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Friday, January 15, 2021



Photo Courtesy

From left, David Prouty High School e-sports teammates Joey Havalotti, Brennan Ogert, and Jacob Bergeron.

# DPHS students create e-sports team

BY KEVIN FLANDERS

SPENCER – At a time when many local athletes have been hindered by COVID-19 restrictions, three David Prouty High School teammates recently converted the spirit of competition into another form.

DPHS varsity soccer members Brennan Ogert, Jacob Bergeron, and Joey Havalotti also excelled this year on Prouty's newly created e-sports team. The trio ranked second in the state in Rocket League, a three-on-three video game that combines cars and soccer

"My friends and I have been playing Rocket League for a while now, and with the soccer season shortened, we decided we had the time for both and signed up," Ogert told the New Leader.

With many high school sports seasons abbreviated this year – and others canceled altogether – local athletes have been searching for alternative ways to compete and build camaraderie. Ogert, Bergeron, and Havalotti were already involved with e-sports long before COVID-19, but the nationwide shift to remote activities has ramped up gaming participation and competition.

In the regular season for Rocket League, the DPHS trio posted a 7-1 record against area schools, good for second place in the standings. In the playoffs, the team made it to the state finals against Shrewsbury High School and came up just short of capturing the crown, finishing second out of 54 teams.

"Rocket League is basically soccer with cars," Havalotti explained. "You control a car, and there is one ball, and you try to score by hitting the ball with the car."

The team's final playoff match was broadcasted by commentators on Twitch, a video game live-streaming service that primarily focuses on e-sports competitions.

"My favorite part of the season was going to the finals and having it broadcasted on Twitch," Ogert added. "I

Please Read **E-SPORTS**, page **A6** 

# Spencer, East Brookfield schools return to remote learning

**BY KEVIN FLANDERS**STAFF WRITER

SPENCER – With COVID-19 conditions worsening throughout the community, Spencer-East Brookfield Regional School District officials decided to return to fully remote learning.

Beset by multiple positive COVID-19 cases among staff members, the district made the announcement to temporarily close all school buildings on Jan. 4. District officials expect the SEBRSD to remain in the fully remote model until at least Jan. 19.

"We received guidance from local and state officials that, based on an increased number of confirmed cases of COVID-19, the safest path forward is to temporarily close our buildings to prevent further spread," said SEBRSD Superintendent Paul Haughey.

As of Jan. 4, at least 14 staff members or close contacts of students had tested positive for the virus. Several additional contacts reported symptoms but hadn't received their test results.

Relying on public health guidance, Haughey and his team decided that the fully remote model was the safest option for all students, staff, guardians, and community members.

Prior to Jan. 19, district officials will reevaluate the situation and determine if schools can be safely reopened.

"I know this is disappointing news. However, the health, safety, and wellbeing of our school community remains our top priority," Haughey said. "We are following sound protocols aligned with expert health guidance to ensure we are doing everything we can to minimize risk and ensure the learning process can continue."

Prior to the holiday season, health experts statewide repeatedly warned that continued large private gatherings without masks and social distancing would adversely affect schools and businesses this winter. Several other schools throughout the region have temporarily closed their doors, which has also affected athletics and other extracurricular programs.

For SEBRSD athletes, basketball will not take place this winter season. The fates of other sports – particularly those in the Fall Sports II season slated for February – are in jeopardy if conditions don't begin to improve soon.

"I am imploring you to partner with us. Please take this virus seriously and adhere to all public health guidelines by wearing a mask, remaining socially distant, and washing your hands often," Haughey added. "It is our hope that this is a temporary measure. Our school principals will follow up with you soon to provide more detail on how learning will look for our students, along with information on meal services and technology resources and supports."

If your student has a disability or you have questions regarding how the closure will

Please Read SCHOOLS, page A6

# Baker signs controversial police reform bill

**BY KEVIN FLANDERS** STAFF WRITER

REGION – Gov. Charlie Baker signed a controversial police reform bill earlier this

month.
Entitled "An Act Relative to Justice, Equity, and Accountability in Law Enforcement in the Commonwealth," the law creates a mandatory certification process for police officers. It also increases transparency in law enforcement and gives police departments a greater ability to hire or promote qualified applicants, state officials said.

"Police officers have enormously difficult jobs, and we are grateful they put their lives on the line every time they go to work. Thanks to final negotiations on this bill, police officers will have a system they can trust and our communities will be safer for it," Baker said.

Several local legislators voted against the bill, including Republican State Representatives Donald Berthiaume and Peter Durant, both of Spencer. Sen. Anne Gobi (D – Spencer) also voted in opposition.

"There are some good

things in there about training and certification, but when you start limiting how police can do their jobs, you're entering very dangerous territory," Durant told the New Leader.

The legislation creates a mandatory certification process for police officers through Massachusetts Peace Officer Standards and Training Commission (POST). The commission, utilizing a majority civilian board, will certify officers and create processes for decertification, suspension of certification, or other disciplinary measures in the event of misconduct. The nine-member commission will include six individuals from outside law enforcement. They will also be responsible for investigating and adjudicating claims of misconduct, as well as maintaining databases of training, certification, employment, and internal affairs records for all offi-

Baker amended the bill to strengthen its due process protections for law enforce-

Please Read **BAKER**, page **A6** 

# Local Girl Scouts help make birthdays brighter



Photo Courtesy

Members of Girl Scout Cadette Troop 30457 recently made a donation to the North Brookfield Elementary School student food pantry.

**BY KEVIN FLANDERS** STAFF WRITER

NORTH BROOKFIELD

– Members of Girl Scout
Cadette Troop 30457 worked
hard to make birthdays special for local youngsters.

As part of the troop's Girl Scout Silver Award Project, members teamed up with North Brookfield Elementary School leaders to launch the Birthday in a

Box project. Each box features several birthday party supplies for kids, including plates, napkins, tablecloths, utensils, cake mix, frosting, candles, and balloons, among others.

Troop members Olivia Giangrande, Molly Procopio, and Amanda Seidler purchased the supplies using funds they earned by organizing fundraisers and selling Girl Scout cookies. The birthday boxes will be made available to children assisted by the North Brookfield Elementary School student food pantry.

"Our Birthday in a Box project started from an idea of wanting to help people in need," Giangrande said. "After lots of thinking, we came up with the idea of giving to elementary students that get food from the school food pantry."

The girls were guided in their project by troop leader Melissa Seidler. The group has faced many challenges over the past year due to COVID-19, but members have risen to overcome each obsta-

"This is my eighth year leading this troop of girls, and by far it is one of the most amazing journeys I have ever had the pleasure of being a part of," said Melissa Seidler. "The Birthday in a Box project is a Girl Scout Silver Award Project. This award is the highest leadership award a Girl Scout Cadette can receive."

The girls discussed many options before ultimately settling on the Birthday in a Box

Please Read GIRL SCOUTS, page A6

# LMS student recognized for engineering skills

BY KEVIN FLANDERS STAFF WRITER

LEICESTER - A local eighth grader's engineering prowess was recently recognized by a panel of technology

Jacob Cruz, a student at Leicester Middle School, was selected by industry professionals as the latest Design Thinking Award winner. Students throughout the state participated in the Mass. STEM Hub Online Industry Challenge, where they coded and programmed LED light displays to communicate a message of their choosing.

Per event regulations, all student-created displays needed to include a variety of features, such as scrolling text, animations, and images. Students were also required to design a flowchart for their programs, among other tasks.

For Cruz's project, he chose to create a blinking sign that simulates two football plays. The effort required extensive planning and detailed execution of each

School officials and a panel of industry leaders were highly impressed by Cruz's mastery of engineering at an early age. His STEM classmates at LMS also enjoyed the opportunity to take part in the challenge.

"Opportunities like this encourage our students to continue to think outside the box and connect with professionals in order to make their classroom learning real," said LMS Principal Chris Fontaine. "This type of learning provides a fantastic answer to the age-old question, 'When am I ever going to use this?' It gives students a clear answer – and a vision of what pathways their lives can take if they continue with STEM in high school and college.'

LMS and several other local schools have spent the last decade building up their STEM programs (Science, Technology, Engineering, Mathematics). Just a few short years ago, classes in robotics, engineering, and coding were rare at the middle school level, most students forced to join clubs if they were interested in STEM. But the rapid expansion of STEM programming at all levels has allowed students to build a foundation for success at an earlier age. Not only are they learning about design and engineering, but they're applying their knowledge at competitions and showcases.

All students who submitted projects to the Mass. STEM Hub Online Industry Challenge received feedback from industry experts. The remote panel included mechanical, civil, and biomedical engineers, as well as biological researchers and computer scientists. Panel members represented such companies and organizations as Moderna, Fresenius Medical Care, Toyota, and National Grid, among others.

As part of the online program, industry professionals shared information about their jobs with students, then gave all students feedback on their projects. LMS sixth grader Taylor Gallant was thrilled to receive feedback on her project from a software engineer at the Toyota Research Institute who is currently working to make self-driving cars smarter and safer.

LMS officials also thanked the school's STEM teacher, Adam Alesbrook, for his leadership and guidance throughout the past year. His efforts have helped ensure that students don't slip behind during the COVID-19 crisis.

'We are so proud of all of our students, and grateful to Mr. Alesbrook for finding creative ways to keep students engaged and excited about STEM during both hybrid and remote learning," Fontaine added.

Looking ahead, Alesbrook and his students are eager to continue the momentum in STEM.



Photo Courtesy

Jacob Cruz, an eighth grader at Leicester Middle School, recently showcased his engineering skills at the state level.

"We should all be extremely proud of these kids. They're designing unique and thoughtful solutions to complex problems that require high-level thinking," Alesbrook said.

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# Former Vermont State Trooper arrested on child sex assault charges

NORTH BROOKFIELD - A former Vermont State Police trooper was arrested last month and charged with sexual assault of a minor.

Todd Chisholm, 56, who now lives in North Brookfield, was apprehended last month during a joint effort between the Massachusetts State Police and Vermont State Police.

Chisholm faces the following charges: one count of aggravated sexual assault; two counts of sexual assault with fear of imminent bodily injury; and one count of lewd and lascivious conduct with a

The charges stem from incidents that allegedly occurred several years ago. Chisholm is accused of repeatedly sexually assaulting a minor known to him during 2003 and 2004, police said.

'In September 2019, the Vermont

State Police received a report of a sexual assault that had occurred in the town of Vernon, Vermont," read a statement released by the Vermont State Police. "This crime was reported to have occurred between the years of 2003-04. Members of the Criminal Division were assigned to investigate this allegation."

After a lengthy investigation, probable cause was found and an arrest warrant was issued for Chisholm. On Dec. 19, he was taken into custody at his residence without incident.

Chisholm was arraigned on Dec.

28 at Vermont Superior Count in Brattleboro, Vt. He pleaded not guilty and was ordered released on conditions. Per department policy, the Vermont

State Police will not release the names of victims of sexual assault or domestic



Photo Courtesy

Todd Chisholm, 56, of North Brookfield, was arrested last month.

violence incidents.

curry.edu.

Chisholm served as a Vermont State Police trooper from 1988-2001.

management, communication, nursing,

criminal justice, and education, and the

college is also internationally known for its Program for the Advancement

of Learning (PAL). The College offers

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# Curry College announces Fall 2020 Dean's List students

MILTON — Curry College congratulates roughly 1,000 students who were named to the Fall 2020 Dean's List. To earn a place on the list, full-time undergraduate students - those who carry 12 or more graded credits per semester must earn a 3.3 grade-point-average (GPA) or higher.

Jillian Routhier of West Brookfield Michael Ouellette of Leicester Benjamin Carr of Leicester Sydney Bolivar of Leicester Madison Catino of Spencer Abigail Rambelje of North Brookfield Lilly Thacker of North Brookfield

About Curry College

BROOKFIELD

Elementary School is currently accept-

ing students into the school choice pro-

gram. In particular, there are a number

the period of Jan. 1 to March 31 only.

Brookfield Elementary School does not

provide transportation for students

accepted into the school choice program.

Selections are made by a lotter process

from those applications received within

Applications are accepted during

of slots open in Kindergarten.

Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 28 undergraduate majors, as well as graduate degrees in business, accounting, education, criminal justice, and nursing, with a combined enrollment of over 3,700 students. The student body consists of approximately 2,000 traditional undergraduate students, and 1,700 continuing education and graduate students. Approximately 1,575 of its students reside on the Curry campus. The largest majors are business

the allotted timeframe, based on the

number of available openings per grade.

Elementary School office to pick up an

application form as soon as possible.

Forms are also available on the website.

For more information, or ques-

tions, please call Jennifer Grybowski,

Administrative Assistant, at (508) 867-

8774 or grybowskij@tantasqua.org.

and can be e-mailed, faxed or mailed.

Parents and guardians are encouraged to visit, e-mail or call the Brookfield \*\* Triday's Child \*\* \*\*



William Age 11

Hi! My name is William and love building with Legos!

William, who likes to be called Will, is an active and loving boy of Caucasian and Hispanic descent. He is outgoing and enjoys playing with his many friends. He is very social both during and after school. He has a witty sense of humor and loves to make people laugh. He is also very sensitive and concerned for the feelings of others. He is described by those who know him as being very helpful to others and very polite. He admires his older brother and sister and looks to them for guidance. Will likes to

play video games, build with Legos, and do arts and crafts projects. He does well in school and has expressed an interest in working in construction, being an architect, or a working as a truck driver when he is older. He very much wants to be adopted and is looking forward to the day when he meets his adoptive family.

Legally freed for adoption, Will would fit in well in any family constellation with or without other children in the home. An out of state family will be considered for Will providing that this family can commit to helping him maintain both in person visits and virtual contact with his siblings and grandmother who all live in western MA.

Who Can Adopt?

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

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

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

# Leicester police thanked for supporting No Shave November

**Brookfield Elementary** 

accepting students into

school choice program

Brookfield

Leicester Police Department were recently thanked for their participation in the sixth annual No Shave November

Campaign. The project benefits the Home Base program, which is run by the Red Sox Foundation and Massachusetts General Hospital. Each officer who donated to the fund was allowed to grow facial

LEICESTER - Members of the hair; officers also donated money to local food banks as part of the effort.

Since 2015, the campaign has generated over \$1 million for charity.

"Your participation has helped save lives and connect many veterans and their families directly to care, many of whom are first responders," statement issued by Home Base.

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# Will you choose to be a victor or victim in 2021?

choice to make 2021 a better year and not remain stuck in our past. To act as if you have no power to change the course of your life only becomes a self-fulfilling prophecy. If we want 2021 to be a better year, we must do something to make

In other words, in this new year, will you choose to be a victim or a victor?

As I've said, maybe hundreds of times in this column, it is a choice we make. We can choose to remain (or become) a victim

Last week we spoke of the of circumstances or choose to create a happy, hope-filled life. Which will you choose?

I was CEO of a business with a distribution center in New Orleans when Hurricane Katrina hit. It was a devastating event to the entire region and our business, creating losses that could never be recovered. I visited New Orleans several times afterwards, and even though time had passed, and life moved on, there was a minority of the population who chose to remain living in emotional devastation. Some



Positively SPEAKING

GARY W.

MOORE

call it "victim syndrome." I understand that loss of loved ones, property and lifestyle is devastating. I also suffered through it. However, there is a choice to be made. You can live in the past negativity or choose to positively move forward. I'm not making light of tragedy and loss. I am, however, encouraging those who have suffered to positively move on. Rather than choosing to remain in the sorrow and pain of these past events, make a conscious and active decision to put your eyes on a brighter future. Allow optimism to give you hope.

Apply the same logic to 2020, our year of pandemic, creating tragic loss and brutal politics. Our citizens have lost loved ones. We've endured the loss of businesses and careers, while suffering through financial hardships, the likes of the Great Recession and maybe the Great Depression. 2020 has passed. We now have three vaccines and more on the way. What will you choose for you and your family?

Victim or Victor? For you "nattering naybobs of negativity," I can see you rolling your eyes and hear you shaking your heads, saying, "Just making a choice solves nothing," and you are right. The keyword is "just." If you choose to move forward in optimism. vou also must move vour mind and body in the positive direction. Making the choice is only the first step, but a big one. Taking positive action is

also required. I'll leave you this week with these two truths.

Make the choice to move forward in optimism. Do not look to our government to solve your problems. Regardless of who sits in the Oval Office, they are incapable of doing for you what needs to be done. Become more self-reliant. Your heart, mind and soul feel more optimistic when you realize you have the power to build your own reality. Create the future you wish in your mind, engage the passions of your heart, and physically act to make your vision of a positive future come true. And ...

