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Friday, November 12, 2021

For Painless Dentistry

New book chronicles stories from Camp Frank A. Day

BY KEVIN FLANDERS

EAST BROOKFIELD As the town prepares for its centennial celebration, authors like Peter Markow are providing opportunities for residents to learn more about East Brookfield his-

Markow's book, "On the Shores of Quacumquasit, Deep Among the Pines,' features stories from the first 100 years (1916-2016) of YMCA Camp Frank A. Day.

Beginning with a history of the Quaboag peoples, the book traces the story of the land to current times. It features several people who played key roles in creating the East Brookfield camp. Additionally, stories about contributions from East Brookfield appear frequently in the book.

spent five years researching, writing, editing, and designing this book. I attended the 100th reunion of the camp back in September 2016, which gave me the idea," said Markow, who lives in Onset. "I have a very personal connection



Peter Markow wrote a book about YMCA Camp Frank East Brookfield.

to this camp, since it was the first camp where I worked as a waterfront director, met my first wife there, and lived at the farmhouse (old Oliver Carpenter place and Point of Pines Hotel) for five years where my daughter was born.'

Located at 125 South Pond Rd. in East Brookfield, YMCA Camp Frank A. Day is owned and operat-

ed by the West Suburban YMCA in Newton. The first two chapters of Markow's book explore the history of the Quaboag peoples and their leader, Sachem Quacunquasit. The book's early chapters also inform readers on the history of land transactions that eventually made the camp possible,

Please Read MARKOW, page A5

New Superintendent takes the reins in North Brookfield

BY KEVIN FLANDERS STAFF WRITER

NORTH BROOKFIELD Bringing more than three decades of educational experience to town, Superintendent Mary Jane Rickson was recently hired to lead North Brookfield Public Schools.

Rickson has been in education for 31 years, beginning with her career in Springfield as a social studies teacher. She went on to hold multiple administrative positions, including the curriculum coordinator for the Athol-Royalston Regional School District; the

interim superintendent of

director of career and technical education at Bay Path Regional Vocational Technical

High School. When Rickson saw the superintendent position available in North Brookfield, she immediately knew it was an opportunity she wished to pursue.

"As someone who has lived in the area for 20 years, I have strong ties to the community and feel as though I have an understanding of the North



Mary Jane Rickson is the new Superintendent of North Brookfield **Public Schools.**

Brookfield community and its residents," Rickson told the New Leader. "North Brookfield is made up of hard-working, dedicated individuals who are committed to providing the best opportunities for their young people. When the position availed itself to me, I knew this was the place for me."

With extensive experience in program development, Rickson brings a broad range

Please Read RICKSON, page A4

AA Transportation to host "Stuff the Bus" toy drive

BY KEVIN FLANDERS STAFF WRITER

REGION - The staff at AA Transportation Co., Inc., is calling on the community to once again help brighten the holiday season for local families.

AA's annual "Stuff the Bus" campaign will take place on Saturday, Nov. 27, from 10 a.m. to 2 p.m. Toy collection buses will be set up in three towns, and organizers are hoping for another year of strong support from local residents.

"As we approach this holiday season, we are hoping that we can find enough generous people to fill this year's Christmas wish list for families in need," read a statement released by Melody Miller, the manager of AA Transportation's East Brookfield divi-

In Spencer, AA will once again work with the David Prouty High School Band in front of DPHS. On Nov. 27, residents are invited to drop off their donations at the school and then enjoy seasonal music from the band. All toys that are collected will be distributed to needy families in town.

In North Brookfield, AA will once

again team up with the police department and Hannaford Supermarket. The donation bus will be parked at the North Brookfield Hannaford Supermarket

Please Read TOY DRIVE, page A12

Tigers too much for Quaboag in MIAA State Tournament game



in the open field.

Photos Nick Ethier

Brandon Allen of Quaboag settles the ball with his left foot

BY NICK ETHIER

DOUGLAS goals in each half and a strong defensive showing were more than enough to help lead the Douglas High boys' varsity soccer team to a 4-0 victory over Quaboag Regional in a MIAA Division 5 State Championship Round of 32 game played Saturday

afternoon, Nov. 6. The now 11-5-2 Tigers, seeded third in the tournament, will next play No. 14 Granby High in the Round of 16 on Nov. 9.



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Please Read SOCCER, page A11

4TH ANNUAL Find the ABC's Fall Crossword Puzzle inside this issue.

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Local school officials work to promote vaccination

BY KEVIN FLANDERS

REGION - With underwhelming vaccination statistics reported so far, local school districts are promoting clinics and other opportunities for students to

State and local education leaders continue to remind residents about the Department of Elementary and Secondary Education's latest incentives to get students vaccinated against COVID-19. Statewide, schools with a vaccination rate of 80 percent or higher for all students and staff will have the ability to lift the mask mandate for vaccinated individuals in that school

But even with this incentive in place, local school officials are seeing student vaccination metrics fall well below the 80-percent threshold. Officials are hoping that as younger students begin to receive vaccines in the coming weeks, numbers will improve in many schools.

"Due to the fact that only students age 12-plus can be vaccinated, the only school that would be eligible to meet the 80-percent threshold established by the mask mandate would be David Prouty High School," said Paul Haughev. Superintendent of the Spencer-East Brookfield Regional School District, in an interview last month.

As of the district's latest update, only 50 percent of DPHS students were vaccinated, with staff members vaccinated at 97 percent.

'Now that the federal government has provided emergency authorization for young people to be vaccinated with the Pfizer vaccine (ages five to 11), it is our sincere hope that parents and families take advantage of the opportunity and consult their primary care physicians for the best course of action regarding vaccination of their school-aged children," Superintendent *Haughey added*.

The Quaboag Regional School District has seen even more disappointing vaccination figures. As of the district's last press update, only 35 percent of eligible students were vaccinated. Many students have not even registered their vaccination status with the nurse at Quaboag Regional Middle High School.

"Most of our staff have been vaccinated, but students have not been submitting vaccination status to the QRMHS nurse," said QRSD Superintendent Brett Kustigian. "It will be quite some time before we hit the 80-percent. We are planning a vaccination clinic in cooperation with the Board of Health in the state."

Leicester's student vaccination numbers were best among local reporting districts, but its schools are still not close to the 80-percent threshold. Last month, Leicester Public Schools Superintendent Marilyn released the latest update, which listed 50-percent of students ages 12-15 as fully vaccinated. The 16-19 age group in Leicester had a vaccination rate of 57-percent.

The Department of Elementary and Secondary Education (DESE) recently announced that the state's mask requirement in all K-12 public schools will be extended through at least January 15, 2022. If vaccination rates don't improve statewide and COVID-19 conditions remain the same, the mask mandate could be extended for several more months, officials said.

DESE leaders said they understand parents' and students' frustrations with masks, but they remind residents that the quickest way to shed masks at school is to reach the 80-percent vaccination threshold.

"The DESE, in collaboration with medical experts and state health officials, will continue to evaluate and consider other criteria that could be used in the future to lift the mask requirement based on public health data," read a statement released by DESE Commissioner Jeffrey Riley.

ACCURACY WATCH

The Spencer New Leader is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress. news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call or email.

"Good and Plenty" Church Fair to be held Nov. 20

WEST BROOKFIELD — George Whitefield United Methodist Church, 33 West Main St., will hold a "Good and Plenty" Church Fair Nov. 20 from 9 a.m.-2 p.m.

Booths will include: Handicrafts, Fudge, Bake Sale, Jewelry, Gramma's Attic Treasures, Jams and Jellies

Our luncheon will be offered take-out only in order to avoid close, unmasked contact while eating. The menu will be Beef Stew and Shepherd 's Pie with Apple Crisp for dessert.

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For more information you may call Heidi Jeldres at 978-989-5736.

Come kick off the holiday season with



Parade of Lights returns Dec. 4

SPENCER - Local streets were unusually dark last holiday season in the absence of favorite traditions, but the town's beloved Parade of Lights is back again in 2021.

Featuring dozens of vehicles with elaborate Christmas light displays, the parade is always a favorite for guests of all ages. This year's event will take place on Saturday, Dec. 4, at 7 p.m.

The parade route will start at David Prouty High School, then proceed west along Main Street to Old Main Street, concluding at the Town of Spencer high-

After COVID-19 caused last year's event to be canceled – along with local craft fairs and other holiday favorites residents can't wait for the lighted displays to return to Route 9 this year.

"Please join us for a night of beauti-

ful twinkling lights, wonderful lighted floats, and lighted fire trucks to celebrate this festive Christmas season," read a statement released by event orga-

The event typically includes fire trucks and several other public safety vehicles; a school department display; local scouting groups and other organizations; and area businesses and transportation companies. Some of the floats take several weeks and countless volunteer hours to finalize.

The event also brings out large crowds to either side of Route 9 to watch the Parade of Lights.

The snow date for this year's event is Sunday, Dec. 5, at 7 p.m. (same starting location and route).

For anyone wishing to register a lighted float, a lighted fire truck, or any kind

of lighted vehicle in this year's parade, all requisite forms and information can be found at: www.spencerma.gov.

All forms must be filled out prior to of all. the event and turned in at the parade

If you have additional questions about the program, contact Wendy Berthiaume at 774-230-8281. You can also send an email to dberthiaume177@ hotmail.com. Please include "Parade of Lights" in the subject line.

Meanwhile, be sure to check out your other favorite local holiday fairs, festivals, and celebrations in November and December. Almost all of them are back for 2021 after being canceled last year.

Information on individual events can be found at town webpages and program-specific social media pages.



Director of the Spencer Senior Center

On October 29, April, along with the Friends of the Spencer Senior Center, hosted a Halloween Party at the Spencer Senior Center. We danced all night to the Oldies and enjoyed a delicious array of desserts.

Over half of us wore Halloween costumes and prizes were given out for the best costumes.

We'd like to recognize April for her hard work and for her dedication to ALL the seniors in Spencer. Thank you.

- Martha Brunelle, Spencer, MA

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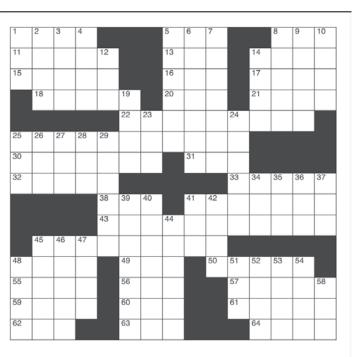
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First responders help local families have a happy Halloween

SPENCER – First responders recently helped local families enjoy a safe and fun Halloween.

On Oct. 31, members of the police and fire departments teamed up to pass out candy to youngsters on Halloween.

A few of the participating first responders included SPD Officer Paul Magierowski, SFD Lt. Jason Ferreira, SFD Lt. Thomas Parsons, and SPD Sgt. Norman Hodgerney.



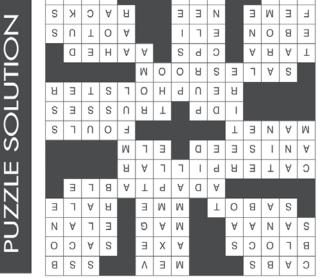
CLUES ACROSS

- 5. Mega energy unit (abbr.)
- Single-strand break 11. Combinations of countries
- 13. Cutting tool
- 14. Small bay in Gulf of Maine
- 15. Actress Lathan 16. Chatter incessantly
- 17. Energy, style and enthusiasm
- 18. Simple shoe 20. Woman (French)
- 21. Abnormal rattling sound
- 22. Able to change 25. Future butterfly
- 30. Used in cooking and medicine 62. Title of Italian monk
- 31. A street for nightmares
- 32. French modernist painter
- 33. Dishonors
- 38. Integrated data processing
- 41. Frameworks
- 43. Apply new materials
- 45. Where merch is displayed
- 48. American figure skater Lipinski
- 49. Cycles per second
- 50. Oohed and
- 55. Dark olive black
- 56. Peyton's little brother 57. Plant in the bean family
- 59. A wife: __ covert
- 60. Born of
- 61. Arranges balls on the pool table
- 63. Tooth caregiver
- 64. American feminist poet

CLUES DOWN

- 1. Dan Rather's old network 2. Expression of sorrow or pity
- _ fide (Latin) 4. Sign of healing
- 5. Warm-blooded vertebrate 6. Model
- Of or relating to plants
- 8. Plant of the heath family
- 9. Where to weigh something
- 10. Internal structure
- 12. Paulo, city 14. South Slavic person
- 19. A way to record
- 23. Have already done 24. As much as one can hold
- 25. Auburn legend Newton
- 26. Comedienne Gasteyer 27. Beloved dog Rin Tin _
- 28. Midway between east and southeast

- 29. Call it a career 34. Former CIA
- 35. American time
- 36. Confederate general
- 37. Soviet Socialist Republic 39. Travel downward
- 41. Vietnamese revolutionary Le Duc
- 42. Capital of Italy
- 44. Small bunches of flowers
- 45. Calvary sword 46. A distinctive, pleasant odor
- 47. A well-defined track or path
- 48. Cereal used to make flour 51. Retrospective analysis (abbr.)
- 52. Grayish white
- 53. Engrave 54. Famed men's basketball program
- 58. Midway between south and southeast
- 3 N О S U T 0 ٦







Members of the Spencer Police Department and Spencer Fire Department teamed up to make Halloween safe and fun for area families.



