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Friday, November 25, 2022

## School Committee DPHS project forward

BY KEVIN FLANDERS  
STAFF WRITER

SPENCER — The Spencer-East Brookfield Regional School Committee voted unanimously this month to approve the next steps for the David Prouty High School building project.

During the School Committee's Nov. 8 meeting, members authorized SEBRSD Superintendent Paul Haughey to sign and execute the project funding agreement (PFA) with the Massachusetts School Building Authority (MSBA). The vote was 6-0 in favor, with member Christopher Woodbury unable to attend the meeting.

"We have sent two copies of the PFA to the MSBA so that the Executive Director, Jack McCarthy, may sign," Superintendent Haughey told the New Leader. "The MSBA will then return one of the two originals to us for our records here in the district and keep one for themselves."

Meanwhile, the district's Construction Manager Prequalification Committee continues its work, meeting

often to review the criteria for a construction manager. The committee will also make recommendations on the selection schedule that would work best for the district.

"On Nov. 2, we had five construction management firms walk David Prouty High School to review the work needed," Haughey added.

The latest construction manager prequalification meeting was slated for Nov. 17 via Zoom. The district's next School Building Committee meeting will be scheduled for early December.

For school leaders and local families alike, it's exciting to see the project continue to take steps toward becoming a reality. Major hurdles were cleared earlier this fall, when the \$111.6 million DPHS addition-renovation project was approved at town meetings and elections in both towns.

Built in the 1960s, the aging DPHS suffers from numerous problems, including issues with mechanical, electrical, and plumbing systems; roof and accessibility issues; and outdated classrooms and equipment. In early March of this

year, the school was closed for several days following a burst heating pipe that caused steam and water damage.

Looking ahead, students and staff can't wait to finally enjoy a modern facility with classrooms and equipment that augment learning instead of disrupting it.

The MSBA will cover \$46.8 million of the project costs, while the towns are responsible for the remaining \$64.8 million.

At Special Town Meetings earlier this fall, voters in both towns approved a debt exclusion for the total project budget. The MSBA reimbursement for the project will then be paid out in the form of a facilities grant.

To learn more about the district's school building project and the next phase of planning, visit [www.MassSchoolBuildings.org/building/design](http://www.MassSchoolBuildings.org/building/design).

Residents and school community members are also encouraged to attend future meetings of the David Prouty High School Building Committee to receive the latest updates and information.



Photo Courtesy

Brookfield-based Supporting Orphans Nationally and Globally (S.O.N.G.) continues to provide assistance to children in need.

## S.O.N.G. ramps up efforts to help children of Ukraine

BY KEVIN FLANDERS  
STAFF WRITER

BROOKFIELD — With major assistance pouring in from the community this holiday season, Supporting Orphans Nationally and Globally (S.O.N.G.) is ramping up efforts to help children in need.

The primary focus this year for S.O.N.G. directors Michele and Wally Connor has been providing support for children affected by the war in Ukraine. With help from throughout the community, they continue to make an impact.

On Nov. 19, Knights of Columbus Council 11080 was slated to sponsor a spaghetti dinner at Sacred Heart Church in West Brookfield. Proceeds

from the event will help provide critically needed winter clothing and blankets to orphaned children in western Ukraine.

The Connors recently returned from the Ukraine-Poland border, where they offered support to children at refugee camps. Wally Connor will be returning soon to Krakow, Poland, for meetings with partner organizations. He will then travel to Lviv, Ukraine, to help distribute winter clothing to orphaned children in more than 20 temporary safe havens in western Ukraine.

The recent missile strike which killed two people in a Polish village highlights the

Turn To S.O.N.G. page A3

## Local author releases 38th annual Quabbin History Calendar

BY KEVIN FLANDERS  
STAFF WRITER

REGION — As another year comes to an end, area residents are already turning their focus to 2023 with help from an annual tradition.

Local author and historian J.R. Greene recently released his 38th annual Quabbin History Calendar. Featuring 12 new scenes from the four valley towns that were flooded in order to build Quabbin Reservoir, the calendar offers a rare glimpse at long-lost communities.

"Each year, we have presented a new selection of pictorial memories of the villages obliterated for the construction of the Quabbin Reservoir and the Ware River diversion in the 1920s and 1930s," read a statement released by Greene. "Thanks are due to Joe Mitko for formatting the photos in this edition."

Overall, Greene has now presented more than 450 photos in

his calendars over the years. Residents always look forward to the opportunity to glance ahead to the future while also taking some time to remember local history.

Some of the highlights of the 2023 calendar include Martindale Farm in Enfield; a winter view of the Dana Common; a railroad depot in Prescott; the Millington Creamery; a fire station in Enfield; a summer camp in West Rutland; a post office in Coldbrook Springs; a schoolhouse in Greenwiche; and a pair of local stores.

"The theme of this calendar is to honor the villages of the former Swift and Ware River valleys, and their way of life," Greene's statement read. "This calendar is dedicated to the memory of the people who once lived in those places."

Several local residents have family members who once lived in the lost villages of the Quabbin. Residents in all four

towns were forced by the government to move away prior to their communities being discontinued in 1938.

Greene has authored 14 books, two atlases, and a bibliography on the history of Quabbin Reservoir and the flooded towns. Moreover, he has written four books on Massachusetts railroads, plus three titles examining the life and presidency of Calvin Coolidge.

Additionally, Greene has served as the longtime chairman of the board of the Friends of Quabbin, Inc. He also regularly conducts narrated slide programs on Quabbin history.

If you would like to pick up a calendar, they are available for sale at Brookfield Orchards in North Brookfield, as well as several other locations.

For more information about ordering books from the author, you may mail a letter to

Turn To CALENDAR page A3

## Community shows appreciation for local veterans

BY KEVIN FLANDERS  
STAFF WRITER

LEICESTER — The community showed its appreciation for those who served during last week's Veterans' Breakfast hosted by the Senior Center.

The annual event is organized by Senior Center Director Rachelle Cloutier and her staff, with help from community leaders and volunteers. On Nov. 17, veterans from throughout the area were thanked for their service by local leaders.

Guests at the Nov. 17 program included Senator Anne Gobi, State Representative David LeBoeuf, Town Administrator David Genereux, selectmen and School Committee members, and representatives from several other municipal



Courtesy

Sen. Anne Gobi and State Representative David LeBoeuf help prepare breakfast for veterans at the Leicester Senior Center.

departments and committees.

Many of the guests, including Senator Gobi, helped serve breakfast to veterans as a thank-you for their service to our country.

"It was my honor to help cook and serve the breakfast for our veterans," Gobi said. "Leicester has a rich history of supporting its veterans, as well as having sent many of its sons and daughters to serve our nation. We can never do enough to thank our active military and veterans, but this was one way to acknowledge their service."

The program was led by Bill Moore, the Executive Director of Project New Hope, Inc. The guest speaker for this year's

event was Colonel Richard Cipro, of the Army National Guard.

"It's important for us to honor the legacy of our veterans and never forget it. We must always keep their memory alive," Cipro said.

The program also featured members of the South High School Air Force Junior ROTC, who presented the colors and set a table honoring POW/MIA servicemembers.

For local leaders, the event is an important opportunity to honor veterans in a way that comprehensively celebrates all military branches and servicemembers.

"I'm honored to have been in the same room with so many

Turn To VETERANS page A19

# BAY PATH RELEASES HONOR ROLL

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the first quarter of the 2022-2023 school year.

## Grade 12

High Honors: Sincere Bailey, Benjamin Besaw, Aleana Brayton, Miranda Burden, Julia Canty, Amanda Christianson, Makayla Collins, Samantha DeCell, Cheryl Dolson, Brenna Donohue, Elizabeth Dreitlein, Jayden Flanders, Evan Gelineau, Julius Guillen, Emma Hesselton, Samantha Inangelo, Grace Jones, Matthew Kallgren, Aiden LaFrance, Matthew Marshall, Jaysi Miller, Mackenzie Morrissey, Merissa Murray, Stephen Ngaruiya, Gabrielle Oikle, Sabrina Rodrigues, Wyatt Sadusky, Arminda Simoes, Sawyer Smith, Naomi Soriano, Jacob Thomas, Emily Westwell  
 Honors: Alyssa Adams, Ayan

Ahmada, Lukus Bachand, Haven Banks, Olivia Beaudette, Quinn Beck, Dillon Beckwith, Maya Belmonte, Alexander Besaw, Samuel Boria, Andrew Bottcher, Jon Boyle, Ryan Brown Herraiz, Dennis Brunelle, Connor Burke, Hailey Carlson, Kendra Carter, Matthew Casati, Daniel Chaffee, Isabelabel Coleman, Grace Comeau, Anthony Comforti, Libby Condrate, Cam'Ron Desrosiers, Ronald Desrosiers, Valerie Diaz, Luke Dillon, Elaina Dunbar, Ty Dupuis, Amanda Englund, Zachary Finizza, Tori Fontaine, Zachary Fritze, Evan Frost, Emma-Abigail Gachagua, Aiden Gelardi, Emily Gelineau, Adrian Gonzalez, Osiris Gonzalez, John Guerin, Barry Hanson, Lauren Hennessy, Rebeka Janusz, Sumner Jordan, Tyler Kasprzycki, Marissa Keefe, Hunter Kelley, Delaney Kirkorian, Nakia L'Ecuyer, Anna L'Esperance, Sydney Lamontagne, James LeProhon,

Gianaleze Lopez, Yamilisha Machado, Judyly Maignan, Sara Malaney, Michael Mallette, Matthew Marchetti, Dylan McDonald, Rachel McMenemy, Erika Melendez, Yerilian Miranda-Colon, Kyle Moddy, Joelle Peluso, Georgios Purperis, Damon Provencal, Jacob Provencher, Timothy Putnam, Hilary Queirolo, Jenisey Ramos, Emma Rannikko, Katelynn Richard, Matthew Rousakos, Jazlynn Santana, Kieya Santerre, Nolan Sharry, Terry Simon, Ronin Simone, Evan St. Cyr, Emma St. Francis, Sean Sweeney, Alexander Tetreault, Brayden Therrien, Walfry Torres-Rodriguez, Jacob Wilga, Jonathan Young, Makenna Zella  
 Principal's List: Jake Aho, Samuel Audunsson, John Begg, Joshua Carignan, Michael Chansignavong, Lillian Cortis, Noah Cowher, Crystal Curving, Gabriel Espinosa, Nathan Goozey, Isabella Heck, Matthew Hoyt,

Tatyanna Johnny, Calista Kalil-Johnson, Madison Lamica, Jason Lavallee, Anthony Leite, Ayden Letourneau, Timothy Maenpaa, Alyssa Masciarelli, Connor McCarthy, Trinity Mercier, Dominic Moiz, Dylan Morrison Ilvonen, Jonathan Norman, Tessa Olejniczak, Gabriel Osciak, Trevor Phillips, Patrick Prudhomme, Ariane Ramos, Lucas Soloperto, Gavin Suprenant, Damon Sazafarowicz, Ivy Ta, Sebastian Tomei, Yahil Vega-Cortes, Jackson Wight

## Grade 11

High Honors: Sophia Balestracci, Angeliz Beltre Colon, Rachel Carpenter, Charles Chivallatti, Meredith Clark, Petru Cojocar, Kirsten Congdon, Dylan DeJesus, Jenna Gajewski, Ethan Gallant, Lucas Hafner, Kristina Liberty, Sarah Martin, Maggie Mullaly, Peter Nhan, Madison Nolan, Wendy

Turn To **HONOR ROLL** page **A5**

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# Bay Path announces John and Abigail Adams Scholarship winners

CHARLTON — Superintendent-Director Kyle Brenner is pleased to announce that over 70 Bay Path Regional Vocational Technical High School Students were recognized recently as recipients of the John and Abigail Adams Scholarship.

This year's recipients were honored at an awards breakfast banquet held at the school on Tuesday, Nov. 8.

The John and Abigail Adams Scholarship is a merit-based program that provides credit toward tuition for up to eight semesters of undergraduate education at a Massachusetts state college or university. For this scholarship, merit is based on student scores on the 10th-grade Massachusetts Comprehensive Assessment System (MCAS) test. The purpose of the award is to reward and inspire student achievement, to help attract more high-performing students to Massachusetts public higher education, and to provide families of college-bound students with financial assistance.

To be eligible for the John and Abigail

Adams Scholarship, students currently must score in the Advanced category on one of three high school state assessment tests in English Language Arts, Mathematics, or STEM (Biology, Chemistry, Introductory Physics or Technology/Engineering); score in the Proficient or Advanced category on the remaining two high school state assessment tests; and have a combined MCAS score on these assessments that ranks in the top 25 percent in their school district.

Bay Path students who were recognized include the following:

Fabian Alvis, Samuel Audunsson, Samuel Boria, Emma Boulet, Hunter Boyd, Dennis Brunelle, Richard Budney, Matthew Casati, Amanda Christianson, Isabella Coleman, Makayla Collins, Lauren Comeau, Libby Condrate, Caleb Jude Corpuz, Bryan DaSilva, Ryan Davis, Samantha DeCell, Cheryl Dolson, Brenna Donohue, Elizabeth Dreitlein, Elaina Dunbar, Jayden Flanders, Emma-Abigail Gachagua, Casey Gallagher, Aiden Gelardi, Evan Gelineau, Noah

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The value of the Adams Scholarship varies by campus and is subject to change. For example, the current award amount for UMass Amherst is \$1,714.

Framingham State University and Worcester State University awards are valued at \$970. At the UMass Amherst award amount, with 75 students receiving the award, the value of the scholarship for Bay Path students nears \$130,000.

"On behalf of the entire Bay Path faculty and staff, we congratulate all of this year's John and Abigail Adams Scholarship recipients," Brenner said. "They have proven themselves to be exceptionally dedicated students who should be commended for their efforts."



Photo Courtesy

Bay Path Regional Vocational Technical High School recently honored its John and Abigail Adams Scholarship recipients.

## S.O.N.G

continued from page A1

risks humanitarians like Connor face when traveling near Ukraine's border, much less crossing it. Despite the dangers, he remains steadfast in his commitment to providing assistance.

"This is S.O.N.G.'s priority right now, as winter is right around the corner. Power outages are common, interfering with heating the facilities, and energy supplies are forecasted to be sporadic throughout the winter," read a statement released by S.O.N.G.

If you would like to help children in desperate need this holiday season, checks should be sent to: S.O.N.G., Inc., 122 Long Hill Road, PO Box 426, Brookfield, MA 01506-0426.

Direct deposit donations should be sent to S.O.N.G., Inc., c/o North Brookfield Savings Bank, 9 Gilbert Street, North Brookfield, MA 01535.

To learn more about how you can help, visit [www.supportingorphans.org](http://www.supportingorphans.org).

Meanwhile, the Connors recently announced that the new S.O.N.G. headquarters and gift shop will open on Saturday, Dec. 10, at 10 a.m. All proceeds

from your Christmas shopping will benefit S.O.N.G.'s assistance programs in Ukraine, Pakistan, South Africa, and other locations across the globe. Proceeds will also benefit foster children right here in Massachusetts.

Additionally, S.O.N.G. will be represented at the West Brookfield White Christmas celebration on Sunday, Dec. 4. The organization will visit Dugan Hall in Sacred Heart Church (10 Milk Street) from 12-4 p.m. Cultural items, Christmas gifts, and more will be available for purchase. There will also be an informational presentation available for viewing about the organization's relief efforts.

To learn more about S.O.N.G., send an email to [info@supportingorphans.org](mailto:info@supportingorphans.org).

## CALENDAR

continued from page A1

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The author is also seeking to purchase memorabilia from the lost villages. Items of interest include photographs, postcards, and scrapbooks, among others.

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**PERSON of the WEEK**

DONNA FLANNERY & her elves OF SPENCER

Donna and her elves are being recognized for once again taking on the task of organizing the Spencer Toys for Kids program. This program supplies toys to over 200 less fortunate children and has been serving children in Spencer for over 50 years! Applications for this program can be picked up at the Spencer Post Office, ERA Key Realty 415B Main Street, or at the Town Hall clerk's office. Check out Spencer Toys for Kids Facebook page for more info.

Thank you, Donna and all the volunteers, for helping to bring joy this Christmas.

If you would like to nominate a PERSON OF THE WEEK, please email your suggestion to [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news). Thank you.

