SPENCER NEW LEADER

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Friday, January 19, 2024

North Brookfield teens mentor younger students

Courtesy

From left, NBHS Project 351 Playbook Initiative leaders: Principal John Diorio, Anthony Polanco, Alexis Caouette, and music teacher Matthew Bilz.

BY KEVIN FLANDERS
STAFF WRITER

NORTH BROOKFIELD — High school ambassadors Anthony Polanco and Alexis Caouette are mentoring younger students as part of the Project 351 Playbook Initiative.

An extension of the annual Project 351 youth service program, the Playbook Initiative allows a team consisting of a sophomore, a junior, and a teacher to work together to mentor seventh and eighth graders.

Among other topics, Playbook students promote the importance of preventing racism, sexism, and other forms of abuse and discrimination in schools.

"To me, being chosen for Playbook means getting a chance to help," Caouette told the New Leader. "My whole life I've known that there was something wrong with the way people got treated and felt very strongly that there were things about the world and how people interact with each other that needed fixing. So being chosen for Playbook gave me the chance to have a way to voice my thoughts and do what I can to help."

A sophomore at NBHS, Caouette was thrilled to have an opportunity to mentor younger students and make a difference in improving the community.

"For Playbook, I will teach the middle schoolers about racism, sexism, and ableism—in order to teach them how to better treat each other," Caouette said. "There will be two sections for each grade throughout the year."

At school, Caouette has already made several contributions through an array of activities and programs.

Turn To ***MENTORS*** *page* ***A18***

San Angelo reflects on first few months on the job

BY KEVIN FLANDERS
STAFF WRITER

WEST BROOKFIELD — Less than a year after becoming West Brookfield's first Town Administrator, Ron San Angelo and his team have already helped advance several important projects and programs.

San Angelo started in his new role during the summer of last year. He was thrilled to accept a leadership position in a small town with big opportunities.

"West Brookfield is a beautiful town that needed someone to transition into a Town Administrator form of government. I wanted to utilize my over 25 years of government experience to help the community develop a structure of government that would serve the community well into the future," San Angelo told the New Leader.

Previously serving as the Southbridge town manager for five years, San Angelo also served as a town administrator in Rutland and Hanson. In his home state of Connecticut, he served as a state representative for ten years and as the mayor of his hometown of Naugatuck for four years.

San Angelo has appreciated the team environment found in West Brookfield, with officials and residents working together to get results. San Angelo knew the transition would provide some challenges, but he and his team have embraced the work needed to build a better municipal leadership system.

"The people of the town have been very welcoming, and the selectmen have been very supportive of building a team that will improve government services for its citizens," San Angelo added. "I will admit that it has been more time-consuming than one would expect from such a small town, but that is because it did not have systems in place to run an effective government and did not have a central point of leadership that could move the town forward."

In only half a year on the job, San Angelo has already played a pivotal role in several accomplishments. These include combining the Tax Collector and Treasurer positions into one position.

"This has improved the department

Turn To ***SAN ANGELO*** *page* ***A18***

Vigil attempts to keep hope alive in Brittany Tee case

BY KEVIN FLANDERS
STAFF WRITER

BROOKFIELD — One year since Brittany Tee was last seen in the area of Lewis Field, the community kept hope alive during a candlelight vigil last week.

Gathering on the Town Common for the Jan. 10 ceremony, guests showed support for Tee's family members and friends as they continue the quest to bring her home. Despite a frustrating lack of new developments in the search over the past year, community members are hopeful for momentum in 2024.

Three days after she was last seen, Tee, 35, was reported missing to Brookfield Police on Friday, Jan. 13, 2023, by her family members.

Authorities launched a massive search for Tee that included multiple agencies scouring woodlands, water bodies, outbuildings, and properties.

Additional searches over the next several weeks employed the use of helicopters, drones, K-9 units, and trained civilian search teams.

Responding agencies included the State Police Air Wing, State Police K-9 Unit, State Police Marine Unit, Massachusetts Environmental Police, the Brookfield Police and Fire Departments, and the Worcester Police Department, among several others.

Last month, members of the Massachusetts State Police Special Emergency Response Team, along with State Police detectives assigned to the Worcester County District Attorney's Office, returned to Brookfield and continued the ground search for Tee.

No new developments were announced following the latest search.

Looking ahead, authorities urge residents to keep offering tips and information that could assist with the case, however minor.

"The police have continued to follow up on all investigative leads and tips in this case," read a statement issued jointly by the State Police and the Worcester County District Attorney's Office. "Investigators continue to receive tips regarding Ms. Tee's disappearance."

Tee is five feet, six inches tall, weighing approximately 120 pounds, with brown hair and blue eyes. Investigators said she was last seen wearing a black winter coat, a hoodie, jeans, and work boots.

At the vigil, music and uplifting words were offered by guests bundled up on a cold night, their candles providing lights of hope for a community desperate for answers.

Anyone with information pertaining to Tee's disappearance is urged to call the dedicated Brittany Tee tip line at 508-453-7589.

You may also send an email to the Office of Worcester County District Attorney Joseph Early, Jr. (WorcesterDAUnresolved@mass.gov).

Tips can be left anonymously.

LMS students, staff honor first responders

LEICESTER — Students and staff members at Leicester Middle School recently honored first responders during Law Enforcement Appreciation Day.

Held on Jan. 9, the event allowed LMS students and staff to show their appreciation for those who keep the community safe each day.

"The Leicester Middle School Student Council, under the guidance of Ms. McCormick, our school team leader, invited members of the Leicester Police Department for refreshments and breakfast items in appreciation for all they do," read a statement released by LMS Principal Douglas Daponde, Jr.

LPD members thank the school community for its efforts in giving back.

Turn To ***LMS*** *page* ***A18***

Courtesy

LPD School Resource Officer Scot Brooks attends a recent program with Leicester students.

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QCC announces Dean and Merit Lists

WORCESTER — Quinsigamond Community College has released its Fall 2023 Semester Dean and Merit Lists. A total of 510 students were named to the college's Dean's List and 1,009 students were named to the Merit List.

QCC's Dean's List Fall 2023

Students who meet the criteria below and have earned 12 or more credits in a given semester are named to the Dean's List:

All grades must be "C" or higher. (No grades of "I" or "X" are permitted).

Semester Quality Point Average (QPA) must be 3.50 or higher, and cumulative QPA must be 2.00 or higher.

All courses must be college-level

Brookfield: Sadie Bergeron, Michael Frey, Jared Maldonado, Alexandra Strickland

East Brookfield: Thomas Parsons

Leicester: Sofia Acero, Jacob Altman, Amy Carr, Christopher Goodney, Sean Le, Jackie Long, Ryan Murphy, James Whittemore

Spencer: Nicole Blais-Bennett, Michael Brousseau, Draven Casey, Mariannah Chase, Matthew Drainville, Matthew Heffernan, Thomas Heffernan, Deanna Kelsaw, Poker Meas, Hailey Mills, Gabriella Nokeo, Kevin O'Rourke

West Brookfield: Israel Hickey, Karlie Mason

QCC's Merit List Fall 2023

Students who meet the criteria below and have earned six or more credits in a given semester, but fewer than 12 credits, are named to the Merit List:

All grades must be "C" or higher. (No grades of "I" or "X" are permitted).

Semester Quality Point Average (QPA) must be 3.50 or higher, and cumulative QPA must be 2.00 or higher.

All courses must be college-level

Brookfield: Kerry Gromosky, Ashley Hazen, William Palmer

East Brookfield: Vanessa Flannery, Samantha Gibson, Kourtney LaFlower

Leicester: Arthur Duke, Amanda Frascolla, Tyler Goodney, Jack McDonough

North Brookfield: Noah Caouette, Liam Carlson, Victoria Davis, Jeanne Goyette, Deborah Hill, Kyle Pagnoni, Shannon Sisco

Spencer: Engy Abdelmasih, Catrina Caseday, Cole Dyer, Evelyn Larose, Kayla McCreadie, Madison McKeon, Kayla McQueston, Odeth Medina, Stefanie Natale, Michaen Pacheco, Wyatt Sadusky, Claudia Schlegel, Christine Shute, Sarah Simpson, Savanna Vaughn

West Brookfield: Aula Alayoubi, Destiny Foty, Emmy Foty, Caroline Piechota

Town of Charlton seeks a part-time Kitchen Assistant for its Senior Center (12- 15 hours per week)

HS Diploma and one to two years of experience working with seniors in a nutritional or food service program required; or an equivalent combination of education and experience. Must have Serve Safe certification or be certifiable. Hiring range $16.47 - $18.17 per hour. Position will remain open until filled. Apply online at www.townofcharlton.net/472/Employment-Opportunities

Spencer police seek new full-time officer

SPENCER — The Spencer Police Department seeks to hire a full-time trained police officer.

"Come join the Spencer Police Department, where we offer a competitive salary, full education incentive, a very competitive time off package, and a great place to work," read a statement released by the department. "We also are in a unique situation where there is the possibility of future advancement in the next few years."

Candidates must be at least 21 years old, a high school graduate (or equivalent), and POST-certified through a full-time academy.

Candidates must also possess an active Massachusetts driver's license, as well as a license to carry.

"Now is the time to apply to a central MA police department that is looking toward the future," the department's statement read.

To learn more about the position, or to download an application, visit www.spencerma.gov.

For questions about the position, contact the police department.

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Roger Williams University announces Fall 2023 Dean's List

BRISTOL, R.I. — Select students have been named to the Fall 2023 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

Bella Kulla of Leicester

Molly McGuirk of Spencer

Bella Miles of Brookfield

Abigail Morrison of Rochdale

Isaiah Saint-Vil of Spencer

About RWU

At Roger Williams University, students are prepared to be thinkers and doers ready to solve challenging problems with innovative solutions. RWU offers 50 majors and robust offerings of graduate and professional programs across eight schools of study including Rhode Island's only law school, with campuses on the coast of Bristol and in the heart of Providence, R.I. With small classrooms and a focus on undergraduate and graduate research and community engagement, a Roger Williams education blends the strength of liberal arts and professional studies, providing all students with the depth and breadth of interdisciplinary thinking and well-rounded knowledge necessary to succeed in our interconnected, global world. RWU is committed to strengthening society through engaged scholarship so that students graduate with the ability to think critically and apply the practical skills that today's employers demand.

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Friday's Child

Shakespeane
Age 13

Hi! My name is Shakespeane and I go by Shay!

Shay is a sweet, and polite girl. Her social worker describes her as lovable and engaging. She has a good imagination and sense of humor. Shay is well-liked by all of the adults in her life and they note her as being extremely kind and having an empathetic nature. Shay loves music, singing, and making Tik Tok videos. She also enjoys playing volleyball, make-up, and getting her hair done.

Shay will thrive in a loving and stable family of any constellation that can provide her with opportunities to participate in extra-curricular activities, spend time with peers, and support her as she develops into a teenager. Shay is longing for a permanent family and told a social worker, "I just want to be adopted somewhere peaceful, where I can stay for a long time. Maybe there will be a brother or a sister, but it doesn't matter as long as I don't have to keep moving and everyone is nice." Shay's social worker feels that she will do best as the only or youngest child in a home.

. https://adopt.mareinc.org/waiting-child-profiles#gallery/child/7384

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The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

To learn more about adoption from foster care visit www.mareinc.org . Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.

Liam Daniel Flynn of W. Brookfield named to Clarkson University's Dean's List

POTSDAM, N.Y. — Liam Daniel Flynn of West Brookfield, a junior majoring in engineering and management, was named to the Dean's List for the Fall 2023 semester at Clarkson University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

Charley Blair named to President's List at Plymouth State University

PLYMOUTH, New Hampshire — Charley Blair of Leicester has been named to the Plymouth State University President's List for the Fall 2023 semester. To be named to the President's List, a student must achieve a grade point average of 3.70 or better for the Fall 2023 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized. Blair is a Environmental Science & Policy major at Plymouth State.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Elizabeth Manfield named to Dean's List at Hofstra University

HEMPSTEAD, N.Y. — Elizabeth Manfield of Spencer excelled during the Fall 2023 semester at Hofstra, achieving a GPA of at least 3.5 to earn a spot on the Dean's List. Elizabeth's major is Psychology.

Hofstra University is a dynamic community of nearly 11,000 students dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers. Students can choose from approximately 175 undergraduate program options and 200 graduate program options in the liberal arts and sciences, education, health professions and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

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Abby Montalto joins EXIT Real Estate Executives in Spencer

SPENCER — EXIT Real Estate Executives is pleased to announce that Abby Montalto has joined its growing team of dedicated real estate sales professionals.

EXIT Real Estate Executives, located at 130 W. Main St., Spencer, is a proud member of EXIT Realty New England's rapidly expanding network of independently owned and operated brokerages across the region.

About EXIT Realty

EXIT Realty is a company founded and built on human potential. A full service, forward-thinking, real estate franchisor with offices across North America, EXIT has to-date paid out more than a half a billion dollars in single-level residual income to its associates. A portion of every transaction fee received by EXIT Realty Corp. International is applied to its charitable fund, and to-date, $7 million has been allocated to charity. For more information, please visit www.exitrealty.com and www.joinexitrealty.com.

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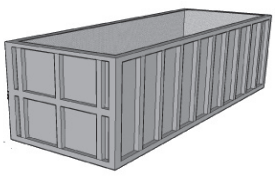
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Brier Pedersen named to Dean's List at Plymouth State University

PLYMOUTH, New Hampshire — Brier Pedersen of Leicester has been named to the Plymouth State University Dean's List for the Fall 2023 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.50 and 3.69 during the Fall 2023 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized. Pedersen is a Elementary Ed & Youth Develop. major at Plymouth State.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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Advertise Here

Leicester Public Library offers busy winter schedule

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — Guests are invited to take advantage of a busy winter schedule of programs at Leicester Public Library.

On Thursday, Jan. 18, a program from 5-6:15 p.m. will allow guests to design their own terrariums in a step-by-step process. The event will be led by a guide from New England Botanic Gardens at Tower Hill.

This event is free to the public, but registration is required. The program is intended for guests ages eight and older.

On Thursday, Jan. 25, a program from 6-7 p.m. will focus on teen art. Drop in to see what fun projects are available.

A program on Saturday, Jan. 27, will celebrate local history (11 a.m. to 1 p.m.).

"Join Library Trustee Bruce Craven and Library Director Suzanne Hall to explore some of the old technology from the Local History Museum collection," read a statement released by the library. "We will be demonstrating our Magic Lantern, our Edison wax cylinder phonograph, and making toast with our 100-plus-year-old toaster, and other exciting, outdated tech from our collection."

This program is free, with no registration required. The event is suitable for guests of all ages, but children under the age of 10 should be accompanied by a parent or caregiver.