RICKSON

continued from page A1

of knowledge gained across multiple roles. She looks forward to applying much of what she has learned in various roles to her position in North Brookfield.

"I see tremendous potential in the district," Rickson said. "The staff has been very warm and welcoming, and everyone has been so helpful and supportive. Upon my arrival, I received some lovely welcome-to-thedistrict cards from the NBES students. Most recently, during one of my walkthroughs, I was serenaded by the kindergarten students in music class. These are the moments as an educator that make my heart melt. At the high school, I received a card signed by students welcoming me to the district. The interactions I've had with families have been overwhelmingly positive."

Looking ahead, Rickson is eager to work with her team to help the district address sev eral challenges. Like countless school districts across the nation in 2021, staffing continues to be a major challenge in town.

"North Brookfield's challenges are not unlike those throughout the country right now, particularly around staffing and finances," Rickson added. "These are very real issues for everyone today. We are in need of substitutes; custodial staff; food services; and building substitutes. We are fortunate that the personnel we have in the NBSD are so dedicated. Because of their commitment to the district, we have been able to ensure that the quality of our services hasn't suffered even through this issue.'

Long-term, a major goal for Rickson is to create more opportunities for students and families. She plans to establish focus groups and meet with families and community members to gather information and input.

"We are at a crossroad in education right now. It is important that we are creative and innovative in our philosophy of education," Rickson said. "Over the last 18 months, both educators and students have proven that they have the ability to adapt, and although it seemed insurmountable at times to everyone, they have proved to be resilient and determined. As a result, we find ourselves to be suffering from pandemic fatigue and exhaustion. I will be looking for ways to support our staff and students' social and emotional wellbeing."

Rickson also plans to work with the district's administrative team to create pathway opportunities for students in the area of STEM. Her team will be seeking corporate and community partnerships to help the district create strong programs for students.

Additionally, Rickson plans to help strengthen the district's relationships with community colleges and state universities.

"Developing strong partnerships is important to the success of not only our students, but the community as a whole, Rickson said. "I am interested in collaborating with local businesses and manufacturing organizations to address the current labor shortages. I am confident that through collaboration and conversation, we can create the programs and provide opportunities for our students to ensure student success.'

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the 5-0 victory.

16 after press time.

UXBRIDGE — Coming off a 9-4-3 regular season slate, the Bay Path Regional girls' varsity soccer team earned the No. 26 seed in the MIAA Division 4 State Championship bracket. They tangled with No. 7 Uxbridge High in a Round of 32 contest, played on Thursday, Nov. 4. And the Minutemen hung tough in the first half of play, trailing by a manageable 1-0 score. But the Spartans' Kathryn Cahill, who scored the goal in the first half, added four more in the second half as she singlehandedly led Uxbridge to

Bay Path finished its season 9-5-3, while the Spartans (8-5-4) were set to tangle with crosstown rival No. 10 Northbridge High (8-6-3) in the Round of

Bay Path boys' also fall: On the same day, the Minutemen's varsity boys' soccer squad partook in the MIAA Division 4 State Championship Tournament. Bay Path, seeded 33rd, took on No. 32 Ipswich High in a preliminary round game. Unfortunately for the Minutemen. they lost a 2-0 decision and finished the

Minutemen fall to Uxbridge in State Tournament opener



Photos Nick Ethie

Sandwiched between two Uxbridge players, Kayla Nguyen of Bay Path plays a loose ball while on the attack.



Uxbridge opponent while on the pursuit of the ball.



Bay Path's Sophia Ballestracci has a half-step advantage on her Hailey Cournoyer of Bay Path, left, stretches in an attempt to get the ball away from an Uxbridge player.



Bay Path's Kailey Jones runs up to the ball before making a play on it.

MARKOW

continued from page A1

including land grants from the early 1700s and five separate parcel purchases by the YMCA in Newton between 1917 and 1958.

Three additional chapters cover the camp's most important directors: Clyde Hess (1924-1940); Doc Simmons (1945-1964); and Dick and Sonya McKnight (1979-2005). These directors played instrumental roles in developing Camp Day into one of the top YMCA camps in New England.

Two other chapters detail the leadership at the YMCA over the years, plus the individuals who helped make Camp Day what it is today.

Since the camp is located in East Brookfield, the town has always played an important role in the life of this camp, and stories about its contributions are sprinkled throughout the book," Markow said.

Now retired, Markow is a Professor Emeritus from the University of Saint Joseph. He looks forward to presenting his book to residents during a free Feb.

20 program at Podunk Chapel in town. "I am happy to share these stories with people from East Brookfield since the Camp is located in East Brookfield,"

Markow told the New Leader. When he isn't writing or editing, Markow enjoys taking part in tennis, playing the piano, and saltwater fish-

Located at 730 Podunk Rd. in East Brookfield, the Union Chapel at Podunk was built in 1882 as a meeting place for residents.

"Quaboag Historical Society is pleased to bring back

its tradition of local author talks to a building known for community gatherings," read a statement released by organizers.

The town's centennial celebration will continue throughout 2022. The yearlong festivities were pushed back two years by the pandemic.

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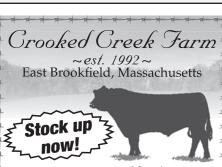
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Gift ideas for bird watchers and gardeners



Photo Courtesy — Gardener's Supply Company

Roosting pockets provide some needed insulation for birds and are easy for them to enter

Give a gift that provides beauty, entertainment, and health benefits throughout the year. With the recent increase in people gardening and bird watching, what could be more perfect than a gift that supports both inter-

Birds visiting feeders, munching on the coneflower seeds in the garden and perching in the shelter of evergreens help brighten the long, often dreary days of winter. Just like gardening, bird watching helps us connect with

nature, reduces stress, and elevates our mood. Plus, the gardeners on your list will appreciate the help birds provide managing insect Protein-rich insects and spiders are an essential part of the diet of 96 percent of North American terrestrial birds.

Growing a landscape filled with plants that provide seeds, berries and shelter is a great way to attract these welcome guests to our gardens. Providing additional sources of food, water and shelter can increase the number and diversity of the winged

Help your gift recipient create a bird feeding station so they can easily watch the birds and enjoy their songs. Include a variety of feeders suited to the birds they want to attract. Select feeders that are easy to fill and clean and protect seed from weather and squirrels.

You'll attract a wide range of birds with tray and platform feeders. Look for ones like the Gardener's Supply Twigs Platform Bird Feeder which has a cover to protect the seed from rain and snow and a removable mesh floor for easy cleaning. Platform feeders like this, with excellent drainage, help minimize the risk of wet seed sprouting or supporting bacteria and fungi that can harm the birds. Help keep seeds safe and fresh with regular cleaning and by only providing enough seed for a day or two.

Hopper or house feeders protect seed

GARDEN MOMENTS **MELINDA**

MYERS

and bird droppings. But if the seed gets wet, the closed environment is perfect for bacteria and fungi to thrive. Plus, they are more difficult to clean.

Tube feeders are cylinders with perches and feeding ports.

Those with perches above the openings attract birds like goldfinches and chickadees that can feed upside down. Those with small perches discourage large birds from feeding. Select tube feeders with small ports for smaller seeds like Nyjer thistle and ones with larger openings for large seeds.

Look for ones with wire surrounds to keep out squirrels and those that are easy to clean like the Gardener's Supply Cleaver Clean Tube Feeder with a removable bottom. Reduce problems on other tube feeders by blocking the bottom of the tube that extends below the lowest feeding port. Seed and water can collect there, increasing the risk of fungi and bacteria.

Clean feeders regularly with a 10% non-chlorine bleach solution, commercial birdfeeder cleaner or mild solution of unscented dishwashing soap. Wash the inside and outside of the feeder, perches and feeding ports. Once cleaned, rinse with clear water and dry before refilling.

Provide some shelter from wind, snow, rain, and predators for birds spending the winter in your landscape. Supplement what trees and shrubs provide by including a few roosting boxes and pockets. Gardener's Supply fair

against the weather trade roosting pockets (gardeners. com) are attractive, easy to hang, provide some needed insulation and are easy for birds to enter and exit.

> Make sure to provide water throughout the year. Those in colder climates will need to add a heater, bubbler, or aerator to prevent the water from freezing. Providing fresh water reduces the calories and body heat a bird uses when melting snow and ice.

> Select a birdbath that can be left outside year-round to avoid cracks and leaks as water freezes and place it in a sunny area. Add a few stones so the birds can take a sip without getting totally wet. Keep these clean just as you do during warmer months.

> Looking for more ideas? Help your favorite birder prepare for the nesting season with a gift of one or more birdhouses. These make attractive additions to any landscape while providing more homes for visiting songbirds.

> When selecting the right gift for your favorite bird watcher or gardener consider creating or expanding your own bird-friendly landscape. A small investment in creating a bird habitat reaps wonderful benefits all year round.

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

Financial tips for new veterans



INANCIAI Focus

On Veterans Day, we honor the men and women who have served in our armed forces. If you've recently separated or retired from the military, or you will be leaving soon, you can be proud of the service you've provided to your country. But once you're a veteran, away from the structure and imperatives of the military, you may need to take greater control over managing your finances and protecting your

For starters, consider housing. When you were on active duty, you may have moved around frequently and found it more convenient to rent, but you may now want to purchase a house. Assuming you meet the eligibility requirements, you could apply for a VA loan, which typically does not require a down payment and is usually offered at a favorable interest rate. Make sure that you only take out a mortgage you can afford - you don't want to become "house poor."

You'll also want to save and invest for retirement. While on active duty, you could invest in the Thrift Savings Plan (TSP), but when you separate from service, you can no longer contribute to it. Now, if you get a job in the civilian sector, you may have access to a 401(k) or similar employer-sponsored retirement plan, and you might be able to roll your TSP balance into your new employer's plan. If you become self-employed or open your own business, you may be able to choose from several retirement plans, including a SEP-IRA, a SIMPLE IRA or an "owner-only" 401(k). But no matter what plan you have, try to contribute enough to meet your income needs in retirement, which could last two or three decades.

Furthermore, once you become a civilian, you may need to consider two topics that have special importance to you and your family: health and life insurance. Regarding health insurance, you should be able to get coverage through TRICARE and/or the Veterans Administration, but you also may want to take advantage of employer-sponsored health coverage. As for life insurance, you will lose the coverage offered by the military (Servicemembers' Group Life Insurance, or SGLI) shortly after you separate from active duty, so you'll want to consider your options for your SGLI, such as converting it to either Veterans' Group Life Insurance or a civilian policy. Your new employer may provide some form of insurance as an employee benefit, but it might not be sufficient for your needs. In any case, if you have dependents, it's essential you don't lose life insurance coverage, even for a short time.

Finally, be prepared for one negative aspect of becoming a veteran: fraud attempts. It's unfortunate, but scam artists frequently target veterans. Scammers may tell you that you qualify for "secret" government programs, but you must first pay a fee or provide personal information, which can then be used for identitv theft. Or they might try to charge you for access to your service records, even though you can get them free from the Department of Veterans Affairs. As a general rule, be suspicious of anyone you don't know who seems overly eager to help veterans.

Entering a new phase in your life can be exciting and rewarding – and you'll enjoy it even more when you get comfortable with your new financial arrangements.

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



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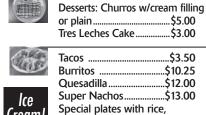


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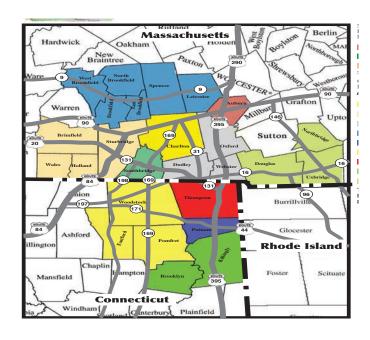
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Frank G. Chilinski

PRESIDENT AND PUBLISHER

Brendan Berube

EDITOR

EDITORIAL

The origins of Veterans Day

We would like to begin this Editorial by sharing words of gratitude to our veterans. Thank you for your valor, your sacrifices and your courage to defend our rights and to keep us safe.

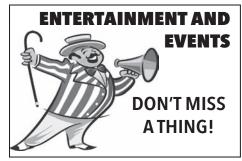
In honor of all those who have served our country, past and present, we thought we would share some history behind how Veteran's Day came to be.

