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 Friday, December 25, 2020

Christmas comes early to Wire Village School

BY KEVIN FLANDERS STAFF WRITER

SPENCER – Thanks to volunteer efforts from the Spencer Police Association and other community members, Christmas once again arrived early for local students.

On Saturday, Dec. 12, the Spencer Police Association hosted its annual Kids' Christmas Party at Wire Village Elementary School. Due to COVID-19 restrictions, the event had to be converted into a drive-up format to ensure the safety of all guests.

Santa Claus was also on hand to provide a gift to every participating student in grades K-3 at Wire Village Elementary School and East Brookfield Elementary School. One at a time, guardians proceeded through the queue for an opportunity to bring some holiday magic to youngsters. A few parents even decorated their



Santa Claus had plenty of help with distributing gifts to local students at Wire Village Elementary School.

vehicles to help lift the spirit of the season.

The event also provides a chance for local first responders from several departments to get involved.

"Representatives from the Spencer Police Department, East Brookfield Police Department, and Spencer Fire Department participated," said Spencer Police Officer Todd LaPorte, who serves as the school resource officer in town.

About 140 students from both schools took part in the event and received a gift this year. The remaining students in grades K-3 who were not able to attend the event will still receive their gifts. Students who are attending in-person classes through the hybrid learning model will receive gifts from staff members. Students

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Backup crew steps in for Highway Department sidelined by COVID

> BY KEVIN FLANDERS STAFF WRITER

Leicester school officials end Thanskgiving football rivalry with DPHS

BY KEVIN FLANDERS STAFF WRITER

REGION – The clock has run out on the Battle of Breezy Bend, as Leicester school officials decided to end their longtime Thanksgiving football rivalry Dav with David Prouty High School. Beginning next season, Leicester will enter a new Thanksgiving rivalry with Auburn High School. Leicester officials cited a lack of competitiveness from the DPHS squad as the primary impetus for ending the 51-year Breezy Bend rivalry and seeking a new opponent. Leicester has won the past eight consecutive Thanksgiving Dav battles with Prouty, the last three by lopsided margins. In the most recent matchup in 2019, the Wolverines blanked the Panthers 33-0.

the game has become increasingly less competitive," said Leicester High School Athletic Director Ted Zawada. "I have great respect for IDPHS Athletic Director] Mr. [Chuck] Fahey and David Prouty athletics, and have watched many competitive games between our two schools in many of the sports we both offer." Added Leicester School Committee member Tom Lauder, "I personally am saddened that it has ended with Prouty, but I have supported the change to Auburn, as I think it is the best interest of the Leicester football program and the town of Leicester. The interest and attendance have dwindled in the game, and the game has not been competitive in years.'

the news of Leicester withdrawing from the rivalry was a major surprise and disappointment.

"David Prouty High chool and the Spence East Brookfield Regional School District had no hand in the decision to end this Thanksgiving rivalry," said SEBRSD Superintendent Paul Haughey. "After speaking with our faculty, staff, students, and alumni, I can tell you that we were disappointed and saddened to learn that this historic rivalry was coming to an end. If we had been consulted, we would have wanted to continue the tradition.' Spencer-East For Brookfield Regional School Committee Chairman Jason Monette, who has experienced the Thanksgiving tradition as an athlete, an alumnus, and now a school official, it was

an upsetting shock to learn that future Prouty athletes won't be able to enjoy the Thanksgiving rivalry with Leicester.

"I can remember the

SPENCER – Heavy snow wasn't the only challenge piling up for town officials last week, as COVID-19 left the Highway Department understaffed just before a major storm.

When the Dec. 16-17 nor'easter arrived, the town's snowplows and other equipment were ready to roll. The drivers, however, were in short supply after the Highway Department staff was depleted by positive COVID-19 tests and quarantines.

One Highway Department employee tested positive for the virus less than a week before the storm, officials said. This required four other members of the seven-person department to enter a quarantine phase while awaiting test results.

Days later, another employee tested positive and caused the final member of the staff to enter quarantine just days before the storm.

After some quick emergency planning and coordination, Highway Department Foreman Eben Butler helped arrange a makeshift lineup of plow operators to cover the storm. Substitutes included recent department retirees, a MassDOT crew, and town employees with CDL licenses.

Additionally, the five asymptomatic Highway Department employees – who were still quarantining while awaiting their test results – were authorized to wear a mask and report to a vehicle. They were asked to have no contact with other employees or with the public, Town Administrator Thomas Gregory said.

The result was a major success, with all roads quickly serviced throughout the storm. Town officials were impressed by the efficiency and teamwork displayed overnight and into the morning.

"A lot of these folks either haven't done this in a while, or they have never operated these routes before," said Select Board Chairman Ralph Hicks. "All of them did a tremendous job of keeping the roads clear."

What easily could have been a recipe for disaster instead turned into a sweeping success thanks to community solidarity, officials said. At a time when several other Spencer officials were sidelined due to COVID-19 precautions, residents and town leaders alike praised Butler and all of the volunteer plow operators for maintaining public safety.

In the early hours of Dec. 17, an elderly resident had to leave his home at the height of the storm for a medical emergency. Thanks to the hard work of the volunteer plow drivers, all roads were clear for the resident to safely navigate to the hospital.

"Eben Butler did an excellent job of coordinating everything. We appreciate all of the help that was provided," Selectman Hicks added.

By mid-afternoon on Dec. 17, the storm had put down well over a foot of snow. But with help coming from throughout the community, roads were in excellent shape.

"I'm immensely grateful for all of the people who stepped up to help out during this storm," Gregory said. "The commitments made by employees from multiple departments, former employees, and support from MassDOT made all the difference and ensured a safe and successful operation." "Over the past decade,

For Spencer-East Brookfield Regional School District officials,

days of playing Leicester Thanksgiving on Day. That game was the finale of the regular football season and an event that we looked forward to – as athletes, and then as alumni," Monette said. "We were playing against kids we grew up with and played beside in Pop Warner. It was more than a game – it was a rite of passage, it was a tradition. The friendly rivalry and our families bundled up to cheer the teams on before the Thanksgiving meal gave extra meaning to the game. The tradition was something my older brother, father, uncles, and friends participated in over the years."

Leicester officials

Turn To **RIVALRY** page **A11**

Winter storm wreaks havoc on area roads

REGION – Last week's major winter storm helped ensure a white Christmas this year, but not before causing a few headaches on the roads.

Multiple area communities saw over a foot of snow by mid-afternoon on Dec. 17. Local police departments responded to several accidents, most of them minor spinouts.

The Brookfield, Leicester, and Spencer Police Departments responded to several spinouts overnight, with conditions at their worst between midnight and 7 a.m. on Dec. 17. At the height of the storm, snowfall rates reached nearly two inches per hour.

Localized power outages were also reported, but wind was not a significant factor in the storm.

Area DPW crews were



Courtesy

The Leicester Police Department and other local departments were active during last week's snowstorm.

able to quickly clear the roads due to limited traffic overnight. In Leicester, the Highway Department worked the entire night and returned

roads to good shape by morning, Police Chief Ken Antanavica said.

The inclement weather event also provided an opportunity for local school districts to launch their first ever "remote learning weather days." Other districts decided to stick with the traditional snow day format.







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STAFF DIRECTORY

MANAGING EDITOR BRENDAN BERUBE (508) 909-4106 news@stonebridgepress.news

STAFF WRITER KEVIN FLANDERS (508) 909-4140 kflanders@stonebridgepress.com

SPORTS EDITOR NICK ETHIER (508) 909-4133 nick@stonebridgepress.news

ADVERTISING EXECUTIVE JUNE SIMAKAUSKAS (508) 909-4062 jsima@stonebridgepress.news

STAFF DIRECTORY

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PRESIDENT & PUBLISHER FRANK G. CHILINSKI (508) 909-4101 frank@stonebridgepress.news BUSINESS MANAGER **RYAN CORNEAU** (603) 677-9082 ryan@salmonpress.news **OPERATIONS DIRECTOR** JIM DINICOLA (508) 764-4325 Editor BRENDAN BERUBE (508) 909-4106 news@stonebridgepress.news PRODUCTION MANAGER JULIE CLARKE (508) 909-4105 production@stonebridgepress.news

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Vaccine distribution underway throughout state

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

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Becker women's lacrosse program teams up animal shelters for boliday donations

LEICESTER — Members of the Becker College women's lacrosse program are spending the holiday season spreading love and joy to animal shelters across the country from local shelters in Worcester to areas surrounding the Orlando-area in Florida.

Including Head Coach Stephanie Blakely, 11 members of the women's lacrosse program are collecting donations for their local animal shelters over the coming weeks.

Although the holiday season would normally leave animal shelters low on the basics to raise a newly-adopted pet, the pandemic has caused an explosion in adoption of cats and dogs, among other four-legged friends, that have stretched animal shelters to the limits.

Studies conducted from a six-month period from mid-March to mid-August show that animal adoption is up as much as 200% from the same period in 2019 "We want to encourage people to donate items to animal shelters," said Blakely. "We may not be able to physically handle all of the donations ourselves, but we want people to know the shelters are in need and we want to encourage them to stop into a local shelter if they can't drop off the donation at one of the shelters we're involved with." The women's lacrosse team planned on volunteering at animal shelters during Spring Break 2020, but with COVID-19 canceling those plans, the program decided to help shelters stock up on toys, treats, and animal care items during the holiday season. "We know that with the pandemic, shelters were hit just as hard as other

businesses," said Blakely. "Animal shelters rely heavily on donations to make the animals feel more comfortable during their stay."

The most local of the animal shelters in relation to Becker College is the Worcester Animal Rescue League where juniors Clare Conway, Julia Ravenelle, Victoria Chiuchiolo, and sophomore Amber Lee are volunteering their time and handling donations for the local shelter.

Sophomore Gabriela Savage is donating to Empowered Equines of Connecticut, a non-profit rescue horse barn that she volunteers at.

'Since the COVID pandemic has started the owner has been struggling with having to care for all of the animals mostly by herself," said Savage. "Most of the people who had been previously working there are not able to come out because of the pandemic. This has put a lot of stress on the owner so by getting these donations I hope to relieve some stress that this pandemic has caused." Below is the list of shelters that members of the women's lacrosse program are donating to over the holiday season. To learn more about these shelters and how to donate to them, click the links associated with the shelters or if you can't make a donation to any of these locations, we encourage you to make a donation to your local shelter! Below the names from our women's lacrosse program are the most commonly requested items from animal shelters.



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Hi! Our names are Aleeanna and Savannah and we rould like to be adopted together

BY KEVIN FLANDERS

REGION - Gov. Charlie Baker recently announced updates on the state's distribution efforts of the first doses of the COVID-19 vaccine.

Last week, the first doses of Pfizer's COVID-19 vaccine arrived in the Commonwealth. By Dec. 15, about 53,620 doses had arrived at 17 hospitals statewide.

Medical personnel are among the first to receive the vaccine this month. In addition to Pfizer's vaccine, the Moderna vaccine will soon be joining the mix.

"Pending the approval of Moderna's emergency use authorization, the Commonwealth, based on federal guidance, has been told to anticipate 180,000 doses of the Pfizer vaccine and 120,000 doses of the Moderna vaccine," read a statement released by Baker's office. "In all, the administration expects the Commonwealth to receive 300,000 doses by the end of December.'

The state's Department of Public Health (DPH) will place all vaccine orders on behalf of individual providers. Vaccines will then be shipped to the hospital or facility directly from the manufacturer

Hospitals will be responsible for

reporting all vaccination data to the DPH, which has launched a command center and dashboard to keep track of immunizations.

Over the next few months, staggered groups of individuals and personnel will be allowed access to the vaccines. Priority groups will include nursing home residents and employees, first responders, front-line workers, and seniors. The general public will then be able to access the vaccine by the spring, officials said.

Certain groups of residents like pregnant women, children, and individuals with a history of severe allergic reactions are not advised to receive a vaccine until further testing is completed.

Individuals with questions about vaccination phases should send an email to COVID-19-Vaccine-Plan-MA@mass. gov.

Additionally, CVS and Walgreens will begin vaccinating in nursing homes during the week of Dec. 28. Doses will come from the state's Pfizer allocation; between 40,000 and 60,000 doses will be shipped to CVS and Walgreens for Massachusetts skilled nursing facilities.

Meanwhile, COVID-19 hospitalizations and deaths are continuing at an alarming rate across the state. Last week, the Department of Public Health released guidance to help residents celebrate the holidays safely.

The following recommendations are in place through the New Year's holiday:

Limit in-person celebrations to household members only.

Postpone or cancel travel this holiday season. If you do choose to travel, you must comply with Massachusetts travel

The DPH guidance also provided tips for engaging in lower-risk celebrations and traditions this holiday season,

"Any time you gather with others outside of your household, you increase the risk of contracting or spreading illness," read a DPH statement. "You are risking your health and others' health if you host or participate in any large in-person festivities.'

ue wearing masks in public and practicing social distancing. You must be masked in all public venues, even outdoor spaces.

For a full list of the state's holiday

order requirements. safety standards.

Follow the current state gathering size limits and sector-specific workplace

while discouraging high-risk activities.

All residents are reminded to contin-

guidance and regulations, visit www. mass.gov/holidays.

ACCURACY WATCH

Aleeanna and Savannah Age 14 and 17

Aleeanna, who likes to go by Alee, is a fourteen year old girl of Caucasian and Hispanic descent. Alee speaks both Spanish and English. Alee is a funny, sassy and outgoing teenager. She enjoys watching television, being outdoors, and running. Alee also spending time with her sister and friends. She is an engaging girl and does well in school with support from school staff.

