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Friday, July 18, 2025

Leicester Soccer Club boys compete in state tournament

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — After authoring an undefeated regular season and continuing its success at the Central Mass. Youth Soccer League (CMYSL) playoffs, Leicester Soccer Club's U12 boys team recently showcased their skills at the state tournament.

Comprised of fifth and sixth graders, the team went up against the toughest competition possible during the Massachusetts Tournament of Champions (MTOC) held on June 27 & 28.

On the first day of play, the Leicester boys dropped a pair of games to challenging opponents, falling to powerhouses Bridgewater and Belmont (the eventual champion).

The following day, the team bounced back with a high-scoring 4-3 victory against North Andover. Coaches were thrilled with the athletes' ability to respond to adversity and execute their gameplan to secure their first win of the tournament.

"MTOC was an amazing experience. The level of competition was very high, but our team fought the whole weekend and I am incredibly proud of the effort they put in," said Coach Joseph Roche. "We ended up finishing third in our group, and even though we didn't advance to the knockout stages of the tournament, we were able to walk off the field on Saturday feeling good about our effort over the weekend."

The squad began its road to



Courtesy

The Leicester Soccer Club's U12 boys team made it to the state tournament this year.

the state tournament with a perfect 8-0 regular season campaign in Division 2. Along the way, only one opponent (Charlton) managed to score against the team, which finished top in its flight and earned a first-round playoff bye.

To qualify for the Massachusetts Tournament of Champions, the team first needed to continue its success in the CMYSL playoffs.

During this initial playoff tournament, the team won a nailbiter game in a shootout against Grafton and then defeated Mendon-Upton, 2-0.

"At our first practice, myself and Stu Loosemore, my co-coach, sat the players down and told them that our goal for the season was to make the playoffs," Roche told the New Leader in a previous interview. "To finish first in our flight and get a first-round bye was an unbeliev-

able achievement."

All players on the team are 10-12 years old. With a defense-first mentality, the club shut down opponents throughout the regular season and into the playoffs.

At the state tournament, facing opponents with rosters averaging closer to age 12, the team learned many lessons to help them improve their skills.

"I can't say enough how proud I am of the effort that these kids put in," Roche said. "We're an undersized team with only three sixth graders; the age group is fifth and sixth graders. Physically, we were pretty significantly out-matched by the teams that we played, but we never stopped fighting. To get a win at MTOC felt great."

The MTOC is set up in a format similar to that of the World Cup, with a group stage followed by a knockout round.

Each team was guaranteed three games in the state tournament. After the initial games, the top team in each group, plus one wild card, advanced to a knockout stage semifinal, followed by the final.

All games took place at Progin Park in Lancaster.

"This team was a truly special team, just a great group of kids who loved to play together," Roche said. "I am immensely proud of their accomplishments, and equally sad to see this season end. I'm already counting down the days until the fall season starts."

North Brookfield's Karen Farrington honored as Commonwealth Heroine

BY KEVIN FLANDERS
STAFF WRITER

NORTH BROOKFIELD — A longtime community leader was recently named a "Commonwealth Heroine" by the Massachusetts Commission on the Status of Women.

North Brookfield resident Karen Farrington, who leads the North Brookfield Community Food

Collaborative, was honored at the State House on June 26. She is one of 125 women across the state recognized for contributions to their communities.

Each year, the Massachusetts Commission on the Status of Women partners with state legislators to identify women who

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Courtesy

North Brookfield resident Karen Farrington recently received a major honor for her efforts to support the community.

WooSox announce Town Takeover nights

BY KEVIN FLANDERS
STAFF WRITER

REGION — Several area towns will be showcased this summer as part of the Town Takeover competition run by the Worcester Red Sox.

The annual tradition offers local communities an opportunity to shine during their own individual Town Takeover nights at Polar Park throughout the summer. Not only does the competition promote organizations and community groups within each town, but it also raises money for various causes.

"This year, we're once again dedicating various games throughout the season to different towns across central Massachusetts to discover which

Turn To **WOOSOX** page **A10**

Construction team works to ready DPHS for return of students



Courtesy

With a busy summer of construction rolling on, David Prouty High School's former academic wing was recently reduced to a pile of rubble.

BY KEVIN FLANDERS
STAFF WRITER

SPENCER — While students enjoy their summer vacation, the David Prouty High School construction team is hard at work to get the new-look facility ready for the start of classes.

In recent weeks, crews performed abatement and demolition work on the school's old academic wing (B-Building). This work is scheduled for completion by the end of July.

"The site itself will look very different as we work diligently to prepare for the school opening next fall," said Spencer-East Brookfield Regional School District Superintendent Paul Haughey. "Our goal is to complete the first phase by Aug. 26, and have students

Turn To **DPHS** page **A16**

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For further information call Randall at (413) 436-5357 or email adventuretours@att.net or visit www.adventuretoursforwarren.com for details

Bay Path Practical Nursing Academy Director serves as National SkillsUSA EAP judge for second consecutive year

ATLANTA, Ga. — The Bay Path Practical Nursing Academy proudly announced that its esteemed Academy Director, Dr. Gretheline Bolandrina has once again served as a volunteer judge for the SkillsUSA National Employment Application Process (EAP) competition. This marks the second consecutive year that Dr. Bolandrina has lent her expertise to this prestigious national event, underscoring a deep commitment to fostering professional development among future skilled professionals.

Dr. Bolandrina's continued involvement with SkillsUSA highlights her dedication to preparing students not only for clinical excellence but also for the crucial professional skills required for successful careers. The EAP competition evaluates students' abilities in crafting compelling applications, demonstrating interview readi-

ness, and showcasing the overall professionalism essential for entering the workforce.

With an impressive and diverse educational background, including a Doctor of Health Administration from the University of Phoenix (2021) and a Master of Science in Nursing / Ed from the University of Phoenix (2013), Dr. Bolandrina brings a wealth of academic rigor and leadership acumen to her judging role. Her extensive qualifications also include dual Registered Nurse (RN) licensure (Philippines 1987, Massachusetts 1989), Certified Rehabilitation Registered Nurse (CRRN) certification (1994), and even coursework in Crea Journalism from Harvard University (2001), showcasing a unique blend of clinical and communication expertise.

Prior to leading the Bay Path Practical Nursing Academy

in 2015, where she also served as a Full-Time Faculty member (2013), Dr. Bolandrina held various impactful roles across the healthcare spectrum. This

includes significant experience as a Clinical Instructor at Massachusetts Bay Community College, and numerous nursing leadership and direct patient

care positions at facilities like Milford Care and Rehabilitation Center; UMass Memorial Health Care, and St. John of God Hospital. Notably, her roles as Nurse Manager and Director of Quality Improvement demonstrate a comprehensive understanding of healthcare operations and patient advocacy.