On Fridays in February, stop by the library from 3-4:30 p.m. for Slow Stitch Fridays.

"To slow stitch is to take time to mindfully create something new through stitching with needle and thread. It's also a fantastic way to use up those spare fabrics and old clothes," the library statement read. "Join us to learn or practice sewing skills, embroidery stitches, embellishment, and more. Bring your supplies and projects, or use ours."

This event is free, with no registration required. It is intended for teens and adults.

On Thursday, Feb. 8, from 6-8 p.m., guests can stop by the library and learn how to make your own bath bombs with Shannon and Betsy from Casual Study. This event is suitable for older teens and adults. The program is free, but registration is required.

On Tuesday, Feb. 13, join the library staff to make a custom book-shaped trinket box. This event involves painting, so participants are encouraged to either dress in old clothing or bring an apron.

Materials will be provided for this event, which is free to the public. All registrants will be guaranteed a space; unregistered attendees will be accommodated as supplies allow.

Registration opens on Tuesday, Jan. 30.

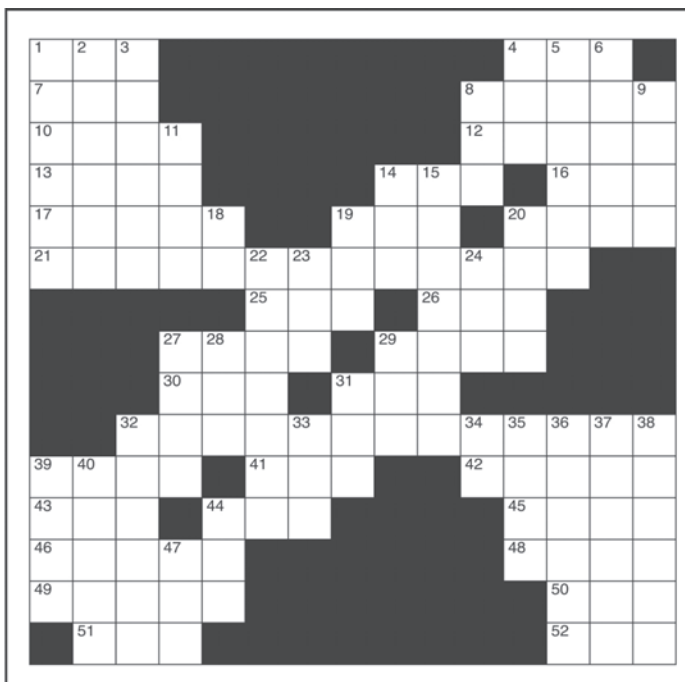
On Super Bowl Sunday (Feb. 11), guests are invited to a special event from noon to 3 p.m. Join Liz Provo from Bea's Closet for some Super Bowl Sunday sewing.

"Bring your own projects, since this will be more of a stitching/sewing circle and not a class. If you need guidance, she is happy to help," the library statement read. "This space is also great for any big cutting or laying out you've been saving."

This event is meant for teens and adults. Younger guests can participate with adult supervision.

To learn more about upcoming events at the library, visit www.leicesterlibrary.org.

The library is located at 1136 Main St. For additional information about programs, call 508-892-7020.



CLUES ACROSS

1. Microgram
4. Where golfers begin
7. Each
8. Warm weather metropolis
10. Coat with sticky substance
12. Girl's given name
13. Myth (Spanish)
14. Ultrahigh frequency
16. Former NBAer Jeremy
17. Where rockers work
19. Your consciousness of your own identity
20. Soft-finned fishes
21. Localities
25. Paddle
26. Union
27. Member of religious community
29. Small shrill flute
30. Small constellation in the Milky Way
31. They __
32. College kid on vacation
39. de Armas and Gasteyer are two
41. Part of the human body
42. A progressive grading
43. Sound unit
44. Noise some birds make
45. Abba __, Israeli politician
46. Portuguese city
48. Be extremely, uncritically fond of
49. Resembling old Norse poems
50. Ask for out of extreme need
51. Sino-Soviet block (abbr.)
52. Midway between south and southeast

CLUES DOWN

1. An insane person
2. __ Boothe Luce, American author
3. Buttock muscles
4. Men's fashion accessory
5. "Hotel California" rockers
6. Electronic communication
8. Magnetomotive force (abbr.)
9. Hostelries
11. A way to resound
14. Exclamation: yuck!
15. A resident of Indiana
18. Exclamation of surprise
19. Make a mistake
20. Boundary
22. Antilles island
23. It's used to make furniture
24. Clod
27. They indicate where places are
28. Bobby __, NHL champ
29. Prints money
31. Honorable title (Turkish)
32. Appetizers
33. Midway between north and northwest
34. Spanish be
35. Breezed through
36. Grilled dishes
37. In a way, excites
38. Change mind
39. A French abbot
40. Popular candy
44. Partner to cheese
47. Wood or metal bolt

PUZZLE SOLUTION

Spencer FD, Firefighters Association sponsors solar battery safety class

SPENCER — Guests have an opportunity this month to attend a safety class focusing on solar and battery storage systems, among several other topics.

Set for Jan. 24, the class is sponsored by the Spencer Fire Department and the Spencer Firefighters Association. The class will run from 9 a.m. to 3 p.m.

The presentation will feature the Energy Safety Response Group, based in Ohio.

Topics will include solar and battery storage system safety; emergency responses and incident management; risks associated with solar and battery systems; lithium-ion batteries; and the implementation of safety practices into regulations and bylaws.

The class will be held inside Zecco Hall at Anna Maria College (50 Sunset Lane, Paxton).

The registration cost for the class is $40 per person. Lunch will be provided at the event.

Checks can be mailed to: Spencer Fire Department, 11 West Main St., Spencer, MA, 01562.

To learn more about how to sign up, send an email to rparsons@spencerma.gov.

Local students named to UConn Dean's List

STORRS, Conn. — The University of Connecticut congratulates the following students on being named to the Dean's List for the fall semester of 2023.

Leicester
Sarah Brouillard, Abigail Leahy

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REAL ESTATE

BROOKFIELD

$60,000, 5 Lake View Ave, Arseneault, Paul G, to Arseneault, Bernard, and Beauregard, Randall S.

EAST BROOKFIELD

$324,000, 106 Park St, Bryant, Kaitlin M, to Fournier, Justin, and Belinskas, Sarah-Jane.

LEICESTER

$350,000, 590 Henshaw St, Marum, David P, and Marum, James, to Mikkila, Erik A, and Mikkila, Maria L.

NORTH BROOKFIELD

NONE

SPENCER

$493,000, 3 Deer Run Rd, Ogert, Misty J, and Ogert, Donald E, to Barnes, Rosemary, and Asamoah, Jerry.

$392,000, 15 Pioneer Valley Dr, Hauver Ft, and Hauver, Corey D, to Joslin, Patrick W, and Gomez, Christina L.

$325,000, 39 Clark St, Caseday, Becky, and Caseday, Jon, to Bertrand, Emily B, and Ssentumbwe, Michael.

$320,000, 10 West Ave, Lsf9 Master Part T, and U S Bank TNa Tr, to Pingitore, Matthew.

$285,000, 78 S Spencer Rd, Ormsbee, Harold, to Delbosque, Roberto A.

$50,000, Brooks Pond Rd #2, Sielis, James, to Hmf Re & Restoration LLC.

$50,000, Brooks Pond Rd #3, Sielis, James, to Fatemi, Hawdi S, and Murray, Jessica M.

WARREN

$386,000, 756 Bemis Rd, Lacey, Heather J, to Muturi, Stephen N, and Nganju, Samantha A.

$264,900, 41 Spring St, Prokop, Edward R, to Walker, William T, and Walker, Carol M.

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Even our animal companions are imbued with spirit

Positively Speaking

TOBY MOORE

Early one bright morning, Ludavine, a spirited bloodhound, was let out into the expansive yard for her daily exploration. The property, a vast expanse of green, was Ludavine's kingdom, offering endless mysteries for her keen nose.

As Ludavine trotted along the perimeter, her nose twitched with curiosity at an unusual gathering. She found herself at the edge of a crowd buzzing with excitement. It was the start of a 13-mile half marathon with dozens of eager runners and busy organizers.

As the runners lined up and the starting gun echoed through the air, Ludavine's instincts kicked in. To her, this seemed to be the most epic hunt of her life. With a burst of energy, she dashed to the front, leading the pack. She zigzagged across the course, her ears flapping joyously, occasionally veering into the forest only to reemerge seconds later, still in the lead.

Ludavine, in her element, raced through the finish line, clinching an impressive seventh place. Her unexpected participation earned her a medal, a symbol of her delightful intrusion. A friend of her owners, recognizing the adventurous bloodhound, snapped a photo of Ludavine adorned with her medal and sent it to her astonished owners, who had no idea about her escapade.

In the tumultuous waves of World War II, amidst the clash of naval giants, a remarkable black and white tuxedo cat, later known as Unsinkable Sam, emerged.

Initially enlisted by the German Navy, Sam's duty was to rid the Bismarck of pesky rats. Despite the rocky conditions and the threat of enemy ships, Sam diligently patrolled the corridors, a vigilant sentinel against the rodent menace.

The British Navy's relentless pursuit sealed Bismarck's fate. After its destruction, the sole feline survivor of the catastrophe was spotted clinging to a piece of wreckage.

Rescued by the British, who were grappling with their rat infestation, Sam seamlessly transitioned to his new role aboard the HMS Cossack.

Sam had barely settled into his new surroundings when tragedy struck again. A torpedo's deadly strike sent the Cossack to the ocean's depths. Astonishingly, Sam emerged unscathed, once again found clinging to debris, surviving against all odds.

Recognizing his indomitable spirit, the Royal Navy assigned Sam to the HMS Ark Royal, ironically the aircraft carrier responsible for sinking his first home, the Bismarck.

Merely eight days into his service, the Ark Royal met its demise at the hands of a German U-boat. Yet again, Sam was found floating on debris, unharmed but visibly perturbed by his continuous misfortune.

At this point, the Royal Navy deemed it prudent to end Sam's seafaring days. Sam was sent to live out his days in a home for retired sailors, where his legendary survival skills became the stuff of naval lore.

In the annals of war heroes, few tales are as remarkable as that of Judy, a purebred English Pointer whose spirit remained unbroken even in the darkest times. Judy's journey began aboard the British Royal Navy ship, HMS Gnat, where she served as a mascot and a source of comfort to the sailors. Her keen senses made her invaluable, alerting the crew to enemy aircraft 20 - 60 minutes before the alarms sounded.

Judy's life changed dramatically when she was transferred to the HMS Grasshopper. During a fierce battle in the South China Sea, the Grasshopper was sunk by Japanese bombers. Miraculously, Judy survived the sinking and found herself stranded with the surviving crew on a deserted island. Her survival instinct came to the forefront as she helped the sailors find fresh water, saving many lives.

But their relief was short-lived. Captured by Japanese forces, Judy and her human comrades became prisoners of war. The conditions in the camp were brutal, but Judy's indomitable spirit never waned. Her presence provided not just emotional comfort but also a degree of physical protection; she would fearlessly bark at guards to stop them from beating the prisoners.

Judy spent her post-war years in peaceful retirement, surrounded by those who loved and admired her for her bravery and steadfast companionship.

Give your pets love! Ludavine's race, Sam's resilience, and Judy's bravery remind us of the extraordinary spirits dwelling within our animal companions, echoing tales of courage and adventure.

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St. Joseph's Food Pantry is a community partner affiliated with the Worcester County Food Bank.

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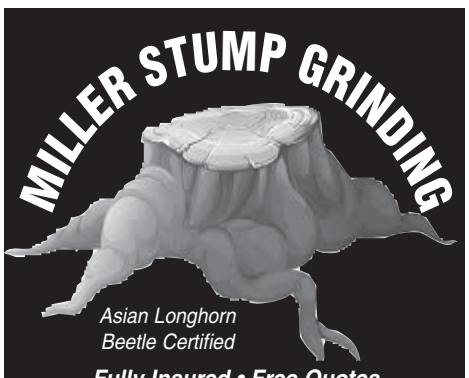
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VIEWPOINT

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

EDITORIAL

Extremist viewpoints pose a threat to politics at all levels

In the diverse landscape of American democracy, one of its most cherished principles is the belief that elected officials are meant to represent the varied voices and perspectives of their constituents. The Constitution, our nation's foundational document, enshrines the idea that elected leaders are duty-bound to serve all the people, not just a select few. However, the increasing prominence of extremist viewpoints in local and state politics poses a significant threat to this fundamental concept, jeopardizing the very essence of representative democracy.

Extremist viewpoints aren't limited to any specific end of the political spectrum; they can be found across the ideological spectrum. What characterizes extremism isn't merely the political ideology itself, but rather the refusal to engage in constructive dialogue and compromise, and a firm commitment to an uncompromising agenda. These viewpoints often represent the extreme fringes of a particular belief, frequently disregarding the complexities of real-world problems and the need for practical solutions.

The peril of extremist viewpoints lies in their incapacity to adequately represent the diverse composition of a community, city, or state. Democracy thrives when it includes all voices, perspectives, and interests. Elected officials are entrusted with the responsibility of making decisions that benefit everyone in their constituencies, not just those who share their extreme beliefs. When extremist viewpoints dominate the political arena, it becomes nearly impossible to discover common ground and make progress on vital issues.

The harm caused by extremist viewpoints in local and state politics extends far and wide. It results in gridlock, polarization, and a breakdown in the democratic process. Elected officials who adhere to such ideas often prioritize their personal agendas over the needs of the people they were elected to serve. This leads to policy decisions that do not reflect the broader interests and values of the community, leaving large portions of the population marginalized and unheard.

The Constitution of the United States clearly articulates the vision of a government that serves all citizens. The Preamble outlines the noble goal of forming "a more perfect Union," "establishing Justice," "ensuring domestic Tranquility," "promoting the general Welfare," and "securing the Blessings of Liberty to ourselves and our Posterity." These principles emphasize the imperative for elected officials to work towards the common good, to seek common ground, and to represent the diverse range of voices within their constituencies.

When politicians embrace extremist viewpoints, they undermine the very essence of the Constitution. They create divisions, sow discord, and hinder progress. It is the responsibility of every elected official to rise above extremism, to reach across the aisle, and to engage in meaningful dialogue with those who may hold differing viewpoints. This is the core of democracy—respecting and representing the voices of all citizens.

Extremist viewpoints in local and state politics pose a grave threat to the democratic ideals upon which our nation was founded. Elected officials must remember that they are not just representatives of a specific idea or faction; they are representatives of all the people, as mandated by the Constitution. To ensure the health and vitality of our democracy, it is imperative that extremists be voted out, and to look for the most moderate candidates.

LETTERS TO THE EDITOR

Mitten Tree a resounding success!