The Great War was officially over when the Treaty of Versailles was signed in June of 1919, in France. Actual fighting ended seven months earlier between Germany and Allied nations, on the eleventh hour of the eleventh day of the eleventh month. Since then, Nov. 11, 1918 is known as "the war to end all

In 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day. Wilson stated, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

In June of 1926, Congress officially recognized the end of WWI, passing a resolution. Part of that resolution stated, "Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

In 1938, Nov. 11 became a legal holiday to celebrate all veterans in WWI and WWII. Armistice was replaced with Veterans. In 1954, Veteran's Day would honor all veterans in all wars.



Opinion and commentary from Spencer, Leicester and the Brookfields

<u>Letters to the Edit</u>or

Your important choice – Half a glass full or broken glass

To the Editor:

Imagine this situation. You and your family have become desperately thirsty. You all need a full glass of water. You have two choices. One choice offers you all a half glass of water. The other is a broken glass.

We, as members of families and American citizens face a similar choice. President Biden and almost all elected Democratic members (and some traditional/patriotic Republicans) in Congress would like to offer all our families at least a "half glassful" of programs to help;

our families care for and grow their children,

ensure that all America's children have the opportunity to learn what is needed to become educated, successful, effective contributors to their family, community, and country's well-being, and

re-make and further improve the competitiveness of the United States and recognition of our country as a trusted global leader.

The White House and Democrats in Congress have put forward two types of programs to meet these needs. The first focuses on repairing and improving "physical" infrastructure - transportation, roads, water, buildings, telecommunications, and protecting and improving our environment. Biden administration infrastructure program is the largest one since the Republican President Eisenhour secured bi-partisan approval 70 years (or 11 Presidents) ago for his Interstate Highway Construction program.

We in Massachusetts would receive billions of dollars for improving roads, bridges, water systems, public transport (including buses and trains), weatherizing homes and buildings, reducing energy costs, providing statewide broadband coverage, expanding electric vehicle charging stations, preventing cyberattacks, protecting against wildfires, and getting funding for locally designed projects for rural communities like Spencer, Leicester, and the Brookfields.

This "Infrastructure" bill has passed with 97 percent of Democrats (at least a glass half full) voting for and 94 percent of Republicans (broken glass) voting against it.

The second Biden bill focusses on people's needs - particularly those of

sad situation! Here are a few more of their

They claim there are more than two sexes. Let's stop this insanity. God and science equipment. You can imagine yourself as anything you want. Maybe in your head Bear, but that doesn't change your physical reality. You're born either male or female, not going to change that. Now, you're free insanity about there being more than two

Turn To ROBILLARD page A9

our families and children and their environment. they will live in. In a negotiated compromise, it will likely include;

universal pre-kindergarten for three and four year olds,

monthly cash grants to help middle and low income families help raise

child-care assistance that that limits these costs to as low 7 percent of family income.

increased college grants for low-in-

come college students such as those who attend our then strengthened community and four year colleges

expand home care services and increase benefits to care givers,

reduce of health insurance costs and help those in (almost all Republican) states that have rejected Affordable Care Act expansion, and

provide affordable housing options for middle and low income families.

This second bill mainly focusses on those we care most about and represent the future of our communities, country, and planet. When it comes to a vote, this second "half glass filled

bill will likely again receive almost all Democrat and hopefully some traditional Republican votes.

(The most important reason put forward for by the "do nothing/broken glass" right wing group of Republican Congressional voters is, with self-interest, they put their party before our country and our people. No matter how much needed, they want the Democratic President's plan not to get approved. These reactionaries do this even if it makes our now declining country less competitive and badly damages our people and planet).

With similar self-centered interest, we weekly see New Leader glass-breaker letters of hate and anger for anything and anyone Democratic - even if what proposed helps our families and towns. Examples of "broken glass" letters in the Nov. 5 New Leader include "Liberalism is truly a mental disorder" and "Death of Free Speech."

Fortunately, the choice is with us, not the letters. What will it be; at least a glass half full? Or a pile of broken glass, difficult, if not impossible, to glue back together?

SPENCER

Democratic insanity

To the Editor:

How did we let the patients of the insane asylum become in charge? We have a President that's a shell of a man. It seems that on his recent trip to visit the Pope, Biden became confused and thought he was with Satchel Page the baseball player. He then went on babbling about their ages. The poor Pope thought he was conversing with an Alzheimer's patient in the nursing home. It's also reported he had a bathroom problem. I bet that brought a climate change in the room with the Pope! They closed it off to the press and don't want to show any video. Instead, his handlers and the leftist media hide, lied, and made up a story. Yep, that's who you dopey Democrats voted to run our country into the ground. It just goes to show the insanity of the Democrats. They are willing to destroy our country here at home and abroad to gain political power. What a insane talking points.

prove without a doubt there are only two sexes possible. Either you have the XX (female) or the XY (male)chromosomes, period. When you are born with either one of these, you come with the necessary you're Superman, a unicorn, or a Care and all the best surgeons in the world are to be heterosexual, homosexual, or asexual. That's your choice. But stop the left's

November 10 is not the same this year

To the Editor:

You may have read my contention on occasion that liberals/progressives/ Democrats invariably ruin everything they touch. Now, lamentably, you can add another American institution being systematically brought to its knees by the socialist wreckers who seem unable to rest until everything good, grand, and glorious is left a smoking ruin after having been taken over by these wretches.

You may be reading this paper on Nov. 10, which just happens to be the birthday of the United States Marine Corps. After 246 years of attempting to "...keep our honor clean..." it seems clear the beloved Old Corps is in seri-

Just this week, the liberal news media--the fake news boys and girls--was crowing that U.S. Marines (the few and the proud?) just got their butts kicked in war games by a combined force of British Royal Marines, and Marines from the Netherlands, Canada, and the UAE. The reports are mixed, and Marine Headquarters are stoutly denying any such embarrassment occurred, but the question has to be asked: how could

it have been even close? This apparently one-sided confrontation occurred at Twentynine Palms, California, the largest Marine Corps base, and a place at which Marines have trained since 1952. The Leathernecks had home field advantage, they knew the terrain. This compares to a Division II college football team coming into Gillette Stadium and showing up the Patriots.

How can this happen? Easy. Let only politically correct officers--those whose careers are their overriding concern advance beyond O-5 (Lt. Colonel) to positions of control and command. and watch everything from readiness, morale, esprit, and competence crumble before your eyes

It was Gen. "Mad Dog" Mattis who made his name by talking tough—while backed by enough fire power to take on a German Panzer Division—to 7th Century goat herders in Afghanistan, that should've set off alarm bells among those who love the Old Corps and its traditions. When he said he wasn't concerned with "who you loved" when it came time to screening those who wished to join-language straight out of the "Castro Street Guide to Politically Correct Speech"--or when he and other

Marine big shots decreed that millions would be spent trying to find that one female who could successfully complete the Officers Basic Infantry Course even if standards had to lowered, you knew it was time to stand by for squalls.

It was Mattis and Gen. John Kelly, in their roles as Secretary of Defense and White House Chief of Staff, respectively, who single-handedly undermined as much of President Trump's agenda as possible even though their boss, DJT, was the most outspokenly patriotic, pro-military, strong-ondefense chief executive of my lifetime. One might have thought Kelly, whose Marine officer son was killed in Afghanistan, would have appreciated Trump's determination to end American involvement in wasteful, endless foreign wars and spare other parents the agony he and his wife experienced upon losing their Marine. But, no, you could see it on their faces; they despised President Trump and wanted to be seen as heroes to their fellow haters on the political left.

Marine perfumed princes at the general grade levels have—for political

Turn To MCRAE page A9

Giant killers



Positively **SPEAKING**

TOBY MOORE

Everybody loves a good story about an underdog-who overcomes impossible odds. Many movies are made with the central character as the underdog. This is the accepted structure of most screenplays in Hollywood today. The protagonist must be up against impossible odds, facing a literal or a figurative giant.

Real-life underdogs include George Washington, Susan B. Anthony, Harriet Tubman, King David, Rosa Parks, Martin Luther King, and Gandhi, to name a few.

Only a tiny percentage of us want to slay giants. If you are called to battle giants in a given industry or profession, learning lessons from those who have done the same will be necessary.

Arreguin-Toft is a political scientist who calculated the odds of weaker countries winning wars against stronger countries. He found that when weaker countries fight by the same rules as the stronger countries, they only win 28% of the time. When they fight using unconventional methods, they win 64% of the time.

Vivek Ranadive never played or coached basketball before. In his first year as coach of his twelve-year-old girl's basketball team, he brought his inexperienced team to the national championships and almost won. How was this possible? He refused to play the traditional game of basketball. Instead, he taught his girls to play using unconventional methods.

George Washington sometimes fought the British using conventional warfare but often used guerilla tactics to win. If he had fought only using European-style tactics, he wouldn't have won.

Never play by the Giant's rules.

My favorite underdog is King David of ancient Israel. He was unappreciated by his family and considered unworthy of greatness. Until he decided to become a giant killer, he spent KEVIN KANE most of his time alone in the pastures tending his father's sheep.

During this time, the Israelites were at a standstill against the Philistine army and were powerless to stop a giant named Goliath, nine and a half feet tall.

Every day Goliath emerged from his tent, dressed in armor, carrying a spear, a sword, and a weapon slung on his back. Daily he terrified the Israelites and challenged their best soldiers to face him in battle. Nobody was up to the challenge.

One day. David was called out from the fields and sent to bring food to his brothers. When he arrived, he learned of Goliath's challenge and accepted. He was mocked and made fun of, but David paid them no mind. He prepared himself for the fight of his life.

The Israelites tried to outfit David with traditional battle weapons like heavy armor, a sword, and a spear. They wanted to get him to fight the way Goliath wished to fight. David found the weapons awkward; it was then he decided he wasn't going to play by Goliath's rules. David opted to use a sling and a stone.

Slings in David's time weren't like the slingshots we used as kids. Ancient slingers could defeat infantry armed with swords and armor most of the time. A good slinger could penetrate the skull of his enemy.

When the contest began, David didn't hesitate. He sprinted to the fight, quickly finding a few smooth stones; swinging his sling, he released the rock and sunk it straight into Goliath's forehead. David walked over to Goliath and chopped off his head using Goliath's sword.

This was a great victory that cemented David's position as a giant killer, and he went on to become the greatest king in Israel's history.

How did David win? He refused to play by the giant's rules. Indeed if David had approached Goliath dressed in full armor and armed with a sword, David would have lost his life.

Giant killers in modern times won't be using slings, swords, and spears. Our weapon will be the knowledge of the giant's weakness and a refusal to play the game the way the giant wants

If you choose to be a giant slayer, then remove all doubt and replace it with faith. People will laugh at you but do not pay attention. Sprint into battle, knowing your victory is secure.

Deer season in full swing

Deer hunting is in full gear, with archers harvesting numerous big bucks in the last couple of weeks. The rut is now entering its peak time, and should provide archers with some great opportunities to bag a big buck prior to shotgun season.

The shotgun season in Massachusetts opens on Nov. 29, and will close on Dec. 11, with primitive arms season opening Dec. 13 and closing on Dec. 31. During the first week of the shotgun deer season, all deer must be brought to a Mass. official checking station within 48 hours of the harvest. For the remainder of the deer hunting seasons, they must be

registered within 48 hours online. Antlerless deer permits for zones 13 -14 are still available for \$5 each, and can be purchased on line at the Web site MASSFISHHUNT. Zones 13-14 have an extremely high population of deer in them and often require land owner permission to hunt them. Keeping a legal distance from an occupied dwelling is the biggest challenge. Bow hunting these areas is the best way to harvest a deer.

During the youth hunt held on Oct. 2 of this year, 76 deer were recorded with MFW. Youths ages 12 - 14 could hunt deer with an adult that had a valid hunting license. The youth were also required to have a valid youth permit for the one-day hunt. What a great way to start a youngster to enjoy the sport of hunting!

Although Mass. Fish & Wildlife failed to pass a crossbow permit for hunt-

THE GREAT **OUTDOORS** RALPH **TRUE**

and sportsmen are flocking to the nearby states to use them. Keeping a good inventory of crossbows in their sports section has been a bit hectic, especially for some of the high-end bows like the Raven. The

ers, the sales are going

through the roof. Most

states allow the use of a

cross bow for hunting,

Raven is extremely accurate up to 100 yards. Crossbows also required extreme caution when using them. They should never be dry fired (firing them with-out an arrow in them). That goes for any bow

The bow strings need to be constantly inspected for wear, and sporting goods stores that carry the new crossbows are seeing a lot more wear on the new bows because of the extreme pressure that the bows are under.

One bow hunter was using his cross bow for the first time, when the bow exploded as he was resting the bow alongside his leg. The bow suddenly exploded and caused severe damage to his leg. It may have been damaged previously, but the crossbows are at an extremely high pressure, and need to be used with the utmost caution. A warning from some of the companies that manufacture the cross-bows state that they should not be left cocked for more than six hours. You should have your crossbow checked by a dealer every year, to make sure that they are safe to use.

