

Free by request to residents of East Brookfield, West Brookfield, North Brookfield, Brookfield, Leicester and Spencer

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Friday, January 26, 2024

West Brookfield resident honored with inclusion in LA mural



R. Vivian Acosta of West Brookfield was included on a massive mural, "Champions of Change," which was the anchor for a new park located in Los Angeles.

WEST BROOKFIELD – R. Vivian Acosta of West Brookfield received a surprise and a big honor when a friend shared a discovery found while 'Googling' Acosta's 37 year longitudinal research on the status of women in intercollegiate sport. She was included on a massive mural, "Champions of Change," which was the anchor for a new park located in Los Angeles.

Acosta, a longtime resident of West Brookfield following a full and productive career as a professor at Brooklyn College, had grown up in Los Angeles, where the surprise and big honor were located. When Los Angeles was designing the new Albion Riverside Park for the neighborhood in which she grew up, the LA Department of Cultural Affairs commissioned a well ily reunion. The rain enacted in 1972, was

known muralist to create a mural which would include notable figures and symbolism related to the surrounding area. Vivian was one of the six selected.

A few weeks ago, Acosta was able to share the mural with eight of her family members who had long ago moved away from Los Angeles but who were gathered in the LA area for a fam-

showers of the day did not diminish everyone's joy at seeing the new and beautiful park and most

importantly, the mural. Her decades of effort to open doors for girls and women, particularly in the areas within the rubrics of education and sport, were sometimes daunting and challenging but also very rewarding. Federal legislation referred to as Title IX,

frequently the tool that allowed those doors to be opened wider. Title IX prohibits sex discrimination in any education program receiving federal support. In addition to her co-authorship of the book entitled "Title IX" and her landmark 37 year national longitudinal study of women in intercollegiate sport (which has been included in a number of Congressional

Turn To **ACOSTA** page **A15**

Knox Trail Project 351 ambassadors attend state event

BY KEVIN FLANDERS STAFF WRITER

SPENCER — Knox Trail Middle School's Project 351 ambassadors recently joined their peers from throughout the state at a community service program.

KTMS eighth graders Gianna Bedard and Sam Schold were chosen to represent their school at Project 351, a statewide service initiative. Earlier this month, the students traveled to Boston along with fellow Project 351 ambassadors to take part in a day of service.

"These are two students who work hard, display quiet leadership, and are wonderful to work



KTMS eighth graders Gianna Bedard and Sam Schold were selected as Project 351 ambas-

with," said Samantha Raphael, a history teacher and peer leader advisor at KTMS.

For Bedard and Schold, it was a thrill to be chosen as Project 351 ambassadors by their teachers. During their day of service in Boston, they were assigned to groups of fellow students who assisted at various programs.

Project 351 ambassadors regularly support food pantries, shelters, the Cradles to Crayons program, and several other organizations.

"It was great to see the little kids who were super happy to meet us," said Turn To **AMBASSADORS**

page A15

Workshop offered for aspiring writers BY KEVIN FLANDERS STAFF WRITER WEST BROOKFIELD

For local writers seeking to learn how to navigate the publishing process, you won't want to miss a workshop hosted by award-winning author Ed Londergan.

Set for Sunday, March 10, the creative writing and publishing workshop will take place from 10 a.m. to 3:30 p.m. at Salem Cross Inn.

For Londergan, it's always a thrill to work with returning program participants and also meet new writers eager to see their works in print.

"The workshop will cover the entire writing and publishing process, including idea development and sources of inspiration, drawing from storytelling traditions, developing the story, structure and flow, conceiving and bringing characters to life, dialogue, editing, short fiction, writer's block, and the publishing process,' Londergan said.

With several publishing options now available to writers, including traditional markets and self-publishing platforms, it's important for writers to choose a model that fits their needs. Some authors elect to seek representation from literary agents, while others choose a grassroots self-publishing approach and manage their own editing, marketing, and promotional events.

No matter how you plan to proceed, Londergan highlights the importance of fully understanding the characteristics and operations of each model.

"The publishing process can be confusing and frustrating. I'll take the group through the various publishing options available," Londergan added.

The workshop will also include fun writing exercises for participants to enjoy. The event is open to guests of all experience levels.

"Everyone has a story to tell. The workshop aims to help those who want to write but don't know where to start, or have had an idea for a story that's been bubbling in their head for years and finally want to put it on paper,' Londergan told the New Leader. "I also help people who have written something and need to know how to move ahead."

Past workshops have been attended by people of all ages and occupations, from students to retirees. Several attendees have gone on to publish their books.

"One of the things past attendees have enjoyed and learned from is the writing exercises," Londergan said. "The writing exercises this year are different than what I've done in the past. I enjoy seeing the creative ideas that come out of them."

The workshop is also a great way for writers to share various challenges

with each other and learn Turn To WORKSHOP

LHS teams up with Home Depot for community partnership **BY KEVIN FLANDERS**

STAFF WRITER

LEICESTER — Leicester High School students recently teamed up with volunteers from The Home Depot to build a strong community partnership.

As a corporate sponsor of the high school's new Chapter 74 Building and Property Maintenance program, Home Depot is dedicated to helping students prepare for their careers. On Jan. 18, Home Depot employees visited Leicester in a volunteer capacity to assist LHS students with constructing potting bench-

In the process of creating the benches, students also built valuable networking connections and career knowledge.

"There are 400,000 positions open for skilled trades [across the country], and we are committed to helping students fill those roles," said Logan Roberts, a community captain for The Home Depot Foundation, which organizes the company's volunteer initiatives. "We love working with students, veterans, and seniors throughout the community.'



Turn To PARTNERSHIP page A15 LHS Building and Property Maintenance program students get ready for their project.

DA offers grants for safe post-prom, post-graduation events

WORCESTER — The office of Worcester County District Attorney Joseph D. Early, Jr. is now accepting applications for its grants to support safe post-prom and post-graduation events that keep students from driving impaired.

The grant program has supported these events, organized and overseen by adults, which offer safe drugand alcohol-free alternatives to the high-risk activities that often follow end of the year celebrations for high school students.

"Prom and graduation are supposed to be the best nights of high school. We want to avoid seeing these celebrations turn into tragedies," Early said. "We know that life can change in the blink of an eye, and often does. By encouraging kids to celebrate in safe, fun environments, we can prevent a tragedy before it happens and ensure all our youth go on to fulfill their bright futures.

The grant program is now in its sixth year and has supported post-prom and post-graduation events at more than 20 different schools across Worcester

Early felt it was vital to continue supporting these prevention programs and is utilizing his Drug Forfeiture Reinvestment Program this year. Funding to support these grants was previously provided by the Massachusetts Office of Victim Assistance Drunk Driving Trust Fund.

Schools and parent groups can apply for these grants to either support existing events or to assist in establishing new events. Applications for funding requests are due by Feb. 15. To request a grant application, contact Julia Baronowski at Julia.baronowski@mass. gov or 774-317-2321.



Benefit dinner to support Hearts for Heat

BY KEVIN FLANDERS

STAFF WRITER

NORTH BROOKFIELD — With single-digit temperatures and subzero windchills penetrating the region last week, a local organization continues to seek support of its mission to keep residents warm.

The 15th annual North Brookfield Hearts for Heat Spaghetti Dinner will take place on Saturday, Jan. 27, from 5-7 p.m. at the North Brookfield Elementary School cafeteria.

The dinner cost is \$12 per person, with a cap of \$36 for a family of four or more. Takeout dinners are also available at the event.

Sponsored by the Hayden Masonic Lodge and supported by Hannaford Supermarket, the dinner is a great way for residents to support fellow com-

munity members this winter. With rising costs continuing to impact families, many residents are forced to make difficult decisions when temperatures plummet.

The dinner program will also feature several raffle items. These include a Boston Celtics team-signed basketball and a pair of home game tickets; WooSox tickets for six guests; Worcester Railers hockey tickets for four guests; Springfield Thunderbirds hockey tickets; and local gift certificates.

The Otters will provide musical entertainment at the event. Additionally, students from the North Brookfield High School National Honor Society will join Valley View School students to assist guests at the program.

In the event of inclement weather, the inner will be postponed to Saturday

North Brookfield Hearts for Heat is a charitable organization dedicated to helping North Brookfield residents in need by providing emergency home heating assistance for oil, propane, natural gas, electric, pellets, or cord wood.

All community donations given to the organization are used for fuel purchases. The organization has assisted 158 families since 2009.

If you would like to help residents in need across the community, donations can be mailed to NB Hearts for Heat. P.O. Box 44, North Brookfield, MA 01535.

To learn more about the organization and how you can help, visit www. HeartsForHeat.org.

The Hearts for Heat organization also

QCC announces Dean and Merit Lists

has chapters in Leicester and Princeton.

To date, the organization has provided

more than 1,100 distributions of fuel to

community households.

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 permit-

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

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 permit-

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

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

invites community to family dinner

LEICESTER — The Leicester Knights of Columbus invites guests to attend a family dinner next month. Set for Feb. 8 at 6 p.m., the event will take place at the

Knights of Columbus (90 Manville Street). Menu options include lasagna or baked fish.

The dinner cost is \$15 per person, which includes a

salad, entrée, and dessert. To reserve your seat at the dinner, call Don at 508-615-

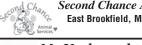
8434. You may also send an email to ohno7g7@Yahoo.

P.E.T. of the Week Sponsored by Leicester Veterinary Clinic, LLC

Starsky and Hutch

Hello, we're Starsky (stripe on forehead) and Hutch (huge white forehead). Life can be a bit scary for us, but we're learning to trust. We're a bonded pair, always there to comfort each other. We may be a bit shy at first, but give us a moment, and our sweet, friendly nature will shine through. We're also quite the

goofballs once we're comfortable. We love playing with our toys and making our caregivers laugh with our antics. Our dream? To find a home where we can be ourselves, feel safe. and spread joy. Adopt us and discover the unique bond of a bonded pair. We promise, it's double the love, double the fun!



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Please make your reservation by Feb. 1.

Leicester Knights of Columbus Local students at Lasell University named to Dean's List

NEWTON — The Fall 2023 Dean's List includes students who have completed at least 12 credits as a full-time student in that semester and have achieved a semester GPA of 3.5 or higher.

The following local students made the list:

Mikayla Bokis of Spencer Julia Cabana of Spencer

Dillon Winkelmann of Spencer

Alexandra Garrand of W. Brookfield

About Lasell

10-15-20 Yd.

An innovator in education for more than 150 years, Lasell University today is a comprehensive coeducational university offering professionally oriented bachelor's and master's degree programs. Our 50-acre campus is located in suburban Newton, Massachusetts-within eight miles of downtown Boston at the heart of the Route 128 hightech corridor.

We are known for helping students make the connection between classroom lessons and real life through hands-on activities such as internships, practicum, service learning, and meaningful projects.

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Storm creates headaches on local roads

Courtesy

Huntoon Memorial Highway was partially shut down last week following a serious accident in snowy conditions.

REGION — A stubborn storm last week didn't bring large amounts of precipitation, but its timing and duration caused plenty of headaches on local roads.

Despite only depositing a few inches of snow across the region, the Jan. 16 storm made roads slippery and caused several accidents.

Huntoon Memorial Highway (Route 56) was shut down for several hours between Stafford Street in Leicester and Mill Street in North Oxford following a serious accident.

Several local schools called off classes on Jan. 16 due to the storm. A few districts even had delays into the following day.

Local communities brace for impact of state budget cuts

BY KEVIN FLANDERS STAFF WRITER

REGION — Officials in area communities are bracing for the impacts of state budget cuts on multiple services.

Gov. Maura Healey recently announced \$375 million to be slashed from the state budget for fiscal year 2024. The decision was made amid a year-todate budgetary shortfall totaling more than \$750

The cuts will trim earmarks for several programs, services, and departments across the state. These include an array of impacts for local first responders and seniors.

In Spencer, a \$200,000 earmark for a roof replacement at library was reduced to \$100,000. Additionally, a \$25,000 earmark for firefighting turnout gear was reduced to \$12,500.

Spencer also saw a \$15,000 earmark for the Senior Center cut to

In Leicester, \$50,000 was initially approved for firefighting turnout gear, but the funds were cut in half. Funding for the Leicester Senior Medical Ride Program was also reduced, with an originally approved \$25,000 cut down to \$12,500.

"These cuts are detrimental to public safety and to our senior population," said Leicester Town Administrator David Genereux. "Turnout gear is an important necessity for our firefighters and has become increasingly expensive. A 50 percent cut to that earmark is certainly going to adversely affect our purchasing ability. Likewise, losing funding that allows us to bring senior citizens to medical appointments is devastating as well."

Sen. Peter Durant, State Rep. Donald Berthiaume, and municipal leaders have been in frequent communication with residents to outline the cuts and their effects. Several area officials and residents have denounced the decision to slash funds for first responders and seniors

"While we all under-

stand the importance of having a balanced budget, at issue here are priorities. The Governor needs to be strategic with the cuts she is making, and take into account the priorities of the Commonwealth," Durant told the New Leader. "Cuts to public safety and senior citizens are not the way to go about it. These are essential services that directly affect every resident in our commu-

nity. We cannot leave our towns in financial distress because the priorities of our state's government forget the essential services."

Looking ahead, local communities are preparing for the challenges of significantly reduced state funding.

"The town of Leicester is not a wealthy community, and we need to obtain grants, earmarks, and other funding to keep services that our residents need in place," Genereux said. "I am thankful that neither earmark was completely defunded, but I remain concerned for the future,

based on what happened

Massachusetts General Laws give the Governor unilateral authority to impose the cuts. No legislative approval is needed.

Local leaders plan to attend public programs over the next few weeks to continue updating community members on what to expect going for-



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Soup's on at the North Brookfield Senior Center

NORTH BROOKFIELD — Friends of the North Brookfield Council on Aging are sponsoring our Annual Soup-er Bowl to benefit the center's food program on Saturday, Feb. 10. Local restaurants are generously donating homemade soups. Friends will put these soups into containers and offer them to you for only a \$6 per pint donation.

We are grateful to these cooks/chefs and their restaurants for participating.

- 1. 308 Lakeside, East Brookfield Butternut Bisque
- 2. Charlie's Diner, Spencer Clam Chowder 3. The Clam Box, Brookfield - Clam Chowder
- 4. E. B. Flatts, East Brookfield Chili
- 5. Kosta's Cafe, Spencer Chicken and Rice Soup 6. Mason's Grille, Warren – Vegetable Soup
- 7. Panda Garden 2, East Brookfield Wonton Soup 8. Salem Cross Inn, West Brookfield – Seafood Chowder
- 9. Sandy McGinty, Volunteer Cook at NB Senior Center Stuffed Pepper Soup
- 10. Spencer Subway Broccoli Cheddar Soup
- 11. Yamato Asian Bistro, Spencer Egg Drop Soup
- 12. Yamato Asian Bistro, Spencer Clear (Hibachi) Broth

Here's how it works. Call or text Sandy at 774-298-7090 Monday-Friday from noon to 6 p.m. Sandy will reserve your order from an extensive selection but limited

Open auditions for the Workshop 13

WARE — Audition notice. Workshop13 is proud to announce upcoming open auditions for our new addition of a theatre program. The "Workshop13 Players" will hold cold auditions on Jan. 29 and 30 from 7 to 9 p.m. for the production of three newly written short plays entitled "Robin Robin," "It's Not Delivery," and "Waiting for a Change." Auditions are rescheduled from Jan. 16, having been snowed out. Show dates will be April 12, 13, and 14. We will be looking for four to six actors ages 20 to mid-40s, who will be double cast in the three productions. For further information please call the Director Dave Blessinger at 401-465-9686 or email at dbless9766@ aol.com.