Dr. Bolandrina's commitment extends beyond the campus, evidenced by her active involvement in numerous professional affiliations and volunteer activities. She was a past board member and language teacher for Iskwelahang Pilipino (www.ipbahay.org) and contributes/d her time to organizations like On Board for Kids, Pan-Mass Challenge, Chef Feed Kids, Medical Reserve Corps, and Special Olympics Massachusetts.

This consistent dedication to SkillsUSA, coupled with a distinguished career in nursing, education, and community service, reflects Dr. Bolandrina's dedication and the Bay Path Practical Nursing Academy's commitment to producing highly competent and well-rounded healthcare professionals under exemplary leadership.



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Beat the summer heat at East Brookfield library

EAST BROOKFIELD — Guests of all ages are invited to beat the summer heat with fun programs.

Story-time sessions are available to children ages six months to six years old. Participants will be able to play games, listen to stories, and create art projects to take home.

Sessions occur on Thursdays at 10:30 a.m. Caregivers are required to stay with their children. One adult caregiver is required for every two children in attendance.

The library's Book Talk Group meets on the first Tuesday of every month at 11 a.m. Stop by the library and pick up the chosen book in advance. Patrons are welcome to pick up the book, even if they are not attending the discussion.

To learn more about upcoming events, contact the library.

P.E.T. of the Week

Sponsored by Leicester Veterinary Clinic, LLC

Meet Ty (Troy)

Meet the sweet and loving TY, the perfect companion for a household that appreciates his unique personality. He requires a bit more frequent vet visits due to his previous diabetes (he is currently in remission for the last year and not on any insulin shots at this time!) He would do best as the sole pet, allowing him to receive all the love and attention he craves. With his affectionate nature and soft purrs, he will steal your heart and offer endless comfort, making him a wonderful friend for anyone ready to give him the dedicated home he deserves.

*** Ty is in a Foster home so if you would like to meet him give us a call to schedule an appointment (508) 867 5525 ***

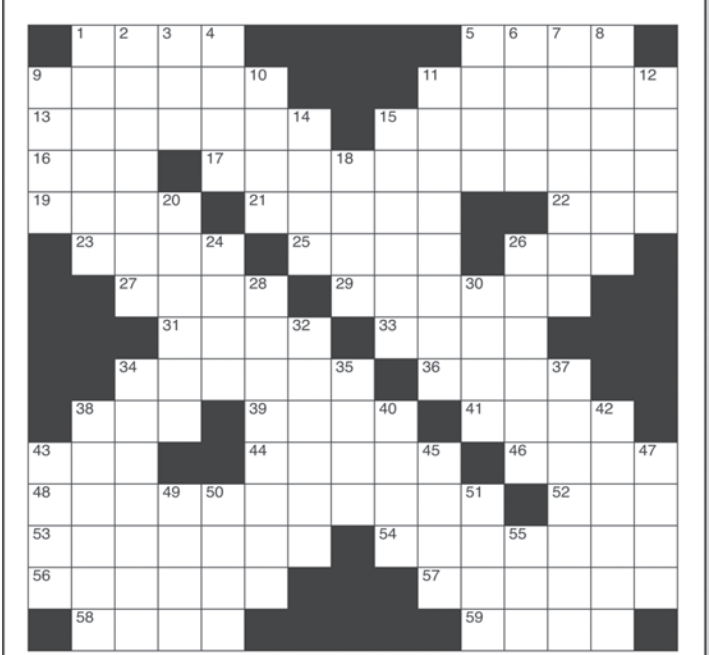
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- ### CLUES ACROSS

 - Resorts
 - One point south of southwest
 - Musical performances
 - Matched
 - Four-footed animal part
 - Express severe disapproval of
 - Type of leaf
 - Preparatory
 - Walk heavily
 - Succulent plants
 - Rectangle of grass
 - Lump in yarn
 - Too
 - Foot (Latin)
 - Afflicts
 - Smoothed
 - Mind (Greek)
- Tampa ballclub
 - Semitic language
 - Sheltered sides
 - Ocean
 - Electronic point of sale
 - Thrust a knife into
 - 12th month (abbr.)
 - Ringworm
 - Father of Aoris (Greek myth.)
 - Fighting back
 - Cease to exist
 - Insects in adult stage
 - Freestanding sculpture
 - Caps
 - Repents
 - Brown and Wallace are two
 - Moved quickly

- ### CLUES DOWN

 - Goes bad
 - Yard structure
 - They ___
 - Marine invertebrate
 - European river
 - Office supplies firm
 - Physically abused
 - Service stations in Australia
 - Kills
 - Liquid body substances
 - Particular to a given individual
 - Brave or noble act
 - Sicilian city
 - Conqueror
 - Elected officials
 - Type of "pig"
 - Drop of viscous substance
- Monetary unit of Spain
 - Guarantees
 - Coloring materials
 - Reddish browns
 - Square measure
 - Will not
 - Canned fish
 - Appeared
 - Six (Spanish)
 - Took off
 - Negligible amount
 - Posts in a Greek temple
 - Witnesses
 - Phil __, former CIA
 - Places to park
 - Guns
 - Dance to pop music

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SPENCER ALMANAC

REAL ESTATE

BROOKFIELD

\$250,000, 23 Kimball St, Lamontagne, Erin, and Lamontagne, Andrew, to Tuttle, Kayla, and Davis, Dorothy.

EAST BROOKFIELD

None

LEICESTER

\$840,000, 58 Parker St, In Kinz We TRET, and Kinney, Belford, to Landry, Brian, and Mao, Lin.
\$473,745, 51 Fairview Dr, Dymek Irene F Est, and Dymek, Paul, to Whitten, Peter.
\$260,000, 75 Huntoon Memorial Hwy #3-6, Loftus, Francis M, and Loftus, Nancy A, to Scott, Natalie R.

NORTH BROOKFIELD

None

WARREN

\$840,000, 58 Parker St, In Kinz We TRET, and Kinney, Belford, to Landry, Brian, and Mao, Lin.
\$473,745, 51 Fairview Dr, Dymek Irene F Est, and Dymek, Paul, to Whitten, Peter.
\$260,000, 75 Huntoon Memorial Hwy #3-6, Loftus, Francis M, and Loftus, Nancy A, to Scott, Natalie R.