Savannah is a seventeen year old girl of Caucasian and Hispanic descent. Savannah, similar to her sister, speaks English and Spanish. Savan-

nah is a kind, easygoing, and creative teenager. She likes to help out around the home, spend time with her friends, and watch television. In school, Savannah does best with the academic support she receives.

Savannah and Alee are legally freed for adoption. The siblings will thrive with a family that is patient, understanding, and supportive and have the ability to meet them where they are at. Savannah and Alee would do best in a home with older or younger children as long as they are placed together and in separate rooms. They would prefer a family that will help them maintain contact with biological dad.

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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 617-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



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Best wishes for a Merry Christmas, and a Happy New Year. May 2021 be a healthy and prosperous year for us all. God bless.

— June Simakauskas

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QCC's credit for prior learning program makes college more attainable

WORCESTER

Quinsigamond Community College, students are attaining their dreams for a higher education in less time through Credits for Prior Learning. By earning credit for life experience, students save time earning their degrees, as well as realize substantial tuition savings. In 2020, 1,472 credits were awarded to 310 students.

QCC's Career Services and Credit for Prior Learning Office works with students to assist them in translating their life experiences into college credits. Students may earn college credit for acquired life experience in a variety of ways that include taking a challenge exam, having portfolio assessments, or through credentialing of prior certificates and trainings such as military service, firefighting academy and emergency medical technician training. Credit for Prior Learning offers a significant savings over QCC's already affordable tuition rates. The program offers a savings of between \$130-\$205 per credit.

President Luis G. Pedraja, Ph.D. noted that these types of savings are extremely beneficial, particularly during a pandemic when many students are struggling to make ends meet.

While financial concerns may be exacerbated by the pandemic, credit for prior learning

10 13

17

not only offers a way for students to save money, but also enables them to graduate earlier and enter the workforce sooner with less debt," he said.

Student veteran Javier Viera spent 30 years serving in the Army before coming to QCC. During his first 12 years in the Army, he worked as a combat engineer and the last 18 years as an Army recruiter. Mr. Viera was awarded 69 credits for prior learning, of which he used 35 credits for a human services degree.

As a former Army recruiter, Mr. Viera said he has always promoted and was aware of credit for prior learning, however, "... seeing it applied when I came to QCC was a great sur-

prise," he said. Mr. Viera said that while he could have used the majority of his awarded credits for a general studies degree, he chose instead to use all applicable credits toward the human service degree he really wanted. His plan is to graduate from QCC in Fall 2021 and then work with veterans.

"I can't say I wasn't temped to go for a general studies degrees," he said. "The appli-cability of my military time for credits blew me out of the water."

"The Credit for Prior Learning program is a great way for students to take advantage of the knowledge they've gained over the years and have it pay off in a lucrative way," Dr. Pedraja added.

To learn more, visit Credit for Prior Learning<https://www. qcc.edu/services/career-services-credit-prior-learning>. For more information about

QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

QCC to offer free bealthcare training in the New Year

W O R C E S T E R - Quinsigamond Community College's Workforce Development and Continuing Education Center (WDCC) is offering free, grant-funded Nurse Assistant/Home Health Aide and Administrative Medical Professional programs in 2021.

The free 120-hour Nurse Assistant /Home Health Aide Training program provides students with the necessary theory and entry-level skills to safely provide basic nursing assistant care in a longterm care facility, acute care facility or home health care agency. Upon successful completion of the program, students will be eligible to take the Massachusetts Certified Nurse Assistant Competency Exam. A free virtual information session will be held Jan. 5, 2021 via Zoom to learn more. Space is limited. For eligibility requirements or to reserve a seat in the information session, email QCC instructor Jo Sundin at jsundin@qcc.mass.edu. This program is funded through the Executive Office of Health and Human Services Nursing and Allied Health Initiative, SNAP Path to Work.

The Administrative Medical Professional program will prepare students for a career as a Medical Administrative Assistant in a variety of healthcare settings. According to the U.S. Bureau of Labor Statistics, the projected employment growth rate for Medical Administrative Assistants from 2019 to 2029 is 19 percent more than the 4 percent average growth rate for all occupations. In QCC's program, students will learn the roles and responsibilities of a healthcare team, interpersonal communication, medical records management and compliance with HIPAA, as well as diagnostic and procedural coding. The course will also include lessons in how to handle medical emergencies. After successfully completing the course, students are eligible to sit for the National Health Career Association's (NHA) Certified Administrative Medical Assistant Certification Exam. To learn more, email Ms. Sundin at jsundin@qcc.mass. edu.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu

WORCESTER Quinsigamond

CLUES ACROSS

QCC offers hands-on learning experience to students from the safety of their homes

At Community College, hands-on learning is an integral part of student success. Students who have the skill sets that enable them to hit the ground running in a new job are more valued when they enter the workforce. Thus, when QCC transitioned to remote instruction due to the COVID-19 pandemic, many of the College's programs developed in-home, hands-on learning modules for students to continue this important educational training. QCC is dedicated to providing quality education and this in-home learning module approach is a method that allows students hands-on experiences they would otherwise not be able to have in a remote environment," said Betty Lauer, dean for the School of Business, Engineering & Technology. Students in courses that ranged from electronics engineering technology to computer systems engineering technology, and food service, have been able to experience hands-on learning from the safety of their homes, mimicking activities they would have normally performed in an on-campus lab setting. 'We have been reviewing our laboratory work to determine what projects can be done remotely, then modifying those projects so that students can do them at home. This is an iterative process to identify the best combinations of tasks and interaction levels for different students," said Jacob Longacre, professor of Electronics Engineering Technology. In some of QCC's electronics courses, students received a learning module that included both instruments and components. The components enabled students to build simple circuits and the instruments enabled them to make various electrical measurements. Students in the embedded microcontrollers

course received components that included an Arduino programmable microcontroller, small electric motors, LEDs (single color and red-green-blue), pushbuttons, switches, a joystick, temperature sensors, and light sensors.

vice module, students received a "glow" powder that they sprinkled on a food prep surface they had cleaned. Then, using a mini black light also provided in the take home packet, they could see any particles that remained on the surface.

1. Crow species	29. Make a low, continuous sound
4. Partner to flow	30. Wrath
7. Male offspring	31. Pollinates flowers
8. Sedate	32. Association
10. Orange beverage	39. Prejudice
12. Pair of small hand drums	41. Unhealthy
13. 12th month of Jewish civil y	ear 42. Hasidic religious leader
14. Former Pirates star Jason	43. Distinctive philosophy
16. Computer company	44. Short-term memory
17. Made angry	45. In a good way
19. Beverage container	46. Emperors of Ethiopia
20. Charlize Theron film " Flu	1x"48. Imaginary line
21. Localities	49. Of barium
25. Consume	50. One's sense of self-esteem
26. Don't know when yet	51. Man who behaves dishonorably
27. Bed style	52. Monetary unit

CLUES DOWN

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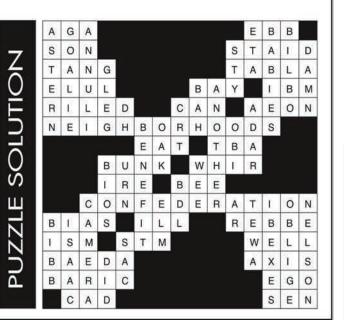
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1. Rear of (nautical)	24. Luke's mentor -Wan
2. He minds the net	27. Life stories
3. Ring-shaped objects	28. Vase
4. When you hope to get there	29. Tiny
5. Young children	31. Package (abbr.)
6. Beloved hobbit	32. A photog's tool
8. Pigpen	33. Wood
9. Wish harm upon	34. One of the six noble gases (abbr.)
11. Quick=eyed (Scottish)	35. Pueblo people of New Mexico
14. Scrooge's phrase " Humbu	g"36. Wild goats
15. One more	37. A way to comply
A ballplayer who only hits	38. Horatio , British admiral
19. Once vital TV part	39. Actress Leslie
20. Sixth month of Jewish	40. Sir Newton
civil year	44. Pouch
22. Advantage	47. Have already done
23. Type of tree	



"With these components students can unleash their creativity and build program projects that involve controlling light (blinking, flashing, fading, multicolor), sound, motion and temperature,' said James Heffernan, professor of Electronics Engineering Technology.

Other electronics students received "breadboard" devices used to make up temporary circuits, as well as myDAQ, a Student Data Acquisition Device. The myDAQ is an interface that includes a comprehensive set of plug-and-play, computer-based lab instruments for hands-on student learning outside the lab.

"The myDAQ is a bit like a Swiss army knife and allows students to do a variety of problem solving and experimentation at home," Mr. Longacre said.

In the food services programs, faculty and staff reviewed curriculum requirements and selected recipes for take-home learning modules, which demonstrated specific learning concepts and provided key academic knowledge and skills development. The modules contained non-perishable food items, small kitchen tools and miscellaneous items to enable students to work from their homes. They were mailed to students, or students were able to pick them up at QCC at the Senior Center, where the College's Hospitality Restaurant Management programs are housed. Students either obtained their own perishable food items or picked them up from QCC.

An example of a key learning concept in food service is the importance of cleaning protocols, required under ServSafe requirements. In the food ser-

Additionally, during upcoming Spring semester, manufacturing students will be taking certificate exams for Precision Measurement in Associate Professor Lee Duerden's quality manufacturing course. The students will practice on measuring equipment they will receive in their "Metrology Tool Chest" that contains tools such as:

- Tape measure
- · Rulers
- · Steel rules
- \cdot Calipers
- \cdot Micrometers
- \cdot Combination sets
- Dial Gages
- Bore Gages

"QCC has been lucky to expand its capability and equipment in this area. Just packaging all this equipment up has proved challenging, but providing hands-on training is essential for the successful completion of this manufacturing course. It has been an incredible achievement from QCC and its faculty to provide this equipment that is so necessary to continue hands-on learning during this pandemic," Mr. Duerden said, adding that the tool chests will be returned upon completion of the course.

"We expect to continue using this method of learning in the future. Students have really embraced the idea of learning in their own space and many students have excelled in this learning style environment,' Ms. Lauer said.

For more information about QCC, contact Josh Martin, Institutional Director of Communications at 508-854-7513 or jmartin@qcc.mass.edu.





Fallon Health employees rally for annual food drive

With the current health care crisis affecting the lives of so many of our friends, families and neighbors, it's not surprising that Fallon Health employees would want to give back in a meaningful way-but the outpouring of support for our annual Feed a Family campaign was even more than expected. Our 1,200 employees rallied together to fill 416 bags of food, which will benefit 28 organizations across Massachusettsincluding the Webster Senior Center. Fallon also supplemented the bags with gift cards to local grocery stores to help with the cost of perishable items. A lot of hard work and dedication went into making this year's campaign a success. We are thrilled that our many Fallon volunteers were able to find a safe way to continue the longtime tradition of giving, even during the pandemic.

Photos Courtesy









Country Bank supports food pantries with \$130,000 in donations



REGION - Country Bank, a full-ser-As part of Country Bank's "Season of the table. For every dollar donated, we vice financial institution serving cen-Giving Campaign," it donated additionprovide the equivalent of four meals," tral and western Massachusetts, donatal funds to the Food Bank of Western stated Andrew Morehouse, Executive ed more than \$130,000 to local food Mass. and the Worcester County Food Director of The Food Bank of Western pantries throughout the year to assist Bank. The donation was to honor its Massachusetts. "The pandemic has undoubtedly placed a strain on our local food panbanking customers and partners in with supplying food to its communities. The Greater Boston Food Bank recentplace of traditional holiday gifts. "This was such a great idea and so ly reported that food insecurities in tries. As a community partner, we Massachusetts reached an all-time high wonderful to help others at this difficult are fully committed to helping those in need throughout this pandemic," time," stated Therese Rakouskas, owner in November. The state has experienced a 59 percent increase since 2018, repreof Five Star Gardens in Palmer. stated Jodie Gerulaitis, Vice President, senting more than 1 million people in "We're so grateful to Country Bank for Community Relations at Country Bank. its social investment of \$20,000 in The need of food assistance. Most people To learn more about how you can are using food pantries for the first Food Bank's mission to feed our neighhelp or if you need assistance, please time. Food insecurity is projected to bors in need at this critical time. With visit www.foodbankwma.org, https:// increase to 81 percent for children, makthis support, we'll be able to provide foodbank.org/ or www.feedingamerica. ing Massachusetts the second-highest 40,000 meals to households struggling to org. make ends meet and put healthy food on percentage change in the country.



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DOT renumbering highway exits

BY KEVIN FLANDERS STAFF WRITER

REGION - If you find yourself lost on familiar highways over the next few months, there's no need to get a new GPS program or consult a map. As part of a statewide project, highway exits across the Commonwealth are in the process of being renumbered.

The Massachusetts Department of Transportation (MassDOT) is converting all exit numbers on freeways to a mile-based numbering system. The project is a requirement of the Federal Highway Administration (FHWA).

Currently, interstates and freeways in Massachusetts utilize a sequential exit numbering method. Under the new mile-based system, exits will now be marked based on the number of miles from the origin of the route. For example, the Sturbridge exit on the Mass. Turnpike - formerly Exit 9 - will now be Exit 78 (there are roughly 78 miles from the New York border to Sturbridge).

Exit numbers for Route 213, I-291, I-391, and the Lowell Connector will not be changing. Meanwhile, MassDOT is continuing the I-395 numbering along I-290 to replicate the present exit numbering, which is continuous from Webster to Marlborough. As part of this project, the existing mileposts on I-290 will be replaced with dual mile markers showing mileage for both I-395 and I-290.