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Release Tracking Number 2-0021774

A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000. To evaluate the release, a Phase I Initial Site Investigation was performed pursuant to 310 CMR 40.0480. The site has been classified as **TIER I** pursuant to 310 CMR 40.0500. On or about November 21, 2022, **Leslie Tatum** filed a **TIER I** Classification Submittal with the Department of Environmental Protection (MassDEP). To obtain more information on this disposal site, please contact **Philip Warner of Verdantas, located at 30 Shrewsbury Street in Holden, Massachusetts, or by calling 978-679-1600.**

The Tier Classification Submittal and the disposal site file can be viewed at MassDEP website using Release Tracking Number (RTN) **2-0021774** at <https://eeaonline.eea.state.ma.us/portal#!/search/wastesite> or at **Massachusetts Department of Environmental Protection 8 New Bond Street, Worcester, Massachusetts 01606, 508-792-7650.** Additional public involvement opportunities are available under 310 CMR 40.1403(9) and 310 CMR 40.1404.

# Bay Path assembles all-female mock code team

CHARLTON — Bay Path Practical Nursing Academy's Mock Code Team (MCT) and Simulation Training improves response to code events. The Practical Nursing Class of 2023, under the guidance and leadership of Professors Rianna Romano, Cheryl Cahill and Jennifer DeFilippo, prepared and executed the Term 1 Mock Code Scenario dubbed emergency preparedness. During cardiac arrests, the quick response of a code team requires cohesiveness, timely defibrillation, and clearly defined roles.

"We are blessed to have the guidance, experience, and expertise of Professors Romano, Cahill, and DeFilippo," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director. "Using simulation training improves performance," Bolandrina added. The timely use of defibrillation and empowered, confident nurses result in a positive

response to code events. According to the American Heart Association's Get With The Guidelines (GWTG) resuscitation program, time to first shock is one of four achievement metrics. The guidelines state that hospitalized patients exhibiting ventricular fibrillation or pulseless ventricular tachycardia should receive defibrillation within two minutes to improve outcomes.

Members of the PN Class of 2023 Mock Code Team are Ana Hilner of Oxford, Animat Poku of Southbridge, Fidelis Mensah, Angela DiGregorio, Elizabeth Agyeiwaa-Asabere, Ramatu Abukari, and Nancy Kamicha, all of Worcester.

It is important for members of the healthcare team to intuitively know their role as part of the response team especially during code situations when seconds count.

In 2017, the Bay Path Practical



Nursing Academy MCT was formed to improve resuscitation skills and comfort levels for practical nursing students. The MCT meets for a full day of preparation, with members practicing as much as possible. On Mock Code Day, the MCT runs the code scenarios multiple times. The formation of the MCT increased mock code opportunities and participation three times in an

academic year. Participation in mock codes increases the comfort level of practical nursing students. An effective code team is one that acts safely, and efficiently, and saves lives. The MCT aims to be proficient with skills and knowledge, effective with communication, and highly organized.

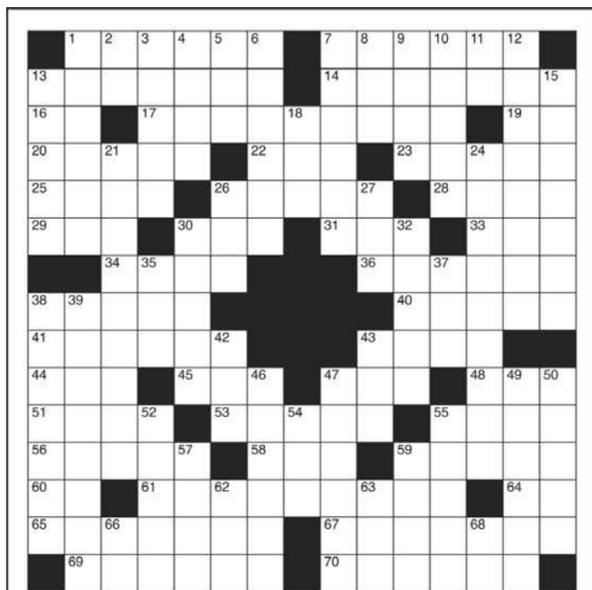
## Toys for Kids

Monetary Donations may be sent to: Spencer Toys for Kids, P.O. Box 186, Spencer, MA 01562. New, unwrapped toys can be dropped off at: Spencer Fire Dept, Cornerstone Bank (Spencer office), ERA Key Realty Services (415B Main St). If you would like to sponsor a child please contact Donna at

donnaflannery@erakey.com or call 508-885-6336. If you are in need of assistance, applications can be picked up at: Spencer Post Office, Mary Queen of the Rosary Food Pantry or ERA Key Realty Services (outside mailbox). You can see updates on Facebook at Spencer Toys for Kids.

## DONATIONS AS OF 11/10/2022

11/14/2022	Joanne Bell	\$25.00
11/14/2022	Knights of Columbus Council #118	\$200.00
11/14/2022	Russell W. Bailey, RWB Technical Services	\$50.00
11/14/2022	Charlie and Amy Kady	\$100.00
11/16/2022	Auburn D Beardsley	\$35.00
11/16/2022	Spencer Garden Club	\$50.00
11/16/2022	Wilfred and Joanne O'Coin	\$50.00
11/16/2022	Donna and Robert Anderson Jr.	\$100.00
11/17/2022	Richard and Michelle Zdunczyk	\$100.00
11/17/2022	Stephen and Susan Anderson	\$50.00



### CLUES ACROSS

- India's "City of Lakes"
- Large marine mammals
- Used to carry belongings when traveling
- Rechristens
- Equally
- Heavy plant-eating mammals
- Millihenny
- Japanese immigrant to N. America
- Deep, red-brown sea bream
- Norse gods
- Peppermint and pekee are two
- Auguste \_\_, founder of positivism
- Self-immolation by fire ritual
- High-resolution microscope (abbr.)
- Wide metal vessel used in cooking
- V-shaped open trough
- People of southern Benin
- People of southern Ghana
- It's a significant creed
- Period between eclipses
- Furies
- Emerged
- Philippine Island
- Where wrestlers battle
- Unhappy
- Central European river
- Language
- Semitransparent gemstone
- Forming in a bottom layer
- Distinct region
- Broad blades
- Leavened bread
- Influent cosmetics exec
- Exclamation of surprise
- Era free of war
- One who helps professors
- Idealistic
- Ornamental plants

### CLUES DOWN

- Beloved hound
- Equal to 100 grams
- S-shaped moldings
- Hawaiian cliff
- Everyone has one
- Subatomic particle
- Ghost
- Adult female bird
- Greek temple pillars
- Emits coherent radiation
- Measures the width of printed matter
- Musical interval
- Tantalizes
- Places of worship
- An unskilled actor who overacts
- One who volunteers to help
- Precaution
- Beverage holder
- Very long period of time
- Ballfighting maneuvers
- More critical
- Sends packing in a boxing match
- Taxi
- Decorative Russian tea urn
- North American Great Plains natives
- Seize
- A passage with access only at one end
- Cut a rug
- Devil rays
- Bubble up
- Veranda
- Outcast
- Car mechanics group
- Realm
- A place to get off your feet
- Popular music awards show
- Consumed
- A way to make cooler
- Thus
- Indicates it's been registered

## REAL ESTATE TRANSACTIONS

### BROOKFIELD

\$485,000, 6 Howard St, Phaneuf, Russell A, and Phaneuf, Haran B, to Frey, James W, and Frey, Melody.  
 \$479,900, 92 Fiskdale Rd, Figueroa, Jecenia E, and Figueroa, Luis, to Gigliotti, Jeffrey.  
 \$250,000, 13 S Maple St, Seymour 3rd, Herbert F, to Lussier, Chance E.  
 \$215,000, 100 Quaboag St, Wachewski, Nicholas P, to Shea 3rd, James V.  
 \$215,000, 100-A Quaboag St, Wachewski, Nicholas P, to Shea 3rd, James V.

### EAST BROOKFIELD

\$280,000, 311 E Main St, Taylor, Jeffrey B, and Molitor, Brandt M, to Santo Jr, Jovani.  
 \$155,000, 235 E Main St, Boulette, Scott C, and Boulette, Monique A, to Boulette Jr, Scott.

### LEICESTER

\$572,500, 332 River St, Shea, Leann R, and Shea, Chester, to Szydlak, Ewelina.  
 \$572,500, 338 River St, Shea, Leann R, and Shea, Chester, to Szydlak, Ewelina.  
 \$460,000, 1-A Hammond St, Doggart, Nathan M, and Doggart, Juli A, to Yu, Cody F, and Nguyen, Huong Y.  
 \$450,000, 7 Mount Pleasant Ave, Simonson, Eric, to Martinez, Patricia E, and Loja-Zamora, Jose S.  
 \$438,000, 71 Burncoat Ln,

Fischer, Peter C, and Fischer, Sharon E, to Cabral, Dustin, and Cabral, Rebecca.

\$380,000, 6 Cedar Ln, Stanley, Timothy, to Montgomery, Nathaniel J, and Williams, Jessica M.

\$375,000, 740 Whittemore St, Alvarez, Jennifer, and Alvarez, Nereo, to Donisthorpe, Leah M.  
 \$325,000, 3 Carleton Rd, Faucher, Matthew R, to Hurton, Timothy E, and Hurton, Denise.

\$316,500, 8 North Ct, Dubey, Edward E, and Dubey, Brenda L, to Rodriguez, Luz E.

\$312,000, 39 King St, Stuart, Laura A, to Nakhla, Fady, and Myra, Cynthia A.

\$290,000, 436 Henshaw St, Danforth, Shawn B, and Danforth, Gabrielle, to Randell, Thomas.

\$274,000, 19 Salminen Dr, Beando, Bryan A, to Brousseau, Ernest, and Brousseau, Karen.

\$207,000, 75 Huntoon Memorial Hwy #6-10, Geary, Zachary, and Dumas-Geary, Kristine, to Kittredge, Nikolas D.

### NORTH BROOKFIELD

\$310,000, 15 Ryan Rd, Kittredge, Daniel R, and Prabakar, Roshini M, to Bionutrient Food Assn Inc.  
 \$310,000, 21 Hillsville Rd, Kittredge, Daniel R, and Prabakar, Roshini M, to Bionutrient Food Assn Inc.  
 \$310,000, 23 Hillsville Rd, Kittredge, Daniel R, and Prabakar, Roshini M, to Bionutrient Food Assn Inc.

\$310,000, 25 Hillsville Rd, Kittredge, Daniel R, and Prabakar, Roshini M, to Bionutrient Food Assn Inc.  
 \$310,000, 27 Hillsville Rd, Kittredge, Daniel R, and Prabakar, Roshini M, to Bionutrient Food Assn Inc.

### SPENCER

\$610,000, 11 Valley View Dr, Patrick J Rossi T, and Rossi, Patrick J, to Starkey, Stacey.  
 \$530,000, 1 Westland Dr, Hahn, Jeremy L, and Long, Melissa R, to Weideman, Thomas, and Weideman, Elaine.  
 \$455,000, 24 Ash St, Sweetwater Hollow LLC, to Melucci, Alexander.  
 \$450,000, 228 Charlton Rd, Brookmaple LLC, to Judith, Shaw.  
 \$385,000, 90 Chestnut St, Taylor, Jeffrey B, and Molitor, Brandt M, to Robert, Angela.  
 \$375,000, 36 Old Farm Rd, Gagne, John P, and Gagne, Christine L, to Richard, Chad, and Richard, Kelsie.  
 \$360,000, 10 Main St, Langevin Jr, Robert J, to Gimenez, Mauro.  
 \$330,000, 11 Brown St, Hickman, Christopher E, and Hickman, Judith, to Mcgrail, Sean.  
 \$317,500, 70 Cranberry Meadow Rd, Gordon John J Est, and Gordon Jr, John J, to Rodriguez, Yomara.  
 \$300,000, 159 Main St, Spencer RT, and Gauthier, Jason G, to Cancelmo CPA LLC.  
 \$239,900, 89 Chestnut St, Kenerson Jr, Clarence W, and Kenerson, John M, to Green Dragon Holdings LLC.  
 \$85,000, 25 Kittredge Rd, BPL Realty LLC, to Richardson, Andrew.

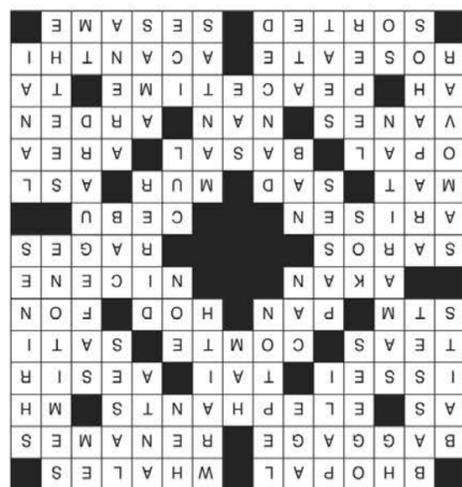
### WARREN

\$429,900, 285 Crouch Rd, Drohan, Matthew J, and Drohan, Mallory A, to Lazu, Myra J.  
 \$330,000, 83 Mechanic St, HTT LLC, to AMR Real Estate LLC.  
 \$300,000, 651 Old West Brookfield Rd, Jacques, Richard A, to Mitchell, Patrick B, and Mitchell, Alicia L.  
 \$250,000, 244 Oneil Rd, Brown, Robert N, and Zimmerley, Adrienne, to Brown, Richard L.  
 \$145,000, 27 North St, Manomednet LLC, to MJ Property Solutions LLC.  
 \$20,000, Dean St #13, Gill, John P, and Day, Dolores A, to CBA LLC.

### WEST BROOKFIELD

\$300,000, 51 Ware St, Tetreault, Ethan, to Milliken Jr, Bertie, and Milliken, Lisa.

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# Spencer-East Brookfield RSD to host tiered focused monitoring review

## New students join Lasell University community

SPENCER — During the week of Jan. 16, the Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct a Tiered Focused Monitoring Review of Spencer-East Brookfield Regional School District.

The Office of Public School Monitoring visits each district and charter school every three years to monitor compliance with federal and state special education and civil rights regulations. Areas of review related to special education include student assessments, determination of eligibility, the

Individualized Education Program (IEP) Team process, and IEP development and implementation. Areas of review related to civil rights include bullying, student discipline, physical restraint, and equal access to school programs for all students.

In addition to the onsite visit, parent outreach is an important part of the review process. The review chairperson from the Office of Public School Monitoring will send all parents of students with disabilities an online survey that focuses on key areas of their child's special education program. Survey results

will contribute to the development of a report. During the onsite review, the Office of Public School Monitoring will interview the chairperson(s) of the district's Special Education Parent Advisory Council (SEPAC). Other onsite activities may include interviews of district staff and administrators, reviews of student records, and onsite observations.

Parents and other individuals may call Alaena Podmore, Public School Monitoring Chairperson, at 413-314-6706 to request a telephone interview. If an individual requires an accommodation, such

as translation, to participate in an interview, the Department will make the necessary arrangements.

Within approximately 60 business days after the onsite visit, the review chairperson will provide the district with a report with information about areas in which the district meets or exceeds regulatory requirements and areas in which the district requires assistance to correct or improve practices. The public will be able to access the report at <http://www.doe.mass.edu/psm/tfm/reports/>.

NEWTON — Lasell University proudly welcomed first-year and transfer students to its community this semester, including:

Dillon Winkelmann of Spencer  
Julia Cabana of Spencer

The fall semester at Lasell has been a busy one for new and returning students alike; the community celebrated the new academic year at its annual UBelong festival and will showcase original student research and scholarship at the upcoming Connected Learning Symposium.

Founded in 1851, Lasell University is located in Newton, Massachusetts. The University is known for its Connected Learning curricular approach, which takes students beyond the classroom and into their field of study. Every major includes practical, hands-on activities in the form of internships, service learning, study abroad, and collaborative research opportunities.

For more information contact: Samantha Mocle, assistant director of communications, at (617) 243-2386, or [smocle@lasell.edu](mailto:smocle@lasell.edu).