WEST BROOKFIELD

\$671,000, 142 Wickaboag Valley Rd, Mazzarese, David J, and Crane, Tracy L, to Johnson, Arthur, and Johnson, Jean.
\$405,000, 105 Gilbertville Rd, Kendrick, Ross E, and Kendrick, Joanne J, to Grigas, Corey.

Paxton Area Seniors announces Lobster Roll cruise

PAXTON — Tuesday, Aug. 19, Paxton Area Seniors are on the road again, departing at 8:30 a.m. from Paxton Senior Center at 17 West St., Paxton, bound for East Dennis on the Cape, where they will enjoy a lobster roll or another selection while cruising the calm waters of Sesuit Harbor. We'll board S.S. Lobster Roll at 12:30 p.m., enjoy our lunch cruise 1 to 2:30 p.m. before departing for an intriguing experience viewing the collections at Whydah Pirate Museum in West Yarmouth. What a fun day!

Lunch brings you a choice of a Lobster Roll

on a grilled roll with a little lettuce and tomato, stuffed with fresh native lobster meat with a hint of celery and mayo; Roast Beef Roll-up (certified Black Angus Prime Rib) sliced thin and piled into a whole wheat lavash bread with lettuce, tomato and light mayo; Vegetarian Roll-up (fresh medley of summer vegetables and tomato rolled in a whole wheat lavash bread served with a hint of mayo. Above selections are served with potato chips and coleslaw. Also available is Chicken Caesar Salad (marinated chicken breast grilled and stacked) atop crisp romaine lettuce, tossed with their Caesar dress-

ing, Parmesan, baked and seasoned croutons. All entrees include beverage and dessert. Cash bar is available.

Following the cruise, we will depart the dock to arrive at the Whydah Pirate Museum on Route 28 in West Yarmouth. Enjoy a one-hour guided tour of this unique museum, the only verified pirate museum in the world. It is the Cape's newest interactive scientific museum featuring real pirates and authentic treasures. There is light walking on this trip.

Cost for the trip is \$143 per person, not including driver's gratuity.

Contact Deb Grensavitch by phone (508-754-6366) or email (grensavitchd@aol.com) for information or to sign up for the trip. Passenger count, meal choice and \$143 payment are due July 29.

Please make checks payable to Paxton FOCOA and mail them to Deb Grensavitch at 88 Laurel St., Paxton, MA 01612-1234. Payments are non-refundable unless ticket can be re-sold.

We look forward to having you join us for this fun-filled, relaxing day on the water and a very interesting tour of the

only pirate museum in the world with the contents of only one ship, the Whydah Gally, with much of its original pirated contents on display. The ship went down in a nor'easter in 1717 and not discovered and brought up until 1984. Exploration, archaeology, diving and research is still ongoing to bring up more of the riches.

The day's tour includes the Lobster Roll or other luncheon choices, cruising Sesuit Harbor and Cape Cod Bay, a guided tour of Whydah Pirate Museum and travel aboard the comfortable, air-conditioned Wilson Bus Motor Coach. Please join us!

The Chain next up in Spencer Summer Concert Series



SPENCER — The Spencer Parks & Recreation Commission's 2025 Summer Concert Series continues from 2 to 5 p.m. on Sunday, July 20 at Powder Mill Park, corner Smithville and Meadow Roads, Spencer with The Chain.

Unique. Special. Different. Sparkling. These are some of the words that can be used to describe The Chain, a musical group that has developed a sound that is fresh and new, yet very easy to love. Audiences respond instantly to them. Fellow musicians admire their taste and skill. Led by the dynamic presence and powerful voice of Alison McTavish, The Chain has developed a set of music that is an eclectic mixture of cover songs that make the listener smile and say, "I remember that one. I love it!" Rich three-part harmonies, a dynamic rhythm section, great musicianship and of course, Alison, combine to make The Chain one of the most exciting new bands in Central New England.

Following The Chain, next up in this series will be Vivi & Da Funk on July 27.

The concert series is proudly sponsored by Cornerstone Bank. Serving Worcester County, Massachusetts, Cornerstone Bank's local presence and community-based banking model enables a unique ability to deliver outstanding service, with a personal touch. Cornerstone provides the highest level of service and expertise for individuals, businesses, and community organizations with branch locations throughout Central Massachusetts.

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Registration # 8313

Laren is a friendly, fun-loving, and energetic young girl who brings joy and enthusiasm to everything she does. She thrives in a structured environment where routines are clear and consistent, as this helps her feel safe and supported. Laren loves being creative and often spends her time drawing and expressing herself through art. Music and dance are also some of her favorite outlets—she enjoys moving to the beat and letting her personality shine. Active and adventurous by nature, Laren enjoys outdoor play and being on the go, whether it's exploring new places or simply running around outside. She has a deep love for animals, especially turtles and other aquatic creatures, and enjoys learning about them whenever she can. Her interest in sea life is a special part of who she is and brings out her sense of wonder and curiosity. With the right support, encouragement, and structure, Laren continues to grow and shine. She would do best in a nurturing, active family that can provide consistency, patience, and plenty of opportunities to explore her interests.

<https://www.mareinc.org/child/21182507386>

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The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with. To learn more about adoption from foster care visit www.mareinc.org. Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.

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Bay Path Practical Nursing Academy faculty awarded competitive funding for professional development

CHARLTON — The Bay Path Practical Nursing Academy is proud to announce that four of its faculty members who were nominated for recent professional development funding have been successfully awarded, securing a total of \$3,356 to support their ongoing growth and excellence in nursing education. Each faculty member will receive an award of \$839.00.

The funded faculty members are:

- Virginia Dockstader, BSN, RN
- Barbara Martel, BSN, RN

Christine Piehl, BSN, RN

Rianna Romano, MSN, RN, CEN

This 100 percent success rate in securing funding underscores the high caliber and commitment of Bay Path Practical Nursing Academy's nursing educators. These funds are designated to support faculty who are eligible to sit for the Academic Clinical Nurse Educator Certification (CNEcl) exam, demonstrating the Bay Path Practical Nursing Academy's dedication to fostering advanced certi-

fications and continuous professional development among its teaching staff.