The \$2.8 million project is being funded through the Federal Highway Safety Improvement Program. Over the next year, MassDOT crews will update all highway signage to reflect the exit numbering changes. Local businesses and organizations are encouraged to make updates as well, especially on websites featuring travel information and other materials.

"Businesses that reference existing numbers in their advertising or marketing materials will need to revise these materials," read a statement released by the MassDOT. "Old exit signs will remain in place for a minimum of two years, giving businesses time to adjust to the new exit numbers during this transition period."

Several public meetings and virtual events were held throughout the state over the past year to provide residents with additional information on the project. The MassDOT will continue the renumbering project throughout the winter and spring.

For more information on the new exit numbering system, as well as a list of local highways and exit numbers, visit www.NewMassExits.com.



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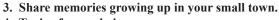


(Limit 300 words)

Merry Christmas and a Happy & Healthy New Year to ALL! Thank you to Lamoureux Ford for sponsoring these pages, and to this month's authors!

Here are some suggested topics for January, but please feel free to write about anything you'd like.

- 1. How was this holiday compared to previous holidays?
- 2. What are your hopes for the New Year?



4. Topic of your choice.

Sdn+d,

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ithing

The Next Write Stuff will be published on Jan, 28th. Please share your creative writing and thoughts with us! Please email or mail your submission to jsima@stonebridgepress.news by Jan. 20th. or The Write Stuff, P. O. Box 90, Southbridge, MA 01550.

A Soldier's Christmas AUTHOR: A PEACE KEEPING SOLDIER STA-TIONED OVERSEAS

The Night Before Christmas

T'was the night before Christmas, he lived all alone in a one bedroom house, made of plaster and stone.

I had come down the chimney with presents to give, and to see just who in this home did live.

I looked all about, a strange sight I did see: no tinsel, no presents, not even a tree.

No stocking by the mantle, just boots filled with sand; on the wall hung pictures of far distant lands.

medals With and badges, awards of all kinds, a sober thought came through my mind.

For this house was different, it was dark and dreary. I found the home of a soldier, at once I could see clearly.

The soldier lay sleeping; silent, alone, curled up on the floor, in this one bedroom home. Not how I pictured a US soldier.

Was this the hero of whom I'd just read, curled up on a poncho, the floor for a bed?

I realized the families that I saw this night, owed their lives to these soldiers who were willing to fight.

Soon 'round the world, the children would play and grownups would celebrate a bright Christmas Day.

They all enjoyed freedom, each month of the year, because of the soldiers like the one lying here.

I couldn't help wonder how many lay alone on a cold Christmas Eve in a land far from home.

very thought brought a The to my eye; I dropped to tear knees and started to cry. my

The soldier awakened and I "Santa, heard a rough voice, don't cry. This life is my choice.

danced in their heads; And mamma in her 'kerchief, and

I in my cap, Had just settled our brains for a

When out on the lawn there arose

I sprang from my bed to see what

new-fallen snow,

Gave a lustre of midday to objects below,

When what to my wondering eyes did appear,

tiny rein-deer,

Nick.

called them by name:

"Now, Dasher! now, Dancer! now Prancer and Vixen!

On. Comet! on. on, Donner and Blitzen!

To the top of the porch! to the top

He was chubby and plump, a right jolly old elf,

And I laughed when I saw him, in spite of myself;

A wink of his eye and a twist of his head

Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,

And filled all the stockings; then turned with a jerk,

And laying his finger aside of his nose.

And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,

And away they all flew like the down of a thistle.

But I heard him exclaim, ere he drove out of sight-

"Happy Christmas to all, and to all

Hot Cocoa and A Blizzard BY EMILY JANES

"Crunch, crunch, crunch" the peppermint stick crunched as Tia rolled it into pieces with her rolling pin.

She soon had a pile of minty shards. Tia put the rolling pin to the side and went to stir the hot homemade cocoa.

WAVING AT THE MOON

By Sher Morse, Spencer, MA I waved at

the moon last night, as I faced another sleepless evening. Thoughts raced through my head, no switch to turn them off. My mind was tossing and turning, overloaded with emotions. Will I ever slumber in peace again, or will I forever be tormented by my past? It is now before dawn. I rise to start another day. There it is. still in the sky. I once again wave at the moon.

2020

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long winter's nap, such a clatter,

was the matter.

Away to the window I flew like a flash,

Tore open the shutters and threw up the sash.

The moon on the breast of the

But a miniature sleigh and eight

With a little old driver so lively and quick,

I knew in a moment he must be St.

More rapid than eagles his coursers they came,

And he whistled, and shouted, and

Cupid!

a good night!"

Chistmas, but, WOUL

Ι fight for freedom, I don't ask for more; my life is my my country, my corps.³ God,

The soldier rolled over and drifted to sleep; I couldn't control it, I continued to weep.

I kept watch for hours, so silent and still, and we both shivered from the cold night's chill.

I didn't want to leave on that cold, dark night, this guardian of honor, so willing to fight.

Then the soldier rolled over, with a voice soft and pure, whispered, "Carry on Santa, it's Christmas Day, all is secure."

One look at my watch and I knew he was right, "Merry Christmas my friend, and to all a good night."

Author: A peace keeping soldier stationed overseas

A Visit from St. Nicholas BY CLEMENT CLARKE MOORE

'Twas the night before Christmas, when all through the house

Not a creature was stirring, not even a mouse;

The stockings were hung by the chimney with care,

In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds;

While visions of sugar-plums

of the wall!

Now dash away! dash away! dash away all!"

As leaves that before the wild hurricane fly,

When they meet with an obstacle, mount to the sky;

So up to the housetop the coursers they flew

With the sleigh full of toys, and St. Nicholas too-

And then, in a twinkling, I heard on the roof

The prancing and pawing of each little hoof.

As I drew in my head, and was turning around,

Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,

And his clothes were all tarnished with ashes and soot;

A bundle of toys he had flung on his back,

And he looked like a pedler just opening his pack.

His eyes—how they twinkled! his dimples, how merry!

His cheeks were like roses, his nose like a cherry!

His droll little mouth was drawn up like a bow,

And the beard on his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,

And the smoke, it encircled his head like a wreath;

He had a broad face and a little round belly

That shook when he laughed, like a bowl full of jelly.

"Alyssa, come get your cocoa, its ready" Tia called her 8 year old sister.

Alyssa came running in.

Tia got Alyssa's favorite Disney Mug and poured in the cocoa.

She squirted a dollop of whipped cream and added a small handful of peppermint shards.

"Thank you" Alyssa said to her big sister.

Together the sisters sat by the radiator where it was warm.

They gazed outside; they were in the middle of a blizzard!

There was at least 3 feet of bright, fresh, white snow.

They sipped their cocoa.

"I feel bad for mailmen" Alyssa said. "They work so hard in the worst weathers"

Tia nodded.

After they finished their cocoa,

they put their mugs in sink. Alyssa followed Tia to the front door. She yanked the door open. No way to get out. The snow was so high! They shut the door.

"How many days till Christmas, Tia?" Alyssa asked her big sister. "14" TIa replied. "Will Daddy be home for

Christmas?" Alyssa asked. "IM not sure" Tia sighed. Their

father, John Michael was in the USA army. He had been gone for 6 months already, protecting our country.

"I hope so" Alyssa said. "Me too" Tia agreed.

BY SHER MORSE. SPENCER. MA

A pandemic looms over us, a silent. yet killer virus stalks us. As we hide behind our paper masks, we pray it doesn't strike us or our loved ones. As the statistics spike, so do our fears. An election fraught with controversy divides our nation, pitting friend against friend. neighbor against neighbor. The lies build, as our hopes dive. Racism rears its ugly head in our nation, climbing the chains of command. We protest to deafened ears, and again our nation splits in two. Those who believe change must rise up, others in complete denial. Is this the year from HELL?? 2020

Best wishes for a very Merry Christmas and a Happy & Healthy New Year from all of us at



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> FRANK G. CHILINSKI PRESIDENT AND PUBLISHER

BRENDAN BERUBE Editor

Editorial

Making **SMART** resolutions

With New Year's Day just around the corner, we, like many, are thinking about resolutions. We could debate that September is actually the start of a new year given the clean slate of grades to start a new school year, but a new year is a new year, and not all of us are still in school.

More than half of all resolutions end in failure, but we like the fact that generally, we, as people, seek to improve ourselves and our lives. One reason resolutions fail is that a person just hasn't chosen the right one, something that has meaning. Many people fail before the end of January.

A resolution isn't the right one for you if it's too vague, if it's someone else's expectations for you, or if you have no plan.

The acronym SMART (specific, measurable, achievable, relevant and time bound) can be used to help facilitate your success. If you make a specific goal of losing a certain amount of weight, your goal will be easier to obtain. If you set a time limit, (baby steps) by saying I will lose one pound each week, your plan becomes more effective. As a side note if you haven't seen 'What About Bob' starring Bill Murray, you must.

We all like to see progress and to see it fast. One way is to make something measurable. If you want to scale back on something, say using social media, you can use the 'see how much time you've spent on Facebook' setting to watch your usage go down. Or if you've set out to watch as many old classic movies or read as many John Grisham novels as you can this year, you can make a check list, and as you finish each one, check it off the list. Or bring an empty bookcase into your house, and as you finish a book, pop it on the shelf. Pick a goal that is achievable. By taking a leap that is too big, you might find yourself in over your head and likely frustrated. Having a goal of saving more money than you can will leave you hopeless; however, if you can put away \$50 per month, then you're on to something. Choose a resolution that is relevant. Doing something for the right reasons is key. A relevant goal is a lasting goal. If you want to do more research on your family's ancestry, so that your family will have the information for years to come, then what you're doing has meaning to not only you but to the people you care about. Choosing to bring others in on your goal is never a bad idea either. We all need a coach at times. Using a timeline for your goals should be realistic. Knocking off small goals along the way will lead you to your larger goals and will also give you a chance to create your new habit. Learning something new is one of the most refreshing things about being alive. Being able to continually grow and morph into the best versions of ourselves is what life is all about. The more you enjoy, the more meaning you get out of life. As the poet T.S. Eliot said, "For last year's words belong to last year's language, and next year's words await another voice."



LETTERS TO THE EDITOR America's gift that keeps on giving

To the Editor:

Gunnar Myrdal, the great Swedish economist, called it the "American Creed.'

Writing during World War II, he observed that the American Creed shapes our political and social interactions. Further, he indicated that our creed emphasizes the ideas of individualism, civil liberties, and equality of opportunity. Myrdal said that this creed keeps the diverse melting pot of the United States together. He believed that in endows all Americans – whites, blacks, rich, poor, male and female, immigrants and all others with a common cause and that allows us to exist as a nation.

Or as an American writer, E. B. White, said during the same war: "Democracy is (freely written) letters to the editor."

(Can you imagine such letters ever

Our Christmas message for 2020

To the Editor:

Memories of Christmas and sharing of our experiences, reveals our caring of family and friends.

Enjoying quality time with loved ones on Christmas Day, Santa might even give us a ride on his sleigh.

Remember the good deeds we have done in the past. They remain with us, and are clear in our minds. Let's raise our glasses and give a cheer.

Reflecting on Christmas cards we all enjoyed, perhaps Santa will leave us a gift and maybe a toy.

Yuletide greetings to each of you. This is the time of year our memories stick with us like glue...

Candles on the Advent wreath symbolize love, joy and peace, and their glow strengthens our beliefs.

Holy Night was a time an angel brought news of joy. We learned in time this news was the real McCoy.

Redeemer arrived many centuries

Nothing to see here

To The Editor:

Stop me if you have heard this saying before: You can lead a horse to water, but you can't make them drink.

I submit that those words seem to fit the current situation perfectly. Squirrely eyed Never-Tr umpers and liberals alike are unwilling to admit that there was obvious fraud in the presidential election. To these 'woke' citizens, their side won fair and square. No matter how many affidavits have been filed, no matter how many videos that captured some very questionable footage during the vote counting, no matter how many people, including Democrats, come forward with eye-witness accounts, there is zero evidence of cheating. And where are these libs getting their zero-fraud information? Those bastions of unbiased news, the Main Stream Media, of course! According to the extended wing of the Democrat Party, we just had the most secure election in history! Fraud? What fraud? Those aren't illegal ballots; they are perfectly good mail-in ballots that just so happened

being allowed by Putin's in Russia as he massively cyber attacks America or that our President stays silent, much less responds?)

May no one or group ever be allowed to take these gifts - created and further developed by various Americans over nearly two and a half centuries - away from us. Never, ever.

May we also never forget the hundreds of thousands of our fellow Americans who have died of Covid-19 this year, the million or more who suffer long term illness and permanent damage, and all others like ourselves seriously affected - and that same President and enabler's colossal incompetence and indifference to we suffering Americans.

ago. His love for us is everlasting, as

faithful for all of us wo really under-

Incense is a symbol of prayer of the

Songs we sing and listen to this time

Tidings of good news we bring you

Memories of Christmas with family

Angels are an intricate part of our

Season's greetings to you today. You

DON AND BARB GAUDETTE

Springfield

will always remain in our hearts as

and friends in the past; these were the

this holiday. We do this with the inspi-

ration and spirit of Christmas as we

of year give each of us hope, joy and

inspiration that is very clear.

times that will live on and last.

lives, always giving us good vibes.

we all know.

stand and care.

pray.

we pray

KEVIN KANE Spencer

Investment lessons from 2020



As the year draws to a close, it's fair to say that we've all learned something about the social, political, physical and environmental forces that have affected everyone. And, in some ways, our lives will be changed, perhaps permanently. But as an investor, what lessons can you learn from 2020?

