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Friday, April 1, 2022

DPHS honors Distinguished Alumni



Photo Kevin Flanders

From left, DPHS Distinguished Alumni recipients Glenn Robertson, Lauren Herl Martens, and Paula Beer Mulqueen

BY KEVIN FLANDERS
 STAFF WRITER

SPENCER – The David Prouty High School community celebrated three former students last week on Distinguished Alumni Day.

The March 25 program recognized Paula Beer Mulqueen (DPHS Class of 1980); Lauren Herl Martens (Class of 1999); and Glenn Robertson (Class of 2000).

"Each year, we are so proud to invite back our distinguished alumni," said DPHS Principal Elizabeth York. "These are three distinguished guests who have affected people around the world."

Current Prouty students attended the assembly to learn about how former Panthers are making a difference.

"This program is very important for the history of the district," said Spencer-East Brookfield Regional School District Superintendent Paul Haughey. "Whether it be in college, career, or life, our alumni are contributing greatly to their communities."

A surgical technician, Mulqueen was a member of the first open-heart cardiac surgery team at St. Vincent's Hospital in Worcester. She also managed the pediatric practice of her husband, Dr. John Mulqueen, from 1998-2013. She went on to receive a bachelor's degree in nursing from Chamberlin College of Nursing in Illinois.

Mulqueen is also a certified foster parent and a COVID-19 tester. In 2001, she and her husband traveled to Haiti on a medical

Please Read **ALUMNI**, page **A18**

Leicester school officials facing questions about use of PR services

BY KEVIN FLANDERS
 STAFF WRITER

LEICESTER – School officials are once again facing questions after new information revealed the district has used a broader range of public relations services than previously reported.

In January, Leicester Public Schools Superintendent Marilyn Tencza confirmed that the district paid Goodwin Consulting \$6,500 for PR services rendered between September and December 2021. After receiving a surge of questions during the autumn months from residents and selectmen, school leaders sought assistance from the PR firm with several communications projects.

"We were being inundated with a plethora of Freedom of Information requests and wanted to make sure our responses addressed the public's concern," Tencza explained in a previous interview, defending the district's use of Goodwin Consulting. "The PR firm helped on a variety of communications, including the FAQ documents that were posted on the website and the response to the Select Board."

But although residents and officials were led to believe the school district only utilized the PR firm in the fall of 2021, recent documents obtained by the New

Leader confirm that Goodwin Consulting was still advising school leaders on several matters as of March 7, 2022. This included extensive coaching of School Committee Chairman Tom Lauder on various points to make during presentations.

Upon request late last month, Superintendent Tencza confirmed that the relationship between the school department and Goodwin Consulting is ongoing.

"We intend to continue to use the PR firm from time to time as needed," Tencza told the New Leader.

The Superintendent did not respond to multiple requests to furnish the updated cost total for PR services supplied to the district since September.

Town Administrator David Genereux confirmed that the district has paid an additional company—Capistran Leadership, LLC—a total of \$8,500 since Nov. 3, 2021. The payments were made in four separate invoices, and Capistran Leadership is believed to have supplied PR services to the district.

On the Capistran Leadership Web site, Nancy Capistran is described as "an award-winning, internationally certified executive coach, trusted advisor, and motivational speaker."

Please Read **QUESTIONS**, page **A18**

Local legislators to host forum on crumbling concrete

BY KEVIN FLANDERS
 STAFF WRITER

REGION – Sen. Anne Gobi (D-Spencer) and State Rep. Kimberly Ferguson (R-Holden) will host a forum on crumbling concrete next week.

The event will take place on April 6 from 6-8 p.m. at Rutland Public Library.

During the 2019-20 legisla-

tive session, Gobi chaired the Commonwealth's special commission to study the economic impacts of crumbling concrete on area homes. The commission investigated the prevalence of the naturally occurring mineral pyrrhotite, which can destabilize concrete.

Through the work of the commission, and with more information becoming avail-

able, pyrrhotite-impacted homes are being found across central and western Massachusetts, officials said. The vast majority of the affected homes were serviced by Stafford Springs, Conn.-based J.J. Mottes Company, which is no longer in business. The company poured concrete for foundations at local homes until at least 2015.

Affected homes were all built in 1982 or later. The majority of the homes are located in Massachusetts or Connecticut, within a 40-mile radius of the company's headquarters.

In an effort to support and inform homeowners about the problem, Gobi and Ferguson have pulled together resources to hold a forum.

"As the region faces this

challenge, it is important that the public be kept informed on the risks of pyrrhotite—and of resources available to assist should pyrrhotite be found in a home," read a joint statement released by Gobi and Ferguson.

The legislators invite residents to attend the forum to learn more about the issue, and

Please Read **CONCRETE**, page **A9**

DA's office coordinates outreach program at LMS

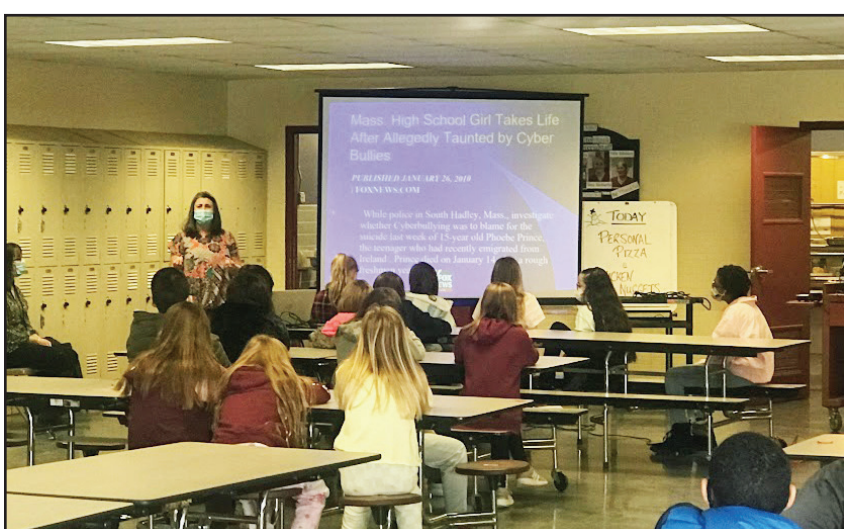


Photo Courtesy

Leicester Middle School students recently attended a presentation from Ellen Miller, of the Worcester County District Attorney's Office.

BY KEVIN FLANDERS
 STAFF WRITER

LEICESTER – Leicester Middle School students and staff recently welcomed Ellen Miller, the Deputy Director of Training with the Worcester County District Attorney's Office.

Miller takes part in community outreach programs at schools throughout the county each year. On March 11, she led a presentation for LMS eighth graders about cyber safety. Topics included protecting your information; the dangers of cyberbullying; and how to create a positive digital footprint.

School leaders were thrilled by the in-person visit, and they are looking forward to resuming similar programs this spring.

"With all of the COVID restrictions, we really felt that having an in-person meeting would be more beneficial to our students than a Zoom presentation," said

LMS Principal Christopher Fontaine. "As COVID forced all of us into learning remotely and using remote platforms, students needed to understand the impacts of behavior around cyberbullying."

Miller previously made presentations to LMS students in grades 5-7. With today's students learning and socializing online more than ever before, Worcester County District Attorney Joseph Early, Jr., and his staff have made it a priority to warn kids about the dangers of bullying and other negative cyber behaviors.

Fontaine told the New Leader it's important to find ways to demonstrate to students the impacts of cyberbullying.

"Ms. Miller does an excellent job of talking about real world actions and how our lives can be impacted by comments, images, and videos that are posted online," Fontaine added. "Kids have access to social

Please Read **LMS**, page **A9**

Country Bank announces promotions

REGION — Paul Scully, President and CEO of Country Bank is pleased to announce recent staff promotions.

Mary McGovern was promoted to Executive Vice President, Chief Financial and Operating Officer. Mary joined Country Bank in 2011 as the Executive Vice President & Chief Financial Officer. She oversees the Bank's finance, operations, electronic delivery, information technology, retail banking, retail lending, facilities, and security. Mary holds a Master of Business Administration in Accounting and Finance from Babson College. Mary recently served on the Board of the Baystate Health Foundation.

Miriam Siegel, CCP, CBP, was promoted to First Senior Vice President, Chief Culture and Development Officer. Miriam will continue to lead the human resources and learning and development functions, and serves as the

Bank's Diversity, Equity, and Inclusion Officer. Joining Country Bank in 2018, Miriam brought 26 years of professional experience as the Senior Vice President of Human Resources for United Bank. Miriam serves on the Board of Behavioral Health Network, Baystate Wing Hospital Board and the Wilbraham Personnel Advisory Board.

Jennifer Bujneviciu and Laura Dennis, of the Retail Banking Division, were promoted to Vice Presidents. Collectively they contribute 36 years of experience at Country Bank; each began their professional banking careers as tellers and have grown within the organization to oversee the Retail Banking division. Together, they bring a wealth of experience to the banking centers and are focused on providing the Bank's customers with exceptional customer service throughout its network. Both hold Associates Degrees in Business

Administration and Management from The New England College of Business and have attended the New England School for Financial Studies.

Alyson Weeks was promoted to Vice President of Human Resources and Professional Development. She has been with Country Bank for 13 years, starting as a Teller and working in various other roles in the Retail Banking division, including Teller Supervisor, Branch Operations Manager, and Retail Operations Manager, before joining the Human Resources team six years ago. Alyson holds a Bachelor's degree in History from Worcester State University and a Master's Degree in Education from American International College.

Erin Skoczylas, Assistant Controller was promoted to Assistant Vice President, Assistant Controller. Erin began her career at Country Bank 25 years ago as a part-time Operations Clerk. Before transitioning to Accounting in 2008, she worked in various positions throughout the Operations department. Erin holds an Associates of Science degree from Springfield Technical Community College in Business Administration and a Bachelor of Business Administration from Western New England University. Erin is also a 2017 graduate of the New England School for Financial Studies.

Tracey Wrzesien, Retail Banking - Wilbraham Banking Center was promoted to Assistant Vice President. Tracey has been with Country Bank for 27 years and previously served as a Retail Banking Officer. Wrzesien is the Vice President of The Wilbraham-Hampden Rotary Club and will take over as President in July, 2022. She is a graduate of The New England College of Business and holds an Associate Degree in Science and Business Administration with a concentration in Finance and is also a graduate of the New England School for Financial Studies.

Dianna Lussier has been promoted to Assistant Vice President of

Risk Management, she has been with Country Bank for 18 years and previously served as the Risk Management Officer. During Lussier's tenure with Country Bank, she has worked in various roles, including Accounting Representative and Financial Reporting Analyst. She holds a Bachelor's degree in Business Administration with a concentration in Finance and Accounting from Worcester State College and has attended the New England School for Financial Studies. She is currently attending The Graduate School of Banking and Wharton Leadership Program. Dianna was also the recipient of The President's Platinum Award in 2021.

"We are excited to announce these promotions, not just in recognition of these team members' contributions to the Bank's success, but also because each individual's history with the Bank is a demonstration of the various career path opportunities available in community banking. We are committed to helping each team member identify their career goals and work with them to reach those objectives. Each of these team members are a great representation the Bank's Corporate Values of Integrity, Service, Teamwork Excellence and Prosperity. Their commitment to these values contributes to the Bank's overall success, and we're pleased to be able to promote these individuals for their dedication to the organization," said Paul Scully, President, and CEO of Country Bank.

About Country Bank

Country Bank is a full-service mutual community bank serving Central and Western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton, Springfield, and Worcester. Country Bank is a member of FDIC, DIF, and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.

Local law enforcement agencies warn of backing scams

REGION — Local law enforcement agencies are warning residents about a sophisticated scheme used to hack computers and other devices.

"The FBI has released an alert that cybercriminals are mailing malicious USB flash drives through the U.S. Postal Service," read a statement released by the Leicester Police Department.

Police warn that two different schemes are currently being used by criminals. The first scheme involves mailed packages containing flash drives that appear to be sent by the U.S. Department of Health and Human Services. The devices purportedly contain information on current pandemic guidelines, police

warn.

The second scheme involves flash drives mailed as part of an Amazon gift box, which contains a thank you letter, USB, and counterfeit gift card.

"Both packages contain USBs that, when connected to a computer, will send preconfigured commands that download malicious software, creating direct back door access for cybercriminals to deploy ransomware," the LPD statement read.

If you receive a package suspected of containing fraudulent materials, contact your local police department.

Law enforcement officials are also warning of other technological scams being used by fraudsters.

"As restaurants increase the use of touchless QR codes, scammers are preying on the trend to steal people's information and money," read a statement released by Worcester County District Attorney Joseph Early's office. "Stay alert and aware about the sites you visit and information you share."



Celebrate Easter

Sunday, April 17th








Easter Brunch

at Union Station

Sunday, April 17, 9am - 4pm

Adults: \$32.95
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- Maundy Thursday - April 14 @7 pm: The Last Supper, Office of Tenebrae led by Deacons
- Good Friday Services- April 15 @ Noon and 7 pm
- Easter Service @ 6am on Foster Hill, West Brookfield, MA (light refreshments after at BCC)
- Easter- April 17 Easter Celebration, 10 am Sermon, Communion, & Festive Music.


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Easter ~ Sunday, April 17, 2022

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April 17th

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Bay Path student selected as speech contest winner



Photo Courtesy

Emma-Abigail Gachagua with her AP teacher, Barbara Cote.

CHARLTON — An annual school committee member event at Bay Path Regional Vocational Technical High School is the Lions Club speech contest, initiated by Paxton Robert Wilby nearly five years ago and currently coordinated by AP English teacher Barbara Cote. Each year, a new topic

is selected, and students prepare a five-to-eight-minute speech to be delivered to an audience. This year's topic was "Why is Accountability Important?"

Ms. Cote stated, "I felt this was a stupendous opportunity for my students to write, revise, edit, and present a speech in front of their peers. After filling in a rubric that I created, I selected six students that I thought did an outstanding job. We met after school every Wednesday so they could practice their speeches and I could coach them on delivery. I was impressed with how well the students worked collaboratively, providing each other with constructive ideas for improvement. I also marveled at their level of excitement."

Nathan Goozey presented his speech at the Rutland Public Library, Amelia Peterson presented her speech at the Paxton Knights of Columbus, and Elizabeth Dreitlein, Arminda Simoes, Emma-Abigail Gachagua, and Patrick Prudhomme presented at Bay Path Regional Vocational

Technical High School. Emma won the round at Bay Path and went on to present her speech at the Southbridge Host Hotel where she won that round and received one thousand dollars. Emma will now compete at the state level in North Falmouth.

When asked about the type of preparation she needed to be successful in the speech contest, Emma stated that "every single Wednesday, for two months, we would stay in Ms. Cote's room from 2:30-3:40 p.m. During this session we would each recite our speech and then give each other feedback as to how we could improve. The feedback included suggestions that would range from enunciating specific words to recommending a sentence to be removed from a person's speech."

Emma added that "as I move on to the final round, where my whole speech must be memorized, I am still practicing twice a week with my English teacher and using the reading, writing, and reciting strategy. I am also constantly discovering new ways on my own to be

ready for the final stage of this competition."

When explaining about the focus of her speech, Emma stated the following: "My speech presents how I was able to recognize the significance of holding yourself accountable and how doing that seemingly "insignificant" action can contribute to the improvement of yourself, a more positive environment for the people that surround you, and an overall better society. I also present the idea that being accountable is not a one and done deed, it is something that you must hold yourself to do each and every day."

Emma is currently enrolled in the Programming and Web Development shop at Bay Path and will pursue programming as a career. After graduating, Emma plans to attend a four-year college and major in Computer Science. She also intends to continue participating in speech competitions and further explore public speaking.

Nichols College names new dean of students



Hillary Theofane

DUDLEY — Nichols College President Glenn M. Sulmasy, JD, LL.M., has announced the appointment of Hillary J. Theofane as dean of students, effective April 20. She is coming to Nichols from Assumption University, where she serves as director of community standards.