Do not look to the government to bring us back together. There is more benefit in at www.garywmoore.com.

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the minds of both red and blue leadership to keep us divided. If we are to come together to create a better nation and world, it's up to us, and it begins with creating a better personal life. We can't help others if we can't help ourselves first.

Focus this year on what you care about and feel is profoundly important. Be optimistic and stay focused. Believe this new year will be better. Not by magic but by an optimistic look forward and positive actions to make your new vision of the future, real. And remember ... success is often just a matter of hanging on after others have

Optimists are happier, healthier, and more active than pessimists. Optimists positively impact those they touch and make a positive, and often profound, difference in the world.

I'm extremely optimistic about our future. You can, and should be too.

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and

# 13 16

#### **CLUES ACROSS**

- 1. Adequate yearly progress (abbr.)
- 4. Silicon Valley's specialty
- 8. Gather a harvest
- 10. Famed mathematician
- 11. No (slang) 12. Students use one
- 13. Type of molecule
- 15. Play make-believe 16. Large barrel-like containers
- 17. Touching
- 18. Treats allergies
- 21. Calendar month
- 22. Single
- 23. Cease to live
- 24. Brew
- 26. Geological time
- 27. Focus
- 34. Discomfort
- 36. Trip
- 38. Makes happy
- 39. Double-reed instrument
- 40. Body parts
- 41. Transgressions
- 42. One-time emperor of Russia
- 43. Time zone

- 25. What ghosts say

- 35. A citizen of Iran
- 37. Imitate

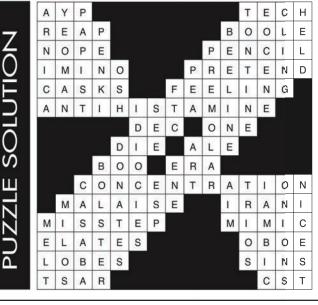
#### **CLUES DOWN**

- 1. Used in treating bruises 2. One who cultivates a
- small estate 3. One who supports the Pope
- 4. Annuity
- 5. Geological period
- 6. Grab onto tightly 7. Kept
- Chinese city
- 10. The most direct route
- 14. \_ kosh, near Lake Winnebago 32. They make some people cry

- 17. Supervises interstate commerce 34. Forman and Ventimiglia are two 19. Foolish behaviors
- 12. Type of tooth
- 15. Popular veggie

⊠20. Witness

- 23. Gives
- 24. Expression of creative skill 25. A way to prop up
- 26. Midway between northeast
- and east
- 27. Winter melon
- 28. Supernatural power
- Target
- 30. Threes
- 31. A type of poetic verse
- 33. Kindest
- 36. A way to liquefy



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#### Pet of the Week

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Name: Chip Breed: Chihuahua Mix Age: 10 years

Gender: Male Hi! My name is Chip! I am a little senior guy, weighing in just under ten pounds. I was very

nervous when I arrived here, and can still be a bit leery of strangers. For those I have gotten to know and am comfortable with I am just the sweet est boy! I love to be outside, and I don't even mind the snow. Walks are lots of fun, and being carried around is great too once I've gotten to know you. I don't really settle down into laps because I'm usually just so excited to see and sniff new things, but I'm sure once relaxed in my new home I'd be happy to just hang out with you. Because I can be so nervous, and lots of commotion may frighten me I'd do best in a single person home, I also tend to get attached to one person and have some separation anxiety. I do need some dental work done, so I would be a foster to adopt pup, which you can also call to discuss more with my friends here at the shelter. If you think we'd be a good fit, give us a call or stop in to say hello!

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#### EAST BROOKFIELD

\$260,000, 118 Adams Rd, Gliniecki, Kitty, to Morales, Richard.

Dintino 253 Realty LLC. \$408,508, 356 Auburn St #F2, LRE LLC, to Escobar, Juan

\$440,000, 253 Main St, JK Summit Investment LLC, to

\$330,000, 63 Charles St, Saad, Richard J, and Saad, Evita R, to Thomas, Brian.

\$90,000, Huntoon Memorial Hwy #6-2, Gabrilla, Mary M, to Ronald Brault Prop LLC.

#### NORTH BROOKFIELD

\$316,000, 73 Elm St, Survivors T, and Maggio, Lee J, to Mastrangelo, Charles, and Mastrangelo, Sandra.

\$263,000, 25 Mechanic St, Casello, Nicholas A, and

Mathews, Jacqueline, to Craig, Anthony. \$219,000, 19 School St, Curtin, Richmond H, and Curtin, Norine E, to Schumacher, Carl D. \$162,500, 36 Temple St, Ramos, Cecilia A, to Grajales,

#### WARREN

\$464,000, 215 Crouch Rd, Gerstel, Dana P, and Gerstel, Lisa M, to Lopato, Erin, and Lopato, Francis. \$332,000, 485 Reed St, Michalski, Patricia K, and Drazek,

Joan R, to Gerstel, Dana P, and Gerstel, Lisa M. WEST BROOKFIELD

\$375,000, Long Hill Rd #6, Marhefka, Robert E, and Raptis, Philip, to ASL Cronin Land Hldg LLC. \$203,000, 35 Burwell Ter, Beichner, Corrine G, to Otten,

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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.

(508) 909-4105

production@stonebridgepress.news

POSTMASTER: Send address changes to Spencer New Leader, P.O. Box 90, Southbridge, MA 01550



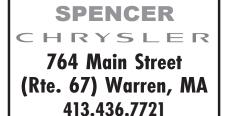
Several members of this team volunteer in their community as well as volunteer to help instruct and coach the mini mite soccer program in the town of Leicester. Thank you team members for all that you do!

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# A history of hare hunting



THE GREAT OUTDOORS RALPH TRUE

Hope everyone has stayed healthy during this terrible pandemic. There is still plenty to do for people that love the outdoors, and can socially distance whenever possible. Ice fishing has been spotty in the valley area, with thin, unsafe ice on many small ponds. Some anglers are still fishing on the few inches of ice on small ponds, but extreme caution needs to be practiced. The states of Maine, Vermont and New Hampshire, and New York, have a lot safer ice, and fishing is in full swing in those states. Fat Nancy's Bait & Tackle shop reported plenty of safe ice in the Pulaski New York area, and recommends a trip to the area soon.

A release from Massachusetts Fish & Wildlife on the recommendation to raise the saltwater fishing license, seems a bit harsh, especially during a pandemic, and people struggling to make ends meet. The toll of lives lost and the financial hardships the pandemic has on the U.S., will hopefully see a recovery in a year or two, but it will not be easy. News on ly. What a shame! raising the saltwater license did not have an amount of the proposed increase, but it did state that it wanted to increase the free license for anglers to 70 years old. Many anglers this writer spoke with were not

Back in the day, this writer and many other Rod & Gun Club members were busy stocking snowshoe hare in swamps in the Central District. The hare were trapped by a licensed trapper in Canada and transported to the Singletary Rod & Gun Club for pick up by numerous clubs to be stocked by their members in open cov-

The Blackstone Valley Beagle Club was purchasing the largest number of hare, which totaled 250 annually, at a cost of around \$5 each. Sportsmen with beagles enjoyed running their dogs on the snowshoe hare in the Douglas State forest and other local swamps during the summer months, but most sportsmen rarely hunted them in the fall and winter months, hoping to keep population high for future generations. During the final years of program (called Operation Snowshoe), the clubs were paying up to \$20 each for the live delivery of the rabbits. After the program was stopped, the hare population diminished in a few years, with very few, if any remaining in our forests and swamps local-

The program lasted more than 50 years, but was stopped by activist groups claiming that it was cruel to relocate the hare, and it could spread any diseases they may be carrying to other states, which was a bunch of baloney! In all of the years the program was held, there were no claims of disease concerns. The hare did so well after relocation that they started to breed and have young, adding to the excitement of the program! Hare do not have large numbers of young like cottontail do; in fact, they only have two or three young, although they can have two or three litters a year.

They are born fully covered in hair, with their eyes wide open, not like cottontail rabbits that are totally blind and have very little hair at birth. Hare turn white during the winter months to give them camouflage. Some times during winters with very little snow their white color makes them an easy target for their predators that consist of covote, numerous birds of prey, bobcat, etc.!

Now that the birds of prey have returned in large numbers, after the spraying of DDT was stopped, many ground feeding animals like rabbits, & Squirrel populations are extremely low in some areas. This writer's back yard bird feeders have been absent of squirrels for a few years



This week's picture shows Bob Bromlev with a few of his fishing buddies a few years ago during the annual ice derby sponsored by the Northbridge Vets. Hopefully, the ice will become safe for different organizations to hold their annual ice derby.

now, after a family of red tail hawks moved into the neighborhood.

Saltwater anglers are wondering about what the 2021 striper regulations will look like. The slot limit size was a complete disaster last year and hopes are high that it will not be implemented this year.

A reminder that Wallum Lake in Douglas will close the last day of February. The body of water is an interstate body of water lying in Massachusetts

Rhode Island, and is governed by Rhode Island regulations. Anglers are still fishing Wallum Lake with Rod & Reel and are catching numerous trout, that more than likely were stocked this past fall.

More than likely, all sportsmen's shows will be canceled this year because of the pandemic. Wear a Mask and stay safe! They will be bigger and better next year!

Take A Kid Fishing & Keep Them Rods Bending!

# Save time and increase success by creating a garden calendar



GARDEN MOMENTS **MELINDA MYERS** 

Ringing in the New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility and

much more. So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can share and one that moves you closer to your long-term gardening and landscaping goals.

Start the year right by growing some microgreens. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients as the leaves of the full-grown plant.

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to gardening friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once vou complete vour inventory. review new catalogs, and make a list

of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

While you wait for your seed order to arrive, prepare a space and organize supplies for starting any seeds indoors as needed. Clear a space, check your grow lights, and gather the needed seed starting mix and clean containers. Soak used containers in a onepart bleach and 9-parts water solution for ten minutes. Then rinse with clear water before reusing them this year.

Once you know what you want to grow, it is time to create a seed starting calendar. Check the catalogue, University Extension recommendations, and back of the packet to determine when you need to start the seeds indoors or out. Include dates for starting seeds indoors and directly in the garden. Note the recommended date for moving transplants into the garden. Add in time as needed to harden off transplants. Gradually introducing plants to the garden environment over a two-week period reduces transplant shock and increases your success.

Mark your calendar for peak harvest times in your region. Make sure to allow sufficient time for harvesting and preserving. Supplement your own harvest with produce from farmer's markets and pick-your-own farms. Most post expected picking and produce availability dates on their website, so you can plan ahead. As the season begins, confirm picking times and invite family and friends

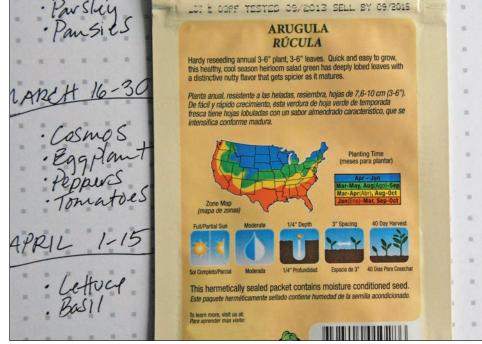


Photo Melinda Myers

**OPassion** 

Check the back of the seed packet to determine when to start seeds indoors and when to move the transplants into the garden.

for a harvest and preservation party. Record all this information on your calendar, garden chart or a spreadsheet to help keep your gardening efforts on track. This will also help you identify the best time to embark on larger landscaping projects or hire a plant sitter

when you are away from the garden. Make this the year you resolve to accomplish your gardening goals in a timely manner. You'll maximize your harvest, enjoyment, and other gardening benefits.

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







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project. Their efforts will go a long way toward helping students and families dealing with financial challenges and food insecurity this winter. For struggling families, there often isn't enough money available to purchase birthday party supplies and gifts.

The girls wanted to give the families some relief from the costs and stress that come with trying to plan a party, and help them to be able to just focus on planning a special day for their child,' Seidler added.

Troop members thank North Brookfield Elementary School staff members for facilitating the project, including Principal Sarah Priestley and reading specialist Robin Pratt. Parents Susan Procopio and Kristen Giangrande were also involved in the project.

At a ceremony last month, the girls presented their Birthday in a Box packages to Principal Priestley.

'We know that birthdays are just as important to a child as Christmas and Halloween, and we know cakes at a store can be very expensive," said Amanda Seidler. "We want every child to be able to have a memorable birthday. We think one more really cool thing about our boxes is that we actu-

#### E-SPORTS

continued from page A1

watch pro Rocket League on Twitch whenever I have the time, so it was very cool to see my own game broadcasted and commentated."

Each 3-on-3 Rocket League game lasts five minutes; if the contest is tied at the end of regulation, the first goal in overtime decides a winner. Regular season matches feature a best-of-five format, with playoffs expanding to a best-of-

For Ogert, Bergeron, and Havalotti all juniors at DPHS – preparation was a key factor in their success this year. They were able to transfer some of their lost time from athletics to Rocket League preparation.

"We play Rocket League at least six out of seven days a week," Ogert said. "On days we had games, we would play for around an hour before the game to get ready.'

The team even records a few games so members can go back and review opportunities for improvement. DPHS ally reused the cardboard cases that our Girl Scout cookies are packed in. This is a great way to reduce, reuse, and recycle, helping our ecosystem by reducing waste.'

Added Giangrande, "The most rewarding part of this project for me is knowing that there are kids in our community that will be able to have a wonderful birthday, and that we have hopefully put a smile on their faces.'

The donation came amid towering desperation for families. Several parents in town have lost jobs, others forced to reduce their hours or change jobs in order to remotely educate their children at home. Many kids have seen their holiday gifts and birthday celebrations affected by the widespread financial struggles.

"We understand how important kids" birthdays are to them, and that's one of the biggest reasons Olivia, Amanda, and I wanted to do this project – to help every kid have their special day," Procopio said.

Added Principal Priestley, "We are always grateful for the generosity of our community in helping to sustain our food pantry. This project by Girl Scout Troop 30457 adds a special touch to our weekly food assistance program. Thanks to these young ladies, our families have a little extra help

teacher Tab Bassett, who coaches the e-sports team, was impressed with the dedication of the student-athletes to soccer and Rocket League.

"E-sports is a fast-growing venue that is adding new games to its repertoire each season," Bassett said. "Most students come with some kind of experience before they join the e-sports team, and it was obvious that these three had good chemistry in Rocket League, which helped them dominate their season with the exception of that team from Shrewsbury."

Looking ahead, the DPHS team has its sights set on a state championship next season. Teammates hope for another year of thrilling competition in a newage venue.

"The most rewarding part is having fun with my friends playing video games while still performing well in games," Bergeron said. "My favorite part of last season was our comeback win against Somerville High School. My plan for next season is we can hone our skills and make it to the finals again, but this time take home the win."

in making their children's birthdays that much more special."

Local residents, businesses, and organizations have rallied together in countless ways to provide relief during the pandemic. Continued assistance is in high demand during the most punishing winter in several decades.

"I think the Girl Scout project is a

perfect example of what makes a small town shine," Pratt said. "They thought of a way to contribute to their community in a fun, unique way."

Looking ahead, scouting leaders are eager to see which project the Troop 30457 girls choose for their Gold Award endeavor.

#### BAKER

continued from page **A1** 

ment. He included police labor representation on the commission and strengthened the bill's facial recognition provisions, ensuring law enforcement agencies can continue to access these potentially lifesaving tools responsibly.

The new law also bans the use of chokeholds and prohibits officers from firing into fleeing vehicles, unless doing so is necessary to prevent imminent Additionally, harm. the law generally precludes officers from using rubber pellets, chemical weapons, or canine units against a crowd. Violations of any of these provisions may result in disciplinary actions.

Moreover, the bill places strict limits on the use of no-knock warrants. requiring warrants to be issued only in situa-

tions where an officer's safety would be at risk if his or her presence is announced. In addition, the bill requires law enforcement to seek a court order when conducting a facial recognition search, except in emergency situations.

"In a deeply challenging year for the dedicated men and women in law enforcement, this reform will create meaningful opportunities for us to demonstrate our ongoing commitment to the values of honesty, integrity, and accountability," said Massachusetts Public Safety and Security Secretary Thomas Turco. "As we implement these measures, our work remains focused on strengthening preparedness, preventing crime at every level, and building positive relationships in the communities we serve."