To the Editor:

Thanks to generous residents of Spencer, this year's Mitten Tree was able to provide 90 hats, mittens, and scarves to the children of Wire Village School and Knox Trail Middle School.

Each year, the mitten tree is placed in the rotunda of the Town Hall where residents decorate it with hats, gloves, mittens and scarves. After the school holiday in December, the items are brought to the school nurse for distribution.

Thanks to all who supported the Mitten Tree this year.

SANDRA FRITZE
TOWN CLERK
SPENCER

Is this country a democracy or a republic?

To the Editor:

According to my research and our Constitution, we, this country, USA, are a republic, and according to the current President, we are a democracy. Giving the President the benefit [of the doubt], if we are a democracy, the President needs to conduct this country as a democracy. The word democracy comes from the Greek word demos, meaning "the people," and I would interpret demos, democracy, this country is to be ruled by the people's voice through elections.

According to my research, America is a democracy of the people, by the people, and for the people, and not for the government to dictate to the people how we should live and behave and encouraging the people to ignore our Constitution and God's moral laws. Taking away our freedom of speech.

This is a Thomas Jefferson quote! He argued that a democracy is nothing more than mob rule, where a higher percent of the wealthy people take away the rights of the remaining people.

James Madison quote! He argued that democracies "have forever been spectacles of turbulence and contention; have ever been incompatible with personal security and/or the rights of property; and have in general been as shock in their lives as they have been violent in their deaths."

John Adams concluded that democracy "never lasts long." It soon wastes, exhausts and murders itself. There never was a democracy yet that did not commit suicide. This apparently led to the Declaration and Constitution of the Republic, which was drafted by Congress at a convention that met in the Pennsylvania State House, now known as Independence Hall, in 1776 and 1787, respectively. The Bill of Rights was proposed by Congress that met in Federal Hall in New York City in 1789.

The Constitution of the Republic was written in 1787, ratified in 1789. The United States Constitution is the world's longest surviving written charter of government. Its first three words, "We the People," affirmed that the government of the United States exists today to serve its citizens, not the government.

What is Article 4, Section 4? Section 4 is the Republican form of government. The United States shall guarantee to every state in the union a republic form of government, and shall protect each of them against invasion and on application of the Legislature, or the Execution [when the legislature be convened against domestic violence].

The question we all need to ask ourselves: What does "the republic for which it stands" mean? The republic is a form of government where the people are sovereign. For which it stands is a form of government that is represented by the flag, USA, which promises loyalty to the people of the USA.

The Constitutional Republic means that it is one in which, rather than directly governing, the people select some of their members to temporarily serve in political office; the constitutional part means that both the citizens and their governing officials are bound to follow the rules established in the Constitution.

Are you, we, pledging allegiance to the Republic [this country] for which it stands?

Take a moment and think about who and what the present President believes. Look around – do you see this country, our country, prosperous? Is the border under control or out of control? Why do the immigrants have more privileges than we, the legal citizens? Are the immigrants taking a course to become citizens, or are they given the same privilege of those who have been born in this country and those who took the official course to become citizens? Also, think about this. We the people have a special day to celebrate, a day set aside for Christmas, New Year's, Mother and Father's Day, one day for veterans, etc., and the President gives one month to celebrate the LGBTQ movement. Come on, people; where is the justice? Is this acceptable to you? Is this the republic government as it was meant to be? Shame on you if you are accepting this present form of government.

You do not need to be a genius to realize this government is in the process of changing our democratic, republic freedom into a socialist government, country. If you allow this to happen, it means we will lose our freedom, and we will be dictated how to live our lives.

It is your, our, choice: do you want to lose the freedom you are accustomed to and liberty, freedom, and peace we have experienced under God in the republic for which it stands? The choice is yours, ours! Many years ago, there was a slogan, "Give me liberty or give me death." We need to stand firm as a people, as a republic under God, and maintain our republic Constitution [democracy] under God.

Dwell in peace!

ROLAND BLAIS
BROOKFIELD

Pay attention – it's a shell game

To the Editor:

Like Joe Friday, I am back with "just the facts" and like Paul Harvey, "the rest of the story" I might well have had an offering, based upon being a news hound and keeping up with current reports and events, but Mark Robillard's comments warrant response. He starts by pointing out how unfair it is that the Biden -Harris ticket will run unopposed. If memory serves, the Trump-Pence ticket ran for re-election, unopposed in the last election, because history shows that since FDR, who had a variety of VPs, all two term presidents were the same ticket both terms.

I won't even address Mark's substantial offerings of what people think about various issues, because I would not presume to know their thoughts. My Christian upbringing tells me to judge not, lest you be judged and let he who is without sin cast the first stone. Immigration is becoming a major issue, and is starting to displace our own citizenry. Instead of photo ops at the border, maybe stay at work and create reform legislation, because the last passed did grant amnesty back when Reagan was president. Instead of worrying about fences, since people claiming asylum can walk in and wait four years before their case is heard, maybe actually get cases heard and get those marked for deportation gone. I believe we know we have over 100,000 people to deport but have not and are not getting that done. We have now filled several hotels with immigrants, which is already bad, but closing our schools to house them cannot continue. The costs associated with accommodating in our school systems is bad enough without this new level of disruption.

On the topic of abortion, there can be no cookie cutter right answer. There are as many stories as there are people. Setting aside the justices who stated they considered Roe to be settled law to get lifetime appointments., the GOP acts like the availability of abortion makes it mandatory. These same legislators who claim they are right to life, are only pro birth. They defund programs that support families, feeding or insuring kids. I don't know about you, but I can hardly wait until these unwanted kids get assault rifles so we can all do thoughts and prayers..

Federal prosecutors are hesitant to indict, for which reason they have a better than 90 percent conviction rate. I am surprised Mark Meadows thinks that is where he wants to be tried, especially considering that he was breaking laws on behalf of a president also breaking laws. With 91 indictments, even losing a few will go poorly for the defendant. Maybe the GOP should be looking for a ticket that could legally serve.

We are all standing by to see how a packed Supreme Court can pervert the simple language contained in Section #3 of the 14th Amendment.

I have heard it said the house should weigh in. Can you imagine any scenario when any amendment, which faces so much scrutiny to be enacted, should be sent to the house again? How about the first or second? Watch the shells carefully.

KEN KIMBALL
BROOKFIELD

Treasury bonds: Still safe for investors

FINANCIAL FOCUS

TREVOR NIELSEN

You may have read reports about an impending "debt crisis" in the U.S. Should you be worried about investing in Treasury securities?

Part of the concern over debt has been driven by the cost of government borrowing, which has risen because of higher interest rates. But it's worth noting that while interest expenses have risen to nearly 2 percent of gross domestic product (GDP), this measure had exceeded 3% in the early 1990s. So, while the upward trend of federal debt could prove problematic down the road, the claims of a current crisis may be overblown. And Treasury securities are still considered among the safest investments in the world, as they are secured by the full faith and credit — that is, the ability to borrow and tax — of the United States.

In any case, if you haven't invested in Treasury securities, you'll want to know the basics. First of all, when you purchase a Treasury security, you're lending money to the federal government for a specific period of time.

Here are your purchase options:

Treasury bill – Typically matures in four, 13 or 26 weeks, although some have maturities of up to a year.

Treasury note – Matures between one and 10 years.

Treasury bond – Typically matures in 10 to 30 years.

When you buy Treasury notes or bonds, you receive semiannual interest payments, but when you purchase a Treasury bill — a T-bill — you generally buy it a discount, and when the bill matures, you receive its face value. So, for instance, you might pay $4,700 for a 13-week T-bill and get $5,000 back at the end of the three months.

When investing in Treasury securities, you'll want to keep these features in mind:

Price fluctuation – While your interest payments will always remain the same, the market value of your Treasury security can change. So, you might not get face value for a Treasury bond if you sell it before it matures, particularly if market interest rates are higher than the rate you've been receiving. Because longer-term bonds have more payments left to make than shorter-term ones, they are more sensitive to interest rate changes and market price fluctuations.

Taxes – Interest income from Treasury securities is subject to federal income tax but exempt from state and local taxes.

In addition to the traditional Treasury bonds, bills and notes, another option is available: Treasury Inflation-Protected Securities (TIPS). Unlike other Treasury securities, in which the principal is fixed, the principal of a TIPS can move up or down, based on movements in the Consumer Price Index for Urban Consumers (CPI-U). Once your TIPS matures, if the principal is higher than the original amount, you'll get the increased amount; if the principal is equal to or less than the original amount, you'll get the original amount. TIPS pay a fixed interest rate semiannually until maturity, but because interest is paid on the adjusted principal, the amount of your interest payments can vary. As with other Treasury securities, you can hold a TIPS until maturity or sell it before it matures.

Don't let scary or gloomy predictions discourage you from considering Treasuries — they remain a good option as part of the fixed-income portion of your investment portfolio.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Trevor Nielsen, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or trevor.nielsen@edwardjones.com.

LETTERS TO THE EDITOR

Personal accountability

To the Editor:

You've heard the term, but how often is it actually practiced in both our personal and professional lives? Whether you were in charge of a project or an important decision, or simply made a small error in judgement that led to something more serious?

Now, how many people do you know that never take personal accountability for their words? Their actions? Decisions? That when something goes wrong, they blame you or others around them for their mistakes or malicious behavior. We all have at least someone in mind. Or maybe it's a politician you think of, or your boss, an ex-significant other, or a friend?

To own up to your own decisions and words is one of the highest virtues a person can have. Today in society, we are quick to not admit guilt for anything. This usually stems from fear of repercussions. Or in some cases, it's just downright stubbornness. Most of the time admitting to your faults and owning up to your mistakes will not yield the results most fear. In fact, most times it's the opposite. People will respect you for not passing the buck and admitting it was your mistake. They may still be upset about what you did, but they will respect you laid the blame on yourself and not everyone else.

The worst thing you can do is play victim when confronted by your actions. A victim's mentality is a personality trait that affects everything someone experiences in life. They blame the world entirely for their unfortunate circumstances when, in reality, some things are indeed within your own power to control. Decisions that you make that will impact yourself and others. Sometimes things are outside of your control, and when that is the case do not let it worry you. Worrying about everything can lead someone to adopt a victim mentality and see the entire world as "out to get them at every turn."

So remember, take responsibility for the things you say, the decisions you make, and the actions you took but do not let the outside world which you have no control over manipulate you into a helpless person. You're stronger than you give yourself credit for. And owning up to things and taking personal accountability will make you a better family member, friend, neighbor, coworker, manager, etc. There is no shame in defeat and admitting you were wrong, only in blaming the world for it.

VAUGHN SCHLEGEL
NORTH BROOKFIELD

Responding to end of the year letters

To the Editor:

Letter One. "I'll take Biden's world over Trump's."

This Dec. 8 letter very nicely indicates how "Biden's World" addresses our needs rather than the ongoing angry, hateful, intended to divide, "Vote for Trump in 2024" string of letters.

In support of the "I'll take Biden's World" letter, a few terrible Trump facts

Trump and his close advisors have clearly indicated that they have little regard for our Constitution or 250 year-old democracy. Instead, for example, they encouraged the mob attack on Congress and indicate support and possible for those convicted of related crimes.

Another good example of this is Trump's statement that he would only be a dictator for a "Day." To begin, our Constitution does not allow "Dictators for a day." Also, in the real world, dictators do not stop being dictators after a day.

Then, as is well documented in video and audio, Donald Trump has used words like "vermin and "poisoning the blood" that Hitler used before going after "enemies" of Germany. Later he locked up and murdered six million Jewish people, and others who opposed his dictatorship.

So when you see letters that say "Vote for Trump in 2024," understand what that means.

Letter Two. "Yes, who and what should one believe" (Nov. 17)

The letter's initial paragraph sets out the challenge "The difficulty is sorting out truth from altered reality."

In the next paragraph, the letter says that in October 2020, a gallon of gas cost $2.16. The reality of this statement is that in October 2020, the price of gasoline was the lowest since the financial crisis of 2008-09, which depressed demand for gasoline.

Why was it so low in 2020? Because we were in the midst of a crisis, Covid. This limited our ability to travel. So once again demand for gasoline was extremely low.

One could argue that the letter "alters" reality by comparing the current price with this unusually low one.

(The current national price of gasoline continues to fall from the letter's-price of $3.74 per gallon, to the current $3.17. However, because of attacks on oil tankers in the Middle East, it may rise.)

However, I agree that, for many reasons, the cost of housing has risen too much. As a result, homes and rentals have become less affordable for the majority of Americans. We, as a country, need to do something about it. Ways exist to do just this exist.

However, here the letter again "cherry picks" or alters reality by again choosing a time of Covid low mortgage interest rates for comparison to the present day. In fact, during last 50 years, the median 30 year mortgage rate has been 7.41 percent. Happily, this interest rate, over time, has gone downwards. So, over the last 10 years it has averaged a bit below 4 percent. The current rate, part of a successful strategy to reduce inflation, is 7.2 percent, but falling. Indications point to a continuing fall in 2024.

Unfortunately, the letter then goes on to criticize excellent people who, with real fact say despite challenges, our economy is doing well with good growth, high employment, falling inflation etc.

But, for some reason, this letter seems to want to "play down" our successes and negatively "play up" our challenges.

Letter Three. "The population of Leicester …" Dec. 15.

This letter begins by saying "a new daily record has been set" for undocumented immigrants crossing the border. The word "record" means something that has never happened before.

Then in the very next paragraph, the letter says "12,000 illegal aliens a day (the record) are entering our country …. Think about it. That's every day times 365 days a year!"

Logically, a one day "record" of 12,000 cannot happen every day of the year.

It then concludes by sarcastically blaming one person "Joe Biden" for the record. In fact, Immigration wasn't well controlled before Biden and may not be well controlled after him.

Good and positive immigrant control and entry will only happen if, after 65 years, we put in place a new, flexible, enforceable and well-funded immigration system. With limits, it would include both refugees and the work permitted immigrants we need to grow our economy and communities. This very much includes Massachusetts, including our communities, as our "Native" population ages and decreases and where our healthy economy needs more good workers (and taxpayers) at all levels.

Republicans could have approved something like this immigration when George Bush proposed it 15 years ago. Now MAGA Republicans, see it as too good a weapon against "Biden" to fix the problem and take advantage of the opportunity to build our labor force.

KEVIN KANE
SPENCER

Letter submission policy

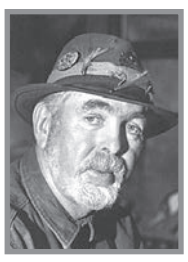
Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Saving Max

Courtesy

This week's picture shows Janet Harper with her 130-pound deer she harvested with her crossbow this fall. More women are deer hunting today than ever before!