"Hillary has an extensive background in promoting awareness and compliance with community standards as well as the policies and procedures intended to ensure academic integrity," said Sulmasy. "I look forward to working with her as a member

of my cabinet as we continue to shape a learning and living environment focused on student wellness, safety and success."

Prior to Assumption, Theofane was the coordinator of community standards and integrity at Carnegie Mellon University and assistant resident director at Syracuse University. Through these roles, she supported the growth of innovative residential communities, promoted student involvement in the revision of internal policies, and assisted in the creation of robust educational models to promote

wellness, including bystander intervention training.

"I am thrilled to be joining the Nichols College community during this exciting time," said Theofane. "I look forward to working closely with President Sulmasy to provide an experience that supports, engages, and inspires our students. We are committed to creating a community that fosters holistic wellness and the development of skills to succeed in a diverse, global society."

A resident of Holden she earned a BA in legal studies and psychology at the University of Massachusetts Amherst and an MS in higher education administration at Syracuse University.

About Nichols College The mission of Nichols College is to educate and enlighten students to capitalize on their ambitions and to become impactful, forward looking global leaders.

Leicester seeking recreational field organizer

LEICESTER — The town is seeking a part-time recreational field organizer (RFO).

Working under the direction of the Town Administrator, the RFO is responsible for scheduling the use of town athletic fields and gymnasiums. These include the newly acquired facilities at the former Becker College campus and the Town Common.

The position requires mostly remote work using a town cell phone and computer. Hours will vary based on volume of work, but will likely include day, evening, and weekend hours as needed to promptly address questions and reservation requests.

It is anticipated that the work will fluctuate by season, but it will likely average 19 hours or less per week. There will be a few hours of weekly administrative work in Town Hall required for recordkeeping, officials said.

The RFO is responsible for scheduling the use of all municipal and school athletic fields and gymnasiums. Scheduling is done following a protocol of scheduling preferences as defined by the Select Board or its designees. Individuals and groups served include Leicester School Department athletic groups and teams; organized teams and events through the Parks and Recreation Department; private and public not-for-profit and for-profit athletic groups; and other leagues, organizations, and private citizens.

The RFO will also quote field use charges and fees, where applicable, in addition to inputting data, creating schedules, and tracking field use.

Additional responsibilities include coordinating the collection of fees; allocating funds to the proper general ledger accounts in the town's accounting system; reconciling accounts and collections monthly; providing assistance to users regarding scheduling times, field and gymnasium conditions, and other concerns; resolving issues with assistance from others as needed; and coordinating scheduled field maintenance and repairs with the Highway Department.

The RFO must also attend monthly evening Parks and

Recreation meetings, School Committee and Select Board meetings as required, and any other meetings regarding the scheduling process.

Compensation is a stipend of up to \$20,000 annually. Interested candidates should submit a cover letter and resume to: hr@leicesterma.org.

The town is an equal opportunity employer.

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Historical Talk

Ed Londergan

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Location: Town Hall.

Admission Free.





April 23 @ 9:00am Town Clean-Up Day

Town Hall

Lunch Provided

See Facebook @EB100th or tinyurl.com/EB100th for details on all events!

PERSON of the WEEK

KEN CHOQUETTE of Spencer

"Ken should be recognized for his 25+ years of involvement with the Boy Scouts of America. Ken has held many positions over the years, most of them as head scoutmaster. He has influenced and shaped countless boys, seeing them grow into young men and leading many to the rank of Eagle. His willingness to listen, his knowledge of the scouting program, and his Christian example makes Ken one of Spencer's finest."

Submitted by a grateful family from Troop 201

If you would like to nominate someone or a group of people for 2022, please email your suggestion to June at jsima@stonebridgepress.news. Thank you.

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Anna Maria College awarded federal funding for mental health First Aid training

PAXTON — Anna Maria College was awarded \$1,075,000 to increase the number of instructors in Mental Health First Aid across all public safety sectors. United States Senator Edward Markey included Anna Maria's federal funding application as part of his Congressionally Directed Spending requests submitted to the Senate Appropriations Committee. The federal funds were supported and secured by Senators Edward Markey and Elizabeth Warren.

Anna Maria College is already established as an educational and training resource for public safety professionals. These funds will enhance the College's position as a center for Mental Health First Aid training and expand its capacity toward a goal of increasing the number of mental health first aid instructors across all public safety sectors, including law enforcement fire science, paramedic medicine, corrections and dispatch. In addition, it will provide the resources needed to integrate Mental

Health First Aid Training across the college's professional studies curriculum to ensure that every student will graduate with a Mental Health First Aid certification. The program ultimately will serve the entire spectrum of public safety professionals, health care providers, private sector organizations, nonprofits and businesses.

"The COVID crisis has been extraordinarily challenging for our nation's mental health," said Sen. Edward Markey. "I am proud to help secure crucial funding for Anna Maria College's Mental Health First Aid Training program to equip our public safety professionals with the skills and education they need to manage a mental health crisis and support people in need. With this investment we are taking a step toward healing the mental health epidemic in our country."

"Anna Maria College was established to support communities through education and service. For us, this means addressing mental health, one of the

most pressing concerns that communities face," said Anna Maria College President Mary Lou Retelle. "This federal support provides Anna Maria College with vital resources which will expand our mental health trainings, reach more organizations and make our communities stronger and healthier. Senator Markey was so helpful throughout the submission process and we thank both Senator Markey and Senator Warren for supporting this initiative."

Mental Health First Aid is a nationally recognized training program from the National Council on Mental Wellbeing that teaches participants about mental health and substance use. The training increases mental health literacy and reduces stigma associated with mental health. Participants learn how to identify, understand and respond to signs of mental illness and substance use disorders, and explore ways to defuse mental health crises. It entails a full day, skills-focused training in both class-

room and virtual environments.

Currently, Anna Maria provides Mental Health First Aid training to its entire Residence Life staff annually, and integrates the training into its fire science, criminal justice, human services and psychology curriculum.

About Anna Maria College
Located just outside of Worcester in Paxton, Massachusetts, Anna Maria College is a 75-year-old private, co-educational institution inspired by the ideals of the Sisters of Saint Anne. We prepare our students to become ethical leaders by combining a values-based, service focused education with strong functional knowledge and the skills necessary to address the rapidly changing needs of their world. Anna Maria delivers undergraduate and graduate degrees along with certificate programs on campus and online. For more information, visit www.annamaria.edu.

Local students named to Dean's List at MCPHS University

BOSTON, Mass. — MCPHS University is pleased to announce the students who have been named to the Dean's List for the Fall 2021 semester:

* Victoria Beauchamp is a native of East Brookfield, and is pursuing a Bachelor of Science Diagnostic Medical

Sonography degree. Victoria will graduate from the Worcester, Massachusetts campus in 2021.

* Brenda Nguyen is a native of Leicester, and is pursuing a Bachelor of Science in Premedical Health Studies degree. Brenda will graduate

from the Boston, Massachusetts campus in 2024.

* Katherine Lacasse is a native of Paxton, and is pursuing a Bachelor of Science in Nursing degree. Katherine will graduate from the Worcester, Massachusetts campus in 2021.

* Matthew Murphy is a native of Rutland, and is pursuing a Bachelor of Science in Nursing degree. Matthew will graduate from the Worcester, Massachusetts campus in 2021.

* Francheska Alvarez Rios is a native of Spencer, and is pursuing a Bachelor of Science in Health Sciences, Bachelor of Science in Nursing Dual Degree degree. Francheska will graduate from the Boston, Massachusetts campus in 2024.

* Leanne Annese is a native of Spencer, and is pursuing a Bachelor of Science in Nursing degree. Leanne will graduate from the Worcester, Massachusetts campus in 2021.

* Thais Da Silva Moura is a native of Spencer, and is pursuing a Bachelor of Science in Premedical Health Studies degree. Thais will graduate from the Boston, Massachusetts campus in 2025.

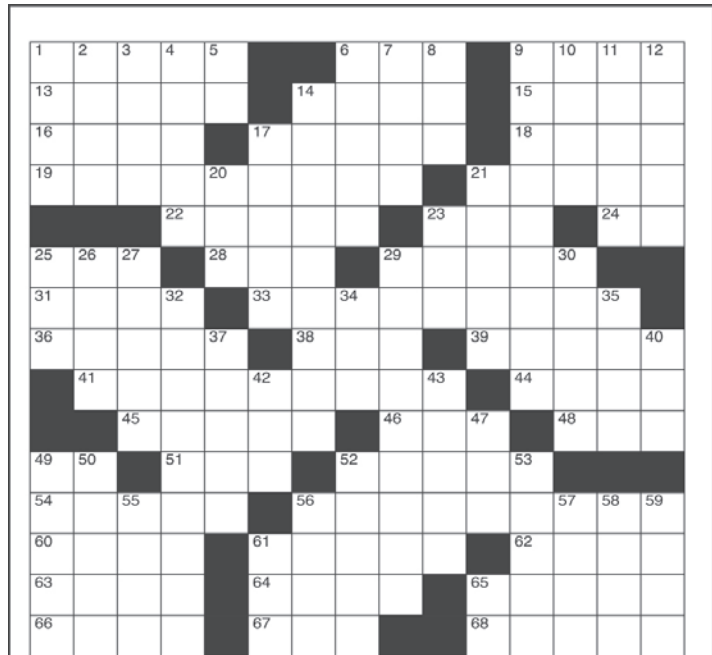
* Kara Fancy is a native of Spencer, and is pursuing a Bachelor of Science in Diagnostic Medical Sonography degree. Kara will graduate from the Boston, Massachusetts campus in 2024.

* Alysia Vandal is a native of Spencer, and is pursuing a Bachelor of Science in Diagnostic Medical Sonography, Echocardiography degree. Alysia will graduate from the Worcester, Massachusetts campus in 2021.

The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a

3.5 GPA or higher for the academic term.

The mission of MCPHS University is to prepare graduates to advance health and serve communities worldwide through excellence, innovation, and collaboration in teaching, practice, scholarship, and research. Founded in 1823, MCPHS University is the oldest institution of higher education in the City of Boston. In addition to the original Boston campus, the University has campuses in Worcester, Massachusetts, and Manchester, New Hampshire, as well as robust online learning options. The University currently offers more than 100 unique baccalaureate, masters, and doctoral degree programs and certificates covering a variety of health-related fields and professions.



CLUES ACROSS

- 1. Hillsides
- 6. A way to ingest
- 9. Large number
- 13. Southeastern Minnesota city
- 14. Cronies
- 15. Having sufficient skill, knowledge
- 16. Supplements with difficulty
- 17. Former VP nominee Palin
- 18. Cambodian monetary unit
- 19. Where coaches work
- 21. Secret political clique
- 22. A type of lute
- 23. Tan
- 24. Empire State
- 25. Where golfers begin
- 28. For each
- 29. Muslim inhabitants of the Philippines
- 31. Bird genus
- 33. Popular Dave Matthews Band song
- 36. Domesticates
- 38. "Boardwalk Empire" actress Gretchen
- 39. Asian antelope
- 41. One who takes apart
- 44. Kin
- 45. Dresses
- 46. Says something about you (abbr.)
- 48. Doctor of Education
- 49. One quintillion bytes (abbr.)
- 51. Overcharge
- 52. Sailboats
- 54. Indian musical patterns
- 56. Predisposition to a condition
- 60. Share a common boundary with
- 61. Wide
- 62. Skin disease
- 63. Monetary unit of Samoa
- 64. Source of the Blue Nile
- 65. Instrument
- 66. Red deer
- 67. Unidentified flying object
- 68. Bar or preclude

CLUES DOWN

- 1. Flying insects
- 2. Strong alcoholic spirit
- 3. Old
- 4. Moves in slowly
- 5. Symbol for tin
- 6. Having certain appendages
- 7. Expression of sorrow or pity
- 8. Type of hormone (abbr.)
- 9. One with an unjustified mistrust
- 10. Hebrew calendar month
- 11. Pure
- 12. LSU football coach
- 14. Unbroken views
- 17. Fathers
- 20. Part of a race
- 21. Hairstyle
- 23. Fifth note of a major scale
- 25. Body art
- 26. Amounts of time
- 27. Designed chairs
- 29. Sensational dramatic piece
- 30. Arrangement of steps
- 32. Classifies
- 34. Young child
- 35. Oh, no!
- 37. Astronomical period of about 18 years
- 40. Not or
- 42. Poke fun at
- 43. Consisting of roots
- 47. "___ Humber!"
- 49. A way to remove
- 50. A confusion of voices and other sounds
- 52. Keyed instrument
- 53. Varnishes
- 55. Unpleasantly sticky substance
- 56. Unable to hear
- 57. A short erect tail
- 58. Indicates interest
- 59. Flow or leak through
- 61. British thermal unit
- 65. Iron

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The New Orleans Musicians Clinic reports that listening to jazz music can expand blood vessels by up to 30 percent.

The New Orleans Musicians Clinic reports that listening to jazz music can expand blood vessels by up to 30 percent. Widening of blood vessels increases blood flow and lowers blood pressure. Maintaining a healthy

blood pressure is important, as the Mayo Clinic notes that unchecked high blood pressure can lead to complications such as heart attack, stroke, heart failure, and/or dementia.

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

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\$305,000, 589 Henshaw St, Frankian, Patricia, and Frankian, Mark, to Ngo, Ty, and Ngo, Lan.

NORTH BROOKFIELD
\$210,000, 8 Forest St, Vacarr, Michael, and Vacarr, Barbara, to Rodriguez, Jennifer M.
\$199,900, 263 N Main St, Mcgrail, Mary A, to Seymour 3rd, Herbert F.

SPENCER
\$43,000, Marble Rd #1, Normand, Prima H, and Normand, Jeffrey C, to Hansen, Christopher, and Hansen, Krystal.

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1	2	3	4	5	6	7	8	9	10	11	12
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66				67				68			

S.O.N.G. supports children evacuated from Ukraine



Photo Courtesy

S.O.N.G. founder Wally Connor will travel with nine other volunteers to the Poland-Ukraine border, where they will assist children impacted by the war.

BY KEVIN FLANDERS
STAFF WRITER

REGION – Supporting Orphans Nationally and Globally, Inc., (S.O.N.G.) has teamed up with Aerial Recovery Group to assist with the evacuation of orphaned children in Ukraine. Local residents are urged to show their support for the effort by making a donation.

S.O.N.G. founder Wally Connor will travel with nine other volunteers to the Poland-Ukraine border, where they will support logistics and rescue efforts for children impacted by the crisis. Countless young refugees, despite escaping war-torn Ukraine, have faced a whole new set of dangers in other countries.

“Many orphaned and unaccompanied children have fallen victim to traffickers at the border, promising them safety and security, and then disappearing,” read a statement released by Brookfield-based S.O.N.G.

For local residents wishing to support the rescue effort, S.O.N.G. has initiated a special fundraising drive called “S.O.S. Ukraine” (S.O.N.G. Orphan Support Ukraine). The effort will help provide direct support to orphaned

children when Connor arrives at the border.

“We are asking our neighbors to consider supporting this critical and important mission at this time,” the S.O.N.G. statement read.

If you would like to assist the effort, donations can be made directly to: S.O.N.G., Inc., c/o North Brookfield Savings Bank, 9 Gilbert Street, North Brookfield, MA 01535.

Venmo donations can be made to: @SONGInc.

For information on PayPal donations, please use the following email address: info@supportingorphans.org.

Checks can be sent to: S.O.N.G., Inc., 122 Long Hill Road, PO Box 426, Brookfield, MA 01506-0426.

When making your donation, please note “S.O.S. Ukraine” in the memo section.

S.O.N.G., Inc., is a certified 501(c)(3) nonprofit organization. All donations are 100-percent tax-deductible per IRS guidelines.

Additionally, S.O.N.G., Inc., is an all-volunteer organization, and all

donated funds go directly to supporting orphaned children.

“Our mission for the last 23 years has been to ‘Be a Hero’ for orphaned children,” said Connor, whose organization was previously known as Socks for Siberia. “It’s always been about helping children who are in situations through no fault of their own, no matter what country they are from. We have been supporting orphanages in Siberia since our beginning in 1999, and now we’re working to save children in this tragic turn of events.”