Goose hunting in the valley area has



This week's picture shows a Bonito taken last week in front of the lighthouse at Point Judith,

been good for hunters that had private corn fields to hunt. A lot of flight birds were observed by hunters, and if they were hunting the day that the birds were passing through the had the opportunity to harvest a couple of the migrating birds. Snow geese are often accompanying the Canada geese as they migrate south giving the hunter an opportunity to harvest a few of them also. Fifteen snows are the daily bag limit. Goose hunting ends Nov. 27, and reopens Dec. 13.

Wild Turkey hunting in the fall is a real challenge. Their eye sight is amazing, and sneaking up on one to shoot is not easy. During the spring hunting season, they are receptive to turkey calls, and are a lot more exciting to hunt. Basically,

you need to ambush the bird which is

Trout fishing has been great for most anglers that have not put their boats into winter storage. Shore fishing anglers are also catching some impressive trout.

Veterans day will be celebrated this coming Monday by thousands of people paying respects to the fallen, wounded veterans and those who served in our armed forces. It is because of them we get to enjoy our freedom every day. A big thank you to all those that celebrated this special day, and to all of our veterans.

Take a Kid fishing & Keep Them Rods

MCRAE

continued from page A8

reasons and not because they truly believe it can work-forced the Corps into female Drill Instructors working with male recruits; females being insinuated into hard core infantry battalions; sex-integrated boot camp training battalions; greatly lowered physical fitness standards, etc...none of it can ever work, and there are Marines alive and well today who will pay a horrible price when the "Butcher's Bill" comes due at some future contested piece of ground against a foe who is not encumbered by such demonstrably insane ideas about war-fighting.

How could you expect the young Marines at Twentynine Palms to hold their own against visiting units from effete, sybaritic European countries who long ago abandoned their martial traditions? After all, with the emphasis now on Critical Race Theory training, with rooting out from the service traditional middle-American patriots who believe in and love the country and its Constitution, with bludgeoning any member into submission who declines, for perfectly valid reasons, to inject experimental, unknown substances into his body----who has any time for distractions like patrolling, fire and maneuver, placement of assets, cover and concealment, defeating ambushes, land navigation, etc?

Were the 13 service members (11 Marines) slaughtered in Kabul this past summer victims of the new woke Marine Corps? Who ordered these brave young Americans to go out to the frenzied crowd with no protection from the very real possibility of a suicide bomb attack—no sandbagged protected area, no metal detectors, nothing between them and the out-of-control mob? Was any officer's career wrecked by that fatally flawed order? Anyone busted down to Private E-1?

But, the Marine ruling elite had no such reservations about court martialing--and jailing--a battle-tested Lieutenant Colonel who dared make critical comments about the disastrous failure of leadership by high-ranking Marine and governmental officials.

For 245 years, the Corps had one simple policy concerning uniforms, which applied to all without exemption. Now, thanks to the new "woke" direction the leadership has embarked upon, the dam is cracking. The Corp's position was always, make your choice, be one of us, a Marine, or promote your religion--your call. Now, in the new and improved Corps, A Sikh junior officer has been granted the right to wear his turban while in uniform. How, then, to refuse a Christian, a Jew, or a Muslim the same consideration in some outward display of his or her religious affiliation? Sauce for the goose, sauce for the gander.

The heart and soul of the Marine Corps was, in my opinion, the Drill Instructor. It all rose or fell depending on how tough, how uncompromising, how competent, and how dedicated to the Corps was the D.I. The system, lets face it, was based on fear. You feared crossing the D.I.; the consequences were too severe. One man, the D.I., could have fifty men doing his bidding--often under great physical stress--simply because they feared not doing as he demanded. You may not like it, but that's the way it was. Watch the first 30 minutes of "Full Metal Jacket" (a movie I don't like at all, but it shows pretty much the way things worked) if you would understand what I'm telling you. The history of the Marine Corps, from all the way back, indicates that the system they employed to produce "a first class fightin' man"...worked.

But, the progressive generals have turned it all upside down. Now, I think it's the other way around: it's the D.I. who, though he tries to hide it, fears the recruit, especially if the recruit is a female or a member of the protected classes. One wrong word, a facial expression, one slightest physical contact with the untouchables, and say goodbye to your career, and maybe hello to the brig. God bless and protect the D.I.'s who will continue to try to do their jobs despite those jobs being made almost impossible by the imbeciles at the top.

My brief service in the Marine Corps was a turning point in my life. I used to suggest to young guys who were trying to find their way that if they were interested a stint in the Marines would help them find the discipline they needed, the pride in not quitting something, and a chance to build a resume.

Not anymore, though. This Nov. 10, I'll be thinking of those Marines of the past 245 years who, if they were around today would be shocked and outraged to see what has happened to the "lean green mean fighting machine." Another disaster that didn't have to happen, another example of the wreckage that occurs when duplicitous liberals are entrusted with running something far greater than they in their puny minds are capable of recognizing or respect-

Semper Fi? I'm just not feeling it this Nov. 10

> JOHN MCRAE EAST BROOKFIELD

ROBILLARD

continued from page A8

The other is the concept of inbred racism. The color of your skin is a gene that changes your pigment, period; end of story. There is no such thing as being born "racist." It's the same as a gene that gives you red hair or makes you tall or short. Everyone has a slightly different set of genes. We are all unique in that way. Our differences should be celebrated. God gave us these little differences so that when we procreate, we mix up the gene pool to prevent genetic deformities and diseases. We are stronger and healthier if when we mix up the gene pool. It's the wisdom of our creator that he made us this way. We are all slightly different for a reason, those that don't reach out and congregate with others get weak and die off. So, stop the insanity of trying to use race or any other of God's gifts to turn us against

each other. How insane is their stance on crime? Their stance is that criminals should be paid for their crimes instead of having to pay society back. We just found out the progressive's socialist are planning on giving up to \$450,000 to each illegal immigrant who broke the law and crossed our border. You see when you're an adult and you do a crime you were supposed to be put you in jail. If you break the law with your kids along beside you, then they get separated and put in homes for their safety. That's how it worked in our society. Not in a country run by the socialist loonies. They say this is not right, so we now have to compensate the criminals. So, by their logic if someone robs or murders you and we put them in prison we need to pay them for separating them from their families. Their policies are to defund the police, remove bond requirements for serious crimes, reduce sentences, and then compensate criminals for society locking them up. Sounds like something out of a Bizarro world. When a reporter questions Biden about the payments to the illegals, he acts incredulous and says they're liars. Not going to happen on his watch! Obviously, this puppet doesn't know what his bosses want him doing. He was scolded and informed of their plans. They told him what their plans are and told him what to say. Like a good puppet, he came out two days later, explaining he misinterpreted it. Pure insanity we have a puppet like this as president with his socialist puppet masters pulling the strings with policies to destroy

the laws and safety of our country. Our focus for the next three years is to find a way to navigate through our life with a dazed and confused leader. A leader that cannot formulate his own thoughts but is instead being used as a puppet by the leftist progressive Democrats in his cabinet. We need some centrist Democrats to stop their insanity and keep America solvent. Manchin and Sinema seem to be trying, but the leftist activists and media are trying to make their lives miserable if they don't break to their will. Hopefully, God gives them the strength to hold on until 2022. With Republicans and awakened Independents. there should be enough votes in the 2021 midterms to stop the insanity of the Democratic left. Then maybe we can bring back the competent, sane, and brilliant Donald Trump in 2024 to fix what these loonies broke.

Mark Robillard



* * Triday's Child



McKenzi Age 15

Hi! My name is McKenzi and I love to swim!

McKenzi is a creative, kind teen of Caucasian descent. She loves to cook, swim, paint, and watch television. McKenzi describes herself as a funny child who is also a good friend. She is very loyal to those she cares about, and she remains dedicated to her interests and passions. Those who are close to McKenzi note that she is hard-working, caring, and a good role model to others. She is very resilient and does not give up easily! Her teachers report she does well in school and works at grade level. Her favorite subjects are art and

Legally free for adoption, McKenzi's ideal family would consist of one or two moms, with no other children in the home. Because McKenzi's social worker believes she could thrive in any type of fam-ily, she will consider all families who express interest. McKenzi's one wish is that her future family be caring and understanding. They should also be willing to abide by the Open Adoption Agree-ment with her birth parents, and also maintain contact with her siblings who are placed separately.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

Halloween Leftovers = Post Holiday Treats



TAKE THE HINT

> **KAREN** TRAINOR

Halloween has come and gone and if you find yourself with a few perfectly good pumpkins and an accumulation of candy bars, read on for some creative ways to enjoy the post holiday leftovers without waste!

If your kids took home a huge Halloween haul, here are some "repurposing" ideas to save the sweets for later!

*Small, hard candies such as Jolly Ranchers and other bright treats are ideal to stow away to use for holiday gingerbread house decorations. Best of all, even stale candy works well!

*Collect plain Hershey bars and mix with chocolate melting wafers to make holiday bark and other seasonal chocolate confections.

*Individual bags of Skittles, M&Ms and other small candies

can all be opened and tossed into a candy jar for a colorful candy dish medley to put out during the holidays.

*Even boxes of raisins, mini bags of nuts, and teeny chocolate buttons can be put to good use when mixed into a wholesome trail or granola mix.

Butterfinger Brownies

Butterfingers are one of the most popular candy bars in trick or treat bags. Instead of sending kids into sugar overload, save some of the sweets to make these impressive Butterfinger Blondie Brownies.

Ingredients: 2 1/4 cups all-purpose flour; 1 teaspoon baking powder;1/4 teaspoon salt; 3/4 cup butter; 2 1/4 cups light brown sugar; 3 large eggs; 1 1/2 teaspoons vanilla extract; 4 regular-sized or 12 fun size Butterfinger candy bars. crushed

Directions: Preheat oven to 350°F. Grease and flour a 13x9-inch baking pan. In a small bowl, whisk together flour, baking powder and salt; set aside. In a medium bowl, with electric mixer at medium speed, combine butter and brown sugar. Beat in eggs and vanilla until smooth.

Stir in flour mixture and 1 cup of crushed butterfingers. Spread in prepared pan. Sprinkle remaining crushed Butterfinger bars over top of batter. Bake 30-35 minutes, or until brownies are a bit firm to the touch. Cool completely before cutting into bars. Makes one dozen brownies.

Candy Bar Cookies

What could be better than an assortment of fun size chocolate bars? How about melting them into a cookie! This recipe uses up candies big and small:

Ingredients: 1/2 cup brown sugar; 2 eggs ; 2 tsp vanilla shopping;1 tsp salt;1 tsp baking soda; 1 1/3 cups flour; 2 cups quick oats; 2 cups of chopped up candy bars (Milky Way, Snickers, Kit Kat, M&Ms, peanut butter cups, etc. all work).

Directions: Cream together sugars, butter and shortening. Add in eggs and vanilla. In a separate bowl mix together dry ingredients add into mix. Stir in candy. Drop by tablespoons onto ungreased cookie sheet. Bake at 350 for 10-12 minutes.

Repurposing Pumpkins: Whether leftover pumpkins were used as harvest decorations, or just never ended up making the grade as Jack-O-Lanterns, the big question is: What to do with these perfectly good pumpkins? Freezing cooked, pureed pumpkin is a favored way to preserve the taste and texture of pumpkin. Sugar or pie pumpkins are ideal candidates for freezing as the pulp is thicker and firmer. To easily prepare a pumpkin for pureeing, simply place the whole fruit in the microwave for about a minute or so to soften the skin. This will make the pumpkin much easier to peel. Cut the pumpkin in large slices, peel the skin and remove the strings and seeds. Then cut the slices into smaller pieces. Boil the pumpkin pieces until tender, then mash or process the pumpkin pulp until it forms a smooth, thick puree.

Pumpkin Hummus: Pureed sugar pumpkin adds just the right flavor to this hummus.

Mix together in a food processor until smooth: two cups pureed sugar pumpkin; one 15 oz can of garbanzo (chi chi) beans; one tablespoon tahini, two teaspoons vegetable oil; one teaspoon cumin; one teaspoon salt; one eighth teaspoon cayenne pepper; one crushed garlic clove, and three tablespoons of water. Adjust thickness by adding a little water if it is too thick. Makes two cups. Serve with pita bread or crackers.

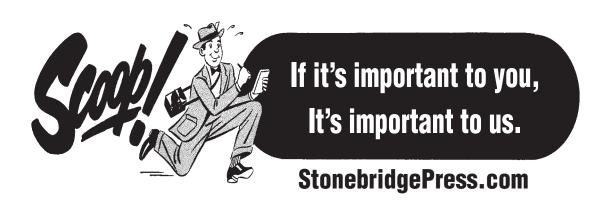
Perfect Pumpkin Seeds: Roasting up a batch of pumpkin seeds is not only an annual treat, it's a great way to use up every bit of the vegetable: To properly toast pumpkin seeds, remove all pulp and clean

strings from the seeds. Place seeds in a bowl and stir in melted butter or olive oil and salt to coat the seeds. Spread seeds on a cookie sheet and bake in a 275 degree oven for about an hour or until the seeds are golden brown and crisp. Avoid overcooking as seeds can become hard and tough. Prefer crisper seeds? Prior to toasting boil the seeds in salted water for about ten minutes, drain and prepare for roasting.