THE GREAT OUTDOORS

RALPH TRUE

The late Mass. Canada goose hunting opened this past Monday, Jan. 15 in the Central District. The daily bag limit goes to five birds per day, with 15 in possession. If the weather continues to stay warm and fields are absent from snow, it could be a great season. As I write this column, the weatherman is predicting snow for this week, but who really knows if it will be rain or snow?

Hunting geese at this time of year can be extremely dangerous, especially if you are hunting on rivers and streams. Falling into the ice cold water could cost you your life, and your dog could also be swept away in the extremely high currents.

A number of years ago, this writer was hunting geese on the Blackstone River during the late season. I had my late eight-year-old Black Lab Max with me. There was a sheet of thin ice jetting out into the river close to 50 yards, and then there was open water. We waited patiently for a few geese to fly over, and we did not need to wait long. Three geese flew about 50 feet from our blind and I quickly stood up and fired a couple of shots from my 12 gauge full choke Remington shotgun.

Two of the birds quickly folded and fell into the river. Without hesitation, Max jumped into the open water and quickly retrieved the first goose. After dropping the bird at my feet, I sent him back to retrieve the second bird that was swimming down river. He quickly caught up with the second bird and was headed back to me when he decided to try a shortcut. He was attempting to get up onto the ice instead of swimming along the edge of the ice back to the blind. I tried to distract him, but he insisted on clinging onto the ice. He was still holding the goose in his mouth, and he was in a dangerous situation.

I did what I had to do! I set my gun up against a small tree and found a three- or four-foot stick with a small limb attached. Breaking off the small limb leaving a wishbone end, I proceeded to lay down on the ice and belly crawl out to the dog. When I was a few feet from him, I took the stick and managed to hook onto his collar. Giving it a slight tug, Max popped up onto the ice still holding onto the goose. We both headed back to the shoreline. The risk I had taken was crazy, but the good lord was watching over me that day.

I picked up my gun and two geese and headed for home. Max was taken downstairs and dried off. A good scoop of his favorite dog food was quickly devoured, and he went over to his bed to take a nap. I wasn't far behind. More of these life threatening moments while hunting next week! This week's second picture shows Max retrieving a goose in the saltwater, which nearly cost him his life. Next week, the harrowing story.

The Springfield Sportsmen's Show will be held at the Big E in Springfield on Feb. 23-25. TheSaltwater sportsmen's show will open their doors March 8. If you fish the saltwater, you need to attend this show.

The Whitinsville Fish 7 Game club will hold their annual Founders Day on Jan. 27, starting at 6 p.m. A prime rib dinner will be served. Tickets are available at the club. Don't miss this great meal and evening with old friends. Trap hours are now starting Saturday at 10 a.m.!

Take A Kid Fishing & Keep Them Rods Bending!

Foods that Fuel Weight Loss Goals

TAKE THE HINT

KAREN TRAINOR

OK, we're nearly a month into New Year's resolutions, and if one of yours was to eat healthy and/or lose weight, read on. This column highlights some interesting food facts that can not only aid in your healthy eating quest, but inspire you to drop some weight, no matter which diet you are following.

**

This is nuts!: A popular Georgia Southern University revealed that eating almonds (which are a high-protein, high-fat snack) can up your calorie burn for up to 3.5 hours! Also, just a handful (one ounce) of almonds boosts vitamin E levels, which can increase memory and cognitive performance, according to researchers at New York Presbyterian Hospital.

In another study, people who ate 53 grams pistachios for 3 months found their body mass index lowered by twice as much than those that ate pretzels with the same calorie content. Since pistachios are packed with fiber and protein, you feel fuller, which helps you eat less throughout the day.

**

Cut the Fat: Here's a great reason to choose grass fed beef: Meat from grass-fed animals has about half the fat as meat from grain-fed animals, thus significantly fewer calories. Grass fed beef also contains more omega-3s, and gives you a bonus supply of vitamins E, A, D, and beta-carotene,

**

Free Range Chicken: According to an oft repeated study in the journal Poultry Science, free-range chickens have significantly more omega-3s than grain-fed chickens do, and less harmful fat and fewer calories than grain-fed varieties. Did you know that omega-3s, not only improve your mood, but increase your metabolism to help you lose weight?

**

G o Grains! Substituting whole grains for refined grains can help trim your tummy! Research from Penn State University found that whole-grain eaters lost 2.4 times more belly fat than those who ate refined grains. The reason? Whole grains help balance blood-glucose levels, which is the key to successful weight loss. In addition, whole grains are rich in antioxidants, which tame inflammation and help control insulin.

**

Fiber = Full: Is constant hunger stalling your weight loss? If so, fiber may be your secret weapon to trimming down: Fiber fills you up, and a USDA study found those who increased their daily fiber intake from 12 grams to 24 absorbed 90 fewer calories per day than those who ate the same amount of food but less fiber.

**

Full of Beans: Did you know research reveals beans are full of soluble fiber, which fights inflammation that causes belly fat? A study published in the Journal of the American College of Nutrition found that people who eat one and a half servings of beans a day (3/4 cup) have lower blood pressure and smaller waist sizes than those who skip beans in favor of other proteins.

**

Fabulous Folate: Broccoli, cauliflower, kale, cabbage, and Brussel sprouts are not only delicious, low calorie, and filling, they are also rich in folate. Research published in the British Journal of Nutrition found that those with the highest folate levels lose 8.5 times more weight when dieting! As a bonus, these cruciferous veggies also contain a good amount of potassium, which help reserve lean muscle mass.

Beyond dieting, multiple studies show a diet rich in folate helps lower your risk of heart, heart disease, stroke, cognitive impairment, Alzheimer's and depression.

**

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 (or whenever enough tips are received) will win a fabulous three course dinner for two at the renown 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 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.

Testing, sharing, and saving leftover seeds

GARDEN MOMENTS

MELINDA MYERS

As you scour the seed catalogs and websites for new and favorite flower and vegetable seeds, take time to inventory the seeds you have saved from previous years. You'll save money by not buying more of the seeds you already have so you'll have more to spend on something new.

Starting with fresh seeds from a reliable seed company helps boost your growing success. But what gardener can resist getting the most out of every purchase by saving and planting seeds left from previous years?

Seeds stored in a consistently cool, not freezing, dry, dark location can last for one to five or more years. Start by checking the packaging or expiration date on the packet. Onions, parsley, parsnips, and salsify seeds usually last one year while corn, okra, and pepper seeds last an average of two years. Beans and peas generally last for three years; tomatoes, turnips, beets chard, and watermelon four; and Brussels sprouts, cabbage, muskmelon, radishes, and spinach are the longest lasting at five years.

Perennial flower seeds last an average of two to four years while annual flower seeds last from one to three years depending on the species. There are always exceptions with a few seeds that were found lasting more than a hundred years.

You may find your properly stored seeds last longer than the averages. But once seeds pass their average life expectancy you may see a reduction in germination. Use this quick and easy test to see if your stored seeds will sprout and grow. Place ten seeds on a damp paper towel. Roll up the towel with the seeds safely tucked inside. Set the paper towel in a plastic bag and store it in a warm dark 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 one hundred percent germination and can plant the seeds according to the label directions. If only half the seeds sprout, you should plant the seeds twice as thick to compensate for the lower germination. You can plant these sprouted seeds if you have the available gardening space and the growing conditions are right for the seeds to grow.

If none of the seeds sprout, consider breaking out the glue and getting the family involved in turning these nonviable seeds into seed art. Then make some adjustments to your seed storage strategies in the future. Leave seeds in their original package so you have all the information you need when inventorying and planting the seeds the following season. Place the envelope in an airtight container and store it in the refrigerator or a consistently cool, not freezing location.

If you've lost seeds to hungry rodents try storing them in the refrigerator or metal or glass containers. Sealed plastic containers are fine for the seeds, but hungry mice can eat their way through the plastic to your stored seeds.

You, like many gardeners, often end up with more seeds than you will ever grow. Consider sharing these with others by donating them to school groups, community gardeners, and master gardeners who will put them to use in various gardens in your community. Or organize a seed swap. Just gather your gardening friends or work colleagues, the seeds and catalogs, and throw a garden party. The last Saturday in January is National Seed Swap Day and a good excuse to gather and share.

Melinda Myers

Seeds, a damp paper towel, and a plastic bag are all you need to test the viability of stored seeds.

Seed swaps are a great way to find unusual or unique seeds. It is also a great way to save money and get the greatest value by sharing extra seeds with friends and family.

Once the seed swapping is done you may want to break out the catalogs, check online seed retailers, and place a group seed order. Working together you'll be able to order a wider variety of seeds for greater diversity in the garden. Everyone can take what they need so there will be fewer seeds to save in the future. Plus, ordering larger packets is usually more economical. And you'll have an excuse for another party when you meet to divide up the goods.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' Web site is www.MelindaMyers.com.

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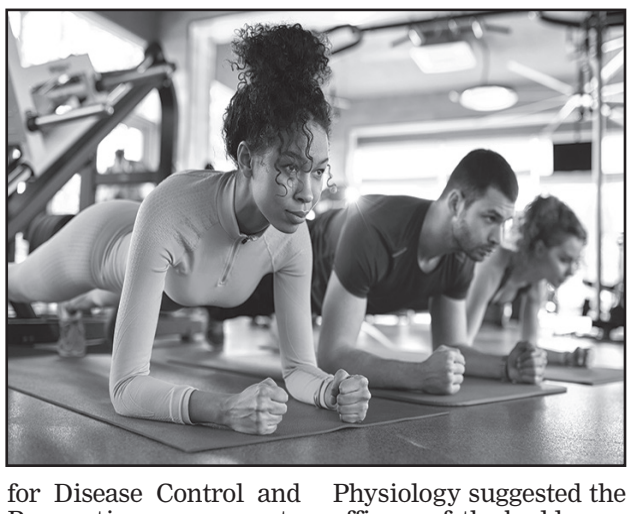
Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

• Break it up. The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

• Employ the buddy system. The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.



• Schedule exercise time. Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

• Identify what progress may look like. It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

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LEGALS

Town of Spencer, MA
Tree Public Hearing

In accordance with MGL Ch 87 §3, The Town of Spencer, MA Tree Warden will hold a public hearing in-person or remote on **Monday January 22, 2024 at 5:00 p.m**. at 3 Old Meadow Road, Spencer, MA. (Water Dept.) to consider the proposed removal of trees: Sunberg Road.

The Remote meeting may be accessed by:

Dialing in from your phone: 1 (224) 501-3412

Enter Access Code: **928-904-381**

Or join from your computer: https://www.gotomeet.me/TownofSpencerUF/meeting-room

Information pertaining to these particular trees may be viewed at spencerma.gov

Ray Holmes
Tree Warden
January 12, 2023
January 19, 2024

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by John Stearns and Shirley Stearns and John B. Stearns, Jr. to Mortgage Electronic Registration Systems, Inc., as nominee for Prospect Mortgage, LLC and successors and/or assigns, dated October 14, 2009 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 44969, Page 1 as affected by a Loan Modification recorded on October 18, 2017 in Said Registry of Deeds at Book 57896, Page 291, subsequently assigned to Wells Fargo Bank, N.A. by Mortgage Electronic Registration Systems, Inc., as nominee for Prospect Mortgage, LLC, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 48808, Page 180, subsequently assigned to M&T Bank by Wells Fargo Bank, N.A. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 60252, Page 69 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on February 9, 2024 at 5 Candlewood Drive, Unit 7L, Spencer, MA, all and singular the premises described in said Mortgage, to wit:

Unit 7L, Candlewood Condominium VII, a Condominium established by the Grantor pursuant to Massachusetts General Laws Chapter 183A by Master Deed dated September 14, 2009 and recorded with the Worcester District Registry of Deeds in Book 44967 Page 205 which Unit is shown on the floor plans of the building comprising the Condominium recorded in Plan Book 878 Plan 10 and by a trust through which the unit owners will manage and regulate the Condominium under the name of Candlewood Condominium VII Trust under a Declaration of Trust recorded with the Worcester District Registry of Deeds in Book 44967 , Page 220 , hereinafter referred to as the "Trust".

UNIT ADDRESS: 5 Candlewood Drive, Spencer, MA 01562.

For my title reference see Deed recorded herewith in Book 44968, Page 376.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS ($5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

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Taking the mystery out of anxiety disorders

It is normal to feel nervous from time to time, particularly when anticipating a potentially life-changing event. However, when nervousness is excessive, persistent and intense, or arises from seemingly innocuous stimuli, that could indicate the presence of an anxiety disorder.

What is anxiety?

The American Psychiatric Association says anxiety is a normal response to stress. Anxiety disorders differ from normal nervousness because they involve excessive fear. The APA also says anxiety disorders are the most common mental disorders and affect nearly 30 percent of adults at some point in their lives. It is time to seek help when anxiety interferes with your ability to function; you often overreact when something triggers your emotions; and you can't control your responses to situations.

What contributes to anxiety disorders?

A combination of environmental factors and personality traits can increase the risk for developing anxiety disorders, according to the Cleveland Clinic. These include:

• Stressful or traumatic events in early childhood or adulthood.

• Certain personality traits like shyness or behavioral inhibition.

• Family history of anxiety or another mental health condition.

• Physical conditions, including thyroid problems and heart arrhythmias.

• Being a woman, as researchers are still studying why women experience anxiety disorders in higher proportions than men. Some researchers suggest hormonal fluctuations in women are a possible explanation for the higher rates of anxiety.

What are the types of anxiety disorders?

Several types of anxiety disorders exist, but some are more common than others.

• Generalized anxiety disorder: GAD is persistent and excessive anxiety about activities or events, even routine tasks.

• Panic disorder: This involves sudden feelings of intense fear or terror about certain situations. These panic attacks may lead to concerns about recurrence.

• Social anxiety disorder: High levels of anxiety, fear and avoidance occur during social situations, particularly fear of being judged or viewed negatively by others.

• Phobias: Major anxiety is tied to a specific object or situation and a desire to avoid it. There are phobias concerning heights, insects, leaving the home, and more.

Anxiety disorders also can develop in people dealing with substance abuse issues or certain medical conditions.

Treating anxiety disorders

It is important to note that anxiety disorders, while frightening and frustrating, are treatable. The APA says that while each anxiety disorder has unique characteristics, most respond well to psychotherapy (talk therapy) and medications. They can be given alone or in combination. Cognitive behavioral therapy, which is a type of psychotherapy, can help a person react and think differently in certain situations so they feel less anxious. Medications often are prescribed to provide relief from symptoms. The most common medications used are anti-anxiety medications, antidepressants and beta-blockers.

Anxiety disorders affect millions of people. There is help to be had and many people can overcome anxiety over time.