Here are some to consider:

The markets look ahead. Here's something many investors discovered in 2020: Investment prices don't always move in the same direction as the overall economy. This might not have seemed apparent right after the COVID-19 pandemic struck in mid-February, as the overall economy and the stock market took big hits. But just about five weeks later, the markets began a rally that lasted several months. During this time, the economy also recovered somewhat, but still remains on weak footing.

What can explain this discrepancy between the markets and economic activity? Essentially, economic numbers, such as the unemployment rate and gross domestic product (GDP), reflect what's happening today, but the markets are always looking toward tomorrow, which means they are anticipating a stronger economic recovery and the results that come with it, such as greater corporate earnings in 2021. No one can say for sure what the future holds, but you can usually know the market's opinion by its performance.

Opportunities will always exist for investors. Although the coronavirus seems unprecedented, the equity markets have rebounded from many crises before it. From war to global financial meltdowns, the market has seen it all. But even at the height of these events, when the markets might be most affected, individual segments or industries can do well.

For example, in the current envinment when many people have been forced to work and shop from home, and get their entertainment online, it's probably not surprising that some parts of the technology sector have seen their economic activity grow, along with their stock prices. Here's the key point: Investment opportunities always exist, especially in times of market stress and smart investors will find them and incorporate them into their portfolios in a way that's appropriate for their goals and risk tolerance. Patience and discipline can pay dividends. As mentioned above, the stock market dropped sharply in the weeks immediately following the pandemic, but then gained steadily for months afterward. Investors who tried to "cut losses" and exited the market likely did so at the wrong time and missed out on the beginning of the upturn. Unfortunately, this is not uncommon - investors who overreact to market declines often find themselves on the investment sidelines just when a new rally begins. Rather than being reactive in this way, you may be better off sticking with a long-term investment strategy, and buying and selling investments only when it makes sense for your situation, such as when you need to diversify your portfolio. For many reasons, it's unlikely that we'll see anything exactly like 2020 again. But some of the investment lessons we learned are applicable in every year - so keep them in mind for 2021 and beyond.



Nadir of the crisis

To the Editor:

I suppose Mr. Graham is really somebody that I cannot refute. The only things that come to mind are the familiar "-ists. We must protect ourselves from dilution? Is the gradual browning of America an existential threat? To think that some-body wishing you "Happy Holidays" is perpetrating a holy war while thinking God blesses America to the exclusion of other nations is a nice mix of bigot and delusion. The weird unconditional love for Trump and his kids certainly seems more delusional than anything and calling for a mob to stage a coup to keep Trump in power while denying the duly elected president strikes me as calling for sedition while wrapping oneself in the flag.

I'm happy that Mr. Robillard is coming to grips with reality. Calling Biden and his cabinet clown names is extremely inappropriate and uncalled for but there is good in everything. It seems as though Mr. Robillard recognizes Joe Biden as the winner of the 2020 election and seems to recognize that Joe Biden will be the 46th president and is scheduled to be sworn in on Jan. 20. This is progress! Talk of Trump running in 2024, while bad for America, is progress because it acknowledges he lost the 2020 election.

I happen to agree that it is no wonder Trump got sick of Dr. Fauci. Dr. Fauci learned a lot in his four years undergraduate, then 4 years of medical school, this his residency, then his entire

Come-on, man! You've got just... it's... you need to convince... Oh, you know, the thing!

to show up at the exact moment to give

Biden the spike he needed to overtake

President Trump. So what if they were

hidden underneath a table or rolled

in from a back room in boxes that vio-

lated protocol. Statistical anomalies?

Joe Biden amassed 10-million more votes than Obama did in 2008, and he even out-stripped Hillary's shot at (and subsequent ricochet off of) the glass ceiling by a wide margin! According to the Serendipitous Seven, the 80-million votes that Sleepy Joe received are a stark reminder of the hatred that the majority of Americans allegedly have for President Trump. Apparently, dead people and pets also hold him in contempt. For a moment, put your hatred aside and try to manifest even the slightest notion of rationale. Trump received between 74 and 75 million votes, 11-million more votes than he had received in 2016. A feat that even

Turn To **HERHOLZ** page **A9**

career. When faced with a novel infectious virus that spreads serious cases quickly enough to overwhelm hospitals, what are we supposed to do? Dr. Fauci was always in favor of developing a vaccine, and that appears to have been done in under a year, a record. Fauci was never against a vaccine. Yes, his advice was to wear a mask and socially distance until the vaccine was available. Had we not done those things, COVID-19 would have bombed through our society with a massive death toll from care rationing before the vaccine was available. This is kind of like the cookie experiment where a preschooler where the child can get one cookie right away or two if they just wait. Some countries waited for the 2 cookies, in America we so hastily grabbed and chomped on the one cookie that half of it dropped to the floor.

With the arrival of the COVID-19 vaccines, we are past the nadir of this crisis and there is light at the end of the tunnel. It isn't hard to see how this crisis ends or how quickly it can end. If multiple vaccines are approved and there is a massive vaccination campaign it is conceivable that we can have herd immunity by August. If we vaccinate people like gangbusters we can start to see the pandemic turn around in February with a massive drop in March, and then with the vaccines rolling out and warmer weather this scourge can be behind us for good.

The more likely scenario is that we Turn To HAR-YAROK page A11

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



Do-it-yourself boliday centerpiece

Dress up your holiday meals with a centerpiece crafted from greens, colorful stems and seed heads collected from your garden. Or purchase fresh materials you need from your favorite garden center or florist.

Most gardeners spend some time gath-

ering a few blossoms and creating a bouquet or arrangement for their summer gatherings. Don't let winter stop you from crafting a festive centerpiece from materials collected from your gardens this time of year.

Start by gathering some greens. The fan-like sprays of <u>arborvitae</u>, blue-green sprigs of juniper as well as branches of yews, boxwood, pines and spruces can provide all the greenery you need.

Now look for items with interesting color or shape. Red and yellow twig dogwoods and paper bark birch add festive color to any arrangement. The interesting shapes of curly willow, contorted filbert and fantail willow provide intriguing form.

Next gather cones, berries, and fruits. Look for orange and red rose hips, blue berry-like cones of junipers, sweet gum seedpods, and alder's cone-like fruit. Gather a few evergreen cones to include in or around your arrangement.

Look for potential adornments that are lingering in the perennial garden. Coneflower, rudbeckia, and allium seed heads can add a bit of structure to your arrangement. Gather a few milk-



weed, balloon plant and lotus pods. And don't worry, your milkweed plants will return for next year's visiting monarchs. Honor their natural color or add a bit of bling with some gold, silver, or red paint.

Include a few shiny ornaments as needed. Glittered stems, ribbons and candles can add festive color to nature's beauty in your centerpiece.

Visit your favorite florist or craft store for needed supplies. Pick up some floral foam to secure the stems. Cut it to shape to fit the size and shape of the container.

Moisten the foam before inserting fresh greens and cut flowers. Set the block of foam on top of a basin of water and let it sink. This allows all the air spaces to fill with water, ensuring your flowers and greens have the water they need. Use high density foam when working with evergreen boughs and branches.

No need to moisten the foam when using dried and artificial material. This material makes it easier to create your arrangement.

Consider purchasing a few seasonal flowers for added color for your special event. These can be placed directly in the floral foam or water filled florist tubes set in the arrangement. Simply remove faded flowers and replace as needed.

Or use miniature poinsettias, kalan-



Photo Melinda Myers

It is possible to create a festive holiday centerpiece crafted from materials found in winter gardens.

choes and cyclamen for longer lasting living color. Tuck them in the bed of greens or use them to decorate each place setting. Check the soil moisture frequently as the small pots dry out quickly.

The possibilities are endless, and the results are sure to brighten your spirits no matter how you are safely celebrating this holiday season.

Melinda My ersist he author of more

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

LETTERS TO THE EDITOR

Patriotic "civil disobedience" required

To the Editor:

The rules and laws a nation makes in a democracy are only acceptable if all the citizens agree to follow them and they are enforced by the justice system. If groups are allowed to flagrantly disregard these laws with no enforcement by our police or judicial system, then these laws, rules, and norms are no longer valid for all the citizens of that nation.

We saw how the process was subverted by in our presidential election. The rules in battleground states were subverted by end arounds of the legal legislature process. Under the guise of "pandemic safety" and "voter disenfranchisement," the Democratic controlled mobs such as BLM and Antifa used intimidation and threats of violence to get the rules changed. When confronted by these mobs seeking to change the rules without due process, the weak politicians and judges acquiesced to their whims. They were in fear of mob retribution to their homes and families. Especially after law enforcement had just been neutered by BLM.

The biggest illegal election ruse was

and can never be traced back to the envelope supposedly to safeguard the voter's identity.

After this ruse, there is no way to go back and verify the ballot as being legit. In these states the election process has effectively been made into an "honor system." So organized groups who have no honor, like Antifa and BLM, are able to game the process. These groups, who have been rioting and attacking police in large cities, obviously would have no problem stuffing the ballot boxes. It is clearly apparent this was done in large cities like Detroit, Philadelphia, and Atlanta. When a ballot box is opened and all 150,000 ballots are all for Biden, the evidence is overwhelming. Unfortunately, if you don't see them do it, you cannot prove it. When a state has a recount, they are just recounting all the ballots not if they were legal votes. This confirms nothing about the election integrity. The judges on the Supreme court and Attorney General Barr saw the results. They know this was done but they have no proof to stop it. They also know they cannot rule for a revote because they fear the rioting and reprisals from BLM and Antifa. So, in effect we have mob rule governing our elections now. We know this is going to happen again in the senate run off in Georgia. Stacy Abrams has already called in the outside forces of BLM and Antifa to stuff the ballot boxes with these ballots. What good is signature verification if they are all accepted and not verified by both sides? The only hope is that the Republicans have learned the rules and are going to do the same. Hopefully, they can have patriotic groups like the "Proud Boys 'to do some ballot stuffing to offset BLM.

grassroots developments. This was a well-organized orchestrated agenda by the left and Donald Trump is fully aware of it. You saw it too. The picture of "spontaneous riots" where trucks were there handing out signs and weapons. Agitators flown from all over the country to the "Get Out the Vote" demonstrations That's why he is fighting hard. He's a freedom fighter. They tried with the Russia hoax, they tried with the impeachment over Ukraine. This was the final coup detat. The seizure of power by stuffing the ballot box and when you fight it, have the media call you a "threat to democracy." The entrenched politicians like Romney will join them in order to maintain their positions in the system. Sanctimonious Romney's main objective in government is to protect the \$100 billion of asset fund of his Mormon church not our freedom. (Got to keep that tax free.) Not Trump and his followers. They see right thru the lies and will fight to the bitter end. He knows he's the duly elected president and it is a righteous fight. We now know the Democrats will try to keep the unfair unverified ballot system's in place. Biden is beaming that "more people voted in this election than ever before." They know the ballot stuffing truth and they intend to keep it that way, so they dominate future elections. That will mean that large Democrat controlled cities will swamp the system with these ballots and have control over the suburbs. It also means that states that try to keep their system honest will be swamped by those Democratic rigged states. That's why Texas and many others sued. The Democratic propaganda news machine claimed these states to be "threats to democracy." These states are fighting for true Democracy and the value of vour vote.

So, what is the solution going forward? It's time for the Patriotic Republicans to use the new rules and practice "civil disobedience" to bring this problem to light. Voters in the suburbs need to have organized groups to counter vote stuffing by BLM and Antifa in the large cities. They need to grab as many ballots as possible. Use the phone book to fill in the voter information. Swamp the system with these unverified votes. There is no process to reject them due to "voter disenfranchisement". We know signature verification is non-existent especially there is no one to challenge, it goes into the system as a valid vote. It can never be taken out of the count after that. Unless you admit to it, there is absolutely no way they can prove you did it and that it was done illegally. Only once they see the drastic increase in vote tally's will they realize that the system is no longer working. The Republicans will start winning again with "huge voter turnout" in the suburbs The Democrats will start calling for voter ID controls. Only then will voter integrity will be reinstated. Only then will your one vote count the same as everyone else's. The new American Revolution for Independence is not going to be fought by patriots using muskets. It will be fought at the voting booths using the non-verifiable voting system put in place by the liberal socialist Democratic groups. It is your duty as an American patriot to stuff the ballots boxes. It is an act of patriotic "civil disobedience" until the system is made just and fair again. You know something, I'm starting to feel like Mahatma Gandhi. Maybe I'll go on a hunger strike until it's all fixed.

the unverified mail in ballots. This process allows any person to obtain thousands of ballots. He then can, using a simple phone book, sign the names and addresses of other citizens. He then drops these off at the ballot boxes. They are received in precincts where they are received with no oversight. The envelopes are opened with either no verification or a cursory inspection. The poll worker, who in the big cities is almost always a Democrat, lets it fly by. That's why it's done with no one present from the other side in evesight to dispute it. They are separated from the envelopes and can never be rejected after that. This process was put in place under the guise of "voter disenfranchisement." They are received

HERHOLZ

continued from page A8

Obama-Almighty couldn't accomplish when he and Willard "Mitt" Romney had what amounted to Monty Python's fish slapping contest (apparently, Obama held the bigger fish). Historically, when an incumbent president receives more votes than they did their first election, they usually win a second term. However, a man who can't complete a sentence without tripping over the words, can't remember where he is, didn't make but a handful of trips out of the basement, couldn't draw a crowd one-one hundredth the size of a Trump rally, received 80-million votes? Not one bit of that strikes you as odd? What is it going to take to wake you from your CNN/MSNBC/NPR induced slumber?

