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Free by request to residents of

East Brookfield, West Brookfield, North Brookfield, Brookfield, Leicester and Spencer

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Friday, March 28, 2025



The Spencer-East Brookfield Regional School District congratulates eighth grader Zoe Barnett, who recently competed at the New Balance Indoor Track and Field Nationals in Boston. "She competed in the 60 meter dash against fellow middle schoolers from across the country, representing David Prouty High School," read a statement released by school officials.

NBHS receives LMS students honored with STEM award grant to expand STEM

opportunities

NORTH BROOKFIELD — Officials announced last week that North Brookfield High School has received a grant to expand STEM career learning opportunities.

NBHS was awarded \$40,000 in grant funding from the One8 Foundation. Funds will be used to enhance the school's applied learning curriculum through Project Lead the Way (PLTW), a national nonprofit organization that provides coursework in computer science, engineering, and biomedical science.

"This grant is a tremendous opportunity for North Brookfield students to engage in hands-on, applied learning that aligns with career pathways in high-demand industries," said North Brookfield Public Schools Superintendent Tim McCormick. "By expanding our PLTW offerings, we are giving students the tools and experiences they need to be college and career ready."

The district currently offers PLTW Launch at the elementary school and PLTW Gateway for middle school students.

The recently awarded grant will support hands-on learning experiences and in-depth teacher professional development at NBHS.

Through PLTW programming, students apply their knowledge to help address an array of challenges. North Brookfield High School is joining more than 12,000 schools nationwide that offer PLTW programs.

Since 2017, the One8 Foundation, in collaboration with the Massachusetts STEM Advisory Council, the Workforce Skill Cabinet, and the Massachusetts Life Science Center, has supported the expansion of PLTW programs across the Commonwealth. These programs help students develop STEM skills that prepare them for jobs in engineering, technology, and innovative sciences.

"Students are hungry for experiences that allow

Turn To **GRANT** page **A11**



Leicester Middle School students are congratulated for earning an impressive STEM

LEICESTER — The Leicester Middle School community is celebrating three students for winning the Project Lead the Way Gateway

Aaliyah Lane, Annika Bowen, and Lucas De Jesus were chosen as winners of the Project Lead the Way (PLTW) Gateway Award for their therapeutic toy project.

"Industry professionals judge projects from across the state and were deeply impressed with the quality of their work," said LMS Principal Douglas Daponde, Jr.

The award recognizes students for their problem-solving skills, cre-

ativity, and teamwork.

School officials congratulate the students and also the LMS educator who continues to set the foundation for STEM success.

This achievement is also a testament to Mr. Craig Therrien, a seventh and eighth grade STEM teacher, for his daily dedication to his students," Daponde added.

A nonprofit organization, PLTW provides STEM activities for students from grades K-12. Programming allows students to develop their skills in science, math, and technology as they prepare for careers in high demand.

School officials offer tours of DPHS renovations



BY KEVIN FLANDERS STAFF WRITER

SPENCER — As the David Prouty High School addition-renovation project continues to advance, school officials are eager to show the progress to students and educators.

Inthemonths ahead, Spencer-East Brookfield Regional School District Superintendent Paul Haughey plans to lead several tour groups through the work site. Earlier this month, Knox Trail Middle School students, who will be among the first classes to graduate from the new-look facility, got an up-close view of the construction.

"We're thrilled to announce that the building project is progressing as planned, with the gymnasium, classroom wing, and track and field on track to open this fall," read a statement released by DPHS building project

With the construction team transitioning to the next stages of the \$111.6 million addi-

Turn To DPHS page A16

Hearings held on Prop 2 1/2 override request

BY KEVIN FLANDERS STAFF WRITER

SPENCER - Residents attended public hearings last week to weigh in on the town's override request options.

Hearings were held on March 17 and 19 at Town Hall. Several municipal leaders presented on their departments' needs, including Police Chief Michael Befford; Fire Chief Robert Parsons; Utilities and Facilities Superintendent Peter Boria; and Pat George, the President of Spencer Rescue Squad's Board of Directors.

"The town is considering two options for the override, Town Administrator Jeffrey Bridges told the New Leader. "The first is one question totaling \$2,465,390 and is for FY 2026. The second option totals the same amount, but splits the cost over three fiscal years (2026, 2027, 2028).

During the public hearings, residents learned about multiple items officials are seeking to fund through the override. These include the "Required Contribution" funding; contractual obligations with the Spencer Rescue Squad; additional Highway Department employees; additional police officers for the Spencer Police Department; public infrastructure improvements; the retention of four Spencer Fire Department firefighters (the positions are currently funded through a grant); and funds defraying the cost of unfunded pension liabilities.

While several residents have argued that taxpayers can't afford an override, other residents and department leaders insist that Spencer can't afford to go without it. Selectmen and public safety officials have repeatedly emphasized multiple items slated for coverage.

"As we strive to provide effective law enforcement services, it is becoming increasingly clear that additional resources are required to keep up with the growing demand and ensure public safety," read a statement released by Befford.

If the override is approved, it would fund the hiring of two additional officers for the

"Integrating a dedicated day shift officer and a second detective into our staffing model is a strategic response to the evolving landscape of law enforcement," the Chief's statement read. positions will alleviate the increased workload resulting from modern policing practices and the growing complexity of certain crimes.'

Additionally, the Spencer Rescue Squad, which provides advanced and basic life support ambulance services to the Spencer community through a contract with the town, has requested an increase in the contract amount from the current \$225,000 per year. Rescue Squad officials are requesting payment of \$325,000 for FY2026, \$350,000 for FY2027, and \$375,000 for FY2028.

"The increased cost of the new agreement doesn't cover much more than the EMS industry rate of inflation since the amount of the current agreement was deter-

Turn To HEARINGS page A1

mined six and a half years

Construction leaders welcome students.

Freshmen named to Bay Path Honor Roll

CHARLTON — Bay Path Regional Vocational Technical School congratulates the following students in grade 9 on being named to the honor roll for the second quarter of the 2024-2025 school year.

High Honors

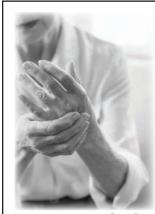
Madeline Candice Adugyamfi, Davian Alexander Alicea Aponte, Arlind Aliu, Matheus Holanda Antonelli, Gianna Rae Bedard, Morgan Lynn Brooks, Brian Bui, Claire Elizabeth Calnan, Keegan Jack Champlin, Cassidy Lynn Chickering, Sydney Faustina Chisholm, Noah James Cole, Alyssa Marie Cuevas, Esmee Elizabeth Cyr, Norah Abigail Dean, Aaron Justin Desautels, Ayla Rose Drisco, Christopher Jeremy Feliciano, Madyson Riley Fitzgerald, Madelyn Helena Frost, Melody Starr Fuentes, Autumn Roae Gatto, Alivia Rose Gauvin, Jayden Robert Afolabi Giwa-Bello, Vanessa Diane Gordon, Matthew Donald Graves, Yadiel Enrique Hernandez Navarro, Jordyn Kate Labrecque, Amelia Layne Magorian, Julia Danielle Marini, Ginelly Shantel Molina, Marieliz Magdalena Morel, Shea Alfred Mulligan, Teagan Patrice O'Halloran, Julian Thomas Papierski, Jacob Louis Pecore, AJ Jesse Perron, Ava Sophia Reed, Alexia Grace Rondeau, Ava Victoria Rondeau, Isabella Roszkowski, Jayden Jose Santos, Paul

Joseph Skarzenski, Victor Manuel Sobinski, Nelson Tobias Sorto, Angela Sofia Suarez Pineros, Victoria Marie Sullivan, Castiel Lee Vazquez, Sadie Mckenna Villegas, Sione Flynn Villegas, Ella Violette Wall, **WANTED TO BUY** Colby Deary Wells, Madison Elizabeth Wells, Sydney Alexandra Winer, Spencer Thomas Wisniewski Antiques & Old Stuff Honors

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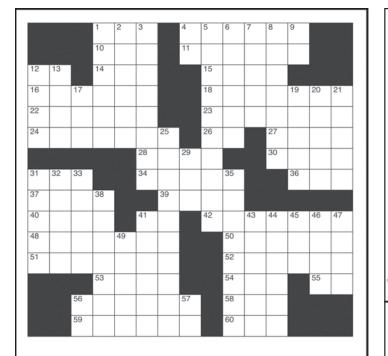


ARTHRITIS?

Is your arthritis care all that vou would hope it to be? If not we may be able to help.

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Charles A. Birbara, MD Associate Professor of Medicine, Umass-Chan Medical School 25 Oak Ave., Worcester, MA 01605 508-799-2674 "Committed to Advancing appropriate care to people with arthritis"



CLUES ACROSS

- 1. State in southwestern India
- 10. Corpuscle count (abbr.)
- 12. Greeting
- 14. Type of drug 15. _ Sagan, astronomer
- 16. Every year
- 18. Nasal cavities
- 22. Nova __, province 23. In an inactive way
- 24. Cream-colored root
- 26. Nervous system disease
- 27. Guitarist Clapton
- 28. Three came to see Baby Jesus 56. Azure
- 30. Lebowski's nickname
- 31. Play a role 34. Not fresh

- 36. Where golfers begin
- 37. Negatives
- 39. Wild goat
- 11. Supervised release from prison 40. Releasing hormone 41. Makes up

 - 42. Fastens 48. Exists in large numbers
 - 50. A connecting word
 - 51. A phase of the heartbeat 52. Northern Ireland county
 - 53. An independent ruler or chieftain
 - 54. Pacific sea bream
 - 55. Commercial

 - 58. Doctor of Education

 - 59. Protected oneself against loss
 - 60. Car mechanics group

CLUES DOWN

- 1. Pastes for filling crevices 2. Acquire
- 3. Heralds 4. News group
- 5. Exact copies
- 6. Particles
- 7. Noted 20th C. performer Lena 41. Not moving 8. Tempted
- 12. Slotted, hinged metal plate
- 13. South American hummingbird 46. Ancient Greek City 17. Neither
- 19. Walk with confidence
- 20. Omit when speaking
- 21. Imperial Chinese currency
- 25. A bakery specializing in French pastry
- 31. Ethnic group of Nigeria
 - 32. Longtime NY Times film critic
 - 33. Beginners 35. Makes a trade

29. Talk incessantly

- 38. Sleep
- 43. Popular drink: Pina ___
- 9. Midway between north and east 44. Potential benefits
 - 45. A place you can get stuck in
- - 47. Chalcedony
 - 49. Rover
 - 56. Digraph
 - 57. Investment vehicle

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Shaila Irma Agudo, Sophie Catherine Anderson, Chase Michael Anthony, Nyahlise Lillian Aviles, Yaniel Aviles, Isabella Elizabeth Barrell, Zachary Barry Barsalou, Elizabeth Susan Bennington, Addam James Bergeron, Caterina Beverlianna Boon, Nevaeh Mae Bourgeois, Benjamin Robert Brooks, Julia Rose Bukowski, Andrew Mason Carter, Sydney Rae Cavan, Julie Elizabeth Chenier, Sadie Ann Cleary, Raymond Joseph Clouthier, Ayva Marie Coffey, Andrew Edward Collins, Brody James Coughlin, Addyson Kaeleigh Coutu, Sam Robert Daignault, Holly Marie Dailey, John Michael Rousseau Daniel, Warren James Day, Allan Carreiro De Belli, Arielle Grace Deauseault, Elaina Nichole Defazio, Oliver Gage DeLorge, Hailey Ann Derosier, Ryder James Diggins, Symeon Downie, Alice Marie Dufault, Ava Marie Dufault, Fable Dufresne, Rylie Anne Dwyer, Dominik John Dziubasik, Danae Skye Fowler, Anthony Joseph Fredette, Tyler Blake Friend, Mehki Styles Fuentes, Evelyn Ann Gray, Ryan James Grupposo, Marcus Roy Hamilton, Fatima Edilene Herrera, Shaylan Rose Hesselton, Chloe Rose Hosley, Emma Mae Jalbert, Colin Henry Joyce, Jannie Mahoney Kabba, Brooke Marie Kasprzak, Alana Dianne Kowalewski, Caleb John Kozlowski, Brayden Albert Kraus, Alan Nicholas Kulpa, Brianna Ashleigh Laforest, Ayden Stacey Laird, Olivia Corinne LaMountain, Cody Paul Landry, Andrew Arthur Lashua, Wesley Patrick Lawless, Isabella Grace Leatham-Wright, Hailey Sage L'Heureux, Juliana Ligeniale Lopez, Kaitlin Angela Lulu, Emily Ann Macko, Cynthia Kagan Marc, Aydan Michael Marsh, Sherlyn Mazariegos Hernandez, Logan James Mondino, Carly Jane Moody, Raider Keith Newton, Martha Mumbi Ngigi, Adalynn Jane Nietsche, Nathaniel Leif Noyes, Giavanna Bella Orsi, Saverio James Palaia, Emma Elizabeth Panczyk, Mason D. Michael Parker, Michael Thomas Payson, Kurtwood Russell Pettiford, Parker Jonathan Piehl, Treva Mae Plank, Joseph Lewis Pretty, Timothy Raymond Pupka, Tianyu Qi, Blake Leonard Richard, Bo Carl Riley, Emilyanis Joan Rodriguez, Keomar Arnaldo Rosario Sanchez, Esmerelda Rosario Tirado, Aiden Lee Rubito, Liliana Morgan Rubito, Rianna Gathoni Ruo, Brianna Jingchen Shi, McKaelyn Carvalho Shine, Thomas Francis Shivick, Grace Autumn Shoblom, Alejandro Javier Sierra Vargas, Tatiana Maria Smolynsky, Owen Miles Stewart, Buddy Gordon Stocks, Jaelyn Doherty Thomas, Olivia Ruth Torres, Shafick Yamal Vasquez-Grande, Gina Grace Vautour, Angelina Marie Vazquez, Colin Anthony Vega, Robert Charles Welch, Thomas Earl Welch, Benjamin Richard Wolanski