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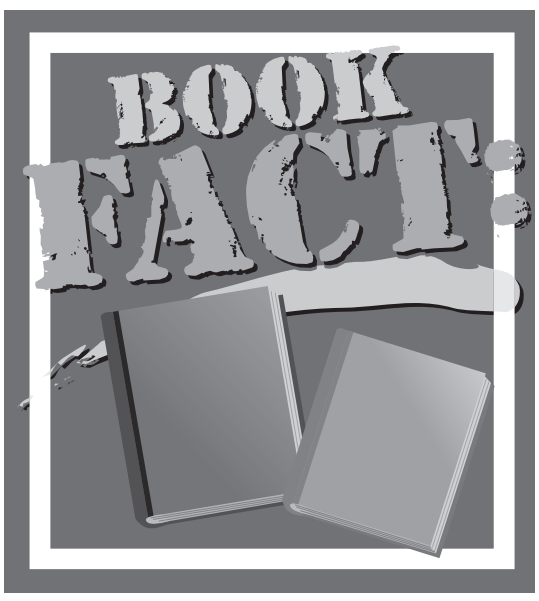
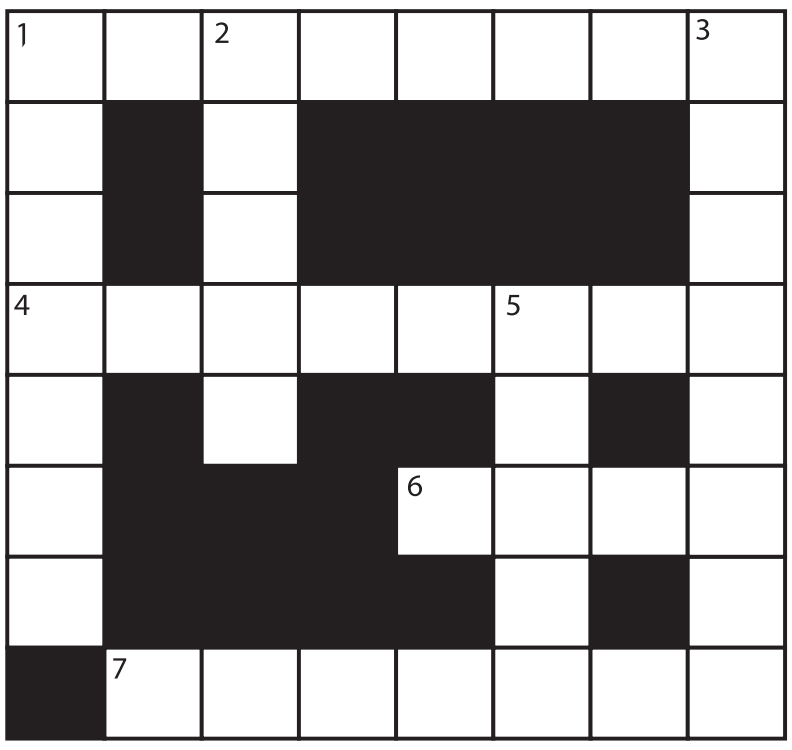


A CHILD BETWEEN THE AGES OF 6 AND 11 WHO READS THIS MANY BOOKS IN A YEAR IS CONSIDERED A FREQUENT READER.

ANSWER: 44

Crossword Puzzle



ACROSS
1. Resting
4. Represented
6. Food enjoyed on Tuesday
7. Short novel

DOWN
1. Enjoying a book
2. Illumination providers
3. Type of flower
5. Path

Answers:
Across
1. Relaxing 4. Depicted 6. Taco 7. Novella
Down
1. Reading 2. Lamps 3. Gladiola 5. Trail

THIS DAY IN... HISTORY

• **1759:** THE BRITISH MUSEUM OPENS TO THE PUBLIC.

• **1870:** A POLITICAL CARTOON DEPICTS THE DEMOCRATIC PARTY WITH A DONKEY FOR THE FIRST TIME.

• **1889:** THE COCA-COLA COMPANY, THEN KNOWN AS THE PEMBERTON MEDICINE COMPANY, IS INCORPORATED IN ATLANTA.

New Word

GLOSSARY

alphabetical list of terms in a book

How they SAY that in...

ENGLISH: Page

SPANISH: Página

ITALIAN: Pagina

FRENCH: Page

GERMAN: Seite

Did You Know?

THE FIRST BOOK TO SELL ONE MILLION COPIES IS BELIEVED TO BE "UNCLE TOM'S CABIN" BY HARRIET BEECHER STOWE. IT WAS WRITTEN IN 1852.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: STACK OF BOOKS

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to slow cooking.
Each number corresponds to a letter.
(Hint: 16 = **E**)

A. **12 9 10 12 23**
Clue: Vessel

B. **18 19 10 8**
Clue: Opposite of fast

C. **18 3 20 20 16 9**
Clue: Liquid kept below boil

D. **1 16 15 17 16 9 3 21 16**
Clue: Soften fibers

Answers: A. crock B. slow C. simmer D. tenderize

SUDOKU

	4			2		8		
				5		3	2	
	3			1	4			
	9		7					
8					1			
5		7	8					
				4		9		7
							6	
4					6		8	

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ANSWER:

6	4	5	3	2	7	8	9	1
9	7	1	6	5	8	3	2	4
2	3	8	9	1	4	5	7	6
3	9	4	7	6	5	2	1	8
8	6	2	4	9	1	7	3	5
5	1	7	8	3	2	6	4	9
1	8	6	2	4	3	9	5	7
7	5	3	1	8	9	4	6	2
4	2	9	5	7	6	1	8	3

SPORTS

North Brookfield notches doubleheader sweep over Murdock

Nick Ethier photos

North Brookfield's Jose Rivera drives the ball past Murdock defender Jermaine Andrews.

Lola Sukharev of North Brookfield pushes the ball away from a Murdock defender.

Colin Sukharev of North Brookfield elevates toward the basket for a layup.

North Brookfield's Milcalia Ayala pump-fakes before driving the ball into the lane.

North Brookfield's Anthony Sheard looks up while going lefty toward the rim.

Jemima Noel of North Brookfield eyes the basket before attempting a midrange jump shot.

BY NICK ETHIER
SPORTS EDITOR

NORTH BROOKFIELD — The Julianne Caron Memorial Gymnasium was a fun place to be for the North Brookfield boys' and girls' varsity basketball teams this past week. First, the Indians swept a doubleheader against Immaculate Heart of Mary School on Tuesday, Jan. 9. Then, two days later, North Brookfield again hosted a doubleheader, this time against Murdock.

The Indians again went home with a pair of victories, the boys first defeating the Blue Devils, 77-19, and then the girls taking care of Murdock, 38-30.

In the boys' contest, North Brookfield led from start to finish, and it all circled back to Feb. 2, 2023, when the Blue Devils defeated the Indians, 81-27.

"Last year these guys beat us bad, so this was a game that was circled on the calendar for my guys," said North Brookfield head coach Garrett Kinnen. "We only graduated one kid, so pretty much everybody on this team dealt with that last year. The message to start the game was we had to be more physical than them because they out-physicalled us last year and we had to crash the boards because they are a big team. It was all about intensity."

The Indians came out of the gates flying. After just three minutes of play, North Brookfield's Anthony Sheard had a pair of baskets, and Colin Sukharev and Chris Clervil Jr. added two-pointers. At the time of the 8-0 advantage, the Indians had also outrebounded now 0-7 Murdock, 10-4.

North Brookfield won the first quarter, 19-4, and then the second, 28-3, to hold an almost insurmountable 47-7 lead at the halftime break. The Indians then won second half scoring, 30-12, to put the game away. They also finished with 47 boards to the Blue Devils' total of 23.

"We played a good team game. We shared the ball well, we ran, we played hard, communicated. If we play that way against some of the teams in our league that are pretty competitive, I think that we should rack up some more wins, hopefully," said Kinnen, whose team improved to 3-3.

Of the eight players who scored, Jose Rivera grabbed a game-high 26 points for North Brookfield, while Sukharev added 17 points and 9 rebounds and Sheard contributed 12 points and 8 rebounds.

In the nightcap, the girls' game was a bit more competitive. The Indians did hold a 14-6 lead after the initial eight-minute quarter, though, and both teams netted nine points in the second as North Brookfield led Murdock at the break, 23-15.

Caitlyn Malone, head coach of the Indians, knew that what happened in the third quarter would potentially make or break the game, though.

"We talk all the time about that third quarter slump. This year we've really been able to focus more coming out of the locker room and cohesively as a group they've really been able to come together," Malone said of her team that relies upon three seniors and then the rest being sophomores and freshmen with no juniors on the roster.

North Brookfield won the all-important third quarter by a slim margin of 7-5, which gave the Indians a 10-point cushion (30-20) as play moved to the final frame. There, a pair of back-to-back right corner deep jumpers by Sophie Dufresne gave North Brookfield a 38-24 lead.

Murdock (1-5) scored the game's final six points over the last couple minutes, but it wasn't enough to mount a full comeback. The victory propelled the Indians' record to 3-2.

"I think defense is really what we've been trying to focus on this year," Malone said of the key to the win.

Offensively, Dufresne scored 12 points while Lola Sukharev added 8 points and 10 rebounds. A total of eight North Brookfield players registered at least one basket.

SPORTS

Intense game between Bay Path and BVT goes to OT, with Minutemen emerging victorious

Photos courtesy Dawn Pepka-Jones

Bay Path's Kendall Bond and BVT's Mara Keane go up for the tip off.

Gabby Lapan of Bay Path gets past BVT's defense for a shot.

Bay Path's Allison Welton dribbles on offense while Danika Kirby defends for BVT.

CHARLTON — The Blackstone Valley Tech (BVT) girls' varsity basketball team visited the Bay Path Minutemen for a Friday night Colonial League matchup back on Jan. 12. The Minutemen, 4-2 on the season, are coming into this game off three big wins. The BVT Beavers are also coming off three big consecutive wins, finding themselves at 4-4 in early 2024.

Ahead of the game, BVT Head Coach Jake Ramos said, "This is a very important game as it has huge implications for league standings."

Coach Ramos is excited about the matchup and looks forward to a good game, as he added, "With both teams coming off three-game win streaks I expect Bay Path to be a very competitive matchup for us. With Valley Tech coming out victorious the last couple years in these matchups, I expect Bay Path to be very eager to end that winning streak."

Bay Path Head Coach Randy Schulman agreed with his opponent and believed that the game will be a very good matchup.

Coach Schulman expects that this will be a very close game with a high level of intensity, as he said, "We have not beaten them (BVT) in the last two years and my players are well aware of that and I expect them to come out with lots of energy right from the start."

BVT opened the first quarter with five quick points. To keep pace, Bay Path went on a run of six unanswered points of their own. End-to-end hustle kept both teams trading leads. BVT capitalized on a few miss-directed Bay Path passes coming out in front 16-11 at the end of the first eight minutes.

The second quarter started quickly for Bay Path, hungry to put points on the board. Bay Path was able to connect on a couple of breakaways and with three minutes left in the quarter Bay Path pulled within two points. BVT worked the ball around the outside looking for openings, hitting teammates on well-timed pick-and-rolls under the basket, which helped BVT maintain their lead. Both teams added 13 to their team totals, as BVT went into the half of this very close match up ahead, 29-24.

Bay Path came out the same way they ended the second quarter, with purpose and intensity. Bay Path was able to tie up the game in the first minute of play and taking the lead 31-29 after another 30 seconds. After three minutes of play, and falling behind 34-32, Coach Ramos called a timeout to settle his team. BVT found a way past the strong Bay Path defense, adding 10 points on the quarter, but it was Bay Path who added 15 to tie this game up, 39-39.

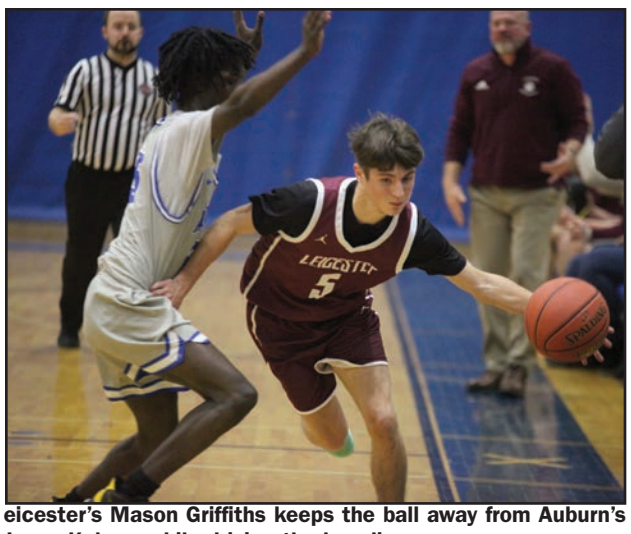
The pace of this game did not lag in the fourth quarter. Both teams worked hard for every point. With two minutes left, BVT held a slim 48-47 lead. BVT found themselves in foul trouble sending Bay Path to the line and allowing the Minutemen to take the lead 50-48 with 45 seconds left. With the clock winding down BVT tied up the match, 50-50, sending this game into overtime.

Overtime started with BVT sinking a couple of free throws and a basket, but Bay Path was not going to go quietly, as they fought hard, getting their hands on every loose ball, and putting up seven unanswered points. Bay Path finished this very close, very intense game winning 57-54.

Rockets find enough offense to take down Leicester

Leicester's Nick Bulkeley draws the foul while shooting a jumper versus Auburn.

Brody Grant of Leicester shovels a pass away from Auburn defender Brayden Martin.



eicester's Mason Griffiths keeps the ball away from Auburn's Jason Kahura while driving the baseline.

BY NICK ETHIER
SPORTS EDITOR

AUBURN — For two teams averaging in the low- to mid-40's for points per game in boys' varsity basketball contests, any sort of run can be astronomical for Auburn and Leicester. And, when the Rockets hosted the Wolverines on Monday, Jan. 8, Auburn was the team that pulled off those runs and, in turn, pulled out a 45-37 victory.

Leicester led after the first quarter of play, 9-6, thanks to 3-pointers by Gio Aguiar-Ortiz, Brody Grant and Jack Ledbetter, and maintained a 12-10 lead later into the second quarter. But a quick 8-0 Rockets' run, which included layups from Billy Stewert, Tyler Kohler, Nathan Ikonya and Jason Kahura, gave Auburn an 18-12 halftime lead.

"It seems like some games it takes us a little longer to get going than I would like, but it's certainly not from a lack of effort. We have a really good group, but we are a little on the inexperienced side," Dan Koen, the Rockets' head coach, said of the slow start before speaking of the important 8-0 run. "We were able to get some stops and then get out in transition and get some easy baskets. Once we can get some easy baskets, I think that it gives our kids some confidence and they start to get some energy off of that."