According to the conjoined minds of the Spencer New Leader's Imaginary Intellectuals, people like me are conspiracy theorists off of our meds and just whining that our candidate didn't win. We should model ourselves after their maturity and thoughtful words they've shown in print since 2016, am I right? I'm sure they will welcome our criticism of a Biden (better known as the Harris Gateway) Presidency and engage in only constructive political discourse. Just like they have the past four years.

Conspiracy theory alert! The Conqueror of Corn Pop will not occupy the Oval Office for very long. There will be a medical episode that will render him unfit to perform his duties as President. This will provide the Democrats with the next feather Make no mistake. These riots and voter changes were not spontaneous

they need to stick in their hat; the first female, black (Jamaican, not African) / Indian (not Liz Warren Indian, Ravi Shankar Indian, just far less talented) President. The Democrats are desperate to erase their Jim Crow/Ku Klux Klan past.

Prediction Alert! Kamala Harris will provide us with the worst four years this country has ever seen! I don't say that because she is a woman. I say that because she is a screwball radical! After the Harris Administration raises our taxes and reverses everything from the last four years they will blame the economic downturn on the 'failed policies' that President Trump burdened us with. We will be told that if we only buckle down and fork over x-amount more of our weekly salary, Big Momma Gubment will take care of us and spend our money 'wisely.' And how much of that money will be spent? All of it! Liberals across the nation will hail her as a visionary! Get ready for the rebirth of a nation, reminiscent of the economic boom of 1929 through 1939..

I would like to end this letter on a brighter note. Christmas is right around the corner and it will be a time to sit back, relax, and enjoy the little things in life. I suggest we should all just, for the moment, forget about the struggles of this past year, find something that brings you joy, and take the time to soak it all in. If it's snowing, get lost in the falling flakes as you nurse your cup of coffee, tea, or hot coco.

God Bless you all. Merry Christmas and Happy New Year.

MATHEW HERHOLZ SPENCER

Reach out to someone who's quit smoking

To the Editor:

This holiday season, I'd like to remind readers to thank a co-worker, friend or family member who has quit vaping, smoking, or using other tobacco products. 2020 has been a year full of stresses for many of us, and staying tobacco free may have been hard for people you know. This is especially significant now since smoking and vaping may harm the lung's ability to fight off infections, including COVID-19.

Nicotine is the very addictive substance in tobacco, and many vape products. It takes most people with a nicotine addiction several tries to quit for good. So reach out to those who have conquered this addiction. Let them know you are proud of how hard they're working to better their wellbeing. Thank them for improving their health and the health of the people around them.

The holidays are also a great time to support your friends and loved ones who are trying to quit vaping, smoking or other tobacco products. Even if they have tried quitting in the past, encourage them to keep trying – they learn something new every time they try to quit.

Smokers and vapers can call 1-800-QUT NOW (1-800-784-8669) for FREE coaching from the Massachusetts Smokers' Helpline through phone and web, 24 hours each day, seven days a week (except Christmas) or enroll online through makesmokinghistory. org. Adults who work with a coach can receive up to eight weeks of free nicotine patches, gum or lozenges (with medical eligibility). And, this year, the Massachusetts Smokers' Helpline is also offering up to \$50 in gift cards to Massachusetts residents who use menthol tobacco products and participate in coaching services!

Quitting is hard—give thanks to someone in your life for quitting or for trying to quit. Every email, text message, phone call, or encouraging word makes a difference.

Sincerely,

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MARK ROBILLARD SPENCER

De-Stressing Strategies Promote Good Cheer

The holidays are around the corner, and despite the usual merriment of the season, this year is (not surprisingly) different. The CDC reports that symptoms of anxiety and depression have increased considerably due to COVID fears and since social restrictions have been in place. In fact, a recent study revealed that 27.8 percent of U.S. adults had depression symptoms compared to 8.5 percent before the pandemic.

With these figures in mind, the following strategies to combat stress and depression are offered. Some ideas have been previously published in this column, but bear repeating.

Read on for a variety of natural ways to halt high anxiety and greet the holidays with good cheer!

Note: Consult with your health care professional before taking any herbs, as they could have dangerous side effects.

Massage therapy: Did you know when you are anxious, your body produces an abundance of cortisol, a stress hormone? Massage has been proven to lowers cortisol levels. In addition, it relieves muscle tension caused by anxiety. In fact, according to a research study by the Touch Research Institute, experiencing a 15 minute massage for just twice a week can lower both anxiety and depression levels.

Carbs are calming: Complex carbohydrates such as fruits, vegetables, whole grains and starchy foods increase the amount of serotonin in your brain, a powerful neurotransmitter that boosts your mood, calms you down and is beneficial in reducing overall feelings of anxiety/depression related disorders. Studies also show pasta, which is rich in complex carbohydrates can help relieve anxiety and help fight depression

Meditation mode: Meditation can be a powerful weapon in the fight against stress, and can work to ward off a panic attacks. Meditation and proper breathing can helps slow the heart rate and calm nerves. In fact, medical studies reveal meditation may also ease anxiety for those who not only suffer from

Spencer-East Brookfield Superintendent receives

new contract

SPENCER — The Spencer-East Brookfield Regional School Committee unanimously approved a new threeyear contract, from July 1, 2021 to June 30, 2024, for Superintendent Paul Haughey at its Nov. 10 meeting.

Haughey is currently operating under a three-year contract, which runs

anxiety disorders, but for those who have obsessive-compulsive disorder (OCD) as well. A quick calming trick is to close your eyes and breathe slowly and deeply, focusing on the breaths.

Writer Carol Krucoff of the Seattle Times offered this advice

on breathing to relieve stress and panic: "Slow, deep breathing is a powerful anti-stress technique. When you bring air down into the lower portion of the lungs, where the oxygen exchange is most efficient, heart rate slows, blood pressure decreases, muscles relax, anxiety eases and the mind calms."

Chew away stress: Can chewing gum reduce stress? According to a NASA research it can! In a NASA-funded study, scientists from Wheeling Jesuit University monitored the responses of 25 college students during simulated driving scenarios. The volunteers reported that peppermint lowered their feelings of fatigue or anxiety by 20%. Peppermint and cinnamon each decreased frustration by 25%, increased alertness by 30%, and made the ride seem 30% shorter. Don't like candy or gum? Buy peppermint or cinnamon air fresheners or car diffusers for the same effect.

Paint RX for panic: The color yellow is not only bright, it's a mood booster too! Just be aware yellow a little goes a long way, and too much bright yellow can over stimulate the nervous system. Or try painting your walls orange, or at least a workable shade of orange, such as peach or terra cotta. Orange is the top mood booster and can dispel anxiety, according to experts. Painting a room a light green is therapeutic for tired, stressed nerves. And studies show bubble gum pink and cool blue are proven stress relievers.

Herbal Help:

Ylang ylang: Ylang ylang has been touted as an anti panic treatment. When Ylang ylang essential oil is added

through June 30, 2021.

'We are pleased with Haughey's performance as the educational leader for SEBRSD," stated Jason Monette, Chairman of the School Committee. "We are looking forward to working with Paul for another three years."

Monette said the Committee decided to review the superintendent's contract and offer three years in order to ensure continuity for the school district.

Under the new contract, Haughey's salary will be \$162,500 in the first year, \$167,781.25 in the second year, and \$173,230.12 in the third year.

TAKE THE HINT KAREN TRAINOR to a warm bath, feelings of depression can literallv be washed away!

Lemon balm: Lemon balm is a relaxing herb that reduces restlessness, anxiety and irritability. It is also used to treat anxiety that causes digestive problems.

Note: Do not use if you have thyroid problems.

Passionflower: Passionflower is an effective depressant of the central nervous system which translates into a relaxing anti-anxiety effect. It not only helps general anxiety, but is especially touted as a remedy for nightmares and nocturnal anxiety.

Note: Those taking an MAO inhibitor should not take passionflower.

Skullcap: An herb with fewer side effects, Skullcap helps calm the "worrier" who has racing thoughts and constant fret. This herb is useful for all types of anxiety but has also been hailed as an aid for stress caused by hormonal imbalances in women.

German Chamomile: A common garden herb, Chamomile is a muscle relaxer that has mild sedating properties. Chamomile tea has long been used to relieve stress and promote sleep. It is also used to treat anxiety in sufferers young and old.

Note: Those who have allergies to ragweed, chrysanthemums or asters, should not use Chamomile.

Valerian: Valerian is one of the most popular anti-stress herbs. The herb contains valepotriates, which work to calm anxiety, much the way the drug Valium does, but without the addictive qualities

Note: You should not take Valerian if you have thyroid problems, adrenal fatigue, chronic exhaustion or depression.

Did you know?

· Calcium, magnesium, and B vitamins are hailed for relieving anxiety symptoms.

Fresh peaches contain a natural sedative that aids in reducing stress and anxiety.

Keeping your body in balance by

Leicester seeking remote public health nurse

LEICESTER - The town is seeking applicants for the fractional-time position of remote public health nurse. This position will not be required to conduct COVID-19 related work or contact tracing. The public health nurse will be responsible for tracking communicable diseases and reporting to the State Department of Public Health.

eating a well rounded diet and taking a daily multivitamin helps ward off stress.

Laughter provides both a physical and emotional release. It relieves tension, stress, anxiety, anger and depression.

· If you're trying to reduce stress, be sure to avoid extremely low fat diets because some fat is needed to fight depression and anxiety.

To keep stress at bay avoid (or reduce) consumption of alcohol, sugar and caffeine.

Just 20 minutes of relaxation or doing something you enjoy each day has shown to restore your mental health and lower overall anxiety level.

Aromatherapy can soothe frazzled nerves. Add some essential oils to a warm bath to induce calmness. Sandalwood, Lavender and Rose are a few "stress busting" scents to try.

Win Dinner for Two at the Publick House

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

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

Applicants must be a registered nurse by the Massachusetts Board of Registration. The role requires the use of the Massachusetts Epidemiological Virtual Network (MAVEN) and the Massachusetts Immunization Information System (MIIS).

Compensation is set at \$35 per hour. Interested candidates should submit a cover letter and resume to hr@ leicesterma.org.







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Jessica Barnes

SPENCER — FLEXcon Company, Inc., an innovator in adhesive coating and laminating, today announced that Jessica Barnes has joined the company as Human Resources Director, FLEXcon North America.

HAR-YAROK

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have a mix of supply chain issues, anti-vaxxers pushing their propaganda on social media, people refusing to get it for whatever reason, people not getting their second shot, etc. The pandemic will likely rage through the winter, and will seem to abate somewhat in the spring to a level lower than the winter peaks, but nowhere near anything we used to think of as "normal." We will then go through a small peak next winter, and then by mid-2022, it will be gone for good. Of course, some people will still be scared that winter and the sociological scars won't fade until 2024 when we are truly at a "new normal," whatever that means.

What should the vaccines mean for your Christmas plans? Nothing. Your Christmas plans should be canceled anyway. The existence of the vaccine won't have a measurable effect in the data for a few months. It is irresponsible as a family member to take the risk with any of your loved ones and more importantly it is irresponsible as a citizen to turbo-

RIVALRY

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also expressed concerns over Prouty's recent inability to field a junior varsity football team on several occasions for matchups between the two teams. SEBRSD officials contend that many of the Prouty football program's challenges in recent years stemmed from student-athletes being recruited to play elsewhere.

"For Leicester officials to claim that the competition is no longer there is absurd," Monette added. "I will point out that in 2019, at least five of the players on the Leicester team were citizens of the town of Spencer. Unfortunately, that same year, the town of Leicester was found guilty of recruiting players. I would hope that our neighboring town and the parents within our own town would have more integrity than to continue to stack the cards in Leicester's favor and, as a result, deny our children the opportunity to continue a tradi-

Jessica Barnes joins FLEXcon as Human Resources Director

Barnes has a strong human resources background in developing creative solutions that are linked to positive business outcomes. Her knowledge of strategies and tools combined with practical understanding and skill for implementation will drive human resources initiatives at FLEXcon, according to Shaun McDonough, Executive Vice President of Purpose, People & Process, FLEXcon.

"Jess comes with a wealth of knowledge and, most importantly, a focus on servant leadership and coaching,' McDonough said. "I am excited for the things Jess and FLEXcon can do together."

Barnes most recently served as Manager, Human Resources at Karl Storz, where she worked closely with

charge the spread of this virus.

COVID is unique in our lifetimes where there is a calamity that can be controlled but our risk depends on the decisions of others. Never before have we had individuals' risk tolerance impact each other so much. If I'm not willing to let millions of Americans die, have permanent complications, or get very sick then the only thing I can do is intrude on your rights to go to a restaurant or host people in your home. Likewise, if you value hosting a Christmas gathering over health and safety, you are increasing the community prevalence of my chief risk.

How is COVID doing? Worse than ever. Cases continue to rise, we're now at more than 250,000/day. Deaths continue to rise exponentially – as of this writing we have hit 3,406 deaths in a single day in the United States. Don't forget, in the summer lull we had 21,000 cases/day and 400 deaths/day. We are on-track to surpass 10x worse. Southern California has literally run out of ICU space. Massachusetts has seen hospitalizations and ICU increase exponentially and we are on path to run out of hospital beds on Jan. 4 and ICU

tion."

This year's Thanksgiving Day contest, which would have been the 51st, was canceled due to COVID-19.

Looking back, athletes and coaches on both sides of the rivalry have plenty of unforgettable memories. These include cold-weather battles going back many decades; fans keeping warm in coats, gloves, and blankets; the "snow bowl" in 2014; and an emotional 37-14 victory for the Wolverines in 2016, just six months after Auburn Police Officer Ronald Tarentino, Jr., a Leicester resident, was killed in the line of duty. Signs and apparel supporting Tarentino's family were displayed throughout the field on that crisp Thanksgiving morning when football served as a tool for community healing.