Several legislators, though supportive of certain aspects of the law, feel it is too restric-

tive to police operations. Prior to voting, many local lawmakers had an opportunity to take part in a State Police training exercise in New Braintree and discover what it's like to make critical split-second decisions under pressure.

"Those officers who step over the line deserve to be prosecuted, but I think it's a bad idea when we start to second-guess how all police officers are doing their jobs," Durant said. Added Berthiaume,

"It's sad that our police officers are all painted with a broad brush because of the actions of some. We have the most highly trained law officers here in Massachusetts serve as the model for law enforcement agencies around the country. This legislation was a rush to judge those men and women that we call on first when help is

#### **SCHOOLS**

continued from page A1

affect various programs, services, and supports, please contact your school principal or the Department of Student Services.

School officials ask parents to continue to watch for the primary symptoms of COVID-19, which include shortness of breath, coughing, and fever. Other symptoms include congestion, sore

throat, diarrhea, abdominal pain, body aches, and loss of taste or smell.

Looking ahead, school officials are hopeful that the community spread will be reduced in time to reopen buildings later this month.

'While we know remote learning is not optimal, we are working hard to ensure a high-quality learning experience for all students," Haughey said. "As always, thank you for your patience, support, and understanding as we navigate this difficult situation.



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**EDITORIAL** 

# A firsthand experience

One of our local correspondents, Jason Bleau, submitted the following reflection on his personal encounter with the COVID-19 virus in the hope that it might prove helpful to others.

I remember when I first heard about COVID-19. I was siting in a hotel room on Daytona Beach. I had just returned from watching the Daytona 500, and in between stories about the status of Ryan Newman following a horrific crash, details about a pandemic surging in China caught my eye. Less than a month later, everything shut down. The COVID-

19 pandemic had gone global. All throughout 2020, I found myself concerned about getting the virus. I quarantined, wore my mask, took every precaution I could. My goal was to make it through the holidays and reassess in 2021. I almost made it.

New Year's Eve, I felt what I can only describe as a "cloud in my lungs." I knew something was wrong. New Year's Day, a fever of just over 100 degrees struck me. I knew I had it. I didn't know how I got it, where I got it or who I may have infected, but I knew in my heart what it was. A day later, I took a test, and several more days later, my fears were confirmed, it was positive. After working so hard to avoid it in 2020, I had COVID-19.

The revelation wasn't as scary as I thought. I couldn't change what I had contracted, I could only wait it out. I isolated myself in my apartment and began the slow process of waiting...just waiting. By day three, my fever broke, and in the week that followed, my body experienced different symptoms almost daily. aches. The next day, my energy was so sapped I could barely get out of bed. One day, it felt like just a bad cold. Some days, it was all of the above. For more than a week, I underwent a sickness I can only describe as an amalgamation of every cold and flu symptom you could think of, changing out the results on a daily basis.

But it wasn't the isolation or the sickness that weighed on me. It was the how, and who, I might have impacted without even knowing it. Symptoms of COVID show up days after infection, and in the days prior to New Year's Eve I had been around numerous people, familv. friends, shopping plazas. Who did I infect? Whose lives did I complicate? Who infected me? These questions worried me more than the illness itself. The scariest part of COVID for me wasn't getting it, but who may have gotten it from me, and how easy it was to contract it without ever even knowing it was there.

I was lucky enough to survive COVID with minimal repercussions. Nobody I had been around tested positive, and to this moment I still don't know exactly how I was exposed. I did all the right things, and still I found myself dealing with the virus. While my experience may not have been deadly, I went through enough to understand that this virus is relentless, and the wrong immune system can be severely compromised by the variety of symptoms the virus employs, almost as if it is looking for the weakest point of your body's defenses to take permanent hold. If you're not fit enough to face even one kind of disease, this virus

will exploit that. Even having gone through the experience of COVID-19, I will continue to wear my mask and continue to take precautions although it might appear as though these efforts didn't keep me from being exposed. I will do this because to me, the worst part of being infected wasn't my own wellbeing — it was the wellbeing of those who may have innocently been exposed before I even knew what I had inside me. I was always confident my body could beat it, but my decisions could have inadvertently compromised someone else who would not be so fortunate. I would have had a hard time knowing I was responsible for someone losing their livelihood, precious moments with loved ones, or, God forbid, their life. This virus might seem like a small, inconvenient thing to a lot of people, but I can say from experience it's very real and it's nothing I would want anyone to have to

experience firsthand.

Opinion and commentary from Spencer, Leicester and the Brookfields

### LETTERS TO THE EDITOR

### Where do you stand, Mr. Berthiaume?

To the Editor:

Dear Rep. Berthiaume: Last vear, I had the honor of running as a candidate for state representative in our district of central Massachusetts. Once the bulk of the votes had been counted, it was clear that you had won re-election, and I immediately conceded the race and extended my congratulations and good wishes to you for another

I believe, like most Americans, that respect for civil rights, the democratic process, and the peaceful transfer of power are cornerstones of the freedom that we enjoy and have fought for. I would like to know unequivocally that you agree with me that any can-

didate who loses a valid election ought to honor the results and the winner's right to take office in accord with the law. In particular, I would like to know clearly that you agree that Joe Biden, as president-elect, should take office legally and peaceably as required by the Constitution, and that following Jan. 20, all citizens, regardless of our differences, should engage in the democratic process nonviolently and with respect for one another's rights to do the same.

Sincerely,

SAMUEL BIAGETTI NORTH BROOKFIELD

# Why does God seem distant from us?

To the Editor:

The answer to that is simple: to many willful silent and probably unrepeated Christian and believers, those who profess Christianity and do not stand firm against God's moral laws. [2 Corinthians 7: 14] Also, God is distant because sin cannot be where God is and that is evident in Deuteronomy 31: 18, & 32: 20 & Micah 3: 3] and throughout the Bible. God teaches us that sin cannot be present where God is, and today we continue to have people with unrepeated sin and little faith; God makes that very clear to us in Ephesians 4: 18 & Hebrew 11: 6.

Even when God came to live with us yesteryear in the flesh of His Son Jesus. some remained cold hearted, and today Jesus continues to teach us in Mark 6: 6 making it clear that a sinful nation and a lack of faith cannot please God. No faith, no obedience no God, no God no blessings no restoration.

Some may ask why would God do that if God is a loving God? God is sovereign. The closer you get to God the more joy you will experience. The furfure you get from God the more trouble you will experience.

What is sovereign? It is supreme power! Supreme ruler! Supreme authority! We cannot deceive or intimidate God; God is God, and this is God's world and everything in the earth, heaven, atmosphere, planets, stars and God is inviting us to live with Him through Jesus.

As always, the choice is ours — live by God's moral laws and God will share His heavenly kingdom with us for eternity. Amen!

> ROLAND BLAIS Brookfield

## Editorial disclaimers only for the right?

To the Editor:

I feel constrained to comment on the use of the "editorial disclaimer" appended to the letter concerning masks from Mr. Robillard of Spencer (New Leader, Jan. 8). My letters have, on several occasions, had the distinction of being "disclaimed" by a couple of editors over the past few years. It doesn't bother me, I just wear it as a little badge of honor in that I at least know someone is reading my offerings and is agitated enough to feel the need to rebut or correct what I have said.

Mr. Robillard's letter was simply his opinion of masks and their relative

is an engineer with a background in science (and not just a dime-a-dozen liberal arts major like the rest of us dullards), maybe the editor thought the remarks could have proved dangerous in the event a reader, impressed by the credentials of the commenter, was convinced to give up the mask and by doing so, got sick. As the "science" regarding masks so far is utterly lacking in anything even close to verifiable and irrefutable proof of a hypothesis, the New Leader is, in my opinion, indulging in

merits or lack thereof. Since the writer

Turn To MCRAE page A10

## **Covid questions**

To the Editor:

Ever since late March/early April I've had many doubts and questions dealing with the Covid-19 pandemic. First, I am not a medical professional, but I did get experience in the scientific method from my engineering studies. I am not a Covid-19 denier. I do believe that it is a serious disease that mainly attacks senior citizens and those who have compromised immune systems. I am 72 years old, so I fall into the first category.

My first question is, why did the CDC change their long established rules concerning deaths at the start of the

pandemic? Prior to Covid-19, deaths were reported based on cause of death: flu, cardiovascular disease, cancer, etc. Now, for some reason, people who die with a positive test for Covid-19 are listed on the Covid-19 death tally...even deaths from car accidents (Florida), alcohol overdose (Denver), or murder/ suicide (Colorado). Why the change for the pandemic?

The nasal swab test for Covid-19 is the most common test used. How accurate is the test? Where is the medical data showing its false positive/negative rate? I have read that it is extremely

Turn To NOWAK page A10

## "The greatness of America lies not in being more enlightened... but in her ability to repair its faults"

To the Editor:

The famous French observer Alex de Tocqueville wrote this a few years before the Civil War.

The four years and recent incitements of the Trump administration combined White supremacist rioters storming of our nation's Capital very sadly provide an opportunity to see if our democracy still has the ability to repair its faults.

First, though, let us look at those who, despite accumulated grievances or rejections, believe we still have this

Stacy Abrams, the African American child of two professors, had attained outstanding qualifications and political importance - rising to the level of the Democratic Minority leader in the Georgia House of Representatives. In 2018, she ran for Governor against the then Republican Secretary of State Brian Kemp. Ample evidence exists that if Kemp had not taken away the right

Turn To KANE page A10

## Threats to our democracy

To the Editor:

The real freedom we all have and value is the freedom for us to decide what we want to believe. Don't believe the Democratic propaganda media machine. Take a look below and figure out what you think the real threats to your Democracy are.

Do you believe it was it a threat when the Democrats used the government's internal police apparatus to spy and entrap an incoming duly elected administration? Their stated goal was to try and remove them. For this, no one at the FBI or CIA was ever charged.

Do you believe it was a threat in 2016 when the Congressional Democrats said from day one that they were going to try and remove President Trump by Impeachment and they fabricated the Russian hoax to facilitate this for three years? Democratic operatives were planted in the administration to spy on our president. They were made heroes by the Democrats and called whistleblowers. A new name for a trai-

Turn To ROBILLARD page A10

# How to respond when risk tolerance is tested



FINANCIAL **Focus JEFF** BURDICK

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the mar-

Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy.

Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies - and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments.

Keep your emotions out of your investment moves. The market will fluctuate constantly - but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and vour emotions may drive your financial goals - creating a comfortable retirement, sending your kids to college or leaving a legacy for your family - but when you invest for these goals, you should use your head.

Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture - and a better understanding of yourself as an

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



### LETTERS TO THE EDITOR

## Who's the banana republic now?

To the Editor:

This week seems like it is one of the worst in terms of our recent national history with the assault on the Capitol.

It is difficult to process what has transpired the past few days, but I'm not surprised at what happened, given who the president of the United States is and his track record over the last four years in terms of inciting passions in people that go way beyond where they should. I have to admit I was shocked to see a marauding band of domestic terrorists storming the citadel of American democracy, brazenly breaking into the United States Capitol, breaking into

the Senate chamber, and then the iconic photo of law enforcement officers inside the House of Representatives pointing their guns at the doors which had been barricaded with furniture and seeing the faces of the people trying to burst inside. These are images that the American people would never thought they would see in their country and in their nation's capital.

The attack on the Capitol was a desecration. If there is a holy site in the United States where Americans of all stripes feel in awe, I can think of none

Turn To ROSENBERG page A12

## **Destroyed**

To the Editor:

In one afternoon, a movement that had been the epitome of grass roots was destroyed. Whether it was only Trump supporters who stormed the Capitol Building, ANTIFA in disguise instigating it, or a combination of the two, at this point, it doesn't matter. The media will only report that the rally President Trump called for turned violent. After Congress reconvened and were deliberating in their separate chambers, I watched Democrat senator after Democrat senator use their five minutes on the floor to slam President Trump rather than use the time and

their words to inspire all Americans to come together. The Democrats want unity? I have vet to see the proof. Due to the chaos from earlier in the day the 13 Republican Senators that were going to object to certifying the electoral votes in the contested states quickly dwindled to just six.

It is sad that this happened, and most of all, it is disgraceful.

If there was a glimmer of hope, like finding that last match in the back of the box, what happened at the Capitol was the deluge to ensure that

Turn To HERHOLZ page A12

#### Yes they did!

Unless he resigns between now and Friday, which would be out of character, this is the last edition of the Spencer New Leader while Donald Trump is the President. Trump's megaphone has been taken away! While one would think that it's over, the last few days of his lame duck term could always take a new and interesting turn. Nancy Pelosi has already spoken to the Joint Chiefs of Staff and has gotten assurances that they won't allow President Trump to launch a nuclear weapon or initiate hostilities in the next few days.

The election Joe Biden won has finally passed its last ceremonial hurdle with certification by Congress. Congress certified the election after 3am because of a disturbance caused by Trump supporters, at the president's behest, attempting a coup. Some will try and compare the violence at the Capitol to the BLM protests of the summer, but that really falls flat. This was an angry mob assembled and organized by the President and head of the Executive branch to storm the U.S. Capitol with our legislative branch inside to disrupt them fulfilling their constitutional duties. There is no comparison. If we

Turn To **BAGG** page **A12** 

## Remember Pearl Harbor

They said "Cheer up, things could get worse ,so I did and they did" You will note that I have titled this letter with one of the now three dates that will live in infamy- Dec. 7, 1941. Sept. 11, 2001 also has a place on this list, and today we have added Jan. 6,2021, as one of the most dire days in American history.

We live in a time and place where most of the population was not born during the Vietnam war. We live in a time where we expect instant gratification, and consider a power outage or a poor connection by our devices, an extreme inconvenience.. While I was not yet born at the time of our being attacked in 1941, I have certainly heard the stories from my elders of what the life and times were like then.

I have vivid memories of Sept. 11, 2001, remember where I was and what I was doing when the radio cut in to announce a plane hitting the World trade Center, and it immediately reminded me why I was glad not to have accepted a job offer there.

Within a fairly short time, the gravity that we were under attack and that our own technology was being weap-

Turn To KIMBALL page A13

#### Our benevolent dictators

To the Editor:

This week has been very sad. For the first time since the War of 1812, the U.S. Capital was breached by enemies of the United States, the American flag was ripped down and a Trump flag raised, a guy posed with his feet on the Speaker's desk after he ransacked her office, some guy wearing horns and a hat made out of bear skin sat in Mike Pence's chair, somebody stole the Speaker's lectern, and many offices were defecated in among other things.

How did this mob form for the

attempted coup? Well, President Trump organized a "stop the steal" rally at the White House using Twitter for Jan. 6, the day Congress was set to count the electoral votes sent by the states. Congress wasn't deciding who should be president, but was counting the votes. The President spoke to the adoring crowd who decided to come to Washington on a Wednesday in January and told them to march on the Capital.

Turn To TAYLOR page A12

## Drinking out of a firehose

Trying to keep up with the news this week was like trying to drink out of a firehose. The act of sedition to object to the counting of the electoral votes in an ill-fated attempt to overturn the results of the 2020 election was doomed to failure, and fail it did. It failed spectacularly with Trump staging a rally where he told an angry mob to march on the U.S. Capitol which they subsequently stormed, a few people died, congress had to be evacuated in gas masks through underground tunnels, offices were ran-

sacked, laptops stolen, etc. The insurrectionists that made their way into the Capitol were armed with a variety of things and while guns were expected, some had tear gas and pepper spray to use offensively against law enforcement.

Re-taking the Capitol required tear gas. Make no mistake about it, this was an insurrection incited by President Trump. This was sedition. This was an attempted coup d'etat on our seat of government. Thankfully it wasn't well orga-

Turn To HAR-YAROK page A13

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#### MCRAE

continued from page A8

conjecture, in personal feelings or suspicions and is virtue signaling to the more enlightened readers of the page(s).

I have never seen a contribution from the port side of the letter writing contingent receive an editorial comment. It's always those of us cranks of the right who get corrected or rebutted. Why is that? There have been, over the years, a plethora of letters from the liberals which casually and irresponsibly castigate some of us by name--and the whole conservative community in general-as being racist, anti-immigrant, hateful bigots. That could be dangerous in a very real way to those of us so publicly accused, just as perilous to our life and limb as exposure to the Chi-com virus. Since

the New Leader makes no effort to distance itself from these libelous comments, does that indicate that they--the editorial staff--agree with the often incendiary nature of these personal verbal assaults? One has to wonder.