Added Connor, “This crisis is unprecedented and like none we’ve experienced in our history of supporting and helping these children. Trafficking of innocent children is incomprehensible to us but continues to victimize children in many parts of the globe. We continue to be resolute in our mission and are grateful for the continued generosity of our many supporters.”

For more information about the organization and its efforts to assist children, visit www.SupportingOrphans.org.

Bay Path Animal Science students train on chickens

CHARLTON – Adriana Stanley, Bay Path Animal Science student, described an activity recently conducted in her class where they used chickens to practice procedures learned in class: “We practiced how to do subcutaneous injections, intramuscular injections, and intradermal injections. For the subcutaneous injection, we used the 3cc syringe with yellow dye. We started with tenting the skin (pinching and lifting the skin) and inserting the needle at a 45-degree angle in the back of the neck.”

Stanley continued, “The next injection we did would be the intramuscular injection, using red dye. For this injection there are multiple locations it can be performed, we practice on the triceps, quadriceps, apaxial, and pectorals. The intramuscular injection requires you to inject the needle at a 90-degree angle perpendicular to the muscle. The last injection is the intradermal injection, using the red dye where we tented the skin and injected the needle at a 10 to 15-degree angle. Being able to work hands-on with a real chicken made it easier to understand the location and technique to perform these three injections properly.”



Photo Courtesy

Pictured in the photo are Instructor Stella Richard, Madisyn Kozlowski, Alysha Szafarowicz, Cody Savary, and Abigayle Linde

BAY PATH HISTORY STUDENTS USE “GOLD RUSH” GAME TO REINFORCE LEARNING

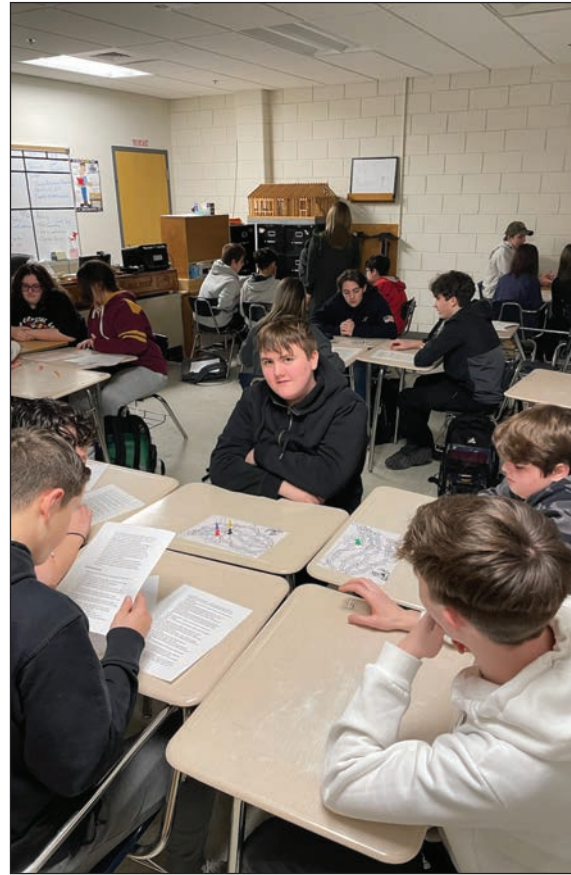


Photo Courtesy

In Mary Curtis’ history class at Bay Path Regional Vocational Technical High School, students recently used a board game to review concepts covered in class. In the “Gold Rush” game that students played, students were divided into groups and players each had to take different routes to the gold fields of California. To move along their various paths, students had to answer questions based on content covered in class. Students visible (L-R) are Hailee Gelinias of Dudley, Hunter Davis of Oxford, Zachary Metras of Southbridge, Bryce Hutchinson of Dudley, Noah Brown of Rutland, and Adrian Vitkos of Southbridge.

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VIEWPOINT

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

LETTERS TO THE EDITOR

Our tax system is already as progressive as it could be

To the Editor:
 A recent letter titled "It May Already Be Too Late" contained the line, "If BBB got passed, it (the deficit) would go down further because rich would pay their share..." The author did not define "their share."

The Tax Foundation is the country's leading independent tax policy non-profit. Since 1937, their goal has been "to improve lives through tax policies that lead to greater economic growth and opportunity." In their 2019 annual summary, the latest year available, they provide the following:

There were 148,245,929 tax returns filed, having a total Adjusted Gross Income of \$11.88 trillion. These returns paid \$1.58 trillion in federal income tax, amounting to an average tax rate of 13.3 percent. The average payment was \$10,649.

The top 1 percent earned 20.1 percent of the \$11.88 trillion, yet paid 38.8 percent of all the taxes! Their average tax rate was 25.6 percent, nearly twice the national average. If you earned more than \$546,434, you were in the top 1 percent.

The top 50 percent of taxpayers, those earning more than \$44,269, earned 88.1 percent of the total Adjusted Gross Income and paid 96.9 percent of federal income taxes. However, their average tax rate was 14.6 percent.

So, the bottom 50 percent, more than 74 million taxpayers, earned 11.9 percent of all the Adjusted Gross Income, yet paid only 3.1 percent of all federal income taxes. Their average tax rate was 3.5 percent, and their average payment was \$653. Indeed, according to the Tax Policy Center, the bottom 44 percent of "taxpayers" paid no federal income taxes at all!

Please note that these statistics are from 2019, i.e., pre-pandemic. So again, according to the Tax Policy Center, in 2020, the first year of the pandemic, a whopping 61 percent of "taxpayers" paid nothing.

So, despite the already evident progressiveness of the current tax system, the writer wants to go full confiscatory. Isn't that socialism?

MICHAEL S. ZALANSKY
 NORTH BROOKFIELD

Some ideas for the Becker campus

To the Editor:
 Last autumn, the town of Leicester went forward with a decision to purchase Becker College's Leicester campus. Several in town have questioned the wisdom of this decision, but the decision has already been made, and there's no point in arguing against it any further. What may be worth discussion, however, is the question of what exactly the town plans to do with these buildings they've acquired. The primary plan was for the main classroom buildings to be converted to a new school, and for some of the student housing to become market-available housing. I don't want to argue about the feasibility of these plans, but I will point out that they leave a few of the former Becker buildings unaccounted for.

The Swan Library building, directly behind the Leicester Common Gazebo, is one such building, and I expect it to baffle the city planners - partly because it's a small building with no dedicated parking, and partly because Leicester already has a bigger, better-equipped public library not a quarter of a mile down the road. Using Becker's library as a second library would add next to no value to our town, but there is a much better use for that building - as a radio station.

Leicester Common sits on top of a hill. Any commercial-strength radio signal that originated from there would easily cover all of Worcester County, plus most of the suburbs between here and Boston to the east and Springfield and Northampton to the west. Its owners would have no trouble selling airtime to advertisers. And a radio station doesn't demand much from the building it occupies - a room that can be lined with sound-proof foam, and space enough to store the physical copies of the music. Parking wouldn't be an issue, since most radio stations don't expect more than a few people on site at a time. And the building sits within view of the Leicester Common Gazebo and the athletic field, making it easy for a radio station there to promote the town's Concerts on the Common and any sporting events.

A Leicester-based radio station could go a lot to benefit this town, either as a privately-owned venture or as a community resource. And if the town isn't interested in operating it themselves, they should have no trouble re-selling the building to a media producer for that purpose.

The Campus Center, further behind the commons, may be trickier. The building is actually two separate buildings connected by a sky bridge. It has plenty of parking, but is designed primarily as a place for students to congregate, not really to be used in any official capacity. It also has a small café area, but not enough of a kitchen to be easily repurposed as a restaurant.

I asked myself what other sort of building is designed like this, and what it could be used for, and the answer I keep coming back to is Barnes & Noble - a fairly large building, stocked with bookshelves throughout, and a small coffeehouse to one side, designed to be a quiet place to come and read as much as it is a retail establishment.

Would the Barnes & Noble corporation purchase the Campus Center from the town and open a new branch there? Unlikely. Would a local entrepreneur be interested in buying the Campus Center from the town and opening a similar business there? Maybe. Would the town give such a person a reasonable price, if it meant trading the maintenance costs of the building for a new business taxpayer in town? Probably. Would the town benefit from having a bookstore/coffee shop in its center? Absolutely.

Leicester Common and the former Becker campus is a beautiful centerpiece to a beautiful town, but without the college there, people have no reason to go there outside of church services or the Concerts on the Common events. If we want to get our money's worth out of the acquisition of all that land, we need to put something there that people will come out to see and enjoy for themselves.

BILL SYLVESTER
 CHERRY VALLEY

Our Choice: Which norms and values as models for America?

To the Editor:
 In our country's Senate Supreme Court Confirmation hearings of Ketanji Brown Jackson, a number of scenes about what has made America great stood out.

First, the Committee leaders, Democratic Sen. Richard Durbin and Republican Sen. Charles Grassley performed as "old school" politicians - in age, polite manners (or "norms") and values (respect for the Constitution, the rules of the Senate, and the manner in which a fair, informative hearing should be conducted).

They opened the hearing by greeting Appellate Judge Brown, and with the utmost dignity and politeness pulling out a chair for her.

Then came the televised view of three generations of Judge Brown's family; her proud parents - both teachers, Judge Jackson and surgeon husband, and her adoring daughters.

Brown Jackson justly credits her parents for her impressive success

and accomplishments, which have led to the non-partisan American Bar Association to recommend and rank her as "highly qualified" for the position of Supreme Court Judge.

Roughly the same age as me, her parents grew up in the segregated South, but overcame its barriers and problems becoming first teachers and then in other professional positions.

Partly by accident in the 1960's, I had the chance to observe the type of segregation barriers they both had to overcome and ensure that their children would not have to endure. In 1967, I took on a job to do community development work in rural Crawfordville, Ga. The town was the home of an African-American slave owner, Alexander Stephens, who served during the Civil War as the Vice President of the Confederate States.

About 60 percent of the town and surrounding county consisted of mainly very poor African Americans. However, because segregationist

HSA: A healthy way to save for retirement

Many expenses in life are unpredictable. But there are two things you know you'll have to pay for: medical bills and retirement. You'll probably need to take a variety of steps to meet these costs, but one financial instrument that can help is a health savings account (HSA).

If you're not familiar with an HSA, here are the basics:

Eligibility - If you are enrolled in a qualified high-deductible health plan (HDHP), you can generally contribute to an HSA. While HSAs are typically offered through employers, you can still open one if your employer doesn't provide it, or if you're self-employed, although you must have HDHP coverage. You also can't be enrolled in another health insurance plan, other than those permitted, such as dental, vision, long-term care and disability insurance, and you can't be enrolled in Medicare. Also, you can't be claimed as a dependent on another person's tax return.

Contribution limits - In 2022, you can put in up to \$3,650 to an HSA if you have single coverage, or \$7,300 for family coverage. And if you're 55 or older, you can put in an extra \$1,000 per year.

Tax benefits - An HSA has triple tax advantages: Your contributions are made with pre-tax dollars, so they can reduce your taxable income for the year; your earnings grow tax-free;

and your withdrawals are tax-free, provided the money is used for qualified medical expenses. (Withdrawals taken before age 65 that aren't used for qualified medical expenses are taxable and subject to a 20 percent penalty; once you reach 65, the penalty no longer applies, although withdrawals are still taxable.)

In addition to its providing tax benefits, an HSA can help you in other ways. Perhaps most significantly, your HSA can be an additional financial resource for your retirement. That's because the money in your HSA can be carried over from year to year - you aren't obligated to "use it or lose it." So, the money not spent on annual medical expenses can continue to grow tax-deferred. Plus, an HSA is "portable" - it moves with you when you leave a job.

Furthermore, unlike a 401(k) or a traditional IRA, an HSA does not require you to begin taking withdrawals once you reach 72 - you can leave your account untouched for essentially as long as you'd like. And while you may need to use your HSA funds to meet your medical expenses in retirement - which can be considerable, even with Medicare - you can use what you don't spend on medical costs for your other needs without penalty, once you reach age 65. (As mentioned above, any HSA withdrawals not used for qualified medical costs are taxable.)

Here's one other point to keep in mind: Your HSA likely contains investment options, along with a cash account. If you put all your funds in the cash account, as many people do, you might be depriving yourself of the growth opportunities provided by the investment options. On the other hand, of course, these investments generally carry more risk. One possible way to benefit from both parts of your HSA is to keep enough cash to cover your health insurance's out-of-pocket maximum and invest the rest.

As you can see, an HSA can help you in numerous ways. If you have access to one, consider taking advantage of it.

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

laws etc. the area was controlled by a "white" minority. This meant that in a county whose total population had fallen to less than 4,000, and school children to the hundreds, there existed two schools systems - one reasonably good one (called the Alexander Stephens Institute) for "white" colored American students and one absolutely terrible one for "black" colored American students.

A couple of years before my arrival, with the help of civil rights organizations, the African American commu-

EDITORIAL

Thinking back: Nostalgia has its benefits

It's been one of those weeks where nostalgia has been hanging around quite a bit, whether it's reminiscing with friends or searching for old CD's or vinyl, nostalgia has a bit of magic all its own.

A study has revealed that nostalgia can actually reduce general aches and pains due to the reduction in brain activity. Apparently, a longing for a simpler time has proven to dish out an analgesic effect.

During one study, individuals were shown 26 old images while attached to an MRI machine. Such images included old TV shows, vintage candy and games. While attached to the machine, those people were also exposed to different levels of pain via a heat generator on their arm. Another group were shown images of the modern world. The study revealed that those individuals who were shown nostalgic images showed lower levels of pain.

Researchers continued to study the why's and how's of nostalgia. One psychologist mentioned that those who long for the past may be depressed, however this proved not to be true. Nostalgia has been linked to giving people a feeling like their lives had roots and continuity.

Recalling the past has been proven to reduce boredom, anxiety and loneliness. In addition, feelings of nostalgia tend to make us more generous and open minded with strangers. Friends, families and couples report feeling closer when reminiscing.

While it can be bittersweet to yearn for the past, most people recall those memories in a healthy way and actually can give the present more meaning. Most folks have feelings of nostalgia at least once a week and colder days seem to induce the feeling more as nostalgia tends to make us feel warm.

In the end, nostalgia brings into our mind treasured memories that make us feel loved and valued. While we think of the past, it's important to not compare it to the present.

The best way to evoke nostalgic feelings is to listen to old music, flip through old photo albums, or Google old images from your past.

In the words of Dr. Emmett Brown to Marty McFly in "Back to the Future": "Roads? where we're going, we don't need roads."

LETTERS

Extra! Extra! Read All About It!

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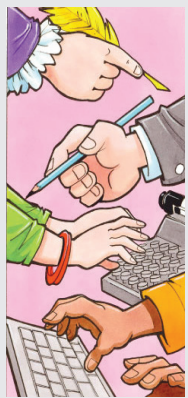
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We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



LETTERS TO THE EDITOR

Mark your calendar

To the Editor:

If the polls are correct, we are seeing the end of the great American experiment in democracy. While I do believe that the method of polling can dictate outcome, I wish I had more doubt that a majority of voters, will act against their best interests. Like the often cited "Do you still beat your wife? - answers or no" poll, I recall the referendum, where the question was asked- "Will you let the gas tax go up, without your elected reps going on record?" The outcome was- no you won't. The facts tell a different story. The automatic tax increase was that the gas tax would increase by the same rate as inflation, and that those funds could only be used on roads and bridge infrastructure. Leaving that law on the books would have seen the gas tax increase a penny a gallon in three years, but what it did effectively do is remove the use mandate. Interestingly, the use has thus far remained and we have just rejected suspending it to lower gas prices, citing roads and bridges that are not safe are the greater priority.

My point is, without Paul Harvey to tell you the rest of the story, you may well be conned.