"There have been so many exciting

administration, manufacturing depart- cations, manufactured goods, and new ments and the HR team to identify, design and implement HR initiatives to support the business needs of the organization.

"I look forward to working with FLEXcon's Human Resources Team to ensure that FLEXcon always has the best fit of talent and capabilities," Barnes said, "and providing leadership and programs that will support and further align the manufacturing and office teams to meet the company's strategic goals."

learn fol-To more, low FLEXcon on LinkedIn.

FLEXcon About FLEXcon Company, Inc. is a global leader in coated and laminated films and adhesives used in graphics appli-

beds on Jan. 20. I assume more hospital beds will be brought online in convention centers but full ICU's is going to lead to rationing care and even more deaths.

I know the pandemic is getting old, I know it's getting old reading about it, and let me tell you – it is getting old writing about it. The issue is that the pandemic is very serious and only gets worse. I have been writing about COVID since it first hit the scene in March. My dire predictions that came true. I encourage all to take a look at old news articles from March and April. Remember when it was a big deal that 1,000 people (total) died from it? We now have more than 3,000/ day and more than 310,000 total deaths. The excess death rate (more deaths than normal) is 33 percent higher than the official COVID count. Take a look at the numbers that scared us in March, and then think about what we brush off as no-big deal today... We have grown numb to the death and disease.

> **OMAR HAR-YAROK** EAST BROOKFIELD

honor," said DPHS Principal Elizabeth York.

Moving forward, athletes at both schools will look to make memories in their new rivalries. The SEBRSD has yet to name a new opponent.

"We are excited about the new beginning with Auburn. We have a bit of a rivalry already; the game should be competitive and exciting, and I believe the townspeople will enjoy it," Lauder said. "We are excited to include, and keep alive, our mutual hero Officer Tarentino's spirit, as he had been an officer in both towns and his family lives in Leicester."

Added Lauder, "We would like to continue to have Prouty on our athletic schedule for all sports, including football – it just won't be on Thanksgiving Day. And we hope David Prouty will find a new opponent for Thanksgiving that will also be a perfect fit for them. I know and respect A.D. Chuck Fahey, and know he will find a perfect opponent for his program."

products. A family owned company for over 60 years, FLEXcon has provided a collaborative, consultative approach to deliver unique solutions that help customers achieve better business results. FLEXcon is a trusted partner to a wide range of companies from printers and fabricators to engineers and designers developing products for existing and emerging markets. Headquartered in Spencer, Mass., the company has operations throughout North America and Europe with distribution worldwide. For more information, visit www.FLEXcon.com, follow FLEXcon on LinkedIn, or call 1-508-885-8200.

CHRISTMAS

continued from page A1

who are taking part in the fully remote learning model this year will have their gifts mailed to them.

Event organizers acknowledge everyone in the school system, the public safety community, and the at-large community who come together each year to make the event possible. The 2020 version required even more planning and teamwork than usual, but the group worked hard and delivered a major success.

Several local residents and business owners took part in the Spencer Police Association's annual mailing fundraising campaign this past fall. Their efforts once again helped make the gift distribution event successful.

"The generosity of the residents and businesses was greatly appreciated,' LaPorte said. "An additional note of thanks to the Dairy Queen restaurant for processing the request of 420 gift cards for each student in grades K-3. Also, a special thank-you to Administrative Assistant Kaye Spence at the Wire Village Elementary School for her coordination, support, and communication between both elementary schools and police associations."

Organizers also thank the many volunteers who helped with the decorations in front of the school.



Prouty-Leicester games over the years, and each game is a special memory for the players and coaches who gave it everything they had with courage and



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Painting project completed at Brookfield Congregational Church

BROOKFIELD – The majority of amaintenance project at Brookfield Congregational Church was finished just in time for holiday programs.

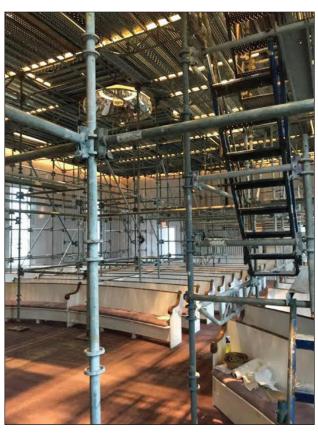
Thanks to a generous donation, church leaders were able to repaint the entire sanctuary and narthex. New carpeting was also installed.

The final phases of the project are expected to be complete by early next year. These include the installation of new seat cushions due in January.

Church leaders thank all volunteers who came together to help complete the projects, especially amid the many challenges of COVID-19.

Additionally, church members have found several ways to lift spirits and assist the community throughout the pandemic. Community assistance has been especially important during the holiday season, with several local residents struggling with food insecurity and isolation. Some seniors haven't felt safe enough to leave their houses since March; others continue to struggle with the ongoing closures of senior centers and community centers. Many seniors have been apart from their grandchildren for almost a year.

Recognizing the many



A major painting project was recently completed at Brookfield Congregational Church.

community hardships this season, church leaders have used creative options to maintain social distancing while still supporting homebound seniors, the local food pantry, and nursing home activities, among others.

Also, the BCC was still able to offer a Christmas

Eve service, this one taking place on the steps of the church to accommodate social distancing. The event included Bible readings and several carols.

Photo Courtesy

For more information about upcoming church activities, visit www. bcc1857.org.

Bay State Savings Bank appoints Rachel G. Hall Assistant VP, Human Resources

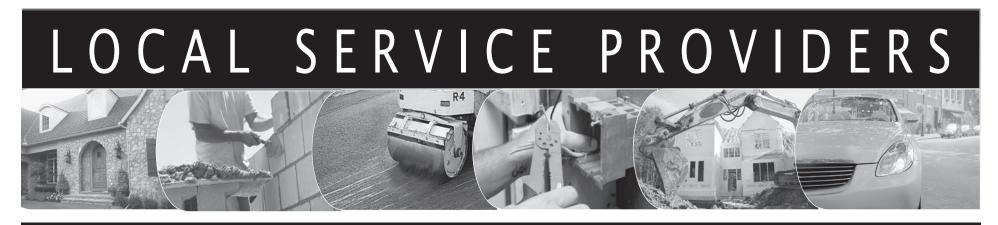


Rachel Hall

WORCESTER — Bay State Savings Bank is proud to announce Rachel G. Hall has been appointed Assistant Vice President, Human Resources at the Bank's 28 Franklin St. location in Worcester. In this role, Ms. Hall will be responsible for the oversight of the Bank's human resource function including salary and benefits administration, employee development, recruitment and training.

Prior to joining Bay State Savings Bank, Ms. Hall was employed by the New England Center for Children where she served as a Human Resources Specialist. She holds an MBA from Assumption University and is certified SHRM-SCP from the Society of Human Resource Management. "Rachel joins Bay State Savings Bank with valuable experience in the Human Resources field, particularly in employee benefits, that will help the Bank further meet the needs of our employees," said Bay State Savings Bank Senior Vice President, Diane Giampa. "The experience she has will also help us in repositioning our staff so that customer expectations can continue to not only be met, but exceeded. We are so happy to welcome Rachel to our team!"

Ms. Hall volunteers at various events in the community geared towards children and looks forward to continuing her volunteer work as soon as the pandemic is behind us. She currently lives in Whitinsville.



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Cbristmas tree embodies community spirit

EAST BROOKFIELD – The generosity of the community is on full display with the illuminated tree outside Howe Lumber.

The project served as the latest example of the eagerness of local volunteers to help out, beginning with Everett Rodgerson, who donated the tree for display. The Howe Lumber family was more than willing to host the tree at the front of the property, and a full team of volunteers helped with transportation, installation, and decoration.

Utilizing public safety measures and social distancing, volunteers spent the last week-plus securing the tree at its location and adorning it with lights. East Brookfield Elementary School students and other volunteers helped out with creating decorations for the tree. Members of the town's 100th Anniversary Committee also got involved in the effort.

For residents and town officials alike, driving past the tree on Route 9 is a reminder of community solidarity and hope for a better year ahead.

The following volunteers, families, and organizations are thanked for their generosity and assistance. Some provided equipment, others materials, others a few hours of their time. Town officials thank everyone for getting involved and helping to brighten the season.

Volunteers included: Keith Audette; Rich Chaffee, Jr.; East Brookfield Elementary School Principal Ron Tomlin; art teachers and students at EBES; the East Brookfield 100th Anniversary Committee; Dan and Amanda Lambert; the Blood Family;



Photo Courtesy

Several local volunteers came together to transport and illuminate this tree in East Brookfield.

the Gablaski Family; Lisa Morrison; Mark and Sheryl Carpentier; Tim Pupka; Andy, Lisa, and Bob Lynch; Larry Gordon; Evan Bercume; Mike Bujnevicie; Lee Churchey; Katherine Norrie; Howe Lumber; and Everett Rodgerson.

Toys for Kids donations

Monetary Donations may be sent to: Spencer Toys for Kids, P.O. Box 186, Spencer, MA 01562.

New, unwrapped toys can be dropped off at: Spencer Fire Dept, Spencer Post Office, Cornerstone Bank (Spencer office), ERA Key Realty Services (415B Main St). If you would like to sponsor a child please contact Katie at katrinah@ erakey.com or call/text 508-419-3659 OR Donna at donnaflannery@erakey.com or call 508-885-6336. If you are in need of assistance, applications can be picked up at: Spencer Post Office, Mary Queen of the Rosary Food Pantry or ERA Key Realty Services (outside mailbox). You can see updates on Facebook at Spencer Toys for Kids.

Donations as of 12/15/2020

Eric & Jenna Monette	\$100.00
Anonymous	\$500.00
Woody's Auto	\$500.00
Cornerstone Bank	\$500.00
Victor Contracting	\$1,000.00
Crooked Creek Farm	\$250.00
Michele Miller	\$50.00
Jacqueline & Michael Befford	\$100.00



LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the POWER OF SALE contained in a certain Mortgage given by Harold Rondeau and Kristian Rondeau to Jeffrey S. Rodman, Trustee of Plan Investment Trust dated December 8, 2017 and recorded with the Worcester County Registry of Deeds in Book 58162, Page 1 for breach of the conditions of said Mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 12:00 PM on the 25th day of January, 2021 upon the mortgage premises at 108 Paxton Road, Spencer, Worcester County, Massachusetts, all and singular the premises described in said Mortgage, to wit:

TERMS OF SALE: The highest bidder shall be required to deposit Ten Thousand and 00/100 Dollars (\$10,000.00) in cash, certified check or bank check at the time and place of the sale. The balance of the purchase price shall be due within thirty (30) days, at the offices of Dunning, Kirrane, McNichols & Garner, L.L.P., 133 Route 28, Mashpee, MA 02649, Attorney for the Mortgagee.

Others terms to be announced at the sale.

Jeffrey S. Rodman, Trustee of Plan Investment Trust, Present Holder of said Mortgage, By Its Attorney, Christopher J. Kirrane, Esq. Dunning, Kirrane, McNichols & Garner, L.L.P. P.O. Box 560 Mashpee, MA 02649 (508) 477-6500 BBO# 660542 ckirrane@dunningkirrane.com

Burncoat Pond Watershed District

Tax Rate Setting January 12, 2021 6:45 PM Leicester Senior Center 40 Winslow Ave, Leicester, MA 01524 December 25, 2020

Burncoat Pond Watershed District Official Warrant SPECIAL MEETING OF PROPRIETORS January 12, 2021

Worcester, SS To the District Clerk: GREETINGS: You are hereby directed to notify the Voters of the Burncoat Pond Watershed District to meet pearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you. Witness, Hon. Leilah A Keamy, First

Justice of this Court December 11, 2020 Stephanie K. Fattman, Register of Probate December 25, 2020

TOWN OF SPENCER REQUEST FOR QUALIFICATIONS (RFQ) ARCHITECTURAL / DESIGN SERVICES FOR HVAC UPGRADES TO THE

The land in said Spencer, with buildings thereon, known as Dwelling No. 12, situated in the southerly part of Upper Wire Village, on the easterly side of Upper Wire Village Road, bounded and described as follows: Beginning at the southwest comer thereof, on the easterly side of said road at a point 546.3 feet northerly of land now or formerly of Ellen St. Germain;

Thence S. 87 degrees 48' E. by land now or formerly of Walter J. Kane, Tr., 193.3 feet, said line being parallel to and 19 feet distant from the south line of the dwelling on granted premises;

Thence N. 4 degrees 29' E. by land now or formerly of Walter J. Kane, Tr. 65 feet to a corner;

Thence N. 87 degrees 36' W. by land now or formerly of Walter J. Kane, Tr. 193.3 feet to the easterly line of the aforesaid road;

Thence southerly by the easterly line of said road 65.6 feet to the place of beginning.

Containing about 0.41 acre of land.

For Mortgagor's title, see Deed recorded in the Worcester County Registry of Deeds in Book 58161, Page 399 and Book 58218, Page 260.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. December 18, 2020 December 25, 2020 January 1, 2021

Brookfield Planning Board Notice of Public Hearing Amendment to Special Permit

In accordance with M. G. L., Chapter 40A, and the provisions of the Brookfield Zoning Bylaws Section 4, Use Regulation Table, §7a; Section 8.C., Site Plan Approval; and Section 12.C., Special Permits; the Brookfield Planning Board will hold a Public Hearing on an application for a Substantive Amendment to a Special Permit recorded on September 28, 2018 in Book #88 and Page 172 at the Worcester District Registry of Deeds for the construction and operation of a commercial Solar Power Generation Array on property owned by Polly A. Teixeira Revocable Trust, Polly A. Teixeira, Trustee, and located at 8 Mitchell Hill Road.