The Academic Clinical Nurse Educator Certification Exam was created for academic clinical nurse educators to demonstrate expertise in this role. The academic clinical nurse educator facilitates the learning of nursing students throughout clinical components of an academic nursing program. This educator is guided in this role by faculty of the nursing program and is accountable to that nursing program for providing fair evaluations of

learners' performance in meeting expected learning outcomes. The academic clinical nurse educator may have a variety of titles depending on the classification used by the specific nursing education program (e.g., clinical faculty, part-time faculty, adjunct faculty, clinical instructor, or preceptor), according to <https://www.nln.org/certification/Certification-for-Nurse-Educators/cne-cl>

"We are absolutely delighted by this news," said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy

Director. "This funding is a testament to the dedication of our faculty to not only their students but also to their own professional growth. Investing in our educators directly translates to an enhanced learning experience for our students and reinforces the high standards of nursing education we uphold at Bay Path."

The Bay Path Practical Nursing Academy worked closely with the funding body and finalized the necessary steps for payment processing. The Bay Path Practical Nursing Academy received the lump sum

payment, which will then be distributed to the faculty members. Further follow-up will occur in approximately six months to capture outcomes for faculty who utilized this funding for the CNEcl exam.

This achievement highlights Bay Path Practical Nursing Academy's ongoing commitment to faculty development, ensuring that its students receive instruction from highly qualified and continually advancing nursing professionals.

Leicester Senior Club announces upcoming bus trips

BY KEVIN FLANDERS STAFF WRITER

LEICESTER — The Leicester Senior Club invites local residents to enjoy bus trips to several fun destinations this summer and fall.

On Wednesday, Aug. 20, a bus trip will take guests to Rhode Island for a lighthouse cruise. The price is \$119 per person, which includes lunch (meal choice required), the cruise, and a stop at Wright's Dairy Farm Bakery.

On Wednesday, Sept. 10,

guests will visit Foster's Down East Clambake. The price is \$113 per person, which includes a stop at When Pigs Fly Bakery, Foster's Clambake (meal choice required), Nubbles Lighthouse, Short Sands Beach, and Stonewall Kitchen.

A trip on Monday, Oct. 20, will take guests to Newport Playhouse. The price is \$130 per traveler, which includes a scenic drive along ten-mile Ocean Drive. The bus will then arrive at Newport Playhouse for a buffet

lunch, cabaret show, and dessert. After the meal, guests will enjoy a production of "Cosmo St. Cloud is Dead and Someone in this Room Killed Him!"

On Friday, Nov. 7, travelers will visit the New England Christmas Festival at Mohegan Sun Casino. The price is \$63 per person.

"Guests will have a choice to shop at the New England Christmas

Festival in the Earth Expo Center, where over 400 art, craft, and specialty food artisans come to display and sell unique products," read a statement released by trip organizers. "Guests can also take the time to head to the casino to use their machines."

On Wednesday, Dec. 3, a special trip (\$100 per person) will include lunch at Salem Cross Inn (meal choice required), shop-

ping at Yankee Candle Village, and an evening bus tour through the popular Bright Nights holiday lights display at Forest Park in Springfield.

For more details about upcoming bus trips, please call program director David Wood at

the Leicester Senior Center. He can be reached at 508-892-7016 between the hours of 9 a.m. and 2 p.m.

You may also visit www.leicesterseniorcenter.com for additional information.

Bella Miles of Brookfield graduates from Roger Williams University

BRISTOL, R.I. — Roger Williams University is proud to announce that Bella Miles of Brookfield graduated with a B.S. in Criminal Justice in May as part of the Class of 2025.

About RWU

Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence, Rhode Island. Across eight schools of study, we provide real-world learning focused on social and environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and internship opportunities, study-abroad programs, and involvement in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

Berthiaume announces office hours

REGION — State Rep. Donnie Berthiaume and Chief of Staff, Donna, invites Constituents and town officials to meet them to express any concerns, ideas, or issues that they may need assistance with. Please feel free to contact Donna if you would like a private meeting at 774-402-4742.

Monday, Aug. 11 – In the Town of Ware at the Town Hall, 9 – 9:45 a.m.

Monday, Aug. 11 – In the Town of West Brookfield, at the Senior Center 11:15 a.m.-12:15 p.m.

Monday, Aug. 11 – In the Town of Brookfield at the Town Hall, 12:30 – 1:30 p.m.

Wednesday, Aug. 13, in the Town of Leicester at the Senior Center, 9 – 9:45 a.m.

Wednesday, Aug. 13 – In the Town of Spencer, at Howe Village, 10- 11 a.m. — With Tammy Ruda from Rep. Marsi's Office.

Wednesday, Aug. 13 – In the Town of East Brookfield at the Senior Center, 11:15 a.m. – 12:15 p.m.

Monday, Aug. 18 – Town of North Brookfield – Town Hall 11 a.m.-noon

Local students graduate from Plymouth State University

PLYMOUTH, New Hampshire — Plymouth State University congratulates more than 650 students who received their academic degrees during its 154th Anniversary Commencement Ceremonies on Friday-Saturday, May 9 & 10, at the Bank of New Hampshire Field House in the Active Living, Learning, and Wellness (ALLWell) North Building.

Charley Blair of Leicester, graduated Magna Cum Laude with a Bachelor of Science and a Certificate degree in Environmental Science & Policy.

Matthew Griffing of West Brookfield graduated Cum Laude with a Bachelor of Science degree in Allied Health Sciences.

About Plymouth State University

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Summer concerts return to East Brookfield

EAST BROOKFIELD — The East Brookfield Bandstand Committee is once again offering free summer concerts at Connie Mack Field.

All concerts take place on Thursdays from 6-8 p.m. Guests are invited to bring chairs, blankets, and a picnic dinner, or purchase food and drinks at the Connie Mack Snack Shack.

The program is supported by the East Brookfield Cultural Council, as well as several local businesses. These include Howe Lumber, Audette's Towing, Timberyard, Uncle Sam's Pizza, Lamothe and DeSimone Financial Services, Klem's, and North Brookfield Savings Bank.

Moonlight Saints kicked off the season on July 10, with Easy Season set to play on July 17.

The Otters will return to East Brookfield on July 24. The August concert schedule brings annual favorites Island Castaways and the LeBeau Family Band, on Aug. 7 and Aug. 14, respectively.

"We invite all residents of surrounding towns to come and enjoy these free outdoor concerts," read a statement released by program organizers.

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Imagine if you were shrunk down to the size of a molecular particle. You wouldn't see walls, chairs, or solid objects anymore; you'd see millions of other particles flying around, darting in every direction. It might look a bit like the inside of a Champagne glass—millions of tiny bubbles, jittering, popping, shimmering in and out of view all around you at the quantum level.