I am taking a break this week from my usual interminable ruminating rhetorically on some cause or another; I was away for a while, got tired, got demoralized and a tad dispirited, but I'm resting up now and planning a piece which will tell you where I was, what I saw, and how I assessed it all. It will probably earn me a head-shaking, finger-wagging editorial disclaimer if it even gets printed, and I'm sure U.S. Attorney Andrew Lelling in Boston will probably want to have me in for a friendly

Oh, one last thing. Shortly after the election I challenged any of the seven fake -named letter writers (Hard Rock, KANE Cohen, Rosenberg, Bagg, Miller, Washington, and Kaspi) to tell us if and where they voted in the most crucial election in 150 years. Or, even more magnanimous on my part, I asked if any one of their friends, co-workers, neighbors, election officials----anyone----could write in and offer even the slightest bit of corroborating testimony that these frauds actually do exist and that, yes, they voted. So far? Crickets. My conviction that these letters are all written by the same hand remains unshaken, just as I knew it would be. Think of it: probably 300 letters from these clowns over the past few years, and not a single editorial disclaimer ever attached to any one of them. Sauce for the goose is not always sauce for the gander.

> JOHN MCRAE EAST BROOKFIELD

to list patients held for "observation" as "in patients." Why was this changed? Perhaps to make the hospitalization number larger? In late Oct, the FDA approved the drug Remdesivir for Covid patients but it can only be administered in the hospital. For people receiving this drug, are they sick enough to require hospitalization anyway?

I would think that this would be the ideal time for some interprising reporter to do some investigation into the handling and reporting of the pandemic. It could give a reporter instant national notoriety. Until then, reporters will only be giving us questionable numbers.

> Bernard Nowak, Jr. SPENCER

Editor's note: The views expressed in the preceding letter are the author's own, and are neither shared nor endorsed by the staff of the Spencer New Leader.

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to vote of hundreds of thousands of African Americans, Abrams would have been elected. Instead, Kemp got the majority of votes cast and became governor.

Did Abrams incite her followers - including those denied the right to vote to riot and sack Georgia's Capital building? No, she did the opposite. She organized a 2020 Get-Out-The-Vote campaign, including securing some cooperation from the same Kemp who "stole" the her 2018 election. In doing this, she greatly "repaired" Georgia's election processes much contributing to the election of two United States senators, one the first African American since White segregationists gutted the Post-Civil War Reconstruction era reforms.

Compare this with Trumps illegal efforts to make Georgia (and other states) to "find" enough votes for him to illegally "win" the election.

Now consider Mitt Romney. After much "real" business and political successes and admitted losses, in 2012 he ran as the Republican candidate for president against President Barack Obama. He lost by similar margins as did Trump in 2020. Romney described this a personally devastating experience. Did, like Trump, he try to overturn the results and incite a violent insurrection? No. He returned private life. Then in 2018 re-entered politics winning a Senate election in Utah. Now he gives us hope along with Murkowski, Flake, Hogan, Baker, etc. and numerous "Never Trump" conservatives, moderates, and professionals that a revived or "new" Republican party will rise from the ashes of what is now Trump's party.

I left the Rev. Raphael Warnock last because I most closely identify with him. In the last few years of the 1960's I mostly and lived and worked in the Black community of Crawfordville, Georgia – this being just after civil rights/ school desegregation protests and boycotts which were supported by support the Rev. Martin Luther King. I never met Dr. King. I did however spend a lot of time around African-American churches and ministers. The most notable encountered was Hosea Williams, a King disciple. In speeches, he brilliantly mixed inspiration, motivation, and continuing commitment to the civil rights struggle.

Never once in those years or thereafter did I ever hear Williams or any other Black Minister preach violence on incite people to riot or insurrection. (Compare for King's peaceful instance, 1963 March on Washington to Donald Trump, his family, and associates working for weeks to incite white supremacist followers to assault the US Capital, This act has had both deadly and world-wide negative consequences for America.

Like Abrams and Romney, Rev. Warnock loves America and wants to correct its faults.

This is so unlike Trump and the bigots, who seek to destroy that of America they cannot control and return to a segregationist controlled past.

We need return and improve upon the American governance institutions and systems needed for a good, equal, and forward looking America.

> KEVIN KANE SPENCER

#### NOWAK

continued from page **A8** 

sensitive to Covid-19, so much so that it can identify minute quantities of the virus-perhaps far less than it would take to infect the body. There are reports of people testing positive for Covid-19, and a month later testing negative for the antibodies. Were either of these tests wrong?

Everyone is required to wear masks when around other people. Masks were devised by the medical establishment to prevent bacterial contamination of patients during surgery and other similar circumstances. Masks will keep moisture droplets (possibly contaminated with Covid-19) from being spread due to a cough, sneeze, very loud talk, or singing. It will not filter out the Covid-19 virus (it is too small for the filtration). If you do have Covid-19, minute particles will still bypass the mask and get into the air via breathing.

ROBILLARD

torous spy.

continued from page A8

Other people breathing in the air from the same area will not be protected by wearing a mask. The only way to protect yourself from Covid-19 by inhalation is to stop breathing (not an option for most of us). I feel sorry for people who are required to wear masks for 8 - 10 hours each day. With all the moist air and liquids emanating from the nose and mouth, by the end of the day it's like wearing a face diaper. Where are the scientific studies that show wearing a mask is an effective preventative for viruses?

Hospitals are reportedly "overrun" with Covid-19 patients. It's big news every day. Hospitals are operated as a business, and must maintain at least a 90 percent occupancy rate to pay expenses. Right now, the hospitals get extra reimbursement from the federal government for Covid patients. Is this a financial incentive to take Covid patients? Since October 2020, hospitals were directed by Health and Human Services administration

Do you believe it was threat when Antifa and BLM took over other people's property in the city of Portland and declared an autonomous zone? The local politicians praised them. Why wasn't it called an act of sedition by the media when they attacked a Federal Courthouse and tried to burn the inhabitants alive? Where was the Democratic

Do vou believe it was a threat when BLM and Antifa were shown crashing the gates of the White House? Was it a threat when the president had to be moved into a safe bunker because of the so called "peaceful demonstration" as churches were burned and projectiles

the during a contested election the aggrieved party tries to use the legal system to have the results reviewed and investigated? Is it a threat when you use the systems available but are denied the opportunity to air your grievances?

Do you believe it a threat to our democracy when you use the same processes, such as "peaceful protests," that the other parties have used to achieve your goals? The rules of law applies equally to all parties. When one group does it, the Democratic controlled media calls it a righteous protest, and when the other does it, it's called an

Do you believe it is a threat to have a new president whose family has close financial ties to China? The country that is our biggest threat and has released the Covid on the world. Now a sitting Democratic Congressman by the name of Eric Salwell, we find has been sleeping with a Chinese agent. No media outcry for him to resign.

Do you believe it is a threat to our Democracy when one party controls the media outlets and can prohibit equal free speech from other groups? Those that promote ideas not in line with the controlling groups thinking are labeled subversive and hateful. There employers are contacted and they are fired. They can be freely shut down without

due process or protection. Do you believe it's a threat to democracy when the state governments can shut down your right to earn a living and put generational owned family stores out of business? These same politicians meanwhile still get hefty pay raises. They and their friends are exempt from following the Draconian lockdown laws.

In his remarks this week, Biden called the protestors at the capital "Thugs." He also said imagine how they would have been treated differently if they were BLM and Antifa. We all know they sure would. CNN and MSNBC would be calling them Freedom Fighters and it a "peaceful protest." The Democrats would invite them into the chamber and take pictures with them as they embraced together.

So think for yourselves over the last two years. You know the real threat to our Democracy. The Democrats destroyed our beliefs, destroyed our history, destroyed our economy, and instituted mob social justice. They have released the whirlwind of change and now we will see if they can control the chaos. God Bless America.

> MARK ROBILLARD SPENCER

Do you believe it was a threat when the terrorist leader of BLM, Hawk Newsome, openly stated "If this country doesn't give us what we want, then we will burn down this system and replace They then proceeded to organize and carry this agenda out during the summer of 2020 with the blessing of the Democratic leadership and political news organizations.

hurled at the White House security?

Do you believe it was a threat when voting laws were changed unconstitutionally in battleground states to allow unverified voting? Is it a threat to your democracy when they destroy the confidence in our election integrity immediately before the election so as to not allow it to be given due diligence?

Do you believe it is a threat when

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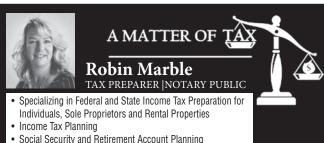
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#### **ROSENBERG**

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holier than the Capitol building. To see it trashed, both physically and morally, creates profound sadness which is often the very point of desecration. The images of people scaling the walls, the horned wolf animal hat guy, the Confederate flag being carried down the hallways, the windows being broken, and the mob pushing in are just shocking, but in all honesty, they are the result of 4 years of moral degradation and humiliation for the United States itself.

The repercussions from this insurrection are enormous, and finally appear to be raining down on President Trump for calling for his supporters to come to Washington, urging them to take on the Capitol, and sending them on a mission to overturn the election results. There is serious talk of impeachment, there is talk of invok-

#### **HERHOLZ**

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match would never light; at least, that is the feeling I share with other broken-hearted patriots.

During the spring and summer of 2020, I attended many Trump standouts. In each case, the only people to become unruly, threatening, or act unhinged were those on the other side. From the "Duke of Drama" and his cohort, "Prince Ponytail," who were immediately triggered the minute the Trump flags flew in the center of Leicester, to the sign-smashing ANTIFA-wannabe in Sturbridge, who was eventually arrested for his juvenile reaction to a sign he did not agree with. It seems lefties are unaware that destruction of personal property is, in fact, illegal. That it caused this individual to jettison his better judgement is, as they say in court, irrelevant.

Thousands of Trump rallies were held last year all across the "Fruited Plain." These events were organized by those who are passionate about this man, President Trump, who came in and turned D.C. on its head, giving patriots a shred of hope that we would,

#### **BAGG**

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want to get into numbers, this was a crowd of 30,000 invited by the President including 4,000 of whom stormed the Capitol to prevent the election he lost from being certified after he asked them to. BLM on the other hand involved 20+ million people and involved and in the cases that got out of hand it was simple vandalism against private property with no further symbolism or implications.

What we witnessed was domestic terrorism with the sitting president as the helm. It honestly could have been much, much worse. The "knuckleheads" brought a wooden gallows with a noose to the Capitol and had threatened Vice President Pence because he refused to attempt to overturn the election. Real pipe bombs were found at the Capitol and at RNC and DNC headquarters. A van full of Molotov cocktails ready to go was found. Some of them even had handcuffs with them, suggesting they

# **LEGALS**

Town of West Brookfield Zoning Board of Appeals

A public hearing will be held on Tuesday, January 12, 2021 at 7:00 p.m. at the West Brookfield Town Hall, to act on an application for a Special Permit for Camie Lamica, for the property located at 24 Maple Street, West Brookfield. The applicant wishes to build a single-family dwelling, in the General District. This requires a special permit as per section, -4 Dimensional Requirements: §4.2 Schedule of Dimensional Requirements (a) (et al). The public is invited to attend.

Renee Adams White Clerk

January 8, 2021 January 15, 2021

#### 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:

Richard Lebeillee has filed an NOI with the Spencer Conservation Commission to stabilize construction site located at Hastings Road R43 16/1, Spencer, MA. Gordon Letour has filed an NOI with the Spencer Conservation Commission to build an addition & additional parking at 10 Meadow Road, Spencer, MA.

Applications can be reviewed at the Office of Development and Inspectional Services, Town Hall. A remote 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, January 27, 2021, at which time all persons having an interest may call in to participate in the Conservation Commission meeting that opens at 7:00 p.m.

Mary McLaughlin, Chairwoman

January 15, 2021

ing the 25th Amendment and removing him for mental illness, and there are calls now even from Republicans to resign. It does not matter that his days left in office can be counted on my fingers and toes. Impeaching President Trump for a second time in his only term is a humiliation and a negative branding of his administration which will be well-deserved precisely of what he did to trash the Capitol, trash our Democracy, and once again show that he has neither reverence for or respect for our Constitution or the office of the Presidency.

The Senate has a duty to convict this time – look what happened when they took the politically expedient approach to look the other way at his last impeachment trial. President Trump needs to be barred from ever holding or running for any other public office, ever, and an impeachment conviction would assure that. Alternatively, Article 3 of the 14th Amendment bars anyone

once again, put corrupt, deep-state, and power-mad politicians in their place. Not once was there a news report of these Trump people rioting, looting, burning, or killing. These rallies provided the liberal media no fodder to try and paint Trump supporters as violent and uncontrollable.

Compare Trump rallies to the "mostly peaceful protests" held by ANTIFA and BLM, where businesses were "peacefully" burned down in the name of justice. How many lives have been destroyed because of these pets of the main stream media? I can tell you that, until the melee in our nation's capital, there were zero deaths, zero businesses/buildings destroyed, zero cars overturned, and zero communities threatened. This is why I believe what happened in Washington was not a product of "angry" conservatives looking to "storm the castle." Watching videos of the moments leading up to it, you can hear some agitators in the crowd trying to provoke others into a frenzy. Those who rushed the gates used the exact tactics I've seen the ANTIFA thugs use. Rush, retreat, repeat. If it's one thing I have learned in my 43 years on this planet, there are no coincidences. All it takes is a few people to instigate,

had premediated to kidnap members of Congress. Thankfully there is a large underground tunnel system to evacuate the chambers. If they were trapped, the coup might have been successful...

To all the Republicans condemning the violence, asking Trump to resign, or openly supporting impeachment, my message is this: leave the Republican Party. Look at what it has become. Don't join the Democrats if you don't agree with the Democrats, but form a new conservative party that is loval to the United States and not loyal to Donald Trump. It is time for the GOP to die. My hope is that the voters remember which party supported the most dangerous enemy of the United States for president in 2016 and 2020. Go form a new party with conservative principles that is unquestionably loyal to the Constitution of the United States.

The 2020 election cycle is finally over now that the Georgia run-offs have been completed, and yes they did. I want to congratulate our newest swing state and thank them for knocking Mitch McConnell off his perch.

The irony of both the Senate races is that in most non-runoff states, both Perdue and Loeffler (both Republicans) would have won in November because they won the most votes but fell short of 50 percent. Georgia's runoff system was designed to disadvantage black candidates because the thought was blacks vote as a "block" whereas the white vote could be split between different candidates but in a runoff, the white vote would coalesce to the white candidate. There is nothing sweeter than this runoff system losing Loeffler and Perdue their seats and instead electing an African-American Democrat and a Jewish-American Democrat.

Republicans traditionally do better in special elections compared to Democrats but a lot was different about 2021. In 2021, President Trump was railing on Georgia telling his people not to vote by mail, telling them not to vote at all because it is rigged, and even committing an impeachable offense threatening the Republican Secretary of State and Governor to "find" 11,000 votes to overturn the 2020 Presidential election.

#### **TAYLOR**

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In the aftermath of the evacuation, looting, and vandalism of the U.S. Capital by a mob incited by the president both Facebook and Twitter put temporary suspensions on him. Twitter said they would un-suspend his account after 12 hours if he deleted three recent tweets that lied about the election and incited violence. Facebook suspended him for 24 hours regardless and then decided the risk of violence was too high and extended the ban to after Joe

Biden's inauguration.

Trump's Twitter eventually got turned back on when he uploaded the weakest concession speech in history. He did not admit he lost the 2020 election. He did not admit Joe Biden won the 2020 election. He did acknowledge that a new administration would take over on Jan. 20. Twitter turned back on and then he started running his mouth again, so they permanently banned him. He started running his

who's taken part in an insurrection or rebellion against the United States or given aid or comfort to the enemies thereof from ever running for federal office. Ironic that while this clause was written in the context of the Civil War, it applies more than ever today, especially since the Confederate battle flag was flown inside our desecrated Capitol building.

Twitter and Facebook have permanently blocked President Trump. As the Twitter alternative Parler, which is ambivalent to calls for violence on their platform, become the #1 most downloaded app, Apple banned them from iPhones and Google banned them from Android. It seems as though Amazon is even forcing their website to shut down. Why did it take so long? We knew this day was coming for years, did we need the sitting president to actually attempt a coup before he'd have his tweeting privileges revoked?

After hours of insurrection, Congress

and then a few more to join. Before long, more people are caught up in the moment. A mob mentality takes hold and before one knows it, someone is walking out of the Capitol with Nancy Pelosi's lectern.