In spite of Rudy G. hearing the election was stolen on Facebook, spending multiple millions on lawsuits, recounts, and investigations, and sadly nearly 80 percent of Republicans still not believing it, the simple fact is that this was the most secure election in our 240-year history. The question then becomes, how can we have

a democracy if we can't run one any longer. This seems to be the new normal, as when the Republican lost 80/20 percent to the Democrat in Florida, he did not concede.

We may not have to trifle with distraction like legitimate vote counting, voter registrations, or outcomes, as we go forward. Hundreds of new voting bills have been filed almost exclusively in red states, designed to fix what was not broken. In Texas, nearly a third of registration applications are being rejected. One observation was that a form asking for either license number or last four of Social Security number, was rejecting all that did not have both. Apparently, English not their first language.

Most of these new bills will address the shortcomings of submitting two sets of electors. The remedy will be acceptable results at state level, by hook or by crook, so only one set will be sent.

Should gerrymandering, restrictions and suppression fail, as long as there are more red states than blue, creating enough fraud to invoke the constitutions remedy of each state getting one vote for president, should work. That way, California and Montana are equal, as are New York and Alabama.

Bearing in mind that both this remedy and the electoral system are throwbacks to when we had just 13 states, the fact that the person winning the popular vote has not gained the presidency on several recent elections, and that something built on unanimity and

concord, has now fallen victim to both partisanship and vitriolic legal wrangling and finagling, a serious rewrite is in order.

Even setting aside slavery, which was practiced by many of our founders (you would be disgusted at many or their other shortcomings), it took 140 years to let women vote. As population grew and the need existed, the size of the supreme court increased. The filibuster is a perversion, not in the constitution, that allowed those in power to work their will to overcome democracy.

If the polls are correct, the president with the lowest unemployment rate since forever, the highest rate of economic growth, the best market performance, and who has put the USA back in a world leadership position while not yet causing the end of the world, in supporting a democracy under siege is extremely unpopular. He is taking the hit for creating an economy good enough that price setters see the opportunity to gouge you, and took it. The oil companies had already chosen that path before Russian sanctions

People liked the BBB promises- cheaper child and elder care, pharma and health care, addressing environmental issues and more jobs. The house had already passed it and sent it to a feckless senate where two Dems and all Repubs are against it. They cited budget deficit issue, thinking you were not aware it was all to be paid for by our oligarchs who need to start paying their share instead of nothing. Last

year the deficit was reduced a quarter trillion dollars. The business and taxes BBB would create, would foster further reduction.

In spite of all this, there is every indication, that instead of giving Biden enough majority to keep his promises, Republicans will take "control of the house and senate, and Moscow Mitch will regain his veto powers and there is even speculation that GOP might elect Trump speaker, if not McCarthy his hand puppet. In either instance, such a circumstance will insure that there is not a chance in the world you would get anything good, and Trump would love to impeach Biden as payback.

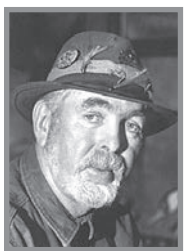
The rule of law and equal justice is still a total fallacy. A former GA federal prosecutor says the find votes call should have brought indictment. Attorney Pomerantz from New York AG's office has just resigned stating no point in staying if they won't indict the two felonies he just built cases on, Merrick Garland is still fiddling and diddling with a clear conspiracy case, and the crook in chief is still doing rally's with Secret Service protection on our dime. No one thinks you could collect twelve honest people for a jury.

When Ukraine becomes more democratic than us, some may regret their second amendment stance.

Start singing, back in the USSR.

KEN KIMBALL
BROOKFIELD

Tips for trolling fly's



THE GREAT
OUTDOORS
.....
RALPH
TRUE

As I write this week's column, the temperature is hovering around 20 degrees, a far cry from 60 degrees a few days ago. That is March weather, but I hope that the warmer weather is here to stay soon. Oil and gas prices have drained most bank accounts by now, and there is little money left to go fishing for many families.

Many charter boats will be put out of business this year because of the gas prices and outrageous saltwater fishing regulations. Freshwater fishing close to home will not be the same for many saltwater fishing anglers this year, and the taste of fresh saltwater fish at the dinner table this summer will be replaced by trout, and many other freshwater species. We did not realize how well we had it over the last 50 years or more, depending on our age.

Massachusetts has released the 2022 regulations for Fluke and seabass recently, and they are as follows: Seabass May 21-Sept. 4, four fish at 16 inches and fluke (summer flounder) May 21-Sept. 29, five fish at 16.5

inches. Rhode Island had still not released their final recreational saltwater regulations at the time of this writing, but it does not look good.

Mice and rat problems have plagued many households and business this year and local exterminators blame the high crop of acorn's this past fall. I recently published a unique trap for mice that can be easily built for pennies, and our readers have had great success with their hand made contraptions. The rat problems are a bit harder to solve, but keeping dog food and other animal food stored in a small container with a cover will help! You need to be extremely careful using rat poison around your pets. Any rats that are killed by poison can be found and eaten by owls, hawks and eagles, etc., that could also die from the poisoned rats.

Mosquitos and ticks are also starting to show there ugly heads, and dogs cats and other pets need to be kept on their medications to insure their health. Humans also need to be vigilant and ensure that they and their family s are well protected. Any insect bites are serious and can cause sickness and death if they are not properly treated. Bee stings are one of the top reasons for death or infection in humans.

Bears, skunks, snakes, to mention a few, are also becoming active in the coming days and months. The great out-



This week's picture shows a family attending last week's archery shoot at the Uxbridge Rod & Gun Club. They include Jeff, Teresa, Maddi and Doug.

doors is a fun place to be, but we all need to be aware of the dangers that are out there.

Wild turkeys are starting to strut their stuff, as their mating season starts to heat up. Local sportsmen are starting to get excited also, in anticipation of the upcoming turkey hunting season. Practicing the toms wild turkey calls, can ensure that your calling techniques are effective. There is one guy

that I know that does not need a turkey call, and can effectively make the sound of a gobbler extremely realistic. I believe that he must have swallowed a turkey call in his early years, and it has become lodged in his throat. He is good!

By the time you read this column, most lakes and ponds will have received at least one trout stocking. Anglers are reporting catching numerous brown

trout this year at their favorite fishing holes. Anglers are again reminded that Wallum Lake in Douglas is an interstate body of water, that is closed to all fishing, until the second Saturday in April. It is governed by Rhode Island regulations.

I still enjoy trolling fly's at Wallum Lake for trout. It is something my brother ken and I have done for years at Wallum Lake. Streamer fly's of different patterns, have been extremely effective for catching trout and salmon over the years. The fishing rods today have ceramic guides which is essential in trolling fly's with wire. The wire will get you to the proper depth, which is where the fish are after the waters set up a thermocline.

The speed of the boat is also important when fishing with streamer fly's. The trick is to try different zig speeds, and to sometimes zig sag as you troll across a lake or pond. Letting out up to 150 feet or more of wire is required, as you watch you fish finder for depth and possible fish. Attaching 30 or 40 feet of eight- to 10-pound monofilament line to the wire as leader, and then attaching your fly is also extremely important. I enjoy this type of fishing over waiting for a bite using power bait. Give it a try!

Take a Kid Fishing & Keep Them Rods Bending!

KANE

continued from page A6

nity, led by its teachers and students secured a court decision that the school system had to be integrated. Rather accept the court ruling, the White community and parents set up a kind of voucher system so that their children could attend "white" schools in nearby counties, but not "black" students. They also filled with sand a state park swimming pool to ensure it could not be integrated.

The Crawfordville story as narrated by two leaders Frank Bates (student) and Dr. Evans Harris (teacher) can be tracked down in different publications.

When I arrived, only one school system existed, the terrible one for the descendants of African American slaves. But again the "black" community organized itself. With some assistance from our national government's Upward Bound program, the parents organized it so that before dawn every Saturday morning through the school year a bus full of students left on a 200-mile round trip to Atlanta University's Morris Brown College. There they learned what they could not in their own community.

I write about the Crawfordville - African American - Alexander Stephens story for a number of reasons.

First, it shows what many African Americans have had to go through and how many parents like Brown-Jackson's "climbed the mountain."

Second it provides a possible insight into why she is the person she is - one who will not back away from a chal-

lenge or allow wrongs to affect her efforts.

Finally, it opens a window into the history, opinions, and Senate confirmation behavior of some of those formerly "Republican" Senators who so rudely questioned her. (I continue to hope a new conservative party with integrity rises from the rubble of the present "Republican" one.)

It appears that throughout her life, while a principled liberal, Judge Brown

Jackson has almost always tried to find a path that to brings principles and people together rather than pulling them apart.

However, in the hearings, these Senators - Cruz, Hawley, Blackburn etc. spent their TV time trying not only to pull her down, but painting her as someone whose color and "cultural values" are not like "us." The behavior, seen and reported around the world we seek to lead ranks as a despicable

set of norms and values unworthy of America.

So what will our choice be: the American norms and values of Judge Brown-Jackson (and Durbin and Grassley) or those of Cruz, Hawley and Blackburn?

KEVIN KANE
SPENCER

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April is National Chocolate Month

Chocolate. It's the universal symbol of good taste and indulgence. A heart shaped box of hand packed chocolates shows one's affection, just as a rich chocolate dessert serves as the perfect end to a romantic meal. Good chocolate, much like fine wine, is now being chosen by vintage years, elevating the sweet, rich confection to status symbol level.

But what if the delicious sweet treat, long enjoyed by kings and royalty, had even more impressive attributes? What if the dark, creamy candy was actually good for you? Believe it or not, a guilty conscience is no longer a requisite for indulging in the pleasures of chocolate. Thanks to medical studies that prove chocolate can be an aid to health, enjoying a chunk of the sweet stuff is now a shameless pleasure! In celebration of National Chocolate Month, this week's column is promoting the chocolate revolution with a roundup of fun and informative chocolate-ology!

Take Two Bon Bons and Call Me in the Morning: Hershey bars as health food? Not quite, but read on for the fascinating facts why chocolate is touted as a valuable health booster!

The Chocolate Factor: Chocolate lovers, rejoice - here's a great excuse to enjoy everything from a cup of cocoa to hot fudge. Decades of research shows hot cocoa has more disease-fighting antioxidants than tea or red wine. In fact, the heat may help propel those health boosting compounds into the bloodstream.

One of the most known studies, which appeared in the Journal of Agricultural and Food Chemistry, finds cocoa has the highest levels of antioxidants, twice as high as red wine, and nearly three times stronger than green tea. Note: Extensive studies have shown that black

tea, green tea, red wine, and cocoa are "major" sources of antioxidants called phenols and flavonoids - antioxidant chemicals found naturally in foods that can help prevent chronic diseases such as heart disease and cancer.

It's true - you really can say "yes" to a cup of hot chocolate and dollop of hot cocoa fudge - with less guilt!

Cough Cure: If you thought nothing could be better than discovering chocolate can be good for your heart - here's a new excuse to break out a bar of dark chocolate!

An oft cited study at the National Heart and Lung Institute in London first revealed dark chocolate is better than codeine for suppressing coughs, and subsequent research confirmed the claim. While codeine is effective at preventing coughs, theobromine, a compound in dark chocolate proved to be 33 percent more effective, preventing coughs for four hours, with no side effects! Dark chocolate can have up to 450 milligrams of theobromine, but milk chocolate has much less.

In addition, chocolate has a sticky factor that most traditional cough syrup does not. That means that it's better at coating your throat, preventing irritation that causes you to cough. When the nerve endings in our throat become hypersensitive from a cold or the flu, it causes us to cough and spread the illness. Because chocolate is thick and sticky like honey, it calms down the nerves and quickly soothes a cough.

So how much chocolate should you self-prescribe? Experts say about two ounces of dark chocolate for an adult should tame both your cough and your cravings!

Mood Food: The creamy, sweet taste of chocolate has long



TAKE THE HINT
KAREN TRAINOR

been the prescription for a bad mood - and it seems medical experts agree chocolate really can elevate our moods! It appears the combination of fat, sugar and an endorphin releasing substance called phenylethylamine, raises both serotonin and endorphin levels in the brain. That double dose of feel good compounds banishes our bad moods.

Milk Trick: The cure for lactose intolerance could be as close as your next glass of milk - chocolate, that is. Research conducted at the University of Rhode Island suggests chocolate milk may have surprising benefits for individuals who are lactose intolerant. In a case study, those who consumed chocolate milk showed significant reductions in their symptoms. The reasoning is that chocolate milk's higher fat content slows gastric processing, which reduces the symptoms.

Choco-Therapy
Your chocolate of choice's shape and filling as well as how it is wrapped and disposed of, also reveals personality clues, says Psychotherapist Murray Langham, author of "Chocolate Therapy: Dare To Discover Your Inner Self."

Here are some of his (tongue in cheek) chocolate claims: Love milk chocolate? You, tend to be an innocent person who likes to live in the past. Prefer dark chocolate? You are likely a materialistic, problem solvers who is excited by the future.

White chocolate fans have an innate sense of fairness and believe they have the power of the universe at their command. Langham also claims your choice of filling and shape can also reveal much about your nature and state of mind. He says those who favor oval shaped chocolate candies are social and sensual, while those who prefer chocolate covered coffee filling candies are open-minded, but also impatient, anxious and immature.

But perhaps the most astounding claim from Dr. Langham is that a person's attitude about romance is revealed in the way he or she disposes of the chocolate wrapper. He claims a person who crinkles up a wrapper before tossing it away has so much on their mind that they can't concentrate on romance. Worse yet, those who roll the wrapper into a ball have a boring love life, according to the doctor.

Chocolate Fun Facts
People who constantly craving chocolate, could be deficient in consider adding a magnesium, which is found in chocolate.

Chocolate syrup was used for blood in the famous shower scene in Alfred Hitchcock's movie, Psycho.

On his fourth voyage to the New World, in 1502, Christopher Columbus was the first European to taste chocolate.

The average American eats about 11 pounds of chocolate a year. The Swiss average 19 pounds a year; and the average Brit and weighs in at 16 pounds of chocolate consumed annually.

71 percent of American chocolate eaters prefer milk chocolate.

Chocolate in a blue wrapper does not sell in Shanghai or Hong Kong because the Chinese associate blue with death.

The best selling candy bar in the U.S. is Snickers.

Chocolate was once considered a temptation of the devil.

It takes 400 cacao beans to make one pound of chocolate.

The melting point of cocoa butter is just below the human body temperature (98.6 degrees), which is chocolate literally melts in your mouth.

Napoleon carried chocolate with him on his military campaigns, and always ate it when he needed quick energy.

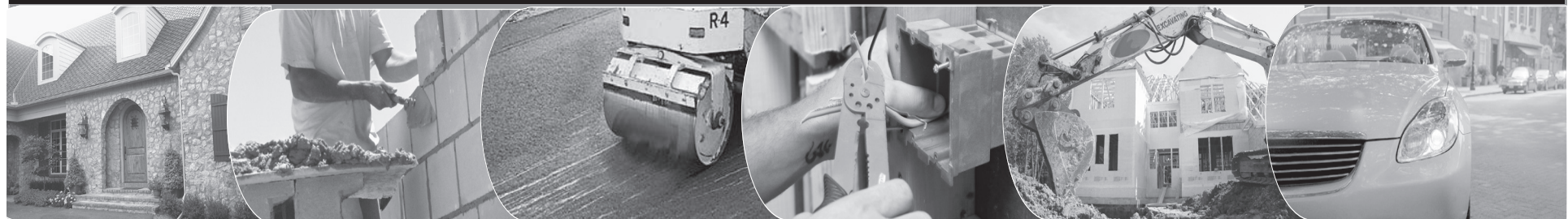
Great Late Chef James Beard used to toss a grating of bitter chocolate into chili to give it body and mellow the flavors.

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

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

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

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Bring a bit of spring indoors

Many gardeners are busy pruning shrubs to remove winter damage, control the size, or provide a bit of shaping before the season is well under way. Save some of the branches or cut a few from spring flowering shrubs to brighten your indoors. You'll enjoy the added spring color provided by branches of forsythia, quince, pussy willows, and other spring flowering shrubs for bouquets and arrangements.