About Workshop13

Workshop13 Cultural Arts and Learning Center is a rural non-profit arts innovator located in Ware, Massachusetts and devoted to increasing the appreciation and accessibility of the arts, strengthening the creative life of our community through instruction, collaborations, and arts-based initiatives.

quantity of delicious soups. The earlier you call, the more likely you will able to obtain your favorites before supplies run out, as they did last year.

Stop by the Senior Center at 29 Forest St. in North Brookfield with your \$ 6 per pint donation between noon and 2 p.m. on Saturday, Feb. 10. Your pre-packaged and refrigerated soups will be ready for easy pickup. What better way to celebrate Super Bowl Sunday than by enjoying delicious homemade soups and helping our community's Seniors at the same time? We hope to see you there!



* * Friday's Child



Hailey Age 16

Hi! My name is Hailey and I love animals! Below is a letter I have written

to help you get to know me. Hi, my name is Hailey. I go by Kai, and I am a soaciable, funny, cool, kind, sweet, and outgoing person. I am someone who likes to stay on topic, listen to others, and am a good planner. I consider myself a brave person and a hard worker. I would also describe myself as artistic and creative. I enjoy singing, playing guitar, and making crafts. I was recently accepted to a local trade school, and I am excited to start there. I hope to open a restaurant one day and learn how to cook more.

I have several family members who I am close with including my aunt and grandmother. I am particularly close with my aunt who I speak with about funny things, my emotions, and my hopes. Along with my many strengths I also have many talents and interests. I like to ride horses, play hockey, video

games, board games, and go swimming. I like to cook, bake, and draw anime. I am looking for a family that will love me and have fun with me! I would like to do many activities with my family including horseback riding, arts and crafts, movie nights, and cooking/baking. I am also learning to play the piano. I also would be a big help to my family by doing chores, playing with any siblings, and making everyone laugh. I would also love a visiting resource. I hope to speak with you soon!

Sincerely, K

https://adopt.mareinc.org/waiting-child-profiles#gallery/child/5454 Can I Adopt?

If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ+ singles and couples. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

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.



Local students named to Dean's List at Fitchburg State

FITCHBURG — Fitchburg State University President Richard S. Lapidus has announced the students who qualified for inclusion on the Dean's List for the Fall 2023 semester.

A student is placed on the Dean's List for the semester if an average grade of 3.20 or better is attained, and the student is attending the university full time.

Fitchburg State University enrolls day and evening students in more than 50 programs of undergraduate and graduate study. The university was established in 1894. Learn more at fitchburgstate.edu.

Blackstone Kaylie M. Mcdevitt, Jillian Braeden M. White M. Williams

Douglas Hunter G. Dunn, Ryan M. Stickney, Brianna N. Taft

Dudley Grace J. Griffin, Jacob D. Roberts

Grafton Tabitha L. Crist, Elizabeth Miller

Groton Christopher J. Hickman, Kabriana T. Kien, Molly M. Loverin

Holland Charles L. Moran

Matthew K. Baier, Roy M. Benson, Mckenzie E. Calvao, Brian R. Doyle, Leah R. Gorham, Emily E. Phillips

Millbury Samantha A. Bernard, Hunter J. Luby, Alex M. Martocci, Allison M. Pogorek

Milton Christian A. Dedier, Chloe L. Pelton

Oxford

Suzannah R. Lambert

Southbridge Eridon Mehmeti

Spencer Arianna K. Hammond, Angelika Osowiecki,

Sutton Anna R. Gauvin

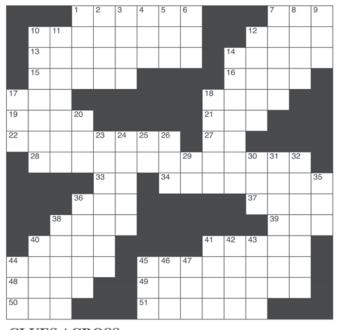
Upton Cameron M. Bern, Ashley E. Porter

Uxbridge Jessie M. Demalia

West Brookfield Nicholas C. Lucia, Robert P. O'Shea

Webster Zachary C. Sargent, Elliot A. Zopatti

Whitinsville Mica A. Mclaurin



CLUES ACROSS

- 1. Winged nut
- 7. __ Humbug! 10. One who sets apart
- 12. Circle above a saint's head 37. Scottish or Irish Gaelic
- 13. Unpleasantly loud and
- harsh
- 14. Expressed pleasure
- 15. Feminine given name 16. Company of badgers
- 17. Popular Dodge pickup
- truck
- 18. Witty sayings 19. Leader
- 21. Autonomic nervous system 48. One-time Yankees sensation
- 22. Premolar 27. Atomic #28
- 28. Holiday decorative item 33. Exclamation of surprise
- 38. Eat 39. Marxist economics theory

34. Rusk or cracker

36. Returned material

language

authorization (abbr.)

- (abbr.) 40. Ceases to exist
- 41. Male Arabic name
- 44. Series of ridges on an
- organ wall
- 45. Places where bees are kept
- Kevin
- 49. Church office
- 50. Single lens reflex
- 51. Pieces of fibrous tissue

CLUES DOWN

- 1. Classify 2. Dismounted
- 3. Produced
- 4. Consumed
- 5. Director Howard
- 6. The products of human creativity
- 7. Thai monetary units 8. Away from wind
- 9. Builder's trough
- 10. Relating to Islam
- 11. It can sometimes ache
- 12. Small quantities (Scot.)
- 14. Poisonous plant 17. Laugh at
- 18. Vogul
- 20. C. European river
- 23. Type of cat

- 24. Exclamation of disgust
- 25. Stephen King novel
- 26. Without armies
- 29. Expression of sympathy 30. Relative biological effectiveness (abbr.)
- 31. Previously 32. Illegal drug
- 35. Kiloelectronvolt
- 36. Large, flightless birds
- 38. For smoking
- 40. Binary
- 41. Competition 42. Mark resembling an arrow
- 43. Containers
- 44. Root mean square (abbr.)
- 45. Commercials
- 46. I.M.__, architect
- 47. 007's creator
- 0 0 A B a SOLUTION A I ЧΑ R U G A S 1 8 A R 3 I a V T C H E ٦ M A 8 B 3 | I | M Z T | S | A | M | T | S | I | A | H | D I N B | C | U | S | P | I | D S N A M \forall Ш S Τ O M M \forall 3 С 3 H \forall \forall a l ЯТ R O T A J O 8 ٦ A В Я A M \forall

Local residents named to Dean's List at Bridgewater State

following Massachusetts residents were named to the dean's list for the fall 2023 semester at Bridgewater State University:

Auburn

Simon Benton, Abigail Gaudreau, Mackenzie Greenidge, Emily Healy, Shea Kobel, Anna Novakoski and Ava Novakoski.

Blackstone

Madison Abrants, Zoe Bergeron, Brad Chausse, Mackenzie Gill, Alexis Harrison, Erin McGuire, Mia Russo, Stephanie Spear, Gabriella Torricelli and Natalie Torricelli.

Brimfield Spike Austin and Giana Uwazany

Charlton

Kayla Canty, Samantha D'Arcangelo, Olliver Dickinson, Molly Johnson and Kianaly Pedraza.

Douglas

Madalyn Carr, Essined Colon, Samantha Gibson, Lauren Johnson, Joshua McCullen, Matthew Mooney, Michael Pembroke and Cody Winchell.

East Brookfield Mackenzie St Laurent

Fiskdale Nate Eliason and Allison

Leicester Brynn Cooney, Hannah Dufries and Shannon Tuson.

Milford

Faith Ballarino, Julia Cacciola, Edith Caguana, Natalie Da Cunha, Megan Danahey, Mayra Desousa, Mack Enright, Tiago Filadelfo, Brianna Guerreiro, Tesha Houston, Alya Lainez, Frankie Lange, Ashley

BRIDGEWATER — The LaVergne, Brenna Mackie, Aiden Mandile, Silva, Eric Stockwell and John Tomaso.

> Millville Charlie Dakai and Myra Dehestani

> Milton Owen Flaherty and Kyle Mancini

North Brookfield Shannon Daige

Northbridge

Emily Wheeler Oxford

Rachel

Holmes, Danielle Johnson and Lucas Lambert.

Fox,

Corinne

Southbridge Adryanne Gonzalez

Spencer Morgan Girard

Sturbridge Hooker, Megan Manners and Alec Merrifield.

Sutton Kiley Blanchard, Brynn Courtney and Kyla Rae.

Upton Allison Ceruti

Uxbridge Lilyanna Bain, Amanda Brochu, Geovanna Freire, Maia Harris, Riley Holt, Paige Irving and Brenna

Webster Lily Picchioni and Aryanah Walker-Sanchez

West Brookfield Paige Latter

Whitinsville Lizzie Duca, Mackenzie Gifford, Gabrielle Mateer, Ian Reed, Makayla Robinson and Nate Survell.

Eastern student Julia Trainor of Rochdale makes Dean's List

WILLIMANTIC, Conn. — Eastern Connecticut State University recently released its Dean's List for the fall 2023 semester, in which more than 1,300 students were recognized

for maintaining high GPAs. Among them is full-time student Julia Trainor of Rochdale, a sophomore who majors in Secondary Education Certification

and English. To qualify for Dean's List, full-time students must complete a minimum of 12 credits in letter-graded courses with an aver age GPA of 3.5 or higher in the semester. Part-time students are eligible if they've accumulated 15 or more credits of letter-graded course work with an average GPA of 3.5 or higher.





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SPENCER NEW LEADER PUBLISHED BY STONEBRIDGE PRESS

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The Spencer New Leader (USPS#024-927) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical Postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Spencer New Leader, P.O. Box 90, Southbridge, MA 01550

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Nazareth University student Ethan Kenyon of Brookfield earns Dean's List honors

ROCHESTER, N.Y. - Nazareth University is proud to announce that Ethan Kenyon of Brookfield has been named to the dean's list for the fall 2023 semester.

A student's grade point average must be at least 3.5 or above, and they must complete 12 credit hours of graded work that semester in order to be included on the dean's list at Nazareth.

Nazareth University is an inclusive community of inspired learners, educators, and changemakers who for nearly 100 years have been driven by a bold commitment to action, empathy, equity, and leading innovation for the common good. Impact experiences are at the heart of a Nazareth education, preparing each student to discover within themselves the potential to cultivate positive change in their life's work, in any career field, and in a world that is constantly evolving and infinitely interconnected.

Our broad academic offerings present a range of study options typical of big universities, yet achieved in our supportive campus culture. Nearly 2,100 undergrad and 600 graduate students enroll in degree and certificate programs and engage in collaborative, transformative learning experiences, preparing them for the professions and society of today and tomorrow. In a learning community that purposefully integrates liberal arts and professional programs, Nazareth graduates launch lifetimes of changemaking leadership in communities and workplaces near and far.

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Haston Library Tripp's seat seeks new members for Strategic Planning Committee

NORTH BROOKFIELD — The Haston Free Public Library team is seeking community members to join its Strategic Planning Committee.

The committee will meet monthly, starting in February and ending in November 2024. Members will help produce an important document for the library.

"A Strategic Plan is required by the Massachusetts Board of Library Commissioners every five years in order for a library to remain eligible for grant funding," read a statement released by the library.

Upon completion of the document in November, the plan will be submitted to the Massachusetts Board of Library Commissioners.

If you are interested in serving on the committee, please call 508-867-0208. You may also contact the library by sending an email to hastonfreepubliclibrary@gmail.com.

Fall 2023 Dean's List announced at Stonehill College

EASTON — More than 1,000 students have been recognized for academic excellence. To qualify for this honor, students must have a semester grade point average of 3.50 or better and must have successfully completed all courses for which they were registered.

Katheryn Stapel of Leicester Isabella Ortiz of Leicester Shelby Wessell of Rochdale Kelly Daige of N. Brookfield About Stonehill College

Stonehill College, a Catholic institution of higher learning, was founded by the Congregation of Holy Cross in 1948. Located on the beautiful 384-acre campus and former estate of Frederick Lothrop Ames in North Easton, it is a community of scholarship and faith, anchored by a belief in the inherent dignity of each person.

Through more than 100 academic programs in the liberal arts, sciences, business and pre-professional field, Stonehill College provides an education of the highest caliber that fosters critical thinking, free inquiry and the interchange of ideas for more than 2,500 students.

Stonehill College educates the whole person so that each Stonehill graduate thinks, acts and leads with courage toward the creation of a more just and compassionate world.

to be filled at town election

NORTH BROOKFIELD — Following the resignation of Selectman John Tripp, the town will continue with

two selectmen until the Annual Town Election.

Tripp's vacant seat will be filled by voters at the election this spring, officials confirmed. Once his sucthree-member format.

for comment on his resignation. His three-year term was set to expire this spring.

The Select Board currently includes Chairman Jason Petraitis and member Elizabeth Brooke Canada.



Did you know?

Exercise is just as beneficial for older adults as it is for children and young adults. According to the Centers for Disease Control and Prevention, engaging in regular physical activity is among the most important steps older adults can take as they seek to safeguard their overall health. Such activity can prevent or delay many age-related health problems and strengthen muscles while improving balance, which can reduce risk for falls and injuries such as broken bones. The CDC notes that certain physical activities can be characterized as multicomponent activities, which means they combine aerobic activity, muscle strengthening and balance training. Examples of such activities include dancing, yoga, tai chi, gardening, and even sports participation.

Cub Scouts to hold Pinewood **Derby**

EAST BROOKFIELD — Cub Scout Pack 148 will hold its annual Pinewood Derby fundraiser March 16 (rain date March 23) at East Brookfield Elementary School, located at 410 East Main St.

One of the best things about Scouting is the Pinewood cessor is seated, the Board will return to its regular Derby. Building a fast car with a cool design or making something unique that nobody has seen going down Tripp did not respond to the New Leader's requests the track before. Competing against the other cars to see where you stack up. Cheering for your car racing towards the finish line.

Pack 148 out of East Brookfield, with the help of Lamoureux Ford, is giving everyone, not just the Cub Scouts, a chance to feel that same excitement! All ages are welcome. Register online by March 9 at https:// forms.gle/ZYRv4yCEJKoeJ5Ve8. Registration fee is \$20 per car (cash only), and includes car kit and instruc-

This fundraising event is a great way to support Scouting while having some competitive fun. Please call (508) 826-7226 to register by phone or for more information.

Springfield College recognizes Dean's List students

SPRINGFIELD — Springfield College Recognizes Dean's List Students for academic excellence for the 2023 Fall Semester.

Valerie Guzman from Spencer was named to the dean's list. Guzman has a primary major of Health Sci

Griffin Polga from E. Brookfield was named to the dean's list. Polga has a primary major of Psychology.

Marissa Randall from Rochdale was named to the dean's list. Randall has a primary major of Social

Isabelle Russell from W. Brookfield was named to the dean's list. Russell has a primary major of Health Sci / Pre-PT.

Hannah Schultz from North Brookfield was named to the dean's list. Schultz has a primary major of Health Sci / Pre-OT.