Principal's List

Gregory Todd Amos, Cameron Michael Barry, Austin Gordon Brodeur, Abel Pax Burdick, Derek Alexander Campos, Cristian Michael Choquet, Aiden Michael Collins, Elijah Gabriel Cornier, Blake Nicholas Curboy, Tavish McKinley Davis, Nadya Anita Delgado, Nicolas James DiGiola,

P.E.T. of the Week

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Mannybug is a gentle and reserved cat who thrives in quiet, peaceful environments. Though he may initially hide when meeting new people or in unfamiliar settings, it's only because he's cautious and takes his time to feel secure. Once Mannybug has settled in and feels safe, he



reveals his sweet side, enjoying gentle attention and the comfort of a calm atmosphere. He's the perfect companion for those who appreciate a laid-back, serene presence, and once he trusts you, he'll show you his affection in his own quiet, thoughtful way.

we would love to discuss with you, please call us at the shelter (508) 867 5525 *** Second Chance Animal Services www.secondchanceanimals.org

*** Manny has some minor medical conditions



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Ian Joseph Fantasia, Emanuel Jesus Feliciano Rodriguez, Brian Thomas Fineegan, Adrie James Ford, Kylee Marie

Community invited to Good Friday Meditation at St. John the Baptist

EAST BROOKFIELD — All are Invited to a unique Good Friday Meditation, "A Walk with Jesus – From Manger to Tomb" Friday, April 18 at St. John the Baptist Church, 121 Blaine Ave., East Brookfield, just off Route 9 on the corner of Blaine Avenue and North Brookfield Road, from 9 a.m. - 3 p.m. Arrive any time during these hours but, to get the most out of the experience, you should not arrive after 2:15 p.m. because we need to close promptly at 3 p.m.

About an hour is the average time it takes to participate in this self-guided experience. You will wander at your own pace through a series of activities, reflections and scripture to prompt an open heart to the living Gospel.

The handicapped entrance is in the back of the church. Otherwise, please enter through the front door.

Stations of the Cross will be held at St Mary of the Sacred Heart in West Brookfield

Commemoration of the Lord's Passion at St Mary of the Sacred Heart in West Brookfield at 3 p.m., and at St Joseph's in North Brookfield at 6

SPENCER ALMANAC

REAL ESTATE

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LEICESTER

\$465,000, 48 Reservoir St, Dworman, Alan P, to Mccluskey, Patrick J, and Pawelczyk, Anna. \$250,000, 676 Stafford St, Rieth, Paul

C, to Oconnor, Sean.

\$182,500, 515-517 Main St, Eldridge Jr, Ernest W, and Eldridge, Victoria J, to J R S T.

NORTH BROOKFIELD

\$403,119, 118 Oakham Rd, Zalauskas, Dorinda L, to Turning Pt Hm Buyers LLC.

\$280,000, 95 S Main St, Bower, Jonathan, and Bower, Michelle, to Le, Minh N.

SPENCER

\$1,250,000, 158 Main St, Smc Rt, and Chatzopoulos, Simeon, to Phelo-Ben Fanous LLC.

WARREN

\$400,000, 886 Brimfield Rd, T Rozzen LLC, to Sawyer, Kevin A, and Sawyer, Nicole J.

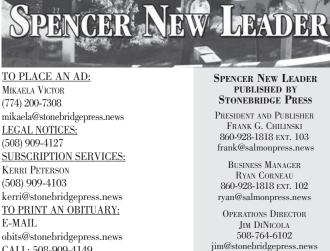
\$387,600, 146 Little Rest Rd, Beall, Seth A, and Beall, Rebecca E, to Wedge, Danielle, and Wedge, Joseph.

WEST BROOKFIELD

\$270,000, 35 Burwell Ter, Otten, Derek W, to Gilman Jr, Kenneth W, and Gilman, Lisa J.



p.m.



CALL: 508-909-4149 OR send to Spencer New Leader P.O. Box 90, Southbridge, MA 01550 TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: news@stonebridgepress.news OR send to Spencer New Leader P.O. Box 90, Southbridge, MA 01550

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Anne F. Ackerley, senior advisor at BlackRock, to deliver Nichols College Commencement address

 ${\tt DUDLEY-Nichols\ College}$ has announced that Anne F. Ackerley, a senior advisor to the retirement business at BlackRock, will give the commencement address at the 2025 exercises, commencement which will take place Saturday, May 3, at the DCU Center in Worcester, Massachusetts.

"Nichols College is honored to welcome Anne Ackerley as we celebrate the remarkable achievements of the class of 2025. Her leadership, dedication to service and commitment to empowering others embody the values we strive to instill in our graduates," says Nichols College President Bill Pieczynski. "As she shares her insights and experiences, we know her words will inspire our students to embrace the future with confidence, purpose and a passion for making a difference. We look forward

to commemorating this milestone with her and our Nichols community.'

Previously, Ackerley led BlackRock's U.S. Retirement Group, overseeing \$1.7 trillion for more than 40 million investors. Under her leadership, BlackRock became the No. 2 defined contribution provider in the U.S. She also pioneered LifePath Paycheck, now the fastest growing lifetime income target date solution in 401(k) plans.

Since joining BlackRock in 2000, Ackerley has held several leadership positions, played a key role in the firm's growth into the world's largest asset manager, and co-founded its Women's Network and Financial Inclusion Network. She began her career in investment banking at Merrill Lynch.

A recognized expert in retirement readiness and women's leadership, Ackerley has been named to Barron's "100 Most Influential Women in U.S. Finance" for five consecutive years and received a lifetime achievement award from Pensions & Investments.

Ackerlev serves Northwestern Mutual's Board of Trustees and advises organizations like the Aspen Institute Forum on Retirement Savings and the World Economic Forum's Longevity Economy Steering Group. She is also a trustee of the Mosaic Mental Health Association.

Ackerley earned a B.A. in economics from Harvard College and an MBA from Harvard Business School. She will receive an Honorary Doctorate in Business Administration at Nichols College's May commencement ceremony.

John Lefebvre, who will receive an Honorary Doctorate of Humane Letters, is a retired accountant and controller with more than 42 years of experience, including 20 years as controller for Inner-Tite Corp. in Holden

A dedicated community leader, he has served on the Board of Directors for the Webster/ Dudley Boys & Girls Club for 52 years, including two terms as president. A strong advocate for youth sports, he has been a longtime member of the International Association of Approved Basketball Officials and recently received the Presidential Award for his contributions. Lefebvre is also active in the Webster Lake Association's water quality testing team.

Born and raised in Webster, he earned a B.S. in business administration (1975) and MBA (1978) from Nichols College.

About Nichols

Nichols College has earned business accreditation from the prestigious Association Collegiate Advance Schools of Business (AACSB International), the longest serving global accrediting body for business schools and the largest business education network connecting learners, educators, and businesses worldwide. Founded in 1815, Nichols College transforms today's students into tomorrow's leaders through a dynamic, career-focused business and professional education. Nichols offers real-world learning focused on professional depth - combined with vibrant living, competitive athletics, and an unmatched alumni advantage equipping students to exceed their own expectations. www. nichols.edu

Big dreams start small—Join us for Micro Enterprise Month!

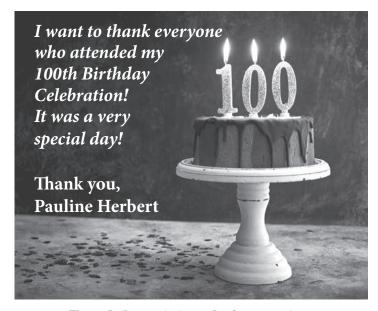
WARE — The Quaboag Valley Business Assistance Corporation Advisory Board (QVBAC) is excited to announce the celebration of Micro Enterprise Month this May, an initiative dedicated to supporting and showcasing local micro-businesses. Small businesses are the heartbeat of our community, and this event is designed to help emerging entrepreneurs gain visibility and grow their customer base.

As part of this initiative, we are seeking eight to 10 local storefronts in Ware to provide a small space for micro-businesses during the month of May. A card-sized table or a designated area for business cards, flyers, a prize drawing, and a simple display can make a huge difference in helping these busi-

To kick off this exciting month, we invite business owners, micro-businesses, and community members to a Meet & Greet Kickoff Eventon Tuesday, April 15th at 5:30 p.m. at E2E, 79 Main St., Ware. This gathering will offer a great chance to network, learn more about Micro Enterprise Month, and discuss how we can work together to uplift our local entrepreneurs.

If you own a storefront and would like to participate, or if you're a micro-business looking to take advantage of this opportunity, we'd love to hear from you! Please contact Carol Zins at 413-497-4407 or <u>carol@qvcdc.org</u> to reserve your space.

Let's unite to support small businesses and build a stronger, more vibrant community!



For Advertising Information Call 774-200-7308 email: mikaela@stonebridgepress.news



The Department of Elementary and Secondary Education is Office of Public School Monitoring (PSM) will conduct an Integrated Monitoring Review of Leicester Public Schools during the week of April 7, 2025. Each school district, charter school, vocational school, and virtual school undergoes an Integrated Monitoring Review every three years.

Leicester Public Schools will undergo a Group A monitoring review that focuses on special education student identification and special education eligibility timelines; Individualized Education Program (IEP) development; programming and support services; procedural requirements for suspensions and equal opportunity.

Parents/guardians and other stakeholders may call Charles Agong, Monitoring Review Chairperson, at (781) 338-3753 or Charles.o.agong@mass.gov to request a telephone interview. If anyone requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements.



* * Friday's Child



Victory Age 12 Registration # 8682

Victory is a joyful, adorable, and sweet little boy. Those who know him best describe him as gentle and loving and say that he almost always has a big smile on this face. When he gets excited, Victory will clap and jump up and down. His joy is contagious! Victory loves trains and playing with toys that have wheels. He can engage in imaginative play for lengthy periods of time. He also enjoys using his tablet. Victory is fascinated by bright lights and reflections and creatively uses items

to reflect and observe light. https://www.mareinc.org/child/21186749348

Can I Adopt?

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

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

To learn more about adoption from foster care visit www.mareinc.org . Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care. .



Here's a thought!

you're someone with ambition-someone who wakes up every day thinking about your goals, your dreams, and where you want to be—it can be easy to feel frustrated when things don't go as planned.

You work hard, you sacrifice, you put in the hours, and yet, success feels just out of reach.

Your business hasn't taken off. You haven't received the promotion. Maybe your big break hasn't come. Maybe you're looking at your life, comparing it to where you thought you'd be, and you feel disheart-

But what if the way you see your progress is shaping your future?

Suppose you're an entrepreneur who pours all your savings into a startup and struggles to land your first customers. Every rejection will sting. You'll wonder if all the effort is worth it.

If you doubt long enough, your mind will start making decisions before you do.

Or suppose you're an actor who moves to LA with big dreams, working late shifts at a restaurant while going to auditions in the daytime that seem to lead somewhere—but where you thought.

You watch as friends book roles and get noticed, while you keep hearing "no." Doubt creeps in. You start to wonder—Am I not talented enough? Will I ever make it?

What you tell yourself in these moments is the difference between moving forward and giving up. Belief and action are the same.

It's easy to let frustration consume you—to feel like success is passing you by while everyone else seems to be getting ahead. But no two journeys are the same. And sometimes, what feels like a delay is protection.