GARDEN MOMENTS

MELINDA MYERS

day or when temperatures are above freezing for better results. Don't smash the stems as often recommended. Instead make one or more slits in a cross-hatch or star pattern on the bottom of the stems before placing them in water immediately after cutting.

If possible, submerge the whole stems in a tub of water overnight. This encourages the stems and buds to absorb water and break dormancy. Set the stems in a bucket of cool water, about 60° to 65°F, in a bright but indirectly lit location after soaking overnight or immediately after pruning. Mist the stems as often as possible the first few days or place a plastic bag over the stems to boost humidity and prevent the buds from dropping. Change the water every two or three days making sure the cut ends of the stems are always in the water.

The buds should start swelling and flowers start to appear in several weeks. Cut the stems to the needed length and use them in flower arrangements. They look great mixed with spring flowering bulbs, greens and other spring flowers from your garden or florist. Or display them in a vase all on their own.

Continue cutting and forcing a variety of branches over time for continuous indoor bloom. Prolong their beauty by moving the flowering stems and



Photo Melinda Myers

The branches of 'Flowering Quince' add color and beauty to the indoors.

Use a pair of sharp bypass pruners with two sharp blades that cut like scissors. These make clean cuts allowing the wound to close quickly and reducing the risk of insects and diseases moving in. Start by removing crossing or winter damaged branches. This helps manage plant growth while harvesting some stems for your enjoyment. Look for stems at least 12" long with lots of flowers or buds to maximize flowering. Make cuts above a healthy outward bud, where a branch joins another branch or just above ground level.

Combine planned renewal pruning with a bit of indoor enjoyment. Remove a few of the older stems of forsythia, lilac, and other multi-stemmed spring flowering shrubs back to ground level. This encourages new growth at the base of the plant. Cut the larger branches down to a useable size for your indoor enjoyment.

Then finish any needed pruning after the plants put on their spring display so they can form new flower buds next spring. Avoid severe pruning that can result in excess growth. Removing no more than one fourth of the total growth will result in more even growth. Repeat as needed for the next year or two to reduce the size and improve the beauty of overgrown plants.

Harvest stems for forcing on a sunny

flower arrangements to a cooler location at night.

Make notes on what worked well in spring arrangements to help you plan for next year. Whether you force them into bloom or harvest when in bloom, you will enjoy the added spring color indoors.

Melinda Myers has written more than 20 gardening books, including *The Midwest*

Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally-syndicated *Melinda's Garden Moment TV & radio program.* Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Her Web site is www.MelindaMyers.com.

Jacob Hinman named to Fall President's List at Bemidji State University

BEMIDJI, Minn. — Jacob Hinman from Spencer earned President's List honors from Bemidji State University in Bemidji, Minn., at the conclusion of the Fall 2021 semester.

To be eligible for the President's Honor Roll, BSU students must be enrolled for at least 12 credits and earn a 4.0 GPA during the semester. A total of 392 students earned Fall 2021 President's List honors from the university.

LMS

continued from page A1

media all the time, so we must educate them on proper use of it, as well as how we can be impacted through social media."

Nationwide, cyberbullying and harassment have become a growing problem—and it was only worsened by remote learning and more time online for students stuck at home during the pandemic. It is often difficult for school officials to know about these incidents, as they frequently go unreported.

But with partnerships forming between schools, police departments, and other agencies, leaders across the region and the country are doing their best to crack down on negative online behavior. It's also important for students and parents to play an active role in reporting instances of bullying, harassment, or threats made online, officials said.

"The eighth grade class had a great discussion on protecting your information, bullying/cyberbullying prevention, and creating a positive digital footprint. Thank you to Principal Fontaine and Mike Vaughan for having us," read a statement released by DA Early's office.

Community outreach continues to be a major emphasis for DA Early, especially in local schools. His office runs several programs at schools throughout the year, with presentations focusing on topics like distracted driving; prevention of bullying; teen dating safety; and the dangers of drug and alcohol abuse, among others.

To learn more about programs led by the DA's Office, visit www.WorcesterDA.com.

CONCRETE

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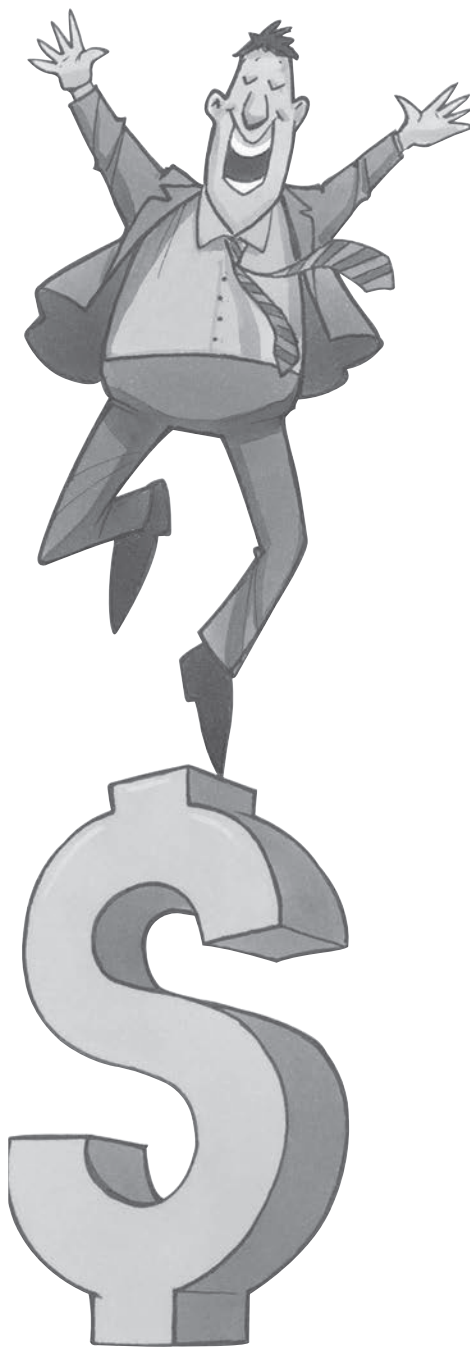
to hear firsthand accounts from impacted homeowners.

The event will include a brief background on the cause of the problem; an update on the status of legislation; and other information related to the crisis.

The library is located at 280 Main St. in Rutland.

Meanwhile, Gobi continues her efforts to secure funds to support testing reimbursements for tests to determine the presence of pyrrhotite in homes. The public can access those funds, administered by the Massachusetts Office of Public Safety and Inspections, by downloading the "Crumbling Foundation Testing Reimbursement Application."

The application is available through www.mass.gov.



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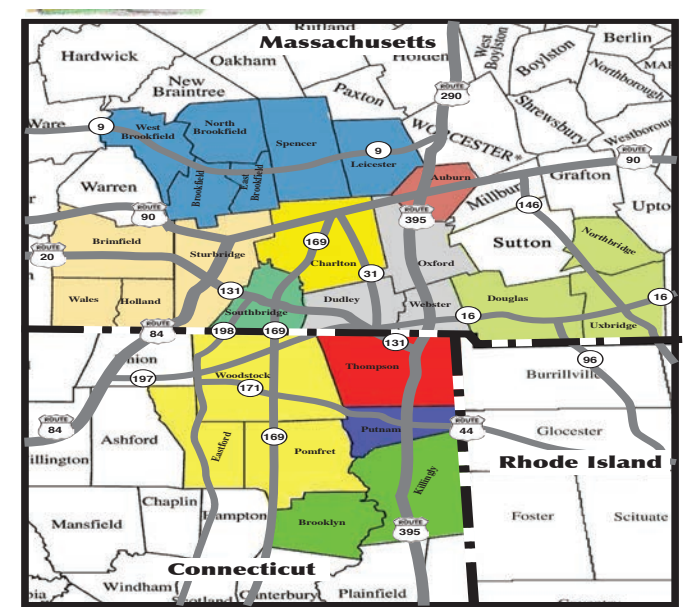
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POLICE REPORTS

Spencer Police

WEDNESDAY, MARCH 16

1:46-2:23 a.m.: buildings checked, secure; 2:55 a.m.: medical/general (Ledge Avenue); 6:08 a.m.: medical/general (Howe Village); 6:20 a.m.: animal complaint (Cranberry Meadow Road), loose cat w/collar; 8:17 a.m.: citizen complaint (Main Street), pedestrian nearly struck; 8:23 a.m.: 911 call (Chestnut Street), open line; 8:55 a.m.: medical/sudden death (Northwest Road); 9:08 a.m.: officer wanted (Ledge Avenue), spoken to; 9:58 a.m.: restraining order service (West Main Street); 12:05 p.m.: abandoned 911 call (West Main Street), no contact; 12:09 p.m.: LTC issued (West Main Street), assisted; 12:28 p.m.: restraining order service (West Main Street); 12:45 p.m.: medical/general (West Main Street); 1:15 p.m.: lost/found (Lake Street), paperwork found; 1:52 p.m.: disturbance (Pleasant Street), issues w/neighbor's contractor; 3:20 p.m.: abandoned 911 call (Main Street), two hang-up calls; 3:35 p.m.: disturbance (Main Street), tenant/tenant issue; 3:54 p.m.: suspicious persons (Old Farm Road), investigated; 4:21 p.m.: drug/narcotic offense (Valley Street), Jeffrey A. Blackmore, 51, 57 Conlin Road, Oxford, distribution Class B drug, possession Class B drug, arrest; 4:22 p.m.: 911 call (West Main Street), neighbor extended d/way; 4:33 p.m.: suspicious persons (North Brookfield Road), investigated; 4:34 p.m.: accident (West Main Street), hit/run; 4:58 p.m.: disturbance (Bixby Road), neighboring tenants fighting; 5:09 p.m.: abandoned 911 call (West Main Street), no contact; 5:31 p.m.: fire alarm (Bixby Road), referred; 5:45 p.m.: abandoned 911 call (West Main Street), no contact; 6:01 p.m.: disturbance (Bixby Road), Trezure Denis Campbell, 27, 19 Bixby Road, Spencer, disturbing the peace, threatening to commit a crime, warrant, arrest; 6:27 p.m.: officer wanted (Bay Path Road), req. welfare check; 6:32 p.m.: animal complaint (School Street), rep. dog bite; 6:35 p.m.: commercial alarm (Main Street), services rendered; (Total daily mv stops - 0).

THURSDAY, MARCH 17

12:06 a.m.: open door (Fourth Avenue), bldg. secured; 12:13-2:05 a.m.: buildings checked, secure; 12:46 a.m.: mv complaint (Main Street), erratic operator; 4:08 a.m.: abandoned 911 call (Chestnut Street), no contact; 4:20 a.m.: building checked, secure; 7:32 a.m.: medical/general (Brown Street); 9:55 a.m.: medical/general (Ash Street); 10:25 a.m.: medical/general (Salem Street); 11:05 a.m.: medical/general (Tom Casey Road); 11:12 a.m.: commercial alarm (Main Street), services rendered; 12:12 p.m.: suspicious mv (Brooks Pond Road), investigated; 12:59 p.m.: medical/general (Main Street); 1:08 p.m.: mv complaint (Main Street), pedestrian almost struck; 1:35 p.m.: abandoned 911 call (West Main Street), no emergency; 2:08 p.m.: animal complaint (Ash Street), parakeets flew from home; 3:09 p.m.: medical/general (Main Street); 3:33 p.m.: mv lockout (Smithville Road), services rendered; 3:36 p.m.: officer wanted (Browning Pond Road), spoken to; 3:50 p.m.: vandalism (Chickering Road), fields damaged by mv; 4:29 p.m.: fraud (Ledge Avenue), scam calls; 6:38 p.m.: disturbance (Valley Street), m/f dispute; 6:45 p.m.: mv complaint (Main Street), erratic operator; 7:19-7:29 p.m.: buildings checked, secure; 7:37 p.m.: 911 call (Briarcliff Lane), open line; 9:48 p.m.: mutual aid (West Main Street), Charlton PD req. K9; 9:52 p.m.: medical/general (Mechanic Street); 10:21 p.m.: medical/general (Meadow Road), lift assist; (Total daily mv stops - 1).

FRIDAY, MARCH 18

12:52-2:08 a.m.: buildings checked, secure; 1:08 a.m.: medical/general (Main Street), lift assist; 4:33 a.m.: medical/general (Howe Village); 5:07 a.m.: DPW call (Lake Street), wires across road; 6:17 a.m.: medical/general (North Brookfield Road); 8:48 a.m.: DPW call (Paxton Road), low-hanging wire; 8:59 a.m.: animal complaint (Condon Drive), barking/howling dog; 9:49 a.m.: medical/general (Maple Street); 10:08 a.m.: accident (Main Street), report taken; 11:36 a.m.: medical/general (Greenville Street); 11:38 a.m.: fire/woods/grass (Irving Street), referred; 12:08 p.m.: medical/general (Temple Street); 12:29 p.m.: animal complaint (Briarcliff Lane), cat found; 12:37 p.m.: fire alarm (Main Street), alarm test; 1:07 p.m.: disturbance (Pleasant Street), domestic issue; 1:09 p.m.: mv lockout (Meadow Road), assisted; 2:16 p.m.: citizen complaint (East Charlton Road), info taken; 3:36 p.m.: animal complaint (West Main Street), concern for cat; 3:47 p.m.: suspicious mv (Lyford Road), info taken; 4:03 p.m.: mv complaint (Main Street), info taken; 4:10 p.m.: mutual aid (West Main Street), Rutland PD bolo; 5:32 p.m.: lost/found (Summit Street), cell phone lost; 5:35 p.m.: harassing calls

(Cranberry Lane), rec'd lewd/obscene calls; 5:50 p.m.: 911 call (West Main Street), hang-up; 6:01 p.m.: medical/general (Lincoln Street); 6:03 p.m.: mv complaint (Route 49), erratic operator; 6:11 p.m.: larceny (Ash Street), bicycle stolen; 8:25 p.m.: medical/overdose (Bixby Road); 9:00 p.m.: 911 call (Hastings Road), open line; 9:02 p.m.: building checked, secure; 9:15 p.m.: parking violations/2 (Chestnut Street), tickets issued; 11:21 p.m.: suspicious mv (Smithville Road), investigated; (Total daily mv stops - 4).

SATURDAY, MARCH 19

12:35 a.m.: suspicious mv (West Main Street), investigated; 12:37-1:57 a.m.: buildings checked, secure; 1:59 a.m.: medical/general (Lincoln Street); 2:07 a.m.: mutual aid (West Main Street), Southbridge PD bolo; 3:11 a.m.: building checked, secure; 8:24 a.m.: medical/general (Main Street); 10:25 a.m.: accident (Main Street), hit/run; 10:45 a.m.: 911 call (Meadow Road), open line; 11:10 a.m.: accident (Mechanic Street), hit/run; 12:24 p.m.: mutual aid (West Main Street), Sturbridge PD bolo/lewd & lascivious behavior; 3:53 p.m.: trespassing (Main Street), info taken; 3:53 p.m.: trespassing (Brooks Pond Road), info taken; 5:24 p.m.: medical/general (Main Street); 6:20 p.m.: building checked, secure; 6:30 p.m.: officer wanted (West Main Street), man acting strangely; 6:40 p.m.: building checked, secure; 7:02 p.m.: parking violation (Chestnut Street), ticket issued; 9:20 p.m.: building checked, secure; 9:39 p.m.: accident (Valley Street), report taken; 9:46 p.m.: building checked, secure; 9:47 p.m.: mv complaint (West Main Street), services rendered; 9:57 p.m.: parking violation (Main Street), ticket issued; 10:10-10:37 p.m.: buildings checked, secure; (Total daily mv stops - 0).

