a.m. to noon. They are also available on PayPal for either of the two pickup times by visiting the church website at sturfed.org. The deadline for purchasing tickets is March 11.

For additional ticket information, please call the church office at 774-304-1021.

VILLAGER Almanac

OPEN TO **C**LOSE

HOLLAND: 413-245-7108 $Mon-Thurs\ 9{:}00\ a.m.-12{:}00\ p.m.$ and 1:00 p.m. - 4:00 p.m.

FISKDALE: 508-347-6486 Weekdays 9:00-4:30 and Sat. 9:00 -12:00

STURBRIDGE 508-347-6463 Weekdays 8:30 - 5:00 and Sat. 9:00 -12:00

BRIMFIELD: 413-245-3451 Weekdays: 9:00 - 4:30 and Sat. 9:00 -12:00

WALES: 413-245-9808 Weekdays 8:30 - 12:30 and 2:00 - 4:30 and Sat. 9:00 - 12:00

REAL ESTATE

BRIMFIELD

None

HOLLAND

\$179,900, 33 Leno Rd, Nardone, Jennifer, to Learning, James W.

STURBRIDGE

\$461,000, 136 Lane 8, Diverdi Builders Inc, to Tytula, Colby A, and Tytula, Gina M. \$436,000, 116 Clark Rd, Kushner, Peter Y, and Glowatsky-Kushner, Loren, to Reed, Mark. \$417,000, 41 Bushnell Rd, Merchant, Edward J, and Merchant, Jane B, to 33 Grandview Road RT, and Muraco, Frank T. \$410,000, 7 Fiske Hill Rd, Meehan, Dale J, to Richards, Joseph, and Richards, Anait. \$350,000, 14 Cedar Lake Dr, Barneys Place LLC, to Stedman, Taylor. \$245,000, 364 Leadmine Rd, Pevner, Jonathan L, and Pevner, Tanja A, to Russell, Brian, and Russell, Teresa J. \$200,000, 48 Bushnell Rd, Capto RE Investment Corp, to Rhma 1 LLC. \$191,000, 12 Bates Hl, Lebow, Margaret A, to Novia, Richard T.

TO PLACE A RETAIL AD: ADVERTISING EXECUTIVE MIKAELA VICTOR (508) 909-4126 mikaela@stonebridgepress.news

TO FAX THE STURBRIDGE VILLAGER: (508) 764-8015

TO PRINT AN OBITUARY: E-MAIL: obits@stonebridgepress.news CALL: 508-909-4149

SUBSCRIPTION SERVICES: SUBSCRIPTION SERVICES: KERRI PETERSON (508) 909-4103

RBRIDGE

kerri@stonebridgepress.news TO SUBMIT CALENDAR OR

AROUND OUR TOWNS ITEMS: E-MAIL: news@stonebridgepress.news

TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: news@stonebridgepress.news

TO PLACE A CLASSIFIED AD: (800) 536-5836 Classifieds@stonebridgepress.news

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Spencer's newest business owner pursues dream despite pandemic

BY KEVIN FLANDERS STAFF WRITER

SPENCER – Dr. Grant Pattee had plenty of reasons to scrap plans for starting his business – the pandemic chief among them – but he hasn't let any obstacle deny his dream.

Even with businesses throughout the region downsizing or closing altogether, Pattee decided to take a risk and launch his physical therapy business in December. Located at 133 West Main St., Choice Physical Therapy offers a range of services to residents. These include post-surgical services and chronic pain therapies.

For Pattee, who has worked in physical therapy for nearly 20 years, the process of opening his own business has seen its share of anxious moments – but also excitement and hope for a bright future.

"Who opens a business during a pandemic? I asked myself that question several times, but the answer was always the same: people will eventually need therapy again," Pattee told the New Leader. "A pandemic can really change a person's perspective. I had time to reflect and think about life goals, family goals, and eventually my career goals. I feel fortunate to have this opportunity and am truly humbled by the support I received from family, friends, and colleagues along the way."

Pattee's opportunity in Spencer arrived at the perfect intersection of family interests and career goals. He knows the Route 9 corridor well, and he can't wait to meet more residents and business owners.

"I have always loved the small-town rural feel. I grew up in Auburn and my wife grew up in Oxford. When my own family began to grow, we wanted to take root in that same type of community," Pattee said. "The Spencer-East Brookfield area was a perfect fit. The people in town have been friendly and welcoming, and the local school systems have been wonderful for our kids."

Pattee began his career as a rehabilitation aide before applying to graduate school. He went on to pursue a doctorate degree in physical therapy, graduating from the University of Massachusetts-Lowell in 2007.

Over the last decade-plus, Pattee has worked predominantly in the outpatient orthopedic setting. He brings to Spencer a wealth of experience gained from working with multiple



Dr. Grant Pattee recently opened a new physical therapy business in Spencer. experts. Whether you're a senior re

"Over the years, I was fortunate enough to work with so many great therapists that really helped shape my therapy skills and treatment philosophies," Pattee said. "I eventually managed a small and successful clinic in Charlton before a brief stay in home care."

In his new business, Pattee enjoys working with residents dealing with all kinds of challenges. These include patients recovering from surgeries or injuries, as well as those facing chronic back pain, neck pain, or joint pain. Whether you're a senior recovering from a fall at home, or a high school athlete sidelined with a nagging injury, you'll want to check out Pattee's offerings.

"I look forward to continuing this partnership with the Spencer community as a local and trusted therapy provider for many years to come," Pattee said. "Quality care will now be that much closer to home."

Since arriving in Spencer, Pattee and his family have kept plenty busy. Pattee serves as a coach for the Spencer Soccer Club, and his wife is a member of the Parents Interested in Education committee.

"Spencer just seemed to make sense for my family and my practice. I could not be happier with our location on Route 9, set in the heart of the community between two great local businesses, Klem's and Timberyard Brewing," Pattee said.

To learn more about the business, call 774-449-8058. You can also visit www.ChoicePhysicalTherapy.net.



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.

Pet of the Week

Sponsored by Cormier Jewelers

Name: Rain Breed: Korat Sex: Female Size: Small Age: 13 years



Hello, my name is Rain! I'm looking for a quiet home with someone who has some patience where I can take my time to adjust. While I love getting head scratches and pets, I am quite afraid and enjoy just laying in my bed where I feel safe but I would never turn down a little love. If you have a nice quiet place and a comfy bed for me to relax on, I think we would get along just fine!