Success at the wrong time can be just as dangerous as failure. Some doors stay closed not to keep you out but to ensure you're ready when they finally open.

Entrepreneurs who keep pushing despite failures aren't just building a business but rewriting their identity. The artist who keeps showing up despite rejection aren't just refining their craft they're carving out their space in the world. The business professional who keeps showing up, outworking doubt, and delivering results isn't just waiting for their moment-they're becoming the kind of force that can't be overlooked.

Here's a thought: Your internal world manifests your external world.

The mind doesn't just react to circumstances; it architects them. If you see failure as a stop sign, your journey ends there. But if you see it as a test, a forge, a necessary resistance—you keep moving, and in that movement, you evolve.

Every setback, every roadblock, isn't a sign that you're off courseit's proof that you're in the process of becoming strong enough to handle what's coming next. Your current struggle isn't a signal that you're losing—it's the test that determines your readi-

It's not about whether success will come; it's about whether you'll still be standing when it does.

When you focus on what you're gaining instead of what's miss-

ing, the missing pieces start to fall Positively into place. **SPEAKING**

TOBY

MOORE

Your mind believes the story you tell it. Tell it you're failing, and you'll feel like a failure. Tell it

you're on the way, and suddenly, doors begin to unlock.

So if you're feeling stuck, if you're frustrated that you haven't achieved everything you want yet-stop and take a breath. Because how you see your journey determines where it leads. The frustration, the doubts, the setbacks—they aren't signs to stop. They are proof that you're in motion, that you're carving a path forward.

What you focus onyour progress or your limitations—decides what happens next.

Success isn't just about talent or timing; it's about belief. It's about pushing forward when nothing is working, about standing tall when rejection threatens to break you. The people who make it aren't the luckiest or the most gifted. They are the ones who refuse to break.

The struggle isn't a detour—it's the road itself. Every setback, every failure, every moment of doubt is shaping you into someone who can handle what's coming. Success isn't just about getting there; it's about being ready when you do.

So keep going. Keep building. Keep believing. Because when your moment comes-and it will—you'll look back and realize the obstacles weren't in your way.

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Grow an abundant harvest of peppers this season

on an acre or a balcony, there's always room for peppers. Grow them in a vegetable garden, container, or with your flowers. The colorful fruit of many varieties makes them a decorative addition to any garden.

For those that like it hot, get to know the Scoville scale. This system rates the relative hotness of peppers with bell peppers rating 0, jalapeno at 2,500 to 5,000, cayenne rated 30,000 to 50,000, and habanero receiving the superhot 100,000 to 300,000 Scoville Heat Units (SHU). This scale can help you determine which hot pepper is best for you. For those who like really hot peppers, the Ghost pepper averages about 1 million SHU, Carolina Reaper averages 1.6 million SHU and Pepper X measures 2.7 million SHU.

Whether you grow sweet or hot peppers, proper care from planting to harvest will yield the best flavor and an abundant harvest. Grow peppers in a sunny location with moist, well-drained soil. Add several inches of organic matter into the top eight to 12 inch-

Whether you garden es of soil, if gardening in poorly drained clay soil or fast draining sandy or rocky soils. This compost improves drainage and increases the water holding ability of fast draining soils. This is also a good time to add a low nitrogen, slow-release fertilizer.

> Peppers, like its cousins, tomatoes and eggplants, like it warm. Wait for the soil to warm to 60 degrees, about two weeks after the last spring frost. Colder temperatures in the 40's can stunt and damage your transplants.

> You can jump start the season with the help of cloches, wall-o-waters, and floating row covers. These protect your plants from frost and cooler temperatures, which are often common at the start of the season. Use them to keep plants warm and help shorten the time to harvest.

> Plant peppers 18 to 20 inches apart depending on the variety. Check the tag for mature size and recommended spacing. Make the most of your available space by planting in wide rows. Stagger rows within



GARDEN MOMENTS

MELINDA **MYERS**

the bed, allowing just enough room for plants to reach their full size. Design pathways to allow for easy access to all the plants within the wide

Grow a few peppers in containers alone or mix them with herbs and flowers. A two-to-three-gallon pot is perfect for a pepper plant and its smaller companions. Check the soil moisture daily and water thoroughly when the top inch of soil is dry.

Make sure pepper plants growing in the ground receive about an inch of water each week. Supplement rainfall as needed, applying water to the soil surface using a watering wand, soaker hose or drip irrigation. Spread a layer of shredded leaves, evergreen needles or other organic material over the soil surface to conserve moisture, keep roots cool as

temperatures soar, and help suppress weeds.

Once the fruit forms, you may need to add fertilizer. Let plants' growth and fertilizer directions be your guide.

Peppers grow and produce best when day temperatures are 70 to 80 degrees and night temperatures are 60 to 70 degrees. Hot peppers seem to tolerate the heat better than sweet varieties. Cold, heat, and drought are the most common causes of blossom drop, misshapen fruit, and a poor harvest. Night temperatures over 90 degrees and under 55 degrees can cause blossoms to drop. Continue providing proper care and wait for better weather for flowering and fruit-

With proper care throughout the season and a bit of cooperation from the weather, you are sure to enjoy an abundant harvest.

Melinda Myers has written over 20 gardening books, including Midwest Gardener's Handbook, Revised Edition, and Small Space

Courtesy — All-America Selections

Peppers can be grown in container gardens or the ground. and contributing editor Gardening. She hosts The

Myers is a columnist

Great Courses "How to Grow Anything" instant for Birds & Blooms magazine. Myers' Web site video and DVD series and is www.MelindaMyers. the nationally syndicated Melinda's Garden Moment radio program.

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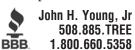
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FRANK G. CHILINSKI

PRESIDENT AND PUBLISHER

Brendan Berube

EDITOR

EDITORIAL

You don't have to do it all

There's this unspoken pressure, especially for those of us who give a damn, to keep saying yes. To every ask. Every project. Every meeting. Every favor. We pile it on like it's our iob to hold the whole world together. But let's be honest: at some point, the plate cracks.

Maybe it's the constant tightness in your chest, the foggy brain, or the fact that you haven't sat still long enough to notice the way the light comes through your window in the morning. Maybe it's the way your calendar looks like a Jenga tower just waiting to fall. Either way, you start to realize that carrying too much doesn't make you strong it makes you scattered.

Here's the thing: just because you can do something doesn't mean you should.

Just because you're capable, competent, and deeply committed doesn't mean your time and energy should be treated like an all-you-caneat buffet.

We live in a culture that rewards overcommitment. It treats rest like laziness and being overwhelmed like a badge of honor. But what if we stopped chasing quantity and started focusing on quality? What if we got really good at doing a few things really well, instead of dragging ourselves through dozens of things half-heartedly?

Letting go isn't weakness, it's wisdom. Walking away from something that no longer serves you doesn't mean you're giving up; it means you're clearing space for something better. Something that fills your cup instead of draining it.

You don't have to apologize for protecting your peace. You don't owe everyone your energy. And you don't need to explain why you're choosing a quieter, slower, more intentional way of moving through the world. Doing less doesn't mean you care less. It means you're finally taking care of yourself, too. And that's something worth making space for.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Opinion and commentary from Spencer, Leicester and the Brookfields

LETTERS TO THE EDITOR

Buyer's remorse

To the Editor:

For your consideration. Let me know when you have had enough.

If virtually abandoning a democracy being invaded by Russia, attempting to abandon NATO, threatening to invade Panama, Greenland, Gaza and Canada are not disgusting enough, how about calling the NAFTA trade deal you touted as the best ever, that you negotiated and signed in your last term, the dumbest deal ever? Perhaps you see the fact that Canada's 40 million people send \$8,000 per person into our economy, while our 300 million send \$1,700 per person into theirs a deficit, the concept alone is ludicrous.

JFK created an agency called USAID to address world hunger, pestilence and disease. While ending starvation. many midwestern farms proudly display signs that declare "We Feed the World." They have gone into debt to meet the requirements to serve this program. The program also addresses malaria and other health issues, and mor importantly eliminates the fertile atmosphere for recruiting terrorists.

The Consumer Protection Agency and its half billion dollar budget over-

sees banks, credit card and loan companies, and returned \$18 billion to consumers last year. The National consumers last year. Park Service and its \$3.5 billion budget returned \$55 billion in revenue last year. If anyone thinks fraud watch no longer worthwhile, or clean toilets and services at parks are a waste, you got it.

How about the already insufficient help at the VA and IRS being cut?

Musk, who acts like the life changing axe murders he is doing are a board game, is now looking at Social Security, Medicare and Medicaid. Maybe when the nursing tells you to come pickup gramma or find a new home for Gramp, or stop paying home health aids or even mess with the monthly check you rely on, you will wish you voted or voted differently.

My fear is that Trump's outrageous behavior is designed to cause riots so he can declare martial law, suspend elections and the courts. He already has the law enforcement and military. Once he censors the press, welcome to

> KEN KIMBALL Brookfield

Trump eyes Canada

To the Editor:

In an interview with Fox News on March 18 as to why he is pursuing the aggressive economic policies towards Canada, Donald Trump actually stated that it is because "it is meant to be our 51st state," and because "We need their territory."

This is shockingly bad. This is the talk of an imperialist, this wanting to take over neighboring countries. We famously saw this kind of stuff in the 1930's, when his ideological forebear cast his eyes on Austria, Czechoslovakia, Norway, Denmark, etc., etc. Let's face it. That is what we are now. If Canada doesn't capitulate and say "OK, annex us," what then? Naval blockades? Tanks?

I don't see how can this be seen as anything other than a greasing of the skids for stepped-up aggression, even invasion, of our neighbor and former

ally. And why? Because as he claims "We need their territory," just as his German idol "needed" the agricultural, mining and geographical resources of his neighbors. God have mercy on us. This is how another very horrible event started in 1939. (That was WWII, for any Republicans reading this whose knowledge of history consists of whatever Donald Trump tells them.) Back then, after countless millions of deaths, the "good guys" finally prevailed. Too bad that now, the "good guys" aren't us. It is tragic that the Republicans in Congress will never try to stop this. Whatever their line is, where they finally say "Too much," it will sadly not be until they have voluntarily surrendered too many of their powers, and it will be too little too late.

ROGER BANKS SPENCER

Time for DOGE!

To the Editor:

There's one calculation that happens for every school district in Massachusetts by the state. It looks at the number of students you have, the grade they're in, the number of them that are English learners, the number of them that are low income and then, with an assumed percentage of special education students state says what would be a fair and adequate minimum amount for your school district to spend. Then the state calculates what the district's municipality needs to put into the budget, based on revenue from local business and property taxes.

So, why is there an issue with our school budgets in rural areas such as Spencer? Either the state is not properly funding our schools or town is not properly using the funds they receive from the taxpayers.

This means we need a Department of Government Efficiency at both the state and town to find out where our tax monies are being spent by the Democrats that control the budgets. As we have seen on the federal level, there are large areas of waste and corruption. The Massachusetts Democratic Party has a long history of corruption. Both on state and local levels. Before we pay another dime in taxes, we need to find out where our money is and what it was used for.

Other states, such as Florida, seem to have no budget issues. They have no state income tax. They are now considering eliminating the property taxes. Why do they have no issues?

That's an easy answer. It's because Florida is controlled by Republicans, and is a Non-Sanctuary state. Here in Massachusetts, they won't even implement the audit voted on by their voters. Pure corruption. They don't want you to know the billions of your taxes being funneled to organizations run by Democrat groups supplying the illegal migrants with free services. It's all because the Dem grifters take a cut to fill their bank accounts.

Here in Spencer, our property taxes have already increased with higher valuations. We also are on the hook for a big increase to pay for the new school. Pretty soon, your property taxes will eclipse your mortgage payment. If you miss paying your property taxes, you will see how fast the town will take your home and sell it

It's time for fiscal sanity. Time for the state to use the monies they allocate on illegal aliens to be used on hardworking citizens. If that money was sent to towns in local aid, there would be no problems with town budgets. For this reason, I recommend voting down any override. It will force Healy and the state to use your tax money on you! If our town leaders cared about our town folk, they would be suing Healy in court for fiscal malfeasance for using tax money on illegals instead of your childrens education. The only way they will do that is if you vote down there 2 1/2 overrides! Use your voice by voting them down!

> MARK ROBILLARD SPENCER

Contradicting his testimony

To the Editor:

his confirmation hear-RFK, Jr. testified that he would not stop anyone who wanted it from getting a vaccination.

As has been reported, just days after Secretary Kennedy's confirmation, he cancelled the annual meeting of scientists who were going to plan next season's flu vaccine formulation. As

we know, experts customize the formula to counter the flu strain that is expected to be circulating at the time.