Maggie Stevens from W. Brookfield was named to the dean's list. Stevens has a primary major of Exer Sci /

Julianna Torres from Rochdale was named to the dean's list. Torres has a primary major of Health Sci

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

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Frank G. Chilinski

PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Dealing with the winter chill as days grow longer

As the winter season brings us negative degree temperatures, it's easy to succumb to the urge to hibernate. While the cold weather can be daunting, it brings with it the promise of longer, warmer, brighter days ahead.

Winter is often associated with shorter days and longer nights, a time when the sun's warmth feels distant. But it's important to remember that change is a constant in nature. With each passing day, we inch closer to the end of winter, and the natural world around us begins to respond.

One of the most remarkable transformations that occurs during winter is the gradual increase in daylight hours. It's as if Mother Nature herself is whispering words of encouragement to us, reminding us that brighter days are on the horizon. The winter solstice, the shortest day of the year, marks a turning point. After that, every day brings a little more daylight into our lives, and a little less darkness.

The crisp, clean air invigorates our senses, and the world outside is transformed into a winter wonderland. Snow blankets our worlds, turning ordinary scenes into breathtaking vistas. The stillness of winter can provide a sense of calm and serenity.

Moreover, the frigid weather can teach us valuable lessons about adaptability and resilience. Just as nature endures the challenges of winter and emerges stronger in the spring, we too can find strength in facing adversity. Winter encourages us to appreciate the warmth of our homes, the comfort of a hot cup of cocoa, and the joy of spending time with loved ones indoors as well as outdoors.

Each additional minute of daylight is a reminder that life is cyclical, and the seasons will continue to change.

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.

OPINION AND COMMENTARY FROM SPENCER LEIGESTER AND THE REPORTED S

Opinion and commentary from Spencer, Leicester and the Brookfields

Let's get to work!

To the Editor:

As a resident of North Brookfield, I have taken to heart the issues facing this community. I volunteered my time as a father and a husband to get involved and do my part in making North Brookfield a better place to live. I, like many of you, care about the state of things in the place we call home. This is true whether you want a safe place to raise your children, to retire peacefully in, start your life over again, or pursue business ventures. North Brookfield had become that to my family.

This town has always been good to me and my extended family for generations, and the least I can do is give back to this community. I'd like to thank John Tripp, who stepped down from his position for all the time and hard work he put into the town both as Selectman and as a citizen. I hope he continues to contribute to the town where he can.

I am taking the next step in doing my part for this little town that is dear to our hearts. That's why I'm asking you to please support me in my run for selectman. I need your vote. Each and every one of you. Come election day, I ask that you set aside 15 minutes of your day to head down to the polls and help me, in my attempt to help you. Let us not forget that you, the voters, are the government and this is your chance to use be heard. At the end of the day, the elected officials answer to the people, but only if the people make

it known what they want. What do you the voter want from this town?

I have happily served North Brookfield as a City Letter Carrier at the Post Office for almost three years, and have had the fortune of meeting many of you face to face and getting to know you as part of the community. I serve as a member of the Planning Board and have seen the inner workings of the development and growth of our community on both residential and industrial levels. As a member of the Finance Committee, I have had the opportunity to see first hand the kinds of obstacles this town faces financially and what is required to form a working budget.

As your neighbor, I promise to do all I can to make our community a better version of itself with accountability, preservation, and unity. We, as the citizens working together, will continue to make North Brookfield a great place to live and do business, to preserve and expand what we love so much about living here. Let's think about the kind of town we want to leave behind for our children and grandchildren.

To the voters of North Brookfield, please allow me the opportunity and privilege to serve and represent you and all of our neighbors of this great town. Cast your vote for Vaughn Schlegel for Selectman on May 6, and let's get to work!

VAUGHN SCHLEGEL NORTH BROOKFIELD

Make America great again

To the Editor:

Do not confuse title of this piece with the catch phrase Republicans think resonates enough with voters as to have them not notice that nothing they do either reflects back to better times or makes anything great now. us have been around long enough to remember our true greatness, which peaked after WWII, birth of the baby boomers, enormous housing and school expansion., birth of rock and roll, development of muscle cars and becoming the largest military in the world. When generals, governors or senators, with spotless reputations and an impressive resume of accomplishments. Any whiff of scandal or impropriety was a disqualifier for even running for, never mind winning the highest office in the land' In 2015, Donald Trump suggested that Hillary Clinton being under investigation, should disqualify her running for president.

Flash forward to today. The leading GOP presidential candidate has 91 pending indictments. I do not know how it could be made clearer that he feels his only defense will be becoming president again. He was flapping his jaws again at the E. Jean Carroll trial, trying to get evicted or cited for contempt, mainly for political gain. Carrol, is, and likely will be, the only one of the 40 known assaults, likely to pursue legal action, she having received hundreds of death threats, having to move off the grid and live as a recluse.

Trump claims to have kept all his campaign promises, as a reason to re-elect him. If you believe that, let me refresh your memory. He was going to eliminate the deficit; instead, he increased it nearly \$8 trillion, \$2 trillion of which was tax breaks for millionaires. He was going to eliminate the threats in Korea. Kim is testing bigger payloads that come closer to our shores regularly. US Steel was to open 6 new plants- they opened zero. The economy grew at the exact pace inherited from Obama, not double as he promised. Has everyone forgotten the refrigerated trailers full of bodies because of a botched Covid response (one of his first acts was firing the pandemic response team Obama created and left him). The man was impeached twice, only getting off because of political sway, not innocence, as Moscow Mitch suggested was a matter for the courts after voting not guilty ten minutes before. DJT has now directed his subsidiary, the Republican congress, to impeach everyone in sight to lessen his exclusivity. I will release my taxes at the end of the audi has not and will not happen because he is such a crook, still paying penalties and may lose the right to do business in New York.

Other than being a good friend of Jeffrey Epstein and Kim Jong Un (and maybe Vlad Putin, whom he comsion timing), what other attributes on his resume, recommended him to be our leader? He bankrupted several companies, including an airline (that he tried to take credit for when the bank he screwed sent Trump labeled planes to pick up our troops) Casino's that he not only ran into bankruptcy, but got banned from the business forever, by the gaming commission, a charity bearing his name that got him banned from ever operating again. five kids by three wives, all of whom he cheated on.

He is pretty wishy washy on his positions on abortion, but is the reason Roe is gone and atrocities abound because of it. The whole group is neither Christian or right to life. Pro birth is only pro life if childcare, food and medical coverage is also in the equation.

The border is a real issue and has gone without reform since Reagan. The GOP likes to go to the border for photo ops, but will take no action, preferring to leave the campaign issue. If Biden loses, this will be why because infrastructure is being addressed, employment is up, gasoline is going down (for those remembering \$2 gas, also remember schools and businesses were closed, as were borders). The draft dodger who claimed bone spurs, calls our dead and injured soldiers suckers, and threaten to disown his kids if the served, should never be commander in chief again. The main reason being those hoping for his win are sitting ready to attack NATO. Taiwan and finish Ukraine. Hopefully, enough of us know what it will take to make America great again.

> KEN KIMBALL BROOKFIELD

SEND US YOUR NEWS!!!



How can business owners plan for an exit?



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If you're a business owner, you always have a lot to do and a lot to think about. But have you put much thought into how you'll eventually leave it all behind?

Even if you're a few years away from that day, it's a good idea to create an exit strategy. If you're like most other owners, most of your net worth may well be tied up in your business — so how you exit that business can have a big impact on your finances and your retirement.

As you begin the exit strategy process, you'll need to examine some basic questions, such as how much you want for your business and how much it's worth. But you'll especially need to plan for the mechanics of your exit — that is, just how you're going to sell or transfer ownership of it. Essentially, you have three main options:

Internal sale or transfer – You could sell or transfer your business to someone affiliated with the company, such as a family member, business partner or even a group of employees. The advantages of this method are that you'll have greater control over the timing of your exit, and you'll be able to provide greater continuity for your employees, clients and suppliers. One potential disadvantage is that your net sales proceeds may be less than what you'd get from selling the business to an unrelated third party.

External sale or transfer – The biggest benefit of selling or transferring your business to an unrelated third party is that you can potentially maximize your net sales proceeds. But you'll need to consider some tradeoffs, too. For one thing, a sale to an outside person or business usually requires a long and possibly expensive due diligence process. Also, you'll have less control over the timing of your exit than you would if you sold the business to an internal source.

Liquidation – If you liquidated your business by selling all your assets and shutting down operations, you could end up with far fewer net proceeds than if you sold the business to an internal or external source. However, you could raise cash pretty quickly. But if you chose to liquidate or dissolve your business, it could potentially be disruptive for your employees, clients and suppliers

Because everyone's situation is different, there's no clear-cut formula for deciding which of these exit options is right for you. And it isn't simply a matter of numbers, either, because you'll need to consider some intangible factors, too. How will your family be affected by your choice? How would you feel if your business was in someone else's hands, or no longer existed? You'll need to work out these issues, along with the financial ones, before you decide on your business exit strategy.

Fortunately, you don't have to go it alone. You may want to consult your financial, legal and tax advisors, and possibly work with a commercial banker and a business evaluation expert. By drawing on several sources of expertise, you can feel more confident that you'll make a decision that's appropriate for your needs.

one final suggestion: Don't wait too long before you begin putting together your exit strategy. Time goes fast — and when the time comes for you to say goodbye to your business, you'll want to be prepared.

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

Brittany Tee Brookfield vigil

To the Editor:

I just recently attended the Brittany Tee vigil at the Brookfield Town Common. I am encouraging all of the residents who attended the vigil to consider, as individuals and/or as a group, to daily pray and ask God to find favor with the Tee family and bring Brittany home; bring closure to the Tee family. God knows where Brittany is.

Also, as a community family, consider meeting once a week or a month for prayer at the church of the Tee family's

Where two or three are gathered, God

Brittany is in my daily prayers. Dwell in peace!

BROOKFIELD

Trump is not above the law

To the Editor:

I stand by my declaration, made in a letter to the Editor several weeks ago, that I will take Biden's world over Trump's world any day. In the 2016 presidential election, note was taken of Trump lies which numbered in the thousands. Trump is a pathological liar. Trump tried to circumvent the Constitution (the very Constitution he took an oath to protect with his hand on a Bible yet!) to overthrow the vote of the people and claim he won in 2020. He lost. He uses the tactic of projection, which means he accuses others of doing the very thing he is doing. Using this tactic, he says that his opponents are taking away his right to free speech. Others are weaponizing and politicizing the government against him. He is a whiner.

Several weeks ago, Ms. LaCroix submitted a letter with the editorial title "The Bidens are not above the law." Her letter was an example of projection, where she accused the Biden family of the very things the Trump family is doing. Unfortunately, Ms. LaCroix has taken on the tactic learned from our former president. And Mark Robillard's latest letter uses projection as well. Such loyalty. Trump does not deserve it. Trump and his family are

not above the law.

Ms. LaCroix calls Trump's indictments phony. Not! They are based on the law, which Trump apparently does not believe applies to him. Contrary to her stating that Biden and his DOJ planned these dates to occur against Trump, these indictments are following the law. The DOJ is following the law. President Biden is not the head of the DOJ.

choice and/or at the town hall. is with us (Matthew 18:20).

ROLAND BLAIS

And now, Trump has been impeached twice with solid evidence presented. But the Republican senators did our country a disservice when they would not convict him. Ms. LaCroix also called the Mueller Report a waste of time and money when again solid evidence was presented that there was Russian interference in the 2016 election. Trump stated at a press conference with Trump and Putin that he believed Putin who said he didn't interfere. All United States intelligence agencies said there was interference but Trump chose to believe Putin instead. This time, Attorney General Bill Barr did the disservice when he wrote a three-page synopsis of the report and Trump crowed he was exonerated. I think every Representative and Senator should have had an unredacted copy of the Mueller Report so they could see the evidence for them-

Ms. LaCroix accused President Biden of weaponizing government agencies, controlling children in school, blocking free speech, indicting Trump to bring him down which are all examples of projection. Realty is that Republicans want to ban books and rewrite history in school books. I do agree that good will prevail but Ms. LaCroix's definition of good and mine differ greatly.

Trump's actions and words seem to indicate that he thinks he is above the law. He isn't. It is high time he is held accountable for breaking the law multiple times.

> PATRICIA JACKMAN NORTH BROOKFIELD

Yes, one could argue

To the Editor:

Arguing occurs every week in Viewpoint. It's the American way. I find it interesting and refreshing when vastly different opinions appear. Probably everyone who reads these opinions chooses a side.

My issue currently, however, is that nowhere in my letter of Nov. 17 did I "criticize excellent people (or any people) who, with real facts say despite challenges, our economy is doing well with good growth, high employment, falling inflation, etc." Like the six o'clock news, my words were twisted to provide a false narrative. I would be interested to learn who these "excellent" people you speak of are doing to alleviate the myriad of problems that our country is plagued with.

As to not "playing up" our successes, they pale by far compared to our unanswered challenges! I stand by every word of my former letter.

This year will be interesting and difficult for our country. We will be bombarded with facts, opinions and downright lies. Navigating the waters with out sinking the ship will be difficult. You may eventually think your election options are bleak, but armed with facts, not opinion, look around and assess if you think you are better off today and if our country is headed in the right direction. In the interim, buckle up because I'm sure we will all continue to be bombarded with challenges to our opinions.

 $S_{YLVIA} \; LITTLE$ SPENCER

Healy smokescreen

To the Editor:

The Dem Progressive party likes to trick their useful fools by renaming their progressive polices to hide the true intent. We found the Biden "Inflation Reduction Act" was nothing of the sort. In fact, it fueled inflation with more reckless spending. Now, we have Biden's minion Healy following the same playbook.

She is trying to push her \$4 billion "Free Housing for Illegal Immigrants Bill" with the smokescreen name of the "Affordable Housing Bill." This along with funding the MBTA. The true nature of this is to force affordable housing projects into the suburbs served by the MBTA. These will be filled with illegal aliens who will get free childcare so they can go work as cleaners and servants for the Boston Elites. They already tried these strongarm tactics in Holden. With the new bill I am sure there is new wording that will circumvent the will of the towns. When these new projects are put up in your towns, they will be filled with illegals. Your kids will get the pleasure of experiencing the cultures of the world. They'll learn of MS13, Hamas, and all sorts of other cultures. They'll also find out that these children know the ramifications of crime here in Joe Biden's world. If you are considered a diverse ethnic group, you have free reign to do whatever you want to the children of citizens without any ramifications. All parts of the Dem Progressive plan to change the demographics of the suburbs. Ever wonder why they don't give free housing or free education to your children? You and I know the answer. It's called consolidation of power by bribery. In Boston, they are trying to give them the right to vote. The sad fact is, the money

they use to bribe is your money.

The MBTA is another Dem smokescreen. All part of the Dem pays to play strategy. Our tax money spent on Chinese equipment that breaks down constantly. If you pay Joe Biden Inc., you can bet that the contracts go to those who greased the rails. Pay enough and he will let a spy balloon fly over our missile silos. They will sell out in America if you pay them enough. You can guess where a lot of the Dem party funding comes from.

Hopefully, our Republican state reps will fight these bills. They might not be able to stop them, but they can expose the details. Make sure the voters see what's in them and who's supporting them. Make sure the towns have the right to approve these projects and not the state. Make sure that residents of legal status are first in line for the housing. Any funding for the MBTA should explicitly say no equipment can be used in manufacturing or sourced from China.