### HONOR ROLL

continued from page A2

Ramirez, Paige Seymour, Victoria Tinsley, Jack Ugrinow, Timothy Welch, Gabrielle Zopatti

Honors: Alexander Adkins, Juliana Alcivar, Kasey Babkuuskas, Alex Beshiri, Luke Boliver, Caroline Borgeson, Madelynn Bounphasaysonh, Ryan Bray, Samuel Brill, Vincent Brink, Caitlyn Burke, Gabriella Cabrera, Bridge Carrascal, Olivia Carrier, Riley Caruso, Jomar Cintron Perez, Yanieris Colon Vega, Zachary Cournoyer, Kyleigh Czechowski, LeeAnn Dagnese, Daniel Daige, Wyatt Daoust, Emma Davison, Deanna Davis, Emma DeJong, Nyasia Delgado, Sean Derenas, Marissa Dumas, Noah Dupont, Abigail Egan, Jared Evora, James Ferreira, Robert Fleck IV, Chase Forehand, Jonathan Forget, Joseph Fritze, Giovanni Garcia, Triston Gaudette, Simon Greening, Renee Hallaman, Tristan Hanson, Bridget Hast, Riley Heenan, Alba Henriquez Baez, Isabelle Herholz, James Heywood, Derek Hosley, Carly Impey, Ian James, Stanislaw Janusz, Kadyn Katz, Matthew Lach, Benjamin LaTour, Anne Lehtola, Emma Levasseur, Albert Luciano, Patrick Luperchio, Hannah Luukko, Catherine Magnusson, Jadier Maldonado, Tatiana Marin, Matteo Mastrototaro, Shaun McLaughlin, Jenna McLeish, Vicnent Messier, Macaylah Miller, Leah Monti, Dorina Muska, Adrianna Navarro, Christian Nguyen, Kayla Nguyen, Alex Norman, Noah Okolita, Nason Omasta, Gianna Pantalone, Peyton Parrettie, Noalani Perez, Dominic Pigeon, Colin Plante, Gabrielle Proulx, Evan Provost, Emily Qental, Jacob Reed, Harrison Renaud, Nayeli Rodriguez, Daniel Russell, Caterina Schiappa, Connor Sentence, Cody Sexton, Sydney Seymour, Madison Sibert, Catherine Sirard, Jacob Sirard, Gerald Splaine, Ashton Stockenberg, Kyle Sylwanovicz, Alysha Szafarowicz, Christopher Verdolino, Landon Walker, Thomas Wilk, Hailey Williamson

Principal's List: Fajr Ahmand, Avarie Beauchamp, Lindsey Berthiaume, Jaden Blake, Jesse Catino, Shane Conti, Karoline Corpes Diaz, Richard Corriveau, Mariselel Cosme, Leilani Daniels, Pedro Augusto Dasilva, Andru Dip, Jayden-James Dunston, Jibril Erraihani, Madison Fournier, Nicholas Gagne, Devin Gavaletz, Sabien Gonzalez, Rachel Gormley,

Kendal Griffin, Samuel Hampton III, Abigail Kibaru, Madisyn Kozlowski, Cole Mitchell, Meghan O'Shea, Brayden Parente, Ismael Porrata, Logan Powers, Wyatt Rafferty, Colby Richardson, Xavier Rivera, Victoria Roberts, Samantha Russell, Amanda Seidler, Kayliana Sevieri, Brady Staniunas, Lacey Sullivan, Charlotte Worster

#### Grade 10

High Honors: Kaelen Anderson, Jessica Benoit, Kendall Bond, Amberlyn Brindle, Mikayla Crocker, Philippe Dasilva, Ryan Dawson, Emma Dwyer, Erin Gallant, Noah Goulet, Daniel Harris, Bryce Hutchinson, Molly Isaacs, Kayah Jadczyk, Elena Jerez, Samantha Landgren, Nathan Lashua, Eva Lombardi, Isabel McLam, Emma McLaughlin, Jersey Mejias, Maya Oriz, Willis Perreault, Savannah Steiner, Cassandra Tinsley, Matthew Twombly, Manaali Vaidya, Colin Vaillancourt, Vincent Van Dam, Angelica Vega, Alison Welton

Honors: Kortnie Adams, Nicholas Adler, Rima Al-Dulaimi, Yheraldine Baez, Dominic Balducci, Peter Barbale, Claire Beaudreau, Connor Belanger, Briea Bogar, Camden Bousquet, David Boyce, Kaiden Brochu, Noah Brown, Jason Brum, Julia Burgos, Jameson Burke, Johnathon Carter, Matthew Chatterton, Jason Checka, Ryan Christiano, Joshau Chumsae, Makayla Collazo, Olivia Collins, Catherine Comeau, Adison Daoust, Hunter Davis, Jenna Defosse, Madison Dolan, Carly Donohue, Bryce Dube, Gabriella Dube, Jared Dubovick, Braelyn Dunn, Kayla Evans, Jaden Fall, Claire Farrar, Midrose Freeman, Conor Gadbois, Corey Gaulin, Reyna Gonzalez, Matthew Guerin, Abigail Haynes, Joshua Hemingway, Valerie Hilner, McKayla Hoel, Ella Houle, Ava Iozzo, Jacob Johnson, Leah Johnson, Jacob Jurado, Dylan Kasprzycki, Sarah Kempkie, Anya Kittredge, Enzo Lagares, Katherine Landgren, Emma Leclair, Logan Letourneau, Avery Lincoln, Benjamin Lombardi, James MacConnell, Lillian Maglich, Joseph Mancini, Ayla McGrail, Jed McManus, Paul McManus, Calle Merchant, Cheyene Monsen, Jacob Morello, Camron Mortell, Robert Mousseau, Ava Murray, Dale Nussey, Morgan O'Malley, Ashlyn Olejniczak, Julia Osche, Alaina Pafume, Dominic Paldino, Bruna Paula, Catherine Pavone, Raegan Perreault, Isabella Petinelli, Emerson

Pitz, Dylan Polinski, Gabriel Prado, Nicholas Reardon, Melany Rebeiro, Noah Recinos Rodgers, Neh Reh, Casey Renaud, Lexiana Restoo-Nichols, Kaylie Richard, Joseph Roman, Dominic Schoff, Benjamin Scobie, Ed Simon, Abigayle Simpson, Will Stone, John Sullivan, Aaliyah Szkutak, Kathryn Szretter, Madison Teal, John Tighe, Isabel Tolomio, Nicholas Visci, Adrian Vitkos, Amelia White, Sadie Wilber, Dayzyah Wintzel Neely, Brady Wisniewski

Principal's List: Connor Allain, Minos Anifantis, Connor Barrette, Briana Berrios, Cherise Berthiaume, Joshua Blackwell, Zachary Bogar, Lake Boucher, Trentin Buzzell, Hannah Cavan, Mikayla Clyne, Noah Cournoyer, Travis Cronin, Angelina Degon, Jasai Diaz, Logan Edwards, Ari Erkoc, Aiden Fausek, Hailee Gelinis, Keegan Hall, Skylar Johnson-Mello, Eevan Lotti, Brady Marcoux, Chloe Monahan, Brendan Moran, Blayke Morse, Andy Nieves, Kayleigh Norris, Isabella Pabon, Jordan Packard, Carmen Pantoja, Markshka Piltzcker, Eva Powers, Vince Randall-Ortiz, Nevin Rivera, John Rutter, Corey Scobil, Kalli Sheehan, Nash Sicari-Swinier, Aysel Silva Nieves, Raymond St. Francis, Zoeybeth Streeter-Wornham, Anthony Sullivan, Haillie Tod, Brady Tremblay, Kevin Vazquez-Rivera, Nayelix Vega

#### Grade 9

High Honors: Addison Aho, Nicholas Albright, Sarah Appiah Kubi, Logan Barriere, Vincent Bedard, David Betancur, Dominic Boyd, Delaney Burke, Dimitri Burt, Samuel Ceppetelli, Marianelys Cintron Perez, Dylan Cordova Del Cid, Emily Corey, Joseph Daige, Abigail Dejong, Myiah DeLaRosa, Treyton Dery, Jocelyn Evans, Jordan Ferreira, Bridgette Gaudreau, Anthony Gonyra, Arianna Gonzalez, Sadie Hawley, Kolton Hemenway, Nicholas Jalbert, Miranda Linde, Ava Mastrototaro, Emily McDonald, Felix Menard, Alexis Moddy, Amari Pereira, Kayleigh Ramm, Josiah Torres, Sebastian Vargas, Hunter White, Zaylie Whiteman, Madison Williamson, Olivia Willis, Wyatt Zalneraitis

Honors: Bayleigh Abdella, Helena Adkins, Jacob Archambault, Violet Aucella, Alexander Audunsson, Rhianna Balliet, Trevor Beckwith, Arianna Belanger, Roger Bishop, Isabella Bitar, William Blash, Riley Boucher, Brianna Brink, Lucien

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Principal's List: Destiny Acevedo, Wael Akkad, Gianna Albano, Adriana Alicea, Ryan Berthiaume, Edward Blash, Leah Bouthillier, Dominic Brodeur, Nathan Chenevert, Eliseo Diaz Villegas, Jr., Cody Dombroski, Tayte Drake, Nathan Dube, Christopher Dufresne, Heidi Ebeling, Caden Edwards, Jake Flynn, Yasmin Garcia Robles, Jacoby Henderson, Liam Hesselton, Cassie Kentomski, Nia Laforest, Callie Lambert, Michael Lapointe, Alyssa Lopez, Julius McCarthy, Brandon McGlone, Kyle Mondor, Alexis Nolin, Kelsey Olson, Mairah Pereira, Charles Rollins, Alani Rousseau, Luke Smolski, Wyatt Snay, Ryan Stanhope, Gabriel Turcotte, Reece Verderber, Harrison Wilson, Haylee Zurowski

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# Man convicted of illegally operating helicopter sentenced

BY KEVIN FLANDERS  
STAFF WRITER

EAST BROOKFIELD — A man convicted of illegally operating a helicopter was sentenced to prison last week.

Antonio Santonastaso, 62, was sentenced by U.S. Senior District Court Judge Timothy Hillman to eight months in prison and one year of supervised release.

On April 5, Santonastaso was convicted by a federal jury of one count of serving as an airman without an airman certificate, one count of making false statements to federal agents,

and one count of attempted witness tampering.

According to the Department of Justice U.S. Attorney's Office for the District of Massachusetts, Santonastaso previously participated in the theft of a helicopter from Norwood Memorial Airport.

The Federal Aviation Administration (FAA) revoked Santonastaso's license to pilot an aircraft in 2000, after he participated in the theft of the helicopter from Norwood Memorial Airport, investigators said.

"Despite being aware of that revocation, Santonastaso operated a Robinson

R-22 helicopter—taking off and landing from his backyard—more than 50 times between April 28, 2018, and Nov. 11, 2018," read a statement released by the U.S. Attorney's Office for the District of Massachusetts.

When questioned by the FAA about his unlawful flights in 2018, Santonastaso made false statements regarding his eligibility to pilot the helicopter, investigators said.

"Specifically, Santonastaso falsely claimed that the events that gave rise to the FAA's revocation of his license were a fabrication," the U.S. Attorney's Office statement read. "Evidence at

trial also established that Santonastaso attempted to corruptly persuade an individual with the intent to hinder, delay and prevent that individual from reporting his illegal helicopter flights to law enforcement."

The investigation and prosecution involved several additional individuals and agencies, including United States Attorney Rachael Rollins, the Department of Transportation, the Office of the Inspector General, and Assistant U.S. Attorneys Evan Panich and Danial Bennett.

**ABANDONED VEHICLE  
IMPALED ON  
PARKING LOT PYLON**



Photo Courtesy

Police continue to investigate a bizarre single-vehicle wreck last week in the Walmart parking lot. The Leicester Police Department responded to the incident overnight on Nov. 18. No injuries were reported, despite the vehicle ending up with two tires suspended high off the pavement. As of press time, no charges had been announced against the driver. "In case you were wondering...no, this is not a legal parking spot," read a statement released by the LPD on social media.

## North Brookfield receives \$225,000 grant for Town House

NORTH BROOKFIELD — The Town of North Brookfield and the Friends of the North Brookfield Town House are pleased to announce the awarding of a Community One Stop for Growth Grant to the town.

The Community One Stop was initiated two years ago as a 'one stop shopping' opportunity provided by the many state funding programs to towns and cities throughout the Commonwealth. The Executive Office of Housing and Development and Mass Development oversee 12 programs through the Community One Stop for Growth program. The funding for this grant was provided through Mass. Development's Underutilized Properties Program. It will be used to prepare design and construction documents for the North Brookfield Town House as a community hub and regional cultural center. Once these documents are completed the town will move forward into the next phase of building and restoration.

During the past year, the



Friends of the Town House have raised more than \$325,000 in grants, donations and fundraising for the project. The Downtown Development Committee, created to complement the Friend's efforts to revitalize the downtown with the Town House as the focal point, have also received Complete

Streets and Shared Streets grants. Working together with the Board of Selectmen and other town organizations, both the Friends of the Town House and the Downtown Development Committee are hopeful and determined that we can, step by step, bring this project to completion.

## DA's office expands access to Drug Story Theater program

REGION — The Worcester County District Attorney's Office is expanding access to the Drug Story Theater program for all middle and high schools across the county.

The goal of the expansion is to ensure that all students have an opportunity to receive an education on substance misuse and addiction. District Attorney Joseph Early, Jr., and his staff are looking forward to seeing the results of the expanded access.

"Through the federal Department of Justice Comprehensive Opioid, Stimulant, and Substance Abuse Program grant, the District Attorney's Office is funding a

\$25,000 expansion of the Drug Story Theater program," read a statement released by the DA's office.

Recognizing that today's students are facing challenging decisions at an earlier age, the District Attorney is committed to providing them with the tools needed to make safe, informed choices.

"Education can combat the social pressures a child faces when making decisions around drugs and alcohol," Early said. "Drug Story Theater provides students of all languages and backgrounds with the tools and knowledge they need to stay substance-free, keeping them out of

the criminal justice system and preventing tragedies before they occur."

The Drug Story Theater program will now be available to all schools in English, Spanish, and Portuguese.

In 2018, the Worcester County District Attorney's Office hosted Drug Story Theater at its annual wellness conference at Anna Maria College. The program teaches kids about peer pressure, addiction, and recovery from drugs and alcohol through the first-hand experiences of teens in a theatrical setting.

The ultimate goal of the program is to decrease adolescent substance misuse, officials said.

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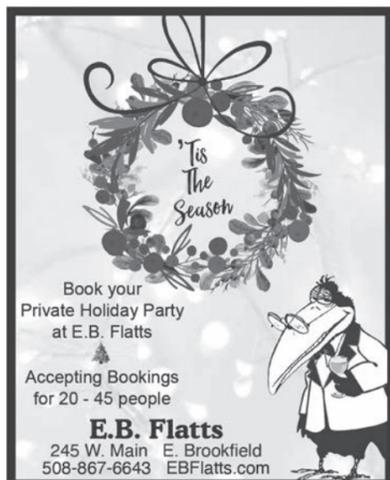
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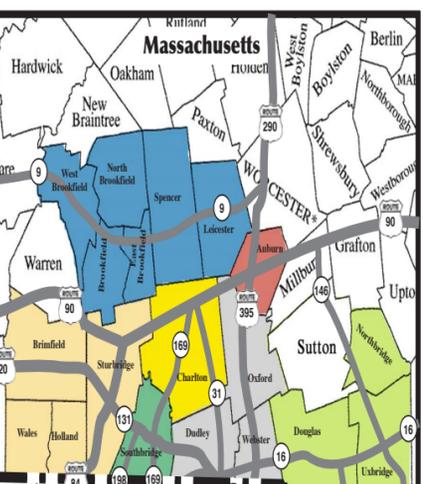
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## EDITORIAL

# The roots of Thanksgiving

From 1621 to 2019, Thanksgiving has always been about celebrating an abundant fall harvest. The holiday's roots date back to the original Plymouth colonists and the Wampanoag tribe, who shared the first Thanksgiving meal together.

The celebratory feast was held by individual colonies up until 1789 off and on with a proclamation from President George Washington. President Thomas Jefferson chose not to observe Thanksgiving, and it wasn't until Abraham Lincoln's Presidency in 1863 that it became a federal holiday.

Many of the food items on our Thanksgiving menu are not what was served during the first few traditional Thanksgivings. For one, turkey was not served.

There aren't many documents from that time regarding that first Thanksgiving; however, one note did describe wildfowl (duck or geese) cod, bass, deer, bread, corn and porridge being served. The birds were described as being stuffed with onions and nuts. Seafood such as mussels and lobster was also served. For vegetables, squash, beans, corn, cabbage, carrots and peas were on the table.