Not to be outdone by the hysteria-slinging news media, social media platforms, namely Twitter and Facebook, are working overtime to continue the silencing of the conservative voice by actively removing those they deem a "threat." Starting with banning President Trump for 12 hours directly following the rally turned quasi-riot, they then went through with permanently banning the President, in the interest of safety, of course. However, the account of the Avatollah of Iran is fully intact so that he may continue his calls for genocide and the hurling of homosexuals from the tops of buildings. Who knew that Jack Dorsey (Twitter) and Mark Zuckerberg (Facebook) were the arbiters of free speech?

I remain firm in my belief that this election was undeniably stolen, not because of what President Trump has said, but because I can see it with my own eyes. Others are willing to bury their heads in the sand because their candidate won, ignoring what experts

For Trump to tell Republican voters either not to vote or to do it the hard way certainly helped...

Then there was the organization on the ground. Volunteers were going door to door in Georgia registering people to vote, explaining to them that control of the Senate lay in the balance, and yes, they can make a difference. There were volunteers registering High School seniors to vote, many of which weren't old enough for the general election. We think of the South and Georgia as deep-red and a waste of time for Democrats but between the Roy Moore/ Doug Jones race in Alabama in 2017 and the pair of Senate races in Georgia we now know that if there is a fighting chance to win, the Democrats can dig deep and pull it off. Not even Georgia's best voter suppression from a 100% slate of Republican constitutional officers could stop it.

Now that the Democrats have a razor thin control of the House, the Senate, and the Presidency it is time to reverse some damage. First, we need kompromat on Joe Manchin (D-WV) who just became the most powerful person in the world. Somebody ought to hire high-class prostitutes to befriend him and generate some blackmail material – Washington must have an agency for

that. Then we need to undo the travesty that Trump appointed 3 Supreme Court Justices against his two vacancies. We need to add 2 seats to get us back to the balance of power we would be at if the Feb 2016 vacancy had not been stolen from Obama and handed to Trump (only for Trump to fill a Sep 2020 vacancy). While on the topic of adding seats to undo a wrong, we should really add four to send the message, "Don't try that every again."

While we're righting old wrongs, the inequity of the Senate and the Electoral College needs to be addressed. In 2016, Democrats earned 26 percent more votes for Senators, but the Republicans had six more Senators. In 2018, Democrats earned 50 percent more votes for Senators, but the Republicans had eight more Senators. Right now, a vote in Wyoming is worth 68 times

mouth on the official @POTUS account, which will soon belong to Joe Biden, so they deleted the tweets. He tried again on his campaign Twitter account and they permanently banned that one, too. Donald Trump, the 45th and sitting U.S. President, is permanently banned from Twitter.

Not to fear, Parler to the rescue! Parler is a ripoff of Twitter that prides itself on not fact checking or censoring anybody labeling their actions as "maintaining free speech." Apple issued a 24-hour ultimatum for Parler to implement a moderation policy or Apple will remove Parler from the App Store and delete it off all iPhones in the middle of the night. Google quickly removed Parler from the Google Play Store because of the risk of inciting more political violence. And like that Jack Dorsey, Mark Zuckerberg, Sundar Pichai, Jeff Bezos, and Tim Cook (CEO's of Twitter, Facebook, Google, Amazon, and Apple) became our benevolent dictators and America moved closer to a democracy-in-name-only actually controlled by oligarchs. Ironically, this is the form of returned. We still saw 138 House Republicans and eight Senators object to the counting electoral results that had Joe Biden winning the election. All 146 of them should be ashamed of what they did to our form of government and the message they sent around the world. This should leave the Republican party destroyed but so far only Lisa Murkowski of Alaska is "considering" if she should stay in the party however now dozens of Republicans are calling for Trump's resignation. Finally, at this late hour, we are starting to see some Republicans saving "this has gone too far" but we are waiting for the rest of them to speak up.

There was a headline on the Daily Nation newspaper which is the highest circulation publication in Kenya which pretty much sums it up: "US Capitol riots: Who's the banana republic now?"

DAVID ROSENBERG SPENCER

have called a statistical impossibility. For those people, there isn't enough evidence in the world that would convince them otherwise. By the way, Har-Berg and Rosen-Yarok, your custom horse blinders are ready for pickup.

Joe Biden was not duly elected. Joe Biden is not the rightful winner of the 2020 election. As I said in a previous letter, if he does take the Oath of Office on Jan. 20, it will not be long before he has a medical episode and is removed, making way for Kamala Harris to become the first (unelected) female President. As the dying Colonel Kurtz said in Apocalypse Now, "The Horror! The Horror!" When she assumes power, prepare for a struggle. While Biden will immediately commence the dismantling of Trump's successful policies, a President Harris will make sure to put the final nails in freedom's coffin. Some may call what I am saying, fear mongering --- so be it. When enough rights have been eroded to the point where it affects your day-to-day lives, let these next words reverberate in your skulls:

See, I told you so!

MATHEW HERHOLZ SPENCER

more than a vote in California. In 2020, the Democrats only got to the smallest majority in the Senate possible with the VP breaking ties with 9.5 percent more ballots cast compared to Republicans. In seven of the last eight presidential elections, more votes were cast for Democrats than Republicans, yet they've only won five of them.

The solution is to use our new majority to admit more states to the The Dems did not start the union. war of fighting dirty but should not be afraid to finish it. We should admit Puerto Rico, D.C., Guam, American Samoa, and USVI as states. There's 10 more Senators and 18 more electoral votes. Then for good measure we should probably break California into North California and South California for two more Senators and Electoral Votes. We could break Long Island off of New York into a new state with Brooklyn and Queens, leave Manhattan and the Bronx with New York, and give Staten Island to New Jersey. That would be two more Senators and Electoral votes. The Republicans may think they're good at gerrymandering but we can take it to a whole new level!

There is no justification whatsoever for five million American citizens to be denied voting rights and representation in the House and Senate. There is no justification whatsoever for us to rule over non-governing territories – it is too bad that the Republicans needed to cheat before we decided to make it more fair. As for splitting New York and California up – there is no justification for the grotesque increased clout that our small states get over our larger states and we can level the playing field by making our states smaller but more numerous.

I think 14 more Senators and 22 more electoral votes from blue areas might return us to the place where Republicans only have a slight advantage based on the math, but still not enough to steamroll a clear majority.

FRED BAGG SPENCER

government in modern Russia.

I always assumed Donald Trump would end democracy in America, but I never quite knew how or who would pick up the spoils. Normally, when a leader breaks institutions and weakens or ends democracy, it is somebody else who picks up the pieces. Most leaders who come to power via a coup lose it to another coup. I thought it might be ironic if Trump actually ushered in true socialized medicine like Canada because he was so intent on blowing up what we had, or if the backlash to Trumpism and fracturing of the white vote would allow the Black Panther candidate to win or otherwise seize power. I knew Trump was at best a weakening of our democracy, and at worst a collapse of our form of government. In the last days of the Trump administration, we are seeing exactly how he broke it.

Republicans have long been falsely accusing Big Tech of putting their thumb on the scale, favoring left-leaning content, "fact-checking" conser-

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nized, and it was a mob of morons, so it didn't work. Congress resumed business some six hours later. The objections to counting the electoral votes and the debate had ended and Joe Biden's Nov win was certified at 3:41 a.m.

Despite Trump telling the crowd he would "be there with them," he didn't march on the Capitol with them, he watched it on TV in the White House and reports are he was gleeful and giddy as the mayhem unfolded. The political fallout since has been simply breathtaking. Trump was "cancelled" from social media. He gave a squishy concession speech where he still wouldn't admit he lost and Joe Biden won the election but he accepted that a new administration would be sworn in presumably because he realized his legal jeopardy in inciting insurrection. His last tweet was announcing he would be the first president not to attend his successor's inauguration since Andrew Johnson, another impeached president wrapped up in the Civil War and Reconstruction.

The situation is so serious, that we are now looking at a second impeachment with less than two weeks left in his term after he's been silenced anyway. While it seems moot, it isn't. Three presidents have been impeached. He will be the only one in history impeached twice. Either Mitch McConnell will be known for not scheduling a vote on an impeachment or the Republicans will have to go on record again accepting his behavior. A removal from office is imperative because it will disqualify him from holding public office in the future and end talks of 2024, plus he will be the only president in history removed from office.

I've often said I like to be entertained by my politics, it keeps getting better, but this is unreal. I can't imagine the entertainment value can continue to

I found it very interesting how much Mr. McRae cares that North Brookfield retain their mascot, the Indians. Mr. McRae doesn't live in North Brookfield,

KIMBALL

continued from page A9

onized. A small group of jihadists, would change our lives forever. My two sons were already in the army, and I wondered how this event would impact them. The one then in Korea, would spend 39 months in Iraq in the ensuing years and the other would be deployed to Korea. There was never any doubt that when we were attacked, the hit back would be overwhelming. Unfortunately, clarity as to who and how we would hit back, was more gar-

When we were attacked in Hawaii, there was no question who would be repaid and how. Not only did our men take up arms, our women filled their jobs and our industries converted to war stance. My mom was not Rosie the riveter, but might have assembled the rivet gun. My WWI vet grandfather was a civil defense captain, and colfrom the neighbors for war effort. Everyone had a ration book limiting things at home, in support of our troops. My dad, his 3 brothers and moms brother were represented in every theater, and we still have the 4 blue star flag from the front window.

There is a point to my story. We are currently engaged in a war with a pandemic that has taken more lives than WWII and Vietnam combined Our new President is going to ask us to mobilize by wearing masks and distancing for his first 100 days.

We are all tired and fed up with this disease, but many consider the supreme sacrifice of masks and distancing too much restriction on freedom. What is wrong with my country, who took 9/11 and Pearl Harbor seriously and did everything necessary to respond, but now seem content to support the perhe didn't grow up there, and his kids didn't go to school there, but it bothers him that they are getting on the right side of history. We normally use animals as mascots so it isn't hard to see why a Native American might find it offensive to have the "Panthers" playing the "Indians" - never mind the fact that Native Americans have nothing to do with India.

In general, social sciences recognize that all stereotypes, whether positive or negative, are harmful because they promote false or misleading associations between a group and an attribute, fostering a disrespectful relationship. Changing school mascots from ethnic groups of people to non-people really shouldn't be controversial. There will be a new tradition and soon nobody will remember "The North Brookfield Indians."

Tradition is no excuse to continue deplorable behavior, just like the fact vou've beaten vour wife for vears doesn't give you a right to continue to beat her. Ethnic mascots need to change. North Brookfield should be embarrassed to have been the last holdout of prayer in government funded schools. The popular opinion of the townspeople bears no consequence; in the United States we have a secular government, prohibited from endorsing any religion which protects the religious rights of all us from tyranny of the majority. To argue anything else is simply un-American and I suggest you start a campaign to repeal the first amendment.

Mr. Robillard... Your explanation of masks is simply incredible, and it requires a rebuttal from someone with not one engineering degree, but two. I hold a Master's degree from an accredited university which still exists. Your letter was interesting in that it sounded authoritative, but missed some big points.

As for the fluid dynamics of restricting airflow requiring more effort and wearing the body out... That would make sense if the human body were like a metal pump that wears out. If we think of the human body as a biological system that benefits from exercise and periodic

petuation of this plague, with no end in sight? If you are not completely obtuse, the science says hundreds of thousands of lives would be saved. Is going with the program too big of an inconvenience for you? Do you feel proud being part of a 9/11 death toll daily? Engineer Robillard informs us that masks may cause cancer. I understand that baby powder antacids and cooking things on the grill, are also potential carcinogens, although less likely to have the short term dangers of not wearing masks. There is some chance that the tin cans picked up along the road or eating one less egg every day, did not win the war, but it didn't hurt the cause either Maybe all of us everywhere, wearing masks and social distancing, won't end the pandemic, but it won't hurt the cause, and I am not impressed with where we are now.

Earlier today, I listened to Nick Mulvaney on "Meet the Press." He reflected on his time as Trump's right hand and why he felt the need to resign his current position. He said that, while he would never have called his boss a conventional president, that when he took unconventional or unpopular positions, there were rational people around that he would listen to and react. He indicated that he no longer recognized the person in the Oval Office, had become increasing concerned since his election loss and reactions to it, and that last Wednesday was beyond anything he wanted to be affiliated with. and that he believed that even much of his base could not in conscience, condone what he and his most radical fans did that day. I hope he is right, because I would prefer to think that the majority of his voters, could support invasion of our capitol, defacing and rubbing feces on walls, trashing offices, elements looking to capture or kill elected officials, stress, then this is not a valid concern. If we consider that masks are only worn when doing very light activity such as shopping with 20% of our maximum respiratory volume the concern is ridiculous. A person who can barely breathe while shopping should be on bottled oxygen and is highly susceptible to complications from COVID.

Face coverings are not intended to be like HEPA filters, capturing particles above a certain size and filling up as if virions were dust. They are intended to "catch" droplets which are mostly water with suspended virions and slightly dampen the mask and later dry instead of the droplets being airborne. Furthermore, masks are intended to rob airborne particles of velocity, causing them to fall to the floor faster. Try this experiment at home - spray your showerhead and see how far it goes, then put a facecloth in front of the stream and see how far it goes, even after the towel is soaked.

I think we're safe in assuming that masks aren't being made out of asbestos or similar carcinogenic materials and that if clothing and PPE for healthcare workers was carcinogenic we'd know by now. Masks are no different from any other product - do your clothes cause cancer? Does your keyboard have lead paint? What's your motorcycle helmet made out of?

Again, 99% don't see no ill effects of COVID. 1% die, 10% are hospitalized, 5% haven't fully recovered months later. You're smarter than this. Please stop the "99% lie". What happens if hospitals become overrun and care gets rationed?

Things get a lot worse very quickly... Finally, you seem to forget that the purpose of masks is not to protect yourself but to protect other people from you in case you are infected and don't know it. True, we don't have robust lab tests on different masks, but we know that some protection is better than no protection. There is now mountains of evidence that COVID becomes substantially less transmissible wearing a mask...But thanks for wearing the absolute minimum and least effective type you can get away with and only when forced.

including VP Pence, Speaker Pelosi and Sen. Schumer.

There were as many deaths from Americans assaulting our Capitol as there were in Benghazi. What was not a surprise there, where we had assisted in a violent revolution, should surely not be tolerated here. Considering the advance rhetoric, and outrageous rally that preceded this atrocity, heads should roll. While I am no security expert, only collusion and complacency would allow the capitol to be breeched during the electoral count. I am told people were flashing badges to get barricades opened. My wife, a former TSA officer, noted that using a badge or uniform in any unapproved manner, meant instant firing. There needs to be firings from the top down for this appalling performance. The president should resign immediately. Watch the unedited rally and tell me why I am wrong. His sons and some Congressmen should be arrested or expelled.

Considering that majority leader McConnell (no favorite of mine) started the process by noting why they were there, to count certified electoral votes from all the states, to consider if there was any reason to dis-allow any of them (noted number of recounts, dismissed legal challenges, security chief saying most secure election in history, and zero evidence of any wide spread fraud), and, subsequently, to accept, tally and confirm election result. In spite of these being the facts, Senators Cruz (who used his speech as a fundraiser) stating that there were wide spread allegations of fraud, which is true, because he, trump and his minions were spreading them. I can hardly think of anything more pathetic, than starting rumors, then believing them when they come back to you. Republicans from Romney, to Sasse to Lindsey Graham, all suggested

Oh, it's actually harder for most people to breath with high winds because of our reflex to protect the lungs and restrict airflow, since if air were to be forced into your lungs like a turbocharger it would damage them. That invigorating feeling you feel riding a motorcycle is adrenaline, not oxygen... I never thought of motorcycles as correlating with higher cognitive function but if you're sure of the cognitive benefits of forced airflow in your lungs I invite you to breath out of an air compressor to see how it goes... I hope I found the happy medium between 'you're and idiot" and a dissertation.

On the COVID front, we now have a new variant, originating from the UK, which is substantially more contagious which is what happens when a germ is suppressed but not squashed and subject to evolutionary pressure. It was actually more likely to come out of Europe than here because they were putting more evolutionary pressure on it as we let the Italian variant spread. No shocker that the country that couldn't control it was the one with a boorish conservative chief executive who initially thought of COVID as a joke, later got it, and ended up in ICU. To Boris Johnson's credit though, he took COVID seriously after his hospitalization unlike our fearless leader.