What you're seeing at this microscopic level isn't just a bunch of particles—it's the pixelated foundation of reality, like the tiny dots that make up an image on a screen. Up close, you'd see individual pixels—red, green, or blue lights—but when you zoom out, they blend into the full picture. In the same way, these particles are the smallest "dots" that build everything you see in the world around you.

Every type of particle comes from its own field. There's an electron field, a photon field, and a quark field—These fields overlap and interact with one another constantly, forming a unified foundation to everything. Together, they make up what scientists call the Quantum Field—a single, connected fabric made from many invisible layers.

The Quantum Field isn't something "out there" in deep space. It's

Quantum field!

right here. It's the invisible fabric reality is made from—and you are made from it, too.

Your body, your brain, and even your thoughts are built from particles that rise up from these fields. Every atom in you—carbon, calcium, oxygen—comes from ripples in those same invisible fields.

How do we know?

In 1801, physicist Thomas Young ran a simple experiment with light. He shined it through a single slit, then through two narrow slits, and observed the pattern it made on a screen behind.

If light behaved like tiny particles—like little bullets flying through the slits—he would've seen just two bright spots. Instead, he saw something strange: a series of bright and dark bands.

This experiment became one of the first major clues that light behaves like a wave.

Years later, with the rise of quantum mechanics, scientists ran a modern version of the same test—not with beams of light, but with individual particles, like electrons.

They fired these electrons, one at a time, like bullets from a gun,

through the two slits, and something unexpected happened.

When no one was watching, the electrons didn't behave like particles at all. Instead, they landed on the wall behind in a wave pattern—just like Young's light. It was as if each single electron somehow went through both slits at once.

How did the scientists figure this out?

They tracked where each electron landed. And over time, instead of forming two neat lines, the electrons built up a pattern of light and dark bands—the unmistakable fingerprint of wave behavior.

But then came the twist.

When scientists watched the particles pass through the slits, the particles behaved exactly as expected—like little bullets passing through one slit or the other. But when no one was watching, the particles behaved in a completely different way.

The only thing that changed... was the act of observing.

When the particles were observed, they behaved the way the scientists believed they should. When not observed, the particles had a mind of

their own.

We all live our lives with an underlying expectation of what we think will happen. We expect certain outcomes in our relationships, our work, our health—even without realizing it.

If you expect failure, you'll probably see it. But if you expect success, and you are present, focused, and emotionally aligned with that outcome, quantum physics suggests that you may literally begin to tune into a version of reality where that success starts to show up.

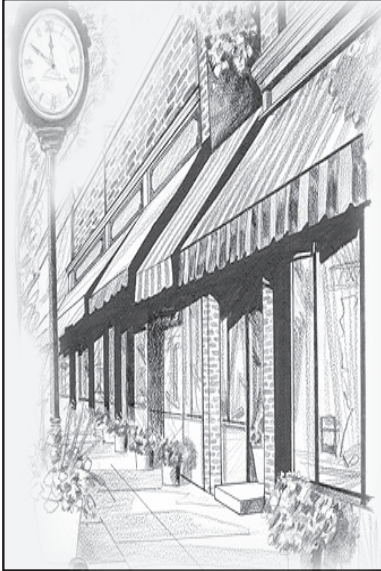
Just as the observer changed the outcome of the particle's path, quantum physics suggests your awareness and expectation will shape the path of your own life.

The Quantum field is not distant. It's all around us, it's inside of us.

We are not separate from it; we are expressions of it. We are constantly sending signals into the field—through our thoughts, our emotions, and our beliefs. Put those three together, and you get expectations.

The Quantum world is telling us something. It's not just what we see, but how we see, that shapes our reality.

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EDITOR

EDITORIAL

Having a pet might just save your life

There’s nothing like coming home to someone who’s actually happy to see you. Not out of obligation, not because they want something, just pure, tail-wagging joy that you exist. That’s what a dog gives you. That’s what any pet can give you, really. They don’t need you to have your life figured out. They just want to be near you.

Lately, we have been thinking a lot about how much pets do for us. Without fanfare, especially when life’s been heavy.

If you have ever gone through a hard time, grief, illness or heart-break, you know what I mean. There’s this moment when the people fade out a bit. They get busy, they don’t know what to say, they pull away. But the dog? The cat? They stay. They sit right beside you when you’re too tired to talk. They follow you from room to room like your little emotional support shadow. They just know.

Having a pet means someone’s always keeping watch. Someone’s listening to the silence with you. Someone’s there when the world doesn’t make sense.

They remind you to take a walk. To go outside and to get up. To feed them, which sometimes is the only reason you feed yourself. They force you into a rhythm when everything feels offbeat. Plus, they make you laugh, even when you think you forgot how.

There is a kind of healing that comes from being needed in the most simple, unconditional way. Pets don’t care what your job title is or whether your life is falling apart. They just want to sit beside you on the couch and maybe steal your blanket.

And science backs it up! Petting a dog or cat has been shown to lower cortisol (the stress hormone) and raise oxytocin, the same hormone that helps us bond with other people. Just spending time with a pet can lower blood pressure, ease anxiety, and even reduce feelings of loneliness. Some studies show that dog owners, in particular, are more likely to reach recommended physical activity levels, just from walking their dog.

So no, they are not just pets. They are therapy. They are family. They are the ones who show up every day and ask for nothing but your presence.

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

You get what you pay for

To the Editor:

This old adage has never been more true. Among the things you have recently received is an increase in your debt limit, whereby you will receive a few bucks and add trillions to the debt for your grandkids to pay. You are also receiving the benefits of the n many DOGE cuts, like no longer paying for consumer protection, or having any, having clean rest rooms and all trails open in national parks, having the Christian style outlet to furnish surplus food and life-saving drugs to the third world. This particular item has already saved over 350,000 from breathing, costs for storing rotting food and malaria going off the chain.

Last I heard, we are still paying 4,000 National Guard and 700 Marines to assist Ice in LA. They can go home when the BBB funded 31,000 masked men are hired. The guy who donates his \$2 million/year salary, and has thus far cost over 50 times that golfing a third of the time, has a “free” plane he has us spending a billion to refit for his personal use.

Another wasteful spending item, now cancelled, is Bidens roads and bridges, cancer research and treatment, food and medical benefits for the neediest.

A quick IQ test. Who pays tariffs? If your answer is anything but us, you failed the test. Think about this. He is negotiating how much you will pay with the people you buy from.

Do you think the cuts to NOAA worked out for Texas? He is a liar and legend in his own mind, and I could not be more disgusted.