Not on the table was mashed potatoes and gravy (gasp!), and there was no cranberry sauce or pies.

Perhaps no one has managed to capture the feeling gratitude better than Henry David Thoreau, author of "Walden," in 1856.

"I am grateful for what I am and have," he wrote. "My thanksgiving is perpetual. It is surprising how contented one can be with nothing definite - only a sense of existence. Well, anything for variety. I am ready to try this for the next ten thousand years, and exhaust it. How sweet to think of my extremities well charred, and my intellectual part too, so that there is no danger of worm or rot for a long while. My breath is sweet to me. O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment."

## Smarter than we are

To the Editor:

Anyone who has followed my comments over the last few years knows that I have been sounding the alarm, warning that, left to its own devices, and whether you call it bureaucracy, deep state, or the status quo, it will continue to serve only its own interests in perpetuity. Over time, I have offered as much insight as I could, encouraged participation and especially voting to make your wishes clear.

I withheld commenting on the recent election until the results were clarified. As a news hound, the polls all indicated that the Dems would be victims of a massive red wave. Like Brother Kane, I was much gratified to see that the red wave was just catsup thrown on the wall of a Mara Lago dining room, and that a younger generation, who has far more vested interest, stepped up and vetoed the bad judgement of so

### 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.

# VIEWPOINT

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

## LETTERS TO THE EDITOR

### The excellence of God's creations and law

To the Editor:

God created this world and the people (not the Big Bang or evolution theory) for us to live in and worship God by living, existing for Him, God. One of God's many gifts in our creation is the gift of free will, choices. God gave us the freedom of mind to be able to obey or disobey God's law, direction, and commandments. God did not create us robots. God wanted for us to live as we please, our choice. God does have instructions, standards, direction He wants us to obey, live by if we want to live forever in Heaven, God's kingdom; however, the choice is ours to make.

God is holy, a pure holy spirit. Sin cannot live where God is, and if we want to live eternally with God, Jesus, we need to live God's way, and that is a choice we need to make, and with choices, there are consequences.

It is like our homes and families. The parents are the authorities and the children have the responsibility to abide, obey, and if we don't, there is a consequence.

God is not legalistic. God sets standards, stipulations that we are expected to live by, our choice; we can refuse and live to satisfy the flesh and/or we can accept God's laws and inherit the privilege to live with God eternally in Heaven. Amen!

I have chosen Psalm 19 to impress on you that God's creations and laws are perfect and designed for your enjoyment and eternal life.

Look around you. Do you really believe that this universe, the world and all it has to offer just happened by the Big Bang, evolution theory? That is absolutely absurd. This design, intricacy, life could have only been created by the all-powerful omnipotence, omniscient, unlimited, universal God. You want to believe God does not exist — your choice, your consequences.

The purpose of God's laws is to prepare us for the eternal Heavenly future; makes us wise, revives us, gives us joy, rewards us, guides us, warns us of dangers, and warns us, teaches us how to live morally obedient. That secures our Heavenly promise through Jesus.

God's law is not legalistic, it is revealing His will, His instructions, and directs us in a right relationship with Himself through His Son Jesus.

God's statutes are His true Word, His character, His covenant, His stipulations, His requirements (1 John 5:9).

God's precepts are God's divine guidance (rules) that leads us to righteous living, and gives joy to the Godly.

God's commands are God's authority, God's divine source from His Holy Spirit (strength, security, wisdom, knowledge), God's guiding light, God's Holy Spirit for His faithful, those who seek God's face, God's ways.

God's ordinance, as God's order, order-

ly conduct, holy instructions, righteous modest living is pleasing to God, and our obedience is eternally rewarded.

God's principles, God's highest character, our need to follow and obey Jesus, who is the image of God.

God's decrees, regulations are for the people, all those who profess Jesus. God's standards, established rules, correct rules; Jesus is the model for us.

God's values, strong spiritual worth, growth, proper conduct, blameless, we are expected to be beyond reproach, living a holy quality of life as God is holy, high esteem, respect.

God's desire is for us to be set apart, sanctified, proper conduct; we are commanded to be holy as God is holy. Apart from Jesus, we cannot expect to accomplish these virtues.

It is our responsibility as individuals to fear (reverence) God, to obey, to have a proper and holy attitude, to be holy as God is holy. Trust me on this — we cannot be holy as God is holy, apart, without Jesus. I also want to advise you, do not come to God because of guilt. Come to God in the name of Jesus because your heart desires, convicted, at which time your guilt will be exposed by the Holy Spirit and you will confess and repent of all your guilt. Amen!

Isaiah 5:20 is warning when we allow Satan's evil into our life, we become subjected to be Satan's robot, a life full of deception, not being able to know right from wrong, good and evil, and the consequence is destruction.

Jeremiah 1:5 is warning us when we confess and repent, we become blessed by God fulfilling our needs through Jesus. Know Jesus, know peace; no Jesus, no peace.

James 4:4 — God is crying out to us through James, adulterous people. James is not necessarily referring to physical adultery; he is referring to our worldly pleasures, submitting to Satan rather than God. The pleasure of being self-centered, greed stealing and a variety of worldly pleasures allowing Satan to dictate to our life instead of submitting to God through Jesus. As always, the choice is ours; do you have a heart for this world, Satan, Hell, or a heart for God's eternal life in Heaven — your choice!

John 10:9 (Jesus) — I am the gate, door, way to Heaven, whoever enters through me (Jesus) will be saved.

John 11:25 (Jesus) — I am the resurrection and the life, eternal life. John 14:6 (Jesus) — I am the way, truth, and life; no one comes to the Father (God) except through me (Jesus).

Know Jesus, know peace. No Jesus, no peace; eternal death.

Dwell in peace!

ROLAND BLAIS  
BROOKFIELD

many boomers. We raised them well and they sort the chaff way better than so many of my generation.

Among the things they were able to give perspective, was that fuel prices and food and other inflated items, are the result of world issues, not limited to just the USA. When I was overseas recently, gas was over \$11 a gallon, and their food prices, like ours, are climbing as severely as ours. The GOP wanted you to know about these inflated prices, but unlike the Dems, who have attacked rising prices directly, and will continue doing so, the GOP had no ideas, and are now planning to investigate Hunter Biden and impeach the President (revenge moves, probably to appease their leader, and because they have nothing to offer, except more tax breaks for the rich) Moscow Mitch said he would spill the plans after winning, but that did not happen (possibly because there were no popular plans) I can hardly wait to see what Kevin McCarthy's plans are.

We are indeed fortunate that (unless their subsidiary) the Supreme Court weighs in, they will likely not get their national abortion ban, cuts to Social Security or Medicare, and moves are now underway to stop the foolish need to raise the debt limit to actual pay what we spend. Sadly, since the GOP controls the house, and with it the purse strings, I expect the Law and Order party to try cutting funding to justice department- actually seeking justice. I hope they are not dumb enough to cut funding to Ukraine, as, if they fall, Putin will test NATO, and we do not need another war. Speaking of which, it was Trump who surrendered to the Taliban. He just did not like the optics of withdrawing the last troops,

put Stephen Miller (the author of the Muslim ban) in charge of pulling out our Muslim allies, and there was zero doubt about what would happen when we left.

I was both bored and entertained by Trump announcing for 2024. It reminded me of his rallies. Same tired lies and actually had to lock his audience in, as they too were bored. Same old lies- election was stolen- proved false many times over and at great expense. Claim that he kept all of his campaign promises, when he actually kept none. Mexico did not pay, North Korea is not de-nuked, no new steel plants were built, the deficit was increased, not reduced, taxes were not released, terrorism was not defeated. He did not promise to add two trillion dollar deficit tax cuts (mainly for millionaires), but that is the one thing he did.

I was literally amazed that, setting aside gouging by OPEC-because they can, he was citing the era of \$2 gas. For those with a short memory, we were closed, schools and all, the death rate per day was twenty times today's, and our botched response (world's worst) is now over a million and had us parking refer trailers at hospital loading docks. Just a reminder that among the best things about the good old days, is a bad memory.

I have every confidence that our young voters will see through the same day voting scheme, to make prohibitive lines and rules in just some areas, convoluted gerrymandering, and will hopefully, do a better job than we did fixing what is not only still broken, but finding new perversions.

KEN KIMBALL  
BROOKFIELD

## What to know about sustainable investing

You may have heard about "sustainable investing." But if you're not familiar with it, you may have some questions: What does it involve? Is it right for me? Can I follow a sustainable investing strategy and still get the portfolio performance I need to reach my goals?

Sustainable investing can be defined in different ways, with different terminologies. However, one way to look at a sustainable approach is by thinking of it as investing in a socially conscious way which may involve two broad categories: environmental, social and governance (ESG) investing and values-based investing.

As its name suggests, ESG investing incorporates a broad range of environmental, social and governance risks and opportunities, along with traditional financial measures, when making investment decisions. This approach may have a neutral impact on performance because it maintains a focus on managing risk, traditional fundamental analysis and diversification. Here's a quick look at the ESG elements:

**Environmental** — Companies may work to reduce carbon emissions, invest in renewable energy, decrease pollution and conserve water resources.

**Social** — A business may promote gender and pay equality within its workforce, and maintain positive labor relations and safe working conditions for employees.

**Governance** — Companies distinguished by good governance may institute strong ethics policies, provide transparent financial reporting and set policies to ensure it has an independent, objective board of directors.

You can pursue an ESG investing approach through individual stocks, mutual funds or exchange-traded funds (ETFs), which hold a variety of investments similar to mutual funds, but are generally passively managed — that is, they do little or no trading. As an ESG investor, you don't necessarily have to sacrifice performance because ESG investments generally fare about as well as the wider investment universe. Some investments may even gain from the ESG approach. For example, a company that invests in renewable energy may benefit from the move away from fossil fuel sources.

Now, let's move on to values-based investing. When you follow a values-based approach, you can focus on specific themes where you may choose to include or exclude certain types of investments that align with your personal values.

So, you could refrain from investing in segments of the market, such as tobacco or firearms, or in companies that engage in certain business practices, such as animal testing. On the other hand, you could actively seek out investments that align with your values. For instance, if you're interested in climate change, you could invest in a mutual fund or ETF that contains companies in the solar or clean energy industries.

One potential limitation of values-based investing is that it may decrease the diversification of your portfolio and lead to materially lower returns due to narrowly focused investments, prioritization of non-financial goals and too many exclusions.

Ultimately, if you choose to include a sustainable investing approach, you will want — as you do in any investing scenario — to choose those investments that are suitable for your goals, risk tolerance and time horizon.

If sustainable investing interests you, give it some thought — you may find it rewarding to match your money with your beliefs.

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

# Deer season explodes into action

The Massachusetts hunting deer season exploded with action this past week, with numerous big bucks being harvested locally. The colder weather that rolled in for the last few days has made sitting in a tree with a bow a bit more unpleasant but for those that can handle the cold their patience has paid off. Numerous archers reported seeing a lot of does that they did not shoot while deer hunting, with one archer showing this writer a picture of a buck with a single antler growing down the side of his face, that he did not harvest. He likes to harvest big bucks with heavy antler growth. Don't we all!

The cold weather had many anglers hurrying to winterize their boats and put them in winter storage. The 2022 fishing season for saltwater species is pretty much over for most anglers with their own boats, but charter boats are still taking out the most hardy fishermen to catch a few more tautog before winter really sets in. It has been a great year for anglers fishing for sea-

bass & tautog.

This is also a good time of year to clean and lubricate your saltwater fishing gear, so that it is ready for spring of 2023. Saltwater fishing equipment can get rust and corrosion in a very short time, if it is not properly cleaned before storing it.

The cost of new fishing gear is not cheap.

If you are a deer hunter, you hopefully have taken the time to sight in your shotgun by now. With the Mass. deer hunting season ready to open on Nov. 28 this year, there is not much time left to get it done. So many deer hunters do not take the time to sight in their guns prior to the new season, often causing a bad shot that fails to hit its mark, and the end result is the loss of a big buck. Do not let it happen to you!

During the shotgun deer season, a hunter can use a primitive arms gun



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

or his bow to harvest a deer. Many hunters prefer to use a black powder gun during the regular deer season, because of their extreme accuracy. The latest guns are now rifled and can deliver an accurate shot of up to 100 yards under the right conditions. The 50 caliber blackpowder guns are the most popular among hunters. The easy loading of the 50 caliber guns is quick and easy, if you use the 50 grain plugs that can be quickly dropped down the barrel followed by the projectile of choice. Most hunters prefer two 50 grain plugs per shot resulting in better accuracy. It was this writer's load of choice.

If you shoot a big buck and you plan to have it mounted, be sure to have the deer properly skinned and placed in a freezer as soon as possible. It will preserve the skin until you find a taxidermist of your choice. There are a lot of

great taxidermists in the area, but be sure to check them out before you hand over your money, and get a timeline on when you can expect to get the finished product back. Never pay in full until you get your deer head back.

Ice fishing is not far away I hope! If we can get some early ice it would be great, but anglers need to take precautions when attempting to navigate first ice. Carrying a chisel and constantly monitoring ice thickness can save your life. No ponds have the same thickness of ice on them and can vary quickly, as you navigate the frozen ponds. Have a talk to your children and tell them to stay off all frozen ponds with adult supervision.

Wishing everyone a great Thanksgiving, and remembering all of our servicemen and women!

*Take A Kid Fishing & Keep Them Rods Bending!*

## Holiday Hassles Resolved



TAKE  
THE  
HINT  
.....  
KAREN  
TRAINOR

Decking the halls, trimming the tree, and prepping for the holidays is a seasonal tradition - but the tasks are not always the joyous chores of Christmas carols. If the hustle and bustle of the holiday has you frazzled as you rush to get everything done right and on time - take heart. The following problem solvers offer quick and inexpensive fixes to save precious time and money this holiday season.

**Problem:** Christmas light strings are a tangled mess!

**Solution:** First make sure you have lots of room to spread out the snaking lights; the floor is an ideal space. Locate the plug and work your way from there to the other end. Gently spread the strings and work the plug in and out of the tangles. Using a chopstick, bamboo skewer, or pencil, work any knots out of the strings. Untangled lines should be laid straight along the floor.

To prevent this hassle next year. Wind each string around a stiff cardboard; tape the end and place into a plastic grocery bag (only one string per cardboard) and stack to store.

**Problem:** Commercial spray on "snow" for windows is

messy and expensive.

**Solution:** This DIY version of artificial snow is inexpensive and easier to clean up! Best of all this faux frost can create a crystal ice painting on even the most insulated windows!

**Ingredients:** A few tablespoons of Epsom salts; one can flat beer; cotton balls.

**Instructions:** Use a cotton ball to dab the mixture onto clean windows. Treat only the corners for a realistic look.. As the mixture dries, it crystallizes.

**Problem:** You love that delightful pine scent of your Christmas Tree and wish you could extend the fragrance throughout the season.

**Solution:** You can! This homemade Pine Potpourri offers a fresh, evergreen scent any time of year! To do: Mix together: ½ cup bayberry leaves; ½ cup snipped balsam needles; ½ cup miniature pine cones; ½ cup rose hips; 2 tsp orrisroot; 2 drops pine-scented fixative or oil. Mix the bayberry, balsam, pine cones and rose hips in a large bowl. Add the orrisroot and fixative and stir gently. Store in a jar with a tight fitting lid. Note: To rejuvenate and extend your pine potpourri, try this economical trick: Put some ground corn cob material (sold as cellulose or litter material at the pet store) in a jar. Add several drops of essential oil, place lid on jar and shake. Shake the jar every day for about a week or so. Add it to your potpourri, to give it body and hold the scent.

**Problem:** You want to give a holiday present to your mail carrier, but heard there are strict gift regulations:

**Solution:** For reference: Mail carriers working for the United States Postal Service are allowed to accept the following items during the holiday season:

Snacks and beverages or perishable gifts that are not part of a meal.

Small gifts that have little intrinsic value (travel mugs, hand warmers, etc...) and are clearly no more than \$20 in value.

Perishable items clearly worth more (large fruit baskets or cookie tins) must be shared with the entire branch.

Mail carriers working for the United States Postal Service may not accept the following:

Cash gifts, checks, gift cards, or any other form of currency.