I fear that Secretary Kennedy is not going to allow this vaccine development.

Doesn't his cancellation contradict his testimony about not stopping people from being vaccinated if they want? ALLAN JOHANNESEN

ROCHDALE

Find the best ways to pay down debt



FINANCIAL **Focus**

> **TREVOR NIELSEN**

Are you concerned about debt? It's important to recognize this, but, at the same time, you may have more ways of gaining control of your debt situation than you had realized.

To begin with, not all debts are bad after all, your mortgage provides you with a place to live, a car loan provides transportation, and student loans may have helped you get the career you wanted. In fact, the wise use of debt can be a key part of your overall financial strategy.

Nonetheless, if you're worried about what you owe, you've certainly got company. Nearly 60 percent of Americans say they are struggling with debt, according to a recent study by WalletHub, an online personal finance site.

How can you ease these struggles? It may help to follow these steps:

Know your debt. Create a list that includes your mortgage, auto loans, student loans, medical debt, credit card debt and any installment purchase you've made. Then, add up the total amount you owe and calculate your debt-to-income ratio by dividing your total monthly debt payments by your gross monthly income. (For revolving debt, such as credit cards, use the minimum payments in this calculation.) Ideally, you'd like to have a debt-to-income ratio below 35 percent if you have a mortgage, or 20 percent if you don't.

Look for restructuring opportunities. By restructuring debt, you may be able to pay it down more quickly. You can do this by refinancing debts, perhaps by transferring credit card debt to a new card with a low introductory rate or by replacing your mortgage or auto loan with one that carries a lower rate. You might also consider swapping debts, possibly by using secured debt, such as a home equity loan or securities-based lending, to pay off higher-rate unsecured loans. Or you could consolidate debt by using secured debt to pay off several high-interest debts or transferring multiple credit card debts into one new card with a lower rate and minimal transfer fees

Determine how much money will go to debt payments. You do have some latitude as to how much money you'll devote to paying debts each month. To avoid incurring late fees or other penalties, you'll need to make the minimum payments, which means a flat amount for some loans, such as your mortgage, and a percentage of the outstanding balance on other debts, especially your credit cards. After you've paid the minimum, though, you can choose to pay more, which can shorten the life of the debt and reduce total interest charges, or you can use the money for other goals, such as saving for your retirement or your children's education.

Prioritize your debts. If you can make extra payments on your debts, it's helpful to prioritize them. You could choose the "avalanche" method by paying the debt with the highest interest rate first, or you could instead follow the "snowball" method by first tackling the debt with the lowest balance. The avalanche technique can help you minimize interest payments, while the snowball approach can give you a psychological boost by reducing the overall number of debts you're carrying, although it could result in your paying more interest over

Debt may be a fact of life — but if you manage it wisely, life can be a lot less

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

LETTERS TO THE EDITOR

The "State of the Union" and our organs damaged and destroyed

To the Editor:

An American President's "State of the Union" speech has almost always first outlined our country's and people's condition. From there, our President would propose important improved or new policies and programs he thought would better America's and our well

Then, leading the "United" States, our President would pledge to work with Congress to reach agreement and approval for those suggested policies and programs As part of this process, some "give and take" and between Republicans and Democrats would happen to reach a "united" agreement. All involved would also take care that no laws were broken or violated in these for the "common good" programs in areas like the economy, education, health national security etc.

Since I began to write this on St. Patrick's Day, I give, as a best example of this give and take, the working relationship between Republican President Ronald Reagan and our own Congressional leader, Tip' O'Neal. Other examples include

Dole and Clinton, McCain and Obama, and GW Bush and Ted Kennedy.

However, in this year's "State of the Union" speech, instead of policies and programs to improve our country and all of "we the people," President Trump used most time to "show" how he had helped a an individual here such as a boy with cancer here or some parents who had lost a loved one to a immigrant crime there.

What he did not mention included White House plans and actions to reduce research funding on cancer, other health problems, Veteran's needs, or our role as the leader of the democratic free world.

What he also did not mention is how he stopped joint Republican - Democrat Congress legislation to improve both illegal and legal immigration processes. (Trump stopped that for two personal reasons - to maintain the fear and anger so that he could win the election and then keep people's attention on that situation rather while making himself and other billionaires like Elon Musk richer.

Then Trump used our "State of the Union Address" to attack his enemies' personal and institutional. With this he tried to further divide what for 250 years has been a very successful "United" States of America - to one that he "alone' could lead.

The list of supposed "enemies" is large and broad – Democrats, people around the country working for our government, universities and schools, those seeking to halt global warming

and protecting the environment, government auditors of rich tax dodgers, and government agencies that help us as consumers, workers, families with children, the elderly etc.

Beyond even that, 'our' President has attacked and put tariffs on some of our best friends around the world, including our cooperating neighbors, Canada and Mexico.

Many countries who both trusted and admired us, now hate us.

We now become, with only 4 percent of the world's population, America "alone'

In the space available let's discuss how President Trump, his personal bank – Elon Musk — and his administration continue to damage or destroy our 'organs" of government. Here I mean government departments like Health, Justice, Education, Defense and State and agencies like Social Security, Veterans, Disease Control, the Internal Revenue Service and Environmental Protection.

We need government "organs" to work well just like we need those in our body like the heart, lungs, liver and brain to work well. Yes, they like government organs need care, maintenance and sometimes repair to work well but without them science and experience we, our good life and democracy die.

After lies after lies. Trump has encouraged and given billionaire Elon Musk and others "Chain Saws" to destroy our 'organs' of government. Just off the top of my head I could list a dozen or more – some of which I know reasonably well, but here let's just concentrate on Social Security.

However, in his State of the Union speech, Trump spent time lying and then lying more about our Social Security, especially how corrupt and costly to run it is. (Another of his billionaires, Lutnick, just said only 'fraudsters' would complain if a Social Security monthly payment was missed. This makes me a fraudster)

In fact, despite 71 million of us receive Social Security, and only about 1 percent of payments are incorrect. Likewise, the administrative cost of providing Social Security is only about 1 percent compare that with my dental insurance provider's 17 percent.

Trump lies about Social Security for at least two reasons. First, he would like to privatize it so his billionaire friends could charge higher "administration" costs and/or so he could yet again cut taxes for his real friends - the richest 5 percent

Hopefully, "we the people" will not allow these kinds of things to continue.

KEVIN KANE

Robillard is misrepresenting the need for an override

To the Editor:

Mark Robillard's recent "letter" contained misinformation regarding the Proposition 2 ½ Override that is under consideration for inclusion in the upcoming town election.

The first is his statement that "here in Taxachusetts we pay some of the highest taxes in the nation." The reality, accord ing to Finestream, is that Massachusetts ranks 20th out of 50 states in overall taxation. We are between Mississippi (19) and Arkansas (21). We are only five states away from the average tax bill.

His hatred for Democrats leads to him attacking them and falsely blaming them for the need of our Override. The reality is that the Department of Elementary and Secondary Education, whose board contains Republicans and Democrats, imposes on all communities an annual increase in their mandated yearly payment (Minimum Local Contribution) from all local communities to their communities' school district(s). In Spencer's case the amount we are required to send to the Spencer-East Brookfield Regional School District and Bay Path Regional Technical High School for FY26 exceeds the amount we can raise with a 2 $\frac{1}{2}$ property tax increase. The state mandated Minimum Local Contribution to just the SEBRSD is \$554,258 and the amount the town can raise with a $2\frac{1}{2}$ increase is \$445,995, a shortfall of \$109,263. Many other communities also have to pay more for their required Minimum Local Contribution for their schools than they can raise with the 2 ½ percent tax increase which they can charge people on their tax bill. Spencer is not alone in this. Mr. Robillard questions the town administrator when he said "we must pay it." Mr. Robillard wrote "this is untrue!" as he incorrectly claims that "If unpaid, the State will come in and place the school system under receivership."

His fantasy continues with him say-

ing "...if needed the state will be forced to put more money into the system.' The reality is, if unpaid, the state would reduce the Town of Spencer's local aid by \$109,263, which would lead to cuts to our already thin town services. I was a central office school administrator for 41 years, and a superintendent of schools for 11 of those years. I know what I am talking about.

Mr. Robillard feels his property taxes are too high. Spencer ranks 295 out of the 347 communities that have set their FY25 tax rate. In reality, this means that 294 communities will pay higher taxes than Spencer and 52 pay less than Spencer. The average home Massachusetts property tax bill is \$7,723 and Spencer's is \$4,622. Spencer tax bills are not exorbitant!

The Board of Selectmen do not take override elections lightly. In order to balance the last two budgets

we had to take over \$150,000 out of free cash (savings) to balance the budget. This is not a sound fiscal

practice. Spencer desperately needs funds to be able to give our citizens the services they should have. In many instances I am talking about potential life threatening scenarios that involve having the appropriate number of firefighters, paramedics and police, etc. I will address this in more detail in a future letter.

Contrary to Mr. Robillard's statement, we have held two public meetings on March 17 and 19 to explain the override, and we have two more scheduled, for March 25 at 9:30 a.m. at the Senior Center and April 2 at 6 p.m. at Wire Village School. All are welcome to hear the presentations by town department heads and to ask questions or give us your opinion.

> RALPH E. HICKS, ED.D. SPENCER

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Apple Cider Vinegar Rx

Apple cider vinegar has long been touted as a health elixir. Evidence of its beneficial properties keep stacking up, and there are confirmed claims that consuming modest amounts of apple cider vinegar can be a hedge against common maladies. Repeated studies of vinegar's effectiveness in treating some common ailments such as high blood sugar, allergies and even depression, have elevated its value far beyond flavoring a salad. Read on for some of apple cider vinegar's claims to fame.

Allergy Artillery: According to published reports, among the most popular vinegar treatment is one to combat allergies. People with mild allergies claim a mixture of apple cider vinegar and water as a daily tonic relieves allergy symptoms. They contend taken at the first sign of an allergy, it can eliminate sinus headache, stuffy nose and watery eye symptoms. Daily recommendations are one eighth cup apple cider vinegar in eight ounces of water.

Insulin Study: Research from Arizona State University, reveals vinegar has shown to be as effective as prescription drugs in reducing rises in insulin in subjects with insulin resistance. The study showed drinking a vinegar and water solution before eating a high carb meal helped reduce the usual blood sugar spikes. In fact, the research revealed drinking vinegar had the same effect on subjects as the leading diabetes medicines, which can cost up to 2,000 times the price per year!

Good Mood: Another study from Arizona State University revealed drinking two tablespoons of apple cider vinegar twice daily with meals improved mood and mental health. Researchers reported a 20 to 34% reduction in poor mood in the group that consumed a daily dose of apple cider vinegar, compared to the group without.

Diet Drink: Additional research from Arizona State University showed drinking vinegar and water may be a valuable weapon in battle of the bulge. While conducting a four week study on vinegar's effect on cholester-



TAKE THE HINT

> **KAREN TRAINOR**

ol, the subject's cholesterol levels didn't drop, but their pounds did. Researchers suspect the vinegar effects carbohydrate digestion, helping simple carbs pass through the body, much like fiber does. More studies continue conducted on the issue.

Reflux Remedy: According to numerous testimonials, apple cider vinegar works as well as over the counter or even prescription drugs to alleviate acid reflux and heartburn. The recommended dosage is two tablespoons of apple cider vinegar diluted in water three times a day.

Burn No More: Apple

cider vinegar has long been used as a home remedy to expedite healing of minor burns and reduce blistering. Now it appears a recent study validates the treatment. Vinegar has been shown to "neutralize alkaline skin burns faster than water, significantly reducing damage to the skin and tissue," according to an article published in the May, 2003 issue of Plastic and Reconstructive Surgery. For minor non alkaline burns, applying a compress of full strength apple cider vinegar to the affected area is usually effective. Vinegar is also a great remedy for minor sunburn pain. Spray full strength vinegar lightly over affected area for immediate relief. The smell will evaporate from the skin.

Tub Therapy: It is said Helen of Troy treated herself to vinegar baths, and beyond making skin soft and restoring its PH, today vinegar baths are said to be an effective therapy for everything from arthritis pain to removing harmful toxins from the body. Add about a quart of apple cider vinegar to a bath of warm water. Soak for at least a half hour.

Arthritis Aid: Soaking in a vinegar tub as above, is an effective treatment for joint pain. Another popular home remedy

for arthritis is to drink three tablespoons of apple cider vinegar diluted in two cups of water. Users have claimed the vinegar cocktail, taken daily, rivals drugs for relieving the pain of arthritis.