Finally, it's up to you, the American people. You can vote for a guy who on day one will close our border. He will start deportations of those illegals filling our affordable housing right now on day one with ICE. There will be no more affordable housing problem in Massachusetts. Biden could do this now, but his Obama controlled staff won't let him. It's time we put a strong leader in to end the border issue. It's time we put a strong leader in that knows how to deal with Iran and how to negotiate peace in Ukraine. It's time for four more years of Donald J. Trump for world peace and keeping your communities safe.

> MARK ROBILLARD SPENCER

West Brookfield override vote to maintain government services

To the Editor:

"Expenses are growing faster than revenues." For years, this has been a warning to voters from our town's Advisory Board at town meetings.

At our last Town Meeting, we voted to utilize one time revenue in the amount of \$380,164 (Free Cash) to balance our budget. A key mandate included the State Minimum Education Requirement of a 5 percent increase in education costs over each of the last three years. This increased our deficit and is not sustainable. We cannot use our town savings account to pay for ongoing expenses. Furthermore, like you, the town faces inflation with increased costs in healthcare, retirement, insurance, labor, and in every government service that we provide to our citizens.

To correct this ongoing problem, our Board of Selectmen, Advisory Board, and Financial Consultant projects that, with the current state mandates as well as inflationary spikes, a \$1 million override is necessary to keep our town fiscally solvent for five years.

The police, fire, and highway are important to protect public safety. The library, senior center, and all town departments provide critical services that our citizens need. The town has minimum staffing, and many departments are only open on a part-time basis. We have no place to cut without damaging our current services. There are a few small, needed additions included in this Override:

1. We need an additional police officer to ensure 24-hour coverage of our community. Imagine the one officer on shift going to a call with the only backup being a neighboring town. This places

our citizens' and officers' lives in dan-

2. The Rescue Squad, our local ambulance provider, has notified us that they can no longer provide free service to the town. We need to protect this life saving

3. UMass is doing a study of our town to help us retain our town employees. We are providing limited funding to make our salary levels competitive with other communities.

Ron San Angelo, our Town Administrator, stated, "The Board of Selectmen have no choice but to put this on the ballot for citizens to consider. It is either pass an Override or be forced to eliminate important services to our community."

The West Brookfield Tax Rate of \$11.23 per \$1.000 of assessed value is currently ranked 250th out of 342 towns (nine towns have not vet reported FY 24 tax rates). We have worked hard to keep our taxes as low as possible. The only town in our area that has a lower rate is Oakham at \$11.08.

The cost of the Override is \$146.74 each quarter, or \$1.60 per day for the average single-family home assessed at a value of \$336,410. Of course, the impact felt by property owners will vary with the assessed value of their

This is an important decision for our town. We need to keep moving forward, to ensure vital services for our citizens and for the long-term prosperity of our town," said members of the Board of Selectmen.

> RON SAN ANGELO TOWN ADMINISTRATOR WEST BROOKFIELD

A big shout out for "Extremist viewpoints pose a threat to politics at all levels" Editorial

To the Editor:

In the 10 years that I have read New Leader, editorials none have touched on a more important subject than last week's Editorial on extremist viewpoints- or written better about it.

At state level, over the last few years, we have witnessed the state Republican Party descend into an extremist ideology, an almost comical incompetence. corruption and near bankruptcy. Hopefully, its new leadership will bring it back from that chaos.

On the other political side, we witness the extremely inbred leaders of the Democratic party resist by any means possible having their work and pro-

cesses audited, but rather kept secret. Hopefully, the Democratic State Auditor, by ballot question or otherwise, will force them to "open up."

At national level, in our Presidential election, we have a clear choice between candidates with moderate and extremist viewpoints. We have one who has, over 50 years of national exposure, shown himself to be a moderate. On the other side, we have a likely one, whose viewpoints, written and spoken, have become more and more extremist.

So thank you New Leader for this timely Editorial.

KEVIN KANE

Cars and other 2023 auction results

was

1873. He moved

to Boston and

as a marine

painter in the

Boston direc-

tory in 1876.

Despite hav-

ing a large

tear in the

canvas with

a repair, we

sold a William

Stubbs signed

oil on canvas

painting of a

Boston schoo-

ner for \$2,655.

Switching

listed

This is the last in a series of articles discussing some of the bestselling items in our 2023 auctions. In previous columns I've discussed sports memorabilia, comic books, toys and collectibles, gold jewelry, sterling silverware, musical instruments, and Civil War memorabilia. We've also had success with a wide range of

other items including coins and advertising signs. In today's column, I'll discuss an assortment of items that also sold

well last year. One of our top-selling items in 2023 was by a best-selling author. Kurt Vonnegut's most popular novel "Slaughterhouse-Five" was published in 1969. It was based on his experiences as a POW during World War II and the firebombing of Dresden, Germany. He is considered one of the best American writers of the second half of the 20th century. We sold a 1954 Kurt Vonnegut signed job application for a Time Magazine writing position for \$1,180.

Folk art and paintings also brought strong prices. A sampler marked "Her Sampler 1736" with the alphabet and stitchwork featuring intricate designs sold for \$960. William Stubbs was the son of a shipmaster and was born in Maine in 1842. It's believed that he was the master of his father's ship from 1868 to



COLLECTIBLES & ESTATES WAYNE TUISKULA

ANTIQUES,

from sea to Americans are said to have a love affair with cars. Sports cars and muscle cars are always popular with collectors. Merriam-Webster defines a sports car as "a low small usually two-passenger automobile designed for quick response, easy maneuverability, and highspeed driving." Chevrolet Corvettes are one of the top-selling American sports cars. Some consider the 1975 Corvette style as less appealing than other designs from the era. Despite this, a 1975 Corvette Stingray brought \$10,000 at one of our 2023 auctions. A muscle car is defined by Merriam-Webster as "any of a group of Americanmade 2-door sports coupes with powerful engines designed for high-performance driving." The 1970 Plymouth Satellite shared the same body style as the Plymouth Road Runner.

Classic Industries reports

that 41,484 1970 Plymouth

Road Runners and 82,654



Plymouth Satellites were manufactured. We sold a 1970 Plymouth Satellite that had many parts missing and needed restoration. Even though it was a project car, the bidding took right off, and it finished at \$12,980 when the checkered flag waved.

We have multiple auctions taking place this spring. We are accepting consignments of sports cards, non-sports cards, comic books, coins, and other memorabilia for a major collectibles auction. Later in the spring, we plan to run another auction with more art, jewelry, sterling silver, and other antiques and collectibles. I will also be teaching my night class at the Bay Path Evening School in Charlton on March 5, and I'll be at the Learning in Retirement event in Danielson, Connecticut on March 6. Please visit our Web site, https://centralmassauctions.com, for links to other upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/ Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@ centralmassauctions.com or (508-612-6111).

Adventures with Max

Dogs have been a good part of my life, and have brought a lot of joy and excitement to me and my wife. I have had beagles, English pointers, and Labrador Retevers! When rabbits were plentiful back in the 50's through the early 20's, I had as many as four or five beagles, but as the rabbit population dwindled, I changed my hunting priorities over to bird hunting.

Max, a black lab, was one of my early dogs that was given to me by Dave Chabot of Uxbridge. He was just starting his siding business, and was busy working many hours a day as were most builders back then. He had purchased Max for hunting, but was too busy to spend time with him. One day, we were talking about Max, and he asked me if I would be interested in him. He cautioned me that he was a bit of an aggressive dog, and did not particularly like other dogs. "You can have him, Ralph," he stated! The price was right, and I decided to give the dog a chance!

I took Max to the Uxbridge Rod & Gun Club for some exercise, and was happy to see the late Ralph Salvis there with his Lab Retriever! I thought that this would be a great opportunity to introduce my new dog, Max. Wrong! He charged at Ralph's dog and immediately started a fight. Fortunately, neither dog got hurt, as we



This week's picture shows this writer with Max after a local duck hunt more than 30 years ago.

both separated them immediately. Ralph was not happy about the incident, and I quickly apologized. After telling Ralph about how I got the dog, he offered to help me train him and hopefully break him of his nasty attitude.

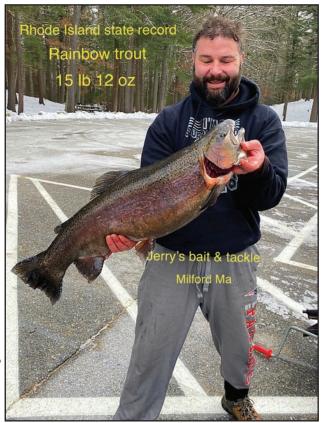
It was not long before Max was fully trained and hunting with other dogs with no problems. He turned out to be one of my best hunting dogs, and provided me with many memorable hunting experiences. I talked about Max in last week's column, and it was only one of three hunting incidents that he could have lost his life. Here is one of the stories of Max's close encounter with death: my brother Mel and I were asked if we would like to go on an Eider hunting trip with a seasoned guide from "Concerned the then



THE GREAT **OUTDOORS RALPH** TRUE

Association" in Boston Harbor. The late Frank Anderson from Revere, who was then President of the Association, along with his good friend Gerry Woodmanse as Vice President, had set up the hunt for us.

Arriving at the boat ramp at 5 a.m., our guide already had the 18-foot boat in the water, which was full of decoys, his gun and numerous other equipment needed for the hunt. After we had loaded our guns and Max into the boat. we were soon traveling through the harbor at a pretty fast speed. Our guide was using a 40 hp outboard with a tiller to



his week's second picture shows a Rhode Island Angler that caught a 15 pound, 12 ounce state record rainbow trout on a Jig stick recently.

steer the craft through the somewhat dark cold morning. We soon arrived at a large rock pile in the middle of the bay, some distance from shore. Our guide set out some decoys, and told us he would be back in a few hours, as he had to pick up another group of hunters.

It was not long before shooting time arrived, and we were having a great time, with max retrieving a few eiders. As the morning hunt was coming to an end, we noticed that the outgoing tide was becoming very strong. We only had one more bird to fill our limit, as Mel soon made the final shot. The Eider landed a good distance out, and Max was tiring from the numerous retrieves. After picking up the eider, he started his return back to our blind, but we soon realized that he was not getting any closer, and the

Seasonal Review of Snow

strong tide was carrying him out to sea. He soon disappeared from our sight and I thought I had lost him, when the guide showed up to take us back to shore.

I quickly jumped into his boat and motioned him to go in the direction that we had last seen Max. Luckily, we spotted him with the bird still in his mouth. Quickly pulling him into the boat, I removed one of my jackets and placed it around him. My brother Mel could not believe we found him. It was not long before we found ourselves in a nice warm coffee shop sipping hot coffee. Max was given a warm cup of coffee and a doughnut! Next week, we will tell the final and frightening near loss of Max during a sea duck hunt.

Ice fishing was enjoyed by a few seasoned anglers this past weekend, with the Nipmuc Rod & Gun Club holding their Ice fishing derby this past Sunday, but it may not be long before the ice becomes unsafe. A full report of the anglers' success and ice conditions next week. Check out this week's picture of a monster record breaking rainbow trout caught on a jig stick.

Take A Kid Fishing & Keep Them Rods Bending!

Tips for selecting the best tomatoes for your garden

Gunners

Whether you enjoy tomatoes sliced, sauced, or cooked in your favorite recipe, they taste best when grown and harvested from your garden or container. With more than 10,000 varieties available it can be difficult to select the best ones to grow in your garden.

Start by looking for those varieties best suited to the intended use whether for slicing, cooking, preserving, or snack-Most seed catalogs and websites as well as plant tags and garden centers provide recommendations.

Bite-sized tomatoes are great for salads, relish trays, and snacking. Trailing varieties like Lizzano, Tumbling Tom, Litt'l Bites Cherry, and Red Robin also grow well in hanging baskets and even window boxes.

Paste and sauce tomatoes have meatier fruit making them perfect for sauces, soups, and preserving. Roma is the traditional favorite with an egg-shaped fruit that has thick walls and few seeds. The All-America Selections Early Resilience Roma has excellent disease and blossom end rot resistance and does not require staking. Use paste tomatoes during the growing season for sauces, chop and add them to an omelet, can or freeze them for future use.

Grow a few slicing tomatoes to enjoy on sandwiches, grilled, or on their own. Beefsteak and Better Boy are longtime favorites while Iron Lady, Galahad, and the colorful Chef's Choice series are more recent additions to this category.

Perhaps you are looking for an heirloom tomato, one that has been grown for more than 50 years and maintained its original traits and popularity. Cherokee Purple's rich flavor constantly rates high in taste tests. Brandywine, Black Cherry, Chocolate Stripes, Amana Orange. and Black Krim are also gardener favorites.

Coax reluctant veggie eaters of all ages to give tomatoes a try with some



Lizzano is a semi-determinate tomato great for hanging bas-



GARDEN MOMENTS MELINDA **MYERS**

of the sweeter varieties like Sunsugar often called the candy of the garden. Consider having a taste test after growing a variety of super sweet tomatoes like Sungold, Super Sweet 100, Suncherry, and Sunrise Bumble Bee.

Boost your success by selecting disease-resistant varieties and growing your tomatoes in full sun and moist welldrained soil. Plant tags, internet sources, and catalog descriptions usually highlight this and other helpful information.

Look for tomato varieties suited to your growing conditions. Check with your University Extension for a list of recommended varieties for your area. You will also find helpful information on the best time to start tomato seeds indoors and when to place transplants

in the garden. Start enjoying the harvest sooner with fast-maturing tomatoes. These are perfect if you have a short growing season or are just anxious for your first garden-fresh tomato. Early Girl is a longtime favorite, Bush Early Girl produces more fruit on a compact plant, and New Girl produces bigger fruit and has better disease resistance. Glacier, Alaska, and Juliet are a few of the many others to consider. Check the catalog description or plant tag for the number of days to harvest.

Select plants with the

growth habit that best

works with your garden space and gardening style. Determinate tomatoes are perfect for small space gardens and containers. They grow a certain height, stop growing, and produce their fruit over a relatively short time. Indeterminate tomatoes continue to grow throughout the season producing flowers and fruit until you prune out the tip or frost kills the plant. Stake or snow: tower the plants to save and insect problems, and make harvesting more

Gather your family and favorite recipes. Make a snow. list of longtime favorites to include in this year's garden. Be sure to save some space as you are likely to find a few additional varieties you just on which the first snowcan't resist planting this year.

convenient.

Melinda Myers has written more than 20 gardening books, including 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.



ing that hardy New Englanders have had plenty of practice battling Old Man Winter through the years - often relying on farmer tales and folklore that prove true generations later! A few years ago this column featured a review of snow-related information, including eve-opening superstitions from a regional writer, that bears repeating. Read on for a roundup of informative and interesting snow facts and trivia:

Timeless "Snowisms" Snow has always been a common topic of conversation for New Englanders, and in 1896 Hadley, MA native Clifton Johnson put together a volume of collected proverbs titled, "What They Say in New England - A Book of Signs, Sayings and Superstitions" which was republished in 2018. Read on for his entertaining musings on

*If the breast-bones of space, reduce disease the Thanksgiving chickens are light in color, there will be a good deal of snow in the winter following. If the color is dark, there will be little

*If the snow on the and new tomato varieties roof melts off, the next storm will be rain. If it blows off, you can calculate on snow.

*The day of the month storm comes gives the number of storms you can expect in the following winter.

*If the ice on the trees melts and runs off, the next storm will be rain. it is cracked off by the wind, the storm that comes next will be snow.

*Snow that comes in the old of the moon is apt to last. Snow that comes in the new of the moon is apt to melt quickly.