We have cats for adoption too! Second Chance Animal Services Inc. East Brookfield, MA• (508) 867-5525 www.secondchanceanimals.org



Town of Sturbridge

Building Inspector / Zoning Enforcement Officer Building Department



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508-885-3385 Tues, Wed, Fri 10-5; Thurs 10-6; Sat 10-3 Sun & Mon closed

* * * Friday's Child * *

Courtesy



Hi! My name is Angel and I love to be helpful!

Angel is a very polite and active young boy of Hispanic descent. He loves doing arts and crafts and playing with trucks! The foster family he is currently placed with describes him as being very helpful, intelligent, and a good listener. Angel does well with structure, routine, and guidance and would like a family who is able to provide him with that.

Legally freed for adoption, Angel would benefit being part of a two-parent family with or without older children in the home. A family for Angel must

Angel Age 7

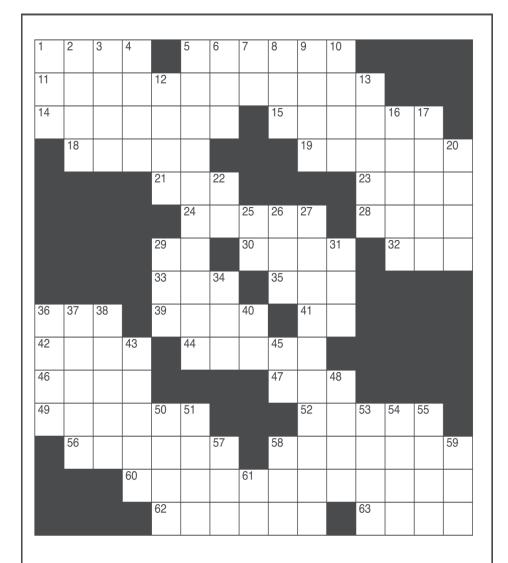
ensure he thrives by continuing the services that are currently in place to address his intellectual and emotional needs. He would do best in a patient, nurturing, and consistent environment. Angel shares relationships with his birth parents, who he currently visits with individually on a bi-weekly basis, as well as two siblings he would need to have contact with after placement.

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.



CLUES ACROSS

- 1. One of Noah's sons
- 5. Openings
- 11. Rising from the dead
- 14. Expressions for humorous effect
- 15. North American country
- 18. Flowed over
- 19. Tags
- 21. Long-lasting light bulb
- 23. Off-Broadway theater award
- 24. Khoikhoi peoples
- 28. Beloved movie pig
- 29. South Dakota
- 30. Tai language
- 32. Get free of
- 33. Afflict

CLUES DOWN

- 1. A title of respect in India
- 2. His and ____
- 3. Employee stock ownership plan
- 4. A type of bond (abbr.)

- 35. Transmits genetic information from DNA
- 36. Commercials
- 39. Digits
- 41. Expression of sympathy
- 42. Bleats
- 44. Swiss Nobel Peace Prize winner
- 46. Vegetable
- 47. Turf
- 49. Disorganized in character
- 52. Takes
- 56. Rules over
- 58. More fervid
- 60. Sweet drink
- 62. Cry loudly
- 63. A friendly nation
- 31. Native American tribe
- 34. "Titanic" actor
- 36. Campaign for students' rights (abbr.)

Ecological forum urges treatment of Earth "as a relationship"

BY GUS STEEVES CORRESPONDENT

What would an ecological civilization look like?

Last Thursday's hour-long online forum could only touch the surface, but its Yes! Magazine-recruited panelists did hone in on one crucial thing: a change of attitude in how we treat Earth.

"If you respect Mother Earth" it's possible, Winona LaDuke said. But today's system practices "Windigo economics" - a reference to the cannibal monster seen in several Native legends, which often drives people mad before eating them. To her, that's what capitalism does to people and Earth, while Native peoples "hung out here 10,000 years and didn't make a mess of things.'

LaDuke, an Anishinabe activist and Green Party vice presidential candidate in 1996 and 2000, joined food sovereignty activist Leah Penniman (a former central Mass resident) and author Jeremy Lent to talk for an audience of about 3000. They were moderated by Yes! Publisher Zenobia Warfield and Institute of Ecological Civilization cofounder Andrew Schwartz.

"Our entire food system and our entire economy is based on the exploitation of land and labor," with indigenous and other minorities often the workers while the few. often white, profit, Penniman said. In the past, that often manifested as overt slavery; today, it's a little more subtle, with people routinely being jailed and "rented back" to corporations to labor for far-below-minimum wage.

"To corporations, people and land are resources to be gobbled up for the few," she said.

Citing an elder from her Yoruba/ Dahomey heritage, she added, "Clearly, you are all sick because you treat Earth as a commodity, not as a relationship." Change that, "and everything flows from there."

A big part of it, she added, is that we'd normally ask another person's consent to do something to them, but our culture never asks Earth. To indigenous peoples the world over, "we are the younger siblings of Creation,' with other species, mountains, rivers and other parts of Nature being our elders, with experience they're willing to impart if we listen and ask. Traditionally, tribes asked using countless forms of divination, dance and prayer, which exist in all cultures if you delve into the history far enough. That point led to something the participants all saw as important: the need to find roots in one's own heritage without stealing from others. Even in European ancestry, there were cultures who honored the human-Earth relationship, and threads of those ideas were picked up by the mainstream culture and religions. Indigenous peoples, Penniman added, "have been survivors of apoc-alypse" and can therefore teach how to move on. By that, she's referring to colonial conquest and, especially in the Americas, the massive death-

toll from European diseases over the last several centuries.

To Schwartz, such a mentality change is part of "reclaiming the commons." While that has typically meant reclaiming the right of communities to use the land for sustenance in the face of privatization for commodity agriculture and other development, he said he also means it in the sense of taking the Internet and other aspects of society from corporate control.

Lent agreed, saying technology, language, the Web and other things are "part of untold generations of our ancestors creating something that's everyone's heritage." It's "the common wealth," so "every human being who's born has a right to share that," he said.

"We've got to stand up as a global community and bring back the commons," he added.

In some ways, that's slowly happening. Lent cited fairly recent changes in European law to "declare ecocide a crime" and confront corporate polluters.

Elsewhere, there are efforts to enshrine Earth rights into law - for example, Toledo OH voters approved doing so for Lake Erie, and Orange County FL did so for rivers last year. In a few places, such as Bolivia and Ecuador, such rights are in the national constitution.