KEN KIMBALL
BROOKFIELD

The terrible Trump MAGA billionaires approved budget bill

To the Editor:

The word “governance“ indicates the way in which a government cares for, protects, and promotes the well-being of its people. Governance also includes caring for those organizations that perform this much needed good work, whether they be government, non-government, the private sector; etc.

The massive multi trillion dollar bill just passed and approved by the MAGA Trump controlled Congress and signed by President Trump — except for a few crumbs - does the opposite of this.

Instead, it “robs” from almost all Americans, who though working hard, struggle to get by and “gives” it to already rich billionaires (like Trump himself).

The MAGA Trump government does this through tax breaks for and reducing the ability to collect taxes of the very rich.

The MAGA bill also do this by cutting regulations and the budgets of organizations trying to protect and promote our wellbeing.

It also accomplishes this by taking away money and resources from those among us who need support now if they to become part of our next generation of healthy, productive contributors to America’s well-being.

MAGA Trumps also do this for the ultra-rich by borrowing trillions of dollars. Then we, our children and our children’s children will have to pay off this debt — including high interest payments — so billionaires can buy bigger yachts now.

I could go on and on, but I hope the “Big Billionaires Bill” picture is clear – good for them, bad for us.

So when you hear Donald Trump call it a “Big Beautiful Bill” don’t think he means for us.

Rather peacefully join your voice in disagreement and work for a free and fair turning it around in the 2026 Congressional election.

KEVIN KANE
SPENCER

Democrats and mainstream media both support lawlessness

To the Editor:

About a month ago, this paper printed a letter to the Editor I submitted titled “Democrats now support Lawlessness.” After some recent news stories and events, I want to expand that to include the liberal mainstream media too.

A recent CNN anchor was “commenting” (complaining) how President Trump was re-instituting tariffs against Canada in part because of the trafficking of illegal drugs coming from the north. The CNN anchor said because of the “miniscule amount of fentanyl” coming across the northern border, Trump was re-instituting the tariffs. My question is: What is a “miniscule amount” of fentanyl? Is it one pound? Is it five pounds? Oh, I mean, is it one kilogram or five kilograms, or more? How big is a “miniscule” in drug trafficking terms? I have been told even the smallest amount of fentanyl can be deadly. Does this mean a “miniscule” amount is smaller than the smallest amount, so it’s not deadly or addictive and therefore isn’t illegal? We’ve seen liberal Democratic de-criminalizing results here in Mass. Just go shopping here.

Congressman Jake Auchincloss recently publicly complained about everything being locked up at a CVS store he shopped at; how much of a bother it was to get a store clerk to unlock the shelves for what he wanted. Why is that? One doesn’t have to look any further than former Suffolk County (Boston) District Attorney Rachal Rollins who, almost immedi-

ately after being elected, announced a number of laws she was no longer going to prosecute criminals of, shoplifting being one. Needless to say, shoplifting crimes skyrocketed, not just in Suffolk County, but the whole state because of no consequences for breaking the law. How many retail stores are closing & leaving Mass. because of this?

In Milford, according to the T&G, a 33 year old illegal immigrant, Thiago Aquino De Paula, was finally taken into custody by ICE on March 9 after Milford Police contacted ICE. The T&G says court records show him being arrested at least four times since July of 2024, that’s nine months, including at least two arrests for drunk driving while not having a driver’s license. How many times does one have to get caught driving without a license & drunk before Democrats say enough? What is the Democratic stance on public safety?

There are some people who do nothing but complain about President Trump & his agenda, without a solution to the problems inherited by the Biden administration such as higher crime rates & illegal immigration. President Trump won his election fair & square, without any foreign or domestic interference. He won on an agenda of closing the borders, lowering crime & inflation rates, & making the United States a respected nation once again, something the Biden administration & Democratic leadership & policies lost a long time ago.

JOHN SHOCK
CHERRY VALLEY

Why rebalancing your portfolio matters — and how to do it



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In life, balance is everything — whether it’s finding time between work and family or maintaining a healthy diet. The same goes for your investments. Keeping your financial portfolio balanced is a smart way to stay on track toward your long-term goals, even as the markets shift.

That’s where portfolio rebalancing comes in. Rebalancing is the process of adjusting your investments — like stocks, bonds and cash — so they stay in the right mix for your needs. This mix, known as your asset allocation, is designed to reflect your comfort with risk, your investment goals and how long you have until you’ll need to use the money for a major life event like retirement or the purchase of a new home.

For example, let’s say your target portfolio is made up of 60 percent stocks, 30 percent bonds and 10 percent cash. Over time, as the value of each investment changes, your portfolio may become unbalanced. If stocks have a great year and rise in value, they could end up making up 70 percent of your portfolio. That means you’re taking on more risk than you originally intended.

To get back to your 60/30/10 target, you would sell some stocks and possibly buy more bonds or cash investments. This helps bring your portfolio back in line with your goals.

Markets go up and down. That’s normal — but it also means your portfolio can shift without your even touching it. If you don’t rebalance regularly, you might be taking on too much (or too little) risk.

Rebalancing offers several benefits. It helps keep your investment plan on track and manages your exposure to risk. It also encourages disciplined decision-making, rather than chasing trends.

It might feel strange to sell investments that have been doing well and buy ones that haven’t. But this strategy can help you “buy low and sell high,” which is one of the key ideas behind successful investing.

You may be wondering how often you should rebalance your portfolio. There really is no one-size-fits-all answer. Some people rebalance once a year. Others do it more frequently based on how far their investments drift from their target percentages.

What’s important is that you check your portfolio regularly — at least annually — and make adjustments when needed. After big market movements, whether up or down, it’s a good idea to take a closer look.

Keep in mind that if you rebalance by selling investments in a taxable account, you might owe capital gains taxes. Also, some brokers charge fees for trades. But if you own similar investments in a retirement account like an IRA or 401(k), you can often rebalance without triggering taxes. A financial advisor can help you choose the best approach — and may even be able to help you avoid or reduce costs.

Your ideal investment mix will probably change as your life changes. Younger investors might favor stocks for growth. As you near retirement, you may want to focus more on income and stability. Rebalancing helps you adjust as your goals evolve.

Think of your portfolio like a car on a road trip — regular check-ins and small course corrections will help you stay on the right path. A financial advisor can help you design a strategy that keeps your investments aligned with your goals every step of the way.