*When it begins to snow, notice the size of



TAKE THE HINT

> KAREN **TRAINOR**

the flakes. If they are very fine, the storm will be a long one; if large, the storm will soon be over.

Snow or No?

Old New Englanders often used nature to predict whether or not a winter will be particularly snowy. Here are some examples that are signs snow will be abundant:

* Squirrels begin gathering food in September *Black bugs crawl

about in the fall. *Hogs gather sticks, straw, to make a bed.

*Birds eat up all the berries early

*Birds huddle on the ground

*Muskrat houses are built big.

*Beaver lodges have more logs and the north side of a beaver dam is

more covered with sticks. *Squirrels' tails grow bushier *Fur or hair on animals

such as horses, sheep, mules, cows, and dogs is thicker than usual

*Squirrels build nest low in trees. *An ant builds its

hill high *Hornets and yellow jacket nests heavier *More than usual

amount of caterpillars *Caterpillars have heavy coats

*You see a caterpillar crawling before the first

*Crows gather together

Know Your Snow: Are we having a storm? Maybe a squall? Perhaps a flurry? Here's help on ID-ing the white stuff:

Snowstorm: When large amounts of snow

Flurry: Snow that falls for short durations and with varying intensity; flurries usually produce little accumulation.

Squall: A brief, but intense snowfall that greatly reduces visibility and which is often accompanied by strong winds.

Snowburst: intense shower of snow, often of short duration, that greatly restricts visibility and produces periods of rapid snow accumulation.

Blowing Snow: Airborne snow particles raised by the wind to moderate or great heights above the ground; the horizontal visibility at eve level is

generally very poor. Drifting Snow: Snow on the ground that is blown by the wind to a height of less than 1.5 to 2 meters (5 to 6.5 feet) above the surface.

Resources *The Weather Channel *National Snow & Data Center

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.



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SPORTS

Great night for Pirates, who sweep doubleheader versus David Prouty







rom the top of the key, Alec Fournier of David Prouty calls out a play.



David Prouty's Jayden Rubio beats the first half buzzer with a made 3-pointer.

BY NICK ETHIER

OXFORD — On Monday, Jan. 22, the Oxford girls' and boys' varsity basketball teams hosted David Prouty for a doubleheader. And, as both contests came down to the wire, it was the Pirates who were able to win both.

Oxford girls 40, David Prouty 35 — The 5 p.m. tip was the girls' matchup, as Oxford looked to avenge a prior five-point loss to Prouty (39-34) back on Dec. 18.

"It's a good matchup. We're similar in a lot of ways," said Joe Pietrzak. head coach of the Pirates.

The Panthers led after the first quarter, 8-6, but Oxford's 15-4 second quarter surge allowed the hosts to grab a 21-12 halftime lead. The Pirates then won the third quarter, 12-11, thanks to a late flurry of points as they led by 10 (33-23) as play moved to the final frame.

There, with 5:54 to go, Prouty's leading scorer, Marianeliz Murillo, fouled out of the game. Oxford's Amaya Rosaria-Green followed with a pair of free throws, which extended the Pirates' advantage to 35-25.

The game could have been over from there, but the Panthers rallied. With 1:41 to play, Prouty's Olivia Mendoza hit a left corner 3-pointer. Then, following a Lily Spahn bucket in the final minute, the deficit was trimmed to 37-35.

Oxford's Haley Alves closed the scoring, though, with a 3-pointer to put the game away.

"I just thought we did a good job of executing

down the stretch. We had our ups and downs, but in the end, we came through," said Pietrzak, whose team improved to 3-7. "We worked really hard over the last week in preparation for this one. The girls just, they played so hard. We had some extra motivation tonight being the leukemia game for Ava."

Pietrzak's coaching colleague, Johanna Annunziata, has a niece Ava who is battling leukemia. All funds from the doubleheader benefited the Leukemia and Lymphoma Society.

Oxford's Myah Guivas was the game's lone double-digit scorer with 10 points, while Rosaria-Green pulled down 10 rebounds and Sophia Cornacchioli had a solid stat line of 8 points and 8 rebounds.

For Prouty (4-9), Murillo scored 9 points on three 3-pointers, while Madison Ethier pulled down a game-high 12 rebounds.

Oxford boys 61, David Prouty 51 — In the 6:30 p.m. nightcap, it wasn't how the Pirates started, but rather how they finished. The Panthers held a big 23-10 lead at the end of the first quarter, but the Pirates began chipping away.

"We've just got to step up to the challenge, Oxford head coach Dave Aldrich remembered telling his team. "We switched from (a) man to zone (defense), and it seemed to affect their shooting a little more in that late second period and we carried it over to

the third." The Pirates won the second quarter, 19-13, as the halftime deficit was a manageable seven points at 36-29. Oxford then won the third, 16-7, to grab a slim 45-43 lead as play moved to the final period.

Brady Margoupis, the latest member of the Pirates' 1,000-point club, then had the hot hand in the fourth quarter. The game was tied at 47-47 but three possessions later Oxford was ahead, 56-47, thanks to back-to-back-toback Margoupis 3-point-

"Brady just lit it up. He gets in the zone and it's like, get out of the way and get him the ball," explained Aldrich.

Margoupis was also playing with a face mask as he broke his nose in practice one week prior.

Prouty could never recover from the Margoupis onslaught, as they suffered just their second loss of the season. The now 10-2 Panthers were led by Alec Fournier (15 points) and Jay Jay Neiray (12 points, 10 rebounds).

The Pirates, who lost to Prouty back on Dec. 18 by a 71-47 count, improved to 6-6 as their chances of qualifying for the Small Schools portion of the Clark Tournament increased.

"We are going to build off it. We know what we have to do to make the Clark (Tournament). We've got to get the job taken care of," said Aldrich.

Margoupis netted a game-high 27 points for Oxford, while Kofi Owusu added 15 points.



Janica DiBara of David Prouty heads into the paint with a full head of steam.





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SPORTS

Tantasqua takes lead, staves off Rockets' rally for victory



Photos courtesy Dawn Pepka-Jones

Tantasqua's Sophie Webb, left, and Auburn's Marion Ngumi go up to the tip-off.

AUBURN — The 2-7 Auburn Rockets were hosts to the 6-3 Tantasqua Warriors for a Friday

evening girls' basketball matchup played on Jan. 19. This Southern Worcester County League

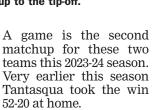


Maggie Johnson dishes off the ball at the top of the key for

game, 8-8.

It looked as though the second quarter was going to be kept to low point totals due to strong defenses and missed shots by both teams. With less than one minute remaining, Tantasqua went on a 10-point run, going into the half ahead

Tantasqua continued their scoring run, adding 13 points. Auburn, who had a difficult time finding the open teammate through Tantasqua's intense press, were still able to add 8 points. The Warriors led the Rockets 37-19 at the end of the



The first quarter was a very even-tempo matchup with both teams looking for ways around their opponent's press. At the end of the first eight minutes it was a tied ball

Coming out of halftime,

third quarter.

In the opening three minutes of the final quarter, Auburn came alive and put up 10 points, closing in on Tantasqua, 39-29. Auburn was able to get within five with

a minute left, 41-36. Auburn moved the ball up the court with purpose and determination, not wanting to waste a shot, outscoring their opponents 17-5 this quarter. Tantasqua added a late free throw and sealed the win, 42-36.

Top scorers for the evening were Gabby Scanlon and Sophie Webb both with 10 points for the Warrior and Samantha Jess with 12 points for the Rockets.



Tantasqua's Gabby Scanlon looks for an outlet while being double teamed by Auburn.



Sophie Webb finds an open lane for Tantasqua.

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SPORTS

High School Notebook — Warriors win again, this time against Shrewsbury, to remain unbeaten





Nick Ethier photos

 $19, \ \ the \ \ Warriors \ \ _{SWam}$ The Tantasqua boys' and girls' swim program hosted Shrewsbury last Wednesday, Jan. 17.

On Wednesday, Jan. 17, the Tantasqua boys' and girls' swim program hosted Shrewsbury. The final scores were as follows: Tantasqua girls 68, Shrewsbury 107; Tantasqua boys 108, Shrewsbury 60.

Korenda Abbey (100 breaststroke) and Alison Regan (100 fly) were the Warriors' winners in the girls' meet. First place finishes for

the boys included Evan Dambly (200 freestyle, 100 freestyle), Sam Merchant (200 IM, 500 freestyle), Ethan Zhu (100 fly, 100 backstroke), Ethan Korenda (50 freestyle) and Jonah Scherer (100 breaststroke).

The Tantasqua boys ran their record to a perfect 8-0, while the girls slipped to 1-7.

Then, on Friday, Jan.

in a co-ed meet against Worcester, which they won. First place finishers for Tantasqua were Sam Merchant in the 200 IM, Ethan Korenda in the 200 free, Jonah Scherer in the 100 butterfly, Evan Dambly in the 500 freestyle, Keenan Scherer in the 100 breaststroke, Zach







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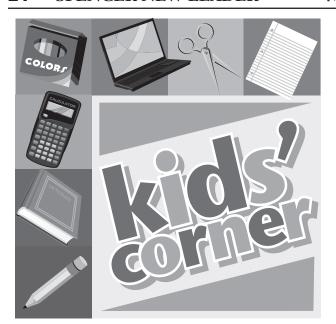
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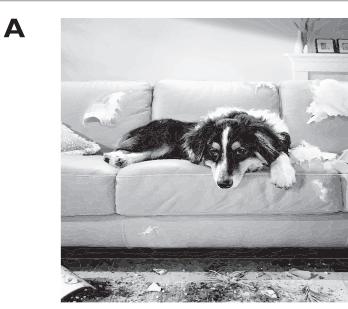


THIS HERDING DOG REGULARLY
RANKS AS ONE OF THE MOST
INTELLIGENT BREEDS.

YNƏMEK: BOKDEK COLLIE

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?





Answers: I. Dirt on wall 2. Large rip is repaired 3. Missing pottery on rug 4. Photo frame is blank



- **1720**: SWEDEN AND PRUSSIA SIGN THE TREATY OF STOCKHOLM.
- 1861: THE AMERICAN CIVIL WAR STARTS AND JEFFERSON DAVIS RESIGNS FROM THE UNITED STATES SENATE.
- 1981: PRODUCTION OF THE DELOREAN SPORTS CAR BEGINS IN NORTHERN IRELAND.



OBEDIENCE

compliance with an order or request

Tomthey Salfthatin...

ENGLISH: To train (animal)

SPANISH: Adiestrar

ITALIAN: Addestrare

FRENCH: Dresser

GERMAN: Trainieren

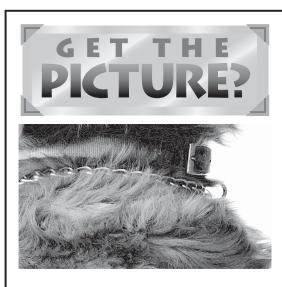


EXERCISE AND TRAINING CAN
HELP A DOG BEHAVE
BETTER. WITHOUT
TRAINING, THE DOG MAY
CHEW OR DESTROY
ITEMS OUT OF
BOREDOM.

Answers: A. slipppery

B. grab

C. accident D. bathroom



Can you guess what the bigger picture is?

ANSWER: DOG WEARING COLLAR

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to bath safety.

Each number corresponds to a letter.

(Hint: 12 = A)

A. 15 25 6 22 22 2 13 19

Clue: Slick

B. 14 13 12 11

Clue: Hold onto

C. 12 5 5 6 21 2 24 3

Clue: Mishap

D. 11 12 3 8 13 23 23 7

Clue: Tiled room in house

SUDOKU

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

Numbers

Fun By The

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!

Level: Intermediate

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!

Ā	Z	3	2	denne	6	8	9	ç
8	S	S	Ţ	9	L	k	3	6
9	anak	6	G	8	ε	2	Þ	L
S	9	and h	3	6	8	L	G	Þ
6	S	2	mente	†	9	ε	2	8
ε	8	1	1	្ន	2	9	6	nomb
duna	6	9	8	ε	Þ	9	L	S
L	ħ	8	9	2	S	6	seeds	ε
Ç	3	2	6	L	nanah	Þ	8	9

ANSWER:

OBITUARIES

Bruce R. Blodgett,75



SPENCER- Bruce R. Blodgett,75, of Spencer, died Tuesday, Jan. 16th. at his home following a long illness with his loving family at his side.

He leaves his wife of 53 years, Sandra C. (Harvey) Blodgett,

his daughter; Lori A. Marderosian of Rutland and his son; Scott M. Blodgett and his wife Lynn of Spencer, his grandchildren; Derek Blodgett, Zachary Marderosian and his wife Kate, Matthew Marderosian, Makala McMeeckin and her husband Corey and Landen Blodgett, his great grandchildren; Aleah, Luke and Vivianne, his nephew, Everett Blodgett, Jr., his niece Michelle Albrizio as well as several other nieces and nephews. He is predeceased by a brother Everett Blodgett and a sister Judith Messier.

A special thank you to Bob Carlson from Guardian Angels who spent the last month taking care of him.

Bruce was a machinist for 23 years at Reed Rico Mfg. in Holden prior to retirement.

He was born in Worcester, the son of Everett and Beatrice (Dobson) Blodgett and later graduated from South High School in Worcester. He later served with the US Army during the Vietnam War. He

was a disabled veteran. He attended Worcester State College.

Bruce was an avid Yankees & Giants fan and also the Three Stooges.

Funeral services will be held on Monday, Jan. 22 at 10 a.m. in the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer. Burial with Military Honors will follow in Mary, Queen of the Rosary Cemetery, Spencer. Calling hours are Sunday, Jan. 21st. from 2 to 4 p.m. in the funeral home. In lieu of flowers, contributions may be made to VNA Hospice & Palliative Care, 100 TradeCenter, Suite G-500, Woburn, MA 01801.

www.morinfuneralhomes.@gmail.

Jerry A. Rose, 79



Jerry A. Rose, 79, of Marsing, Idaho, formerly of East Brookfield passed away January 12 after suffering 2 devastating strokes. He leaves his wife of 43 years, Rosina, 5 children, many grandchildren and great-grandchil-

Jerry was a proud veteran of the Marine Corp. serving 3 ½ tours in Vietnam returning to the States after being injured. He remained in the Marine Reserve for many years and

retired from the Army Reserve at age 65. He suffered from dyslexia but trained himself to remember almost all of what he read or heard - an amazing

He loved his family and many grand and great grandchildren and his country. He enjoyed rock hounding and teaching the grands many life lessons. He was loyal, honest, trustworthy, and kept his word even when difficult.

He also leaves his sisters, Judy Rose of East Brookfield and Jean Porchetta of Knox, Maine.

He was considered a true hero by his family and friends.

Send all obituary notices to Stonebridge Press, PO Box 90, Southbridge, MA 01550, or by e-mail to obits@stonebridgepress.news



ACOSTA continued from page A1



Vivian Acosta

groupmates at a program supporting a food pantry that serves children and

Schold, who joined his

AMBASSADORS

continued from page A1

Added Bedard, "I have always liked helping people out and giving back. programs are important factors in their

It was also enjoyable for the students to meet their peers from across Commonwealth. Since its establishment in 2011, Project 351 has created several friendships among students who continue to share ideas and give back to their com-

"It was really interesting to meet all of the different people from

ing heart, you knew you'd be able to make of your life whatever you wanted. As Pablo Picasso once said, "Every child is an artist. The problem is how to remain an artist once we grow up." Our childhood selves were indeed artists of

Remember when you

were young? Anything

and everything was pos-

sible. You were innocent,

you had faith, you were

able to believe in your

dreams, and with a trust-

possibility and imagination. But what happened as we grew older? We got hit by life.