First 1 case, then a few states, now dozens of cases in dozens of states of this new variant. Of course, it was already here. The Italian variant was circulating all of Feb 2020 undetected until people started piling into hospitals in March. There are six flights a day from London to New York. By the time the UK detected it, thousands of people already had it and thousands had flown here. Quarantines are universally ignored in the US so of course it was everywhere. We have detected it here but in people with no travel history meaning they caught it from someone who traveled. This new variant is up tp 70% more contagious which is ironically the efficacy we got out of masks, meaning this new bug with masks is as bad as the old one without masks.

Turn To HAR-YAROK page A14

that the solution was for them to finally tell the truth. Senator Hawley suggested that the federal government had input in how states manage elections, which, of course, they don't. The kicker of the whole thing, is questioning the validity of the electoral college, which our founders conceived to make sure the unwashed masses would not choose the president, (and the unwashed masses back then were property owning white males only), but even more ironic, even McConnell and anyone paying attention knows, without it, there will never be another Republican president, as neither of the last two won the popular vote.. One of my righty classmates suggested that the founders did not want New York and California picking every president. I hope I did not offend him too badly by pointing out that the founders had never heard of California.

We face big challenges as a nation. We have faced them before and been most successful when we are united. I hope to see that happen again and soon. Put away your confederate and Trump flags, signs and hats, at least for a while as I think all of us have the common fatigue for the divided states of America, Covid-19. Put away the radicalized allegations. Mexico did not pay, there are no better cheaper healthcare plans, Trump did not release his taxes. There will be no green new deal, Medicare for all or open borders, because nobody ever has been elected and gotten everything they want, and that won't change. It is just a wish list, and most of us have one. the needle may move left, but Obama said it best. we are not a speedboat, we are a giant aircraft carrier that does not turn on a dime. Sit back and enjoy the ride.

> KEN KIMBALL BROOKFIELD

#### TAYLOR

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vatives more than liberals, and moderating Republicans more than Democrats. For years this claim was total BS - the real issue is the American political right was in an alternate reality and simply lying more. Conservative sources simply encouraged political violence more. After the 2020 election that Joe Biden won the conspiracy theories pushed by the sitting president and the falsehoods from the right went off the rails. Big Tech was fact-checking content which just wasn't true, providing links to explain, and allowing people to see it anyway as to not stifle free speech. Big Tech got progressively more aggressive with fact checking and moderation because the situation continued to escalate with President Trump adding fuel to the fire.

Big Tech finally did what the Republicans had long accused them of - they muzzled individuals not because they wanted to, but because they felt like they had no choice. Mark Zuckerberg and Jack Dorsey decided, "enough is enough" and kicked @realdonaldtrump off their platforms permanently. As private companies they are free to allow or disallow anyone they please. When Google and Apple decided to ban any app that gives Donald Trump a platform for further civil unrest, they became the oligarchs in control of our political system. Trump broke free speech by backing these corporations into a corner where they either had to allow a

civil war to break out or flex their muscles and shut down free speech. They didn't want to have to do this. Trump forced their hands.

The same day, Sen. Josh Hawley had his book deal canceled, "The Tyranny of Big Tech," scheduled to come out in June. "After witnessing the disturbing, deadly insurrection that took place in Washington, D.C., Simon & Schuster has decided to cancel publication of Josh Hawley's forthcoming book". Sen. Hawley started the string of objections to the counting of the electoral votes that not even McConnell wanted to happen. Hawley may find someone else to publish the book but Amazon won't sell it and it won't be on Kindles.

It's like Hawley was projecting – he knew that tyranny of big tech was the only thing that could stop the Republicans from seizing power despite losing elections.

Anyone with any knowledge of the Constitution knows that the First Amendment only applies to government acts; it does not require a private company to provide a platform. If all companies that make Smartphone operating systems happen to ban Donald Trump, that is not the same as the government doing it.

The unintended consequences of anointing Big Tech executives as our benevolent oligarchs short circuiting democracy and controlling everything we see is not lost on me. If it stops at Trump, then great... But it probably won't. Will Josh Hawley be next? Then Ted Cruz? Where does it stop?

Will they start flexing their muscles to build/destroy political support to benefit their businesses? Personal views? How will muzzling not get wrapped up

in money and partisan politics? There are certainly legal questions about what Big Tech has done. It strikes me as an anti-trust issue where a small number of firms are using their power in concert with each other to distort the market, in this case deny 88 million @realdonaldtrump followers to follow him. Some of the most aggressive actions may well be vacated in court, but this is an emergency. They can muzzle Trump now and if they have to back off in 6 months hopefully the danger will have passed.

I am sad beyond words at what this has come to. We witnessed insurrection, an attempted coup 'd etat. I am very concerned about the unintended consequences of the new power Big Tech is wielding but at the same time I understand that we are in a very dangerous situation and thankfully somebody picked up the reins of power before Donald Trump caused any further insurrection. America got backed into a corner and the Big Tech oligarchs saved us for this round. It also isn't hard to see that Big Tech could also be trying to ingratiate themselves with the incoming administration and incoming Congress who largely and unfairly blame Big Tech for Trumpism

and they want blood. How'd we get here? A country that would elect Donald Trump once is not a well-functioning democracy. He was

hilarious in 2015, and then throughout 2016, it stopped being funny. One of the reasons for the Electoral College was to stop demagogues like Trump – a tyrannical mass leader who preys on our prejudices. Alexander Hamilton wrote at length about how the electors were supposed to stop a candidate with "talents for low intrigue, and the little arts of popularity" and that electors should be capable of assessing the fitness of the presidential candidates. The Electoral College failed. Today, it is little more than a ceremonial step that happens to

give small states extra clout. This is also the result of a failed impeachment. Trump's crimes in the Ukraine affair were egregious, he didn't even deny the salient facts, the Senate trial was held without calling even one witness. He was acquitted on a party-line vote except for Mitt Romney while everyone ignored his obvious unfitness for office for their own political gain. If Trump had been removed, he would have been ineligible to run for office, and as a private citizen could have been charges with inciting a riot, rebellion, insurrection, or seditious conspiracy if he continued to cause trouble. Trump needed to be muzzled, but the proper way was for him to be in a cell because prisoners aren't allowed to Tweet.

I always knew Trump was toxic for democracy. In his last weeks in office, we now know the specifics.

> RICHARD TAYLOR SPENCER

# **OBITUARIES**

## Evelyn E. Fowler

SPENCER- Evelyn E. (Eselhorse) Fowler, a longtime resident of Spencer, MA, who recently resided in Charlton, MA, died peacefully January 5, 2021.



was prede-She ceased by her husband of 53 years Dr. Richard L. Fowler. She was also predeceased by her brother Albert R. Eselhorst of Lawrenceville, GA and her sister Betty J. Hennegan of Cherry

Hill, NJ.

She leaves a son, Richard L. and his wife Marilyn of Concord, CA, a daughter, Robin Rochette and her husband Francis of Spencer, and two grandchildren, Jonathan Rochette and Gianna Rochette Chambers and her husband Wesley.

She was born in Baltimore MD, daughter of Albert R. and Anna Mae (Fischer) Eselhorst. She graduated from the University Of Maryland School Of Nursing in 1943.

For many years, she was a volunteer at Hahnemann Hospital in Worcester and the Red Cross Blood Bank. She was a soprano soloist of the First Congregational Church of Spencer.

She also held several positions in the church and was the first woman to be the church Moderator.

Evelyn was on the Board of Trustees of Hahnemann Hospital and Abby's House in Worcester. She served on the Executive Board of the Spencer District Nurse for many years and was also the Past President of that organization. She was Past Matron of the Spencer chapter of the Eastern Star and a Past Worthy Grand Matron.

Evelyn was a long time member of the Worcester County Light Opera Club and appeared in many of their productions. She was a former member of

Tatnuck Country Club. Due to the current pandemic, no services are planned at this time.

In lieu of flowers, memorial donations can be made to: The First Congregational Church of Spencer Music Fund, PO Box 187, Spencer, MA 01562; to Abby's House, 55 High Street, Worcester, MA 01609; or to The Overlook Communities, Inc., Employee Appreciation Fund, 88 Masonic Home Road, Charlton, MA

J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is directing arrangements for the family. www.morinfuneralhomes.com

### Richard H. Jaskoviak, 87

EAST BROOKFIELD - Richard H. Jaskoviak,87, died Sunday, January 3 at his home.





sons. Kirk R. Jaskoviak and his wife Linda of Gilbertville, Kent P. Jaskoviak and his wife Betty Jean of West Boylston and Kyle J. Jaskoviak of Ware; his daughter, Kim R. Purcell her companion, Mark Bengtson of East Brookfield; two stepsons, Wayne Wentworth and his wife Kathleen of North Smithfield, R.I., Scot K. Wentworth

He leaves three

and his wife Gail of Maryland, N.Y.; four grandsons, Ryan Purcell of Webster, Tory Jaskoviak of Boston, and Cole & Tyler Jaskoviak of West Boylston; three granddaughters, Brittany Molloy of Spencer, Hayley Purcell of Worcester and Eva Jaskoviak of Gilbertville; eight step-grandchildren, Candace Mendala, Jessie Fusco, Billy Jean Moberg, Elizabeth Guido, Lindsay Wentworth, Jeremy Wentworth, Devon Wentworth, and Trevor Wentworth; two great-granddaughters, Fiona and Gwen Molloy; fifteen step-great-grandchildren; and a niece, Pamela Jaskoviak

He was predeceased by his wife, Nancy J. (Smith) Jaskoviak, his ex-wife, the former Rhoda N. Mattson, his brother, Roger E. Jaskoviak, a nationally-known and locally-popular artist under the pseudonym Jacob Knight and his stepson, Dale Wentworth.

Dick was born in Southbridge, the son of Adolph J. "Jack" Jaskoviak and the former Charlotte M. Hopkins, and lived most of his life in East Brookfield and the surrounding towns.

He took early retirement in 1989 after 27 years with the Worcester Telegram and Gazette, having worked in several writing and supervisory positions and leaving as a copy editor. In retirement, he did some freelance writing, was a self-employed real estate broker and was an auxiliary rural mail carrier for the Sturbridge Post Office through 2001.

Dick was a graduate of David Prouty High School, Spencer, and went to the former Hilder Preparatory School in Washington, DC, before enlisting in the Marine Corps and serving in the Korean War as a communications lineman. He attended Tufts College under a full NROTC Scholarship earned through the Marine Corps and also attended Worcester State College.

He was a member and former officer of the Boulette-Skyten Post, American Legion in East Brookfield, and years ago was active in Boy Scout programs, historical revues and several other area

At Dick's standing request, there are no calling hours or formal funeral services. His ashes will be interred in the family plot at Evergreen Cemetery, East Brookfield. Any memorial donations can be made to Second Chance Animal Services, P.O. Box 136, East Brookfield, MA 01515. J. HENRI MORIN & SON FUNERAL HOME, Spencer, is assisting the family with funeral arrange-

www.morinfuneralhomes.com

## SPENCER- Richard H. Renaud,72,

SPENCER- Richard H. Renaud,72, We lost a wonderful man, husband, father, grandfather, brother, uncle, teacher,



mentor, co-worker, and friend, who died at St. Vincent Hospital Worcester Thursday, January 7, 2021. Although he was a fighter when it came to recuperating after a severe illness and even surviving his bout

with COVID-19, he succumbed to cardiovascular and renal complications.

Rich was born in Holyoke on October 1, 1948 to Henry P. & Doris E. (Couture) Renaud. He was the eldest of five and grew up in South Holyoke where he lived a carefree life, enjoying family, friends, reading, and sports. He attended Morgan Elementary School, H.B. Lawrence Jr. High School, and Holyoke High School, graduating in 1966. He was the goalie on the HHS Soccer team, being selected to the Springfield Republican All Star Soccer Sports team as goalie in his senior year. He then attended Western New England College in Springfield, graduating in 1970. While in college, he worked alongside his Dad at Dreikorn's Bakery in Holvoke.

Rich began his teaching career as a student teacher in Monson High School and never left until his retirement after 43 years! He was doing what he loved: helping to form and expand young minds; opening students' minds to literature, especially Shakespeare (all of his cats had names from literature: Chaucer, Shakespeare, Romeo, Juliet, Ophelia, Othello, and Macbeth), and mentoring new teachers to the high school and, in particular, the English Department. He was that department's chairperson.

Looking at the sympathies that have been pouring in for him one can tell how special he was to so many at the school....."mentor, caring & gentle, favorite teacher, amazing, smart, funny, planting the seeds of love for learning, sweetest and most understanding teacher, wonderful colleague, role model, passion for teaching, inspiring, loved it when he read to us during class because he was so involved with the characters you couldn't help but listen." And on and on... Rich had many yearbooks dedicated to him. He loved the Drama contests that he directed and the teams he coached. He still had contact through facebook with many of his former colleagues and students.

Rich was predeceased by his parents Doris (2015) and Henry (1998) and his beloved youngest sister Karen (1977) whom he has now joined for eternity in heaven. Rich is survived by his wife of 25 years, Regina (Reg, Reggie, Gina); sons Joseph Renaud of Holyoke, Jeffrey Renaud of Palmer and Michael Chesnis and his wife Amy of Fort Myers, Florida; sister Linda and her spouse Kathy Probst of St. Louis, MO; brother Robert and his wife Denise of Westfield; sister Janice and her husband Russell of Holyoke; grandchildren Arthena Ellis Renaud of Palmer, David and Christine Nguyen of Florida, April Starbard of Lady Lake, Florida. His nieces and nephews Karen Fay and her husband Shaun of Holyoke, George Renaud and his wife Melissa and daughter Chloe of West Springfield, Christina Menard and her husband Karl and their sons Colin and Kamrin of Westfield; sister-in law Teresa (Terry) Grant of Worcester; niece Jennifer Castro and her husband Steve and their children Lily and Logan; nephew Jeffrey Grant and his wife Jessica and their children Emily and Jeffrey.

Rich was a single father to his boys from when they were young, basically giving up all of his life for them until they were both grown and then he finally said it was time for him and he met the love of his life, Gina. She brought such joy to him. Travelling over the world, his favorite being England and cross-country, his favorite being California, as well, cruises, his favorite being Alaska.

A graveside service for Rich will be held on Thursday, January 14,2021 at 11:00AM in Worcester County Memorial Park in Paxton. In lieu of flowers, donations may be made to Monson High School, English Department, for an English major scholarship, 55 Margaret Street, Monson MA 01057. Arrangements are under the care of Pillsbury Funeral Home 163 Main St. Spencer.

## Robert E. Harper,71

SPENCER- Robert E. Harper,71, beloved husband of Dianne (Nelson) Harper, died January 3, 2021 surrounded by his loving family.

He was born in Ware, a son of the late Edward and Myrtle (Lynds) Harper. Robert retired as a school teacher having been employed by the Spencer-East Brookfield Regional School System.

Bob had a love and passion for many things, but none more than family. especially his 4 grandchildren Alexis, Karsyn, Logan and Reece. Bob's knowledge of sports was second to none, his passion to teach was perhaps the second most important thing in his life. Bob taught for 31 years impacting many lives. He was also a basketball and football coach, most recently coaching football at David Prouty. One of his favorite quotes was "there is no problem in life a smile and joke cant fix", he lived life

While people don't get sicker with this

new variant, a more contagious virus

is actually a graver threat to society. A

more virulent virus increases hospitals

resource needs linearly - each person

needs more help or a greater percentage

of people need help. A more contagious

version however increases the stress-

es on our hospital system exponential-

ly. Each 6-day generation the need for

medical services multiplies and quickly

there won't be enough to go around and

rationing of care will be the only option.

rationing oxygen, and has told EMT's

not to transport people they consider

to have a low chance of survival... In

America, we now have ambulance driv-

ers deciding if a person still alive should

be brought to the hospital or not - the

"death panels" you guys feared 12 years

ago are here and brought on by Trump's

The new virus strain is everywhere.

We either institute hard lockdowns as

a "firebreak" to prevent hospitals from

overrunning or we accept rationing care

horrid management of COVID-19.

LA County in California is already

HAR-YAROK

continued from page **A13** 

that way making most conversations and stories seem like a stand up routine. Bob was most known for his quick wit and sense of humor, During his free time he enjoyed spending afternoons on the golf course,or complaining about his favorite local sports teams. " If you cant fly then run, if you cant run then walk, if you cant walk then crawl, but whatever you do you have to keep moving forward."-Martin Luther King Jr.