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

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Bay Path LPN Ruth “DeeDee” Betz: A legacy of compassion and service

WORCESTER — The Bay Path Practical Nursing Academy is proud to announce that its annual Community Service Award has been fittingly named in honor of Ruth “DeeDee” Betz, LPN, a distinguished alumna from the PN Class of 2015 and a past dedicated staff member and PN Secretary. The program, represented by Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director, along with DeeDee’s family and friends celebrated DeeDee’s impactful life and contributions at a special “Celebration of Life Party” Saturday, July 12, from 4-8 p.m. at the Tatnuck Post, located at 570 Mill St., Worcester.

The Ruth “DeeDee” Betz Community Service Award, established by the Bay Path Practical Nursing Academy, recognizes individuals who

demonstrate significant contributions to the community through their time, actions, talents, and unwavering dedication to volunteerism. Ruth “DeeDee” Betz, LPN, embodies these ideals, serving as a powerful role model for compassion, service, and a commitment to making the world a better place.

As a staff member, DeeDee provided invaluable assistance to both students and alumni. Her appointment as UNICEF Club Advisor further solidified her deep commitment to practical nursing education and her passion for influencing future nurses and advocating for children’s well-being. “We are proud of her and value her time, practice, and experience,” said Dr. Bolandrina.

DeeDee’s journey of selfless service began not

long after her 2015 graduation. Her tireless volunteerism quickly garnered national recognition, including the prestigious 2019 Community Impact Award from the American Red Cross. Her exceptional dedication shone brightly during the COVID-19 pandemic when she volunteered at Worcester shelters and the DCU Center field hospital, providing crucial care to those in need. This invaluable work earned her recognition from the City of Worcester, with a heartfelt letter of gratitude signed by Mayor Joseph M. Petty and City Manager Edward M. Augustus, Jr.

“It’s just a huge honor to represent LPNs in the area and give back to those in our community who are in need,” Betz remarked. “I am very happy to be an LPN and enjoy what I do. I have to share the recognition with the Bay Path Community.”

Inspired by her nursing school experiences, particularly service learning opportunities at Harrington Hospital and the encouragement of her then-Instructor Dr. Bolandrina, Betz has continued her extensive volunteer work, including joining the Medical Reserve Corps and mentoring practical nursing students.

DeeDee’s Celebration of Life Party welcomed adults and children alike. Attendees were encouraged to dress in bright, cheery colors for an evening filled with music, dancing, and plenty of food. There was an activity table for younger



guests and a Bunco game for those wishing to join in the fun dice game.

DeeDee’s philosophy is simple and powerful: “We give back because we can.

We don’t do this for the awards, although it’s nice to be appreciated. We do it because we are nurses, we care, that’s what we do!”

Her legacy of compassion and community engagement continues to inspire the entire Bay Path Practical Nursing community.

Seats still available for LPD Youth Academy

LEICESTER — Seats are still available for the Leicester Police Department’s Youth Academy.

Set to run from July 28 to Aug. 1, the academy is intended for students ages 15-18.

Several topics will be addressed during this year’s program, including constitutional and criminal law; motor vehicle and civil law; scenario-based training; honesty and integrity; teamwork and dedication; de-escalation skills; and information about drone, K-9, SWAT, and motorcycle units.

To learn more about the program, please contact the police department.

Police leaders thank all local sponsors for supporting the program.

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FARRINGTON
continued from page A1

make outstanding contributions to their organizations and communities.

Farrington was nominated by State Rep. Donald Berthiaume, of Spencer.

“Karen started a food security collaborative that has grown into helping 170 families in our small rural district,” Berthiaume said. “She is a behind-the-scenes person, who works diligently to help others and has incorporated the schools and the senior citizens. She has stressed that she is part of a team that works tirelessly, and without all of them, this endeavor would not exist.”

Added Berthiaume, “With Karen’s direction, this program has evolved into an amazing resource and total community project. Karen has put the small town of North Brookfield on the map.”

Each year, Commonwealth Heroines are selected for making a difference in their communities through a variety of programs and volunteer initiatives. Their efforts, which often go unheralded, impact residents on a daily basis.

Farrington, along with her daughter, Audra, Connect Restaurant, North

Brookfield Pizza Palace, and a dedicated team of North Brookfield Community Food Collaborative volunteers, provides meals to families and senior citizens who are experiencing food insecurity.

“Commonwealth Heroines use their time, talent, spirit, and enthusiasm to enrich the lives of others and make our homes, neighborhoods, cities, and towns better places to live,” read a statement released by program leaders.

To learn more about the Massachusetts Commission on the Status of Women, visit <https://masscswo.org/>.

The North Brookfield Community Food Collaborative relies heavily on donations (financial, foodstuff, and volunteerism) from business leaders and individuals. The organization also seeks grants to help the community.

If you would like to support the NBCFC, please send an email to: nbfoodcollaborative@gmail.com.

Additionally, checks can be made out to: Coalition for a Healthy North Brookfield, P.O. Box 92, North Brookfield, MA 01535.

All donations are used to purchase food that will be distributed by the NBCFC.

WOOSOX
continued from page A1

community boasts the most WooSox fans and civic pride,” read a statement released by the team.

By purchasing tickets through special offers, not only are residents supporting their towns, but they’re also contributing to great causes. Each ticket includes a donation to a nonprofit organization within the designated community.

Leicester officials are looking forward to the town being showcased at Polar Park on Aug. 2.

“The WooSox have always been very civic-minded, and events like this show their connection with the surrounding communities,” said Leicester Town Administrator David Genereux. “For the town, its businesses, and our residents, it is a great day to get together at Polar Park, have fun, and enjoy summer baseball in a beautiful setting.”

Leicester Select Board Chairman Doug Belanger recently raised the idea of the town purchasing 100 tickets for the Leicester WooSox night, as a way of showing appreciation to employees. Selectmen unanimously endorsed the motion.

“I truly believe that building camaraderie helps not only employee morale, but overall efficiency. In a time of divisiveness and mistrust, bringing coworkers together is a win-win for the employees, their families, and the community,” Belanger said.

The Brookfields Town Takeover night is set for August 6 at Polar Park. Residents, officials, business leaders, and members of community organizations from all four Brookfields communities have the opportunity to get

involved.

Southbridge’s Town Takeover night will occur on Aug. 8. Charlton will have its opportunity on Aug. 21.

At the end of the season, the central Massachusetts town with the largest attendance on its Town Takeover night will receive a special honor on the field during Fan Appreciation Week, scheduled for Sept. 15-21.

“Join us in this fun and meaningful celebration of local pride, and let’s see which town will reign supreme in the 2025 WooSox Town Takeover,” read the statement released by the team.