Bad things may have happened to you. You may have witnessed, seen, or heard things that destroyed your ability to believe that you could accomplish what you wanted with your life.

But is it better to grow up and abandon those childhood dreams and beliefs? Some argue that it is, as a child often believes in things that aren't true.

Monsters under their bed, a rotund man with a white beard and a red suit who makes toys with elves at the North Pole, babies delivered by storks - these are the fantastical beliefs of youth. However, a child's brain is undeveloped and prone to believing anything it's told, and while some beliefs may be whimsical, there's a special kind of power in that innocence.

When you were young, you had a set of beliefs that weren't all true, but there were also truths in your beliefs. And as you got older and life's blows came your way, you began to believe other things that weren't nec-

throughout the state," Bedard said.

Added Schold, "Once I started getting to know people, I was able to make a lot of friends."

In addition to excelling in the classroom, both students are also active grams. Bedard takes part in both the KTMS band and the David Prouty High School Marching

Recapture your youthful spirit essarily true. It's as if eral. If you become a we exchanged one set of unfounded beliefs for another.

Take, for example, the case of Santa Claus. You stopped believing in his existence as you grew, but you

may have started believing that your past determines your future. Does your past truly determine your future? If you fail at something, does that mean you're destined to be a perpetual failure?

Similarly, when you were young, you likely believed your family would always stay together. But then, a painful divorce experience followed, and since then, you've grown jaded, convinced that all relationships are destined to fail. While it's true that relationships can pose challenges, it doesn't necessarily mean that every relationship is doomed from the start.

On a certain level, growing up does mean facing reality and letting go of childish fantasies.

However, embracing the optimism of youth doesn't mean ignoring reality. It means recapturing the belief that you can overcome challenges and achieve your dreams. Life is a blend of ups and downs, like a painter's brush strokes on a can-

Challenges, disappointments, and heartaches can shake our faith in ourselves and the world.

Picasso's journey reminds us of the transformation that life can bring. He shared, "When I was a child, my mother said to me, 'If you become a soldier, you'll be a gen-

Band. She also participates in a Boylston-based theater group.

Schold is active in soccer, band, and his school's Peer Leader program.

Looking ahead, both students are eager to take what they learned at their Project 351 service day and apply it to local events. Schold will help organize a clothing drive, and Bedard will also take

monk, you'll end up as the Pope.' Instead, I became a painter and wound

Positively

SPEAKING

TOBY

MOORE

up as Picasso." In your youthful innocence, you believed in your-

self, which gave you the courage to try new things, dream big, and persevere. Just as Picasso transformed himself from a child with dreams into an artistic genius, you too can create your masterpiece in life.

turmoil and an uncertain future. It's time to rekindle that trust in yourself and your abilities. It's time to remember when you were young. Those dreams and

In 2024, amidst world

hopes were not foolish; they were the sparks that ignited your journey.

Embrace them again, and you'll find that life still holds countless opportunities and wonders to explore. Just as Picasso's art evolved and matured, your life can, too.

So, the next time you think that growing up means abandoning your childhood beliefs, take a moment to reconsider. In recapturing that youthful spirit, you'll discover a renewed sense of wonder, determination, and joy in life's journey.

Remember when you were young, for within those memories lie the keys to a life painted with the colors of your dreams. After all, believing in yourself and your dreams is not foolish; it's the first step to making them come true, just as Picasso made his artistic dreams a reality.

part in a spring service project.

Next year, the students will have an opportunity to continue their mission of giving back by mentoring the next class of Project 351 ambassadors.

To learn more about how Project 351 is prepar ing the next generation of community leaders, visit www.Project351.org.

PARTNERSHIP

continued from page **A1**

hearings as well as vari- always a thrill to work ous lawsuits and even in US Supreme Court cases), Acosta served as the President of the National Association for Girls and Women in Sport. A long list of articles and national speaking assignments on the topic of equity and Title IX are also found in

her professional vita. When asked what makes her smile the most in relation to her efforts for equity, she responded, "Every time I pass by our beautiful town common and see young girls playing softball or I go to the grocery store and see a young girl, a bit sweaty and perhaps grass stained in her soccer uniform, I consider it a celebration cless of the work so many people have done to open the doors of equity and fuller participation for so many young girls across our nation. The youngsters may have never heard of Title IX but their lives have been changed by its enactment and by those who have had a willingness to work for such positive change."

She continued, "I hope that those youngsters who are enjoying their new park in my old neighborhood will take a moment to look at the mural and be inspired to find ways in their own lives to be Champions of Change for others in whatever way greater equity might be needed in their lifetimes.'

For school leaders, it's with community partners and introduce students to career opportu-

"Logan and his team have been great community partners. This is a tremendous opportunity for our students to learn from people in the industry," said Leicester Public Schools Assistant Superintendent Richard Lind.

To complete their pot-

WORKSHOP

continued from page A1

how to overcome obsta-

"Back-and-forth cussion is always a popular part of the day. Attendees learn from each other," Londergan said. "Individual issues or problems anyone has with their writing are discussed, and the group helps them with suggestions and observations.'

The workshop is limited to 14 participants. The cost is \$110 per person (includes lunch).

Registration is required to participate in the workshop. The registration deadline is March 3.

To register for the program, send an email to ed.londergan@gmail.com. You may also call 508-864project, students worked in teams on a variety of tasks. Assistance was provided throughout the day by Home Depot volunteers.

The finished potting benches will be donated to the Leicester Senior Center for its garden project, which will provide additional intergenerational learning opportunities in the spring. Senior Center Director Rachelle Cyr joined Council on Aging Vice Chair Donna McCance at the Jan. 18 event.

Senior Center officials thank Leicester Public Schools Superintendent Brett Kustigian and his team for their commitment to community part-

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"What Dr. Brett Kustigian is doing for the kids in Leicester is unbelievable. His creativity and drive have outdone anything we have even imagined," Cyr told the New Leader. "Donna McCance is the same in her support of him. Her energy is boundless and her creativity as well. Also to be commended is Dr. Richard Lind for his help and input."

Added Cyr, "We need to thank Home Depot for their support of projects, as well as their generosity to our school and our town.

Kustigian enjoyed the opportunity to attend the Jan. 18 event and meet Home Depot volunteers.

"The more we can work together, the better for everyone involved," Kustigian told guests in attendance. "We are working on many projects to help make Leicester a better community."

LHS students and teachers look forward to their continued partnership with Home Depot.

"This is an opportunity for students to network and touch base with people in the industry," said Joe Richardson, an LHS instructor who leads the newly installed Chapter 74 Building and Property Maintenance program.

Looking ahead, LHS students will work with Senior Center officials, local volunteers, and seniors on their garden project. The potting benches will be major assets for the program.

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POLICE REPORTS

Leicester Police Log

THURSDAY, JANUARY 11

12:39 a.m.: mv stop (Pleasant Street), written warning; 1:04 a.m.: mv stop (Main Street), verbal warning; 3:40 a.m.: ambulance (Newfield Street), transported; 4:42 a.m.: mv stop (Mill Street), written warning; 8:56 a.m.: mv stop (Main Street), spoken to; 9:18 a.m.: mv stop (Mt. Pleasant Avenue), Luis Morales, 28, 34 Columbia Street, #3, Worcester, no inspection sticker, unlicensed operation, op w/suspended license, arrest; 12:21 p.m.: investigation (Summer Street, Worcester), report taken; 1:11 p.m.: mv stop (Stafford Street), Michael R. Kieft, 47, 32 Birch Street, #2, Worcester, unlicensed operation, uninsured my, number plate violation to conceal ID, arrest; 2:16 p.m.: assist citizen (South Main Street); 4:19 p.m.: mv stop (Main Street), verbal warning; 5:09 p.m.: summons service (Marshall Street), served; 5:27 p.m.: suspicious person (Crestwood Road), report taken; 5:47 p.m.: mv stop (Crestwood Road), verbal warning; 6:38 p.m.: hit/run accident (Main Street), report taken.

FRIDAY, JANUARY 12

a.m.: ambulance (Huntoon Memorial Highway), transported; 8:53 a.m.: mv stop (McNeil Highway), spoken to; 9:32 a.m.: mv stop (River Street), spoken to; 9:40 a.m.: mv stop (Stafford Street), spoken to; 10:06 a.m.: mv stop (Auburn Street), spoken to; 10:40 a.m.: keep the peace (Stafford Street), assisted; 11:02 a.m.: mv stop (Pleasant Street), name and address redacted from police log, possession Class E drug, op of my w/unlicensed/suspended license/ permit, marked lanes violation; name and address redacted from police log, unlicensed operation, criminal application issued/2; 11:40 a.m.: ambulance (Pleasant Street), transported; 12:18 p.m.: ambulance (Main Street), transported; 12:42 p.m.: welfare check (Winslow Avenue), services rendered; ambulance (Warren Street), transported; 1:38 p.m.: animal complaint (Towtaid Street), referred to ACO; 2:34 p.m.: parking complaint (South Main Street), investigated; 3:49 p.m.: arrest warrant service (Main Street), unable to serve; 3:57 p.m.: assist citizen (Main Street); 4:13 p.m.: mv stop (Main Street), written warning; 4:14 p.m.: mv stop (Main Street), verbal warning; 4:26 p.m.: mv stop (Main Street), spoken to; 4:32 p.m.: ambulance (Huntoon Memorial Highway), transported; 4:35 p.m.: disabled my (Huntoon Memorial Highway), assisted; 5:01 p.m.: mv stop (Stafford Street), verbal warning; 6:02 p.m.: mv stop (Pleasant Street), verbal warning; 6:17 p.m.: investigation (Forest Street), report taken; 6:50 p.m.: ambulance (Huntoon Memorial Highway), transported; 8:10 p.m.: erratic operator (Main Street), gone on arrival; 9:13 p.m.: abandoned 911 call (Marshall Street), spoken to; 9:45 p.m.: suspicious mv (Mulberry Street), resolved; 11:20 p.m.: mv stop (Stafford Street), verbal warning; 11:21 p.m.: suspicious person (Main Street), unable

SATURDAY, JANUARY 13

12:17 a.m.: mv stop (Stafford Street), verbal warning;12:40 a.m.: mv stop (Stafford Street), citation issued; 1:52 a.m.: suspicious mv (Waite Street), investigated; 2:04 a.m.: ambulance (Lincoln Square, Worcester), transported; 2:35 a.m.: mv stop (Stafford Street), citation issued; 7:29 a.m.: investigation (Belmont Street, Worcester),

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report taken; 8:07 a.m.: assist citizen (South Main Street); 8:55 a.m.: mv stop (Stafford Street), verbal warning; 9:01 a.m.: mv stop (Stafford Street), written warning; 9:13 a.m.: mv stop (Stafford Street), spoken to; 9:53 a.m.: mv stop (Stafford Street), spoken to; 10:03 a.m.: mv stop (Stafford Street), Fredy Lopez, 25, 1003 E Street, Russellville, AR, unlicensed operation, speeding, arrest; 11:42 a.m.: investigation (South Main Street), report taken; 1:34 p.m.: mv stop (Main Street), spoken to; 1:46 p.m.: mv stop (Paxton Street), citation issued; 1:50 p.m.: my stop (Main Street), name and address redacted from police log, number plate violation to conceal ID, uninsured my, criminal application issued; 4:52 p.m.: mv stop (Main Street), name and address redacted from police log, unlicensed operation, criminal application issued; 8:14 p.m.: mv stop (Main Street), written warning; 8:20 p.m.: harassment (Main Street), advised civil action; 8:29 p.m.: residential alarm (Chesnar Drive), spoken to; 9:42 p.m.: mv stop (Stafford Street), my towed.

SUNDAY, JANUARY 14

12:11 a.m.: mv stop (South Main Street), verbal warning; 1;04 a.m.: mv stop (Main Street), verbal warning; 1:22 a.m.: disabled mv (River Street), assisted; 1:59 a.m.: mv stop (Stafford Street), verbal warning: 2:07 a.m.: my stop (Stafford Street), verbal warning; 2:15 a.m.: mv stop (Stafford Street), Samuel E. Rivera, 49, 36 Sayles Street, Southbridge, failure to appear upon recognizance, failure to wear seat belt. arrest; 2:56 a.m.: hazardous condition (Main Street), referred; 10:01 a.m.: welfare check (Pleasant Street), services rendered; 11:17 a.m.: ambulance (South Court), transported; 11:30 a.m.: assist citizen (Hemlock Street), report taken; 11:44 a.m.: welfare check (South Main Street), services rendered; 1:28 p.m.: mv stop (Main Street), spoken to; 1:36 p.m.: family problem (Main Street), report taken; 2:15 p.m.: suspicious person (Peter Salem Road), services rendered; 3:40 p.m.: debris in road (Siani Road), referred; 5:20 p.m.: accident (Whittemore Street), report taken; 5:22 p.m.: accident (Main Street), report taken; 5:23 p.m.: accident (Pleasant Street), report taken; 6:44 p.m.: assist citizen (Washburn Square); 7:39 p.m.: assist other PD (South Main Street), services rendered; 7:57 p.m.: ambulance (Tobin Road), transported; 8:13 p.m.: erratic operator (Stafford Street), gone on arrival; 9:09 p.m.: ambulance (Pleasant Street) transported: 11:22 p.m.: welfare check (Rawson Street),

MONDAY, JANUARY 15

12:26 a.m.: mv stop (Main Street), verbal warning; 1:38 a.m.: mv stop (Main Street), verbal warning; 7:01 a.m.: investigation (South Main Street), report taken; 8:58 a.m.: mv stop (Stafford Street), written warning; 9:06 a.m.: ambulance (Clark Street), transported; 9:16 a.m.: accident (Pleasant Street), report taken; 10:58 a.m.: mv stop (Huntoon Memorial Highway), Eric Hunter Kellenberger, 46, 473 Lowell Davis Road, North Grosvenordale, CT. op w/suspended license/subsequent criminal offense, uninsured mv, unregistered mv, marked lanes violation, number plate violation to conceal ID, arrest; 11:04 a.m.: ambulance (Main Street), transported; 11:36 a.m.: ambulance (Grove Street), transported; 1:00 p.m.: ambulance (Stafford Street), transported; 2:14 p.m.: ambulance (Charles Street), transported; 5:18 p.m.: ambulance (Main Street, Worcester), transported; 6:08 a.m.: disabled mv (Main Street), assisted; 6:30 p.m.: accident (Main Street), report taken; 7:54 p.m.: suspicious person (Stafford Street), unfounded; 8:45 p.m.: ambulance (Bay Path Road, Spencer), call canceled; 9:15 p.m.: disabled mv (Main Street), assisted; 11:44 p.m.: disturbance (Stafford Street), report taken; 11:57 p.m.: ambulance (Stafford Street), transported.

TUESDAY, JANUARY 16

3:48 p.m.: ambulance (Tobin Road), transported; 6:26 a.m.: ambulance (Laflash Lane), transported; 7:13 a.m.: ambulance (Bunker Hill Road), transported; 9:00 a.m.: disabled mv (Main Street), services rendered; 9:58 a.m.: accident (Main Street), report taken; 12:40 p.m.: ambulance (Birchwood Drive), transported; 12:42 p.m.: accident (Pleasant Street), report taken; 3:04 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:10 p.m.: accident (Pleasant Street), report taken; 5:38 p.m.: investigation (North Lake Avenue, Worcester), report taken; 8:35 p.m.: investigation (Upton Street), report taken.