In addition to his wife he leaves three sons, Timothy Harper (Laura), Christopher Harper (Sarah) and Craig Harper; 4 grandchildren; a sister, Debra Schubert (Theodore); along with extended family members. He was predeceased by a brother Allan.

A memorial service and burial will be held in the Spring. Arrangements are under the care of Pillsbury Funeral Home 163 Main St. in Spencer.

as the cost of freedom... My money is on an anemic attempt to avoid rationing care so the governor can claim to have tried but care will be rationed in the end because we are on a collision course.

COVID by the numbers... Record bad. We crossed more than 315,000/day confirmed cases and more than 4,000 deaths/ day nationally and 8,120 cases/day in Massachusets our daily deaths reached 120/day. Since last week, active COVID hospitalizations have increased 17 percent in Massachusetts and hospitals are now 87 percent full instead of 82 percent week ago.

Since last week, 21,917 more Americans have died, marking the worst week yet for the pandemic for a total of 373,219 and 1.7 million more Americans have been confirmed to have the disease, since last week, for a total of 22,137,931 Americans. Considering that "excess deaths" are 15 percent more than usual or 38 percent higher than the official death toll, we are looking at a total excess death of 515k. Perhaps there is another explanation for

this sudden increase in deaths ... We live in interesting times...

> OMAR HAR-YAROK EAST BROOKFIELD



- Make formal introductions, get to know your neighbors.
- Get out there, Participate **Build a community network**
- Assist those who need extra care
- Keep promises,
- Try your best to keep your word Manage confrontations, If a
- problem should arise try your best to handle it tactfully
- 7. Pool resources. Sharing resources can save money and build a sense of community
- 8. Be a neighbors' eyes and ears, just keeping an eye out for your neighbors can be a help.
- Organize a community project, neighbors worked together for the community's greater good
- 10. Act responsibly, When neighbors have good boundaries, are respectful and considerate, and offer assistance to one another, it creates a lot of good will and trust and long-term, close relationships can grow,

StonebridgePress.com



(Your Neighbors)

To find out how you can earn more trust from your neighbors. Contact your sales representative StonebridgePress.com

# POLICE REPORTS

#### SPENCER POLICE

WEDNESDAY, DECEMBER 30

12:37 a.m.: burglary (Paxton Road), Carmen I. Nunez, 43, 13 Summer Street, North Brookfield, breaking & entering in the nighttime, arrest; James Michael Stanhope, 33, 21 Sumac Circle, Holden, breaking & entering in the nighttime, arrest; 3:20-3:55 a.m.: buildings checked, secure; 8:15 a.m.: animal complaint (Charlton Road), missing cat; 9:01 a.m.: 911 call (West Main Street), Harrington CT down; 9:23 a.m.: officer wanted (Howe Village), welfare check; 10:41 a.m.: lost/found (West Main Street), lost cellphone; 11:05 a.m.: officer wanted (Church Street), spoken to; 11:34 a.m.: mv theft/plate only (Water Street), rear plate missing; 12:15 p.m.: building checked, secure; 12:20 p.m.: 911 call (Howe Village), hang-up; 1:52 p.m.: officer wanted (West Main Street), Brookfield PD bolo; 3:00 p.m.: LTC issued (West Main Street), assisted; 3:33 p.m.: mutual aid (Bay Path Road), welfare check; 4:44 p.m.: mv lockout (South Spencer Road), assisted; 5:10 p.m.: suspicious mv (Paxton Road), investigated; 6:59 p.m.: officer wanted (West Main Street), info taken; 8:45-8::51 p.m.: buildings checked, secure; 10:14 p.m.: medical/general (Wall Street); 11:14 p.m.: suspicious mv (Woodside Road), investigated; 11:26 p.m.: disturbance (Bixby Road), gf out of control; 11:38 p.m.: medical/general (Main Street); (Total daily my stops

THURSDAY, DECEMBER 31

12:39-1:07 a.m.: buildings checked, secure; 1:30 a.m.: animal complaint (Old Farm Road), re: dog bite; 2:00-2:18 a.m.: buildings checked, secure; 4:44 a.m.: medical/general (Howe Village): 5:26 a.m.: abandoned 911 call (West Main Street), no contact; 6:57 a.m.: officer wanted (West Main Street), LTC change of address; 8:34 a.m.: officer wanted (West Main Street), inquiry re: child seat; 10:20 a.m.: disturbance (Cherry Street), neighbors fighting; 11:39 a.m.: 911 call (West Main Street), Harrington CT down; 11:47 a.m.: animal complaint (Howe Road), loose dog; 11:49 a.m.: 911 call (Bixby Road), hangup; 11:52 a.m.: mv complaint (Main Street), erratic operator; 12:25 p.m.: lost/found (West Main Street), wallet claimed; 1:20 p.m.: animal complaint (Summer Street), squirrel in house; 1:45 p.m.: medical/general (Briarcliff Lane); 5:25 p.m.: abandoned 911 call (Main Street), no contact; between 5:25-5:42 p.m.: entire incident, including time, redacted from police log; 5:42 p.m.: fireworks complaint (Clark Street), fireworks/gunshots heard; 6:13 p.m.: fire alarm (Candlewood Drive), services rendered: 8:35 p.m.: 911 call (West Main Street), misdial; 10:21 p.m.: 911 call (Irving Street), no emergency; (Total daily mv stops -3).

FRIDAY, JANUARY 1 12:07-12:33 a.m.: buildings checked, secure; 12:35 a.m.: odor of gas (Grove Street), referred: 12:48 a.m.: suspicious mv (G.H. Wilson Road), investigated; 1:07-2:10 a.m.: buildings checked, secure; 7:55 a.m.: medical/general (Howe Village); 8:00 a.m.: fire alarm (Buteau Road), referred; 9:02 a.m.: mutual aid (Charlton Road), Charlton PD bolo; 9:30 a.m.: 911 call (Cherry Street), no contact; 9:49 a.m.: officer wanted (West Main Street), inquiry re: mv registration; 10:26 a.m.: attempted b&e (Mechanic Street), bedroom screen sliced; 11:37 a.m.: medical/general (Mechanic Street); 11:41 a.m.: medical/ general (Main Street); between 11:41 a.m.-12:20 p.m.: entire incident, including time, redacted from police log; 1:29 p.m.: disturbance (Bixby Road), uncooperative Lyft passenger; 6:33 p.m.: accident (Main Street), report taken; between 6:33-7:12 p.m.: entire incident, including time, redacted from police log; 7:12 p.m.: assault (Grove Street), rep. assaulted by male; 8:15 p.m.: mv lockout (Main Street), assisted; 8:27 p.m.: DPW call (West Main Street), roads snow covered; 11:19-11:55 p.m.: buildings checked, secure; (Total daily mv stops - 5).

SATURDAY, JANUARY 2

12:09-1:03 a.m.: buildings checked, secure; 4:27 a.m.: suspicious mv (Greenville Street), investigated; 8:38 a.m.: medical/general (Sampson Street); 2:40 p.m.: officer wanted (West Main Street), Harrington CT down; 2:57 p.m.: officer wanted (Charlton Road), re: neighbor issue; 3:18 p.m.: officer wanted (Main Street), hit/run accident; 3:21 p.m.: mv complaint (Main Street), erratic operator; 3:35 p.m.: 911 call (Howe Village), misdial; 6:45 p.m.: 911 call (Lincoln Street), no contact; 6:47 p.m.: officer wanted (West Main Street), East Brookfield PD bolo; 7:59 p.m.: parking violations/3 (Mechanic Street), tickets issued; 8:08 p.m.: 911 call (Church Street), open line; 8:28 p.m.: suspicious mv (Main Street), investigated; 9:00-9:36 p.m.: buildings checked, secure; 9:37 p.m.: medical/ general (Holmes Street); 9:53 p.m.: disturbance (Valley Street), neighbors fighting; (Total daily mv stops – 4).

SUNDAY, JANUARY 3 12:00-12:35 a.m.: buildings checked, secure; 12:49 a.m.: parking violation (Church Street), ticket issued; 12:58-2:18 a.m.: buildings checked, secure; 3:18 a.m.: disturbance (Mechanic Street), noise complaint; 6:25 a.m.: medical/general (Lincoln Street); 8:07 a.m.: residential alarm (Northwest Road), services rendered; 8:43 a.m.: parking violation (Lloyd Dyer Drive), ticket issued; 8:55 a.m.: mv theft (Main Street), report taken; 9:17 a.m.: officer wanted (Main Street), welfare check; 9:29 a.m.: 911 call (West Main Street), deer thru ice; 10:03 a.m.: parking violation (Elm Street), ticket issued; 11:11 a.m.: medical/general (Maple Street); 12:59 p.m.: officer wanted (West Main Street), Harrington CT down; 1:12 p.m.: medical/general (North Brookfield Road); 1:39 p.m.: threats (Main Street), report taken; 2:18 p.m.: medical/general (Hastings Road); 2:23 p.m.: DPW call (Holmes Street), salt pile in road; 2:30 p.m..: officer wanted (West Main Street), Sturbridge PD bolo; 2:42 p.m.: suspicious persons (West Main Street), investigated; 2:50 p.m.: accident (North Spencer Road), report taken; 3:06 p.m.: mv complaint (Lyford Road), erratic operator; 4:34 p.m.: animal complaint (Northwest Road), barking dog; 5:16 p.m.: fire alarm (Smithville Road), referred; 5:29 p.m.: medical/general (Main Street); 5:36 p.m.: building checked, secure; 5:57 p.m.: DPW call (West Main Street), snowy road conditions; 5:59 p.m.: 911 call (Howe Village), no contact; 6:34 p.m.: officer wanted (West Main Street), Charlton PD bolo; 8:11 p.m.: elderly matter (Duggan Street), distraught father; 8:35-8:38 p.m.: buildings checked, secure; 9:56 p.m.: officer wanted (West Main Street), spoken to; (Total daily mv stops - 2).

MONDAY, JANUARY 4 12:46-12:53 a.m.: buildings checked, secure; 12:54 a.m.: suspicious mv (Main Street), investigated; 12:58 a.m.: parking violation (Temple Street), ticket issued; 12:59-2:05 a.m.: buildings checked, secure; 2:42 a.m.: commercial alarm (McCormick Road), accidental; 3:35 a.m.: building checked, secure;

3:56 a.m.: suspicious persons (West Main Street), investigated; 6:11 a.m.: 911 call (High Street), hang-up; 6:39 a.m.: officer wanted (North Spencer Road), poss. car off road; 6:44 a.m.: DPW call (North Spencer Road), icy conditions; 6:53 a.m.: medical/general (Summit Street); 10:10 a.m.: officer wanted (Main Street), services rendered; 10:15 p.m.: medical/general (Howe Village); 11:00 a.m.: DPW call (Main Street), low-hanging wire; 11:19 a.m.: officer wanted (Mechanic Street), apt. lockout; 12:37 p.m.: 911 call (West Main Street), Harrington CT down; 1:19 p.m.: trespassing (Chestnut Street), no trespass notice served; 1:34 p.m.: medical/general (Kingsbury Road); 2:18 p.m.: restraining order service (Main Street); 2:35 p.m.: 911 call (West Main Street), disconnected; 2:52 p.m.: restraining order service (West Main Street); 2:59 p.m.: parking complaint (Main Street), mail delivery blocked; 3:00 p.m.: disturbance (Grove Street), noise complaint; 4:18 p.m.: officer wanted (Mechanic Street), req. escort/retrieve belongings; 4:19 p.m.: mv complaint (Main Street), erratic operator; 4:22 p.m.: animal complaint (McCormick Road), re: horse; 4:24 p.m.: parking violation (Mechanic Street), ticket issued; 4:32 p.m.: animal complaint (High Street), dog attacked; 5:06 p.m.: disturbance (High Street), spoken to; 5:34 p.m.: officer wanted (Mechanic Street), family issue; 6:03 p.m.: medical/general (Meadow Road); 8:00 p.m.: suspicious persons (Meadow Road), investigated; (Total daily mv stops – 3).

TUESDAY, JANUARY 5 12:31-12:59 a.m.: buildings checked, secure; 1:00 a.m.: juvenile matter (Main Street), custody issue; 1:00-2:48 a.m.: buildings checked, secure; 12:29 p.m.: DPW call (Maple Street), info taken; 12:59 p.m.: building checked, secure; 4:02 p.m.: juvenile matter (Mechanic Street), re: skateboarding; 4:13 p.m.: multiple LTC issued/3 (West Main Street), assisted; 4:14 p.m.: firearms dealer license issued/3 (West Main Street), assisted; 4:16 p.m.: multiple LTC issued/4 (West Main Street), assisted; 4:26 p.m.: restraining order service (High Street); 5:09 p.m.: suspicious mv (McCormick Road), investigated; 6:02 p.m.: larceny (Chestnut Street), theft of mail; 6:39 p.m.: DPW call (Main Street), street lights out; 6:43 p.m.: warrant service (West Main Street), Justin R. Doyle, 23, Unknown street, Spencer, arrest warrant X 2; 7:14 p.m.: mv complaint (Main Street), erratic operator; 9:34 p.m.: buildings checked, secure; 9:43 p.m.: parking violation (Temple Street), ticket issued; 9:48-9:56 p.m.: buildings checked, secure; 10:40 p.m.: medical/general (Lyford Road); (Total daily mv stops

## LEICESTER POLICE

THURSDAY, DECEMBER 31

12:17 a.m.: mv stop (Main Street), verbal warning; 6:47 a.m.: ambulance (Main Street), transported; 7:41 a.m.: illegal dumping (Mannville Street), referred; 7:47 a.m.: investigation (South Main Street), services rendered; 8:05 a.m.: investigation (South Main Street), services rendered; 9:28 a.m.: assist citizen (Soojians Drive); 9:36 a.m.: property found (Main Street), investigated; 9:50 a.m.: mv stop (Main Street), verbal warning; 10:11 a.m.: b&e/mv (Main Street), report taken; 11:32 a.m.: accident (South Main Street), no action required; 12:25 p.m.: investigation (Main Street) services rendered: 2:04 p.m.: investigation (Main Street), services rendered; 2:54 p.m.: residential alarm (Marshall Street), false alarm; 4:56 p.m.: welfare check (Main Street), peace restored; 11:36 p.m.: suspicious mv (Pleasant Street), removed hazard. FRIDAY, JANUARY 1

2:34 a.m.: mv stop (Stafford Street), spoken to; 5:33 a.m.: mutual aid (Ledgecrest Drive, Worcester), transported; 9:56 a.m.: animal complaint (Ingram Road), gone on arrival; 2:28 p.m.: accident (Huntoon Memorial Highway), name and address redacted from police log, unlicensed operation, criminal application issued; 6:59 p.m.: welfare check (Main Street), services rendered; 7:02 p.m.: assist other PD

(Stafford Street), unable to locate. SATURDAY, JANUARY 2

a.m.: suspicious activity (Stafford Street), unfounded; 10:26 a.m.: disturbance (Baldwin Street), unfounded; 3:27 p.m.: erratic operator (Main Street), unable to locate; 5:07 p.m.: investigation (Main Street), report taken; 6:09 p.m.: accident (Donnelly Road, Spencer), referred; 8:40 p.m.: suspicious activity (West Street), unable to locate; 9:40 p.m.: disturbance (Stafford Street), spoken to; 10:06 p.m.: welfare check (Main Street), transported to hospital; 11:21 p.m.: disturbance (Stafford Street), peace restored.

SUNDAY, JANUARY 3

12:27 p.m.: mutual aid (Dunbar Street, Worcester), transported to hospital; 1:55 p.m.: welfare check (Main Street), no action required; 4:38 p.m.: welfare check (Dale Street), services rendered; 9:58 p.m.: mv stop (Main Street), verbal warning.

MONDAY, JANUARY 4

3:42 a.m.: ambulance (Huntoon Memorial Highway), transported; 7:43 a.m.: ambulance (Pleasant Street), transported; 1:07 p.m.: mv stop (Stafford Street), spoken to; 4:24 p.m.: erratic operator (Main Street), John Gregory Beauchemin, 59, 76 Fiske Hill Road, Sturbridge, OUI liquor, unregistered mv, negligent operation, arrest.