**Problem:** Old fashioned flaming pinecones for fireplaces are not readily available and when found are costly.

**Solution:** Make your own! The traditional firestarters of days of yore are easily crafted. Best of all, pinecones not only add a great seasonal scent to a cozy fireplace, they can also add some delightful color with the addition of a few pantry ingredients. Here's how to make your holiday hearthside flames fabulous: Dip pinecones in wax (recycle candle stubs) and roll in table salt for bright yellow flames; If you use a no-salt substitute, you'll be treated to violet flames. For green flames,

dip the pinecones in borax (found in the laundry aisle). Baking soda will reward you with bright yellowish orange flames, and Epsom salts will result in white flames. For hot pink flames, dip or roll pinecones in plaster of Paris. For more economical and natural looking pinecones without the wax properties, simply marinate the fire flashers. Dissolve eight ounces of one activator (salt, borax, etc.) in a half gallon of water. Soak pine cones for about six hours. Dry them in a warm, dry place for a few days. For gift giving, fill up a cellophane bag, add a bow, and attach a tag with the color codes. Pinecone Pointer: To prompt tight pinecones to open fully, heat them in a 220 degree oven on a foil lined cookie sheet. Caution: Make and use firestarters and flammers with care and at your own risk. Do not mix activators.

**Problem:** Christmas dinner requires perfect gravy, but it's a challenge to get it right.

**Solution:** Why not go to the source of "foolproof" gravy, Betty Crocker? After all, the cooking icon's recipe has been at America's holiday table for decades!

**Ingredients:** 1/4 cup turkey drippings (fat and juices from roasted turkey); 1/4 cup all-purpose flour; 2 cups liquid (juices from roasted turkey, broth, water); 1/2 teaspoon salt; 1/2 teaspoon pepper.

**Directions:** Pour drippings from roasting pan into bowl, leaving brown particles in pan.

Return 1/4 cup drippings to roasting pan. (Measure accurately because too little fat makes gravy lumpy.) Stir in flour. (Measure accurately so gravy is not greasy.)

Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Stir in liquid. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in a few drops of browning sauce. Stir in salt and pepper.

**Win Dinner for Two at the Publick House**

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

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

## If things don't go your way, let it go

Life sometimes goes differently than planned.

Maybe there was construction on the freeway, and you had to take another route; in the process, you probably got a little annoyed, possibly a little road rage.

Perhaps you didn't get the promotion at work; you've worked hard for years and made all the right moves only to have another employee steal it from you. You've been soaking in the bitterness ever since.

Have you ever been in a relationship and behaved in a manner that you hoped would elicit a specific response, and when the opposite happened, you were sad, depressed, or angry?

All of the unknowns in life can cause anxiety about the outcome of any situation. If you're like me, whenever there is any doubt about a particular outcome, it gets even more stressful as I try and prevent these scenarios from happening in the first place.

When I'm worried or upset about the possibility of a bad outcome, I become terrified of what might happen if I'm not in control.

All of us feel the need to be in control of some aspects of our life. In my personal life, I've experienced a lot of anger and frustration by attempting to control things I have no control over.

Life has a habit of getting in the way. We can make the most detailed plans, but as the saying goes, "The best-laid plans of mice and men often go awry!"

We all want things to happen a certain way, and it's unnerving when something doesn't go as planned. If you're used to having a lot of control, and things aren't going as planned, it can bring despair. Leaving you overwhelmed and unable to cope.

Negative emotions are uncomfortable, sometimes, they help guide us down the right path in life, but there are more times when negative emotions



POSITIVELY  
SPEAKING  
.....  
TOBY  
MOORE

are counterproductive and self-destructive.

How many times has something happened that was outside your control, and it ruined the rest of your day? How many times has an annoyance turned into resentment and bitterness?

It's good to plan; it's good to think of everything and try to make things go perfectly, but if they don't, do we have to let it upset us?

Is it healthy to be so controlling?

According to studies, people who try to control too much tend to be more anxious than those who don't. They tend to have less satisfaction when things go their way and are more devastated when things don't go according to plan.

Does it have to be this way? Thankfully

it doesn't! We can practice the art of letting go, otherwise called acceptance.

Letting go of control is hard to do for many reasons, but it becomes a lot easier when we realize that we are only in control of ourselves and not everything else.

When something outside of your control happens, does it make sense to get angry and frustrated? Does it serve some strategic purpose? It most likely does not. So what is the next best option? Let it go.

Acceptance doesn't mean you have to like the result; it doesn't mean that you're letting other people treat you like a pushover or allowing bad things to happen. It means letting go of the things we cannot control.

The practice of acceptance allows you to let go of your adverse reaction to the uncontrollable and will enable

you to channel your energy more constructively.

Acceptance allows you to change your focus from what you think should have happened to "What should I do now?"

Acceptance allows you to live in the moment without worrying about the past or future.

People who practice acceptance tend to feel more peaceful and relaxed, are better prepared for the unexpected, and have a better connection with others.

If things don't go as planned this holiday season, just let it go. It's easy to attach ourselves to a specific outcome, choosing to get upset over things we have no control over. It's more rewarding to do our best and prepare for success, and if things don't go as planned, try again, and if you can't, then let it go.

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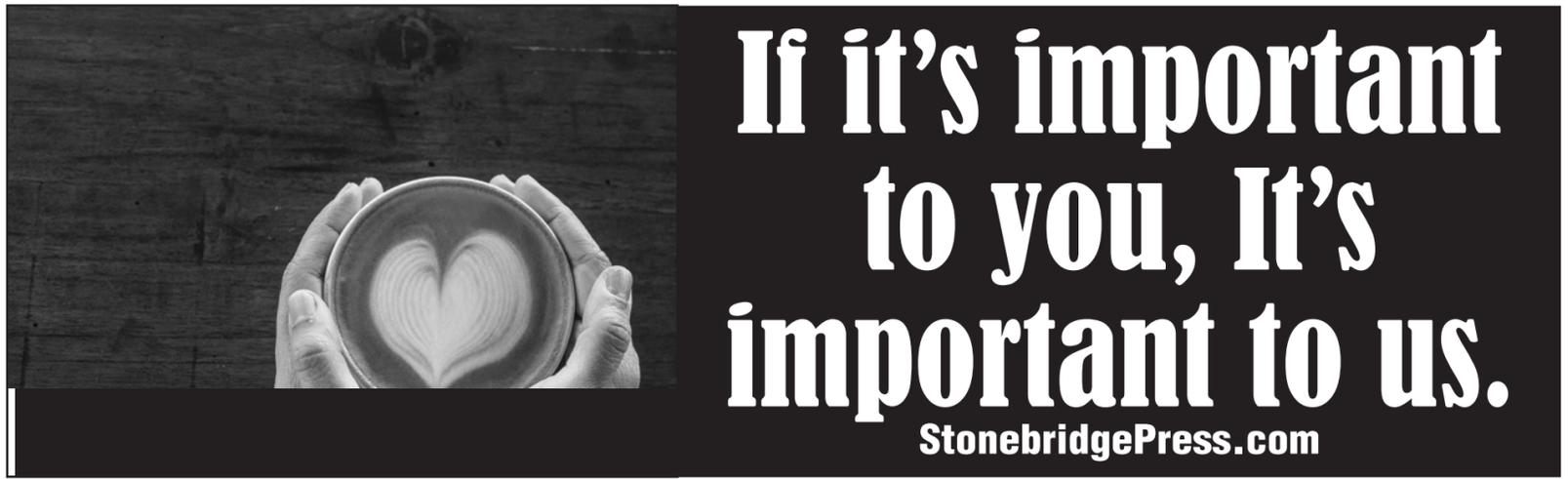
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## LEGALS

**Legal Notice**  
**Town of West Brookfield**  
**Tax Classification Hearing**  
 The Board of Selectmen has scheduled a Public Hearing in accordance with MGL Ch. 40 Sec. 56 on Tuesday, November 29, 2022, at 6:15 PM in the Lower-Level Conference Room located in the West Brookfield Town Hall, 2 East Main Street, on the issue of the tax levy to be borne by each class of property for FY23. The Public is invited to attend. Information regarding the policy decisions will be available at the hearing. Interested taxpayers may present oral or written information on their views at the hearing.  
 Board of Selectmen  
 November 18, 2022  
 November 25, 2022

**THE TOWN OF**  
**EAST BROOKFIELD**  
**BOARD OF SELECTMEN**  
**NOTICE OF PUBLIC HEARING**  
 A public hearing will be held in the Memorial Town Complex, 122 Connie Mack Drive, East Brookfield on Mon-

day, November 28, 2022 at 7:30 p.m. on the application made by Shiloh Patchen for a Cabaret License for Shi's Pub, LLC., 291 East Main Street, East Brookfield.  
 All interested parties are invited to attend.  
 Joseph R. Fish  
 Chairman  
 November 18, 2022  
 November 25, 2022

**NOTICE OF**  
**PUBLIC HEARING**  
**SPENCER ZONING**  
**BOARD OF APPEALS**  
 At the Zoning Board of Appeals meeting to be held on Tuesday, December 13, 2022, in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, a public hearing will be held on the following items starting at 7:00 p.m. or as soon thereafter as can be heard:  
**Special Permit** – Applicant: Cedric Richardson; Owner: Jason, Jeremy Wentworth, Lisa Luzzo; Location: 505 East Main Street, Spencer Assessor's

Map R35-50. The applicant is seeking a Special Permit under Sections 4.3.22 (Automobile, boat, and other motor vehicle sales and rental) and 4.9.3 (Non-conforming Uses) the Spencer Zoning Bylaw to allow mixed use at 505 East Main Street to rehab building to allow a residence and online car rental business (no cars onsite). The property is in the Commercial zoning district.  
 November 25, 2022  
 December 2, 2022

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Worcester Division**  
**Docket No. WO22P3853EA**  
**Estate of:**  
 Margaret M. Munns  
**Date Of Death: October 7, 2022**  
**INFORMAL PROBATE**  
**PUBLICATION NOTICE**  
 To all persons interested in the above-captioned estate by Petition of Petitioner **Margaret Shelley Finn** of **Sandgate VT**  
 a Will has been admitted to informal

probate  
**Margaret Shelley Finn** of **Sandgate VT**  
 has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
 November 25, 2022





# Bay Path nursing students provide hearing, vision, BMI screening

CHARLTON — Professor Cheryl Cahill, MSN Ed, RN of Oxford lead a group of grateful Bay Path Practical Nursing students who volunteered for a hearing, vision, and BMI screening to assist the school nurses at the Shepherd Hill Regional High School. The team included Emily Rossignol, Gearlyn Wetherbee, Fidelis Mensah, Ana Hilner, Alice Maina, Etta Lahai, Lauren Young, and Laurie Barkoskie.

The photo shows Fidelis Mensah and Alice Maina both of Worcester demonstrating height and weight measurements. The hearing, vision, and BMI screening for the 10th graders were coordinated by school nurse Rachel Goetz, BSN, RN, NCS. Bay Path Practical

Nursing Academy faculty, Professor Cahill who supervised the PN volunteers stated, "it was a great experience for the PN students and great practice for pediatric nursing and health assessments."

The experience at the Hearing, Vision, and BMI Screening gives the nursing students the opportunity to work hand in hand with the school nurses.

"This is not the first year that our Practical Nursing students volunteered with the school nurses. We collaborated with Lion's Club in the past for Sight mobile through the coordination of Chairperson Helene Doucette, PDG. Bay Path Practical Nursing Academy prides itself in being a part of the Bay Path community outside of the Charlton campus so having the practical nursing students assist the school nurses and be invited back has a tremendous impact on service learning,"

said Getheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director.

"We recognize service-learning and emphasize its importance, to get involved outside the classroom to better prepare themselves for their healthcare careers, and this is something they will definitely remember their whole career," added Bolandrina.

In other service-learning activities, the practical nursing students assist the healthcare team, assess, give out COVID-19 vaccines, monitor for untoward reactions, and complete tasks efficiently, all under the supervision of qualified PN faculty. The training for the future nursing workforce in the Bay Path community and across the region allows practical nursing students to respond to emergencies and assist in community events.

## Friday's Child



**K'Lonie**  
Age 12

**Hi! My name is K'Lonie and my favorite color is purple!**

K'Lonie is a sweet young girl of African-American descent who loves hugs and kisses. K'Lonie enjoys listening to music and humming to the melody. She also likes having books read to her and playing on the iPad.

K'Lonie has been diagnosed with an Autism Spectrum Disorder and is currently attending a day program where she is learning sign language. She is able to participate in her lessons and activities but requires supervision when doing activities on her own.

Legally freed for adoption, K'Lonie will thrive in an energetic and committed two-parent family that has natural supports in place. A family will also need to be strong educational advocates and comfortable accessing community services. K'Lonie has contact with some members of her birth family and an

ideal family for K'Lonie will help her maintain these relationships.  
<https://www.mareinc.org/waiting-child-profiles#gallery/child/5794>

### 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, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit [www.mareinc.org](http://www.mareinc.org). Start the process today and give a waiting child a permanent place to call home.

## BAY PATH STUDENTS PARTICIPATE IN PRE-APPRENTICESHIP PROGRAM



Photo Courtesy

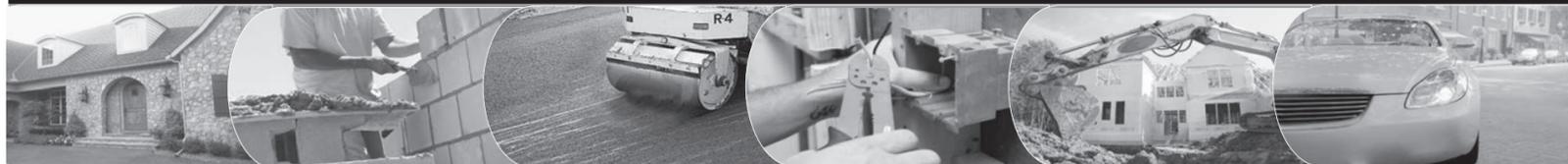
At Bay Path Regional Vocational Technical High School, a group of students is involved in the Massachusetts Pre-Apprenticeship and Vocational School Training Program, funded by the Massachusetts Department of Transportation with instruction provided by the New England Laborers' Union. Students in the program learn the process for applying to the laborer, carpenter, iron worker, electrician, and operating engineer unions. They also learn skills in such areas as lining and grading and how to mix and install concrete. As part of the program, students also take a field trip to an apprenticeship training center. Participants may earn CPR/First Aid certification and can become eligible for scholarships. In the photo, according to Lead Instructor Mr. Thomas Lemon, "Students were instructed in the use of an auto level. All students learned to calibrate, set up, and calculate elevations throughout the campus, building highways, parking lots, and sidewalks at a precise elevation - all extremely important in the highway construction industry." Pictured in the photo (left to right) are Gabriel Osciak of Southbridge, Lead Instructor Thomas Lemon, Sebastian Tomei of Southbridge, Devon Goulet of Dudley, Maximilian Ward Spencer, Ronald Desrosiers of Spencer, Coulton Benvenuti of Southbridge, Aidan Watroba of Dudley, Yadiel D. Vazquez of Southbridge, Alex Besaw of Southbridge, and Garrett Podkowka of North Brookfield.



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# POLICE REPORTS

## Spencer Police

WEDNESDAY, NOVEMBER 9

12:47 a.m.: disturbance (Mechanic Street), noise complaint; 12:49 a.m.: 911 call (West Main Street), Harrington CT down; 12:52 a.m.: parking violation (Mechanic Street), flyer issued; 12:59-2:40 a.m.: buildings checked, secure; 1:08 a.m.: suspicious mv (Main Street), investigated; 1:20 a.m.: parking violation (Cherry Street), flyer issued; 9:52 a.m.: mv repossessed (Sullivan Street), info taken; 10:10 a.m.: 911 call (West Main Street), Harrington CT down; 10:30 a.m.: officer wanted (West Main Street), police assistance requested; 10:45 a.m.: restraining order served (Lake Street Extension); 11:35 a.m.: 911 call (Bixby Road), hang-up; 11:49 a.m.: officer wanted (Chestnut Street), spoken to; 11:52 a.m.: mv complaint (Maple Street), tt unit blocking traffic; 12:21 p.m.: medical/general (Barclay Road); 12:31 p.m.: fire/woods/grass (North Spencer Road), poss. illegal burn; 12:37 p.m.: medical/general (Crestview Drive); 1:41 p.m.: officer wanted (West Main Street), req. welfare check; 2:07 p.m.: 911 call (West Main Street), hang-up; 2:09 p.m.: officer wanted (South Spencer Road), assist tt unit backing up; 3:38 p.m.: medical/general (Bay Path Road); 4:14 p.m.: mv complaint (Route 49), erratic operator; 5:13 p.m.: fire alarm (Maple Street), false alarm; 6:04 p.m.: medical/general (West Main Street); 6:34 p.m.: suspicious persons (Chestnut Street), investigated; 8:44 p.m.: juvenile matter (Condon Drive), family fight; 9:50 p.m.: officer wanted (Mechanic Street), req. welfare check; 9:54 p.m.: medical/general (Pearl Street); 11:57 p.m.: abandoned 911 call (Grove Street), no contact; (total daily mv stops - 0).