LaDuke noted such relocalization is critical. Everywhere has seen similar "conflict between the cannibals and Mother Earth," so there are many ways to get involved. Often, that can take the form of being "a water protector," but in general it means first getting to know "the land to which we belong" - an idea that's polar opposite to Western practices.

Overall, her goal is "to end the slavery of Mother Earth," she said.

"We don't have to solve all the problems ourselves," Lent observed, noting we just need to "be a small part ... and connect to [the larger effort] like a mycorrhizal fungal network underground."

In forests, such networks allow trees and other plants over a wide area to share nutrients and communicate biochemically as dependent community. Penniman compared it to traditional susu economics in Ghana, where everyone contributes something and gets back what they need. Comparing it to a butterfly's winglets. she noted there are four main ways people can get involved: resist further abuses of Earth, work to reform the laws, help build alternative institutions, and be healers of both land and people because "there's a whole lot of trauma out there." "If you care about life, ...it's going to happen because all of us move together... toward a life-affirming future," Lent added. "It's possible to transform it when enough of us work together."

- 5. Acting as if you are
- 6. Affirmative
- 7. Not caps
- 8. Type of medication
- 9. Monetary unit
- 10. Private school in New York
- 12. Small stream
- 13. A person of wealth
- 16. Exclude
- 17. Someone who vouches for you 53. Song
- 20. Vegetable part
- 22. Gov't lawyer
- 25. Term to address a woman
- 26. Swiss river
- 27. About senato
- 29. Paulo, cityr

- 37. Capital of Senegal
- 38. Slang for military leader
- 40. Football's big game
- 43. Women who threw themselves on funeral pyres
- 45. Equally
- 48. Forest animal
- 50. Heavy stoves
- 51. Releasing hormone (abbr.)
- - 54. Type of pickle
 - 55. Offer in return for money
 - 57. Soviet Socialist Republic
 - 58. Burns wood (abbr.)
 - 59. Beloved singer Charles
 - 61. Three-toed sloth

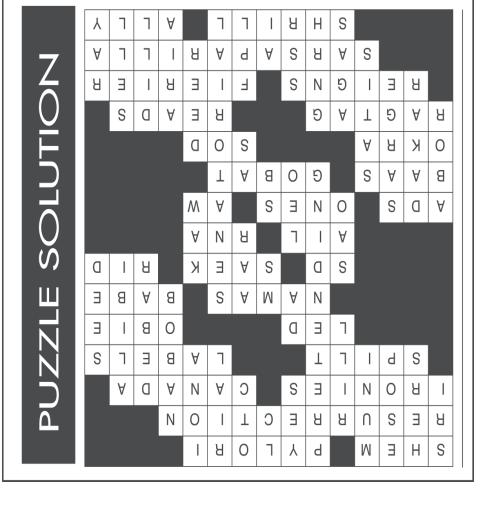
Gus Steeves can be reached at gus. steeves2@gmail.com.





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Think Spring

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Southbridge to welcome Green Meadows cannabis dispensary

Farm (Green Meadows), a cannabis company based in the heart of Southbridge, Mass., will open the doors of its first cannabis dispensary Sunday, Feb. 28, serving adult use cannabis customers. The dispensary is located at 64 Mill St., Southbridge.

Owned and operated by descen-dants of WWII General George S. Patton, Green Meadows is founded on the Patton family's heritage of veteran advocacy, community service and organic agriculture. The company mission is simple: to bring exceptional cannabis products to Southbridge and surrounding communities, while engaging with consumers, particularly veterans, on ways these products may enhance personal health and well-being.

'Our values are rooted in positive social engagement," says Bob Patton, Manager and Chief Executive Officer. "Southbridge is an histor-

SOUTHBRIDGE — Green Meadows ic commercial center undergoing major revitalization with both public and private sponsors. We at Green Meadows couldn't be prouder to participate in this resurgence and to call this diverse and vibrant community home."

Green Meadows is currently approved to serve adult use customers. Medical licensing will follow early this spring with the addition of cultivation and processing to organic standards to its operation. In a rarity for Massachusetts, the company has taken "locally grown" to a whole new level by locating its cannabis production alongside its dispensary in a restored 19th century mill building in downtown Southbridge. Ultimately Green Meadows will feature its own products grown to the highest organic standards along with a curated selection of quality products from other sources.

Old Traditions made new - Family,

veterans and cannabis

The Patton family's support for military veterans dates back generations. It grew stronger in light of the difficult experiences and related burdens of post-traumatic stress disorder (PTSD) endured by many veterans of the recent Iraq-Afghanistan era. Bob Patton's father, George S. Patton IV, founded Green Meadows Farm as an organic fruit and vegetable farm after retiring as an army major-general in 1980. Combining his devotion to organic, sustainable agriculture with the medical potential of cannabis for veterans and others was the original inspiration behind the family's cannabis venture.

Where to visit Green Meadows in Southbridge

Southbridge is located at the inter-

section of I-90 and I-84 just north of the Connecticut border. Green Meadows' dispensary, in the town's "Globe Village" neighborhood, sits across the street from its own newly built parking lot; a sheltered courtyard leads visitors into the brick mill building whose ongoing renovation mirrors projects occurring throughout town. Green Meadows' cultivation and processing facility is in the same building. The industrial space has been completely remodeled to deploy organic and "green" horticultural principles across the entirety of the Green Meadows operation.

Regular hours for the dispensary will be Monday –Thursday 10 a.m. – 7 p.m.

Friday – Saturday 10 a.m. – 8 p.m.; Sunday 11 a.m. – 6 p.m.

Ghana native recognized as Harrington Hero

SOUTHBRIDGE — Since the open-ing of Harrington HealthCare's COVID Vaccination Center at the Southbridge Community Center, a wide variety of community organizations and community members have come forward to support the Center's efforts and help the health system to meet the great need and demand for vaccinations.

Bright Eric Kwasi Ohene is among those who volunteer their time to help the Center run at the most efficient capacity possible. A native of Ghana, Ohene is in the United States on a B1B2 Visa to continue his medical studies. When Harrington became one of the first vaccination centers to open in the Central Massachusetts area, he learned about the opportunity to volunteer and was among the first to do so.

Ohene wakes up every day in the wee hours of the morning to take a Lyft to the Union Train Station in Worcester. He then takes the bus to Southbridge and walks to the vaccination center to volunteer – and all of this by 7 a.m.