Win Dinner for Two at the Publick House - Contest has resumed!

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

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







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Tantasqua survives, advances with victory against Martha's Vineyard

STURBRIDGE — A wellplayed and scoreless soccer game after nearly 50 minutes saw the Tantasqua Regional boys' team and Martha's Vineyard battling it out in a MIAA Division 3 State Championship Round of 32 game at the Reservation on Thursday,

But, in the end, the 14th seeded Warriors had enough to upend

No. 19 Martha's Vineyard, 1-0, when Majed Ahmad Simrin found an opening in the crease and scored with 30 minutes to

Tantasqua (13-3-1) survived and advanced to the Round of 16. There, they will play at No. 3 Norwell High on Nov. 9, which comes after press time.

Tantasqua girls also win:

Playing at the nearby Cage an hour earlier, No. 25 Tantasqua took care of business in a MIAA Division 3 State Championship preliminary round contest versus No. 40 Boston Latin Academy, 5-0. The Warriors (11-5-1) then played at No. 8 Bishop Fenwick High in the Round of 32 on Nov. 8, after press time.



Photos Nick Ethier

Tantasqua's Jack Leland chips the ball away from an attacking Martha's Vineyard player.



Tantasqua's Marvin heads down the field in pursuit of a loose ball.



Keeper Braylon Casinghino of Tantasqua sandwiches himself between a few players and makes a save.

High School Notebook — Warriors' football wins with last-minute play

Friday, Nov. 5

Tantasqua 8, Westborough 7 — After three scoreless periods of football were played at the Reservation, the Warriors fell behind 7-0 following a Rangers' 1-yard rushing touchdown by Adam Steinberg.

But Tantasqua never faltered and embarked on the game-winning drive with 3:50 remaining, which began on their own 5-yard line. Running the ball on the entire drive, it was capped by the

Warriors' Abner Colon-Martinez, who scampered into the end zone from 14 yards out with 40 seconds to go. Colon-Martinez also rushed in the two-point conversion to account for the winning

Tantasqua's Aidan Filler led the offense with 91 rushing yards on 13 carries as the Warriors won for the first time, improving to 1-7. Westborough is

Trevor Harris Tantasqua sees an opening in the field while possessing the ball.

Postseason Scoreboard

Local teams compete in State Tournaments

The following are local results from teams that competed in MIAA State Tournament games last

Wednesday, Nov. 3 Division 4 Volleyball

Round of 32 (14) Malden Catholic 3, (19) Bay Path 0 — Despite a strong regular season, the Minutemen couldn't find victory and finished

Saturday, Nov. 6 Division 7 Football

Round of 16 (3) Hamilton-Wenham 28. (14) Leicester 14 -The Wolverines head a tough task against one of the top seeds and fell

take on Maynard High in a non-playoff matchup on Friday, Nov. 12 at 7 p.m.

two touchdowns short.

Leicester, now 4-5, will

Division 5 Girls' Soccer Round of 32

(12) David Prouty 3, (21) Frontier Regional 0 — The Panthers kept their magical season alive with a first round victory. Prouty (10-6-2) will next take on the Bromfield School, No. 5 in the bracket, in a Round of 16 matchup on Nov. 9, after press time.

(13) Georgetown 4, (20) Quaboag 1 — The Cougars finished the season with

ing the loss, but Quaboag reached this game by winning a preliminary round matchup with No. 45 Pioneer Charter, 7-0, on Thursday, Nov. 4.

a record of 6-11-3 follow-

Division 4 Field Hockey Round of 32

(7) Lynnfield 6, (26) North Brookfield 1 — The Indians had a strong regular season but the loss ended their year with a record of 12-4-3.

(9) West Bridgewater 4, (24) Leicester 0 — The end of the road came for the Wolverines, who finished 10-5-2 on the season.

SOCCER

continued from page A1

which comes after press time. The Cougars, No. 30, finished

9-9-2.
"The defense played solid and we moved the ball around pretty well," said Douglas head coach Alex Ferguson. "They were a physical team and we knew that coming in. They had a couple nice kids who were good players.'

Ferguson credited the play of Quaboag's Chase Potvin, Brandon Allen and Ryan

And the Cougars playing with physicality is exactly what their identity is, according to head coach Steve Pultorak.

'That's the kind of team we have," said Pultorak. "We have to play physical against a team like this. We can't play any other way because we're outmatched. They're just so quick."

Douglas took a 1-0 lead in the 19th minute. Aidan Ferguson sent a pass into the box, which was touched by Owen Gray. From there, Gray deposited his shot past keeper Gabe Paquette (11 saves) and into the net.

'The first goal was nice. Aidan split the defenders and then Owen finished it off," said

Alex Ferguson. The Tigers doubled their advantage in the 33rd minute when the Cougars' Potvin took out a Douglas player in the box.



Quaboag's Ryan Miner reaches out his right leg in order to stop the ball before it can bounce out of bounds.

Chris Dame then converted the penalty kick.

Now playing with a 2-0 halftime lead, the Tigers didn't allow Quaboag a chance at a comeback when they went ahead by three in the 59th minute. Aidan Ferguson took a free kick from 35 yards out that found the lower left-hand corner of the net.

Douglas finished off the 4-0

victory with a goal in the 78th minute. Dame threaded a pass to Aidan Ferguson, who dribbled the ball before firing a shot into the net.

"Chris made a nice pass to Aidan and then he made one touch around a guy and put the ball in," said Alex Ferguson.

Despite the loss, Pultorak was proud of Quaboag's success. Following a four-game losing streak, where they were outscored 10-0, the Cougars were 7-7 and in danger of miss-

ing the State Tournament. 'We had a string of four games where we couldn't score a goal. I'm glad that we were able to turn it around because that can get the team off track for the rest of the season, but we don't have that type of team. They fight back, they claw their way back," said Pultorak as Quaboag entered the final game of the regular season needing at least a tie versus Grafton High to reach the postseason.

'We tied Grafton. I don't know that anybody in Quaboag history boys' soccer has tied Grafton. They're three divisions up," said Pultorak.

The Cougars then played a preliminary round game on Thursday, Nov. 4, defeating No. 35 Hoosac Valley 4-0 before falling to Douglas.

Douglas girls also win: Douglas High hosted a doubleheader on Nov. 6, as the girls' varsity soccer team also played in a MIAA Division 5

State Championship Round of 32 game before the boys. The ninth ranked Tigers took care of No. 24 Rockport High, 3-0.

"It was a good win for the girls. They moved the ball really well up top today," said co-coach Desi Vega. "At halftime we told the girls we had to try to score that third girl early in the second half, it was 2-0 at halftime, and Morgan scored one within the first three minutes."

Morgan Berthiaume was the goal-scorer — her second of the game — and she also assisted on Liv DeFalco's goal. DeFalco had an assist on one of Berthiaume's strikes.

Madison Mooney was the final line of defense for Douglas, and she pitched a shutout with two saves.

"The defense really helped out Madison a lot today. They played solid in the back. Madison isn't our normal goalie, so she was nervous," explained Vega. "We told the defense that everybody had to help step up and take the pressure off her. There wasn't one tested shot on her."

Mackenzie Catlin was given props by Vega for her performance on defense.

"She's our center back, our leader back there. She's the anchor," Vega said of Catlin.

The Tigers (10-6-1) were scheduled to play No. 8 Millis High in the Round of 16 on Nov. 9, after press time.

OBITUARIES

Raymond Nils Ronander,76

LEICESTER-Raymond Nils Ronander,76, of Pine St., died Sunday, Nov 7 at St. Vincent Hospital in Worcester.



He leaves his wife of 40 years, Charlene (Henderson) Ronander, his daughters; Lisa Russell and her husband Jeff of Spencer, Lori Ronander of Leicester and Melinda Jackson of Manchester, CT.,

grandchildren; Jesseca, Matthew, Amber, Kerra and Dakota, 2 great grandchildren; Aleena and Grayson.

He was born in Boston, the son of Nils Caleb and Evelyn E. (Johnson) Ronander and later graduated from South High School in Worcester. Ray was a maintenance mechanic for several area manufacturing businesses before retiring in 2016. He was a longtime volunteer at the Leicester

Recycling Center since its inception.

Ray was a member, since 1998 of the Olive Branch Lodge AF&AM in Millbury, member of the Scottish Right and the Melha Shriners in Springfield. He was a 32nd. Degree Mason. He was an avid golfer and enjoyed time with his family.

A Masonic Service will be held on Saturday, Nov. 13 at 1p.m. in the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer. Calling hours will be held prior to the service from 11 to 1p.m. The family requests that masks or face coverings be worn in the funeral home. Burial will take place at a later time for the family in Worcester County Memorial Park, Paxton. In lieu of flowers, contributions may be made to either to Shriners Hospital for Children, 516 Carew St., Springfield, Ma 01104 or Salvation Army, 640 Main St., Worcester, MA

www.morinfuneralhomes.com

Daniel F Lavigne, 79 Daniel F Lavigne, 79, of Port Orange

formerly of Leicester, MA passed away on October 29, 2021. He was



born on June 29, 1942 in Spencer MA. Son of the late Damose F Lavigne and Beatrice M Lavigne (Dumas). Dan knew how fortunate he was to meet Diane Keating and wasted time in marrying

her. They were married on August 11, 1972. In August they celebrated 49 years together. Their bond will continue until she joins him for their next adventure. He was predeceased by his three brothers. Richard, Walter and Rene Lavigne. He leaves three sis-Lucille Radulski (George), Claudia Morris (Jim), and Michelle Terkanian (Ben) all of Port Orange, Fl. Dan also leaves sisters-in-law Carole Keating, Marilyn Porcaro Brothers-in-law Patrick (Bob). (Pam) and John (Lyn), Keating.

Dan was in the Army National Guard. He was educated in the Spencer School He retired from Millbrook Distributors after 25 years as a truck driver. He was a member of Teamsters Local 170, Worcester, MA. The American Legion Post 361 in South Daytona, FL. And The Eagles in Port Orange, Fl. He will be greatly missed by family and all who knew him. He was a world traveler and never missed an opportunity for a good time. A celebration of life will be held on November 12, at 1PM at the Summertrees Club House, Crooked Pine Rd., Port Orange, FL. private burial service will be held at Cape Canaveral National Cemetery in Mims, FL. The care that Dan received while in the ICU at Halifax Hospital was exceptional. Donations may be sent to Halifax Health ICU at 655 North Clyde Morris, Daytona Beach, Fl, 32114.

www.lohmanfuneralhomes.com

George H. Albro, 78

WORCESTER: George H. Albro, 78, of Worcester, died suddenly, Thursday, Nov. 4 at UMASS Memorial Medical Center in Worcester surrounded by his family, after being stricken ill at his



George was born in Worcester, the son of Glennon R. and Nellie I. (Seaver) Albro. He attended Leicester High School, where he began dating his wife of 55 years, Lillian C. (Brooks) Albro, in their junior

year. He earned Bachelor's (Class of '65) and Master's Degrees from Worcester State College. He remained dedicated to the Worcester State community, as it grew from a small teacher's college to a University, serving on the Alumni Board, Foundation Board and Board of Trustees (Past Chairman).

George retired as assistant principal of Leicester High School in 2002. He had taught English for a total of 37 years. At Leicester High, he founded and ran, for over a decade, a student exchange program with a secondary school in Glossop, Derbyshire, UK.

George was a talented athlete and a beloved coach. Despite having no sight in one eye, he was a play-making point guard who completed a record number of assists at Worcester State, where he led the '61-62 team to a state championship. He coached Boys Basketball and Baseball at Leicester High over a span of 17 years and later served as Assistant and then Head Basketball Coach at Worcester State, where he was inducted into the Hall of Fame in 1998. An avid golfer, he played in the Senior League at Bedrock CC in Rutland and recorded his first hole in one just this

George was often on the telephone: many, many people relied on him for advice and support, and he generously shared his wisdom and thoughtful perspective. When he was with you, he was really with you. We're heartbroken that he is no longer with us.

He leaves his wife of 55 years, Lillian by a sister Beverly Granger.

The family is incredibly grateful to the staff at UMASS Memorial Medical Center, especially Ben, our RN.

In lieu of flowers, contribube made to the George H. Albro '65 Worcester, MA 01602.