THURSDAY, NOVEMBER 10

12:00 a.m.: school alarm (Main Street), services rendered; 12:55/2:52 a.m.: parking violations (Mechanic Street, Lake Whittemore Drive), flyers issued; 3:02-3:35 a.m.: buildings checked, secure; 3:11 a.m.: medical/general (Valley Street); 7:14 a.m.: restraining order service (West Main Street); 7:56 a.m.: warrant service (Chestnut Street), John A. Kalinowski, 40, 32 Chestnut Street, Spencer, warrant, arrest; 8:32 a.m.: officer wanted (West Main Street), LTC change of address; 9:18 a.m.: accident (Maple Street), mv vs deer; 10:08 a.m.: medical/general (Pleasant Street); 11:05 a.m.: medical/general (Hastings Road); 11:55 a.m.: restraining order service (West Main Street); 12:19 p.m.: mv complaint (Wm. Casey Road), truck blocking lane; 12:33 p.m.: medical/general (Maple Street); 1:48 p.m.: animal complaint (Hebert Road), missing cat; 2:19 p.m.: 911 call (West Main Street), hang-up; 2:30 p.m.: animal complaint (West Main Street), question re: leash law; 2:38 p.m.: fraud (Paxton Road), credit scam; 2:43 p.m.: property check (Cranberry Meadow Road), gate open/secured; 3:36 p.m.: disturbance (Elm Street), Alec J. Ramsey, 26, 26 Elm Street, Spencer, trespassing, vandalism, arrest; 3:52 a.m.: abandoned 911 call (West Main Street), hang-up; 3:56 p.m.: lost/found (West Main Street), debit card found; 3:59 p.m.: officer wanted (Main Street), violation of court order; 4:02 a.m.: animal control (West Main Street), donation for pound; 4:21 p.m.: LTC issued/2 (West Main Street), assisted; 4:52 p.m.: disturbance (Church Street), male exposed self; 5:12 p.m.: disturbance (Main Street), re: being followed; 5:13 p.m.: suspicious persons (Chestnut Street), investigated; 5:22 p.m.: abandoned 911 call (West Main Street), no contact; 5:26 p.m.: disturbance (Howe Village), family issue; 5:43 p.m.: 911 call (Main Street), resolved; 5:49 p.m.: disturbance (Candlewood Drive), being bullied/threatened; 6:12 p.m.: entire incident redacted from police log; 7:08 p.m.: officer wanted (Main Street), req. welfare check; 7:10 p.m.: accident (North Spencer Road), mv vs deer; 7:32 p.m.: parking complaint (Church Street), mv blocking d/way; 8:39 p.m.: disturbance (Thompson Pond Road), heard loud bang/yelling; 9:40 p.m.: disturbance (Grove Street), fight; (total daily mv stops - 0).

FRIDAY, NOVEMBER 11

12:09 a.m.: medical/general (Paxton Road); 12:46-2:14 a.m.: buildings checked, secure; 1:45-3:02 a.m.: parking violations/4 (Mechanic, Church, Grove streets), flyers issued; 3:33 a.m.: disturbance (Dufault Road), domestic dispute; 3:45 a.m.: medical/general (Nottingham Circle); 6:40 a.m.: animal complaint (Northwest Road), cow in road; 7:48 a.m.: medical/general (Main Street); 8:46 a.m.: medical/general (High Street); 11:17 a.m.: fire alarm (Bay Path Road), referred; 11:46 a.m.: parking violation (Mechanic Street), ticket issued; 12:54 p.m.: larceny (Main Street), shoplifting; 1:04 p.m.: medical/general (South Street); 1:07 p.m.: DPW call (Bacon Hill Road), tree blocking road; 1:22 p.m.: officer wanted (Kittredge Road), son's Instagram hacked; 1:58 p.m.: parking violation (Main Street), ticket issued; 2:35 p.m.: lost/found (Main Street), wallet found; 3:56 p.m.: mv complaint (Main Street), erratic operator; 4:09 p.m.: medical/general (Crestview Drive); 4:12 p.m.: suspicious mv (Wall Street), investigated; 5:12 p.m.: accident (McCormick Road), mv vs deer; 5:17 p.m.: abandoned 911 call (Chickering Road), accidental; 6:08 p.m.: mv complaint (Greenville

Street), being followed; 6:37 p.m.: medical/general (Elm Street); 6:38 p.m.: accident (Pleasant Street), report taken; 8:33 p.m.: 911 call (Wilson Avenue), accidental; 8:42 p.m.: medical/general (Charron Street); 9:02-10:15 p.m.: buildings checked, secure; 9:06 p.m.: suspicious mv (Main Street), investigated; 10:05 p.m.: DPW call (Marble Road), branch in road; 10:14 p.m.: medical/general (Thompson Pond Road); (total daily mv stops - 0).

SATURDAY, NOVEMBER 12

12:06 a.m.: intelligence/parole (West Main Street), info taken; 12:59-3:20 a.m.: buildings checked, secure; 1:13 a.m.: disturbance (Chestnut Street), dispute in parking lot; 1:45 a.m.: suspicious mv (Main Street), investigated; 7:00 a.m.: medical/general (Greenville Street); 9:07 a.m.: 911 call (May Street), open line; 9:46 a.m.: medical/general (Cooney Road); 9:55 a.m.: chemical/fuel spill (Maple Street), fluid spill/road slick; 10:29 a.m.: fire alarm (Mechanic Street), referred; 10:32 a.m.: suspicious mv (East Charlton Road), investigated; 10:38 a.m.: officer wanted (Lakeshore Drive), req. welfare check; 11:59 a.m.: officer wanted (Marble Road), spoken to; 1:58 p.m.: animal complaint (West Main Street), loose dog; 2:22 p.m.: juvenile matter (Old Farm Road), group following youth; 2:47 p.m.: abandoned 911 call (Main Street), resolved; 4:04 p.m.: abandoned 911 call (West Main Street), resolved; 4:13 p.m.: animal complaint (Church Street), wants dog removed; 4:18 p.m.: officer wanted (Dustin Street), noise complaint; 4:24 p.m.: medical/general (Chestnut Street); 4:50 p.m.: parking violation (Prospect Street), ticket issued; 5:12 p.m.: mv complaint (West Main Street), speeding in parking lot; 5:40 p.m.: 911 call (Vista Lane), resolved; 5:43 p.m.: fire alarm (McDonald Street), referred; 5:47 p.m.: 911 call (Sunberg Road), accidental; 6:14 p.m.: fire alarm (Maple Street), referred; 6:15 p.m.: accident (North Spencer Road), mv vs deer; 6:45 p.m.: suspicious persons (Howe Road), investigated; 7:15 p.m.: mutual aid (West Main Street), Sturbridge PD bolo/hit & run; 8:31 p.m.: animal complaint (Main Street), barking dog; 8:54-9:07 p.m.: buildings checked, secure; 9:30 p.m.: mv lockout (Greenville Street), services rendered; (total daily mv stops - 1).

SUNDAY, NOVEMBER 13

1:05-2:29 a.m.: buildings checked, secure; 2:17 a.m.: suspicious mv (Main Street), investigated; 2:39 a.m.: juvenile matter (Pleasant Street), services rendered; 3:40 a.m.: medical/general (Howe Village); 5:32 a.m.: residential alarm (Lake Street), services rendered; 9:40 a.m.: medical/general (Hastings Road); 9:48 a.m.: animal complaint (Clark Road), injured turkey vulture; 11:52 a.m.: mv complaint (Main Street), erratic operator; 12:52 p.m.: disturbance (Main Street), people loitering; 2:59 p.m.: mv stop (Pleasant Street), Kathleen A. Judkins, 14 Valley View Drive, Spencer, OUI liquor, negligent operation, arrest; 4:54 p.m.: animal complaint (Wire Village Road), loose dog; 5:12 p.m.: animal complaint (Temple Street), loose dogs; 7:26 p.m.: officer wanted (South Spencer Road), pickup/trailer stuck in d/way; 8:31 p.m.: 911 call (Thornberry Circle), open line; 9:18 p.m.: commercial alarm (Main Street), services rendered; 9:23 p.m.: medical/general (Clark Terrace); 9:32 p.m.: officer wanted (Bixby Road), re: threats via phone; 11:05 p.m.: officer wanted (West Main Street), LTC change of address; 11:13 p.m.: animal complaint (South Spencer Road), barking dog; (total daily mv stops - 1).

MONDAY, NOVEMBER 14

1:53 a.m.: commercial alarm (Main Street), services rendered; 2:17-3:10 a.m.: buildings checked, secure; 5:36 a.m.: 911 call (West Main Street), open line; 7:57 a.m.: animal complaint (Main Street), barking dogs/people yelling for help; 8:06 a.m.: officer wanted (West Main Street), question re: ticket; 8:17 a.m.: parking complaint (Cherry Street), mv parked for month; 8:50 a.m.: 911 call (Main Street), open line; 9:01 a.m.: residential alarm (Overlook Drive), false alarm; 9:21 a.m.: animal complaint (Westland Drive), re: dog; 9:25 a.m.: mv complaint (Route 49), erratic operator/box truck; 11:48 a.m.: disturbance (Paxton Road), neigh-

bor blew leaves into yard; 12:52 p.m.: restraining order service (West Main Street); 1:03 p.m.: larceny (Main Street), shoplifting; 1:58 p.m.: fraud (Kittredge Road), re: warrant scam; 3:10 p.m.: medical/general (Cherry Street); 3:26 p.m.: lost/found (Wilson Street), cell phone found; 3:53 p.m.: elderly matter (Lincoln Street), req. welfare check; 3:54 p.m.: DPW call (Howe Road), tree down; 4:20 p.m.: animal complaint (Condon Drive), loose dogs; 4:24 p.m.: parking complaint (Cherry Street), mv blocking d/way; 4:35 p.m.: suspicious persons (Temple Street), investigated; 5:10 p.m.: suspicious mv (Smithville Road), investigated; 6:30 p.m.: abandoned 911 call (Greenville Street), open line; 6:57 p.m.: residential fire (North Brookfield Road), referred; 7:02 p.m.: abandoned 911 call (Nottingham Circle), resolved; 7:18 p.m.: DPW call (Main Street), power out; 7:49 p.m.: fire alarm (Main Street), referred; 7:50 p.m.: school alarm (Lake Street), services rendered; (total daily mv stops - 1).

TUESDAY, NOVEMBER 15

12:46-1:38 a.m.: buildings checked, secure; 8:07 a.m.: medical/general (Wall Street); 8:55 a.m.: intelligence/criminal (West Main Street), info taken; 10:32 a.m.: medical/general (Howe Village); 10:59 a.m.: harassment (Cooney Road), harassing phone call; 11:28 a.m.: medical/general (Howe Village); 11:32 a.m.: medical/general (Pearl Street); 11:33 a.m.: disturbance (Main Street), re: alteration; 1:53 p.m.: sex offender registration/annual (West Main Street), assisted; 2:38 p.m.: RV complaint (South Spencer Road), 4-wheeler damaging landfill cap; 2:53 p.m.: medical/general (Main Street); 3:00 p.m.: 911 call (North Spencer Road), misdial; 5:12 p.m.: medical/general (West Main Street), no contact; 6:49 p.m.: accident (West Main Street), report taken; 7:51 p.m.: disturbance (Chestnut Street), m/f dispute; 8:40 p.m.: DPW call (Charlton Road), road snow covered; 9:29 p.m.: accident (Charlton Road), report taken; (total daily mv stops - 1).

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## Leicester Police

THURSDAY, NOVEMBER 10

12:01 a.m.: mv stop (Main Street), verbal warning; 12:21 a.m.: suspicious mv (Mulberry Street), resolved; 2:49 a.m.: disturbance (Main Street), resolved; 12:22 p.m.: welfare check (Pleasant Street), services rendered; 1:01 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:57 p.m.: ambulance (Huntoon Memorial Highway), transported; 4:04 p.m.: restraining order service (Stafford Street), served; 4:30 p.m.: disabled mv (Main Street), assisted; 6:01 p.m.: assist other PD (Main Street), services rendered; 6:36 p.m.: suspicious mv (Mannville Street), resolved.

FRIDAY, NOVEMBER 11

12:19 a.m.: suspicious mv (Paxton Street), resolved; 1:59 a.m.: ambulance (Virginia Drive), transported; 8:51 a.m.: welfare check (Main Street), spoken to; 9:15 a.m.: disabled mv (South Main Street), assisted; 9:25 a.m.: family problem (Whittemore Street), report taken; 9:42 a.m.: disabled mv (Charles Street), assisted; 9:43 a.m.: ambulance (Whittemore Street), transported; 9:59 a.m.: ambulance (Main Street), transported; 1:43 p.m.: animal complaint (Towtaid Street), referred to ACO; 2:01 p.m.: ambulance (Fairview Drive), transported; 2:08 p.m.: debris in road (Clark Street), referred; 4:27 p.m.: assist citizen (South Main Street); 4:46 p.m.: arrest warrant service (River Street), unable to serve; 6:19 p.m.: mv stop (Main Street), verbal warning; 6:34 p.m.: welfare check (Stafford Street), no action required; 9:22 p.m.: debris in road (Paxton Street), removed; 9:26 p.m.: abandoned 911 call (Warren Avenue), resolved; 11:09 p.m.: disturbance (Towtaid Street), spoken to.

SATURDAY, NOVEMBER 12

12:48 a.m.: abandoned 911 call (Lafayette Lane), spoken to; 5:35 a.m.: commercial alarm (Huntoon Memorial Highway), call canceled; 6:47 a.m.: ambulance (Stafford Street), transported; 8:48 a.m.: animal complaint (Hammond Street), services rendered; 9:52 a.m.: investigation (King Street Extension), report taken; 10:05 a.m.: investigation (Craig Street), report taken; 10:24 a.m.: disturbance (Huntoon Memorial Highway), peace restored; 10:34 a.m.: property found (Pleasant Street), services rendered; 11:07 a.m.: investigation (Craig Street), report taken; 12:19 p.m.: RV complaint (Mayflower Road), peace restored; 1:41 p.m.: animal complaint (Main Street), referred to ACO; 2:10 p.m.: investigation (King Street Extension), report taken; 2:20 p.m.: investigation (King Street Extension), report taken; 3:19 p.m.: ambulance (Main Street, Worcester), no service; 3:24 p.m.: ambulance (Bellevue Street, Worcester), transported; 3:42 p.m.: mv stop (Main Street), name and address redacted from police log, op w/suspended license, criminal application issued; 3:49 p.m.: ambulance (Huntoon Memorial Highway), transported; 4:24 p.m.: investigation (Soojians Drive), report taken; 5:04 p.m.: accident (Main Street), report taken; 6:38 p.m.: assist other PD (Pine Ridge Drive), services rendered; 6:52 p.m.: ambulance (Locust Street), transported; 7:31 p.m.: accident (McNeil Highway), report taken; 7:38 p.m.: erratic operator (Pleasant Street), unable to locate; 8:50 p.m.: disturbance (Whittemore Street), report taken.

SUNDAY, NOVEMBER 13

2:49 a.m.: assist other PD (Irving Street, Spencer), services rendered; 1:07 p.m.: disturbance (Soojians Drive), resolved; 5:21 p.m.: illegal dumping (Pine Street), spoken to; 5:34 p.m.: ambulance (Bunker Hill Road), transported; 6:57 p.m.: mv stop (Huntoon Memorial Highway), verbal warning; 8:00 p.m.: ambulance (Pleasant Street), transported; 9:29 p.m.: accident (Main Street), report taken; 11:59 p.m.: suspicious mv (Main Street), spoken to.