While waiting and hoping to get the opportunity for a cardiovascular surgical fellowship, he is preparing to obtain credentials required to have a medical practice here in the United States. He

DISPOSE

has also been involved in working with Massachusetts Medical Reserve Corps.

"We are extremely grateful to have Bright as part of our team here at the vaccination center. He is an exceptional volunteer and all of the nurses and staff enjoy working with him," said Jess Calcidise, Chief Nursing Operator. "It is people like him that are the reason why we can provide vaccines to our community more quickly and efficiently. The good work that is being done by him and all of the staff and volunteers does not go unnoticed. Nor does the incredible contributions and support that have been provided by so many community organizations as well as the town of Southbridge and its first responders."

The Harrington HealthCare COVID Vaccination Center will continue to work on ramping up additional capacity to administer the vaccine to the local community as the state opens up new categories of individuals to be eligible for the vaccine. Those interested in being vaccinated should visit https:// www.mass.gov/covid-19-vaccine for the latest information on eligibility and to make an appointment to receive the vaccine when they become eligible.

Alterations and tailoring return to Southbridge with **Rose Fine Alterations**

SOUTHBRIDGE — The tradition of tailoring in Southbridge continues with the opening of Rose Fine Alterations at 201 South Street. Beginning March 2nd customers will no longer have to look outside of town for quality alterations. Owner Audrey Clark plans to work on "everything from your favorite pair of jeans to your wedding gown." Ms. Clark fell in love with sewing

when she was twelve years old and hasn't stopped since. After completing an apprenticeship focusing on formal and bridal alterations, she decided to open up on her own.

"I love what I do and I when I saw there was a need for it in Southbridge I thought I would just jump in!" she explains.

Sewing and alterations is a time rosefinealterations.

our

audience

honored tradition in the Clark fam-

"I named my business after my great great grandmother Rose who sewed all her life. Her daughter Lorraine was also a lifelong seamstress. My other great great grandmother Abina worked sewing costumes for the Metropolitan Opera House in the 1920's. I was inspired by their work and I like carrying on the tradition," Clark added.

With the opening date less than a month away, Rose Fine Alterations is already booking. Appointments can be made on their website: rosefinealterations.square.site or by calling 508-868-0613. Frequent updates on the business are found on their Facebook and Instagram pages: @

Wales Cultural Council offers online survey

WALES Heads up, Wales residents! Who is your favor-ite artist? What kind of music

to see come to town? Is there a science-based program that could enlighten communidents are invittv? Who do vou ed to take an think is the best online

would you like the program, the schools, the senior center, the community at large? Wales resi-

for offered by the

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Scott Berg earns degree from Cumberlands

survey



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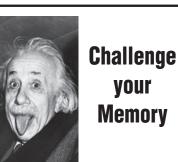


WILLIAMSBURG, Ky. — University of the Cumberlands wishes to congratulate Scott Berg of Holland on earning their Doctor of Philosophy in Leadership in fall 2020. Well done, Scott!

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EGALS

NOTICE OF PUBLIC INVOLVEMENT **PLAN SITE MEETING** MASSACHUSETTS **TURNPIKE SERVICE AREA 6W** (GOULD-CEMETERY ROAD SAMPLE AREA) CHARLTON, MASSACHUSETTS RTN 2-0000760

In accordance with M.G.L.c.21E §14(a) and 310 CMR 40.1404, the Mass Turnpike 6W Service Area (i.e., the Site) was previously designated as a Public Involvement Plan (PIP) site in 1995. On January 6, 2021, ExxonMobil received a request from the Massachusetts Department of Environmental Protection (MADEP) to update the Site's existing PIP, specifically addressing the ongoing investigation in the Gould-Cemetery Road Area of Charlton. As a result of MADEP's request, a virtual public meeting will be held via Zoom on March 15, 2021 from 6:30 to 7:30 p.m., to present and solicit comments regarding the updated draft PIP. Copies of the draft PIP are available through eDEP (refer to link below) and will also be made available at the meeting. Any questions regarding this meeting or the draft PIP should be directed to Elizabeth Zinkevicz of ExxonMobil at (207)

363-8345. The entire disposal site file can be reviewed on the MADEP website using Release Tracking Number (RTN) 2-0000760 at http://public.dep. state.ma.us/SearchableSites2/Search. aspx or at the MADEP Central Regional Office, 8 New Bond Street, Worcester, MA 01606, (508) 767-2884. The meeting can be joined via web browser at https://rb.gy/yvqibt or by phone at +1 (929) 436-2866 using the Meeting ID 884 7484 6234 and Passcode 234884. March 5, 2021

LEGAL NOTICE

A public hearing on the proposed Wales Elementary School budget for 2021-2022 will be held on Wednesday, March 17, 2021 at 6:30 p.m. at the Wales Elementary School, in accordance with M.G. L., Chapter 71, S. 38N. Copies of the proposed budget are available from the Office of the Principal, Wales Elementary School.

Christine Randall, Chairman Wales Elementary School Committee March 5, 2021

LEGAL NOTICE

The Brimfield Elementary School Committee will hold a public hearing on its proposed 2021-2022 Elementary

School Budget on Tuesday, March 23, 2021 at 6:30 p.m. at the Brimfield Elementary School, in accordance with the M.G. L., Chapter 71, § 38N. A copy of the proposed budget is available from the Office of the Principal, Brimfield Elementary School.

Michele-Lee Shea, Chair **Brimfield School Committee** March 5, 2021

NOTICE OF **PUBLIC HEARING**

The Board of Selectmen will hold a public hearing on Monday, March 15, 2021 beginning at 6:30 P.M. in the Town Hall, 21 Main Street, Brimfield, MA to hear the application filed by Apple Barn Cafe for an Amendment-Change or Alteration of Premises pursuant to M.G.L. c. 138, located at 52 Palmer Road, Brimfield, MA. If you have an interest in this application, you are requested to attend said hearing at the date and time aforementioned. Michael Doyle, Chairman Board of Selectmen Town of Brimfield 23 Main Street Brimfield, MA 01010 March 5, 2021

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> FRANK G. CHILINSKI PRESIDENT AND PUBLISHER

> > BRENDAN BERUBE EDITOR

EDITORIAL Reserve your judgment

We see it on Facebook, and other social media accounts — seemingly happy people carrying on about their lives without a care in the world. As we scroll, we tend to pass judgements on what is in reality, a blip in the lives of those who's photos we are currently looking at. A mere moment that perhaps lasted less than a second is captured, and in that moment, we feel that we are free to make a distinction on what that individual is going through in the moments and days prior, or what they may be feeling like in the moments just after. Don't do that.