Fight Fatigue: Believe it or not, those who work out (or just work too hard) are touting apple cider vinegar as a pick me up to fight fatigue. The theory is that lactic acid is released in the body during exercise or periods of stressfulness, which can lead to fatigue, which in turn can be combated by the amino acids contained in apple cider vinegar. Drinking your daily dose has also been known to ward off the dreaded afternoon slump.

Note: Above information is provided for reference purposes only and is not meant to be a substitute for medical care or treatment. Any and all treatments should be used only on the advice of your physician.

Win a Three Course Dinner for Two at the Publick House

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

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Sov 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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North Brookfield school officials grateful for support of self-defense program



North Brookfield students learn about self-defense training techniques from local organiza-

BY KEVIN FLANDERS

STAFF WRITER NORTH BROOKFIELD School officials thank everyone who came together at a recent program to educate students on self-defense and teen dating safety.

Brook fieldNorth Junior-Senior High School students received a special visit from members of Worcester County District Attorney Joseph Early's Office. The agency teamed up with the Vanessa T. Marcotte Foundation. Force Defense and Fitness, and Revive of the USA to help educate students.

"We want our students to be safe in school and out of school. We don't worrving about our students when the day ends," said NBJSHS Principal John Diorio.

"Students' mental health and safety are a priority at North Brookfield High School."

and exercises. The goal for guests was to provide

a solid introductory foun-

dation of training that

will inspire students to

seek out further develop-

Marcotte Foundation

offers programming in

several areas, includ-

ing self-defense training

for women; mentorship

opportunities for girls;

and gender equality and

character-building exer-

To learn more about

the organization and the

many ways it gives back

to local students, visit

Additionally, NBHS stu-

dents attended a presen-

tation and fitness class

with Anthony Bizzotto

from Revive of the USA,

a nonprofit outreach pro-

www.vtmf.org.

Vanessa

ment opportunities.

The

cises.

In recognition Teen Dating Violence Awareness Month, students attended several assemblies and workshops centered around building healthy relationships.

The program culminated with students taking part in group activities focused on various aspects of training and education.

"I think they did a really good job of keeping everybody engaged and actively taught us what to do in real-life situations," said NBHS student Sophia Giangrande.

Students spent the rest of the session participating in a variety of educational programs

community partners.

gram that collaborates

with young people and

During his presentation. Bizzotto shared his personal journey as a high school and college student-athlete who overcame struggles with substance abuse.

"Lean on your family, lean on your friends. If you don't have good support at home, find it somewhere else," Bizzotto told students. "Don't forget, asking for help is not a weakness. It's a superpower."

Students thanked Bizzotto for his presentation and inspirational tips for handling adver-

'I think the way he says

things is just straight up, and it's easier for kids who have been through stuff to understand and relate and talk to somebody who's been through the same," said NBHS freshman Fran Cotter.

Fellow student Spencer Davis added, "I like how he was understanding and let people talk. The way he encouraged us helped a lot."

Each year, the DA's Office takes part in several events across the county to promote safety and wellbeing for local students. These include programs focused on stopping bullying and harassment; avoiding distracted driving; understanding the dangers of drugs and

alcohol; promoting cybersecurity and safe online behaviors; and encouraging teen dating safety.

"The District Attorney's Office is committed to working with communities and schools to help protect our families and keep them safe. The idea is to make people aware, not afraid," read a statement released by the DA's Office. "To help educate parents and children alike, we provide many quality presentations on a variety of topics. These programs are free of charge.

For more information about programs supported by the DA's Office, visit www.worcesterda.com.

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OBITUARIES

Betty J. Przypek, 79



West Brookfield -Betty J. Przypek, 79, of West Brookfield passed away on March 20, 2025 at UMass Memorial Medical Center in Worcester.

She leaves her sons, Michael Przypek of Woodland Park, CO;

Steve Przypek and his wife, Kelley, of Sherrills Ford, NC; Mark Przypek and his wife, Robin, of Barre; and James Przypek and his wife, Amy, of Ware. She also leaves her beloved grandchildren; Robyn Ford, Noah Przypek, Marissa Fitzgerald, Joshua Przypek, Kyle Przypek, Tyler Przypek, Evyn Przypek, Megyn Przypek, Jamison Przypek, and Ella Przypek; as well as her great-grandchildren, Makayla, Blake, Oliver, and Natalie, whom she was most proud of. She leaves her siblings, Cathy Beaupre of Wilbraham, and Ronald Marchessault and his wife, Christine, of West Brookfield. She was born in Ware, daughter of the late Joseph H. Marchessault and Rachel L. (Hibbard) Savoy.

Betty worked as a CNA for over 20 years for UMA, Overlook of Southbridge and hospice. She served as a board member of FOC/COA, West Brookfield, she was a past club member of the Social Science Club in Ware, as well as a member of the Mt. Carmel Church of Ware.

She enjoyed painting, arts and crafts, gardening, reading, hosting card parties with friends, and planning get-togethers. Most importantly, she was committed to maintaining her independent living and doing things her way.

A Calling Hour for Betty will be held on Saturday, March 29, from 10:00AM to 11:00AM in Varnum Funeral Home, 43 E. Main Street, West Brookfield, MA 01585. A Graveside service will be held in Pine Grove Cemetery in West Brookfield immediately following the calling hour. In lieu of flowers, memorial donations may be made to the West Brookfield Rescue Squad, PO Box 540, West Brookfield, MA 01585.

Varnum Funeral Home is honored to serve the Przypek family. An online tribute page is available at https:// www.varnumfuneralhome.com.

Richard Bailey, 84

Richard Bailey of Auburn passed away unexpectedly on February 28, 2025 at the age of 84. Richard grew up in Spencer and moved to Auburn 30 years ago. He was the son of Loraine Richmond and his step father Frank. He leaves a sister Gail Winders of Warren and his Uncle Leo and his Aunt Joyce Sourdif of Spencer as well as several nieces and nephews. He graduated

from St. Mary's in Spencer and went to David Prouty. He worked for Nortons in Worcester where he retired. Rick loved dog racing and to play the slots at the casino. He was an avid fisherman and most of all he spent his favorite times at the beach where he relaxed and enjoyed the sunshine. Memorial services will be at a later date.

HEARINGS

continued from page A1

ago," read a statement released by George.

For a detailed breakdown of services received through the Rescue Squad, see next week's New Leader. A full article will spotlight the changing demands and challenges involved with providing pre-hospital medical care for Spencer residents who live half an hour from the nearest Level 1 trauma center.

approved, override funds would also allow the town to retain four firefighting positions currently funded through a federal Staffing for Adequate Fire and Emergency Response (S.A.F.E.R.) grant.

"That grant expires in February 2027, and

cannot be renewed. The requested override funds replace the grant funds and allows the town to keep these four full-time firefighter positions, read a statement released by town officials.

Funding for the schools represents another major chunk of the override requests. Each year, the Massachusetts Department Elementary and Education Secondary sets the amount Spencer must send to the Spencer-East Brookfield Regional School District and Bay

High School. 'This annual increase in the required local conly surpassed the amount we can raise under the Proposition 2 1/2 tax limit." Bridges told

Path Regional Vocational

New the Leader.

Funds for infrastructure upgrades, if approved, would cover projects involving roads, bridges, dams, drainage systems, buildings, and parks.

The next public information session will take place on April 2 at 6 p.m. at Wire Village School.

Following the public hearing process, selectmen will discuss the feedback and determine the amount and structure of the ballot question to be presented to voters.

"It's going to be up to the taxpayers to see if they want the over-ride," Selectman Gary Woodbury told the New interview. "It will come ily. down to what the resipath.'

For the latest information and announcements, visit the town Web site, www.spencerma.gov. Detailed financial breakdowns of the two options are available for review.

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

Author presents to local parents



Local author Wendy O'Leary leads a presentation.

BY KEVIN FLANDERS STAFF WRITER

EAST BROOKFIELD - Local author and educator Wendy O'Leary recently led a program introducing parents to several helpful tips.

The first in a twopart workshop series, the March 18 event was held at East Brookfield Elementary School. The program focused on many topics featured in a newly released book co-authored by O'Leary and fellow educator Louise Shanagher.

Released on March 11, the book is titled: "Growing Compassionate Children: A Family Guide for Nurturing Resiliency and Kindness.'

The book includes games, crafts, and other activities that can be Leader in a previous enjoyed by the whole fam-

"I am passionate about dents decide is the best the benefits of self-compassion for children and adults, and I believe that this book can be helpful to many parents," O'Leary, a longtime educator who lives in Spencer, told the New Leader.

Local school leaders and their community partners were thrilled to support the workshop series and welcome O'Leary to EBES.

Spencer-East "The Brookfield Regional School District has partnered with Community Connections, Wachusett

CFCE, and the Kennedy Donovan Intervention Program, and is proud to present a two-part workshop series on resiliency and self-compassion with Wendy O'Leary," read a statement released by SEBRSD Superintendent Paul Haughey.

During the first workshop session, O'Leary discussed the many benefits of nurturing self-compassion with children. The author shared tools for helping kids develop a more compassionate relationship with themselves, beginning with parental modeling.

"As much as adults care for children and want them to be happy, sometimes the ways we respond to their difficulties don't help them develop the skills and capacity to handle life's inevita-ble challenges," O'Leary told the New Leader. "In addition, parents can also be really hard on themselves, comparing themselves and their children to others, doubting their parenting, making mistakes, and judging themselves harshly or feeling bad if they are reactive or overwhelmed at times."

O'Leary will return East Brookfield Elementary School on April 15 at 6:30 p.m. for the second session. The author will facilitate a self-compassion activity for parents and children to enjoy together.

As families nationwide increasingly struggle with mental health concerns, parents have told O'Leary that an emphasis on self-compassion is making a major difference in their children's

Working with Irelandbased education colleague Louise Shanagher, who founded a program called Creative Mindfulness, O'Leary was excited about the opportunity to reach even more parents and families with her latest book.

"We both saw the importance of offering these skills to families and decided to collaborate on this book. It has been such a pleasure to work with Louise on this meaningful project to spread more love, care, and wellbeing in the world," O'Leary said.

SEBRSD officials encourage parents to take advantage of the second workshop and discover tools that can offer lasting impacts.

"Wendy O'Leary is an educator and author committed to sharing the importance of mindfulness with children and their families. She has previously written three books for children," read the statement released by Superintendent Haughey.

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GRANT

continued from page A1

them to apply what they are learning to solve realworld, meaningful problems. Providing equitable access to hands-on applied learning programs ensures students are engaged, interested in school, and prepared for success in an ever-changing world," said Joanna Jacobson, President of the One8 Foundation.

North Brookfield High School will also use the grant funds to expand its engineering program. The funding will support teacher training, the purchase of specialized materials, and equipment necessary for PLTW courses.

Additionally, NBHS educators will have access to ongoing professional development opportunities. Moreover, student project showcases and industry partnerships will be available through the One8 Applied Learning Hub and the Mass Learning Project.

Each year, the One8 Foundation's education team identifies and supports programs that help schools prepare students for success.

"One8 envisions a future where high-quality applied learning opportunities make education more relevant, engaging, and impactful," read a statement released by the organization.

To learn more about programs offered by the organization, visit www. one8.org.

The One8 Applied Learning Hub supports Massachusetts schools by providing student engagement opportunities for innovative programs. Currently, the Hub supports six programs: Open Sci Ed, PBL Works, Project

Lead the Way, ST Math, Investigating History, and the Democratic Knowledge Project.

Founded in 2023, the Mass Learning Project works with more than 350 Massachusetts schools implementing PLTW programs to ensure educators receive the necessary support to deliver high-quality classroom experiences.

"Mass Learning Project provides professional learning opportunities, school implementation guidance, and direct classroom support," read a statement released by the organization.

Additional information about the organization can be found at www. masslearning.org.

To learn more about Project Lead the Way and how it is preparing the next generation of STEM leaders for success, visit www.pltw.org.



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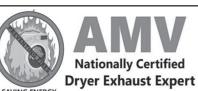
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POLICE REPORTS

Leicester Police Log

THURSDAY, MARCH 13

12:48 a.m.: transport (South Main Street), transported/destination not noted on police log; 1:10 a.m.: mv stop (Main Street), verbal warning; 7:38 a.m.: investigation (South Main Street), report taken; 10:59 a.m.: welfare check (Pleasant Street), assisted; 11:55 a.m.: ambulance (Locust Street), transported; 12:44 p.m.: assist other PD (Stafford Street), no service; 1:25 p.m.: mv stop (McNeil Highway), spoken to; 1:49 p.m.: ambulance (Mayflower Circle), transported; 1:51 p.m.: restraining order service (Pleasant Street), served; 2:21 p.m.: mv stop (Main Street), verbal warning; 2:45 p.m.: ambulance (Sargent Street), transported; 3:03 p.m.: ambulance (Monterey Drive), transported; 3:30 p.m.: ambulance (Stafford Street, Worcester), call canceled; 4:22 p.m.: illegal dumping (Paxton Street), report taken; 5:42 p.m.: assist other agency (South Main Street), services rendered; 6:24 p.m.: mv stop (Main Street), spoken to; 6:56 p.m.: erratic operator (Stafford Street), unfounded; 7:35 p.m.: ambulance (Ackley Drive), transported; 8:35 p.m.: ambulance (Watch Street), transported.