MONDAY, NOVEMBER 14

7:30 a.m.: accident (Main Street), report taken; 9:04 a.m.: investigation (Hyland Avenue), spoken to; 9:28 a.m.: school incident (Paxton Street), investigated; 3:42 p.m.: gunshots heard (Pryor Road), spoken to; 5:02 p.m.: ambulance (Huntoon Memorial Highway), transported; 5:37 p.m.: investigation (Soojians Drive), report taken.

TUESDAY, NOVEMBER 15

7:05 a.m.: family problem (Carleton Road), resolved; 7:31 a.m.: hazardous conditions (River Street), investigated; 10:12 a.m.: ambulance (Main Street), transported; 11:11 a.m.: investigation (Main Street), report taken; 11:15 a.m.: ambulance (Virginia Drive), transported; 3:13 p.m.: welfare check (Main Street), report taken; 4:08 p.m.: commercial alarm (Main Street), unfounded; 4:58 p.m.: stolen mv (Soojians Drive), call canceled; 5:11 p.m.: investigation (South Main Street), report taken; 5:56 p.m.: mv stop (Main Street), spoken to; 6:41 p.m.: investigation (River Street), report taken; 7:18 p.m.: welfare check (Green Street), unfounded; 8:30 p.m.: welfare check (Green Street), resolved.

WEDNESDAY, NOVEMBER 16

7:00 a.m.: ambulance (Huntoon Memorial Highway), transported; 7:11 a.m.: assist citizen (Wildwood Lane), services rendered; 8:11 a.m.: ambulance (Huntoon Memorial Highway), transported; 3:08 p.m.: fraud (Burncoat Lane), report taken; 3:39 p.m.: commercial alarm (Huntoon Memorial Highway), call canceled; 3:43 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:47 p.m.: welfare check (Main Street), call canceled; 4:25 p.m.: welfare check (Main Street), services rendered; 4:55 p.m.: ambulance (Pleasant Street), transported; 6:37 p.m.: ambulance (Huntoon Memorial Highway), services rendered; 8:18 p.m.: ambulance (Huntoon Memorial Highway), services rendered; 9:41 p.m.: suspicious mv (Stafford Street), resolved; 9:57 p.m.: welfare check (Huntoon Memorial Highway), services rendered.

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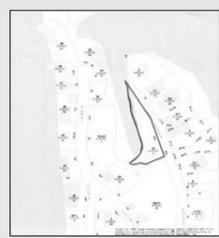


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# Hypothermia a risk when temperatures drop

Cold winter temperatures begin to appear as early as November. While some people retreat into their homes to escape the chill, plenty of others embrace winter because of the opportunities for recreational activities such as snowboarding, skiing, snowtubing, and much more. Many do not mind the brisk temperatures, preferring the cold when walking the neighborhood or hiking nearby trails.

However, just as activities enjoyed in hot climates put individuals at risk for heat-related health emergencies, when the mercury drops, hypothermia can compromise outdoor enthusiasts' health. The Mayo Clinic says hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce heat. While body temperature normally hovers around 98.6 F, hypothermia sets in when body temperature falls below 95 F.

Hypothermia occurs as a result of prolonged exposure to cold temperatures. It also can happen after capsizing into cold water or even sweating and then getting chills when the temperature drops.

WebMD says that, during exposure to cold temperatures, around 90 percent of heat loss escapes through the skin, and the rest is exhaled from the lungs. Heat



loss speeds up when the skin is exposed to moisture or wind. In response, the body will shiver to produce heat through muscle activity. Furthermore, the body also will temporarily narrow blood vessels, called vasoconstriction. Activity of the liver and heart normally produces most of the body's heat. But as core temperature drops through hypothermia, these organs will engage in a

protective shutdown to preserve heat and protect the brain.

Anyone spending time outdoors in the cold weather should be aware of the most common symptoms of hypothermia so that prompt action can be taken. Such symptoms include:

- excessive shivering
- slowed speech
- clumsiness

- slowed breathing
- stumbling
- confusion
- weak pulse
- excessive fatigue

Infants and older adults have a higher risk of developing hypothermia due to a decreased ability to regulate body temperature.

Hypothermia is an emergency situation, so it is necessary to call 911 immediately if you or a companion suspects its presence. Treatment goals include increasing body temperature to a normal range. While waiting for trained medical professionals, these steps can be taken.

- Remove wet clothing.
  - Cover the person with warm blankets, including the face but not the mouth. If no blankets are available, use body heat to warm one another.
  - Try to administer warm soup or beverages if the person is conscious.
  - Apply warm compresses to the chest, neck or groin.
  - Do not move the person around or attempt to massage their body to help restore heat, as it could put the individual at risk for cardiac arrest.
- Hypothermia is a serious condition that requires prompt attention when temperatures begin to drop.

## The 3 stages of adoption through foster care

Couples attempt to adopt children for a number of reasons. Some couples look to adoption after repeated attempts to get pregnant come up empty, while others do so out of a desire to help children in difficult situations, such as those who left their home countries and who are now categorized as unaccompanied migrants or refugees.

The process of adopting a child is time-consuming. Many adoptive parents have waited years to adopt a child. The National Adoption Foundation, an organization that provides financial assistance to families looking to adopt, notes that adopting a child through foster care is the quickest form of adoption. That process typically occurs in three stages:

- Certification
- Placement and transition
- Severance to adoption

### 1. Certification

The NAF notes that the certification process varies by state. However, state processes share some common characteristics. For example, parents will be required to commit to training sessions that will help them learn how to care for a child who has very likely had some traumatic experiences in his or her past. Certification

involves a home study as well. AdoptUSKids, a project operated by the Adoption Exchange Association that educates families about foster care and adoption, notes that all states require families applying to adopt a child to complete a home study. Caseworkers will conduct a home study and then file a final report, which will include a wealth of information about everything from a family's background, its finances, education and employment histories, daily life routines, and parenting experiences.

### 2. Placement and transition

Placement and transition is the next step after certification. In this stage, social workers work to find a child that matches the request of the prospective parents. Once a child is found, he or she will be placed with the parent. This stage of the process will be different for parents depending on their initial requests, and that will inform how the third step of the process goes.

### 3. Severance to adoption

Some parents request a child whose parental rights have already been severed, which means the child's biological parents will not have a legal right to get their child back.



Adoptive parents who do not submit such a request will be in a foster situation when a match is found. During that period, the biological parents will be informed of certain requirements they will have to meet in order to get their child back. If the parent fails to meet those requirements, the parental rights will be severed, at which point adoptive par-

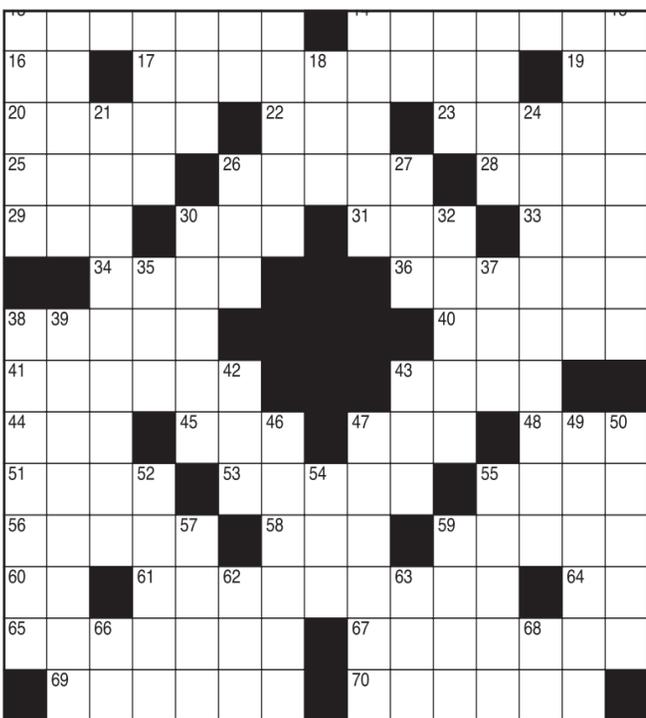
ents will begin the transition to adoption.

The adoption process is complicated and unique to each state. The NAF notes that adoption is a six-month process, though that six-month period can be avoided if parents initially fostered the child. Adoption requires licensing whether or not adoptive parents previously fostered the

child, and that will require an attorney working on behalf of the adoptive parents.

The process of adopting a child through foster care can be completed in six to 18 months. Though that may seem like a long time, foster parents should know that the NAF reports the process of adopting a newborn can take anywhere from two to seven years.

## TAKE A BREAK



67. Ornamental plants  
69. Grouped  
70. Kids love this street

### DOWN

1. Beloved hound
2. Equal to 100 grams
3. S-shaped moldings
4. Hawaiian cliff
5. Everyone has one
6. Subatomic particle
7. Ghost
8. Adult female bird
9. Greek temple pillars
10. Emits coherent radiation
11. Measures the width of printed matter
12. Musical interval
13. Tantalizes
15. Places of worship
18. An unskilled actor who overacts
21. One who volunteers to help
24. Precaution
26. Beverage holder
27. Very long period of time
30. Bullfighting maneuvers
32. More critical
35. Sends packing in a boxing match
37. Taxi
38. Decorative Russian tea urn
39. North American Great Plains natives
42. Seize
43. A passage with access only at one end
46. Cut a rug
47. Devil rays
49. Bubble up
50. Veranda
52. Outcast
54. Car mechanics group
55. Realm
57. A place to get off your feet
59. Popular music awards show
62. Consumed
63. A way to make cooler
66. Thus
68. Indicates it's been registered

### ACROSS

1. India's "City of Lakes"
7. Large marine mammals
13. Used to carry belongings when traveling
14. Rechristens
16. Equally
17. Heavy plant-eating mammals
19. Millihenry
20. Japanese immigrant to N. America
22. Deep, red-brown sea bream
23. Norse gods
25. Peppermint and peko are two
26. Auguste \_\_\_\_, founder of positivism
28. Self-immolation by fire ritual
29. High-resolution microscope (abbr.)
30. Wide metal vessel used in cooking
31. V-shaped open trough
33. People of southern Benin
34. People of southern Ghana
36. It's a significant creed
38. Period between eclipses
40. Furies
41. Emerged
43. Philippine Island
44. Where wrestlers battle
45. Unhappy
47. Central European river
48. Language
51. Semitransparent gemstone
53. Forming in a bottom layer
55. Distinct region
56. Broad blades
58. Leavened bread
59. Influential cosmetics exec
60. Exclamation of surprise
61. Era free of war
64. One who helps professors
65. Idealistic

## DIABETES WORD SEARCH

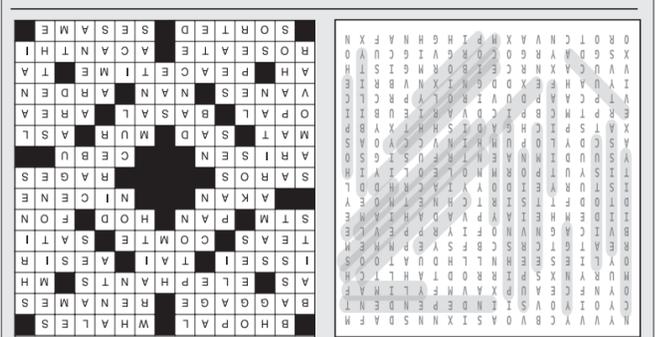


Find the words hidden vertically, horizontally, diagonally, and backwards.

## DIABETES WORD SEARCH

ACIDOSIS, ADRENAL, ADVERSE, ALBUMINURIA, ASYMPTOMATIC, BASAL RATE, BETA, BLOOD, CARBOHYDRATE, CARDIOVASCULAR, CONTROL, DEHYDRATION, DIABETIC, DIETICIAN, ENDOCRINE, FEET, GLUCOSE, INSULIN, KETONES, MONITOR, NERVES, ONSET, PANCREAS, STRIP

## This Week's Answers



# How to handle the return of Black Friday

The holiday season figures to feel more familiar in 2021 than it did a year ago, when a global pandemic forced people to change how they celebrated and shopped. Though the pandemic is not yet in the rearview mirror, the rollout of a trio of effective vaccines should make it possible for millions of people to celebrate safely this holiday season.

A return to normalcy should be welcome news for local retailers, and Black Friday could start the beginning of a busy and lucrative holiday season. With a more normal holiday season on the horizon, shoppers may benefit from a refresher course on how to get the best Black Friday deals.

• **Start early.** Black Friday may not begin until the day after Thanksgiving, but savvy shoppers know that many retailers post or leak their sales well in advance of the big day. Various websites are devoted to helping consumers find the best Black Friday deals. Many such websites update their listings as retailers release more sales information. Consumers can bookmark Black Friday

websites and then periodically visit them to learn about the latest deals.

• **Comparison shop.** Getting a head start on Black Friday shopping also affords shoppers a chance to comparison shop. PriceGrabber.com makes it easy to compare deals from a wide range of retailers on everything from appliances to furniture to pet supplies.

• **Confirm when stores open.** Many retailers abandoned midnight store openings on Black Friday a year ago. Such decisions were made to protect public health and they may remain in place in 2021. Though it might be a family tradition to visit a retailer in the wee small hours of the Black Friday morning, the pandemic has changed the holiday shopping landscape. So confirm when stores open and close before crawling out of bed in the dark this Black Friday.

• **Utilize curbside pickup to avoid crowds.** Shoppers who are still nervous about COVID-19 don't have to sit Black Friday out for the second year in a row. Various retailers started offering curbside pickup during



the pandemic and that option has proven so popular that it's stuck around even after vaccines became widely available. Shoppers with unvaccinated children at home or those who

simply want to avoid crowds can safely land great deals by opting for curbside pickup this Black Friday.

Black Friday figures to feel more normal in 2021 than it did

a year ago. Consumers can capitalize on Black Friday sales by revisiting some old shopping strategies and embracing new ones as the 2021 holiday season begins.

## Potatoes and cauliflower in a new way

Certain items are staples of the Thanksgiving dinner table. For example, mashed potatoes, candied yams and stuffing are Thanksgiving stalwarts. Pumpkin and apple pies help wrap up the festivities.

Thanksgiving hosts and hostesses interested in injecting more variety into their Thanksgiving offerings may want to consider a few unique side dishes to complement their turkey dinners. Sides that borrow from familiar flavors may fit seamlessly into the holiday feast and add spark to the meal.

This recipe for "Gnocchi with Roasted Cauliflower" from "Real Simple Dinner Tonight: Done!" (Time Home Entertainment) from the editors of Real Simple is rooted in popular ingredients synonymous with Thanksgiving.

Gnocchi is a chewy and filling pasta made from potato — a holiday standard, while cauliflower is a mild, versatile vegetable that absorbs the spices and flavors of other ingredients. Putting these two ingredients together allows holiday hosts to provide a new side with some familiar flavors at this year's Thanksgiving dinner.

**Gnocchi with Roasted Cauliflower**  
Serves 4 (as a main course)

1 small head cauliflower, cut into small florets  
1/4 cup fresh sage leaves  
3 tablespoons olive oil  
Kosher salt and black pepper  
1 pound gnocchi (fresh or frozen)  
1/4 cup grated Parmesan

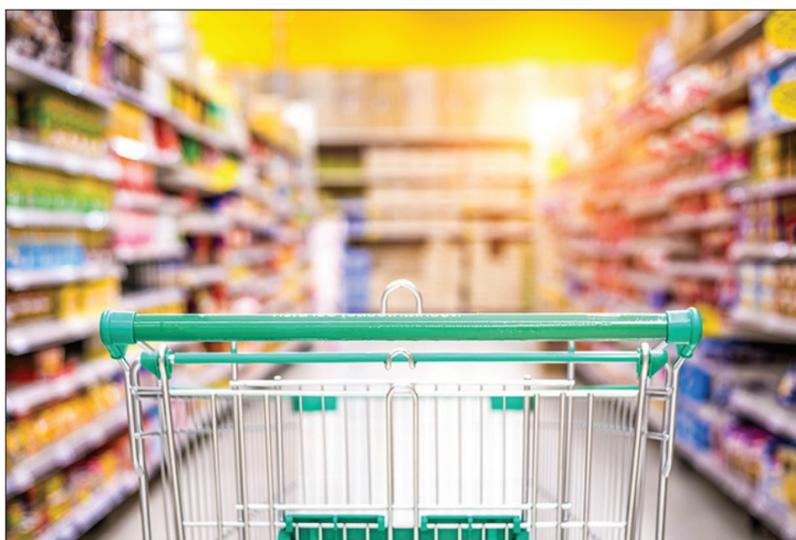
Heat oven to 400 F. On a rimmed baking sheet, toss the cauliflower and sage with the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast, tossing once, until the cauliflower is golden brown and tender, 25 to 30 minutes.