The best way to find out how a friend, co-worker or family member is, is to simply ask them. With the past year being what it was, mental health issues and rates of suicide are sky rocketing. Is this really a time to pass judgement? Or is this an opportunity to lift those up around us and to make sure that we're all hanging in there?

As humans, some of us can handle any given situation with more grit than others. Some can carry on for just so long until it just becomes too much. Those that have that grit, are those who have the ability to extend their hand, tell someone that they will be ok and that they are not alone. Support for a person overwhelmed, depressed or anxious is paramount to their well being. Sure, it feels good to act tough, and announce that X, Y, or Z doesn't bother you, but the world is not all about you and it never will be. Be kind, it just feels better.

When a person breaks their leg and can no longer work for a time, they are sent flowers, offered encouraging words of support, given sick time and sent home with casseroles. If a person with a mental health condition takes time off to regroup and to seek the help and therapy that they need to ya know...live...it becomes an issue. Because you can't SEE the injury. What you might see is a smile that lasted a split second, and you pass judgement — "Oh they aren't really sick." Guess what — you are wrong. Make no mistake, we all go through challenging times, but that doesn't mean that we all handle them in the same way. Discrimination against a person with any health issue, wether it be physical or mental, is illegal. Furthermore, it is morally wrong. Do we really want to be a society that has stopped supporting one another? We vote no. When we see a neighbor plow the driveway of the house down the street, or three neighbors pulling a strangers car out of a ditch, we are reminded of how at our cores, we are all kind.

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

March is National Noodle Month

Whether you call it pasta or macaroni, the noodles that deliciously bulk up almost any soup or dish are the ultimate comfort food. After all, who can resist homemade macaroni and cheese? How about cheese laden layered lasa-

gna? Or thick forkfuls of Fettuccine Alfredo? If recent meals haven't made your macaroni quota, here's an excuse to pile on the penne: March has been deemed National Noodle Month!

Retailers reveal sales of noodles typically rise as the temperature drops. As we look to the comfort of home during cold weather, hot noodle soups, stews and casseroles serve as yummy "feel good" foods. But how much do you really know about macaroni and pasta beyond its taste factor? Read on for pointers (and more) on perfect pasta!

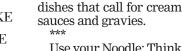
Macaroni Mood: Want an excuse to say "pass the pasta" more often? Nutritional scientists have proved certain foods are fixes for less than perfect moods. Studies show pasta, which is rich in complex carbohydrates can help relieve anxiety and help fight depression.

No Fail Noodles: There are a few "tricks of the trade" to perfecting pasta. Some cooks prefer to use a lightweight pot for boiling pasta. The light pot allows the water to come to its initial boil quicker and to also return to the boiling faster. This efficiency not only saves time, it prevents the pasta from clumping at the bottom of the pot.

Culinary Coverup: Want to prevent macaroni from sticking together? After adding the pasta and stirring, put a cover on the pot to keep it flowing freely. There's no need to add oil to the pasta water to prevent sticking. Just remember to stir the pot every now and then.

To Salt or not to Salt: That is the question. The answer is usually yes. Salt flavors the pasta. But don't add the salt until the water boils because adding salt first will actually delay the boil. On a restricted sodium diet? Add a squeeze of lemon or a shot of vinegar to the cooking water instead.

Think Outside the Box: While dry, boxed pasta is still the traditional choice for sauces that have an olive oil or tomato base, butter and cream based sauces call for a step up. If you don't have the time or patience to make homemade macaro-



Use your Noodle: Think pasta can't be a part of a weight loss plan? Think again. Studies in the New England Journal of Medicine and the Journal of the American Medical Association report there

are no significant differences in weight loss between low-carbohydrate diets and conventional weight loss plans. The studies attribute weight-loss to a reduction in calories, not carbohydrates.

Here are some pasta pointers from the National Pasta Association:

*When pairing pasta with a sauce, remember that: Thin, delicate pastas, like angel hair or thin spaghetti, are better served with light, thin sauces. Thicker pasta shapes, like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges, like mostaccioli or radiatore, are perfect for chunkier sauces.

*To reheat cooked pasta, portion out the amount you need and place in boiling water. For extra easy draining, you can place the pasta in a stainless steel colander or strainer and then submerge in boiling water. Count 40 to 60 seconds of reheating time for a four ounce serving. Drain the pasta well, toss with sauce and serve immediately. Pasta can also be reheated in the microwave oven. Reheat single servings on high for 45 seconds at a time, checking between intervals for doneness.

*Refrigerate cooked pasta in an airtight container for three to five days. You may add a little oil (one to two teaspoons for each pound of cooked pasta) to help keep it from sticking. Because cooked pasta will continue to absorb flavors and oils from sauces, store cooked pasta separately from sauce.

*The best pasta shapes for freezing are those that are used in baked recipes, such as lasagne, jumbo shells, ziti and manicotti. You'll have better results if you prepare the recipe and freeze it before baking. To bake, thaw the dish to room temperature and bake as the recipe directs.

Did you know?

*In 18th century England, macaroni was a synonym for perfection and excellence. That's why, for example, the feather in Yankee Doodle's cap was called "macaroni." How can women overcome obstacles to financial security?



On March 8, we observe International Women's Day, a celebration of the social, economic, cultural and political achievements of women. Of course, women still tend to encounter more obstacles than men in the pursuit of financial security. Let's consider a few of them.

To begin with, women are still more likely to leave the workforce, at least temporarily, to raise children, resulting in lower contributions to employer-sponsored retirement plans such as 401(k)s. And women are often the ones who become fulltime caregivers of aging parents or other relatives. Caregiving duties can exact a big financial toll: The lost wages, pensions (including 401(k)s and similar plans) and Social Security benefits that a woman loses to become a full-time caregiver amount to more than \$300,000 over her lifetime, according to the National Academy of Sciences.

Women also may be more susceptible to financial downturns. Consider the COVID-19 pandemic: Just a few months ago, in December, women lost 156,000 jobs, while men gained 16,000, according to the Bureau of Labor Statistics, which also reported that women accounted for 54 percent of the jobs lost from the pandemic in 2020.

And women are not unaware of their circumstances and outlook. Just 41 percent of women are confident about retirement, compared with 56% of men, according to a survey by Edward Jones and Age Wave.