The game remained a six-point advantage for the Rockets, 31-25, into the final seconds of the third quarter. There, Kohler appeared to have beaten the buzzer with a jump shot, but the clock did not start on time. The basket was waved off, and the score remained at 31-25.

Koen noted that Kohler could have "put his head down, he could have argued with the ref," but he did not. Instead, Kohler opened the final frame with a basket while drawing the foul. After connecting on the coinciding free throw, the three-point play boosted the Rockets' advantage to 34-25.

"That was a big moment in the game," said Koen. "Tyler is a phenomenal kid. He's a senior captain for us. We rely upon him to do a lot. We ask him to do a lot. He has to play big, he has to play on a wing. He does everything for us except drive the bus.

"He did what seniors do — he stepped up," added Koen.

Leicester attempted a comeback from there, but it mostly came from beyond the arc. Auburn's defense didn't allow the Wolverines to get inside toward the basket too much, as they finished with just four two-point baskets in the contest.

"We went to our 2-3 zone. We weren't trying to take away their 3-point shots and make them take long two's," said Koen.

"They went to the zone in the second half and I think that's more of what was there," Leicester head coach Michael Lynch said of his team shooting many 3's.

The Wolverines did finish with eight treys, including 3's by Grant and Ledbetter in the fourth quarter, but it just wasn't enough. The closest Leicester got to trimming the deficit down in the final minutes was five points.

"I think we are most definitely moving in the right direction," said Lynch, whose team is already 2-6 after an 0-20 campaign last season. "Defensively, we are competing to give ourselves a shot. Putting the ball in the basket is our challenge right now. The margin for error is just so thin when you're not scoring 50 points or more. We've just got to put it together."

Ledbetter (15 points) and Grant (14) led Leicester in scoring while, for Auburn (2-5), a high total of nine players scored with Kohler's 17 points leading the charge.

SPORTS

Tantasqua starts off hot, then holds off Rams' comeback bid

Nick Ethier photos

Tantasqua's Colm McGrath looks to drive the ball around Northbridge's defense.

James Sciaraffa of Tantasqua pushes the pace versus Northbridge.

BY NICK ETHIER
SPORTS EDITOR

NORTHBRIDGE — When the Tantasqua boys' varsity basketball team exited the Veterans Memorial Field House's floor during halftime of their contest with Northbridge on Tuesday, Jan. 9, Warriors' head coach Scott Dion was pleased with his group's play.

Tantasqua's Bryce Tessier takes and makes a second quarter free throw.

"We came in at halftime and we're like, 'Son of a gun, we feel like we played good enough to be up 15 and we're not because there's no quit in them,'" said Dion of the Rams. "Their record doesn't say how good they really are."

Tantasqua led by just nine points, 35-26, instead of the alluded 15. And Northbridge continued to show fight, continually cutting their deficit down, but it just wasn't enough. When all was said and done, the Warriors led from start to finish and won the contest, 59-51.

"We cut it to (35-33) and then they want on a (16-4) run to close (the third quarter) out. The point is, they never really pulled away," said Northbridge head coach Aaron Katz. "We spotted them a lead too early and we were digging out of a hole all game. It takes a lot of energy to do that."

Tantasqua's early lead certainly played a big difference in the outcome of the game, as they were up, 22-14, after the initial eight-minute quarter. Colm McGrath scored all 14 of his points for the Warriors in the frame.

"He had some baskets going to the hoop. Colm isn't traditionally a kid that is going to score a lot of points for us. He's capable, he's certainly good enough, but his role is to be a distributor and a pest on defense, and he got some breakaways on steals," Dion said of his point guard.

"They had a lot of transition hoops early and a lot of uncontested 3's early," added Katz.

Then, when Northbridge made it a 35-33 game early in the third quarter, Tantasqua's coinciding 16-4 run — which gave them a 51-37 lead as play moved to the fourth — was catapulted by Jack Rapose and Sam Pieczynski. Rapose made two baskets from the interior and a 3-pointer in the quarter, while Pieczynski netted three 3's in the frame.

"Jack didn't play last year because he had a torn ACL. Jack is a kid who really, really knows how to play basketball," Dion said of Rapose, who finished with 16 points. "Jack is really smart and kind of a glue guy because he can pass, he can rebound, he can defend, he can shoot it when he's open."

"Sam, coming off the bench, is somebody who can score for us. He puts the ball in the basket, he has a knack for wanting to do that," Dion added of Pieczynski, who scored 17 points.

Northbridge then won fourth quarter scoring, 14-8, but it just wasn't enough. Adam Flauto registered a game-high 19 points, while Tyrese Holder-Hinds added 10 points, which pleased Katz.

"I thought Tyrese played a good game. He came off the bench and gave us energy. He gave us the boost we needed," said Katz.

Tantasqua's Elijah Webb, normally a top scorer for the Warriors, finished with just 5 points, but he hit a huge two on a midrange jumper in the fourth quarter to stall Northbridge's comeback bid.

"He impacted the game by his length, his defense, his decision-making," said Dion, as Tantasqua improved to 4-4.

The Rams are now 3-6.

"We've shown flashes. We blew a couple late leads. Three and six (record) can be flipped easily, but that's not sports," explained Katz. "We've got to secure the ball better and we've got to play better D, bottom line."

With 'backs against the wall,' Indians hang on to defeat Bay Path

Bay Path defender Corey Scovil, right, blocks Kole Sebastyanski of Bartlett's attempted shot.

Nick Ethier photos

Peter Barbale of Bay Path calls out a play from the top of the key.

Bay Path's Colin Plante shields the ball away from Bartlett defender Ayden Carlson.

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — With similar records heading into their contest against one another, the Bartlett (2-7) and Bay Path (2-6) boys' varsity basketball teams were both in search of an all-important victory on Monday night, Jan. 15.

"I think this was do or die. We both had two wins and the season's not over — it's our 10th game, our midway point — so we're preaching that to the kids. We're trying to get better," said Alex Hetherman, head coach of the Indians. "We knew our backs were against the wall, but we had to come on the road and find a way to win."

Bartlett was able to do just that, as they grabbed a fourth quarter lead and hung on for the victory. The final score on top of Old Muggett Hill Road was 48-43.

The Indians led after one quarter of play, 11-9, and at the half, 22-16, but the Minutemen won the third period, 16-7, as they surged ahead as play moved to the final frame, 32-29.

"They had a good run in the third," Hetherman said of Bay Path. "To our guys' credit, they didn't blink, they didn't flinch. It was a total team effort in the fourth."

Bartlett opened the fourth with a pair of quick buckets from Kole Sebastyanski, as the Indians regained the lead at 33-32. The Minutemen then went ahead, 38-33, when Dale Nussey buried back-to-back 3-pointers.

From there, though, Bartlett closed the game on a 15-5 run, with Caiden Steeves first hitting a 3-pointer and then a layup. Sebastyanski then made one of two free throws, but teammate Ayden Carlson pulled down the ensuing rebound. Steeves finished the possession with a traditional three-point play, and the Indians held a 42-38 lead. Bay Path could never get closer from that point on.

"I think our defense and keeping them off the offensive glass was huge," said Hetherman.

Sebastyanski had a double-double for Bartlett, registering game-high totals of 25 points and 15 rebounds.

"He's a big-time player. His motor, his attitude, his energy level is so good," Hetherman said of Sebastyanski. "He's a great player and I knew he was due for one of these big nights. He picked us up tonight."

Steeves added 15 points for the Indians, who were happy with their third win as they try to gain momentum while battling through injuries.

"I think the biggest thing for us is we're trying to get healthy. We still have not played a game with a full roster," said Hetherman. "We had two kids today out injured with jumpsuits at the end of the bench."

Bay Path (2-7) had standout performances from Nussey (16 points), Peter Barbale (12 points) and Corey Scovil (9 points, 10 rebounds).

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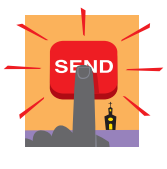

SPORTS

Auburn hockey co-op holds on to defeat Groton-Dunstable

Nick Ethier photos

Auburn's Landon Connor maneuvers the puck around the reach of a Groton-Dunstable defender.

Erik Dupuis of Auburn attempts to win a faceoff versus Groton-Dunstable.

BY NICK ETHIER
SPORTS EDITOR

AUBURN — After the Auburn co-op boys' varsity ice hockey team defeated Groton-Dunstable, 4-3, at Horgan Arena on Wednesday, Jan. 10, Rockets' head coach Glen Bombard was happy with the end result but, at the same time, felt like Auburn could have been more productive at finishing the job.

"That's the problem with us: we don't play a full 45 (minutes), we don't put teams away, we let people hang around," said Bombard. "There's a lot of stuff we have to fix."

Nonetheless, the Rockets improved their impressive record to 7-2, while Groton-Dunstable slipped to 1-6-1.

"This team here could be one of the best teams I've ever coached if we could just fix some stuff," said Bombard, now in his 22nd year as the head coach. "The talent is there, everything is there, we've just got to do a better job."

Auburn scored early on the Crusaders as, just 1:24 into the contest, the Rockets' Dono brothers of Tantasqua went to work. Austin Dono's initial shot was saved by goalie Caden Woolfrey, but Nathan Dono was there to deposit the rebound into the net.

In addition to Auburn and Tantasqua, the Rockets' co-op is comprised of student-athletes from Shepherd Hill and Millbury.

Groton-Dunstable responded with a goal by Drew McKennon about four minutes later, as the game remained deadlocked at 1-1 heading into the second period.

There, Auburn goalie Ethan LaPlante was tested early, but he made the necessary saves to keep the game tied. LaPlante made 8 of his 19 stops in the period.

Then, about five minutes into the frame, the Rockets retook the lead when Erik Dupuis' shot found Woolfrey's five-hole, with Sullivan O'Brien and Logan Rada picking up the assists.

Auburn headed into the third period ahead, 3-1, when the Dono brothers connected again. This time it was Nathan Dono who slid a pass over to Austin Dono, and his shot got past Woolfrey.

"They work hard, the two of them. They're special kids. They know where each other are, as long as we're moving the puck like we're supposed to," said Bombard of the Donos.

Their second connection was a beautiful goal, according to Bombard.

"Nate made a great move on the boards, stopped, made another nice stickhandle move, and then dished it, and his brother was right there," Bombard noted.

The third period was a back-and-forth affair, as the Crusaders trimmed the deficit down to 3-2 early when Caleb Acucena stole the puck and was in alone on a breakaway. His deke and shot got past LaPlante, putting the pressure on the Rockets to score.

Auburn did just that with 9:09 remaining. O'Brien was the beneficiary of a pass from Chris Adams, and O'Brien's wrist shot from near the left face-off dot beat Woolfrey (31 saves).

Groton-Dunstable cut into the lead again, making it 4-3 with 6:41 to go. Griffin Southwick found a loose puck in the Rockets' crease for the score, but the Crusaders were unable to pocket another goal as Auburn held on for the victory as Bombard hopes the team can get back to putting teams away. The Rockets opened the season 4-0 and won by three, three, two and four goals against Hopedale, North Middlesex, Westborough and Marlborough, respectively.

"I want this team to be great. They can be. They have the potential," said Bombard. "I believe our first four games we were unselfish. We were a team. Everybody was moving their feet, everybody was playing three aspects of the game.

"I hope it clicks one day. We keep preaching it and we keep practicing it. We'll go from there and see what happens," Bombard concluded.

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HIGH SCHOOL NOTEBOOK — BOYS AND GIRLS FROM TANTASQUA WIN RESPECTIVE SWIM MEETS

On Wednesday, Jan. 10, Tantasqua won both the girls' and boys' swim meet against the Advanced Math and Science Academy (AMSA) with a score of 87-77 and 98-71, respectively.

Winning swims for Tantasqua: Sasha Hildago; 200 free and 500 free, Abby Korenda; 100 fly and 100 breast, and the 400 free relay team of Makena Pentoney, Tori Stendrup, Sasha Hildago and Abby Korenda.

Individual wins for the boys for Tantasqua: Evan Dambly in the 200 free, Ethan Korenda in the 50 free and 100 free, Ethan Zhu in the 100 fly and 100 back, Sam Merchant in the 200IM and 500 free, and Jonah Scherer in the 100 breastroke. Tantasqua also won the boys' 200 medley and the 400 free relays.

Tantasqua records: girls 1-5, boys 6-0.

POLICE REPORTS

Leicester Police Log

THURSDAY, JANUARY 4

7:52 a.m.: disabled mv (Henshaw Street), services rendered; 8:47 a.m.: mv stop (Stafford Street), verbal warning; 9:09 a.m.: mv stop (Stafford Street), verbal warning; 10:21 a.m.: accident (Huntoon Memorial Highway) report taken; 10:31 a.m.: lobby service (Towtaid Street), report taken; 11:40 a.m.: assist other PD (Main Street), services rendered; 11:45 a.m.: mv stop (South Main Street), spoken to; 11:49 a.m.: mv stop (Stafford Street), verbal warning; 12:29 p.m.: assist citizen (South Main Street); 12:57 p.m.: assist citizen (South Main Street), advised civil action; 1:48 p.m.: mv stop (Main Street), spoken to; 1:59 p.m.: mv stop (Stafford Street), spoken to; 2:04 p.m.: mv stop (Main Street), name and address redacted from police log, unregistered mv, unlicensed operation, criminal application issued; 2:41 p.m.: mv stop (Washburn Square), written warning; 2:46 p.m.: mv stop (Main Street), Maria Montero Espinoza, 37, 6 Diantonio Drive, Milford, unlicensed operation, unregistered mv, arrest; 3:42 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:46 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:55 p.m.: welfare check (Main Street), services rendered; 4:12 p.m.: accident (Stafford Street), transported to hospital; 5:00 p.m.: disturbance (Craig Street), gone on arrival; 7:41 p.m.: investigation (Henshaw Street), report taken; 8:42 p.m.: mv stop (McNeil Highway), verbal warning; 9:27 p.m.: mv stop (Stafford Street), verbal warning; 9:51 p.m.: mv stop (Stafford Street), verbal warning; 11:50 p.m.: mv stop (Main Street), verbal warning.

FRIDAY, JANUARY 5

5:55 a.m.: ambulance (Huntoon Memorial Highway), transported; 10:42 a.m.: mv stop (Stafford Street), verbal warning; 11:09 a.m.: mv stop (Stafford Street), name and address redacted from police log, unlicensed operation, criminal application issued; 11:13 a.m.: disabled mv (Main Street), services rendered; 1:18 p.m.: debris in road (Pleasant Street), services rendered; 1:20 p.m.: assist citizen (Main Street); 1:43 p.m.: mv stop (Stafford Street), verbal warning; 1:46 p.m.: mv stop (Stafford Street), name and address redacted from police log, op w/ suspended registration, uninsured mv, number plate violation, criminal application issued; 2:27 p.m.: assist citizen (Stafford Street); 4:12 p.m.: ambulance (Huntoon Memorial Highway), transported; 4:40 p.m.: ambulance (Chapel Street), transported; 5:09 p.m.: ambulance (Pleasant Street), assisted; 5:28 p.m.: ambulance (Clark Street), transported; 5:36 p.m.: ambulance (Edward Street), assisted; 6:17 p.m.: ambulance (Main Street, Worcester), call canceled; 7:13 p.m.: lobby service (South Main Street), report taken; 9:06 p.m.: mv stop (Waite Street), spoken to.