FRIDAY, MARCH 14 12:02 a.m.: assist other agency (North Court), name and address redacted from police log, firearm violation w/3 prior violent/drug crimes, possession of firearm w/out FID card, possession of firearm in commission of a felony, improper storage of firearm near a minor, possession of ammunition w/ out FID card, possession large capacity feeding device, trafficking cocaine/200 grams or more, services rendered; 12:29 a.m.: mv stop (Main Street), written warning; 12:33 a.m.: mv stop (Paxton Street), verbal warning; 1:06 a.m.: suspicious mv (Main Street), spoken to; 1:17 a.m.: mv stop (Main Street), citation issued; 5:30 a.m.: mv stop (Stafford Street), verbal warning; 6:07 a.m.: investigation (Soojians Drive), report taken; 8:34 a.m.: mv stop (Main Street), verbal warning; 8:39 a.m.: ambulance (Huntoon Memorial Highway), transported; 8:44 a.m.: ambulance (Victoria Drive), transported; 9:07 a.m.: fraud (South Main Street), report taken; 9:14 a.m.: ambulance (Pine Street), transported; 11:03 a.m.: investigation (Main Street), report taken; 11:07 a.m.: investigation (South Main Street), report taken; 11:30 a.m.: ambulance (Huntoon Memorial Highway), transported; 2:25 a.m.: mv stop (Main Street), verbal warning; 3:43 p.m.: restraining order service (Main Street), unable to serve; 5:40 p.m.: ambulance (Mayfield Street, Worcester), transported; 6:19 p.m.: restraining order service (Main Street), served; 6:21 p.m.: mv stop (Pleasant Street), written warning; 6:52 p.m.: erratic operator (Charlton unable to locate: 8 stop (Main Street), verbal warning; 9:25 p.m.: threats (Monterey Drive),

report taken. SATURDAY, MARCH 15

12:45 a.m.: mv stop (Main Street), written warning; 3:54 a.m.: mv stop (Stafford Street), verbal warning: 6:43 a.m.: ambulance (Stafford Street), transported; 6:51 a.m.: welfare check (Upton Street), unfounded; 7:26 a.m.: harassment (Upton Street), assisted; 11:26 a.m.: threats (Lake Avenue), peace restored; 11:55 a.m.: animal complaint (Lake Avenue), referred; 12:26 p.m.: erratic operator (Huntoon Memorial Highway), resolved; 2:36 p.m.: erratic operator (Stafford Street), gone on arrival; 3:31 p.m.: shoplifting (Soojians Drive), report taken; 4:18 p.m.: wires down (Town Beach Road), resolved; 6:42 p.m.: shoplifting (Soojians Drive), juvenile arrest, shoplifting by asportation, criminal application issued; 6:51 p.m.: parking complaint (Brickyard Road), resolved; 7:43 p.m.: shoplifting (Soojians Drive), report taken; 8:09 p.m.: welfare check (Massasoit Drive), resolved; 10:09 p.m.: disturbance (Soojians Drive), spoken to.

SUNDAY, MARCH 16 12:28 a.m.: ambulance (Main Street), transported; 1:11 a.m.: investigation (Massasoit Drive), report taken; 1:19 a.m.: ambulance (Pleasant Street), transported; 3:22 a.m.: ambulance (Flint Way), transported; 4:51 a.m.: mv stop (Stafford Street), verbal warning; 7:51 a.m.: erratic operator (Stafford Street), referred; 7:58 a.m.: ambulance (Collier Avenue), transported; 10:09 a.m.: ambulance (Pleasant Street), transported; 12:59 p.m.: welfare check (Main Street), assisted; 2:07 p.m.: commercial alarm (Memorial School Drive), resolved; 2:15 p.m.: suspicious mv (Pine Street), resolved; 3:21 p.m.: ambulance (Queen Street, Worcester), transported; 3:40 p.m.: ambulance (Main Street), transported; 5:16 p.m.: investigation (Soojians Drive), report taken; 8:16 p.m.: ambulance (Main Street, Worcester), transported; 8:59 p.m.: assist other PD (Stafford Street), unable to locate; 9:23 p.m.: debris in road (Charles Street), resolved; 9:52 p.m.: suspicious activity (Ingram Road), spoken to; 11:33 p.m.: mv stop (Waite Street), written warning.

MONDAY, MARCH 17 3:20 a.m.: suspicious person (Stafford Street), spoken to; 6:16 a.m.: ambulance (Huntoon Memorial Highway), transported; 8:17 a.m.: mv stop (Main Street), spoken to: 8:37 a.m.: my stop (South Main Street), verbal warning; 8:50 a.m.: mv stop (Stafford Street), written warning; 9:35 a.m.: mv stop (Huntoon Memorial Highway), verbal warning; 9:45 a.m.: ambulance (Ingram Road), transported; 9:49 a.m.: suspicious person (Main Street), written warning; 9:57 a.m.: assist citizen (Pleasant Street); 10:09 a.m.: ambulance (Huntoon Memorial Highway), transported; 10:26 a.m.: mv stop (Stafford Street), spoken to; 10:47 a.m.: mv stop (Stafford Street), citation issued; 11:48 a.m.: mv stop (Stafford Street), spoken to; 12:05 p.m.: disturbance (Main Street), resolved; 12:56 p.m.: mv stop (South Main Street), citation issued; 1:06 p.m.: mv stop (Main Street), no action required; 1:18 p.m.: mv stop (Auburn Street), name and address redacted from police log, unlicensed operation, criminal application issued; 1:32 p.m.: mv stop (Main Street), verbal warning; 1:40 p.m.: mv stop (Mill Street), spoken to; 1:44 p.m.: assist other agency (Pearl Street, Spencer), services rendered: 1:46 p.m.: mv stop (Main Street), written warning; 1:54 p.m.: mv stop (South Main Street), verbal warning; 1:57 p.m.: mv stop (Main Street), verbal warning; 2:23 p.m.: mv stop (South Main Street), spoken to; 3:18 p.m.: ambulance (Howe Village, Spencer), transported; 6:06 p.m.: notification (Hemlock Street), report taken; 7:59 p.m.: ambulance (Huntoon Memorial Highway). no action required; 8:33 p.m.: mv stop (Main Street), verbal warning; 9:50 p.m.: ambulance (Cricklewood Drive), transported; 9:51 p.m.: mv stop (Main Street), verbal warning; 10:11 p.m.: assist citizen (Main Street); 10:58 p.m.: ambulance (Chandler Street, Worcester), transported.

TUESDAY, MARCH 18 1:25 a.m.: disabled mv (Paxton Street), assisted; 6:43 a.m.: ambulance (Mayflower Road), transported; 8:41 a.m.: mv stop (Paxton Street), spoken to; 10:22 a.m.: mv stop (Main Street), spoken to; 11:03 a.m.: mv stop (Main Street), verbal warning; 11:26 a.m.: mv stop (Main Street), spoken to; 12:06 p.m.: ambulance (Pleasant Street), transported; 12:12 p.m.: ambulance (Grove Street), transported; 1:28 p.m.: ambulance (Cambridge Street, Worcester), transported; 1:47 p.m.: mv stop (Main Street), spoken to; 2:17 p.m.: mv stop (Main Street), spoken to; 3:38 p.m.: illegal dumping (Paxton Street), services rendered; 4:56 p.m.: mv stop (Main Street), spoken to; 5:04 p.m.: mv stop (Main Street), written warning; 6:15 p.m.: mv stop (Main Street), verbal warning; 6:28 p.m.: mv stop (Main Street), verbal warning; 6:29 p.m.: mv stop (Laurelwood Avenue), verbal warning; 7:45 p.m.: mv stop (Main Street), verbal warning; 9:23 p.m.: mv stop (Main Street), verbal warning.

WEDNESDAY, MARCH 19 1:10 a.m.: my stop (Main Street) mv towed; 4:37 a.m.: welfare check (South Main Street), spoken to; 6:19 a.m.: ambulance (Edward Street), transported; 7:48 a.m.: mv stop (Main Street), verbal warning; 8:19 a.m.: mv stop (Pleasant Street), verbal warning; 8:30 a.m.: assist citizen (Soojians Drive), report taken; 9:23 a.m.: accident (Main Street), report taken; 10:39 a.m.: mv stop (Main Street), verbal warning; 10:45 a.m.: mv stop (Main Street), verbal warning; 11:32 a.m.: assist citizen (Memorial School Drive): 12:47 p.m.: ambulance (Victoria Drive), transported; 1:02 p.m.: assist citizen (Huntoon Memorial Highway); 1:04 p.m.: parking complaint (Main Street), no action required; 1:09 p.m.: ambulance (Huntoon Memorial Highway), transported; 2:00 p.m.: investigation (Second Street), report taken; 2:51 p.m.: mv stop (South Main Street), spoken to; 3:08 p.m.: fraud (Hyland Avenue), report taken; 4:21 p.m.: animal complaint (Auburn Street), referred; 5:10 p.m.: hit/run accident (Soojians Drive), report taken; 5:32 p.m.: wires down (Pleasant Street), referred; 6:11 p.m.: erratic operator (Main Street), spoken to; 6:35 p.m.: mv stop (Main Street), citation issued; 7:06 p.m.: ambulance (Main Street, Spencer), call canceled; 7:11 p.m.: assist other PD (King Street), services rendered; 7:15 p.m.: restraining order service (Peter Salem Road), unable to serve; 8:26 p.m.: restraining order service (Peter Salem Road), served; 8:39 p.m.: suspicious mv (Huntoon Memorial Highway), resolved.

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Spencer Police Log

WEDNESDAY, MARCH 12

12:47-2:36 a.m.: buildings checked, secure; 3:05 a.m.: medical/general (Cherry Street); 3:47 a.m.: medical/ general (Wire Village Road); 4:41 a.m.: mutual aid (West Main Street), East Brookfield PD traffic stop; 4:43 a.m.: medical/general (Treadwell Drive); 5:08 a.m.: medical/general (Mechanic Street); 5:56 a.m.: fire (Chickering Road), referred; 6:39 a.m.: medical/ general (Holmes Street); 7:15 a.m.: LTC issued (West Main Street), assisted; 7:27 a.m.: medical/general (Main Street); 8:05 a.m.: medical/general (Chestnut Street); 8:05 a.m.: disabled mv (Castle Lane) services rendered; 10:39 a.m.: medical/general (Mercury Drive); 10:42 a.m.: abandoned 911 call (Main Street), accidental; 11:01 a.m.: animal complaint (Old East Charlton Road), req. ACO; 11:25 a.m.: fire/woods/ grass (Salem Street), referred; 11:44 a.m.: juvenile matter (Main Street). baby left in truck; 11:45 a.m.: 911 call (Main Street), rep. serious accident; 11:50 a.m.: medical/general (Mechanic Street); 1:21 p.m.: officer wanted (North Spencer Road), unwanted party; 1:46 p.m.: mutual aid (Donnelly Cross Road), serve immediate threat/ MassDOT; 2:48 p.m.: medical/general (High Street); 4:02 p.m.: restraining order service (West Main Street); 4:27 p.m.: medical/general (Mechanic Street); 5:12 p.m.: mutual aid (West Main Street), Southbridge PD bolo; 5:39 p.m.: fire alarm (Chickering Road), referred; 6:44 p.m.: medical/ general (Pleasant Street); 6:45 p.m.: residential alarm (Kingsbury Road), services rendered; 7:29 p.m.: officer wanted (Main Street), man drinking in my: 7:41 p.m.: medical/general (Maple Street); 8:13 p.m.: officer wanted (West Main Street), welfare check; 10:27 p.m.: protective custody/adult (Starr Street), drunk disturbance; 10:52 p.m.: mutual aid (Main Street), assist State Police; (total daily mv stops -5).