But if you're a woman, you can take steps to help improve your financial outlook. Here are a few suggestions:



Take note — mental illness is not a character defect. There are many reasons a person may develop an issue, wether it's temporary, brought on by stress, illness or whether it's genetic. Some anxiety may resurface as an adult, due to childhood trauma. Either way, we don't know, unless we know.

When people do not understand mental illness, they tend to exhibit prejudice against those who admit they have an issue. Those people are often treated as though they don't have a real health issue and are then discriminated against. This leads to shame in the person who openly admits that they need help, and so the stigma surrounding mental health is born.

Many workplaces have excellent support systems in place for employees who need help, these to include police and fire departments. These places are to be commended for looking out for one another.

Here are ways to decrease the stigma, be in the know and help your neighbors. Educate yourself, be aware of your attitude towards those who confide in you, pay attention to your judgements and choose your words carefully. When you do educate yourself, spread the word. Treat those around you with respect and offer encouragement, or a slice of pizza; anything goes. We say it often — take care of each other, now more than ever. You will find that it's easy to be kind. ni, try using fresh refrigerated pasta for

Turn To TRAINOR, page A10

The kindness of us

I've written about this several times and in different ways. If I comment on "the beauty of God's creation," most will see visions of stunning landscapes and the beauty of the oceans. When I pon-

der the beauty of God's creation, my mind goes to my fellow human beings and their kindness.

I understand if you have difficulty going there. All you must do is go to the political opinion columns and talk shows. They're full of hatred for others whether you are on the left or right. "If you disagree, your spreading hate!" Both sides make the same claim. How sadly absurd.

Most of you know that I'm battling Stage 4 Stomach Cancer, and wow... it's been a roller coaster of a journey. I'm writing you today from my local hospital where I spiked a fever after my recent surgery and was admitted last night.

When I was rushed into the ER, I was surrounded by caring nurses. Because I didn't get permission, I'll not use real names. Bill, the triage nurse didn't ask me who I voted for but instead showed genuine concern. He saw me, my value, and my worth - not by my political party - but because I am simply human. And I saw him - a human. I asked his name and about his family. He seemed grateful.

Bill passed me into a treatment room in the ER where I was quickly met by a Dr. He also saw me not by my political party, but as a human who needed care and attention. He showed genuine concern and compassion. The subject of climate change never came up, nut instead we were two humans who saw value and worth in one another.

I was taken care of by a nurse's aid named Sam. I found out he's finishing up his RN certificate and said, "I'm excited to make a difference." I assured him that he already is... he paused, smiled, and said thank you. I'm guessing he may be twenty. The last thing I said to him was, "Sam, your parents must be so proud of you." His face lit up and he said, "I'll tell them you said so." NG I was then moved to a

room on the fifth floor. I make it a point to get everyone's name, ask them where they were

from, and compliment them on something. In return, the care I've received has been amazing... and through it all there was not a single political discussion, and everyone smiled. Here, we are humans who have value and worth, not predicated by our political affiliation, but simply because we are humans who are created in the image of God.

I've really enjoyed my time here being kind and receiving kindness in return. I've tried to get them to open as I opened myself to them. I've experienced the beauty of God's creation, up close and personal.

In today's polarized environment, and often behind computer screens, we demonize one another by spewing hateful words simply because someone else voted differently than I did. As one Pastor Andy Stanley once remarked, "You're scaring the kids!" And for what?

The deeper we dive into God's creation, the more we realize, there's so much we don't know. And yet, so many act as though they are experts, and the rest of the world is foolish. But what if it isn't our job to know? What if our purpose is much more significant and even simpler than knowing everything? What if we are fighting over the wrong thing? What if we are missing the mark entirely? Maybe it's just this simple: we are here to love and be loved. Perhaps one of the greatest reminders comes from Jesus himself, "Love your neighbor as yourself." I think he was onto something.

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. • Take full advantage of retirement plans

If you are still working and your employer offers a 401(k) or similar retirement plan, take full advantage of it. Put in as much as you can afford each year and increase your contributions when your salary goes up. Also, within your plan, you'll want to choose the mix of investments that can help provide the most growth potential, given your individual risk tolerance. Also, even if you contribute to a 401(k) or similar plan, you may also be eligible to fund an IRA, which gives you even more investment choices.

• Evaluate your Social Security options

You can typically start taking Social Security benefits when you're 62, but your monthly checks will be much larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You might also consider whether you'd be better off by taking spousal benefits, if you're married and your spouse earned more money than you. You're generally even eligible for spousal benefits if you are divorced, as long as you were married at least 10 years and you haven't remarried.

• Look for unexpected income opportunities

Even after you've formally retired, you may still find ways to receive some earned income. Perhaps you can work part time or do some consulting. And if you're a caregiver, you might be able to receive some compensation for your work. Many local governments pay non-spouse caregivers who act as personal attendants, although the rules vary greatly by state and county.

These certainly aren't the only ways you can improve your financial status, but they may prove useful to you. In any case, be aware of the challenges facing you and do whatever you can to brighten your future.

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

Positively Speaking

GARY W.

MOORE

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Time to check your fishing rods



THE GREAT Outdoors RALPH TRUE

March 20 signals the start of spring, but it could actually start earlier. Signs of spring are all around us if we look hard enough. In my travels around the valley this past weekend, I spotted a pair of wood duck flying into a small stream in the valley area. Three deer were observed feeding on grass where the snow had melted, and a few turkeys were feeding not far away. Although I have not spotted any robins locally, I am sure they will be here by the time you read this column.

This writer also brought my boat out of mothballs this past week. I always try to get it ready early in case I have a problem. Finding a mechanic at this time of year to repair outboard motors is easy, but in another few weeks it will be a lot harder. If you have a small outboard motor that needs a tune-up, now is the time to drop it of at a marina. Using an impact wrench to remove the lug nuts from your wheel is very important if you fish saltwater. I use a good penetrating oil like Blast before removing them. While the trailer is off of the ground it is a good idea to spin the wheel, listening for any noise. If you hear a growling noise, it is a good time to replace the wheel bearings. If your trailer wheels have bearing buddies, they should get a good dose of grease. Do not overfill them, as you can blow out the back seal.

This is a good time to check all of your fishing rods, both salt & freshwater. Often, the rod windings need a new coat of lacquer, worn guides should be replaced, and the reel seat needs to have a bit of oil applied to the threads. All reels need to be inspected for wear. Place a light coat of oil on the level wind and on all other moving parts including the reel handle. Checking the fishing line on all reels for wear is very important. Fortunately, the braided lines do not need to be replaced as often as the monofilament lines, but they do wear out.