SUNDAY, MARCH 20

12:03-2:01 a.m.: buildings checked, secure; 1:16 a.m.: parking violation (Elm Street), ticket issued; 1:32 a.m.: 911 call (South Spencer Road), fire suppression system; 3:30 a.m.: medical/general (Maple Street); 3:40 a.m.: medical/general (Vista Lane); 4:08 a.m.: building checked, secure; 8:29 a.m.: officer wanted (Bixby Road), req. escort/retrieve keys; 10:41 a.m.: suspicious persons (Main Street), investigated; 12:27 p.m.: medical/general (Hastings Road); 1:01 p.m.: mv complaint (Norcross Road), Brookfield PD w/info on mv; 1:20 p.m.: officer wanted (West Main Street), re: new mv purchase; 1:48 p.m.: 911 call (Lincoln Street), open line; 3:52 p.m.: medical/general (West Main Street); 9:19-9:27 p.m.: buildings checked, secure; (Total daily mv stops - 1).

MONDAY, MARCH 21

12:29-4:48 a.m.: buildings checked, secure; 4:32 a.m.: medical/general (Howe Village); 7:56 a.m.: sex offender registration/annual (West Main Street), assisted; 8:46 a.m.: elderly matter (North Brookfield Road), info taken; 9:05 a.m.: commercial alarm (Water Street), services rendered; 9:32 a.m.: medical/general (Crown Street), lift assist; 10:21 a.m.: medical/general (Lincoln Street); 10:24 a.m.: fire alarm (West Main Street), referred; 11:00 a.m.: medical/general (Wall Street); 11:37 a.m.: suspicious persons (Town House Court), re: poss. theft; 12:05 p.m.: mutual aid (South Street), assist Mass. SP; 1:21 p.m.: restraining order service (West Main Street); 1:24 p.m.: mv lockout (Main Street), services rendered; 1:26 p.m.: intelligence/drugs (West Main Street), info taken; 1:33 p.m.: officer wanted (Lakeshore Drive), re: alarm; 1:35 p.m.: animal complaint (West Main Street), loose dog; 2:27 p.m.: elderly matter (Main Street), welfare check; 3:18 p.m.: medical/general (Howe Village); 3:35 p.m.: medical/general (Pleasant View Road); 4:12 p.m.: multiple LTC issued/5 (West Main Street), assisted; 4:33 p.m.: animal complaint (Pleasant Street), barking dog; 5:28 p.m.: accident (Bemis Road), report taken; 5:30 p.m.: suspicious mv (Bay Path Road), investigated; 5:32 p.m.: juvenile matter (Ash Street), trying to enter bldg.; 5:58 p.m.: suspicious persons (Greenville Street), info taken; 6:12 p.m.: juvenile matter (Valley Street), young boy alone; 6:20 p.m.: animal complaint (Cherry Street), re: poss. mistreatment/dog; 6:22 p.m.: commercial alarm (North Spencer Road), false alarm; 9:26 p.m.: medical/general (Maple Street); 9:42 p.m.: suspicious mv (Main Street), investigated; 10:16 p.m.: building checked, secure; (Total daily mv stops - 3).

TUESDAY, MARCH 22

12:29-2:54 a.m.: buildings checked, secure; 1:22 a.m.: suspicious mv (West Main Street), investigated; 1:27 a.m.: mutual aid (West Main Street), Southbridge PD bolo/welfare check; 2:37 a.m.: medical/general (Bixby Road); 2:53 a.m.: suspicious mv (Pleasant Street), investigated; 5:50 a.m.: building checked, secure; 8:32 a.m.: officer wanted (Mechanic Street), re: PD responses to property; 9:34 a.m.: building checked, secure; 9:42 a.m.:

medical/general (Maple Street); 10:21 a.m.: parking complaint (Jones Street), flyers for new tenants; 1:47 p.m.: intelligence/drugs (West Main Street), info taken; 2:02 p.m.: medical/general (Dufault Road); 3:23 p.m.: medical/general (Howe Village); 7:08 p.m.: suspicious persons (Cornfield Road), re: earlier incident; 7:25 p.m.: suspicious mv (Main Street), investigated; 7:52-9:42 p.m.: buildings checked, secure; 11:11 p.m.: intelligence/parole (West Main Street), info taken; (Total daily mv stops - 6).

SUNDAY, MARCH 13

4:02 p.m.: mv complaint (Main Street), Kurt V. Spencer, 37, 6 Vine Street, Spencer, OUI liquor, negligent operation, marked lanes violation, arrest.

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Leicester Police

THURSDAY, MARCH 17

12:55 a.m.: suspicious mv (Main Street), spoken to; 1:25 a.m.: parking complaint (Main Street), citation issued; 6:51 a.m.: ambulance (Grove Street), transported; 11:40 a.m.: mutual aid (Outlook Drive, Worcester), transported; 12:33 p.m.: accident (Burncoat Street), transported to hospital; 12:51 p.m.: assist citizen (Main Street); 1:57 p.m.: investigation (South Main Street), services rendered; 2:30 p.m.: summons service (South Main Street), resolved; 2:56 p.m.: animal complaint (Main Street), referred to ACO; 4:00 p.m.: welfare check (Main Street), services rendered; 4:14 p.m.: mv stop (Main Street), no action required; 7:30 p.m.: welfare check (Pleasant Street), services rendered; 8:49 p.m.: disturbance (Main Street), peace restored; 9:08 p.m.: ambulance (Soojians Drive), transported; 11:32 p.m.: suspicious mv (Paxton Street), resolved.

FRIDAY, MARCH 18

2:01 a.m.: ambulance (Charles Street), transported; 2:07 a.m.: ambulance (River Street), transported; 6:38 a.m.: ambulance (Huntoon Memorial Highway), transported; 9:31 a.m.: mv stop (Main Street), spoken to; 11:31 a.m.: erratic operator (Main Street), spoken to; 12:08 p.m.: welfare check (Henshaw Street), resolved; 12:18 p.m.: ambulance (Mayflower Circle Drive), transported; 12:38 p.m.: ambulance (Huntoon Memorial Highway), transported; 12:47 p.m.: fraud (Pleasant Street), assisted; 12:53 p.m.: erratic operator (Pleasant Street), resolved; 1:22 p.m.: ambulance (Pleasant Street), transported; 1:31 p.m.: ambulance (Pleasant Street), transported; 2:20 p.m.: ambulance (Main Street, Worcester), transported; 2:25 p.m.: investigation (Soojians Drive), services rendered; 3:19 p.m.: welfare check (Rawson Street), report taken; 3:39 p.m.: welfare check (Charles Street), report taken; 4:03 p.m.: welfare check (Main Street), call canceled; 4:24 p.m.: assist other PD (Stafford Street), unable to locate; 6:27 p.m.: ambulance (Whitney Street, Worcester), transported; 6:59 p.m.: ambulance (Deer Pond Road), transported; 10:24 p.m.: ambulance (Pleasant Street, Worcester), call canceled; 10:30 p.m.: ambulance (Huntoon Memorial Highway), transported.

SATURDAY, MARCH 19

1:22 a.m.: welfare check (Stafford Street), resolved; 2:02 a.m.: mv stop (Main Street), verbal warning; 4:05 a.m.: ambulance (Burncoat Lane), transported; 8:15 a.m.: ambulance (Huntoon Memorial Highway), transported; 9:32 a.m.: ambulance (Virginia Drive), transported; 9:36 a.m.: accident (Main Street), services rendered; 10:30 a.m.: ambulance (Stafford Street), transported; 11:43 a.m.: assist citizen (South Main Street); 11:47 a.m.: assist citizen (Pine Street); 12:00 p.m.: ambulance (Cambridge Street, Worcester), transported; 12:36 p.m.: welfare check (Henshaw Street), services rendered; 1:07 p.m.: ambulance (Pleasant Street), transported; 2:38 p.m.: investigation (South Main Street), services rendered; 4:12 p.m.: investigation (Soojians Drive), services rendered; 5:19 p.m.: ambulance (River Street), transported; 6:07 p.m.: summons service (South Main Street), served; 6:57 p.m.: erratic operator (Soojians Drive), unfounded; 7:26 p.m.: harassment (Lynde Brook Drive), report taken; 8:24 p.m.: ambulance (Mill Street, Worcester), call canceled; 9:36 p.m.: ambulance (Main Street, Worcester), transported; 11:38 p.m.: suspicious mv (Paxton Street), spoken to.

SUNDAY, MARCH 20

12:45 a.m.: mv stop (Pleasant Street), spoken to; 2:18 a.m.: mv stop (Paxton Street), spoken to; 3:51 a.m.: ambulance (Vista Lane, Spencer), transported; 4:06 a.m.: mv stop (Main Street), spoken to; 9:35 a.m.: mv stop (Main Street), spoken to; 10:09 a.m.: mv stop (Main Street), resolved; 10:26 a.m.: mv stop (Main Street), written warning; 10:33 a.m.: mv stop (Main Street), mv towed; 12:07 p.m.: mv stop (Main

Street), mv towed; 12:47 p.m.: mv stop (Main Street), mv towed; 1:37 p.m.: ambulance (Clark Street), transported; 3:25 p.m.: animal complaint (Stafford Street), referred to ACO; 4:02 p.m.: shoplifting (Soojians Drive), services rendered; 5:12 p.m.: property found (Towtaid Street), services rendered; 8:59 p.m.: mv stop (Memorial School Drive), verbal warning; 9:11 p.m.: suspicious mv (Main Street), resolved; 9:14 p.m.: mv stop (Earle Street), no action required; 10:37 p.m.: disturbance (Bottomly Avenue), resolved; 11:41 p.m.: ambulance (Conway Drive), transported.

MONDAY, MARCH 21

12:25 a.m.: mv stop (Stafford Street), name and address redacted from police log, number plate violation to conceal ID, unregistered mv; Sirena Latrell Jackson-Parker, 40, 99 June Street, #3, Worcester, failure to appear upon recognizance, arrest; 3:32 a.m.: municipal security alarm (Paxton Street), false alarm; 4:32 a.m.: mv stop (Stafford Street), verbal warning; 5:24 a.m.: mv stop (Main Street), name and address redacted from police log, op w/suspended registration, uninsured mv, report taken; 8:48 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:08 p.m.: assist other PD (Lakeview Drive), services rendered; 2:41 p.m.: ambulance (Brown Street), transported; 3:11 p.m.: assist citizen (South Main Street); 3:20 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:40 p.m.: assist citizen (Brook Street); 3:48 p.m.: ambulance (Huntoon Memorial Highway), services rendered; 4:41 p.m.: mv stop (Main Street), name and address redacted from police log, op w/suspended license, mv towed; 5:05 p.m.: threats (Charlton Street), report taken; 6:29 p.m.: mutual aid (Wildwood Avenue, Worcester), transported to hospital; 7:34 p.m.: assist citizen (Pine Street), referred; 7:44 p.m.: larceny (Soojians Drive), Robert Michael Burns, 28, 8 Ingalls Street, Worcester, shoplifting by asportation, arrest; 8:27 p.m.: harassment (Stafford Street), spoken to; 9:28 p.m.: welfare check (Huntoon Memorial Highway), unable to locate; 9:33 p.m.: disturbance (Towtaid Street), spoken to.

TUESDAY, MARCH 22

12:22 a.m.: mv stop (Stafford Street), spoken to; 12:50 a.m.: mv stop (Main Street), spoken to; 1:11 a.m.: mv stop (South Main Street), resolved; 3:02 a.m.: suspicious mv (Main Street), resolved; 3:38 a.m.: parking complaint (Main Street), citation issued; 3:54 a.m.: mv stop (Stafford Street), mv towed; 6:15 a.m.: ambulance (Huntoon Memorial Highway), transported; 7:30 a.m.: ambulance (Glen Ellen Lane), transported; 9:11 a.m.: disabled mv (Mill Street), resolved; 11:47 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:47 p.m.: illegal dumping (Charles Street), resolved; 12:52 p.m.: ambulance (Huntoon Memorial Highway), transported; 2:09 p.m.: investigation (Soojians Drive), resolved; 2:40 p.m.: ambulance (Main Street), transported; 3:34 p.m.: ambulance (Soojians Drive), transported; 4:23 p.m.: shoplifting (Soojians Drive), Eric Bosworth, 37, 14 Oread Street, #403, Worcester, shoplifting by asportation, arrest; 5:03 p.m.: fraud (Upton Street), report taken; 5:06 p.m.: disabled mv (Stafford Street), no action required; 6:03 p.m.: ambulance (Main Street, Worcester), 6:04 p.m.: investigation (Soojians Drive), services rendered; 6:13 p.m.: trespassing (Stafford Street), report taken; 6:51 p.m.: investigation (Soojians Drive), services rendered; 8:51 p.m.: parking complaint (Main Street), citation issued; 11:18 p.m.: mv stop (Main Street), citation issued; 11:54 p.m.: disabled mv (Stafford Street), report taken.

WEDNESDAY, MARCH 23

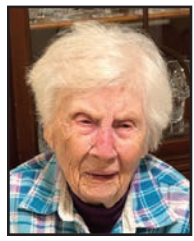
12:41 a.m.: mv stop (Main Street), verbal warning; 1:11 a.m.: mv stop (Main Street), verbal warning; 1:39 a.m.: mv stop (Main Street), name and address redacted from police log, op w/suspended registration, uninsured mv, mv towed; 2:40 a.m.: mv stop (River Street), citation issued; 7:55 a.m.: mv stop (Main Street), verbal warning; 8:21 a.m.: investigation (Mulberry Street), report taken; 8:37 a.m.: mv stop (South Main Street), verbal warning; 8:57 a.m.: mv stop (Huntoon Memorial Highway), verbal warning; 9:03 a.m.: mv stop (Mulberry Street), spoken to; 10:20 a.m.: investigation (South Main Street), resolved; 10:42 a.m.: mv stop (Marshall Street), written warning; 11:51 a.m.: erratic operator (Main Street), report taken; 12:06 p.m.: ambulance (Huntoon Memorial Highway), transported; 12:19 p.m.: assist other agency (South Main Street), resolved; 1:33 p.m.: ambulance (Pleasant Street), transported; 1:47 p.m.: ambulance (Mayflower Road), assisted; 3:23 p.m.: larceny (Shady Lane), spoken to; 3:28 p.m.: restraining order service (South Main Street), served; 11:25 p.m.: disabled mv (Stafford Street), assisted.