The hearing will take place on Wednesday, January 6, 2021 virtually by teleconference and at the Town Hall, 6 Central Street, Brookfield, starting at 7 p.m. or as soon thereafter as can be heard. For remote meeting access go to http://www.mytowngovernment. org/01506.

A copy of the application may be inspected at the office of the Town Clerk at Brookfield Town Hall during normal business hours.

Sharon Mahoney, Chair Brookfield Planning Board December 18, 2020 December 25, 2020 at the Leicester Senior Center, 40 Winslow Ave, Leicester, MA 01524 January 12, 2021 at 6:30 PM to act on the following article:

Article 1. To see if the District will vote to transfer a sum of money from taxation, free cash, to adjust the budget for Fiscal Year 2021, or to take any action thereon.

December 25, 2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Division 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO19P1190EA Estate of: Edward E Fegreus Also known as: Edward E Fegreus, Sr Date of Death: 02/27/2019 **CITATION ON PETITION** FOR ORDER OF COMPLETE SETTLEMENT

A Petition for Order of Complete Settlement has been filed by

Edward E Fegreus, Jr. of Boston MA and Mary E. Fegreus-Reynolds of Paxton MA requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, other such relief as may be requested in the Petition.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: **10:00 a.m.** on the return day of **01/12/2021**.

This is NOT a hearing date, but a deadline by which you must file a written ap-

RICHARD SUGDEN LIBRARY

The Town of Spencer invites qualified architectural (or architectural / engineering) firms to submit proposals to provide design services for HVAC upgrades to the Richard Sugden Library at 8 Pleasant Street in Spencer, Massachusetts. All respondents must be able to comply with all the RFQ requirements and follow all instructions in preparing RFQ responses. Failure to respond properly may result in the rejection of the proposal(s).

The RFQ guidelines may be obtained in the following manner: at the Spencer Town Hall, Town Administrator's Office, 157 Main Street, Spencer, MA 01562 during normal business hours starting on Monday, December 28, 2020, or by e-mail to tgregory@spencerma.gov. All procedures related to this procurement are in accordance with General Laws, Chapter 7C, §§44-57.

Six (6) copies, plus one electronic copy on a USB drive, of the proposal shall be submitted with all information as required on Pages 5 and 6 (Proposal Requirements) and any supplementary materials, if desired.

Proposals shall be submitted in a sealed envelope and shall be labeled on the outside as: "Proposal for Architectural / Design Services -- HVAC Upgrades to the Richard Sugden Library", and must be sent or delivered to the address below on or before **January**

11, 2021 at 10:00AM:

Town of Spencer c/o Thomas Gregory, Town Administrator 157 Main Street Spencer, MA 01562 December 25, 2020

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4 factors to consider to maintain winter safety



Many changes are to be expected as fall gives way to winter. Temperatures drop for much of the country, and depending on where one lives, snow, wind and ice are to be expected.

As beautiful as snow-covered landscapes can be, winter presents unique hazards, notably slippery roads and surfaces. Chilly temperatures also can put people at risk if they spend prolonged periods outdoors unprotected.

According to the insurance company Carsurance, more than 156,000 crashes occur annually due to icy roads. Roughly 17 percent of all vehicle crashes happen in winter conditions. Winter hazards are not exclusive to driving, however. That means winter safety involves a consideration of a host of factors

1. Changing visibility

While slippery surfaces may contribute to some accidents, visibility can quickly change with winter weather. Blowing snow can contribute to whiteout conditions. In addition, fog can be hazardous to drivers, aviators and mariners and contributes to thousands of travel accidents every year, advises the National Weather Service. It's important to slow down, leave plenty of distance, use your low-beam headlights, and recognize when it may be safest to pull over, such as when visibility is significantly compromised.

2. Snow removal

Shoveling snow or using a snowblower are common wintertime activities. Yet strenuous levels of activity in cold temperatures could put people at risk of heart attack, particularly if they are not acclimated to physical activity. Always warm up prior to shoveling snow to prepare the body for exercise. Go slowly and take frequent breaks. Avoid twisting and tossing snow over your shoulder, which can contribute to back injuries.

3. Carbon monoxide poisoning

Winter weather means turning up the heat or doing more indoor cooking. Carbon monoxide is produced through the burning of fuel in various forms, including stoves, engines, gas ranges, portable generators, and grills. The National Safety Council says carbon monoxide is an odorless, colorless gas that can go undetected as it builds up in enclosed spaces. Never warm up the car inside of a contained garage. Do not use portable flameless chemical heaters indoors, and have furnaces, water heaters and other fuel-burning appliances checked and serviced by a qualified technician annually. Be sure that carbon monoxide alarms are on every floor of the home, and take it seriously if the alarm goes off.

4. Black ice

Black ice is a common winter foe.

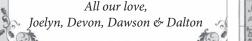
Black ice forms when temperatures rise above freezing during the day, melting any snow on the ground and causing surfaces to become wet. If the temperature drops once more while the ground is wet, a thin, transparent sheet of ice can form. Black ice also may occur if moisture in the air condenses and forms dew or fog, and then the tem-perature drops below freezing, says the National Weather Service. Black ice gets its name because it looks black on asphalt roads. However, it also can form on sidewalks and overpasses, or spots shaded by trees or other objects. Slowing down and exercising extreme caution are essential.

Winter is a beautiful season. But it can be just as hazardous as it is awe-inspiring. Taking steps to stay safe in unpredictable conditions is a necessity each winter. involves a consideration of a host of factors.

1. Changing visibility

While slippery surfaces may contribute to some accidents, visibility can quickly change with winter weather. Blowing snow can contribute to whiteout conditions. In addition, fog can be hazardous to drivers, aviators and mariners and contributes to thousands of travel accidents every year, advises the National Weather Service.

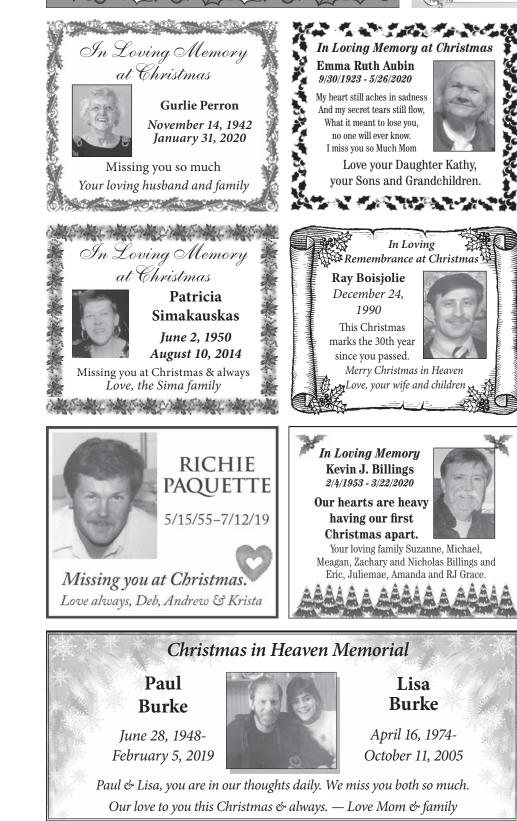




1500 Main St.• Leicester, MA 0152 Leo Pepin Jr. • Chantelle Pepin

Co Be Barrow

VISA



My First Christmas in Heaven I see the countless Christmas trees around the world below, With tiny lights like Heaven's stars reflecting the snow. The sight is so spectacular-please wipe away the tear, For I'm spending Christmas with Jesus this year. I hear the many Christmas songs that people hold so dear, But the sound of music can't compare with the Christmas choir up here. I have no words to tell you the joys their voices bring, For it's beyond description to hear the angels sing. I know how much you miss me, I see the pain inside your heart, But I am not so far away, we really aren't apart. So be happy for me dear ones you know I hold you dear, And be glad I'm spending Christmas with Jesus Christ this year. I sent you each a special gift for my heavenly home above, I sent you each a memory of my undying love. After all love is a gift more precious than pure gold, It was always most important in the stories Jesus told. Please love and keep each other as my Father said to do, For I can't count the blessing of love he has for each of you. So have a Merry Christmas and wipe away that tear, Remember I am spending Christmas with Jesus Christ this year. Author unknown. Merry Christmas



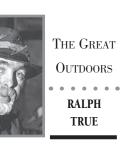
Brothers on the hunt

The final day of the Massachusetts shotgun season was a good one, according to hunters that I spoke with. The weather was perfect during the morning hours. It was comfortable to sit on a deer run that had high hopes for this writer and many others. I hunted

with my brother Ken, as I do every year. We both drew a doe permit for Zone 8, so we hunted in the town of Douglas. I met Ken at our usual spot at 8 a.m., which is a bit late because of our elderly status.

We do not hunt hard, and often have one of us take a stand on a good deer run, that also showed signs of deer activity like acorn feeding. My brother decided on taking a slow walk through the area, hoping to push a deer to my stand. I sat comfortably on my hotseat up against a large oak tree, waiting for my brother to come through. As I waited, I was being entertained by a couple of gray squirrels scampering across the ground, looking for acorns to sustain them through the winter months.

A couple of times one of the squirrel's scampered down a small log that was only a few feet from me, when he noticed something wrong. He let out a loud screeching noise, alerting every form of wildlife in the area of my presence. A few red squirrels also joined in with their chatter. I spotted my brother walking towards me, and I slowly lifted my ageing body off from the ground, with the help of the large tree, and a couple of smaller trees. After we discussed the situation, we decided to hunt the lower part of the property, where I had left one of my tree stands that I no



longer use.

I left Ken on the ridge and headed down to my tree stand to sit on the lower part. At least I could get up to shoot if the situation arises. I slowly walked down to my tree stand, but needed to cross the small stream to get to where I

was going. Lucky I had my Muck boots on. I found an old stick that was laying on the ground, and used it to steady my ageing body, hoping to navigate the water without falling in. "Whew!" "I Made it." I slowly walked over to my tree stand and placed my cushion on the lower part before I sat down. "This is a lot more comfortable."

There were all kinds of fresh deer sign in the area, and I just felt sure I was in a good spot. I called my brother on our two-way radio and told him to take a slow walk through the brush towards my position. I watched the area pretty good for a while, and then suddenly out of nowhere, this huge deer came gliding through the brush in slow but huge jumps. I quickly stood up and took aim at the large deer, but it disappeared into some thick brush. I spotted the deer again and let one round go on my 12-gauge shotgun. The discharged shell echoed through the woods.

I waited a few minutes to stop my heart from racing and to let my brother know of the situation. He stayed where he was because the deer could very well circle and head back in his direction. I was not so sure about my shot being productive, but I spent a while making sure there was no blood trail. It was as I had figured. A clean miss! I guess I will need



Photo Courtesy

This week's picture shows Ken & Mark True ice fishing on one of our favorite spots in years past. We are all hoping for some ice this year.

to borrow some venison from one of my buddies again this year! We worked our way back to the car and headed for the nearest coffee shop. There is still black powder season that ends on Dec. 31 in Massachusetts! But I am not to encouraged about scoring on some venison this year.

With Christmas only days away, we need to brace ourselves as families, that it will be like no other Christmas that we have ever encountered. That does not mean as families that the celebration cannot be meaningful as it has always been; it is just that the celebration should be done in smaller groups of family members & friends. We all need to hope and pray that the recently approved vaccine to combat Covid-19 is safe, and will work to eradicate this terrible disease that has cost thousands of lives, and threatens thousands more. Our faith is being tested, and we better be ready. God bless!

Take A Kid Fishing & Keep Them Rods Bending!

Shovel snow safely this winter

The beauty of freshly fallen snow is undeniable. Such beauty compels millions of people across the globe to ski and snowboard each winter, while millions more enjoy simply looking out their windows at snow-covered landscapes.

If it was as convenient as it is beautiful, snow would likely be welcomed with open arms whenever the local weatherperson includes it in his or her forecast. But heavy snowfall can be inconvenient, making it difficult to travel and even creating more work for individuals responsible for shoveling their driveways and walkways. Shoveling snow can increase

a person's risk for injury, and some may be surprised to learn just how frequently such injuries happen. The U.S. Consumer Product Safety Commission notes that, in 2018, more than 137,000 people needed medical assistance for injuries that happened while shoveling snow or using snowblowers. Sprains and strains in the back and shoulders are the most common injuries when shoveling snow. But people also can suffer lacerations and injuries related to below-freezing temperatures when shoveling snow. The American Academy of Orthopaedic Surgeons recommends people keep these

safety precautions in mind when shoveling snow this winter.

• Stretch before shoveling. Just like you would do before exercising in a gym, stretch prior to picking up your snow shovel. Warm up your muscles with some light exercise for 10 minutes to reduce your risk of sprains, strains and muscle tears.

• Stay hydrated and take frequent breaks. The AAOS notes that snow shoveling and snow blowing are aerobic activities. Such activities require participants to be hydrated. In addition, taking frequent breaks can help prevent injuries.

Avoid shoveling snow if you're at risk for heart attack. Some people should avoid shoveling snow entirely. According to the Harvard Medical School, researchers correlated hospital admissions and deaths due to heart attack the day after it snowed in Canada between 1981 and 2014. Researchers found that the deeper the snow, the more men died of heart attacks. In fact, researchers found that there was a 34 percent increase in heart attack deaths the day after an eightinch snowfall, and those rates increased when snowfall increased. Most deaths were men, but both men and women who are at risk of heart attack should avoid shoveling snow, particularly after heavy snowfall. Adults who are unsure of their heart health should consult with their physicians prior to shoveling snow.