SATURDAY, JANUARY 6

12:10 a.m.: mv stop (Main Street), citation issued; 1:14 a.m.: mv stop (Pleasant Street), verbal warning; 1:36 p.m.: mv stop (Stafford Street), spoken to; 1:44 a.m.: mv stop (Stafford Street), verbal warning; 2:55 a.m.: mv stop (Huntoon Memorial Highway), verbal warning; 5:40 a.m.: ambulance (Burncoat Lane), transported; 10:55 a.m.: mv stop (Main Street), no action required; 11:11 a.m.: mv stop (Stafford Street), resolved; 11:26 a.m.: mv stop (Stafford Street), verbal warning; 11:31 a.m.: mv stop (Stafford Street), name and address redacted from police log, unlicensed operation, speeding, criminal application issued; 1:04 p.m.: property found (Main Street), report taken; 1:42 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:02 p.m.: hit/run accident (Soojians Drive), report taken; 3:39 p.m.: accident (South Main Street), report taken; 4:52 p.m.: ambulance (North Spencer Road, Spencer), transported; 5:48 p.m.: erratic operator (Stafford Street), name and address redacted from police log, op w/ suspended license/subsequent offense, unsafe operation, criminal application issued; 7:02 p.m.: suspicious mv (Stafford Street), gone on arrival; 7:35 p.m.: disturbance (Stafford Street), resolved; 10:14 p.m.: welfare check (Main Street), spoken to; 11:33 p.m.: accident (Main Street), report taken.

SUNDAY, JANUARY 7

3:16 a.m.: mv stop (Main Street), verbal warning; 4:02 a.m.: assist citizen (Bunker Hill Road); 11:21 a.m.: family problem (Henshaw Street), peace restored; 11:25 a.m.: assist citizen (South Main Street); 11:32 a.m.: fraud (South Main Street), report taken; 11:48 a.m.: parking complaint (Carleton Road), resolved; 1:34 p.m.: disabled mv (Main Street), assisted; 2:08 p.m.: ambulance (Edward Street), transported; 2:38 p.m.: assist other PD (Lake Street, Spencer), services rendered; 6:34 p.m.: ambulance (Main Street), transported; 7:13 p.m.: disabled mv (Pleasant Street), name and address redacted from police log, uninsured mv, unregistered mv, op w/ suspended license, criminal application issued; 8:16 p.m.: family problem (Rawson Street), services rendered; 9:34 p.m.: disable mv (Paxton Street), services rendered; 10:00 p.m.: assist citizen (Marshall Street).

MONDAY, JANUARY 8

7:30 a.m.: ambulance (Town Beach Road), transported; 8:08 a.m.: ambulance (Deer Pond Road), transported; 8:53 a.m.: accident (Stafford Street), report taken; 9:48 a.m.: accident (Main Street), report taken; 11:34 a.m.: disturbance (Soojians Drive), spoken to; 12:19 p.m.: disabled mv (Pleasant Street), services rendered; 1:57 p.m.: RV complaint (Craig Street), spoken to; 2:04 p.m.: assist other PD (Main Street), services rendered; 3:21 p.m.: animal complaint (Pleasant Street), referred to ACO; 3:36 p.m.: ambulance (Young Street), transported; 3:45 p.m.: accident (Stafford Street), report taken; 4:27 p.m.: suspicious person (Stafford Street), unable to locate; 7:48 p.m.: ambulance (Main Street), false alarm; 9:16 p.m.: arrest warrant service (Main Street), Mariah Elizabeth Bangs, 22, 950 Main Street, Leicester, warrant, arrest; 9:46 p.m.: disabled mv (Soojians Drive), investigated; 9:49 p.m.: suspicious mv (Pleasant Street), unable to locate; 10:01 p.m.: mv stop (Stafford Street), citation issued; 10:42 p.m.: hit/run accident (Main Street), report taken; 11:49 p.m.: ambulance (Auburn Street), transported.

TUESDAY, JANUARY 9

12:17 a.m.: accident (Main Street), mv towed; 1:21 a.m.: mv stop (Main Street), written warning; 5:51 a.m.: ambulance (Main Street), transported; 5:51 a.m.: mv stop (Main Street), verbal warning; 9:44 a.m.: mv stop (Stafford Street), written warning; 9:58 a.m.: assist citizen (Huntoon Memorial Highway); 11:57 a.m.: mv stop (Main Street), Heriberto Rojas Junior, 26, 80 Greeley Street, Clinton, default warrant, arrest; 12:28 p.m.: ambulance (Rawson Street), transported; 2:21 p.m.: ambulance (Virginia Drive), transported; 3:18 p.m.: ambulance (Woodland Road), transported; 5:08 p.m.: commercial alarm (Main Street), false alarm; 5:21 p.m.: ambulance (Bottomly Avenue), transported; 5:27 p.m.: assist citizen (Sargent Street); 5:38 p.m.: assist other PD (Pleasant Street), services rendered; 7:12 p.m.: fraud (South Main Street), report taken; 8:07 p.m.: investigation (Woodland Road), report taken; 11:18 p.m.: suspicious mv (Main Street), investigated.

WEDNESDAY, JANUARY 10

2:38 a.m.: water/sewer problem (Warren Avenue), assisted; 8:55 a.m.: mv stop (Main Street), verbal warning; 9:05 a.m.: mv stop (Main Street), name and address redacted from police log, unlicensed operation, criminal application issued; 10:02 a.m.: mv stop (Stafford Street), written warning; 10:12 a.m.: mv stop (Stafford Street), written warning; 10:19 a.m.: mv stop (Stafford Street), verbal warning; 10:35 a.m.: investigation (Towtaid Street), report taken; 10:40 a.m.: mv stop (Stafford Street), citation issued; 1:43 p.m.: ambulance (Rawson Street), transported; 1:44 p.m.: mv stop (Stafford Street), citation issued; 2:20 p.m.: mv stop (Huntoon Memorial Highway), citation issued; 3:00 p.m.: ambulance (Huntoon Memorial Hospital), transported; 4:31 p.m.: assist citizen (Soojians Drive); 4:36 p.m.: ambulance (Siani Road), transported; 5:19 p.m.: erratic operator (Main Street), spoken to; 6:41 p.m.: mv stop (Pleasant Street), verbal warning; 10:08 p.m.: accident (Pleasant Street), report taken; 11:05 p.m.: neighbor dispute (Flint Way), report taken.

# # #

Spencer Police Log

WEDNESDAY, JANUARY 3

12:27-2:02 a.m.: buildings checked, secure; 2:50 a.m.: mv repossessed (Cherry Street), info rec'd; 7:35 a.m.: 911 call (West Main Street), Athol hospital CT down; 7:36 a.m.: officer wanted (South Spencer Road), req. escort/retrieve carriages; 8:29 a.m.: LTC issued (West Main Street), assisted; 8:40 a.m.: commercial alarm (Mechanic Street), services rendered; 8:44 a.m.: medical/general (Ash Street); 9:06 a.m.: commercial alarm (Church Street), smoke test; 12:22 p.m.: chemical/fuel spill (Main Street), dump truck leaking fuel; 12:39 p.m.: abandoned 911 call (West Main Street), no contact; 1:04 p.m.: medical/sudden death (Chestnut Street); 1:52 p.m.: accident (Elm Street), report taken; 3:00 p.m.: officer wanted (West Main Street), req. info; 3:24 p.m.: medical/general (Grant Street); 3:47 p.m.: disabled mv (Maple Street), truck w/trailer stuck in d/way; 4:20 p.m.: juvenile matter (Lloyd Dyer Drive), rep. harassment; 4:21 p.m.: disturbance (Howe Village), noise complaint/domestic disturbance; 4:35 p.m.: medical/general (Greenville Street); 4:39 p.m.: medical/general (Wall Street); 4:47 p.m.: medical/general (Howe Village); 5:22 p.m.: medical/general (Lincoln Street); (total daily mv stops – 1).

THURSDAY, JANUARY 4

12:25-2:40 a.m.: buildings checked, secure; 12:42 a.m.: intelligence/parole (West Main Street), info rec'd; 1:54-2:15 a.m.: parking violations/3 (Mechanic, Church, Grove streets), tickets issued; 3:12 a.m.: medical/general (Howe Village); 3:45 a.m.: accident (Northwest Road), mv vs deer; 5:56 a.m.: disturbance (Temple Street), loud domestic disturbance; 6:14 a.m.: DPW call (North Spencer Road), ice conditions; 7:36 a.m.: accident (Route 49), report taken; 8:00 a.m.: LTC issued (West Main Street), assisted; 10:26 a.m.: disturbance (Chestnut Street), rep. landlord entered apt.; 11:00 a.m.: fraud (Spring Street), SS scam call; 11:48 a.m.: medical/general (Paxton Road); 12:01 p.m.: mutual aid (Cherry Street), req. welfare check; 1:15 p.m.: medical/general (Main Street); 1:20 p.m.: medical/general (Charlton Road); 1:36 p.m.: disturbance (Howe Village), neighbor punching wall; 1:45 p.m.: mutual aid (North Brookfield Road), State Police bolo/erratic operator; 2:12 p.m.: officer wanted (Paxton Road), req. VIN verification; 2:31 p.m.: medical/general (Howe Village); 2:35 p.m.: elderly matter (Main Street), rep. concern for friend; 2:42 p.m.: medical/general (Vernon Street), lift assist; 3:23 p.m.: accident (Main Street), report taken; 4:52 p.m.: officer wanted (Main Street), low-hanging wire; 5:39 p.m.: commercial alarm (Main Street), services rendered; 5:42 p.m.: medical/general (Charlton Road), lift assist; 7:00 p.m.: medical/general (Maple Street); 9:07 p.m.: disturbance (Valley Street), noise complaint; (total daily mv stops – 1).

FRIDAY, JANUARY 5

12:14-2:32 a.m.: buildings checked, secure; 1:08 a.m.: parking violation (Collier Circle), ticket issued; 1:24 a.m.: medical/general (Lincoln Street); 2:54 a.m.: intelligence/parole (West Main Street), info rec'd; 3:03-3:07 a.m.: parking violations/2 (Mechanic, Church streets), tickets issued; 5:24 a.m.: animal complaint (Hastings Road), loose horses; 7:29 a.m.: animal complaint (Holmes Street), barking dog; 11:22 a.m.: commercial alarm (West Main Street), services rendered; 12:17 p.m.: harassment prevention order service (Bixby Road); 12:30 p.m.: animal complaint (North Spencer Road), poss. rabid raccoon; 12:33 p.m.: parking complaint (Maple Terrace), mv in no parking zone; 12:53 p.m.: officer wanted (Mechanic Street), spoken to; 12:56 p.m.: officer wanted (Main Street), rep. homeless person in woods; 1:22 p.m.: disabled mv (Route 49), erratic operator; 2:48 p.m.: restraining order service (West Main Street); 3:50 p.m.: officer wanted (Church Street), re: cat in former residence; 4:20 p.m.: mv repossessed (Church Street), info rec'd; 6:22 p.m.: suspicious persons (Paxton Road), spoken to; 7;05 p.m.: fire alarm (Main Street), referred; 8:15 p.m.: animal complaint (Lakeview Drive), poss. rabies exposure; 10:11 p.m.: commercial alarm (Main Street), 10:26 p.m.: building checked, secure; (total daily mv stops – 2).

SATURDAY, JANUARY 6

12:16-2:06 a.m.: buildings checked, secure; 12:34 a.m.: mv complaint (Main Street), erratic operator; 2:00-2:04 a.m.: parking violations/2 (Mechanic, Church streets), tickets issued; 2:10 a.m.: intelligence/parole (West Main Street), info rec'd; 8:23 a.m.: elderly matter (West Main Street), spoken to; 10:44 a.m.: lost/found (West Main Street), wallet lost; 10:51 a.m.: medical/general (Maple Street); 11:34 a.m.: juvenile matter (Mechanic Street), re: visitation issue; 11:48 a.m.: shoplifting (West Main Street), report taken; 1:19 p.m.: officer wanted (Church Street), spoken to; 3:49 p.m.: medical/general (Cherry Street); 4:08 p.m.: medical/general (Columbine Road); 7:22 p.m.: disturbance (Bixby Road), domestic dispute; 9:47 p.m.: officer wanted (Sullivan Street), req. advice/retrieve belongings; 11:20 p.m.: officer wanted (Main Street), rep. suspicious mvs; 11:35 p.m.: disabled mv (Main Street), services rendered; 11:48-11:57 p.m.: buildings checked, secure; 11:50 p.m.: disturbance (Valley Street), noise complaint; (total daily mv stops – 1).

SUNDAY, JANUARY 7

12:01-12:22 a.m.: buildings checked, secure; 3:17 a.m.: accident (Main Street), report taken; 5:00 a.m.: disabled mv (Temple Street), services rendered; 6:02 a.m.: officer wanted (Pleasant Street), req. mv registration info; 7:27 a.m.: abandoned 911 call (West Main Street), resolved; 8:39 a.m.: parking complaint (Maple Street), re: mv in church lot; 9:13 a.m.: medical/general (Beach Lane); 9:43 a.m.: commercial alarm (Lake Street); 11:30 a.m.: medical/general (Maple Street); 12:18 p.m.: animal complaint (Clark Road), concern for dog's welfare; 12:56 p.m.: fire/woods/grass (Buteau Road), referred; 2:25 p.m.: residential alarm (Hastings Road), services rendered; 3:11 p.m.: animal complaint (Charlton Road), loose dog; 3:18 p.m.: juvenile matter (Starr Street), kids sledding in street; 3:43 p.m.: assault (Grove Street), report taken; 3:52 p.m.: 911 call (Smithville Road), accidental; 5:06 p.m.: medical/general (Howe Village); 7:39 p.m.: building checked, secure; 8:41 p.m.: accident (Cranberry Meadow Road) report taken; 9:03 p.m.: mutual aid (West Main Street), Southbridge PD bolo; 9:27 p.m.: officer wanted (Church Street), snow being plowed onto caller's property; 9:34 p.m.: mv complaint (Charlton Road), mv driving on wrong side; 11:27 p.m.: animal complaint (Northwest Road), loose horse; (total daily mv stops – 1).