###

OBITUARIES

Norma C. Cormier, "Gram", 103

SPENCER- Norma C. (Guertin) Cormier, "Gram", 103, of Spencer, died Friday, March 25th in UMASS University Hospital, Worcester, after



injuries sustained from a tragic accident. She leaves her 3 sons: David A. Cormier and his partner Karyl Lynch of Tucson, Arizona; Frederick P. Cormier and his wife Dale of Spencer; and Robert J. Cormier of Spencer, and her daughter-in-law Mary A. Cormier; 5 grandchildren: Adam J. Cormier, with whom she resided; Sarah A. Lamas and her husband, Alfredo; Charles R. Cormier;



Casey J. Cormier and his wife, Jamie; and Ivy L. Drexler and her husband, Michael; great grandchildren Francisco Cormier Mandel and his wife Bryanna; Charleigh Cormier; Adrien, Samuel, and Luisa Lamas; Karissa and Connor Cormier; Cai and Ari Drexler; and her great-great grandson, Kayden Mandel, and many nieces and nephews. She is predeceased by her husband, Adrien F. Cormier, who died in 1950; her brother Richard D. Guertin, and her sister Yvette R. Cormier. Mrs. Cormier was born in Southbridge, the daughter of David H. and Lorena L. (Letendre) Guertin, and moved to Spencer where she attended St. Mary's Grade School and later graduated from David Prouty High School. She earned her associates degree from Becker Junior College, Worcester Campus. She worked as a Legal Secretary for Proctor, Killeen & Howard, Attorneys at Law and later was

a school secretary, as well as a school department bookkeeper, at Lake Street School for 22 years, retiring in 1979. She was a Cub Scout Den Mother for four years. She was a member of the former St. Mary's Church, St. Anne's Sodality, St. Mary's Women's Guild, and Mary, Queen of the Rosary Women's Guild and Martha-Mary group. She was also a member of the Spencer Garden Club, the Spencer Area Chapter AARP and the Golden Age. She was a member of St. Mary's Choir for over 20 years and a weekday Mass reader and trainer for almost 20 years. She was in the first group of Eucharistic Ministers at St. Mary's Church and became an outreach minister to the homebound. Mrs. Cormier later was a member of the Red Hatters and bowling for the blind group and was involved in the Audio Journal for the blind. She loved taking care of her grandchildren, going on trips, playing the piano, attending prayer meetings and retreats, tutoring at Maple St. School, and helping those in need. The family would like to thank all those caregivers who helped Mrs. Cormier to reach 103. A Memorial Mass will be held on Saturday, May 14 at 11:00 AM at Our Lady of the Rosary Church, 7 Church St., Spencer. Per Mrs. Cormier's request, there are no calling hours and the burial will take place privately at the convenience of the family at Mary Queen of the Rosary Cemetery. A birthday celebration will follow the memorial Mass in Mary Queen of the Rosary Hall. Please omit flowers; contributions may be made to Mary, Queen of the Rosary Memorial Fund, 46 Maple St. Spencer. The J. HENRI MORIN FUNERAL HOME, 23 Maple Terr., Spencer is directing arrangements for the family.

www.morinfuneralhomes.com

Daniel F. Leahy, Jr., 56

BROOKFIELD; Daniel F. Leahy, Jr., 56, of Brookfield, a loving family man and devoted friend, died Monday, March 21st after a courageous battle with Parkinson's Disease/Lewy Body Dementia. He leaves his daughter, Samantha J. Leahy-Burgess and her husband Charles of Brookfield, two grandsons, Wyatt and



Colten, three sisters; Doreen Brooks (Mark) of Spencer, Susan Mallette (Scott) of New Braintree, and Coleen May (Bill) of Leicester as well as aunts, uncles, nieces, nephews as well as several cousins. Born in Worcester, he was the son of Daniel F. & Rhea (Bercume) Leahy, Sr. He graduated from DPHS in 1983 and WITI in 1985. Prior to his illness, Dan was a Project Manager-Engineer at C.B. Blair Development Corp. He

previously worked at the Brookfield Transfer Station, was a former member of the Brookfield Board of Health and Brookfield Planning Board. He was a proud member of the Knights of Columbus. Dan loved the outdoors, his cats, traveling (especially to Maine and new places), playing cribbage and chess, U.S. history, family dinners, celebrations and holidays and the New England sports teams, especially Red Sox and Patriots. The Funeral was held Saturday, March 26 from the J. HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer with a Mass at 10 A.M. in Our Lady of the Rosary Parish, 7 Church St., Spencer. Burial followed in Brookfield Cemetery, Brookfield. Calling hours were Friday from 4-7pm in the Funeral Home. In lieu of flowers donations can be made to the Town of Brookfield EMS, 4 Central St. Brookfield, MA 01506.

www.morinfuneralhomes.com

Paul R. Corley, 91

ROCHDALE- Paul R. Corley, 91, of Rochdale, died Friday, March 25th in St. Vincent Hospital, Worcester. His wife of 68 years, Barbara A. (Greiner) Corley, died in 2018.



He leaves his sons, Steven P. Corley and his wife Kathleen and Brian Corley, all of Rochdale; his daughter, Kathleen B. Asquith and her husband Paul of Worcester; his grandchildren, Amy Schrader and her husband Mark of Leicester, Marc Corley of Maui and Dean Largesse, Jr. of Tennessee; great granddaughters, Madelyn and Lily Schrader; his godson and good friends Richard Urella and his wife Ginny of Grafton. Born in West Boylston, he was the son of Charles P. and Jesse A. (Pelley) Corley.

Paul was proud to have served his country with the U.S. Marine Corps during the Korean War. Later he was a salesman for the LaTouraine Coffee

Company in Randolph for 25 years before retiring in 1998. Throughout his many years he enjoyed traveling with his wife, golfing and bowling with friends. He was an avid sports fan following Leicester High School and New England professional teams.



He lived with his son Brian, who was his good friend and someone on whom he could always rely. Paul's family and friends will remember him for his kind, gentle and thoughtful ways with hopes that you will show kindness to others in his memory.

At his request, Funeral services and burial in St. John's Cemetery, Worcester will be held privately for the family. MORIN FUNERAL HOME, 1131 Main Street, Leicester is directing arrangements for the family.

www.morinfuneralhomes.com

Stuart K. Barnes, 78

LEICESTER- Stuart K. Barnes, 78, of Leicester, died Thursday, March 24 at Rose Monahan Hospice House in Worcester.



He leaves his wife of 48 years, Jane L. (Bonin) Barnes, his sons; John K. Barnes and his wife Angela of Andover and David A. Barnes and his wife Amy of West Bend, Wisc., three brothers; John Barnes and his wife Ruella of Elkridge, MD., Roger Barnes and his wife Janice of Webster Groves, Missouri and Gordon Barnes of Southbridge, five grandchildren; Gideon, Mirabelle, Broderick, Brady and Madelyn Barnes, nieces and nephews.

Stuart was a mail handler for the US Postal Service in Shrewsbury for 20 years, retiring in 2009.

He was born in Lowell, the son of Kenrick and Mary (Nickless) Barnes and later graduated from Story High School in Manchester by the Sea and earned an associates degree from Worcester Junior College. He served his country with the U.S. Army during the Vietnam War. He was a member of the Cherry Valley Post 443 American Legion.

Stuart served on the Leicester Fire Dept. as a firefighter and EMT for 30 years and was a past president of its Brotherhood of Firefighters. He enjoyed



game shows, crossword puzzles, traveling to Cleveland and Wisconsin, vacations to VT and Cape Cod. Loved laughing and having fun with his family, especially his grandchildren.

The family would like to thank the nurses and doctors at St. Vincent Hospital, LifeCare of Auburn, Vibra Hospital, and Rose Monahan Hospice Home for their care and kindness.

Stuart's funeral was held on Wednesday, March 30th. from the MORIN FUNERAL HOME, 1131 Main St., Leicester with a funeral Mass at 10:30 a.m. in St. Pius X Church, 1153 Main St., Leicester. Burial with Military Honors followed in St. Joseph's Cemetery, Leicester. Calling hours preceded the service on Wednesday from 8:30 to 10 a.m. in the funeral home. In lieu of flowers, please make a donation to the Leicester Firefighter's Association Relief Fund, PO BOX 377, Leicester, MA 01524.

Hiding from life

It's easy to hide from the issues of life. Most of us have done it. I know I was hiding from things in my life that I should have faced years ago. Unfortunately, some people spend their whole life hiding from something that they eventually will have to face one way or the other.

Some are hiding from a broken relationship, refusing to ask for forgiveness and fixing what went wrong, holding onto the pain and the negativity.

It's easy to hide from addictions, knowing it's time to quit but putting it off.

Some are hiding from paying off their debt, finishing their education, or getting back in shape.

Maybe you've been hiding from opportunities. I knew someone who had a great job interview lined up that could have taken their career to the next level. They drove to the meeting location, but they were too nervous to follow through, and they turned around and drove home instead.

Many people hide from that small voice inside, telling them to follow their dream and fulfill their destiny. They feel like they're supposed to be doing extraordinary things, but the thoughts tell them that it's not worth the trouble, so they stay where they are.

It is normal to want to avoid the things we fear, but the problem with sweeping things under the rug is that it doesn't make them go away. Hiding can make our anxiety disappear for a little bit, but eventually, we pay the price.

Some knew they should have quit smoking twenty years ago, and now they're learning to cope with a difficult medical diagnosis. Some knew they needed to deal with anger issues at the beginning of their relationship, but now the divorce papers are served. Some knew they should have taken the chance and started the business, but now they're unhappy and feel like they missed their chance.

It's easy to make excuses — "I've always been angry - that's just how I



POSITIVELY SPEAKING

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am," "I've always been critical - I can't change that," "I've always been lazy - it's just how I was born," "I've always been prideful - it runs in my family," "I've always had this addiction, and I always will!" Don't make excuses for yourself.

If you want to get to the next level, you will have to deal with the things keeping you from your potential.

It seems easier to hide because what we need to face requires work. Hiding makes us feel like perhaps we aren't responsible for what happens; we fool ourselves into thinking we don't have the power to face our demons; thinking we need something or someone to make it happen. It's an illusion; it's always better to fix a problematic situation before it's too late. Hiding and looking the other way seems easy, but is it worth the consequences?

Coming out of hiding doesn't have to happen all at once. You can test the waters; facing your fears can be done gradually. One step at a time, you can repeatedly go into uncomfortable situations, little by little, until you feel less anxious. Work your way up to facing things that cause you distress. Over time, you can build up your confidence and eventually conquer what's holding you down.

Whatever you do, keep moving forward, or you may find yourself waiting for a change that will not come on its own.

Whatever you decide, it's crucial to realize that you'll never become who you want to be by hiding from what you know you need to do.

Face your fears, conquer your demons, confront your insecurity, don't be afraid to say you're sorry, don't be afraid to forgive, and don't be scared to fail. Be willing to be uncomfortable and face the unknown. Like the proverb says, "If at first, you don't succeed, try, try again!" If you do, breakthroughs will come, and you'll find that you're a happier, more fulfilled person. It may be challenging, but I believe in you, and I know you're capable of great things!

Friday's Child



Jaxson - 04/03
Age 5

so much so that he is described as "the mayor" of his school!

Jaxson has a variety of developmental and medical needs, and is surrounded by a supportive team of providers. He is nonspeaking and communicates using facial expressions, eye contact, vocalizations, smiles and body movements. He loves when people do or say silly things, and will laugh out loud to show his enjoyment. Jaxson uses a wheelchair for mobility and a feeding tube for nutrition at this time.

Legally freed for adoption, Jaxson could thrive in a family of any constellation, with or without other children. A family must be prepared to participate in the variety of supportive services Jaxson receives, and in his frequent medical appointments. Ongoing contact with his biological parents and long-term foster family will need to be supported as well.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7749>

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit www.mareinc.org. Start the process today and give a waiting child a permanent place to call home.



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LEGALS

Notice of Public Hearing
Spencer Zoning Board of Appeals
At the Zoning Board of Appeals meeting to be held on Tuesday, April 12, 2022, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard:

Special Permit – Applicant/ Owner: Adel Abdelmasih/ Adel Realty, LLC; Location: 11 Highland Street, Spencer Assessor's Map U14-70. The applicant is looking for a special permit under Section 4.3.3 (Conversion of single-family to two-family dwelling) of the Spencer Zoning Bylaw to convert a single-family home into a two-family. The property is located in the Village Residential zoning district.
March 25, 2022
April 1, 2022

Notice of Public Hearing
Spencer Zoning Board of Appeals
At the Zoning Board of Appeals meeting to be held on Tuesday, April 12, 2022, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard:

Variance & Special Permit – Applicant: Serrato Signs LLC, Owner: CEP Realty LLC; Location: 130 West Main Street, Spencer Assessor's Map R29-18. The applicant is looking for a Variance under section 7.3 and Section 6.5.3.E-4 (Prohibited Signs) and a Special Permit under section 6.5.3.E-8 (Landmark Signs) of the Spencer Zoning Bylaw to install an LED Message Center sign and a second double faced free-standing sign. The property is located in the commercial zoning district.
March 25, 2022
April 1, 2022

Notice of Public Hearing
Spencer Zoning Board of Appeals
At the Zoning Board of Appeals meeting to be held on Tuesday, April 12, 2022, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard:

Variance – Applicant/ Owner: William Keyes Jr; Location: 42 Bacon Hill Road, Spencer Assessor's Map R08-33. The applicant is looking for a variance un-

der section 7.3 and Section 5.1 (Table of Area Requirements) of the Spencer Zoning Bylaw to build an addition that encroaches on the front setback. The property is located in the Rural Residential zoning district.
March 25, 2022
April 1, 2022

Notice of Public Hearing
The North Brookfield Planning Board will hold a public hearing on Wednesday, April 20, 2022 at 7:15PM at the Police Station Conference Room, 55 School St., North Brookfield, MA. Public opinion will be received regarding the site plan review application of V-ibram Corporation/School Street Realty, LLC located at 17 School St. They are proposing a new entrance to their factory and offices and Section VI.G. of the Zoning Bylaw applies. Any person interested in being heard or seeking information should appear at the above stated time and place. A copy of the plans for the proposed project is on file in the office of the Town Clerk, 215 North Main St., North Brookfield, MA.
William King, Chair
March 25, 2022
April 1, 2022

Town of Spencer Conservation Commission PUBLIC HEARING NOTICE
In accordance with the requirements of the Massachusetts Wetland Protection Act, MGL c. 131, s. 40 and the Spencer Wetlands By-Law:
Christine Charon has filed an RDA with the Spencer Conservation Commission to remove trees located at 47 Thompson Pond, Spencer, MA.
Don Bonder has filed an RDA with the Spencer Conservation Commission to remove trees at 22 Lamoureux Lane, Spencer, MA.
Steven Turner has filed a STORMWATER & NOI PERMIT with the Spencer Conservation Commission to construct a new building and expand the storage building at Meadow Road, Spencer, MA.
William Cundiff of the Spencer Highway Department has filed an NOI with the Spencer Conservation Commission to reconstruct the roadway and sidewalk at Pleasant Street to Smithville Road, Spencer, MA.
Chris Hansen has filed an NOI with the Spencer Conservation Commission to construct a single-family home with a septic system at Lot 1 Marble Road, Spencer, MA.

Karen Smith has filed an RDA with the Spencer Conservation Commission to put a fence around the pool at 16 Paxton Road, Spencer, MA.
Richard Gaffney has filed an RDA with the Spencer Conservation Commission to remove trees at 21 Sherman Grove, Spencer, MA.
Applications can be reviewed at the Office of Development and Inspectional Services, Town Hall. A public hearing regarding these filings will be held by the Spencer Conservation Commission in McCourt Social Hall at Town Hall, 157 Main Street, on Wednesday, April 13, 2022 at which time all persons having an interest may be present or call in remotely to participate. Conservation Commission meetings open at 6:15 p.m.
Mary McLaughlin, Chairwoman
April 1, 2022

Town of Spencer Office of the Board of Selectmen & Town Administrator FY2023 BUDGET PUBLIC HEARING NOTICE
Notice is hereby given that the Spencer Finance Committee will conduct a public hearing on Tuesday, April 12, 2022 at 7:00 p.m. in McCourt Social Hall of the Memorial Town Hall, 157 Main Street, Spencer, Massachusetts to review the Fiscal Year FY2023 Proposed Budget and draft Annual Town Meeting Warrant.
Interested persons may present their views in writing to the Office of the Town Administrator, or in person at said hearing.
Note: the draft budget and draft warrant is available for review at the Town Clerk's Office or on the Town Website: www.spencerma.gov
Mary E. Braney, Chair
April 1, 2022




(SEAL) COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket Number: 21SM 001127 ORDER OF NOTICE
To: Matthew LaBaire; Stacey Carmichael and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): MidFirst Bank, claiming to have an interest in a Mortgage covering real property in

Spencer, numbered 41 School Street, given by Matthew LaBaire and Stacey Carmichael to Mortgage Electronic Registration Systems, Inc., as nominee for Envoy Mortgage, LTD, its successors and assigns, dated October 14, 2016, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 56134, Page 148, and now held by plaintiff by assignment, has/ have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before May 2, 2022 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.
Witness, GORDON H. PIPER, Chief Justice of this Court on March 16, 2022.
Attest:
Deborah J. Patterson
Recorder
20-003269
April 1, 2022

Leicester Water Supply District Invitation to Bid
The Board of Water Commissioner's requests sealed bids to provide Mechanical Work for the Headworks Bar Screen Replacement Project; Contract 2022-1. Bidding Documents may be obtained at the Leicester Water Supply District offices, 124 Pine Street, Leicester, MA 01524 or by calling 508-892-8484 between 9 A.M. and 2 P.M. after Thursday March 31, 2022.
Leicester Water Supply District will receive bids at 124 Pine Street Leicester, MA 01524 until 11 A.M. Tuesday May 3, 2022 prevailing time at which time bid documents will be publicly opened and read.
The Board of Water Commissioners reserves the right to reject any and all bids deemed not in the best interest of the Leicester Water Supply District.
Board of Water Commissioners
Leicester Water Supply District
April 1, 2022
April 8, 2022