WEDNESDAY, JANUARY 17

6:24 a.m.: ambulance (Clark Street), transported; 7:38 a.m.: disabled mv (Hemlock Street), assisted; 8:28 a.m.: disabled my (Whittemore Street), assisted; 9:27 a.m.: icy roadway (Main Street), referred; 9:52 a.m.: ambulance (Main Street, Worcester), transported; 10:00 a.m.: investigation (Huntoon Memorial Highway), report taken; 10:46 a.m.: accident (Mannville Street), report taken; 11:17 a.m.: ambulance (Huntoon Memorial Highway), transported; 11:33 a.m.: ambulance (Rawson Street), transported; 12:55 a.m.: assist citizen (South Main Street); 1:41 p.m.: mv stop (Pleasant Street), spoken to; 2:01 p.m.: mv stop (Stafford Street), verbal warning; 2:13 p.m.: mv

stop (Stafford Street), citation issued; 4:13 p.m.: accident (Walbridge Road), report taken; 4:17 p.m.: arrest warrant service (Main Street), unable to serve; 5:41 p.m.: ambulance (Prospect Street, Worcester), call canceled; 6:05 p.m.: disabled mv (Stafford Street), assisted; 6:15 p.m.: welfare check (Pine Street), no service; 6:29 p.m.: ambulance (Huntoon Memorial Highway), transported; 7:47 p.m.: assist citizen (Huntoon Memorial Highway); 9:00 p.m.: ambulance (Main Street), transported; 10:42 p.m.: disturbance (Stafford Street), assisted.

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Spencer Police Log

WEDNESDAY, JANUARY 10

12:33 a.m.: mutual aid (West Main Street), Warren PD bolo; 1:52-2:53 a.m.: buildings checked, secure; 6:03 a.m.: parking violation (Maple Street), ticket issued; 7:10 a.m.: fire alarm (North Brookfield Road), referred; 11:00 a.m.: fraud (Wall Street), rep. identity theft; 12:14 p.m.: medical/general (Jones Street); 1:00 p.m.: intelligence/criminal (West Main Street), info rec'd; 1:10 p.m.: hit/run accident (Main Street), report taken; 2:36 p.m.: LTC issued (West Main Street), assisted; 3:22 p.m.: accident (Main Street), report taken; 4:10 p.m.: mv complaint (West Main Street), erratic operator; 4:13 p.m.: officer wanted (Woodside Road), spoken to; 7:13 p.m.: medical/general (Town House Court); 11:36 p.m.: officer wanted (West Main Street), att. to locate Spencer resident; (total daily mv stops

THURSDAY, JANUARY 11

12:13 a.m.: intelligence/parole (West Main Street), info rec'd; 12:44-2:48 a.m.: buildings checked, secure; 1:52 a.m.: DPW call (School Street), lg. tree branch side of road; 2:02 a.m.: parking violation (Mechanic Street), ticket issued; 2:22 a.m.: parking violation (Irving Street), ticket issued; 3:10 a.m.: medical/general (Temple Street); 7:55 a.m.: 911 call (Meadow Street), accidental; 8:19 a.m.: LTC issued (West Main Street), assisted; 8:29 a.m.: elderly matter (Paxton Road), rep. fire; 9:58 a.m.: medical/general (Sunset Lane); 12:26 p.m.: animal complaint (Cranberry Meadow Road), dead deer/side of road; 1:04 p.m.: juvenile matter (Paxton Road), re: logging incident; 1:23 p.m.: disabled mv (Condon Drive), TT stuck; 2:30 p.m.: mv complaint (North Spencer Road), erratic operator; 3:40 p.m.: medical/general (West Main Street); 3:46 p.m.: officer wanted (Clark Road), req. welfare check; 4:00 p.m.: 911 call (Dale Street), accidental; 10:36 p.m.: animal complaint (Chestnut Street), rep. dog bite; 10:59 p.m.: medical/general (Wall Street); (total daily mv stops -1). FRIDAY, JANUARY 12

12:39-2:18 a.m.: buildings checked,

secure: 1:37 a.m.: parking violation (Mechanic Street), ticket issued; 1:39 a.m.: suspicious mv (Mechanic Street), investigated; 2:05 a.m.: intelligence/ parole (West Main Street), info rec'd; 2:42 a.m.: parking violation (Lincoln Street), ticket issued; 7:32 a.m.: DPW call (Ash Street), rep. black ice; 8:34 a.m.: officer wanted (Bacon Hill Road), inquiry re: solar vendors; 8:40 a.m.: medical/general (Smithville Road); 8:49 a.m.: juvenile matter (Church Street), ref. to go to school; 9:02 a.m.: medical/general (West Main Street); 9:48 a.m.: accident (Main Street), report taken; 9:57 a.m.: lost/found (Paxton Road), lost keys; 9:58 a.m.: officer wanted (Oakland Drive), re: issue w/neighbor; 11:59 a.m.: mutual aid (West Main Street), Sturbridge PD bolo; 12:43 p.m.: suspicious persons (Main Street), investigated; 1:20 p.m.: suspicious persons (Main Street), re: young male in store; 1:49 p.m.: medical/general (Hastings Road); 2:08 p.m.: intelligence/parole (West Main Street), info rec'd; 2:15 p.m.: lost/found (Main Street), lost ATM card; 4:44 p.m.: 911 call (West Main Street), UMass cardiac cath lab down; 4:52 p.m.: medical/general (Howe Village); 5:01 p.m.: accident (Meadow Road), report taken; 5:20 p.m.: parking complaint (Mechanic Street), mv parked illegally; 6:29 p.m.: disturbance (Main Street), noise complaint; 7:19 p.m.: lost/found (Lake Street), lost key fob; 8:03 p.m.: mv complaint (Main Street), erratic operator; 10:14 p.m.: animal complaint (Main Street), dead animal in roadway; 10:15 p.m.: mv

spoken to; (total daily mv stops – 2). SATURDAY, JANUARY 13

complaint (West Main Street), erratic

operator; 10:20 p.m.: animal complaint

(West Main Street), rep. dog bite; 10:30

p.m.: officer wanted (Chestnut Street),

12:19-1:36 a.m.: buildings checked, secure; 2:05 a.m.: medical/general (Main Street); 8:26 a.m.: medical/general (West Main Street); 9:16 a.m.: mutual aid (West Main Street), Oakham PD bolo; 10:06 a.m.: medical/general (Valley View Drive); 11:15 a.m.: medical/general (Howe Village): 12:27 p.m.: mv complaint (Northwest Road), speeding; 1:42 p.m.: DPW call (Maple Street), lg. pothole; 3:22 p.m.: animal complaint (South Spencer Road), loose dog/killed chicken; 3:59 p.m.: juvenile matter (Main Street), spoken to; 4:34 p.m.: medical/general (Main Street); 5:22 p.m.: DPW call (South Spencer Road), utility pole leaning; 5:55 p.m.: parking complaint

(Pope Street), resolved; 6:57 p.m.: officer wanted (West Main Street), UMass cardiac cath lab down; 10:01 p.m.: mv stop (Maple Street); Sierra Nicole Linnell, 27, 32 Intervale Road, Dudley, OUI liquor, arrest; 10:36 p.m.: commercial alarm (Water Street), services rendered; (total daily mv stops - 0).

SUNDAY, JANUARY 14

12:47-2:28 a.m.: buildings checked, secure; 1:15 a.m.: medical/general (Valley Street); 1:38 a.m.: open door (Main Street), bldg. secured; 10:00 a.m.: DPW call (Grove Street), icy conditions: 10:52 a.m.: fire alarm (Clark Road), referred; 11:33 a.m.: animal complaint (Chestnut Street), concerned about dog; 1:16 p.m.: parking complaint (Chestnut Street), mv parked in intersection; 1:22 p.m.: mv complaint (Main Street), erratic operator; 3:16 p.m.: mv complaint (Main Street), erratic operator; 3:27 p.m.: DPW call (Elm Street), 3 utility poles down; 3:59 p.m.: officer wanted (Main Street), re: lg. sinkhole; 4:02 p.m.: commercial alarm (Pleasant Street), services rendered; 4:13 p.m.: medical/general (Cherry Street); 5:03 p.m.: accident (Main Street), report taken; 5:24 p.m.: DPW call (North Spencer Road), mv stuck; 5:29 p.m.: medical/general (Prospect Street); 5:31 p.m.: accident (Main Street), report taken; 5:53 p.m.: officer wanted (West Main Street), fem. walking in road: 5:58 p.m.: suspicious mv (Park Street), investigated; 6:05 p.m.: DPW call (Paxton Road), damaged utility pole/ wire down; 6:11 p.m.: mv complaint (Paxton Road), erratic operator; 6:58 p.m.: DPW call (Main Street), tree fell/ wires off bldg.; 7:00 p.m.: 911 call (Main Street), hang-up; 8:34 p.m.: mv complaint (Paxton Road), speeding/tailgating; (total daily mv stops -3).

MONDAY, JANUARY 15 12:00 a.m.: medical/general (Collier Circle); 2:45-2:53 a.m.: buildings checked, secure; 5:07 a.m.: medical/ general (Irving Street); 8:21 a.m.: mv complaint (Main Street), erratic operator; 9:17 a.m.: officer wanted (Greenville Street), req. property checks; 9:23 a.m.: LTC issued (West Main Street), assisted; 10:59 a.m.: animal complaint (Temple Street), stray cats fighting; 12:59 p.m.: chemical/fuel spill (Wilson Street), services rendered; 1:53 p.m.: lost/found (West Main Street), lost cell phone; 2:06 p.m.: building checked, secure; 2:39 p.m.: officer wanted (Maple Street), rep. cyber fraud; 3:22 p.m.: officer wanted (Smithville Road), concern for child; 3:44 p.m.: officer wanted (Main Street), rep. failure to pay; 5:22 p.m.: medical/ sudden death (Paxton Road); 6:37 p.m.: 911 call (Greenville Street), accidental; 7:04 p.m.: DPW call (Valley Street), wire in roadway; 7:44 p.m.: medical/ general (Chestnut Street); 7:59 p.m.: animal complaint (Smithville Road), loose dog; 8:00 p.m.: parking complaint (Church Street), mv facing wrong way; 8:34 p.m.: medical/general (Bay Path Road); 9:56 p.m.: suspicious mv (Ledge Avenue), investigated; 11:05 p.m.: disturbance (Church Street), noise complaint; (total daily mv stops -1).

TUESDAY, JANUARY 16

12:42-5:10 a.m.: buildings checked, secure; 12:52 a.m.: DPW call (Charlton Road), mattress on guardrail; 1:15 a.m.: parking violation (Cherry Street), ticket issued; 1:42 a.m.: officer wanted (Valley Street), cable wire down; 2:01 a.m.: parking violation (Grant Street), ticket issued; 5:25 a.m.: medical/general (Woodland Lane); 7:20 a.m.: LTC issued (West Main Street); 8:50 a.m.: juvenile matter (Church Street), 15 y.o. acting out; 9:49 a.m.: accident (Main Street), report taken; 9:57 a.m.: officer wanted (Church Street), req. assistance; 10:31 a.m.: DPW call (Northwest Road), re: tanker truck; 10:33 a.m.: medical/general (Pleasant Street); 10:44 a.m.: mutual aid (Howe Village), RMV immediate threat; 10:46 a.m.: medical/general (Rustic Lane): 10:48 a.m.: officer wanted (West Main Street), re: message rec'd; 11:21 a.m.: officer wanted (Longview Drive), FB account hacked; 11:37 a.m.: LTC issued (West Main Street), assisted; 11:44 a.m.: disabled mv (Route 49), services rendered; 12:13 p.m.: medical/general (Charlton Road); 12:18 p.m.: disabled mv (Wire Village Road), assisted; 1:08 p.m.: medical/general (Paxton Road); 1:20 p.m.: restraining order service (West Main Street); 1:23 p.m.: accident (Charlton Road), report taken; 1:24 p.m.: accident (Thompson Pond Road), report taken; 1:33 p.m.: accident (Charlton Road), report taken; 2:12 p.m.: disabled mv (Charlton Road), services rendered; 3:00 p.m.: commercial alarm (West Main Street), services rendered; 3:25 p.m.: accident (Charlton Road), report taken; 3:50 p.m.: fire alarm (Maple Street), referred; 4:17 p.m.: fraud (Rene Drive), report taken; 4:20 p.m.: animal complaint (Condon Drive), sick skunk; 5:01 p.m.: medical/general (Chestnut Street); 5:38 p.m.: disabled mv (Paxton Road), no action needed; 6:20 p.m.: accident (Gauthier Road), report taken; 6:31 p.m.: DPW call (Elm Street), utility pole leaning; 9:27 p.m.: disabled mv (Main Street), resolved; 9:46 p.m.: medical/general (Howe Village); 10:58 p.m.: intelligence/parole (West Main Street),

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info rec'd; (total daily mv stops -0).

Notable senior health concerns

The human body changes as it ages. While certain conditions are commonly associated with aging, some individuals may be surprised to learn of the more common health conditions that can affect seniors. The World Health Organization says one in six people will be 60 or older by 2030. With such a large portion of the population on the cusp of turning 60, it makes sense for individuals to familiarize themselves with the more notable issues affecting seniors.

Cognitive decline

A certain degree of memory loss is a natural component of aging.

Forgetting where you osteoarthritis, which is make objects look blurry left your keys or experiencing difficulty putting a name to a face can be a random and frustrating However, occurrence. dementias, like Alzheimer's disease, are not a side effect of aging. As many as one in five seniors experiences mental health issues that are not associated with aging, and it helps to learn the early warning signs of dementia. Such recognition may compel individuals to seek treatment that can slow the progression of the disease.

Osteoarthritis

Aches and pains may come with aging, and often can be attributed to the most common form of arthritis, according to the Mayo Clinic. Osteoarthritis occurs when the protective cartilage that cushions the ends of bones wears away over time. It is progressive and cannot be reversed, but maintaining healthy weight and staying active can help alleviate pain and improve joint function.

Cataracts and refractive errors

It should come as no surprise to most that the eyes change as the body ages. Refractive errors like nearsightedness, farsightedness, astigmatism, and presbyopia can

when viewed, says the National Eye Institute. Cataracts, which are a clouding of the eye's natural lenses, affect about 20 percent of people age 65 and older, according to the American Geriatrics Society, while the National Eye Institute says half of all people over age 80 will get them. Cataract removal surgery and prescription eyeglasses can help.

Type 2 diabetes

American Senior reports Communities that it's estimated 25 percent of adults age 65 and older have type 2 diabetes. Unchecked diabetes can lead to a host of ailments, including vision problems, mobility issues, kidney damage, and increased risk for heart disease or stroke. Many people can manage type 2 diabetes with diet and exercise.

Heart disease

The National Institute on Aging says adults age 65 and older are more likely than younger people to suffer from cardiovascular disease that affects the heart, blood vessels or both. Conditions like high blood pressure and high cholesterol need to be properly managed, and diet and exercise is important throughout life to avoid developing heart

disease in later years. Balance issues

Balance issues that can lead to falls are a major concern for seniors. According to HealthinAging.org, many things can adversely affect balance. These include nerve and brain problems, vision troubles, diabetes, arthritis, inner ear problems, and even dehydration. Dizziness or balance problems should be addressed, as there are serious health risks associated with falls.