TUESDAY, JANUARY 5

12:08 a.m.: mv stop (South Main Street), written warning; 1:00 a.m.: mv stop (Stafford Street), spoken to; 8:23 a.m.: welfare check (Pine Street), spoken to; 10:54 a.m.: trespassing (Stafford Street), spoken to; 12:24 p.m.: restraining order service (King Street Extension), unable to serve; 1:00 p.m.: larceny (Soojians Drive), report taken; 3:38 p.m.: restraining order service (Shelter Ridge Road), served; 3:44 p.m.: summons service (Pine Street), unable to serve; 3:57 p.m.: restraining order service (King Street Extension), served; 7:15 p.m.: erratic operator (Main Street), unable to locate; 7:18 p.m.: fraud (Burncoat Lane), spoken to; 7:51 p.m.: mv stop (Main Street), verbal warning; 8:32 p.m.: disturbance (Soojians Drive), peace restored; 9:30 p.m.: suspicious mv (Chapel Street), services rendered.

WEDNESDAY, JANUARY 6

12:08 a.m.: mv stop (Stafford Street), written warning; 9:19 a.m.: mv stop (Main Street), verbal warning; 10:29 a.m.: mv stop (Main Street), verbal warning; 10:58 a.m.: mv stop (Main Street), verbal warning; 11:19 a.m.: mv stop (Main Street), verbal warning; 1:02 p.m.: investigation (Soojians Drive), services rendered; 3:28 p.m.: restraining order service (Laflash Lane), unable to serve; 4:14 p.m.: mv stop (Stafford Street), verbal warning; 6:01 p.m.: harassment (Main Street), investigated; 7:46 p.m.: restraining order serviced (Laflash Lane), served.

# Learn more about the effects of pandemics

Much of the globe was introduced to an assortment of new terms throughout 2020. Phrases like "social distancing" or "flatten the curve" were commonly used, but these were all preceded by the utterance of the word "pandemic."

What is a pandemic?

The World Health Organization defines a pandemic as a "worldwide spread of a new disease." The word pandemic comes from the Greek words 'pan" (meaning "all") and "demos" ("people"). When a new disease emerges, most people lack the natural immunity to fight off illness, so the disease can spread rapidly between communities — and eventually around the world.

A pandemic differs from an epidemic in that an epidemic is the spread of disease in a community or region over a specific amount of time. Epidemics often grow into pandemics.

Facts and figures about pandemics

According to HealthCareers.com, the most lethal pandemics in history were the Spanish flu of 1918 and the Black Death. The Spanish flu lasted two years and claimed 50 million lives, according to the United States National Archives. In the 14th century, a bubonic plague pandemic referred to as "The Black



Death" caused the deaths of between 75 and 200 million people over a period of five years. In comparison, as of October 2020, more than 1.1 million people have died of the COVID-19 disease

worldwide, according to NBC News and Johns Hopkins University Coronavirus Resource Center. Prior to COVID-19, the most recent pandemics occurred with the outbreak of the Hong Kong flu in

1968-69, the H1N1 Swine flu of 2009-2010, and the Ebola outbreak of 2014-2016. The WHO says that most viral pandemics have been caused by influenza viruses.

Addressing pandemics

National Center Biotechnology Information indicates that globalization increases the probability of a pandemic. Urbanization, travel, trade, and human-animal interaction all lead to elevated pandemic risk. However. thanks to the science of epidemiology and the development of new medicines and therapies, professionals have helped to reduce death rates due to pandemics.

Health experts say one of the most efficient measures to help reduce the risk of pandemic infection is the simplest — the practice of social distancing. The Centers for Disease Control and Prevention says social distancing means keeping a safe distance between oneself and others who are not from the same household. Many diseases spread among people who are in close contact (within about six feet) for prolonged

Global pandemics are nothing new, but the public still needs to be vigilant and do their part to help reduce the spread of infectious diseases.

# Tools that can keep people safe at home

Homes should be sanctuaries for their inhabitants. Keeping homes safe and sound requires both maintenance and some caution designed to make homes less vulnerable to potentially costly issues.

Promptly addressing maintenance issues around the house can reduce the risk of accident or injury. In addition, various items can alert homeowners to problems they may not otherwise recognize before issues jeopardize residents' health or take a turn for the costly.

#### **Auto shut-off features**

Who hasn't left the house only to worry an hour or so later about whether the coffee pot was turned off or the straightening iron was unplugged? When shopping for personal care items or appliances, seek out models that have automatic shutoff features. This safety feature will power down the unit after a certain amount of time, which can reduce the risk of overheated products and house fires.

Flood and leak detector

The financial information and wellness resource Canstar says leakages, burst pipes and other water-related issues in a home are one of the more common home emergencies. Water damage can cost between hundreds and thousands of dollars depending on how invasive the water problem is. Catching a leak or flood in a home early on is essential.

Water leak detectors are designed to detect a potential flood or leak at an early stage so homeowners can take action. Sensors may sound an alarm or be connected to a WiFi system to send an alert to a mobile device.

#### Carbon monoxide and gas detection

It is vital that homeowners install carbon monoxide detectors in their homes. Carbon monoxide is odorless

and colorless, and can cause poisoning that slowly suffocates a person. It also is combustible.

Carbon monoxide devices cannot detect a gas leak, but gas detectors can. They are a wise addition for people who have a significant number of natural gas appliances, or those who have older, gas-powered appliances.

#### Sump pump alarm

A sump pump can mean the difference between a flooded basement and a dry floor. Homeowners may not recognize a sump pump malfunction during a power outage, and clogs also may not be detectable until the basement floods. Sump pump alarms incorporated into the system alert homeowners that something is amiss.

Homeowners can rely on devices and other tools to prevent their homes from being damaged and themselves and their families safe.









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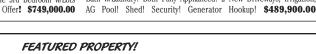
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**OXFORD - 115 CHARLTON ROAD** 

Beautiful home set back off road providing privacy and oversized

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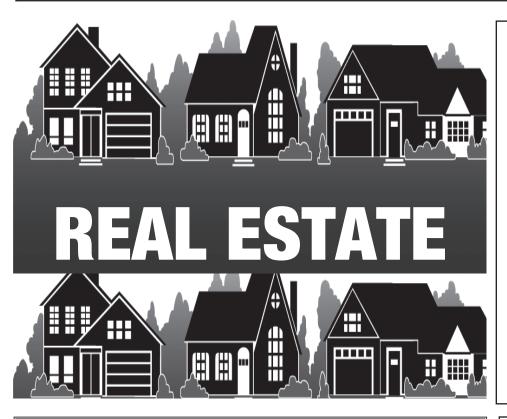


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Market Volume	\$3,597,000	\$5,252,154	<b>A</b>
# of Homes Sold	12	16	<b>A</b>
Avg Days on Market	44	26	Y
WEBSTER			
Modian Price	¢201 000	¢218 5000	A

Median Price \$281,000 \$318,5000 Market Volume \$4,100,900 \$6,199,800 11 20 # of Homes Sold Avg Days on Market 63 30

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# DIY Tips to Better Health and Well Being

Self Care ranked high on New Year Resolution lists this year, and for many, that means taking matters into their own hands. The answer to common maladies isn't always in a medicine cabinet. In fact, treating everyday ailments or symptoms of aging is often a matter of common sense. From mental maneuvers to manual massage, the following self help tips are geared toward effectively promoting good health and well

Improve Memory: What's your memory grade? If you're a flunky when it comes to remembering, it may be time to get your brain back in shape with a good diet, meditation, and some mental gymnastics:

Diet: Sugar is not only bad for your diet, it can also be bad for your brain! Research has shown that people who regularly consume lots of added sugar may have poorer memories and lower brain volumes than those who consume less sugar.

Many studies have shown that consuming fish and fish oil supplements may improve memory, especially in older people. According to Healthline, a study of 36 older adults with mild cognitive impairment found that short-term and working memory scores improved significantly after they took concentrated fish oil supplements for 12 months

Meditation: Research suggests meditation may increase

gray matter in the brain and improve spatial working memory. In fact, Meditation and relaxation techniques have been shown to improve shortterm memory in people of all ages, right up to the elderly!

Memory Training: No matter what your age, experts say exercising your brain really may make the difference between using it and losing it. Memory training can include verbal repetition exercises, number quizzes, word definition challenges and more. Activities such as doing crossword puzzles, playing word games or cards, strengthens the receptors between brain cells in memory transmission areas. If you sense memory loss occurring, use mental helps such as calendars, calculators, list making, and group discussions to exercise your memory receptors. And relax. According to the experts, worrying about what you're going to forget can actually cause a mental block!

Stall Senility: If forgetfulness has you fretting about a future with Alzheimer's, here are some facts that may actually help you stall or prevent the

Exercise has been shown to reduce the risk for dementias. The good news is, it is never too old to start exercising to reap the benefits. Studies to date also show that KETO (low carb) and Mediterranean



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diets may be beneficial to brain health. Research of people genetically predisposed to developing Alzheimer's disease, showed those who consumed the most fat on average, as well as the most calories, were more likely to develop the disease compared as to people who followed low-fat, low-calorie diets.

Earlier research revealed middle-aged people with high cholesterol or high blood pressure could have up to a 50 percent greater risk for developing Alzheimer's later in life. Studies also showed patients may have low levels of vitamin B-12, A and C and beta-carotene, and high concentrations of aluminum and mercury. So take your vitamins and eat healthy to up your odds of avoiding Alzheimer's!

Effortless Memory Boost: Too tired to exercise your brain to boost memory? Dab on your favorite perfume! Believe it or not, medical studies show memory skills are enhanced while people are wearing a fragrance. The theory is that because the part of the brain that stores memory is located near the part that senses smell, the memory is boosted when you sniff a fragrance. Now, if you can only remember where you put the cologne.....

Laughter is the Best Medicine: Groucho Marx once declared "A clown is like an aspirin, only he works twice as fast!" And health officials worldwide have proved laughter really may be the best medicine. According to University of Maryland Hospital studies, the benefits of laughing include improved coordination of brain functions, memory improvement, reduction in stress and depression, pain relief and stronger internal muscles. One UM doctor even claims twenty seconds of hearty laughter gives the heart the same workout as three minutes of hard rowing. So enjoy a daily dose of laughter, it's free, fun and contagious!

Stress Busters: It's 2 p.m., you've got a pile of unfinished work, you've yet to each lunch and the phone keeps ringing! If the high tech and high stress world has got you chewing your acrylic nails off, try these easy office stress busters: At the first sign of stress, massage therapists suggest simply massaging the palm of one hand by making a circular motion with the thumb of the other. Or, when you're stressed out, reach for a steaming mug of decaf or other hot beverage and cup your hands around the mug. Bring your warm hands to your closed eyes for a few seconds and take a deep breath to induce calm. And here's a good excuse to snack on the job: Carbohydrates stimulate serotonin in the brain, so reach for a bagel, crackers or pretzels to help calm down fast.

The Buzz on Caffeine: If you love your coffee, here's another excuse to drink high octane java! A popular ten year study revealed coffee drinkers really may be better thinkers. The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person has a cold.

Hearing Help: Are you saying "Huh?" more than you used to? Well before you run out to by a hearing aid, you might want to consider a pair of sneakers instead! Believe it or not, researchers at Miami University in Ohio report aerobically fit people heard sounds at lower volumes than their sedentary counterparts. In fact the researchers went as far as to declare that a fit person at age 40 can have the hearing of a 20 year old! The concept is that aerobic exercises such as walking, enrich the blood with oxygen and improve blood flow to the ears, which improves hearing function. For A proper hearing "fitness" routine, the experts suggest working your way up to walking 30-60 minutes, five or six days per week. For an optimum hearing boost, add strength training, as those who are aerobically and muscularly fit had the best hearing!

Eye Test: Babyboomers may be soon discovering their eves aren't as sharp as they used to be! Here is a quick vision test to gauge whether or not it's time to have those glasses upgraded: A person with good vision should be able to read the numbers and letters on a license plate 80 feet away. If not, it's time to get a vision checkup. If you work at the computer all day, this simple "eye break" exercises tired eye muscles. Hold a pencil one foot away from your eyes, focus on an object behind the pencil

for several seconds, then blink and focus directly on the pencil for a moment or two. This helps relaxes and revitalize eyes. At home, relieve eye strain by cutting two thin slices of raw red potato. Keep them on your closed eyelids for 20 minutes

Sweet Slumber: Are you always tired? Is your nightly slumber less than satisfying? If so, it might be time to reset your sleep clock to ensure your daily dose of rest! If your body clock is set to a different time than your schedule, youll feel tired. Experts say when you're in your 20s and 30s, your body is typically set to stay up late and sleep late. On the other hand, its common for people in their 60s and 70s to fall asleep at before 8 p.m. and wake up before the birds. Here's how to get back to a normal sleep rhythm by resetting your sleep clock: Bright electric light can shift your body clock, according to a study published in the Journal of Investigative Medicine. If you want to stay up later, sit under a bright light bulb for one to two hours before your current bedtime. This will slowly shift your body clock to a later bedtime. In the morning, block out bright light until youve been up for an hour or two. If you want to go to bed and get up earlier, dim the lights in the bedroom after 9 p.m. and pull up shades to allow the morning sun to stream in.

Win Dinner for Two at the Publick House

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

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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# Latest antique, collectibles, and auction news

For my first column of 2021, I thought it would be fitting to recap and wrap up the antique news from 2020 and share exciting news that has

already happened this year.
Some advertising pieces and slot machines brought strong results at an October auction, according to an Antiques and Arts Weekly report. A triangular shaped 1935 Coca Cola sign was one of the items in the auction. The double-sided hanging enamel sign brought \$21,600. An 1870s Proctor and Gamble advertising sign for Amber Soap was said to be histor-

ically significant, because it predated the company's production of Ivory soap. It sold for \$28,800. A Pepsi Cola syrup dispenser went for \$39,975. A five cent "Little Rip" baseball themed trade stimulator (similar to a slot machine) sold for \$132,000. A "Triple Centaur Jackpot" slot machine that accepted nickels and quarters in three separate sections reached \$240,000.

An upcoming auction expects even better results. Coin News reports that several coins in a January 20th-24th auction are estimated to bring seven-figure sums. A 1796 No pole cent is one of the valuable coins. 1796 was the first year that the United States produced every denomination of coin from the half cent to gold Eagle \$10 coin. Other coins that may hit the million-dollar mark are an 1838 Liberty Gold Eagle, 1796 Quarter Eagle \$2 ½ coin, 1885 silver Trade Dollar and a 1792

alone would have been worth less than that. An 1804 Proof Eagle and "1787 New York-Style Brasher Doubloon" are two of the other ultra-valuable coins. The Doubloon will be coming to auction for only the third time since 1848. The previous two times it set a world record for any coin ever auctioned. As ANTIQUES, of Jan. 9, online bidding was already at \$3.6 million.

COLLECTIBLES

& ESTATES

WAYNE TUISKULA

There was news that offers hope for those of you hunting for that big estate sale or thrift shop find. The Lewiston, Maine Sun Journal reported that a Norway, Maine man made a thrift shop find that netted him

a nice sum. Like most of us, 2020 was a difficult year for the antique dealer who discovered the painting at a thrift shop. His antique shop was shuttered from March through May because of the pandemic. In October, he purchased the painting by Austrian-born artist Josef Floch. According to the Sun Journal, "after the upheaval of World War I. Floch left Austria for Paris where he joined the popular avant-garde movement. As World War II raged in France, he immigrated to the United States about 1941, permanently settling in New York." The exact amount he received wasn't listed, other than that it was five figures. When asked where he bought the painting, the dealer stated, "I can't divulge all the details. That would be like a fisherman telling where his best spot is."

Our online auction of paintings and

soon after. We have been acquiring some consignments of gold jewelry, 1960s and earlier baseball cards and other antiques and collectibles for our next multi-estate auction. We are still accepting quality consignments for that sale. You can sign-up for email updates on future events on our homepage: www.centralmassauctions.com.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass

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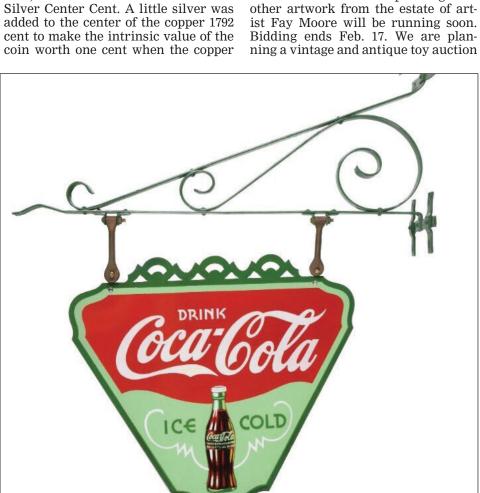
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