Main St., Leicester is directing the

C. (Brooks) Albro; his sons, Michael G. Albro and his wife Lisa of Rochdale and Timothy J. Albro and his wife Laura Heffernan of Jacksonville, FL.; his daughter BethAnn Albro-Fisher and her husband Benjamin Albro-Fisher of Northampton; his brother Donald Albro of Barre, his sister Patricia Dionne of Marlboro; his six grandchildren: Katie, Michael, Jenna, Adrienne, Julia, and Lowell; and several nieces and nephews. He also leaves his four siblings-inlaw, to whom he was a brother: Barbara Brooks, Bobby Brooks, Bill Brooks, and Annette Ackerman. He is predeceased

The family will receive friends in a period of visitation prior to his Funeral Mass on Tuesday, Nov. 9 from 9 to 11a.m. in Christ the King Church, 1052 Pleasant St., Worcester. In addition, the family will greet mourners outside after Mass, which will begin at 11a.m. The family requests that masks or face coverings be worn at all times. There will be no funeral procession to the cemetery; burial will be private for the family in Worcester County Memorial Park, Paxton.

www.morinfuneralhomes.com



It's important to us.

tions in George's memory may Memorial Scholarship at Worcester State University. Checks should be made payable to the Worcester State Foundation, Inc. and in the memo officials will partner field indicate George H. Albro '65 with the police depart-Memorial Scholarship. Donations may be mailed to the Division of University Advancement, Worcester State University, 486 Chandler Street,

The MORIN FUNERAL HOME, 1131 arrangements for the family.

Albert "Al" J. Theberge, 86

West Warren - Albert Theberge, Jr., 86, of West Warren died on Thursday, November 4, 2021 at Baystate Wing Hospital.



He leaves his two daughters, Barbara Allen of Monson and Gail Sledziewski and her wife Mary Jane Adam of West Warren; his grandchildren, Sharon Sledziewski and her companion,

Voorhis and Joseph T. Sledziewski, Jr., and his wife Christine; four great-grandchildren, Dean, Cory, Kyle and Jack; one great great-granchild, Emma; his brother, Royal Theberge of Kingston, his two sisters, Beverly Hibbard of Warren, and Helen Mesick of West Palm Beach, FL., as well as many nieces and nephews. He was predeceased his son Randy Theberge and his wife June E. (Reim) Theberge. He was born in Ware, son of the late Albert J. and Helen A. (Van Wagner)

Al worked as an Assembler at Warren Pumps for 24 years, before retiring in

He was a loving and devoted husband, father, grandfather, great grandfather, great great-grandfather, brother, uncle and friend.

He was a member of member of George Whitefield United Methodist Church where he was also the custodian for many years, he was also a member of the Fraternal Order of Eagles in West Warren.

A funeral service was held Tuesday, November 9, 2021 at 11AM in the George Whitefield United Methodist Church in West Brookfield. Calling hours were held prior to the service from 9-10:30AM in the Varnum Funeral Home, Inc., 43 East Main Street, West Brookfield. Burial was in Pine Grove Cemetery in Warren. In lieu of flowers, memorial donations may be made to George Whitefield United Methodist Church, P.O. Box 576, West Brookfield, MA. 01585.

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting his family with arrangements.

An online guest book is available at varnumfuneralhome.com

TOY DRIVE continued from page **A1**

families in need.

from 10 a.m.-2 p.m. All toys that are collected will be distributed to area

In Leicester, ment, fire department, Teachers' Association, and Walmart. The donation bus will be parked in front of the Leicester Walmart Supercenter from 10 a.m.-2 p.m.

With employment challenges and supply chain issues continuing to affect local families - plus concerns over holiday season shipping delays for online purchases - this year's toy donation drive **StonebridgePress.com** is especially important.

"Please join us in this amazing gift giving effort in Spencer, North Brookfield, and Leicester," Miller said. "For some families, this can be a very stressful and challenging time of year. We are trying to make this a little easier

AA Transportation employees look forward to this donation campaign each year. They appreciate the support of residents who make the effort to donate each holiday season and assist families.

"We enjoy spearheading this community effort and hopefully spreading some cheer by collecting new, unwrapped toys throughout the area

that can be given to area families in need," Miller added. "The success of our campaign each year is all because of generous donations made by the wonderful people in our communities. We hope that everyone that can possibly give this year will come out and help us stuff these buses. Every donation counts.'

Donations can also be made in advance of the drive. If you are interested in donating toys for local kids, visit the North Brookfield Police Department or the Leicester Police Department. You can also drop off donations with your AA Transportation bus driver between Nov.

POLICE REPORTS

Spencer Police

WEDNESDAY, OCTOBER 27

12:32-12:37 a.m.: buildings checked, secure; 4:59 a.m.: fire/woods/grass (Donnelly Cross Road), referred; 5:05 a.m.: DPW call (Bacon Hill Road), tree on wires; 5:17 a.m.: DPW call (Browning Pond Road), tree across road; 5:56 a.m.: DPW call (Northwest Road), lane blocked; 7:15 a.m.: school alarm (Main Street), services rendered; 8:28 a.m.: mv alarm (Dustin Street), services rendered; 9:04 a.m.: DPW call (Main Street), sign down; 11:20 a.m.: medical/ general (Main Street); 11:20 a.m.: officer wanted (Main Street), req. welfare check; 11:54 a.m.: restraining order served (West Main Street); 1:18 p.m.: animal complaint (Main Street), loose dog; 2:31 p.m.: DPW call (Shady Drive), low-hanging wire; 2:46 p.m.: medical/ general (Fourth Avenue); 3:13 p.m.: 911 call (Smithville Road), accidental; 3:13 p.m.: residential alarm (Donnelly Cross Road), services rendered; 3:34 p.m.: suspicious mv (Smithville Road), investigated; 4:06 p.m.: medical/general (South Spencer Road); 4:36 p.m.: officer wanted (Donnelly Cross Road), rep. harassment; 5:06 p.m.: residential alarm (Taylor Drive), services rendered; 5:16 p.m.: accident (Main Street), report taken; 6:08 p.m.: abandoned 911 call (Maple Street), no contact; 6:29 p.m.: medical/general (West Main Street); 7:01 p.m.: mv complaint (Route 49), aggressive operator; 7:29 p.m.: lost/found (West Main Street),

wallet found; 7:49 p.m.: disturbance

(Maple Street), noise complaint; 8:57 p.m.: mutual aid (Ashview Drive), req. welfare check; 10:48 p.m.: b&e/ residence (Greenville Street), investigated; `11:07 p.m.: suspicious persons (Sherwood Drive), fem. screams heard; (Total daily mv stops – 2).

THURSDAY, OCTOBER 28

12:33 a.m.: mutual aid (West Main Street), Sturbridge PD bolo; 12:45 a.m.: buildings checked, secure; 12:47 a.m.: mv complaint (Main Street), erratic operator; 12:57 a.m.: medical/general (Lincoln Street); 1:26 a.m.: buildings checked, secure; 6:13 a.m.: medical/ general (Main Street); 6:58 a.m.: DPW call (Barclay Road), tree leaning on wires; 7:31 a.m.: medical/general (East Charlton Road); 9:20 a.m.: mv lockout (Paxton Road), services rendered; 10:24 a.m.: officer wanted (Chestnut Street), tenant issues; 10:33 a.m.: 911 call (West Main Street), open line; 11:11 a.m.: harassment prevention order service (West Main Street); 11:49 a.m.: officer wanted (West Main Street), req. assistance w/daughter; 1:06 p.m.: officer wanted (West Main Street), spoken to; 1:08 p.m.: officer wanted (West Main Street), LTC change of address; 1:13 p.m.: harassment prevention order (Salem Street), 1:22 p.m.: larceny (Main Street), rep. of theft; 2:22 p.m.: officer wanted (Wall Street), citizen req. assistance; 3:10 p.m.: abandoned 911 call (West Main Street), no contact; 3:36 p.m.: medical/general (Bixby Road), lift assist; 4:04 p.m.: disturbance (Bixby Road), neighbor issues; 4:22 p.m.: suspicious persons (Clark Terrace), investigated; 4:22 p.m.: LTC issued (West

Main Street), assisted; 6:15 p.m.: medical/general (Bixby Road); 7:17 p.m.: officer wanted (Pioneer Valley Drive), family issues; 7:51 p.m.: commercial alarm (West Main Street), services rendered; 8:07 p.m.: accident (Pleasant Street), mv vs deer; 9:37 p.m.: commercial alarm (West Main Street), services rendered; 11:31 p.m.: officer wanted (Lake Street), intoxicated husband; 11:46 p.m.: medical/general (Maple Street); (Total daily mv stops -2).

FRIDAY, OCTOBER 29 12:05-12:10 a.m.: buildings checked,

secure; 12:30 a.m.: disabled mv (Main Street), services rendered; 12:34-12:58 a.m.: buildings checked, secure; 1:12 a.m.: medical/general (Howe Village); 3:22 a.m.: fire alarm (Cherry Street), referred; 3:52 a.m.: commercial alarm (Donnelly Road), services rendered; 7:53 a.m.: mv complaint (Main Street), aggressive operator; 9:06 a.m.: commercial alarm (North Spencer Road), services rendered; 10:26 a.m.: restraining order service/2 (Pioneer Valley Drive); 11:06 a.m.: officer wanted (Hastings Road), req. welfare check; 11:08 a.m.: juvenile matter (Condon Drive), family dispute; 12:42 p.m.: medical/ general (Lakeshore Drive); 1:03 p.m.: disabled mv (Main Street), no action required; 1:32 p.m.: disabled mv (West Main Street), services rendered; 1:46 p.m.: disabled mv (Main Street), assisted; 2:00 p.m.: officer wanted (Pioneer Valley Drive), poss. restraining order violation; 2:35 p.m.: restraining order service (Elm Street); 2:53 p.m.: abandoned 911 call (Main Street), open line; 3:38 p.m.: medical/general (Main

Street); 3:57 p.m.: mv complaint (North Spencer Road), erratic operator; 7:22 p.m.: medical/general (Howe Village); 7:39 p.m.: abandoned 911 call (High Street), accidental; 7:47 p.m.: building checked, secure; 7:55 p.m.: medical/ general (Smithville Road); 7:56 p.m.: buildings checked, secure; 8:12 p.m.: mv complaint (Main Street), bus/no lights; 8:12 p.m.: disabled mv (Meadow Road), services rendered; 9:45 p.m.: building checked, secure; 9:58 p.m.: animal complaint (Clark Street), dead cat; (Total daily mv stops – 5).

SATURDAY, OCTOBER 30 12:20-12:31 a.m.: buildings checked,

secure; 12:33 a.m.: mv stop (Pleasant Street), Douglas I. Mullens, 51, 197 South Spencer Road, Spencer, OUI liquor, possession of alcohol in mv, lights violation, marked lanes violation, arrest; 12:35 a.m.: building checked, secure; 2:47 a.m.: medical/ general (West Main Street); 6:23 a.m.: school alarm (Ash Street), services rendered; 8:12 a.m.: accident (Main Street), report taken; 9:12 a.m.: school alarm (Main Street), services rendered; 9:25 a.m.: medical/general (Wall Street), lift assist; 9:31 a.m.: elderly matter (Bixby Road), services rendered; 1:30 p.m.: mutual aid (West Main Street), North Brookfield PD req. welfare check; 1:40 p.m.: 911 call (West Main Street), services rendered; 2:22 p.m.: medical/general (Howe Village); 2:31 p.m.: officer wanted (Kingsbury Road), issue w/ex-boyfriend; 2:46 p.m.: parking complaint (Howe Village), spo-

Turn To POLICE LOGS page A13

continued from page A12

ken to; 2:50 p.m.: officer wanted (Main Street), truck in d/way; 2:52 p.m.: parking complaint (Howe Village), services rendered; 3:48 p.m.: medical/general (I. Capen Road); 4:18 p.m.: officer wanted (West Main Street), Hubbard Hosp./ cautionary status; 6:01 p.m.: medica/ general (Clark Road); 8:17 p.m.: medical/general (South Spencer Road); 8:45 p.m.: mv complaint (Greenville Street), erratic operator; 9:41 p.m.: suspicious mv (Mechanic Street), investigated; 10:21 p.m.: 911 call (North Brookfield Road), no contact; 11:00 p.m.: school alarm (Main Street), services rendered; 11:18 p.m.: disturbance (Valley Street), noise complaint; 11:19 p.m.: mv stop (Main Street), Eric R. Damato, 43, 120 Baker Hill Road, East Brookfield, OUI liquor, negligent operation, marked lanes violation, arrest; 11:59 p.m.: abandoned 911 call (North Brookfield Road), open line; (Total daily my stops – 3).