The next job is to check all of your fishing lures. That can be a long process if you do a lot of fishing and have numerous fishing tackle boxes loaded with many lures and plugs. Fresh water lures do not need as much attention, but saltwater lures and hooks need sharpening and or replaced. The hooks often become rusty if you used them in saltwater, and did not wash them off with freshwater before putting them away. Replace the bucktail on some of the plugs is easy, and requires very little time if you have a fly-tying vice. I often save a couple of deer tails from my deer, or someone else's, and dve



Courtesy

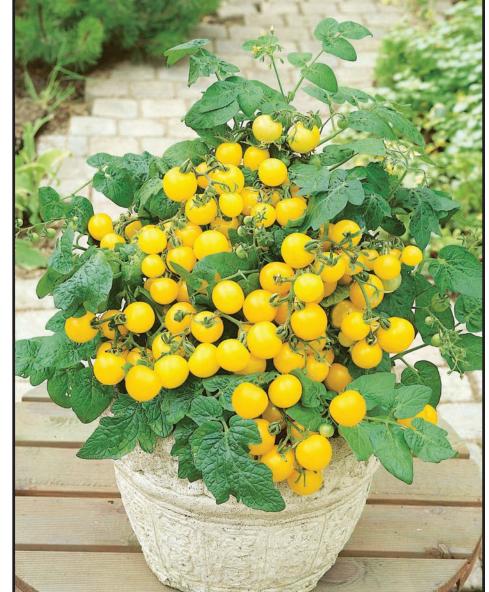
Grow an earlier and more abundant tomato harvest

GARDEN MOMENTS MELINDA MYERS

Be the first in your neighborhood to enjoy a garden-ripe tomato. Then continue harvesting an abundance of flavorful tomatoes throughout the growing season. A little planning and strategic planting can help you get an earlier and bigger tomato harvest.

Jumpstart the season by warming the soil for an earlier start. Cover the planting space with a floating row cover, clear plastic or a cloche. Once the soil is warm, you are ready to plant your tomatoes. Use the row cover or cloche to protect your plants when cold temperatures or frost is in the forecast. You will get a two- to four-week jump start to the season.

Further shorten the time to harvest by planting an early ripening tomato like Early Girl, Fourth of July, and Quick Pick. Check the catalog description or plant tags for the number of days the tomato variety needs to reach maturity. Growing these or others that require fewer days between planting and harvesting means you'll be enjoying fresh tomatoes sooner. Train at least one of your tomato plants onto a stake for an earlier harvest. Loosely tie one or two stems to a tall stake. Continue securing the stems throughout the season as the plant grows. Remove the suckers, the small branches that form between the main stem and leaf, as they appear. You'll have fewer fruit, but they will be ready to harvest sooner than those caged or grown sprawled on the ground. Staking also saves space and helps reduce the risk of disease. If staking seems like too much effort, grow your tomatoes in cages. Use tall, sturdy cages for larger indeterminate tomatoes that grow, flower, and produce fruit until frost. Caging tomatoes also increases airflow and



This week's picture shows a figure of a happy fisherman that was awarded to a lucky angler at the Singletary Rod & Gun Club back in 1982, during one of their fishing derbies. I found the trophy at a yard sale back a number of years ago!

them a few different colors. You can also buy them from Bait & Tackle shops.

Fishing lures and saltwater plugs are very expensive. This writer often finds old fishing lures at yard sales and flea markets. They do not have much value, but sometimes you can find a very expensive lure or plug in the bunch that I put in my collection. Most of the plugs only need a coating of paint and new hooks. They are a lot cheaper, and many times, are a lot better to use than a new one. New saltwater fishing plugs can cost over \$15, and often go as high as \$30 or more. These are just a few jobs that can be done before the fishing season arrive.

Massachusetts saltwater recreational fishing regulations could be the same as last year, and will keep the slot size limit on stripers. Circle hook requirements are still pending for both recreational and commercial anglers when fishing for stripers, in both Mass. & Rhode Island. A one fish daily limit on Cod in The Gulf of Maine is also pending, along with haddock regulations. Be sure to read the regulations on final season dates. The Massachusetts hunting and fishing license fee increase for 2022 will be hosted on three online information sessions in March by Mass Fish & Wildlife. The dates are March 9, 17, and 25 from 6:30 to 9 p.m.! Instructions for joining the sessions are posted on the Massachusetts Wildlife Web site. There will be a question-and-answer period after the presentation, explaining the need for license and permit increases for 2022. Take a Kid fishing & Keep Them Rods Bending!

All-America Selections— Courtesy

All-America Selections winner Patio Choice Yellow Sweet is a compact tomato variety perfect for containers, patios or balconies.

light penetration for greater yields and fewer pest problems.

Save even more space while bringing the harvest to your kitchen door, balcony, or window box with compact tomato varieties, like Patio Choice Yellow Sweet and Neat or Tumbling Tom. Plant one in a 10-inch pot or grow several in a larger container. You'll have a large crop of bite-sized tomatoes in about two months.

To improve the quality of your harvest, choose disease- and crack-resisting varieties. Cooks and canners will love Early Resilience Romatype tomato. It is resistant to late blight, blossom end rot and several other common tomato diseases.

Turn To GARDENING, page A10





To advertise in The Local Service Provider Directory Contact June at 508-909-4062 Jsima@stonebridgepress.news

FAIRS

continued from page A1

to protect those who haven't been vaccinated yet. This may change how local traditions look in 2021, but residents are prepared to make the sacrifices if they are able to salvage their favorite events.

HEIDEMANN

continued from page A1

in 2020. In 2017, Heidemann curated a new firearms exhibit which is now known as the Armed and Equipped: Firearms and the Militia in New England 1790-1840.

"Derek Heidemann is the perfect choice to lead the Collections and Research division as we head into our 75th year," said Jim Donahue, President and CEO. "His commitment to research and development, love of the Village's collection and experience in interpretation positions him well to expand the use of the collection to engage and educate the public."

While a lot of organizations have been forced to downsize over the past year, Old Sturbridge Village has continued to grow and expand on their programs and educational

..... To learn more about whether fairs and festivals will take place in your town this year, check the community website in the coming weeks. Plans have not yet been announced for the Leicester Harvest Fair, Christmas in July, the Spencer Fair, and several others.