THURSDAY, MARCH 13

12:49-2:47 a.m.: buildings checked, secure; 2:26 a.m.: mutual aid (Main Street), assist State Police; 2:32 a.m.: suspicious persons (Main Street), investigated; 3:02 a.m.: medical/general (Browning Pond Road), lift assist; 3:59 a.m.: suspicious mv (Main Street), investigated; 4:14 a.m.: residential alarm (Clark Road), services rendered; 8:11 a.m.: medical/general (Grove Street); 8:18 a.m.: DPW call (Mechanic Street), re: partial road closure; 8:28 a.m.: animal complaint (Charlton Road), dead skunk in road; 8:37 a.m.: medical/general (Main Street); 10:31 a.m.: officer wanted (Ash Street), req. property check; 1:55 p.m.: medical/ general (Duggan Street); 2:04 p.m.: 911 call (G.H. Wilson Road), accidental; 2:30 p.m.: disturbance (Main Street), m/f dispute; 3:01 p.m.: officer wanted (Bixby Road), req. welfare check; 3:03 p.m.: medical/general (Howe Village); 4:51 p.m.: fraud (Smithville Road), report taken; 5:40 p.m.: officer wanted (Lincoln Street), rep. belligerent/ threatening male; 5:51 p.m.: medical/ general (Valley Street); 6:26 p.m.: disturbance (Hastings Road), poss. gunshots heard; 10:22 p.m.: disturbance (West main Street), disruptive customer; 10:42 p.m.: mutual aid (West Main Street), Southbridge PD bolo; (total

daily mv stops -2). FRIDAY, MARCH 14

12:20 a.m.: medical/general (Elm Street); 12:36-3:03 a.m.: buildings checked, secure; 1:08 a.m.: suspicious mv (Valley Street), investigated; 1:49 a.m.: my repossessed (Adams Street). info rec'd; 9:27 a.m.: disturbance (Lincoln Street), tenant/landlord altercation; 9:43 a.m.: larceny (Howe Road), report taken; 10:51 a.m.: officer wanted (West Main Street), spoken to; 11:05 a.m.: accident (Main Street), not investigated; 11:30 a.m.: officer wanted (Ash Street), assist w/custody exchange; 12:40 p.m.: officer wanted (West Main Street), spoken to; 1:24 p.m.: 911 call (Chestnut Street), resolved; 2:00 p.m.: citizen complaint (Ash Street), c/o kids; 3:34 p.m.: medical/overdose (Chestnut Street); 4:17 p.m.: medical/ general (North Brookfield Road); 4:28 p.m.: officer wanted (Lincoln Street), spoken to; 5:21 p.m.: hit/run accident (Borkum Road), report taken; 6:53 p.m.: fire/woods/grass (Charlton Road), referred; 7:49 p.m.: medical/general (Cherry Street); 8:26 p.m.: officer wanted (West Main Street), spoken to; 9:05 p.m.: mv complaint (Brooks Pond Road), c/o being followed; 9:37 p.m.: illegal dumping (Greenville Street), boxes in roadway; 9:50 p.m.: officer wanted (Main Street), req. welfare check; (total daily mv stops -5).

SATURDAY, MARCH 15

12:10-2:43 a.m.: buildings checked, secure; 9:23 a.m.: officer wanted (West Main Street), rep. animal cruelty; 11:05 a.m.: mv complaint (Route 49), mv knocked over dividers/breakdown lane; 11:09 a.m.: mutual aid (Temple Street), assist Worcester PD: 12:59 p.m.: fire (Brooks Pond Road), rep. suspicious items in basement; 1:04 p.m.: medical/general (Howe Village); 1:49 p.m.: medical/general (Old East Charlton Road); 2:31 p.m.: illegal dumping (Main Street), bag/ trash in road; 2:41 p.m.: parking complaint (Main Street), mv in caller's space; 2:54 p.m.: mutual aid (West Main Street), Brookfield PD bolo; 3:11 p.m.: 911 call (Lambs Grove), accidental; 3:31 p.m.: commercial alarm (West Main Street), services rendered; 4:59 p.m.: mv complaint (Charlton Road), erratic operator; 5:00 p.m.: medical/general (Collier Circle), lift assist; 5:59 p.m.: disturbance (Pearl Street), yelling/fem w/bat; 6:22 p.m.: suspicious mv (Park Street), info taken; 8:13 p.m.: officer wanted (West Main Street), req. assistance; 10:53 p.m.: mv complaint (West Main Street), erratic operator; (total daily mv stops -1).

SUNDAY, MARCH 16

1:00 a.m.: disorderly conduct (Sunset Lane), drunk male; 2:55 a.m.: medica/mental health (Cherry Street), welfare check; 5:00 a.m.: mutual aid (West Main Street), Charlton PD bolo; 6:10 a.m.: building checked, secure; 7:28 a.m.: medical/general (Fourth Avenue); 10:23 a.m.: lost/found (Wm. Casey Road), item thrown out window; 10:28 a.m.: abandoned 911 call (Main Street), no contact: 11:07 a.m.: 911 call (Main Street), accidental; 1:05 p.m.: medical/general (Main Street); 1:26 p.m.: disturbance (Northwest Road), noise complaint/dirt bikes; 2:59 p.m.: suspicious persons (Valley Street), investigated; 3:20 p.m.: mv complaint (Main Street), erratic operator; 3:37 p.m.: officer wanted (Temple Street), req. welfare check; 4:05 p.m.: commercial alarm (Ash Street), services rendered; 5:23 p.m.: medical/general (Elm Street); 5:43 p.m.: animal complaint (Mechanic Street), dog bite; 6:17 p.m.: mv complaint (Pleasant Street), mc racing on road; 6:47 p.m.: medical/general (Howe Village); 8:32 p.m.: officer wanted (Mechanic Street), re: family dispute; 8:39 p.m.: mv complaint (Route 49), erratic operator; 8:58 p.m.: mutual aid (West Main Street), Charlton PD bolo/stolen mv; 9:03 p.m.: DPW call (Greenville Street), tree down/blocking lane; 9:09 p.m.: medical/general (Cherry Street); 10:08 p.m.: medical/ general (Irving Street); 10:42 p.m.: domestic assault (Main Street), daughter/bf fighting; (total daily mv stops

MONDAY, MARCH 17 12:25 a.m.: fire (Westland Drive), referred; 12:26-12:52 a.m.: buildings checked, secure; 12:57 a.m.: officer wanted (West Main Street), re: power outage; 1:15 a.m.: commercial alarm (Maple Street), services rendered; 1:30 a.m.: building checked, secure; 1:46 a.m.: officer wanted (Main Street), tx light malfunction; 3:00 a.m.: disturbance (Main Street), noise complaint; 5:07 a.m.: fire (Wilson Avenue), referred; 7:41 a.m.: LTC issued (West Main Street), assisted; 8:10 a.m.: medical/ general (Lincoln Street); 8:10 a.m.: LTC issued (West Main Street), assisted; 8:29 a.m.: accident (West Main Street), report taken; 9:13 a.m.: officer wanted (Main Street), req. welfare check; 10:08 a.m.: sex offender registration (West Main Street), assisted; 10:52 a.m.: search warrant (Pearl Street), Jessica L. Thomas, 50, 12 Pearl Street, Spencer, possession Class C drug, withholding evidence from criminal proceeding, trafficking in cocaine/36 grams or more, arrest; Alexandru Depta, 43, 316 Lincoln Street, Worcester, warrant, arrest; 11:57 a.m.: medical/general (Howe Village); 12:11 p.m.: officer wanted (Main Street), rep. poss. theft; 12:38 p.m.: medical/general (Browning Pond Road); 1:05 p.m.: medical/general (Howe Village); 3:00 p.m.: DPW call (Paxton Road), rep. boulders in roadway; 3:09 p.m.: medical/general (Maple Street); 3:15 p.m.: medical/general (Howe Village); 4:02 p.m.: commercial alarm (Manle Street) ser rendered; 4:16 p.m.: lost/found (Main Street), fem. in distress; 5:23 p.m.: building checked, secure; 7:13 p.m.: officer wanted (Wm. Casey Road), rep. being hit; 7:21 p.m.: disturbance (North Spencer Road), investigated; 8:41 p.m.: medical/general (Howe Village); 10:30 p.m.: disturbance (West Main Street), fem. causing disturbance; (total daily

mv stops - 1). TUESDAY, MARCH 18

12:39-2:53 a.m.: buildings checked, secure; 1:26 a.m.: disabled mv (North Spencer Road), assisted; 6:17 a.m.: commercial alarm (Main Street), services rendered; 8:06 a.m.: officer wanted (Hastings Road), welfare check; 8:48 a.m.: intelligence/parole (West Main Street), info rec'd; 9:35 a.m.: officer wanted (West Main Street), re: restraining order violation; 10:10 a.m.: animal complaint (Powers Street), injured skunk: 10:11 a.m.: animal complaint (Main Street), dog found; 11:09 a.m.: fire (G.H. Wilson Road), referred; 12:27 p.m.: animal complaint (Holes Street), loose dog; 1:23 p.m.: fraud (West Main Street), report taken; 1:54 p.m.: medical/general (Howe Village);

3:15 p.m.: RV complaint (Ash Street), re: dirt bike; 4:21 p.m.: 911 call (Kingsbury Road), rep. potholes; 6:20 p.m.: mv complaint (Bixby Road), aggressive motorist; 6:39 p.m.: fire alarm (Howe Village), referred; 6:46 p.m.: suspicious persons (Valley Street), investigated; 6:50 p.m.: juvenile matter (Lambs Grove), dispute over visitations; 7:12 p.m.: suspicious persons (West Main Street), spoken to; 8:54 p.m.: weapons law violation (Hastings Road), re: video; (total daily mv stops - 4).

#

For **Advertising Information** Call 774-200-7308 email: mikaela@ stonebridge press.news

Bay Path course teaches inside-outs of stained glass

you know there are two distinct types of stained glass? If you participated in the class offered by Susan Bundeff and Path in Charlton, you stands out because it is would be in the know, plus you'd have the chance to work with Tiffany Glass. While both stained glass and Tiffany Glass use colored glass, Tiffany Glass

opalescent and can be assembled using copper foil instead of the traditional lead strips, allowing for more intricate and

Workshop13 offers youth a chance to Spring into Art



WARE — Workshop13 is offering a new youth art program during April Vacation week, designed to keep children and tweens creatively engaged during their school break. Spring Into Art Week runs from April 21 – 25 daily from 9 a.m. 3 p.m. at Workshop13's main building, located at 13 Church St. in downtown Ware. The target age group is six to 12 years. Thanks to the generosity of the Community Foundation of Western Massachusetts, this program is being offered at a discounted rate of \$160 for the entire session.

Workshop13 offers numerous other creative activities for young artists. Fine Art for Kids has 4-week Saturday fine art/art history sessions for youths in March, April, and May. A new Mommy and Me Art Class is being offered one Thursday each month. A special one-day pottery workshop and demonstration with master potter Rick Hamlin will take place on April 5th at Workshop13's ClayWorks campus (71 Main St., Ware), giving young aspiring potters the chance to make their own ceramic dragon. And the summer is packed with youth programs, including Art in Nature (also discounted thanks to the Community Foundation of Western MA), clay classes for different age groups, and Art Passport: Destination Stations. Thanks to the generosity of the Ware Cultural Council, all Art Passport sessions are being offered free

Workshop13 has sliding scale pricing and sibling discounts available to ensure that these and other youth programs are accessible to all. Workshop13 also participates in CardToCulture for EBT cardholders. Email remington@workshop13.org to request financial assistance. Visit workshop13.org to learn more about upcoming classes and workshops and to register.

About Workshop13

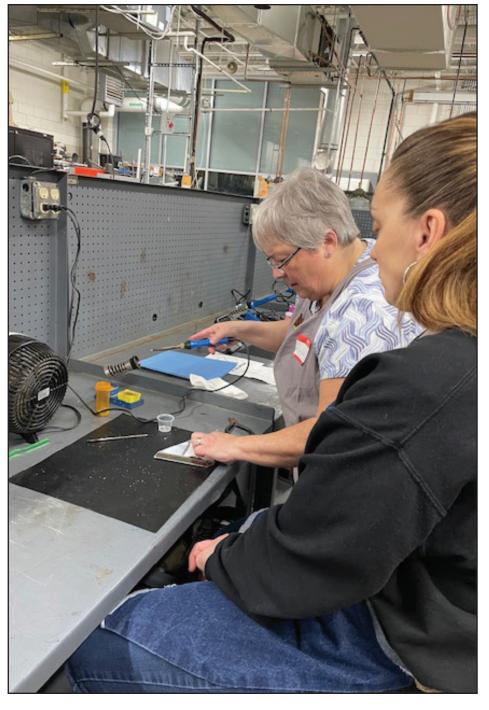
Workshop13 Cultural Arts and Learning Center is a rural non-profit arts innovator located in Ware, Massachusetts and devoted to increasing the appreciation and accessibility of the arts, strengthening the creative life of our community through instruction, collaborations, and arts-based initiatives.