Fifteen minutes before the cauliflower is finished, cook the gnocchi according to the package directions. Divide the gnocchi among bowls and top with the cauliflower and Parmesan.

**Tip:** Cauliflower florets are easier to separate if you remove the core first. Place the head stem-side up. Using a paring knife, cut around the core at an angle, creating a cone-shaped piece, then lift it out. If the head is very large, halve it first through the core.



## Easy ways to cut grocery costs



Consumers might not think it, but eggs are an expensive commodity. As of August 2022, the U.S. Bureau of Labor Statistics reported the average price of a dozen Grade A, large eggs was \$3.12.

Eggs are just one example of foods that have become significantly more costly over the last year or more. Flour, butter/margarine and dairy products also have become more expensive. According to CNBC, food prepared at home now costs 10 percent more than it did a year ago. Comparatively speaking, restaurant prices have risen by 6.9 percent, making it more affordable for some people to eat out than prepare meals at home.

Despite rising food costs, it is possible to save money by cooking at home.

**Purchase generic brands**  
Switching to generic brands can immediately bring about savings over "premium" counterparts. Generics cost less because manufacturers don't have to offset the cost of advertising. Many generic brands are made in the same facilities that produce name brand items.

**Plan weekly (or monthly) meals**  
Take a few moments to jot down meal ideas for the week. This can streamline the process of buying meals and help a person use fewer ingredients. Plus, meal plans can be based around which items are on sale. One can meal plan from scratch, or utilize a meal plan from a website that helps utilize all ingredients in various ways, such as turning

leftover meatloaf from one night into sloppy Joes on another.

### Stick to a list

When meal planning, check out the pantry first to see what's on hand, and then mark down the items needed. Buy only what is listed, resisting the urge to make impulse purchases. For those who can't avoid throwing a few extra items in the wagon, utilize stores' shop from home services, where it's possible to keep track of what's being spent in real time. Simply check out and then do a curbside pickup.

### Check product prices

When comparing prices, be sure to check out the net item, net pound or net ounce price. This enables shoppers to see if a sale is really a value, including whether it's best to buy pre-packaged products or individual items.

### Consider cheaper meals

Make the bulk of meals with less expensive ingredients, such as beans, whole grains and vegetables. Chicken drumsticks or thighs are generally cheaper than steaks or even chicken breasts and cutlets.

### Reduce reliance on bottled beverages

Opt for water at home rather than bottled, if possible. Purchase iced tea powder or tea bags and whip up brews. Water with lemon juice can replace lemonade.

These are just a few ways to save money on groceries as prices continue to rise.

## Saving strategies for young adults

When a person is young, saving money may be the furthest thing from his or her mind. After all, this may be a time to enroll in college or trade school, make a first big purchase, such as a car, or even get married. Thinking about establishing a solid financial footing for the future can take a back seat when life is filled with so many significant events.

But it's never too early to start saving — even when saving seems to be an impossible task. Young adults should keep saving in mind and look to various strategies that can set them up for long-term financial security.

### Set long-term goals

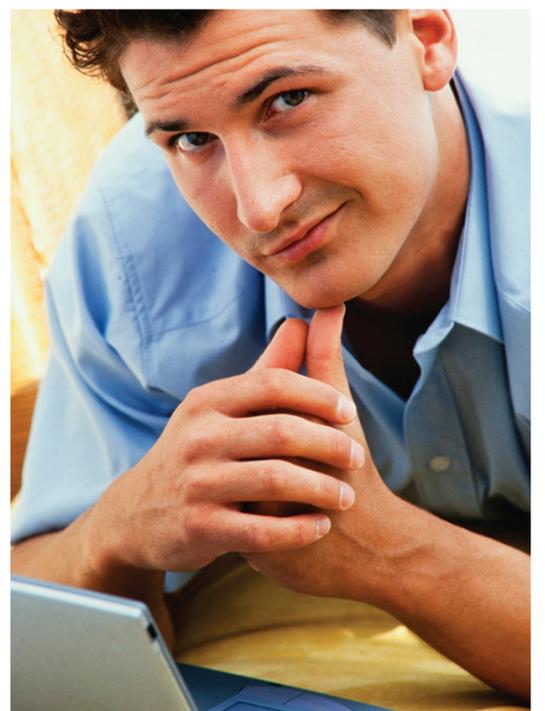
It's easier to save when saving is attached to specific goals. While some may aspire to retire early, establish an emergency fund or to purchase a home, others may want to save for an overseas vacation. Motivation to save can make it that much easier to do so.

### Determine where you spend the most

Saving money on smaller purchases will add up over time, but to really build a robust savings, figure out your biggest expenditures and how you can cut back to pad your savings. The Logic of Money reports that the average American spends more than 60 percent of their income on housing and transportation. Figuring out how to cut costs in these categories can be a great way to save.

### Use cashback apps

Young adults are tied to their digital devices. Why not make them work for you? Free cash



back apps give you money back for various purchases. Ibotta and Dosh are just two cashback apps available. Some can be linked directly to a credit or debit card to have passive income deposited directly. With others, you can cash out as a direct deposit or via a payment app like PayPal.

### Set aside one-third of your income

Make it a point to put away \$1 for every \$3 earned into a savings account, advises U.S. News & World Report. That is a good measure for establishing a rainy day fund. If you don't trust yourself to transfer the money, have a set amount automatically deposited from your paycheck into a designated savings account.

### Treat credit cards like using cash

The "buy now, pay later" option is an attractive trap to fall into. Using credit cards often is a safer way to pay merchants, because you're risking others' money rather than your own with a debit card. However, using credit can make it challenging to visualize what you're actually spending. Do not purchase more than you can pay off within each billing cycle. Set account alerts on your phone to let you know when you've hit your budgeted credit card spending limit. Resist the urge to open and use too many cards.

Young adults can begin saving early with some conventional and highly effective strategies.

# SPORTS

## Shepherd Hill, Tantasqua well represented at State Cross-Country Championships

BY NICK ETHIER  
SPORTS EDITOR

DEVENS — Both the Shepherd Hill and Tantasqua Regional cross-country programs were well represented in the State Championship meets, which took place Saturday, Nov. 19 at Fort Devens.

The Rams, competing in Division 1, had the girls' squad qualify as a team. In fact, aside from the 2020 COVID-19 season, when there were no postseason races, Shepherd Hill has reached the States dating back until at least 2016, according to head coach Nicole Fossas.

The Hill placed 19th, with Meghan Stevens leading the pace with a time of 20:02.59, which was good for 58th place. Other scoring Rams included Emery Mullen (79th place, 20:18.45), Emily Hultgren (104th, 20:33.23), Grace Bateman (116th, 20:44.62) and Megan Andress (141st, 21:18.14).

"They went out there and they battled. That's all you can do," said Fossas.

Shepherd Hill was equipped with seniors in Mullen and Bateman, but also a new-to-cross-country sophomore in Stevens and a pair of freshmen in Hultgren and Andress.

"They have never been in this type of situation, and it's unique. You're condensing the talent. It's concentrated, it's intense and you're in the middle of the pack. You don't know where you are and you've got to run hard," Fossas said of the moment not being too big for the newcomers.

Fossas was also pleased with how the team, which includes only 11 runners, stuck with it all season long and battled through until the State Meet.

"We couldn't get hurt, they had to take care of themselves and they did all the things that I asked them to," said Fossas.

In the Division 1 boys' race, Shepherd Hill's Andrew Trudel competed as an individual. He placed 117th, crossing the finish line in 17:22.95.

Division 2 was the landing spot for Tantasqua. On the boys' side, Camden Foley qualified as an individual for the second consecutive year. Foley's time of 17:49.89 was solid, and he finished the race in 82nd place, but his emotions



Shepherd Hill's Meghan Stevens



Emery Mullen of Shepherd Hill



Tantasqua's Brooke Bergevin



Camden Foley of Tantasqua

were mixed.

"I came in a little bit more confident than I should have," said Foley, who was hoping to beat his time of 16:55 from a week before at Stanley Park in Westfield in the State Divisional Meet.

Foley thought that he may have come out of the gate too quickly in Devens.

"The first sprint, in order to get in the front before it bottlenecked, I probably pushed a

little bit too hard and got too excited. It was hard to recover from that," he said.

Nonetheless, Foley and the Warriors had a tremendous team season.

"I'm so happy with this year. I'm so proud of the team because we won SWCL," Foley said of the team winning the Southern Worcester County League Championship Meet. "It was incredible, I was shocked because Uxbridge has

been winning it for so long now."

In the girls' race, two Warriors were supposed to compete. But Tessa Kline, who qualified for States in 2021 and did so again this year, frac-

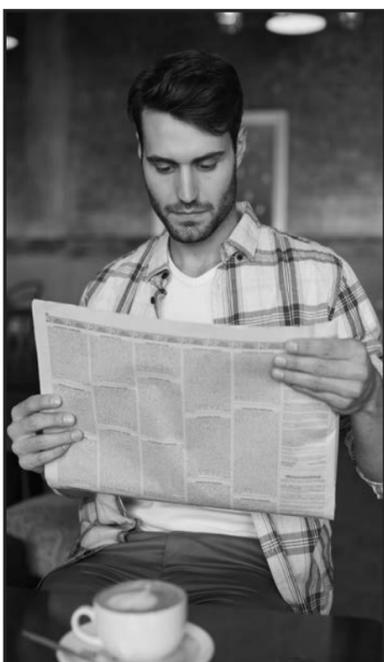
tured her foot during the State Divisional Meet. Instead, teammate Brooke Bergevin was the lone Tantasqua runner to take part in States. Her time of 21:21.06 was good for a 73rd place finish.

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required for this certification, and all applicant's credentials are verified, which makes this honor one of the most genuine in the industry towards identifying those truly worthy of special recognition and distinction.

Caron now represents her market alongside the finest men and women in real estate in Broker★Agent Advisor's national online directory of certified professionals here: <https://www.brokeragentadvisor.com/referral>.

# Community invited to celebrate reopening of library

**SPENCER** — Guests are invited to attend a program next month celebrating the reopening of Richard Sugden Library on Saturdays.

Set for Saturday, Dec. 3, the event marks an exciting time for patrons and staff members alike. The library will now be open on Saturdays from 10 a.m. to 2 p.m., and guests are encouraged to stop by the library at that time for the Dec. 3 session.

"The library has been closed on week-

ends for many years and is thrilled to once again offer services to our community on Saturdays from 10 a.m. to 2 p.m.," read a statement released by library Director Cheryl Donahue.

The Dec. 3 program will feature crafts, giveaways, treats, and other fun activities for guests of all ages.

The library is located at 8 Pleasant Street. To learn more about upcoming programs and activities, call 508-885-7513.

**READING NEWSPAPERS IS A QUEST LIKE NO OTHER**

## VETERANS

continued from page A1

veterans. They are true American heroes, and I am grateful for their service," said Leicester Public Schools Superintendent Brett Kustigian.

Added Rep. LeBoeuf, "The Veterans' Breakfast is always such a great event because it enables our younger generation to meet our senior veterans in town. I always enjoy seeing the students from South High JROTC—a program I participated in when I was in high

school—coming into town to make the ceremony really special for Leicester residents."

Town officials thank everyone who came together to make the program a success. Special thanks goes to Senior Center leadership and community vol-

unteers.

"I want to take an opportunity to thank all of those in town and town officials who came out to honor the veterans. We owe our vets a great deal of thanks, and this is a start," said Select Board Chairman Allen Phillips.



Kevin Flanders

Local veterans enjoy breakfast at Leicester Senior Center.



Members of the South High School Air Force Junior ROTC lead a ceremony.

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# Brighten the holidays with colorful plants

Garden centers, florists and grocery stores are filling their shelves with a variety of holiday plants; a sure sign the holidays are approaching. This is the time of year to give, receive or fill your home with colorful poinsettias, Christmas cactus, cyclamen, and other holiday plants. Extend their beauty and longevity with proper care.



GARDEN MOMENTS

MELINDA MYERS

Always protect your gift plants from the harsh outdoors. Professional florists and garden center staff should provide a care tag and wrap your plants in a plastic or paper sleeve for the ride home.

Carefully remove the wrap as soon as you get home. This is especially important when caring for poinsettias. The upturned leaves emit ethylene, a ripening hormone that can shorten the longevity of your poinsettia's colorful display.

Start by selecting healthy plants that have been receiving proper care. The plants should be free of insects, disease and have no yellow leaves, brown leaf edges and spots. Flowering plants should have just a few open flowers, some buds showing color, and the rest healthy plump buds. You will enjoy watching the flower buds open, blooms expand, and a longer flowering period.

Rewrap your holiday plant anytime you move it outdoors and never leave it sitting in a cold car while running errands. A chilled plant looks fine until it warms. By the next day, the plant turns grayish-green, wilts and may die. Not such a nice gift or addition to your holiday décor after all.

Once home, place it in a cool, brightly lit location. The cool temperatures and indirect light help the blooms last longer. Remove or fold down the foil wrap, if present, to allow sunlight to reach all the leaves. Avoid drafts of hot and cold air. These can dry or chill the plant resulting in leaf and blossom drop.

Check the tag for watering instructions. Most holiday plants prefer moist but not wet soil. Use your finger as a moisture meter. Water thoroughly whenever the top few inches of soil are crumbly and just slightly moist or according to the directions on the care tag.

Pour out any water that collects in the

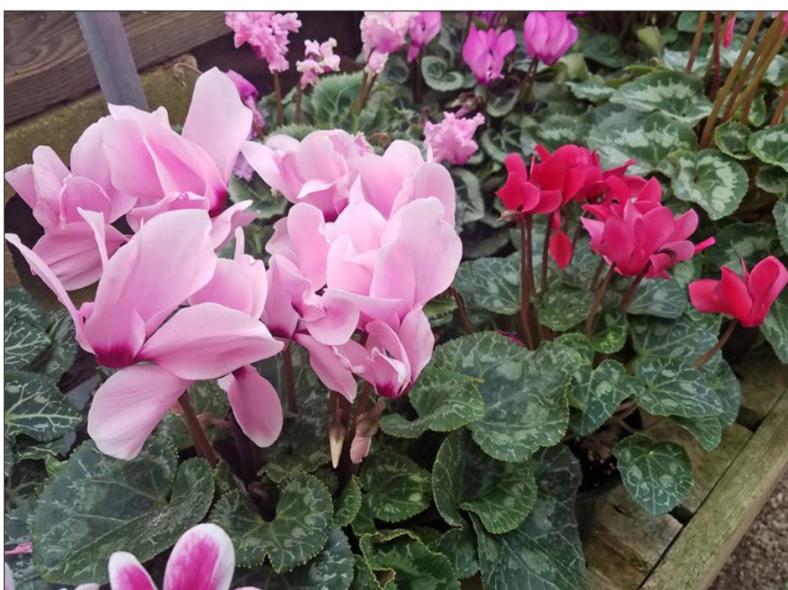


Photo Melinda Myers

Cyclamen plants have uniquely shaped flowers, come in a variety of colors, and stand above attractive variegated leaves.

foil, basket, decorative pot or saucer. Or place pebbles in the bottom of these or the saucer to elevate the plant above sitting water. This reduces the risk of root rot and makes care much easier.

Lengthen the time between watering and increase success by amending the potting mix with a moisture-retaining product like wool pellets (wildvalley-farms.com). This organic and sustainable product reduces watering by up to 25 percent. Just spread it over the soil surface and push it into the soil around the plant.

Keep your floral display looking its best by removing spent flowers from azaleas, Christmas cactus, cyclamen and kalanchoes. This keeps the plant looking fresh and often encourages more blooms.

Once the holidays have passed, keep enjoying these plants through the gray days of winter. Move the plants to a sunny window, fertilize with a dilute solution of complete or flowering plant fertilizer, and water as needed.

Add some artificial berries, cut flow-

ers in water picks, or silk blooms to replace the faded flowers. Use colorful stakes or natural twigs for added beauty and to support floppy leaves and stems.

Boost your spirits and those of family and friends this holiday season with a few colorful plants. Giving them as gifts and using them to decorate your home is guaranteed to brighten your holiday celebrations.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

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