SUNDAY, OCTOBER 31 12:52 a.m.: 911 call (Smithville Road), no emergency; 1:43 p.m.: elderly matter (Bixby Road), spoken to; 2:34 p.m.: juvenile matter (Kittredge Road), teen missed curfew; 2:54 a.m.: medical/general (Wm. Casey Road); 6:29 a.m.: accident (High Street), hit/run; 7:54 a.m.: officer wanted (Main Street), services rendered: 8:11 a.m.: animal complaint (Ash Street), stray cat; 8:38 a.m.: accident (Pleasant Street), report taken; 9:14 a.m.: disturbance (Grant Street), unwanted party/son; 9:33 a.m.: fire alarm (Main Street), referred: 9:54 a.m.: medical/general (H.J. Perron Road); 10:29 a.m.: medical/general (Church Street); 10:33 a.m.: fire/woods/grass (Hastings Road), referred; 10:37 a.m.: incident redacted from police log; 11:24 a.m.: parking complaint (Main Street), tenant issue; 12:10 p.m.: 911 call (R. Jones Road), no contact; 1:03 p.m.: officer wanted (Chickering Road), services rendered; 1:47 p.m.: incident redacted from police log; 2:59 p.m.: medical/general (Thornberry Circle); 3:51 p.m.: accident (West Main Street), report taken; 5:06 p.m.: medical/general (Thompson Pond Road); 5:32 p.m.: medical/general (Crestview Drive); 6:12 p.m.: mv complaint (Ash Street), truck speeding; 7:15 p.m.: mv complaint (Barclay Road), erratic operator; 8:12 p.m.: officer wanted (Paxton Road), info taken; 11:50 p.m.: medical/general (Chestnut Street); (Total daily mv stops – 0).

MONDAY, NOVEMBER 1 12:52-1:26 a.m.: buildings checked, secure; 1:27 a.m.: mv complaint (Main Street), erratic operator; 1:42-3:11 a.m.: buildings checked, secure; 6:56 a.m.: commercial alarm (Main Street), services rendered; 8:07 a.m.: disabled mv (Main Street), services rendered; 8:33 a.m.: medical/general (Sullivan Street); 9:16 a.m.: officer wanted (High Street), Daniel Francis Chausse, 22, 16 High Street, Spencer, warrant, arrest; 9:31 a.m.: animal complaint (Mechanic Street), loose puppy; 10:05 a.m.: abandoned 911 call (Main Street), hang-up; 10:46 a.m.: animal complaint (Dowgielewicz Drive), lost cat; 1:34 p.m.: parking complaint (Church Street), d/ way blocked; 2:35 p.m.: officer wanted (High Street), male/fist through window; 2:41 p.m.: accident (Maple Street), report taken; 3:10 p.m.: parking complaint (Elm Street), services rendered: 3:21 p.m.: disturbance (Cherry Street), gunshots heard; 3:57 p.m.: animal complaint (Old East Charlton Road), inquiry; 4:20 p.m.: fire alarm (Howe Village), referred; 4:43 p.m.: DPW call (Lake Street), broken wire; 5:18 p.m.: abandoned 911 call (Main Street), no contact; 6:38 p.m.: juvenile matter (North Spencer Road), re: 17 y.o.; 7:03 p.m.: medical/general (Howe Village); (Total daily mv stops -2).

TUESDA $\bar{\mathbf{Y}}$, NOVEMBER 2

12:15-1:38 a.m.: numerous parking violations/16, various streets, ticket or flyers issued; 1:43 a.m.: medical/general (Howe Village); 2:11-3:01 a.m.: buildings checked, secure; 4:26 a.m.: medical/ general (Jolicoeur Avenue); 7:23 a.m.: medical/general (Main Street); 7:38 a.m.: juvenile matter (Chestnut Street), refusing to go to school; 7:45 a.m.: 911 call (West Main Street), no contact; 7:59 a.m.: officer wanted (Mechanic Street), unavail. for jury duty; 9:35 a.m.: animal complaint (Maple Street), re: cat; 10:10 a.m.: medical/general (Pleasant Street); 10:41 a.m.: medical/general (Pleasant Street); 11:38 a.m.: 911 call (West Main Street), open line; 1:34 p.m.: 911 call (Bixby Road), services rendered; 2:05 p.m.: animal complaint (Wm. Casey Road), dog attacked dogs; 2:19 p.m.: officer wanted (Donnelly Cross Road), re: strange call; 3:07 p.m.: medical/general (Smithville Road), lift assist; 3:25 p.m.: animal complaint (Pleasant Street), barking dog; 7:40 p.m.: medical/general (Lincoln Street); 7:53 p.m.: lost/found (Ash Street), lost phone; 9:50 p.m.: officer wanted (Paxton Road), info taken; 10:19 p.m.: mv complaint (West Main Street), aggressive operator; 10:42 p.m.: 911 call (Wall Street), accidental; 10:46 p.m.: disturbance (Maple Street), m/f dispute; 10:47 p.m.: suspicious persons (Maple Street), report taken; 11:40 p.m.: residential alarm (Bixby Road), services rendered; 11:57 p.m.: parking violation (South Street), flyer issued; (Total daily mv stops -3).

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Leicester Police

THURSDAY, OCTOBER 28

12:21 a.m.: mv stop (Main Street), verbal warning; 12:46 a.m.: mv stop (Stafford Street), verbal warning; 8:46 a.m.: disabled mv (Main Street), assisted; 11:52 a.m.: investigation (South Main Street), services rendered; 11:53 a.m.: abandoned 911 call (Sherri Lane), resolved; 12:32 p.m.: investigation (Paxton Street), services rendered; 1:06 p.m.: stolen mv (Main Street), name and address redacted from police log, larceny of mv/subsequent offense, op w/suspended license/subsequent offense, report taken; 2:25 p.m.: EMS response (Hyland Avenue), transported; 2:35 p.m.: welfare check (Huntoon Memorial Highway), resolved; 3:29 p.m.: EMS response (King Street), transported; 4:27 p.m.: arrest warrant service (Peter Salem Road), unable to serve; 4:39 p.m.: arrest warrant service (Lake Sargent Drive), unable to serve; 4:53 p.m.: stolen mv (McCarthy Avenue), report taken; 4:56 p.m.: accident (Main Street), mv towed; 8:48 p.m.: missing person (Hyland Avenue), call cancelled; 9:11 p.m.: suspicious mv (Washburn Square), investigated; 9:23 p.m.: mv stop (Paxton Street), verbal warning; 9:25 p.m.: mv stop (Paxton Street), verbal

FRIDAY, OCTOBER 29

check (Pleasant Street), unfounded; 12:38 a.m.: mv stop (Stafford Street), no action required; 1:01 a.m.: mv stop (Pleasant Street), citation issued; 1:33 a.m.: suspicious my (Huntoon Memorial Highway), investigated; 1:56 a.m.: assist other PD (Main Street), services rendered; 2:45 a.m.: residential alarm (Pine Street), services rendered; 4:01 a.m.: mv stop (Main Street), citation issued; 4:47 a.m.: EMS response (South Main Street), transported; 8:17 a.m.: threats (Brickyard Road), investigated; 9:04 a.m.: disabled mv (McNeil Highway), mv towed; 10:54 a.m.: EMS response (Virginia Drive), transported; 11:38 a.m.: animal complaint (Main Street), gone on arrival; 1:05 p.m.: family problem (Lake Avenue), assisted; 1:16 p.m.: investigation (Winslow Avenue), services rendered; 3:39 p.m.: property found (Paxton Street), unable to locate; 6:16 p.m.: larceny (Soojians Drive), name and address redacted from police log, larceny under \$1200, criminal application issued; 6:39 p.m.: EMS response (Huntoon Memorial Highway), transported: 7:10 p.m.: EMS response (Stafford Street), transported; 9:34 p.m.: disturbance (Marshall Street), gone on arrival; 11:54 p.m.: suspicious mv (Mannville Street), spoken to.

SATURDAY, OCTOBER 30 12:22 a.m.: suspicious mv (Stafford Street), transported; 12:31 a.m.: abandoned 911 call (Marshall Street), unable to locate; 1:00 a.m.: commercial alarm (South Main Street), call cancelled; 1:46 a.m.: suspicious mv (Pleasant Street), services rendered; 1:51 a.m.: suspicious (Main Street), services rendered; 2:26 a.m.: mv stop (Main Street), name and address redacted from police log, op w/ suspended license, no inspection sticker, lights violation, criminal application issued; 4:09 a.m.: mv stop (Main Street), spoken to; 4:40 a.m.: Main Street), citation issued: 4:49 a.m.: mv stop (Main Street), citation issued; 9:00 a.m.: wires down (Rawson Street), resolved; 12:09 p.m.: suspicious activity (Paxton Street), resolved; 12:41 p.m.: debris in road (Main Street), unfounded; 2:29 p.m.: harassment (Pleasant Street), report taken; 3:33 p.m.: assist citizen (South Main Street); 3:38 p.m.: abandoned 911 call (Watch Street), spoken to: 3:49 p.m.: investigation (Sooiians Drive), services rendered; 4:49 p.m.: EMS response (Park Lane), transported; 7:05 p.m.: welfare check (Pleasant Street), assisted; 8:40 p.m.: erratic operator (Pleasant Street), gone on arrival; 10:50 p.m.: accident (Hemlock Street), Javiel Ramos, Junior, 28, 26 Donnelly Cross Road, Spencer, failure to appear upon recognizance, arrest; name and address redacted from police log, leaving the scene of a property damage accident, criminal application issued; 11:39 p.m.: ambulance (Shady Lane),

transported. **SUNDAY, OCTOBER 31**

12:52 a.m.: mutual aid (Castle Street, Worcester), no action required; 1:09 a.m.: suspicious persons (South Main Street), resolved; 1:26 a.m.: accident (Pine Street), report taken; 4:12 a.m.: mv stop (Main Street), citation issued; 4:48 a.m.: v stop (Main Street), verbal warning; 8:20 a.m.: disturbance (Pleasant Street), peace restored; 9:03 a.m.: mv stop (Huntoon Memorial Highway), written warning; 9:13 a.m.: mv stop (Huntoon Memorial Highway), verbal warning; 10:16 a.m.: mv stop (Pleasant Street), citation issued; 11:27 a.m.: mv stop (Massasoit Drive), verbal warning; 11:45 a.m.: mv stop (Main Street), citation issued; 2:06 p.m.: EMS response (East Brookfield), transported; 3:07 p.m.: welfare check (Main Street), unable to locate; 3:12 p.m.: EMS response 4:25 p.m.: disturbance (Stafford Street), unfounded; 4:44 p.m.: suspicious activity (Stafford Street), services rendered; 6:38 p.m.: suspicious activity (Sunset Drive), spoken to; 7:40 p.m.: EMS response (Beacon Street, Worcester), transported; 7:43 p.m.: assist citizen (Maple Street), spoken to; 9:02 p.m.: suspicious activity (Earle Street), spoken to; 9:44 p.m.: erratic operator (Main Street), unfounded; 10:07 p.m.: suspicious activity (South Main Street), services rendered.

MONDAY, NOVEMBER 1

12:22 a.m.: mv stop (Stafford Street), resolved; 6:41 a.m.: EMS response (Gleason Way), transported; 9:00 a.m.: disabled mv (Main Street), assisted; 9:18 a.m.: fraud (Bond Street), report taken; 9:39 a.m.: suspicious mv (Towtaid Street), resolved; 9:53 a.m.: EMS response (Peter Salem Road), transported; 10:16 a.m.: mv stop (Chapel Street), no action required; 11:07 a.m.: assist other PD (Auburn Street), services rendered; 11:54 a.m.: mv stop (Main Street), verbal warning; 12:45 p.m.: welfare check (Pine Street), resolved; 1:03 p.m.: EMS response (Stafford Street), transported; 3:10 p.m.: EMS response (Baldwin Street), transported; 3:40 p.m.: fraud (Warren Avenue), report taken; 5:58 p.m.: disabled mv (Huntoon Memorial Highway), services rendered; 6:01 p.m.: disturbance (Pleasant Street), spoken to; 8:14 p.m.: summons service (Peter Salem Road), served.

TUESDAY, NOVEMBER 2

12:23 a.m.: erratic operator (Stafford Street), resolved; 1:12 a.m.: EMS response (Henshaw Street), transported; 8:02 a.m.: EMS response (Stafford Street), services rendered; 10:09 a.m.: EMS response (Siani Road), transported; 10:27 a.m.: welfare check (Stafford Street), resolved; 12:13 p.m.: disturbance (Main Street), spoken to; 1:21 p.m.: EMS response (Pleasant Street), no action required; 3:14 p.m.: EMS response (Main Street), transported; 4:06 p.m.: assist citizen (Pleasant Street); 5:15 p.m.: mv stop (Stafford Street), no action required; 6:13 p.m.: mv stop (Whittemore Street), spoken to; 6:27 p.m.: arrest warrant service (South Main Street), Emanuel Ororio-Torres, 35, 128 Dewey Street, #2, Worcester, straight warrant, arrest; 8:48 p.m.: suspicious mv (Mannville Street), spoken to; 8:57 p.m.: EMS response (Huntoon Memorial Highway), transported; 11:05 p.m.: restraining order service (Fairview Drive), report taken.