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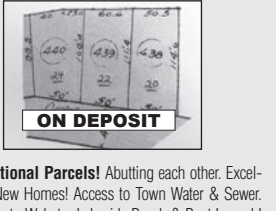


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On the shores of Lake Chargoggagogmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 300 KILLDEER ISL.  SORRY, SOLD! Killdeer Circle! Gently sloping landscape to waters edge. Crystal clear shoreline. Ranch with 5 rooms, 2 bedrooms, 2 baths! Walkout lower level to patio! Garage! \$650,000.	TREASURE ISLAND - CONDO  SORRY, SOLD! Unit 1404 Marina side! of the Complex - with 2 Boat Slips! 6 rooms, 2-1/2 baths, 2 bedrooms, fireplace, garage, Sandy Beach, Heated Salt Water Pool! \$499,000.	WEBSTER LAKE - BLACK POINT ROAD  SORRY, SOLD! Buildable Waterfront Corner Lot, 9500 +/- sq ft. Sandy Beach. Town Water & Sewer Connections on the lot. \$325,000.	WEBSTER LAKE - 1301 TREASURE ISL.  SORRY, SOLD! Quiet Summers & Fall Seasons on Big & Beautiful Webster Lake. Completely updated Hardwood & Ceramic. Center Island Kitchen. 6 Rooms. 2-1/2 Baths. a must see. Overlooking the Marina. 2 Deeded boat slips. assisted sale \$600,000.
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 April 6 at Millbury High, 3:30
 April 11 vs. Uxbridge High, 3:45
 April 13 at Northbridge High, 3:45
 April 18 at Murdock High, 1
 April 20 at Bartlett High, TBA
 April 25 vs. Quaboag Regional, 3:30
 April 27 vs. Burncoat High, 3:30
 May 2 vs. Tantasqua Regional, 3:30
 May 4 vs. Auburn High, 3:30
 May 5 at South High, 3:30
 May 9 at Oxford High, 3:30
 May 11 vs. Southbridge High, 3:30
 May 12 at Quaboag Regional, 3:30
 May 16 at Leicester High, 3:30
 May 18 at Southbridge High, 3:30

LEICESTER HIGH SPRING SCHEDULE

All schedules are subject to change. To find up to date schedules, please visit arbiterlive.com.

Baseball

April 4 vs. Millbury High, 3:30
 April 6 at Grafton High, 3:30
 April 11 vs. Northbridge High, 3:30
 April 13 at Uxbridge High, 3:30
 April 21 at Burncoat High, 11 a.m.
 April 25 vs. Bartlett High, 3:30
 April 27 at Tantasqua Regional, 3:30
 April 29 vs. South High, 3:30
 May 2 at Southbridge High, 3:30
 May 4 vs. Oxford High, 3:30
 May 5 at Nipmuc Regional, 3:30
 May 9 at Auburn High, 3:30
 May 11 vs. Quaboag Regional, 3:30
 May 14 at Sutton High, 2
 May 16 vs. David Prouty Regional, 3:30
 May 19 at Tyngsborough High, 4

Softball

April 4 vs. Millbury High, 3:30
 April 6 at Grafton High, 3:30
 April 11 vs. Northbridge High, 3:30
 April 13 at Uxbridge High, 3:30
 April 14 at Northbridge High, 3:30
 April 21 at Burncoat High, 11 a.m.
 April 25 vs. Bartlett High, 3:30
 April 27 at Tantasqua Regional, 3:30
 April 29 vs. South High, 3:30
 May 2 at Southbridge High, 3:30
 May 4 vs. Oxford High, 3:30
 May 5 at Parker Charter, 3:30
 May 9 at Auburn High, 3:30

May 11 vs. Quaboag Regional, 3:30
 May 12 vs. Notre Dame Academy, 4
 May 18 at Oxford High, 3:30

NORTH BROOKFIELD HIGH SPRING SCHEDULE

All schedules are subject to change. To find up to date schedules, please visit arbiterlive.com.

Softball (David Prouty Regional will co-op with North Brookfield)

March 31 at Oxford High, 3:30
 April 1 at Bartlett High, 3:30
 April 5 vs. Pathfinder Regional, 3:30
 April 6 at Worcester Tech, 3:30
 April 8 at Tantasqua Regional, 3:30
 April 14 vs. Quaboag Regional, 3:30
 April 26 vs. North High, 3:30
 April 27 at Murdock High, 3:30
 April 29 at Whitinsville Christian School, 3:30
 May 3 vs. Quabbin Regional, 3:30
 May 5 vs. Worcester Tech, 3:30
 May 6 vs. Bartlett High, 3:30
 May 9 at Pathfinder Regional, 3:30
 May 10 vs. Burncoat High, 3:30
 May 12 at Quaboag Regional, 3:30
 May 17 at North High, 3:30
 May 18 vs. Granby High, 3:30
 May 23 vs. Southbridge High, 3:30
 May 24 at Southbridge High, 3:30
 May 26 vs. Whitinsville Christian School, 3:30

QUABOAG REGIONAL SPRING SCHEDULE

All schedules are subject to change. To find up to date schedules, please visit arbiterlive.com.

Baseball

April 1 vs. Ware High, 4
 April 4 vs. Uxbridge High, 3:30
 April 6 at Northbridge High, 3:30
 April 11 vs. Auburn High, 3:30
 April 13 at Oxford High, 3:30
 April 22 vs. Bay Path Regional, 11 a.m.
 April 25 at David Prouty Regional, 3:30
 April 27 vs. Southbridge High, 3:30
 April 29 at Douglas High, 3:30
 May 2 vs. Bartlett High, 3:30
 May 4 vs. Grafton High, 3:30
 May 5 at Quabbin Regional, 3:30
 May 9 at Millbury High, 3:30
 May 11 at Leicester High, 3:30
 May 12 vs. David Prouty Regional, 3:30
 May 16 at Tantasqua Regional, 3:30
 May 18 vs. Millbury High, 3:30

Softball

April 4 vs. Uxbridge High, 3:30
 April 6 at Northbridge High, 3:30
 April 8 vs. Notre Dame Academy, 3:30
 April 11 vs. Auburn High, 3:30
 April 13 at Oxford High, 3:30
 April 14 at North Brookfield High, 3:30
 April 22 vs. North High, 11 a.m.
 April 27 vs. Southbridge High, 3:30
 May 2 vs. Bartlett High, 3:30
 May 4 vs. Grafton High, 3:30
 May 5 at North High, 3:30
 May 9 at Millbury High, 3:30
 May 11 at Leicester High, 3:30
 May 12 vs. North Brookfield High, 3:30
 May 18 at Southbridge High, 3:30
 May 19 at Tantasqua Regional, 3:30
 May 20 at South High, 3:30

TANTASQUA REGIONAL SPRING SCHEDULE

All schedules are subject to change. To find up to date schedules, please visit arbiterlive.com.

Baseball

April 4 vs. Northbridge High, 3:30
 April 6 at Uxbridge High, 3:30
 April 11 vs. Oxford High, 3:30
 April 13 at Auburn High, 3:30
 April 14 at Shepherd Hill Regional, 3:30
 April 16 at Sutton High, 1
 April 22 vs. Doherty High, TBA
 April 25 at Southbridge High, 3:30
 April 27 vs. Leicester High, 3:30
 April 29 at Burncoat High, 3:30
 May 2 at David Prouty Regional, 3:30
 May 4 vs. Millbury High, 3:30
 May 6 at West Springfield High, 4
 May 9 vs. Grafton High, 3:30
 May 11 at Bartlett High, 3:30
 May 18 vs. Quaboag Regional, 3:30
 May 22 at Grafton High, 12

Softball

April 4 vs. Northbridge High, 3:30
 April 6 at Uxbridge High, 3:30
 April 8 vs. North Brookfield High, 3:30
 April 11 vs. Oxford High, 3:30
 April 13 at Auburn High, 3:30
 April 14 at Shepherd Hill Regional, 3:30
 April 22 vs. Doherty High, 10 a.m.
 April 25 at Southbridge High, 3:30
 April 27 vs. Leicester High, 3:30
 April 29 vs. Burncoat High, 3:30
 May 4 vs. Millbury High, 3:30
 May 6 at Notre Dame Academy, 4
 May 9 at Grafton High, 3:30
 May 11 at Bartlett High, 3:30

May 12 at South High, 3:30
 May 16 vs. Westborough High, 4
 May 17 at Chicopee Comp, 4
 May 19 vs. Quaboag Regional, 3:30

Boys' Lacrosse

April 1 at Shepherd Hill Regional, 4
 April 5 at Grafton High, 3:30
 April 7 vs. Shrewsbury High, 4
 April 11 at Doherty High, 4:30
 April 15 vs. Auburn High, 3:30
 April 19 vs. Chicopee Comp, 10 a.m.
 April 25 at Blackstone Valley Tech, 4:30
 April 26 at Nipmuc Regional, 4:45
 April 28 at Grafton High, 3:30
 April 29 at St. Bernard's High, 3:45
 May 5 vs. Doherty High, 3:30
 May 7 at Wachusett Regional, 11 a.m.
 May 10 at Auburn High, 3:30
 May 12 vs. Nipmuc Regional, 3:30
 May 17 vs. Blackstone Valley Tech, 4
 May 23 vs. Agawam High, 4:15

Girls' Lacrosse

April 1 vs. Shepherd Hill Regional, 3:45
 April 5 vs. Grafton High, 3:45
 April 7 vs. Doherty High, 3:45
 April 11 at Northbridge High, 3:30
 April 13 at Notre Dame Academy, 4
 April 15 at Auburn High, 3:30
 April 19 vs. Wachusett Regional, 10 a.m.
 April 26 vs. Hopedale High, 10 a.m.
 April 28 vs. Nipmuc Regional, 3:45
 May 3 at Grafton High, 3:30
 May 5 at Doherty High, 4:30
 May 10 vs. Northbridge High, 3:45
 May 12 vs. Auburn High, 3:45
 May 16 vs. Notre Dame Academy, 3:45
 May 18 at Hopedale High, 3:30
 May 20 at Nipmuc Regional, 4

BAY PATH REGIONAL SPRING SCHEDULE

All schedules are subject to change. To find up to date schedules, please visit arbiterlive.com.

Baseball

April 4 at Blackstone Valley Tech, 3:30
 April 8 at Bartlett High, 3:30
 April 11 at Keefe Tech, 3:30
 April 13 at Assabet Valley, 3:30
 April 21 at Douglas High, 11 a.m.
 April 22 at Quaboag Regional, 11 a.m.
 April 25 vs. Monty Tech, 3:30
 April 27 vs. Worcester Tech, 3:30
 May 2 vs. Blackstone Valley Tech, 3:30
 May 4 vs. Advanced Math and Science Academy, 3:45
 May 5 at Auburn High, 7


Turn To **SCHEDULE** page **A16**




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BAY PATH STUDENTS TIE TECHNOLOGY TO HISTORY



Photo Courtesy

In Tom Williams' history class at Bay Path Regional Vocational Technical High School, students recently created interactive trading cards focused on the Abolitionist Movement in America, complete with audio files and video descriptions of the characters on the trading cards. Pictured in the photo (L-R) are Trentin Buzzell of North Brookfield, Ben Scobie of Auburn, Noah Cournoyer of Spencer, Bradyn Downes of Auburn, Tyler Allain of Auburn, Conor Gadboid of Charlton, Charlotte Hast of Webster, Mackenzie Arsenault of Rutland, Bria Bogar of Auburn, Troy McCaffrey of North Brookfield, and teacher Mr. Williams.

BAY PATH ART CLUB MEETS REGULARLY



Photo Courtesy

At Bay Path Regional Vocational Technical High School, teacher Emily Giampa has a group of over 20 students that meets regularly to express themselves creatively. Ms. Giampa stated that, "essentially Art Club is a space where students can come to exercise their creativity, in whatever way they prefer. I have students who draw, paint, crochet and some who do digital art. We also do group activities that students have the option of doing such as a paint night style activity. Students really seem to enjoy and look forward to it every week." Pictured (L-R) are Wendy Ramirez of Southbridge, Samuel Hampton of North Brookfield, Will LeCuyer of Webster, Princess Agyeman of Webster, Jordan Kippax of Oxford, and Michael Pacheco of Spencer.



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QUESTIONS

continued from page A1

She is Principal of two companies: Capistran Leadership, LLC, and Crisis Interception, LLC."

On the Crisis Interception, LLC website, contact information is provided for co-founders Nancy Capistran and Tara Goodwin. Ms. Goodwin is also the founder of Goodwin Consulting.

"Business veterans Nancy Capistran and Tara Goodwin are crisis experts with more than 50 years of combined experience," read a message posted to the Crisis Interception, LLC Web site.

Documents recently obtained by the New Leader include emails sent from Tara Goodwin to Chairman Lauder and Nancy Capistran on March 7. Tencza was also included as a recipient in one of the messages.

Town officials remind residents that they have no control

over school department operations and expenditures.

"The school's choice and use of vendors is outside of the town's jurisdiction, as the school budget is spent at the sole direction of the School Committee," Genereux said.

Tencza, who will retire at the end of the school year, did not respond to inquiries into the nature of the services rendered by Capistran Leadership.

In addition to multiple Open Meeting Law complaints lodged against the School Committee over the last year, plus two claims of wrongful termination made by former school district employees, the district has also endured numerous incidents resulting in costly infrastructure repairs on school properties. These include the March 31, 2021, oil spill at the elementary school. The spill resulted in approximately 750 gallons of leaked oil after an underground supply line was accidentally punctured during a

tent installation project on the grounds. The revised estimated cost of the incident is \$1,180,422, with an insurance coverage limit of \$500,000. The balance must be paid by the school department.

At the Feb. 22 Select Board meeting, selectmen discussed the potential for a forensic audit of school department accounts. Selectmen censured school leaders for their decision to allocate funds for PR services.

"I do not see how that benefits the students of the Leicester School Department, for basically trying to clean up an image that they, themselves, have tarnished," Selectman John Shocik said at the Feb. 22 meeting, describing the school department's use of PR services.

Selectmen are awaiting the conclusion of meetings between school officials and the Finance Advisory Board before revisiting their discussion on the forensic audit.



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ALUMNI

continued from page A1

mission with The Haitian Apostolate of the Catholic Diocese of Worcester, Massachusetts.

U.S. Army Sgt. First Class Glenn Robertson has always been inspired by music. He founded his own band while attending Knox Trail Middle School, then became a member of Prouty's marching band, concert band, and jazz band. He was also heavily involved in musical programs at the University of Massachusetts-Amherst.

Upon enlisting in the Army in 2009, Robertson became a drummer for the United States Army Field Band. In 2012, he and four other soldiers began learning new instruments and formed a smaller group. After years of honing their skills, they founded The Six-String Soldiers in 2015. Currently, they have almost half a million followers and several viral videos. The group also appeared on multiple shows and programs.

Martens, who graduated from the University of New Hampshire in 2003 with a degree in molecular biology, went on to earn a Ph.D. in biomedical sciences from the University of California-San Francisco. Currently, the senior director of cell biology at

Neumora Therapeutics in Watertown, she studies neurodegeneration as it relates to dementia and disorders of the immune system. She and her team work to develop potential drug and medical treatments that may be applied to related conditions.

Additionally, Martens has authored or co-authored more than two dozen articles in peer reviewed journals. She has also presented at conferences and received several awards and honors for her work.

The DPHS Distinguished Alumni Day program was also attended by Spencer State Representatives Peter Durant and Donald Berthiaume—a pair of Prouty graduates themselves. They presented the honorees with proclamations from the State House.

"You look at what they have done, and this is something to be very proud of," Durant told guests.

School officials hope current Prouty students will draw inspiration from the achievements of those who came before them.

"These three people have embraced their challenges as opportunities to learn," Haughey told students. "This could be you in the years ahead."

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