MONDAY, JANUARY 8

12:01 a.m.: building checked, secure; 12:03 a.m.: fire alarm (Mercury Drive), referred; 2:02 a.m.: officer wanted (Donnelly Cross Road), req. welfare check; 7:41 a.m.: LTC issued (West Main Street), assisted; 9:03 a.m.: medical/general (Cranberry Meadow Road); 9:25 a.m.: disabled mv (Main Street), assisted; 11:03 a.m.: restraining order service (Pleasant Street); 1:14 p.m.: officer wanted (Eagleton Street), rep. hit/run accident; 1:23 p.m.: abandoned 911 call (Main Street), no contact; 2:46 p.m.: officer wanted (Main Street), re: missing pan; 2:58 p.m.: officer wanted (West Main Street), LTC change of address; 3:13 p.m.: mv lockout (Paxton Road), assisted; 3:39 p.m.: officer wanted (Bixby Road), rep. poss. issue; 6:44 p.m.: mv complaint (North Spencer Road), TT unit may be stuck; 6:49 p.m.: disabled mv (South Spencer Road), services rendered; 8:09 p.m.: accident (North Spencer Road), report taken; 9:00 p.m.: officer wanted (Main Street), re: unwanted party; 11:23 p.m.: medical/general (Main Street); (total daily mv stops – 1).

TUESDAY, JANUARY 9

2:02-3:16 a.m.: buildings checked, secure; 2:48 a.m.: LTC issued (West Main Street), assisted; 3:35 a.m.: medical/general (South Spencer Road); 10:51 a.m.: medical/general (Howe Village); 11:53 a.m.: hit/run accident (Pleasant Street), report taken; 2:22 p.m.: 911 call (Cherry Street), rep. bats in attic; 2:38 p.m.: animal complaint (Main Street), loose dog; 3:05 p.m.: fire alarm (Bay Path Road), referred; 3:08 p.m.: animal complaint (Pleasant Street), dog barking all day; 4:00 p.m.: medical/general (Main Street); 4:10 p.m.: officer wanted (West Main Street), rep. hit/run accident; 4:18 p.m.: intelligence/criminal (Grove Street), info rec'd; 5:36 p.m.: DPW call (High Street), hill is icy; 5:38 p.m.: mv lockout (Main Street), assisted; 6:25 p.m.: fire/woods/grass (Pleasant Street), transformer arcing; 6:41 p.m.: accident (Browning Pond Road), mv off road; 7:25 p.m.: accident (Ash Street), mv off road; 9:01 p.m.: disabled mv (Hastings Road), assisted; 9:18 p.m.: disturbance (Prospect Street), noise complaint/car horn blaring; 11:16 p.m.: officer wanted (Church Street), mv sliding out of d/way; (total daily mv stops – 1).

# # #

News, really close to home

MENTORS

continued from page A1

These include her participation in the school's Rock Climbing Club, Pep Band, the National Junior Honor Society, and Project 351.

Looking ahead, Caouette plans to continue finding ways to give back to her school and community.

"My favorite part of service projects is knowing that I have affected someone's life," Caouette said. "Everyone affects someone's life, and we all have the ability to choose if we do it in a positive or negative way. Knowing that I've positively affected someone is definitely my favorite part of service projects."

SAN ANGELO

continued from page A1

dramatically. This was done at no extra cost to citizens, and we have hired a Tax Collector/Treasurer with a high level of experience," San Angelo explained.

Additionally, both the Town Clerk and Assessors offices are now open to the public for extended hours. The goal is to continue improving experiences for residents.

"Both departments are working hard to improve services to the public, and we are providing more professional development to our staff," San Angelo said.

Prior to San Angelo's arrival, West Brookfield had no long-term capital improvement plan in place. But in short time, he has worked with a team of department heads to create a five-year capital improvement plan that will help town officials and citizens understand the long-term infrastructure needs of the community.

Additionally, the town has established a Capital Improvement Committee that was trained by the Town Administrator. Members will make recommendations on large purchases ahead of Town Meeting.

Officials are also excited about multiple grants recently awarded, as well as future opportunities.

"The town has received several new grants that will save local tax dollars," San Angelo said.

Grant funding will help support the following acquisitions, upgrades, and programs: a new emergency management command vehicle; a new police car; funds for computers and training for the Senior Center; and funds to help the town create job descriptions for employees and evaluate salary levels that are comparable to other communities.

The town has also applied for $200,000 in Green Communities Grant funds to make municipal buildings more energy efficient. These include the elementary school.

Additionally, the town's budget process has been improved significantly, San Angelo said.

"This should allow the town's Advisory Committee to make recommendations to Town Meeting in a more efficient manner—and with much better background information in order for them to make important town decisions," San Angelo added.

Looking ahead, San Angelo has several goals for helping West Brookfield improve its financial standing.

"The town's fiscal condition is not where it should be. The simple fact is that over the years the town has been spending more than we receive in revenue," San Angelo said. "This is mostly the result of state mandates. Town leaders for years have been explaining the issue to citizens at Town Meeting, but we are falling farther and farther into a deficit position. We can no longer use one-time revenue to fund continuous expenses."

Added San Angelo, "Our tax rates are lower than most other towns, and the town must approve an override or serious damage will result to town services. Of course, no one wants increased taxes, but town services like police, fire, highway, library services, and our Senior Center are very important to our citizens."

Outside of work, San Angelo enjoys camping and traveling throughout the northeast on weekends. He also enjoys any activity on a lake or the ocean.

LMS

continued from page A1

"We just wanted to offer our appreciation to the Leicester Middle School Student Council for thinking of us on National Law Enforcement Day," read a statement released by the police department. "The coffee and power rings (also known as donuts if you're a civilian) were delicious."

School Resource Officer Scot Brooks was in attendance for the program. School and police leaders alike thank Brooks for his efforts on a daily basis to keep students safe.

"We're so fortunate to have School Resource Officer Scot Brooks in our schools each day, representing the women and men of the LPD," the police department's statement read. "He's always there with a smile, a hello, a high five, or to offer kind advice to a young student having a tough time. We truly appreciate the relationship we have with the student body, school administrators, and parents in the district."

Signs you're exercising too much

The formula for healthy living has remained the same for decades. Healthy eating paired with regular exercise can lower risk for a number of ailments, including chronic diseases. But it's important that individuals avoid overdoing it in regard to exercise. Too much of anything can negate its benefits, and exercise is no exception.

The current Physical Activity Guidelines for Americans indicate adults need 150 minutes of moderate-intensity physical activity and two days of muscle-strengthening activity each week. The Centers for Disease Control and Prevention says children between the ages of three and five need to be active throughout the day. Kids between the ages of six and 17 need to be physically active for at least 60 minutes every day.

Meeting these exercise guidelines is a good step in a healthy direction. Those tempted to exercise even more or to extreme levels should be advised of the potential pitfalls of too much exercise, or something called "overtraining."

Overtraining syndrome

According to Alena Luciani, M.S., C.S.C.S, a strength and conditioning specialist, if a person exercises too much for weeks at a time, the body is put at risk of overtraining syndrome. In order for stronger muscles to form, the natural process involves exercise breaking down muscle fibers and the body repairing and rebuilding them. Without time for repair, the body's rebuilding process is interrupted, which affects its ability to build strength. This results in chronic stress known as overtraining syndrome.

Mood swings and irritability

Pushing too long and too hard can actually cause a person to feel overworked and tired. This may lead to trouble sleeping, which can cause irritability and mood swings, says MedlinePlus.

Immune system impact

Overdoing exercise may adversely affect the immune system. When the body is run ragged, it cannot do its job well. Illnesses may be able to sneak past the body's defenses even easier, particularly if exercising too much is paired with calorie restriction that affects balanced nutrition.

Overuse injuries

Sore muscles and heavy limbs come from exercise sessions and can be signs of muscle breakdown and repair. Overuse can lead to injuries to various parts of the body, particularly if workouts are not varied.

Missed menstrual periods

The Office on Women's Health says exercising too much can caused missed menstrual periods or make a woman's period stop entirely. Athletes who train hard regularly have been known to have irregular or missed periods.

Weight gain

Many people exercise to lose weight, but overdoing it can have the opposite effect. Healthline says exercising too much without resting in between can lead to low testosterone levels and high levels of the stress hormone cortisol. These hormonal changes often are associated with loss of muscle tissue, weight gain and even excess belly fat.

Decline in performance

Overtraining may cause a person to plateau or experience decreased performance rather than improvements in physical ability. Less strength, endurance and agility can make it hard to reach fitness goals.

Exercising a lot may seem like it is a good thing, but overtraining can be dangerous.

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Thank You St. Jude
NFL

THANKSGIVING NOVENA TO ST. JUDE
O Holy Saint Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given so great to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. Say 3 Our Fathers, 3 Hail Mary's and 3 Glorias. Publication must be promised.
St. Jude pray for us and all who invoke your aid. Amen.
This Novena has never been known to fail. This Novena must be said for nine consecutive days.
N.F.L.

A PRAYER TO THE BLESSED VIRGIN
Oh most beautiful flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, blessed Mother of the Son of God, Immaculate Virgin, assist me in this, my necessity. Oh Star of the Sea, help me and show me herein you are my mother, oh Holy Mary, Mother of God, Queen of Heaven and Earth.
I humbly beseech you from the bottom of my heart, succor me and this necessity. There are none that can withstand your call. Oh show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, place this cause in your hands (3 times). Sweet Mother I pray for this cause in your hands (3 times).
Holy Spirit, resolve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all even against me in that in all instances of my life you are with me.
I want this short prayer to thank you for all things as you confirm once and again that I never want to be separated from you even in spite of material things. I wish to be with you in eternal glory.
Thank you for your mercy towards me and mine.
The person must say this prayer on 3 consecutive days. After 3 days the request will be granted. This prayer must be published after the Prayer is granted. N.F.L.

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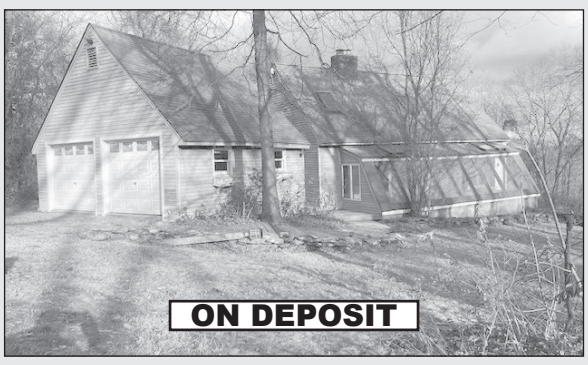

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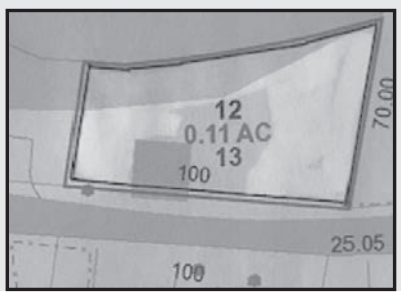

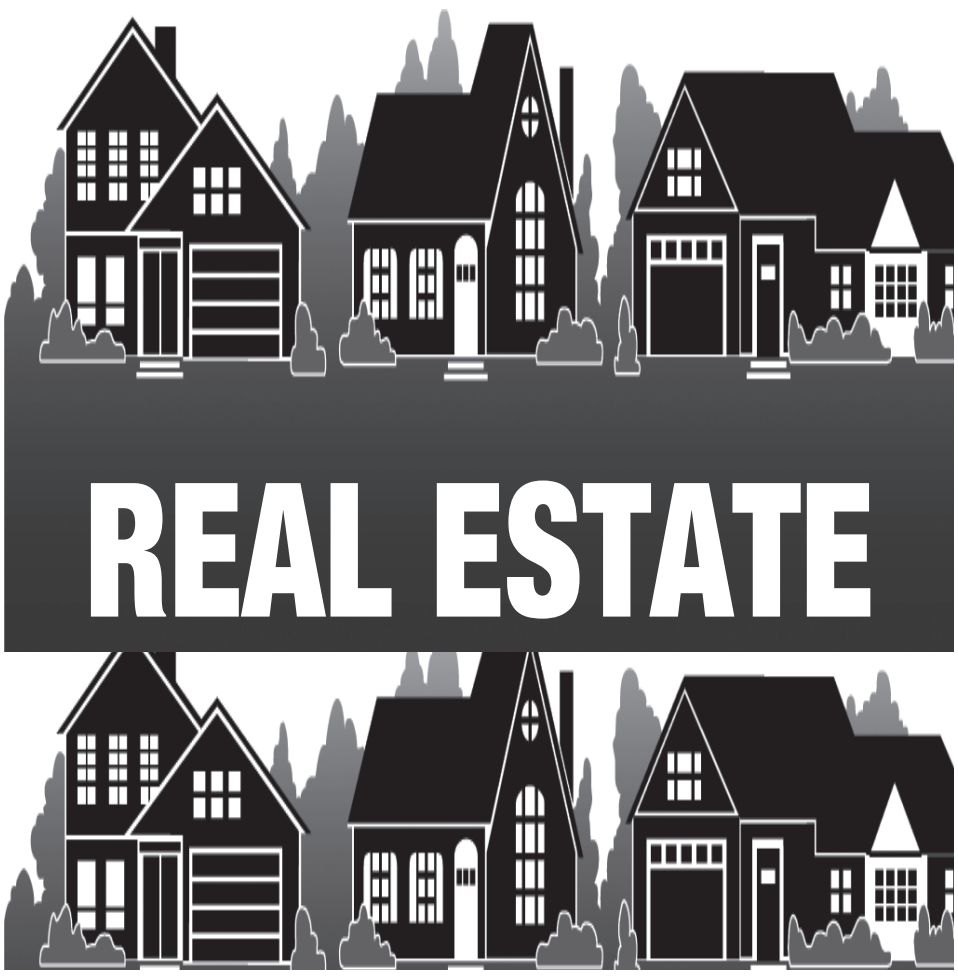

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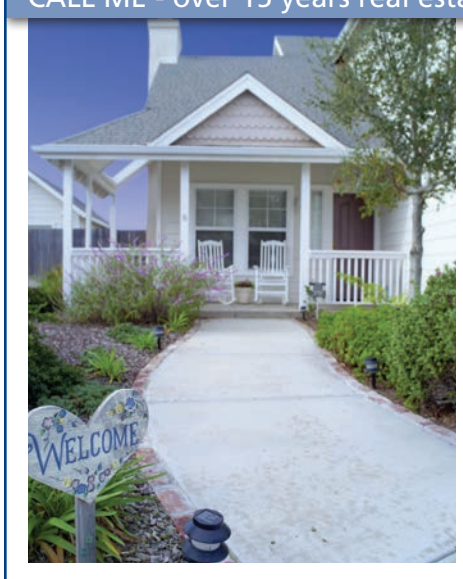

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