WEDNESDAY, NOVEMBER 3 12:35 a.m.: EMS response (Main Street), transported; 1:28 a.m.: mv stop (Stafford Street), verbal warning; 1:39 a.m.: assist other PD (South Main Street), no action required; 2:02 a.m.: mv stop (Main Street), name and address redacted from police log, marked lanes violation, op w/suspended license, citation issued; 3:07 a.m.: mv stop (Pleasant Street), verbal warning; 4:27 a.m.: mv stop (Main Street), name and address redacted from police log, unlicensed operation, failure to stop/yield, forged RMV document, report taken; 4:52 a.m.: EMS response (Second Street), transported; 7:28 a.m.: investigation (Auburn Street), services rendered: 10:20 a.m.: my stop (Paxton Street), verbal warning; 12:11 p.m.: lockout (Wesley Drive), services rendered; 2:29 p.m.: assist citizen (Lake Sargent Drive); 2:34 p.m.: illegal dumping (Waite Street), spoken to; 3:09 p.m.: welfare check (Edward Street), no action required; 3:35 p.m.: summons service (Main Street), served; 4:01 p.m.: summons service (Main Street), served; 4:15 p.m.: summons service (Charles Street), served; 5:01 p.m.: malicious mischief (Denny Place), report taken; 5:58 unable to serve; 6:03 p.m.: summons service (Main Street), unable to serve; 6:03 p.m.: welfare check (Watch Street), peace restored; 6:17 p.m.: shoplifting (Soojians Drive), report taken; 9:30 p.m.: EMS response (Marshall Street), call cancelled; 9:34 p.m.: suspicious mv (Paxton Street), no action required.

###

LEGALS

Town of Spencer, MA **Tree Public Hearing** 3 Old Meadow Rd., Spencer, MA. (Water Dept.)

In accordance with MGL Ch 87 §3, The Town of Spencer, MA Tree Warden will hold a public hearing in-person or remote on Monday, November 22, 2021 at 5:00 p.m. to consider National Grid proposed removal & trimming of trees Wilson Street 2 trees various sizes. The Remote meeting may be accessed

by: Dialing in from your phone: 1 (224)

501-3412

Enter Access Code: 928-904-381:

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

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

Ray Holmes Tree Warden

November 12, 2021 November 19, 2021

TOWN OF

WEST BROOKFIELD

TAX CLASSIFICATION HEARING The Board of Selectmen has scheduled a Public Hearing in accordance with MGL, Ch. 40, Section 56 on Monday, November 22, 2021 at 7:00 PM in the Lower-Level Conference Room located in the West Brookfield Town Hall, 2 East Main Street, on the issue of the tax levy to be borne by each class of property for FY 22. The Public is invited to attend. Information regarding the policy decisions will be available at the hearing. Interested taxpayers may present oral or written information on

their views at the hearing. Board of Selectmen November 12, 2021 November 19, 2021

A.C. 92A

Commonwealth of Massachusetts 21E0059PP

Worcester, ss. **Probate Court**

To Michael R. Santos of Spencer in the County of Worcester and to all persons interested. A petition has been presented to said Court by Kelley McFee, of Spencer in the County of Worcester representing that she holds as tenants in common an undivided part or share of certain land lying in Spencer in said County Worcester and briefly described as follows:

of 136 North Spencer Road, in the County of Worcester that she holds as tenants in common an undivided part or share of the following described land situated in Spencer, in the County of Worcester, which she wishes to hold in severalty:

a certain tract of land with buildings hereon, situated in Spencer on easterly side of the Spencer-Paxton Road, Route 31, bounded and described as

BEGINNING at a WCHB on the easterly side of said Route 31:

THENCE northeasterly by a curve to the right, fifty-two and sixty-four hundredths (52.64) feet to a stake, the ra-

and seventy-five (775) feet; THENCE S. 83° 44' 47" E., three hundred and sixty-eight and twelve hundredths (368.12) feet to a stake by the west bank of the Seven Mile River;

dius of said curve being seven hundred

THENCE S. 11° 42' 42" E., fifty-five and twenty-two hundredths (55.22) feet by said river to a stone knocker at the end of the stone wall:

THENCE S. 86° 58' 50" W., two hundred and sixteen and fifty-two hundredths (216.52) feet by said wall to a corner of walls;

THENCE S. 85° 17' 20" W., one hundred and sixty-four and fifty-four (164.54) feet to a stake in the easterly

line of said highway, Route 31; THENCE N. 00° 35' 53" E., sixty-seven and twelve hundredths (67.12) feet to the point of beginning.

Containing about 32,160 square feet of

and your petitioner further represents that the names and residences of all the tenants in common and their respective shares and proportions and the nature

setting forth that she desires that - all the aforesaid described part – of said land may be sold at private sale for not less than \$220,000.00 dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyances of all, or any part of said land which the Court finds cannot be advantageously divided either at private-sale or public auction, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the thirtieth day of November 2021, the

return day of this citation. Witness, LEILAH A. KEAMY, Esquire, First Judge of said Court, this eighth day of October 2021. Stephanie K. Fattman Register of Probate October 29, 2021 November 5, 2021 November 12, 2021

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. WO21C0496CA **CITATION ON PETITION TO CHANGE NAME**

In the matter of: **Basilios Anifantis** A Petition to Change Name of Adult

Spencer MA requesting that the court enter a Decree changing their name to:

has been filed by Basilios Anifantis of

William Anifantis IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 11/16/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: October 19, 2021

Stephanie K. Fattman Register of Probate

November 12, 2021





Lusignan



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WEBSTER LAKE - 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rooms, 6 Bedrooms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Applianced Granite Kitchen! Formal Dining Rm w/Cherry Hardwoods! Lake Facing Living Rm w/Cathedrals, Cherry Hardwoods! Slider to Waterfront Deck! Spacious 1st Flr Master Bedroom w/Full Bath, Cherry Hardwoods & Walk-in Closet! Fireplaced Lower Level Family Rm! 1st & 2nd Floor Laundries! 2 Car Garage! \$979,900.00



STURBRIDGE! Big Alum Lake! 243 Big Alum Rd! 6.58 Acres of Privacy! Sub-Dividable! West Expo — Beautiful Sunsets! 3,313° 10+ Rm Cape w/3 - 4 Bdrms & 4 Baths! Features Applianced Granite Kit w/Breakfast Bar & Tile Fir! Frplcd Din Area! Din Rm w/3 Walls of Glass & French Dr to the Deck! Cathedral Ceiling Fam Rm w/Hearth & Wood Stove & Wall of Picture Windows! Spacious Liv Rm w/Pine Flr! Office! Full Bath w/ Laundry Closet! 1st Flr Master w/Slider to the Inground Pool, Walkin Closet, Marble Bathrm w/Separate Tub & Shower & Dble Vantises! 2nd Flr w/S Spacious Bdrns, Lots of Closet Space & Pine Flrs! Full Hall Bath! Lower Level w/Game Rm, Wine/Root Cellars! Utility & Storage! 2 Car Attached Garage w/Office/In-Law Suite Above! New Driveway Access needs to be Installed! Cosmetic Repairs Needed! \$679,900.00



WEBSTER LAKE – 50 Laurelwood Drive! 90' Waterfront! Western Exposure - Beautiful Sunsets! Half Acre, 22,729', of Natural Privacy! 6 Room Custom Built Cedar Home with 2 Car Attached Garage! Dining Area and Fireplaced Living Room with Soaring Cathedral Ceilings! First Floor Master Bedroom with Full Bath! 2 Second Floor Bedrooms and Second Full Bath, Large Second Floor Expansion Area! Additional Garage Space Under! Lighting Strike Fire Damage Repair Required! Tons of Potential! \$889,900.00



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June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko





Beautiful family home! 3 bedrooms, 2 full baths, newer widows beautini family notice: 3 beautions, 2 lui batris, newer woods. & heating system. Mini split system. Hardwoods. Lg eat-in kitchen / Corian counters & Island! Warming fireplace with handsome mantel. Generous dinning room, spacious enough for your family gatherings. lower level fireplace family room, Harmon pellet insert! 2 car garage. Reduced **\$340,000**.

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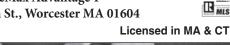


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Serve up some spice

Indian cuisine is known for being spicy. While not all regions of India prepare meals that make diners sweat, those that do tend to inspire devotion among foodies who want to test the limits of their spicy food tolerance.

Vindaloo is one dish that fans of Indian cuisine know can be very spicy. Those who want to try their hands at this popular dish at home can prepare the following recipe for "Pork or Lamb Vindaloo" courtesy of Madhur Jaffrey's "Quick & Easy Indian Cooking" (Chronicle Books).

Pork or Lamb Vindaloo Serves 3 to 4

tablespoons grainy 11/2mustard (Pommery Moutarde de Meaux)

teaspoons ground cumin

- teaspoons grounder turmeric
- to 1 teaspoon cayenne pepper
- teaspoon salt 1
- teaspoon red wine vinegar 3 tablespoons vegetable oil
- small onion (about 4 ounces), peeled and cut into fine half rings
- large cloves garlic, peeled and 6 crushed to a pulp
- pounds boned shoulder of pork or 11/4 lamb, cut into 1-inch cubes
- cup canned coconut milk, well stirred

Combine the mustard, cumin, turmeric, cayenne, salt, and vinegar in a cup. Mix well.

Put the oil in a large, nonstick frying pan and set over medium-high heat. When the oil is hot, put in the onion. Stir and fry until it is medium brown. Put in the garlic. Stir and fry for 30 seconds. Put in the spice paste. Stir and fry for a minute. Put in the meat. Stir and fry for about 3 minutes. Then add the coconut milk and 23 cup water if you are cooking continuously in a pressure cooker, or 1 cup water if you are cooking in the frying pan. (Transfer to a pressure cooker at this stage if that is your intention.) Cover and either bring up to pressure, or bring to a boil if you are using the frying pan. Lower the heat to a simmer and cook for 20 minutes in the pressure cooker and 60 to 70 minutes in the frying pan. PC183825





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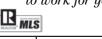
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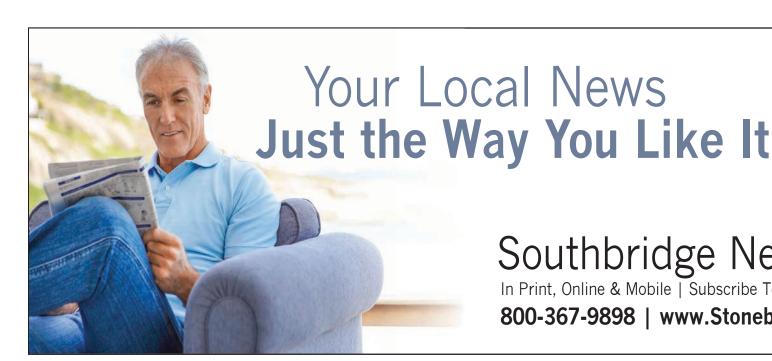
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Sticking to a diet while eating out

What to do when dining out is a challenge dieters know well. It's easy to control ingredients and portion sizes at home, but not nearly as easy when dining out.

Harvard Health Publishing says the average American eats out about five times a week, and that means figuring out how to stick to diets. Rest assured there are plenty of ways to socialize and

enjoy meals away from home without compromising a diet.

• Do your research. Many establishments post their menus online and dieters can use that to their advantage. Prior to booking a reservation, review a restaurant's menu online to ensure there's something on there that won't compromise your diet. If you need further clarification, call the restaurant and see if substitutions can be made.

• Have a go-to dish. Many restaurants offer at least one diet-friendly item like a Cobb salad. Dieters can choose a go-to healthy dish that won't compromise their meals and then look for it when dining out.

· Drink water. Don't drink your calories. Alcoholic beverages or sweetened soft drinks can be heavy in calories.

Instead of using your calorie allotment on liquids, save these indulgences for food.

· Look for healthy cooking methods. Scan the menu for foods that are steamed, grilled, baked, and stir-fried. These cooking methods generally use very little oil or butter. Steer clear of heavy gravies or cream-based sauces as well. If there is a sauce, ask for it on the side.

Choose the right food order. According to BodyBuilding.com, eat protein first, followed by vegetables, and leave carbohydrates for last. The protein and vegetables should slow down digestion, leaving you feeling fuller, faster. That means you'll be less likely to overindulge on bread, potatoes or a sugary dessert.

· Be forthright with dietary needs. Share with your server or party host what you can and cannot eat. Most establishments or individuals are happy to help customers stick to a particular diet. You're not being "a pain" or "picky" by being frank about what you need to eat to be healthy.

 Check out favorite dishes. You may not know what you're eating unless you investigate. U.S. federal law now requires all restaurants with more than 20 locations to provide nutritional information for menu items. Search CalorieKing for data on foods from hundreds of popular nationwide chains.

 Snack before you leave home. Don't arrive at a restaurant feeling famished. Eat a small snack before leaving home or bring a few safe items you can use as backups so you'll have something to eat if the menu does not have much healthy fare.

Dieters can employ various strategies to stick to their diets while dining out.



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