What seniors should know about prediabetes

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the

first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

What is prediabetes? The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

How common is predi-

abetes?

A 2023 study published in the journal Diabetes Care indicates that million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

tes? The CDC notes that

What causes prediabe-

when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hormone

produced by the pancreas that enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

Does prediabetes produce symptoms?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

How can I determine if I have prediabetes?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older Having a parent, brother or sister with type 2 diabetes
- Being physically active less than three times

per week

· A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds

 Having polycystic ovary syndrome

· Being African Amer-Hispanic/Latino ican. American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.

EGALS

PUBLIC HEARING NOTICE ATTENTION SPENCER **SEWER USERS** A PUBLIC HEARING WITH THE **SEWER COMMISSIONERS WILL BE HELD** TO DISCUSS SEWER RATE FEES THURSDAY, FEBRUARY 8, 2024 @ 6:30 P.M. **BROADCAST LIVE** FROM MCCOURT SOCIAL HALL 157 MAIN ST, SPENCER, MA January 26, 2024 February 2, 2024

At the Zoning Board of Appeals meeting to be held on Tuesday, February 13, 2024, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard: Notice of Public Hearing – Spencer

Zoning Board of Appeals Special Permit- Applicant: Daniel Rubin/ Freedom Forever, Owner: Michael Fish Location: 23 Condon Drive, Spencer Assessor's Map R21-17. The applicant is seeking a Special Permit under Sections 4.8.9 (solar photovoltaic generating installations) of the Spencer Zoning Bylaw to install 5kw ground mounted solar panels with 16 modules for private use. The property is in the Suburban Residential (SR) zoning district.

January 26, 2024 February 2, 2024

> **Town of West Brookfield Zoning Board of Appeals**

A public hearing will be held on Tuesday, February 13, 2024 at 6:00 p.m. at the West Brookfield Town Hall, to act on an application for a Special Permit, for Marcie Fusco for the property located at 147 Wigwam Road, West Brookfield. The applicant wishes to have an educational day program. Special Permit as per section(s) -3.26 (4) privately organized camp. January 26, 2024

February 2, 2024

This is to certify that on June 1, 2023, the Town of Brookfield adopted and the Attorney General approved Articles 32, 33, 34 and 36.

The by-laws and the articles as they were written and accepted can be found at mytowngovernment.org/01506. January 26, 2024

At the Zoning Board of Appeals meeting to be held on Tuesday, February 13, 2024, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard: Notice of Public Hearing – Spencer **Zoning Board of Appeals**

Special Permit- Applicant/Owner: Sheena and Anthony Toscano; Location: 89 Hastings Road, Spencer Assessor's Map R48-17-2. The applicant is seeking a Special Permit under Sections 4.8.1 (Accessory Apartments) of the Spencer Zoning Bylaw to add an accessory apartment in new addition. The property is in the Rural Residential (RR) zoning district.

January 26, 2024 February 2, 2024

LEGAL NOTICE Town of Brookfield INVITATION FOR BIDDERS FOR TREE WORK

The Town of Brookfield invites Bidders to cut and remove or prune trees along the solar array located at the former landfill in the Town. Bidder specifications can be obtained via email to: boardofhealth@brookfieldma.

us Deadline for Bid submittal is January 24th, 2024, at 6 p.m. Bids may be mailed or delivered to: Town of Brookfield, Attn: Board of Health, 6 Central Street, Brookfield, MA 01506 and must be received prior to 6pm on January 24th. 2024.

Maureen Lepak, Chair Brookfield Board of Health January 26, 2024

Commonwealth of Massachusetts **The Trial Court Probate and Family Court Worcester Probate** and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO24P0010EA CITATION ON PETITION FOR FORMAL ADJUDICATION Estate of:

Reginald M. Telemaque Date of Death: 07/13/2022 To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Stephanie M. Telemaque of Spencer MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Stephanie M. Telemaque of Spencer MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before:

10:00 a.m. on the return day of 02/20/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections

within thirty (30) days of the return day, action may be taken without further notice to you. **UNSUPERVISED ADMINISTRATION**

UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the

Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy,

First Justice of this Court. Date: January 18, 2024 Stephanie K. Fattman, Register of Probate January 26, 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. Other terms, if any, to be announced

at the sale. M&T Bank

Present Holder of said Mortgage, By Its Attorneys,

ORLANS PC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 21-006348 January 19, 2024

January 26, 2024

February 2, 2024



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WEBSTER - 60 CUSHING ROAD Young 3 Bedroom Colonial! Living Room, Kitchen, Dining Area ~ Washer/Dryer & 1/2 Bath!! 2nd Floor - 3 Bedrooms plus 2 Full Baths!! Walk out Lower Level. Large finished room in lower level.

Furnace Replaced 2023. List Price \$355,000 Sale Price \$385,000

June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * John Kokocinski

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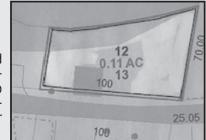
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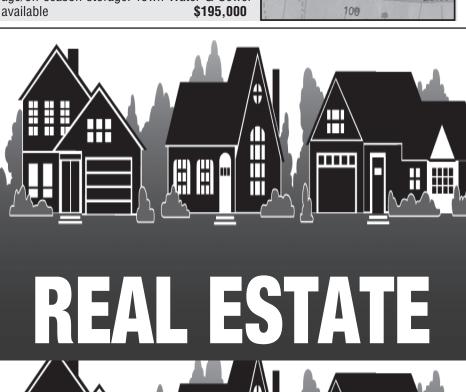


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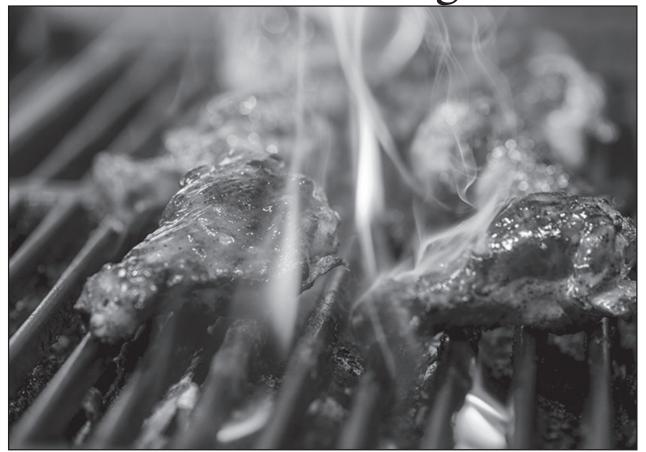
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Grill some wings for the big game



Football season heats up each January, when fans of both college football and the professional game look forward to each sport's respective playoffs. Though playoff expansion is on the horizon for the college game, the postseason remains a four-team format for the time being, with the semifinals kicking off on January 1 before the championship game on

January 8. The National Football League will host is traditional playoff format again this season, with Wild Card weekend kicking off January 13 before the league ultimately crowns its champion in Las Vegas on February 11.

January is undeniably a big month for football fans. Playoff weekends are that much more fun when hosting or attendfor the big game, as food no dish is more associmake the ideal food when

ing a game watch party and fellow fans only add to the enjoyment of the competition on the field. Though many foods are at home during game watch parties, perhaps ated with football than chicken wings. Wings watching football, and this recipe for "Grilled Buffalo Wings" courtesy

Even though the holiday season may be over, there are still plenty of reasons to celebrate with friends and family. After all, when the gift-giving cools off, the action on the gridiron heats up, culminating in one of the mostwatched sporting events. Super Bowl LVIII will

take place on February 11, 2024 at Allegiant Stadium in Las Vegas, giving sports fans, who also double as game day hosts and hostesses, plenty of time to plan their festivities. Wings, nachos, sliders, and sandwiches are standard fare for game day entertaining, but savvy hosts also must give thought to the beverages they will serve. An assortment of spirited and non-alcoholic drinks are the norm, and many who entertain may think beer is all that's needed for game day fun. However, some may want to elevate their Super Bowl hosting with specially curated cocktails. Here's how to get started.

Team theme

A fun way to serve cocktails is to tie the theme into the teams who are facing off. Research the most popular cocktail for the team's home state or Cowboys are playing, you can serve "Hit the Road Jack," which was named the official cocktail of Dallas several years back. Otherwise, search drinks that coordinate with the team itself. You can serve a "Tiger Tea" for the Bengals, a "Buccaneer" cocktail if Tampa Bay is playing or a "Black Raven" should Baltimore make it to the big game.

Offer trendy options

Trends emerge in the world of cocktails, and if you lean into those trends, you're bound to have grateful guests. According to $_{
m EHL}$ Insights, which provides hospitality and business news, savory and spicy

Lee Biegel and The Food Network can make a delicious addition to your game day spread.

GRILLED BUFFALO WINGS

Yields 6 to 8 servings

- tablespoon kosher salt
- teaspoon freshly ground black pepper teaspoon garlic
- powder pounds whole
- chicken wings tablespoons
- unsalted butter
- cup hot sauce tablespoon apple cider vinegar tablespoon
- honev

1. In a small bowl, combine the salt, pepper and garlic powder. In a large bowl, toss the wings with the salt mixture to evenly

- 2. Preheat a gas grill to medium heat (about 350
- 3. Place the wings on the grill, crowding them together so that they are all touching (this goes against the conventional wisdom of giving meat room so it doesn't steam; you want them to steam so they stay moist). Grill, flipping the wings every 5 minutes, for a total of 20 minutes of cooking.
- 4. In the meantime, heat the butter, hot sauce, vinegar, and honey in a saucepan over low heat and whisk to combine.
- 5. In a clean large bowl, toss the wings with the sauce. Turn the heat up on the grill to medium-high. Use tongs to remove the wings from the sauce and put them back on the grill until the skins crisp, 1 to 2 minutes per side. Put the wings back in the bowl with the sauce, toss and serve.



Big games dot the college and professional football landscapes each year beginning in late summer and ending in mid-winter. But no games are bigger than those that take place once the calendar turns to a new year. That's when the postseason begins in both college and professional football.

Game watches with fellow fans, family and friends are a great way to make playoff football even more enjoyable. With so many big games on the horizon, football fans would be wise to ready their culinary arsenal. Whether you're hosting at home or going to a game watch at a fellow fan's house, keep in mind that food and football are a great match. Certain dishes have long since staked their claim on the game watch dinner and snacking tables, and nachos certainly need no introduction to football fans. As this year's playoffs kick off, football fans can try this recipe for "Loaded Beef Nachos" courtesy of AllRecipes.

LOADED BEEF **NACHOS**

Serves 4

Taco Seasoning: teaspoons paprika

11/4 teaspoons garlic powder

teaspoons 11/4ground cumin teaspoons onion 11/4

powder teaspoon chili 1

powder

1 teaspoon oregano leaves 11/2teaspoons salt

Nachos:

tablespoons vegetable oil

pound ground 1 beef

1 cup diced onion 1 cup diced green

bell pepper 10-ounce can diced tomatoes with green chiles (such as

RO-TEL®) 1 15-ounce can Mexican-style corn

(optional) 16-ounce can

refried beans shredded 1 cup Cheddar cheese, or as

ounces tortilla chips, or as needed

Toppings (optional):

cup sour cream (optional)

cup salsa (option-1/2al) cup sliced black

olives (optional) cup sliced jala-1/4

peños (optional) cup green onion

For taco seasoning: Stir paprika, garlic powder, cumin, onion powder, chili powder, oregano, and salt together in a small bowl; set aside.

Heat oil in a large skillet over medium-high heat; cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Stir in onion and green pepper; cook and stir with oil and juices from browned meat until much of the liquid has evaporated, about 2 minutes more.

Stir 1/2 can diced tomatoes with chilies and Mexican-style corn into skillet. Season beef mixture to taste with prepared taco seasoning mix.

Stir together remaining 1/2 can diced tomatoes with chilies and refried beans in a city. For example, if the microwave-safe bowl. Microwave on high until heated through, stirring every 30 seconds, 1 to 3 minutes.

To assemble nachos: Lay half of tortilla chips in a single layer on a microwave-safe plate, then drop teaspoons of refried beans onto chips, followed by meat mixture and shredded cheese. Repeat with remaining chips, beans, meat, and cheese to make a second layer.

Microwave on high until cheese is melted and nachos are warm, 2 to 3 minutes. Top with sour cream, salsa, olives, jalapeños, and green onion as desired.



cocktails are becoming increasingly popular as people desire more complex and interesting flavors in their drinks. A "Pineapple Jalapeño Margarita" can pair nicely with bite-sized tacos, or serve a "Cucumber Wasabi Martini" along-side California rolls and fried wontons. The Negroni remains a trendy cocktail and features sweet, bitter and botanical flavors that can work well with Italian cuisine.

Game day punch If you don't want to worry about having enough supplies on hand for a bevy of different cocktails, have a big-batch punch at the ready for guests. There are many variations, but this recipe for "Whiskey-Apple Cider Punch" can appeal to the masses. It evokes those fall flavors that signal football season. and it works well with many comfort foods. Try it, courtesy of Southern Living Test Kitchen.

WHISKEY-APPLE **CIDER PUNCH**

cup frozen cranberries, thawed

cup packed light brown sugar

cup water, divid-1/2

cups bourbon cups fresh lemon 11/2 juice (from 14 lemons)

cup honey 24.5-ounce bottle sparkling apple cider, chilled

Granny Smith appie, thinly (optional)

Combine thawed frozen cranberries, light brown sugar, and 1/4 cup water in a food processor; process until cranberries are roughly chopped and sugar has almost dissolved, about 30 seconds. Transfer to a large bowl. Add bourbon, fresh lemon juice, honey, and remaining 1/4 cup water; stir until well combined and sugar is dissolved. Pour mixture through a fine wire-mesh strainer into a 3- to 4-quart pitcher, discarding solids.

Chill at least 1 hour or up to 8 hours. Just before serving, gently stir in sparkling apple cider. Pour into glasses and, if desired, garnish with Granny Smith apple slic-

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Spencer Exchange Club launches annual 18 Under 18 youth leadership program

fourth consecutive year, the Exchange Club of Spencer will this spring announce the recipients of their 18 Under 18 awards to those 18 years of age and under who reside in the towns Spencer or East Brookfield. The Exchange Club membership has annually been made aware of young men and women whose impact on their commu-

SPENCER — For the nities may have gone unnoticed. They are not necessarily the highest academic achievers, star athlete or the most popular among their peers. They are those unassuming young adults who demonstrate attributes of leadership, passion, a caring and supportive nature, selflessness and citizenship. They are making a difference to others and their commu-

The Exchange Club has acknowledged and awarded 54 young adults with the 18 Under 18 award over the past three vears who were nominated by their teachers, employers, school counselors or others who felt they made a difference

in their communities.

Previous award ceremo-

nies were held at local-

ly and Polar Park in

Worcester. Students were recognized with citations and presented with monetary awards.

The Exchange Club membership is purposefully invested in the present future of the Spencer and East Brookfield communities. They wish to highlight the innate talents that our youth

day in what sometimes seems like the simplest of actions of caring and the ability to relate to others. They believe that curiosity, analytical thinking, dependability and a strong work ethic make the greatest difference where we all live, work and play. The club's

vision of the future is that these young men and women will carry on the Exchange's mission of "Unity for Service." Application and nomination forms may be accessed on the Facebook pages of the Spencer Exchange Club Spencer Bulletin Board.



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