• Use the right equipment. Ergonomic snow shovels can make shoveling less taxing, reducing your risk for sprains and strains. Spacing hands on the tool grip can increase leverage, making shoveling easier and less likely to lead to injury.

Pushing snow instead of lifting it. The AAOS recommends pushing rather than lifting snow when possible. If snow must be lifted, squat with your legs, knees bent and back straight. When lifting, lift with your legs and do not bend at the waist. Scoop small amounts of snow at a time and walk to where you want to dump. The AAOS warns against holding shovels full of snow with arms outstretched, as doing so puts too much weight on the spine. Snow should not be thrown over the shoulder, as such a technique requires a twisting motion that puts stress on the back. In addition, the AAOS notes that heavy wet snow should be removed in pieces and not all at once. Anyone can get injured while shoveling snow. Such injuries are preventable when certain safety measures are taken.



Identify winter birds in backyards

Birds flittering around the neighborhood are a common sight during spring and summer, and these welcome guests can be enjoyable to observe as they nest, feed and interact. When the weather cools in fall and winter, many birds seek out warmer climates, but a good number of these feathered friends stick around.

Certain birds can be found all winter long across regions of North America. The Great American Bird Count is a program that is run by the Cornell Laboratory of Ornithology and the National Audubon Society. Its purpose is to seek the help of volunteer birdwatchers across North America to observe and count all the birds seen in a 15-minute interval during a four-day data collection period. This program helps identify birds that are most commonly seen in cold temperatures and study the composition and distribution of the winter bird populations across North America. Birds seen during this time may change from year to year, though certain species are more likely to be around in the winter months.

• Northern cardinals: One of the more iconic winter birds, the bright red cardinals are around much of the year but perhaps most noticeable against the snowy, stark landscape of a winter's day. Cardinals use their bright, powerful bills to crack open seeds and cut through sugary fruits to help them survive the winter.

• Tree sparrows: Tree sparrows are



Birds seen during winter may change from year to year, though certain species are more likely to be around in the winter months.

large-bodied and long-tailed sparrows with gray and reddish-brown streaking along the edges of their feathers. They also wear a bright chestnut colored cap. Despite their name, tree sparrows spend much of their time on the ground feeding. The bird count has unveiled a greater number of tree swallows in recent years. These birds are insectivorous, so milder winters may be contributing to their increased presence.

• Tufted titmice: Tufted titmice resemble cardinals in body and head shape, albeit on a smaller scale, but they are pale gray in coloring. These are bold birds who defend territory with scolding calls.

• Blue jays: These common, vibrant birds are well known to many people. They are large-crested songbirds with broad, round tails. They have white or light gray feathering on the underside of their bodies with various shades of blue, black and white on the top. A favorite food is acorns, and these birds are often found on forest edges. Their calls are loud and carry long distances.

• Mourning doves: Many people hear mourning doves before they actually see them, as their soft cooing often comes from roof rafters and tree branches. These birds have plump bodies and long, tapered necks, with a head that looks particularly small in comparison. They tend to be brown to buff color. When the birds take off for flight, their wings make sharp whistling or whinnying sounds.

• American goldfinches: These birds are sometimes called the "wild canary" of the Americas. They have distinctive yellow plumage that fades in winter to a palette of buff, brown and gray. They're small seed-eating birds that often travel in flocks.

Birds may need a little help surviving in the winter. Keep fresh, unfrozen water around and supplement food scavenged with peanut butter, suet and nuts. Brush piles, roost boxes or birdhouses can provide needed shelter.





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



D!

One level living with added 35 x 18 finished walkout lower level. Cathedral ceilings, skylight dining, hard-wood flooring and central air. Stainless appliancesW/large double oven. Over-sized 30 x 14 deck. quiet cul-de-sac! New Price \$314,900.

SOLD

Young ranch with heated 2 car garage, 3 bedrooms, 2 bathrooms. Efficient Propane heat, central air! Open floor plan! gas fireplace! Master Suite w/bathroom r California Closet! assisted sale \$279,900. Mas

Beautiful home set back off road providing privacy and oversized yard. Kitchen wigranite counters & abundance of cabinets. Ca-thedrai ceilings kitchen, dining and living room. Open floor plant large deck with large backyard through sidlers in dining room. Hardwood floors! Tile baths. Master bedroom/master bath! Finished walkout lower level w/bar! 2 car garage. Extras: above around pool!

 NEW T0 THE MARKET! Custom Sprawling Split 2800+ SF

 Central Airl Kitchen, Dining Room, Cathedral Ceiling Living

 Room, 3 Bedroomsl Granite Counters & New Flooring! New

 Boiler - Hot Water Tank - Oil Tankl FULL finished Lower Level W

 Full Bath & Laundry! THERE'S MORE! 2 Car Carage, reworded

 to iadde Hydro Heat, AC & A'L Bath! Grant for Fitness Studio,

 Game Room or Home School! Over 1.4 Acres!

 \$360,000.

1.99 ACRE INDUSTRIAL ZONED LOT! GREAT OP-PORTUNITY TO LIVE & WORK FROM HOME! Amaz-ing 1790 Antique Colonial! Undergone major updates & renovations, maintaining Antique Charm! Great Room graced by an Open Hearth Stone Fireplace! Soaring Cathedral Ceilings! \$499,900.

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Town-to-Town

WEBSTER LAKE! PANORAMIC VIEWS! REAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grar story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w/ private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Spe-cial! Remember, Timing Is Everything! \$1,075,000.

Place your ad today!



Lakefront! Lake Shirley! Modern Flare on a Lakefront Co-Ionial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House! assisted sale \$1,040,000.

Town of Douglas Meeting Minute Recorder

Lake Shirley - 647 Reservoir Rd

The Town of Douglas is seeking an individual to provide part-time (30 - 50 hrs/mo) assistance to the Board of Selectmen, Finance Committee, Planning Board, Conservation Commission, Zoning Board of Appeals, Building Facilities Construction Committee, Board of Health and the Capital Improvements Committee by recording meeting minutes. Organizational, interpersonal skills, and proficiency in computers is essential. Ability to take shorthand is preferable. Availability to view remotely, online, up to 10 meetings per month is required. Upon demonstrated ability of efficiency, accuracy and reliability the possibility of transcribing some meetings from recordings may be possible. Compensation will be in the range of \$14.56 - \$15.22/hour, depending on qualifications.

Send resume to Matthew J. Wojcik, Town Administrator, 29 Depot Street, Douglas, MA 01516. Position will be open until filled.

The Town of Douglas is an Equal Opportunity Employer. AA/EOE.



MACHINIST/ MILLWRIGHT POSITION

Gavitt Wire is looking to hire a machinist/millwright.

Person must be trained in running a manual lathe, Bridgeport milling machine, interpret blueprints, and have mechanical ability. You would be responsible for making tools and other machined parts to support production. Monday thru Friday, 7:00am - 3:30pm.

> Any questions, please ask for Tom or Ray. 508-867-6476.

FOSTER PARENTS WANTED:

Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 24/7 Support Generous Reimbursement, \$1000 Sign-On Bonus. Call For Details.

Devereux Therapeutic Foster Care. (508)829-6769



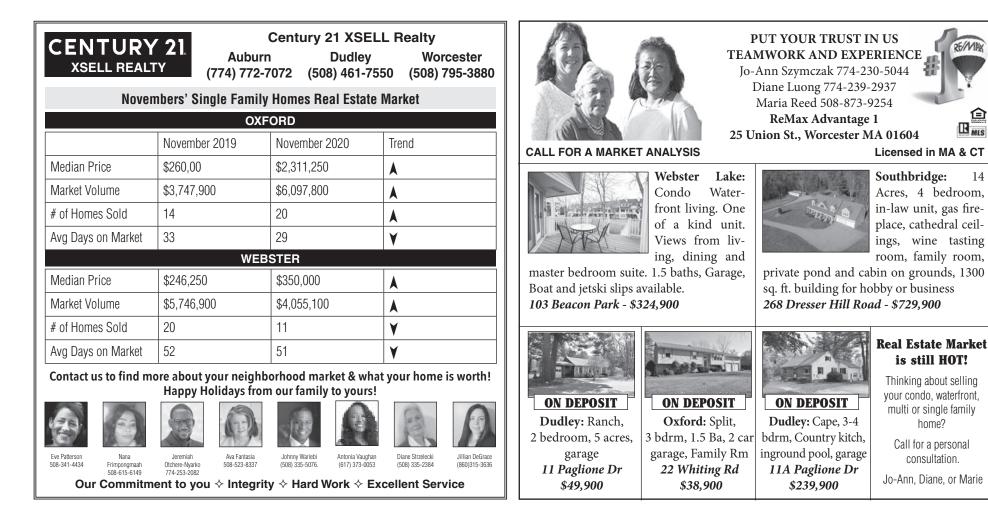
RE/MA

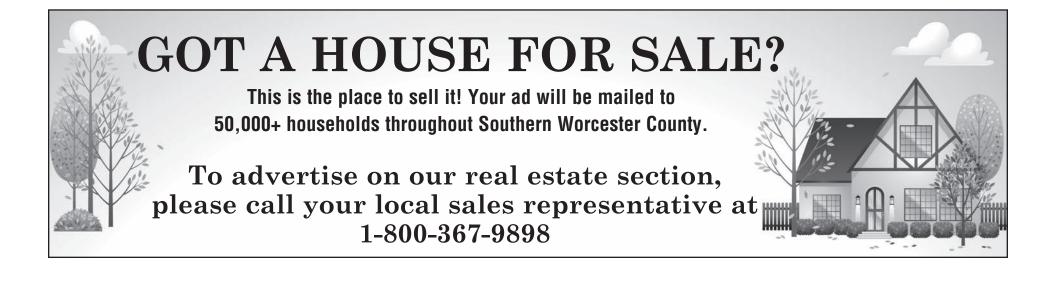
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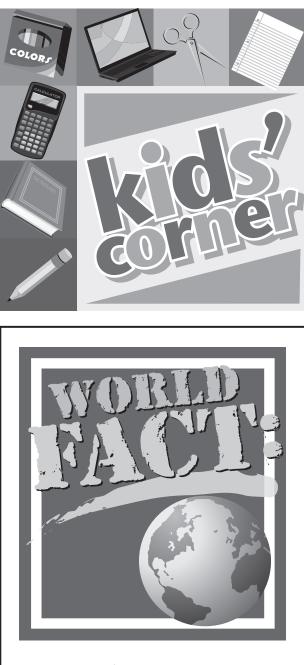
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R MLS









THIS POPULAR FIGURE IS KNOWN BY MANY NAMES AROUND THE WORLD, SUCH AS SINTERKLAAS IN THE NETHERLANDS.

ANSWER: SANTA CLAUS

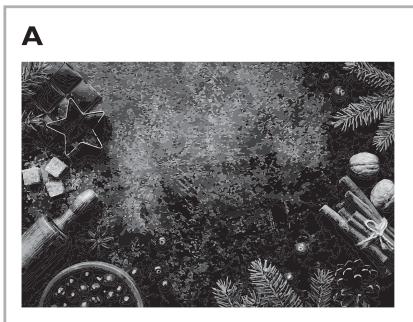


ENGLISH: Wreath

SPANISH: Corona de flores

What's the Difference?

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



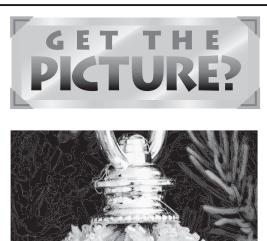
B



Answers: I. Extra allspice 2. Pine bough is larger 3. Missing cranberry 4. Extra chocolate block



TINSEL WAS INVENTED IN 1610 IN GERMANY AND WAS ONCE MADE OF REAL SILVER MANY PEOPLE PLIT

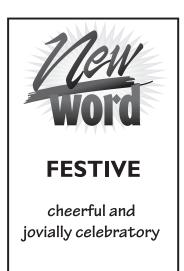




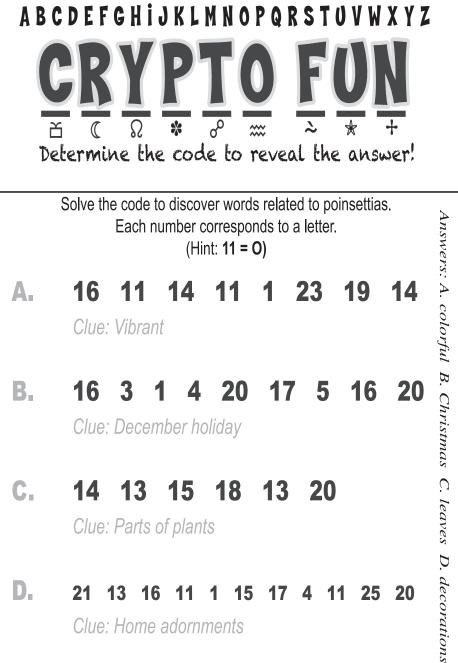
• **1803:** THE UNITED STATES PURCHASES THE LOUIGIANA TERRITORY FROM FRANCE FOR \$ 15 MILLION.

• **1860**: SOUTH CAROLINA BECOMES THE FIRST STATE TO ATTEMPT TO SECEDE FROM THE UNION.

• **1989:** THE UNITED STATES INVADES PANAMA.



FRENCH: Couronne	EXTRA DECORATION.	Can you guess what the bigger picture is?
GERMAN: Kranz	(HKI)IIIIH)»	ANSWER: CHRISTMAS ORNAMENT
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Level: Advanced								

Fun By The Numbers

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Here's How It Works:

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

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:AISWER:								



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