In this four-week beginner course, students will create two suncatchers in a relatively short timeframe while learning essential skills such as cutting glass, grinding it for shaping, working with copper foil, and mastering the proper soldering techniques using a Soldering Iron specifically designed for stained glass. Susan began her own stained glass journey by taking this class at Bay Path 25 years ago

and when the instructor retired, she stepped in to continue the tradition. Darlene took classes with Susan, and then they partnered up to teach together. Their passion for this beautiful craft shines through in their teaching and the support they offer their students behind the scenes.

As this class is limited to just eight students, and the first session filled up quickly, we are excited to announce a second

four-week session starting on Monday, April 7, with limited spots still available. If you've been curious about this class, now is the perfect time to explore it. Visit baypath. augusoft.net to sign up. To keep up with Susan, followon Facebook at Sue B's of Stained Glass, and to keep up with what's going on at Bay Path's Evening School, follow on Facebook and Instagram.



A.C. 78A

Docket Number WO24P2597 THECOMMONWEALTH **OF MASSACHUSETTS WORCESTER, SS PROBATE COURT**

To all persons interested in the estate of Sandra Nichols of Warren, in said county, a person under conservatorship. A petition has been presented to said Court for authority to sell - private sale -certain real estate of said Two Hundred Sixty Three Thousand One Hundred Fifteen Dollars (\$263,115.00) for maintenance and praying that the petitioner may become the purchaser of said real estate..

If you desire to object thereto you or your attorney shall file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the Fifteenth day of April 2025, the return date of this citation.

Witness Leilah A. Keamy, Esquire, First Judge of said Court, this tThirteenth day of March 2025.

Stephanie K. Fattman Register of Probate March 28, 2025

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:

Graziele DeSouza has filed an Amended Order of Conditions with the Spencer Conservation Commission for a proposed smaller home, smaller driveway & an updated Stormwater system located at 8 Wilson Street, Spencer, MA.

Jay Gallant has filed an RDA with the Spencer Conservation Commission to remove the roof and walls and rebuild a cottage located at 69 Lakeshore Drive, Spencer, MA.

Applications can be reviewed at the Office of Development and Inspectional Services, Town Hall. A public hearing regarding these filings will be held by the Spencer Conservation Commission in McCourt Social Hall at Town Hall, 157 Main Street, on Wednesday, April 9, 2025 at which time all persons hav-

remotely to participate. Conservation project cost was \$253,256 and the Commission meetings open at 6:15

Mary McLaughlin Mary McLaughlin, Chairwoman March 28, 2025

Notice of Special Public Hearing East Brookfield Zoning Board of Appeals

This Zoning Board hearing will take place at the East Brookfield Memorial Town Complex, 122 Connie Mack Drive. East Brookfield, MA on Thursday, April 10th, 2025. Hearing will commence at 6:30PM or soon thereafter as can be heard. Interested parties can attend in person.

Applicant: DAB Property, LLC., owner of the property at 160 Adams Road, East Brookfield, MA. The applicant is requesting a "Special Permit" for a smokestack that will exceed the height limit as outlined in section 5 of the East Brookfield Zoning Bylaws. This hearing will determine if the proposed smokestack is not more detrimental to the permitted uses in the zone in which it will be located.

March 28, 2025 April 5, 2025

Notice of Intent to File:

Cherry Valley & Rochdale Water District has filed an Application for Federal Assistance with the USDA, Rural Development. This application for financial assistance will be for fund-

under the Rural Utilities Service, Part 1780, Emergency Community Water Assistance Grant (7 CFR 1778.7) and was submitted on March 19, 2025. The specific elements of the project included emergency repairs to the transmission main servicing the Rochdale portion of the system that occurred October 27, 2024. The leak caused a major water loss to the system and resulted in extensive work to reach the location of the leak and instituting not only an interconnection but also a tanker shuttling operation working to maintain water and pressure to the

ing an interest may be present or call in Rochdale portion of the system. The District is hoping to receive grant funds with this application to offset this cost. Any comments regarding this application should be submitted to Cherry Valley & Rochdale

Water District at info@cvrwd.com within fifteen days of this publication. March 28, 2025

At the Zoning Board of Appeals meeting to be held on Tuesday, April 08, 2025, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard: Notice of Public Hearing - Spencer

Zoning Board of Appeals Special Permit Finding- Applicant/ Owner: Jimmy George: Location: 20 Whittemore Cove, Spencer Assessor's Map U17-08. The applicant is seeking a Special Permit under Sections 4.9.2.A.2 (Nonconforming Structures) of the Spencer Zoning Bylaw to build an addition of a 4-foot deck overhang that is 7 feet from the side of the property line. On the existing house they propose to remove the roof and reconstruct to add an upper-level loft area an increase of 300 feet of usable floor area. Also, the house will be re-sided and installation of a new sewer pump and paver walkway. The property is located in the Suburban Residential (SR) Zoning District

March 21, 2025 March 28, 2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO25P0990EA CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate Of: Anna K. Kujtkowski Date of Death: 01/07/2025

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by David R. Pion of Sepencer MA

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:

David R. Pion of Sepencer MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised admin-

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 04/22/2025.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS **UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: March 19, 2025 Stephanie K. Fattman, Register of Probate

March 28, 2025

For Legal Advertising Information, Call 508-909-4127 • email: legals@stonebridgepress.news





THIS SEASON IS A NOTABLE PERIOD FOR ANIMAL BIRTHS.

YN2MEK: 26KING

What's the Difference?

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





3. Cat on counter 4. Left cabinet is wood Answers: I. Missing tea kettle 2. Extra vase



- 1806: CONSTRUCTION IS AUTHORIZED ON THE GREAT NATIONAL PIKE, BECOMING THE UNITED STATES' FIRST FEDERAL HIGHWAY.
- 1927: SUNBEAM 1000HP BREAKS THE LAND SPEED RECORD AT DAYTONA BEACH.
- 1973: THE LAST UNITED STATES COMBAT SOLDI-ERS LEAVE SOUTH VIETNAM.



EQUINOX

a date when day and night are almost of equal length



ENGLISH: Bud

SPANISH: Capullo

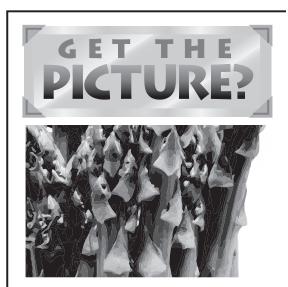
ITALIAN: Bocciolo

FRENCH: Bourgeon

GERMAN: Knospe



MANY EARLY SPRINGTIME FLOWERS ARE BULBS INCLUDING CROCUSES, **HYACINTHS AND** SNOWDROPS.



Can you guess what the bigger picture is?

PNSMEK: YSPARAGUS

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Solve the code to discover words related to finance. Each number corresponds to a letter. (Hint: 26 = I)

16 1 22 11 26 9 A.

Clue: Buying something on deferment

11 22 2 26 9 B.

Clue: Deduction

8 25 18 26 19 17 8 C.

Clue: Nest egg

D. 26 19 18 22 8 9 20 22 19 9

Clue: Share or stock

SUDOKU

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3			7					
		7	5	4			2	
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								6

Fun By The **Numbers**

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Answers:

A. credit B. debit C. savings

D. investment

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

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8	L	Admin	6	9	8	9	2	Þ

ANSWER:



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NEW PRCE!! 1640' direct waterfront on Cedar Lake! Secluded 11.61 Acres - Pristine, Undeveloped, Private & Serene! Potential for up to 5 house lots! 119' roadfront w/Gravel Drive Access to Land & Lake! 183 ac+- Cedar Lake is full recreational - A Once in a Lifetime Opportunity! \$750,000

* June Cazeault * Laurie Sullivan* Lori Johnson-Chausse * William Gilmore II * Maureen Cimoch * *Bryan Pelletier*



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\$469,000





Location! Location! This Oversized & Well Maintained 2 Family offers 2,472 sf Total! Apt 1 >1st Floor Unit >has 1,052 sf, 3 BRs & 1 Bath|Apt 2 >2nd & 3rd Floor Unit has 2 levels >1,420 sf, 5 BRs, 2 Baths. Corner lot w/.30 acre, 22'x22' Two Car Garage! 12'x16'Concrete Patio. Apartments fully occupied. PLEASE DO NOT TRESPASS onto the Property. \$559,900

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ON DEPOSIT

WEBSTER -38 COLONIAL RD. LAKE RESIDENTIAL

Webster Lake Area! Investors take notice! Charming Ranch with possible extra buildable lot! Home has 2 bedrooms, 1 Bath. 1 Car Garage. Recent Furnace and Ductless Mini-Split System. Vinyl Siding, Replacement Windows. 100CB. Interior needs up-

OXFORD - 25 SUTTON AVENUE



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\$1,300,000 On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg





Webster Lake Waterfront 88 Union Point Excellent opportunity! Natural Western Facing Shoreline- Beautiful Sunsets - Views of Middle to North Pond! 7,000 +/- Sq. Ft. Waterfront Lot! Utilize this one Bedroom Winterized cottage while making plans to construct your dream home! Or just live in, as is! Fireplaced living room ! 12 X 30 one car garage. Beautiful Pine tre at the water's edge! - \$660,000

Featured New Listing! Webster Lake Waterfront Lots Bates Point Rd

In Beautiful, Calm, Winter Cove Lot# 1004R Natural Level Shore Line 5000+/- Sq Ft **\$350,000** Lot# 1005R Natural Level Shore line 7800 +/- Sq Ft **\$380,000**



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*Hardwood



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Are you Eligible?

DPHS

continued from page A1

tion-renovation ect, school leaders are committed to keeping community members informed.

'Today's event is part of a series whereby we are working with the Fontaine Bros., our construction team, to provide information to our learning community monthly, starting with the middle school students," Haughey told the New

Leader during a March 14 tour. "Our motto for the district is 'Next Generation Education,' and the culminating experience takes place at a state-of-the-art facility at David Prouty High School."

Nick Pimentel, a construction representative for Colliers Engineering and Design (the project's OPM), has provided regular updates on the proj-

During the March 14 walkthrough, KTMS stu-

dents saw several jobs in progress. These include significant work in the gymnasium; stairwell and hallway projects; interior painting and flooring work: drywall installations; and HVAC, electrical, plumbing, and fire protection projects.

Meanwhile, extensive work has taken place in recent months at Prouty's athletic facilities. Looking ahead, the gymnasium's wood athletic flooring will be installed, with the new

bleachers to follow.

The school community can also expect to see several other projects take place this spring and summer.

masonrv "Exterior will be complete at all Phase 1 exterior facades," Pimentel said. "Exterior soffit panels will be installed at all Phase 1 overhangs."

Outside, granite curbing will be installed throughout the Phase 1 parking lots. Moreover, further work to the athletic facilities will take place this spring.

"We are in the process of procuring furniture, fixtures, and equipment for the school, and we expect to have items arriving throughout the summer for the new school year, as we anticipate parts of the project to be brought online in late August 2025 for the staff and students," Haughey said in a previ-

ous interview. Whitsett Jones Architects, Inc., is serving as the architect for the project. The general contractor is Fontaine Bros., Inc.

For further information about the project, visit www.sebrsd.org.

School officials thank the leadership team from Fontaine Bros., Inc., for bringing students onto the site for tours.

Next month, current DPHS students are scheduled to tour the construction zone during their half-day, officials said.



Significant exterior work has taken place in recent months.





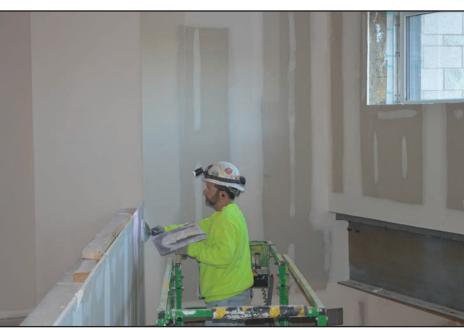
Major progress was made over the winter.



Students view several work sites.



Students learn from project leaders.



Members of the construction team are hard at work.



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Bedrooms

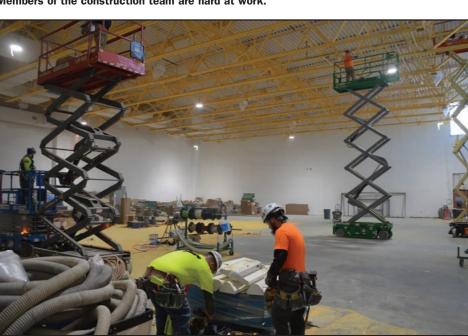
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The new gymnasium is under construction.