> resources. This has given the Village the opportunity to bring in new talent and promote already existing talent within the organization. The divisions of program and interpretation, museum education, collections and research have all added staff to support the mission of the Village. With the growth of those divisions, the Village is implementing new strategies for promoting their wide variety of offerings, both in-person and online. As a result, additional talent has also been brought in to support the marketing division and will continue to be transformed over the next year as the Village revolutionizes their digital content. As Old Sturbridge Village begins its 75th anniversary year, they have much to look forward to and share with their visitors and neighboring communities

REILLY continued from page A1

Massachusetts, Centrend provides on-site Information Technology (IT) managed services and consulting to business customers throughout New England. Those customers include companies in the manufacturing, real estate, finance, insurance, legal,

VACCINE

continued from page **A1**

family members and neighbors have been forced to step up and assist seniors with the scheduling process. Legislators wish the state's rollout plan could have been better organized to prevent the many issues that have arisen.

"It has been very frustrating not to hear of the Governor's plans in a timely manner, or to have more input on the decisions that not only change daily, but have a disproportionate effect on our rural areas," said Sen. Anne Gobi.

Officials and seniors are also upset with the widespread abuse that has occurred with the vaccine scheduling system. Last month, state officials were pressured by legislators to do away with a policy enabling caregivers of seniors to receive the vaccine alongside them. This

non-profit, construction and hospitality industries. Centrend's consumer division, Whiz Kid Support (https:// www.whizkidsupport.com), provides computer support services to individual home users and to small/independent businesses with three or fewer computers. For more information on Centrend, visit (https://www.centrend. com/).

..... led to extensive fraud, officials said.

Local leaders also believe the honor system policy might need to be evaluated as more priority groups are approved. Officials are committed to ensuring that there are enough available slots on the schedule for seniors wishing to get vaccinated.

"Unfortunately, there are always going to be people who will abuse any system that comes along," Rep. Durant said.

Local legislators commend the work of the Harrington Healthcare System staff, which continues to run a vaccination site at the Southbridge Community Center.

To learn more about the Harrington vaccination site, or to schedule a vaccination appointment, visit www. harringtonhospital.org. You must register your appointment through the Harrington Healthcare System's online portal.

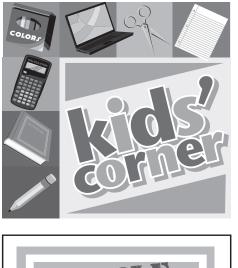
TRAINOR

continued from page A8

*Thomas Jefferson is credited with introducing macaroni to the United

States. It seems that he fell in love with a certain dish he sampled in Naples while serving as the U.S. Ambassador to France.

*The first American pasta factory was opened in Brooklyn, New York, in 1848, by a Frenchman named Antoine Zerega. Mr. Zerega operated with one horse in





THIS IS A REGULAR ACTIVITY OR INTEREST DONE FOR PLEASURE OR RELAXATION.

ANSWER: HOBBY

Math Blocks

Fill in the missing blocks with numbers between 0-9. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

9		2	11
	3		12
	1	4	10
18	4	11	J
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Get Scrambled Unscramble the words to

determine the phrase.



PATINA

his basement to power the machinery. To dry his spaghetti, he placed strands of the pasta on the roof to dry in the sun.

*Tripolini or "little bows" were named to honor the Italian conquest of Tripoli in Libya.

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.

TRAINOR

continued from page A8

This determinate tomato plant only grows two feet tall, so will not need staking. It is great for containers, small spaces, and traditional vegetable gardens. Reducing the risk of disease means a bigger harvest with less effort on your part. Further reduce your workload and increase your success with mulch. Spread a two-inch layer of shredded leaves, weed-free straw, or evergreen needles over the soil surface around your plants. You will conserve water, suppress weeds, and improve the soil as the mulch decomposes. With a little planning you will be ready to enjoy an early and bountiful harvest of tasty tomatoes from this season's garden.

NKGNTTII EDNESLE

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film or sheen on metals and wood formed by age and oxidation



ENGLISH: Bead

SPANISH: Cuenta

ITALIAN: Perla

FRENCH: Perle

GERMAN: Perlen



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Can you guess what the bigger picture is? ANSWER: POTTERY

f

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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 also a columnist and contributing editor for Birds & Blooms magazine. Her Web site is www.MelindaMyers. com.

Hours: Sun, Mon & Wed 8-8 • Thurs, Fri, Sat 8-9





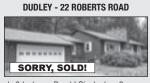




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Bay Path nursing students help give COVID-19 vaccinations

SOUTHBRIDGE — Health departments and hospitals around the state are continuing to work to vaccinate as many people as possible, and for Harrington Hospital, that means the inclusion of help from Bay Path Practical Nursing Academy students.

Harrington Hospital and Bay Path Practical Nursing Academy have partnered to help administer more vaccines to the community. The practical nursing students who are on term 2 and on their medical-surgical nursing clinical rotation have been asked to help at the vaccine clinic at the Armory.

For clinical facilitators like Professor Cheryl Cahill, MSN Ed, RN, this is a wonderful opportunity for her students.

"The students are doing a wonderful job providing pre-vaccination teaching, obtaining informed consent for vaccines, administering COVID vaccines, and monitoring patients after the vaccines are given. They really feel part of the team at Harrington. We are so happy to be of service during this pandemic" said Cahill.

The sentiment is echoed by Gretheline Bolandrina, MSN Ed, RN, CRRN, Academy Director, who said "This is an unbelievable opportunity for our practical nursing students to participate in a history making event like this."

Clearly in line with service learning.

"The opportunity allows our students to fine tune their skills in something that we don't always get a lot of opportunity to do IM injections," said Bolandrina.

Over the past weeks, students under the supervision of their clinical facilitator worked alongside other healthcare workers at the



Armory.

"We are grateful for the opportunity to assist at the Armory! On top of being able to practice giving vaccines, I enjoy being able to see all of the details to ensure that the clinic is able to run smoothly. It is a very informative learning environment!" stated Carolyn Jenkins of Cherry Valley.

"I am really grateful for the opportunity to be able to learn, help, and make change. The people's appreciation makes me feel good too," shared Tianna Welcome of Oxford.





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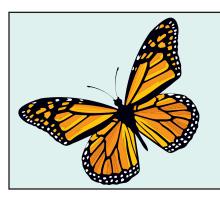


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