To learn more about the program and how you can support your town’s night in the spotlight, check out the WooSox website. A full schedule of Town Takeover games is listed on the site.

Finally, local youngsters and their families are invited to check out area appearances of the WooSox mascot. In recent years, Town Takeover game days have seen the mascot and staff members make special visits to select local towns, including North Brookfield last year.

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Love,

Ma, daughter Nicole,

sister Diane and her husband Brian,

along with their two children,

Alexis and Nicholas



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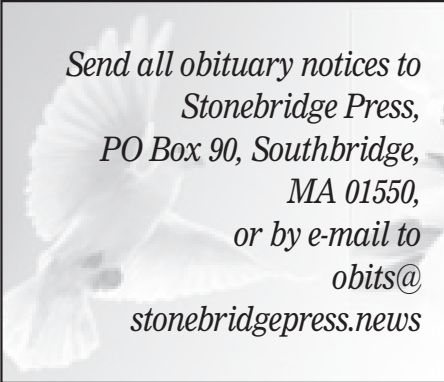
PO Box 90, Southbridge,

MA 01550,

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LEGALS

Town of North Brookfield
Requests sealed bids for FY2026 Fuel Contract Approximately 15,000 gallons Ultra Low Sulfur Diesel Fuel and Heating Oil.
Bids may be obtained from the Highway Dept., 508-867-0213 and delivered to 65 Donovan Rd., North Brookfield no later than 1:00 P.M.
on Friday, July 25, 2025.
July 11, 2025
July 18, 2025

June 30, 2025
TOWN OF EAST BROOKFIELD
FY26 ROAD MATERIALS
The Town of East Brookfield Select Board will receive sealed bids through the Highway Department on materials & equipment to be used in State Aid Road Construction work and general Town road maintenance work until 11:00 AM, Wednesday, July 23 2025, at the East Brookfield DPW Building, 424 East Main Street, E. Brookfield, MA 01515 at which time bids will be opened and publicly read aloud. Late bids will not be considered. MassDOT prequalification of contractors with the class of work as Highway-Construction for the project with an estimated value of \$204,000 will be required. Specifications and bid forms are available by contacting the Highway office

by email EbHighway@eastbrookfield-ma.us or call 508-867-6575.
July 11, 2025
July 18, 2025

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO25P1767EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
William T Bonnayer
Date of Death: : 03/03/2024
To all interested persons:
A Petition for **S/A -Formal Probate of Will with Appointment of Personal Representative** has been filed by **Brenda J Colbeth of Ware MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Brenda J Colbeth of Ware MA** be appointed as Personal Representative(s) of said estate to serve on the bond in **unsupervised administration**
IMPORTANT NOTICE
You have the right to obtain a copy of

the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 07/29/2025.**
This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.
UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: June 30, 2025
Stephanie Fattman,
Register of Probate
July 18, 2025

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO25P1776EA
CITATION ON PETITION FOR FORMAL ADJUDICATION
Estate Of:
Sandra Lee Bonnayer
Also known as: Sandra Lee Judge
Date of Death: 10/15/2023
To all interested persons:
A Petition for **S/A -Formal Probate of Will with Appointment of Personal Representative** has been filed by **Brenda J Colbeth of Ware MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Brenda J Colbeth of Ware MA** be appointed as Personal Representative(s) of said estate to serve on the bond in **unsupervised administration**
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 07/29/2025.**
This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.
UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: June 30, 2025
Stephanie Fattman,
Register of Probate
July 18, 2025

A.C. 108A
Docket Number WO25P0582PO
THECOMMONWEALTH OF MASSACHUSETTS
WORCESTER, SS
PROBATE COURT
To Brittany A. Tee an absentee, who last known address was 69 Jolicoeur Avenue, Spencer, MA 01582 having property in the County of Worcester; to the Treasurer and Receiver General of said Commonwealth; to all persons claiming an interest property hereinafter described; and to all whom it may concern
A petition has been presented to said Court praying that Susan M. Tee of Spencer in the County of Worcester, or some other suitable person, be appointed receiver of the following described property of said absentee, and a warrant to take possession thereof has been issued to an officer who has taken and now holds the same, as follows:
PERSONAL ESTATE. LOCATION. VALUE.
2011Jeep Grand Cherokee Spencer \$5,000.00
IRS Tax Refund Spencer \$1,407.00
DOR Tax Refund Spencer \$221.00
Arbella refund Spencer \$41.00
If you desire to object thereto you or your attorney shall file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the nineteenth day of August 2025, the return date of this citation.
Witness, Leilah A. Keamy, Esquire, First Judge fo said Court, this thirtieth day of June 2025
Stephanie K. Fattman
Register of Probate
July 11, 2025
July 18, 2025
July 25, 2025

TOWN OF BROOKFIELD
ZONING BOARD OF APPEALS
6 Central Street
Brookfield, MA. 01506
Pursuant to the Brookfield Zoning Bylaws, Section 10, Sign Regulations, Part D, Signs Allowed by Special Permit; the Brookfield Zoning Board of Appeals will hold a Public Hearing on an application from Jeffrey Wexler for a Special Permit for approval of a 35 square foot sign advertising his business at the place of his residence, 34 Fiskdale Road, Brookfield, Massachusetts, in a Rural Residential district.
The hearing will take place on Wednesday, August 6, 2025, in the meeting room of the Brookfield Police Department, 7 Prouty St., Brookfield, MA, starting at 6:00 pm. A copy of the application may be inspected at the office of the Town Clerk at Brookfield Town Hall during normal business hours.
July 18, 2025
July 25, 2025

TOWN OF BROOKFIELD
ZONING BOARD OF APPEALS
6 Central Street
Brookfield, MA. 01506
Pursuant to the Brookfield Zoning Bylaws, Section 10, Sign Regulations, Part D, Signs Allowed by Special Permit; the Brookfield Zoning Board of Appeals will hold a Public Hearing on an application from Jeffrey Wexler for a Special Permit for approval of a 35 square foot sign advertising his business at the place of his residence, 34 Fiskdale Road, Brookfield, Massachusetts, in a Rural Residential district.
The hearing will take place on Wednesday, August 6, 2025, in the meeting room of the Brookfield Police Department, 7 Prouty St., Brookfield, MA, starting at 6:00 pm. A copy of the application may be inspected at the office of the Town Clerk at Brookfield Town Hall during normal business hours.
July 18, 2025
July 25, 2025

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- Webster Times
- Auburn News
- Blackstone Valley Tribune

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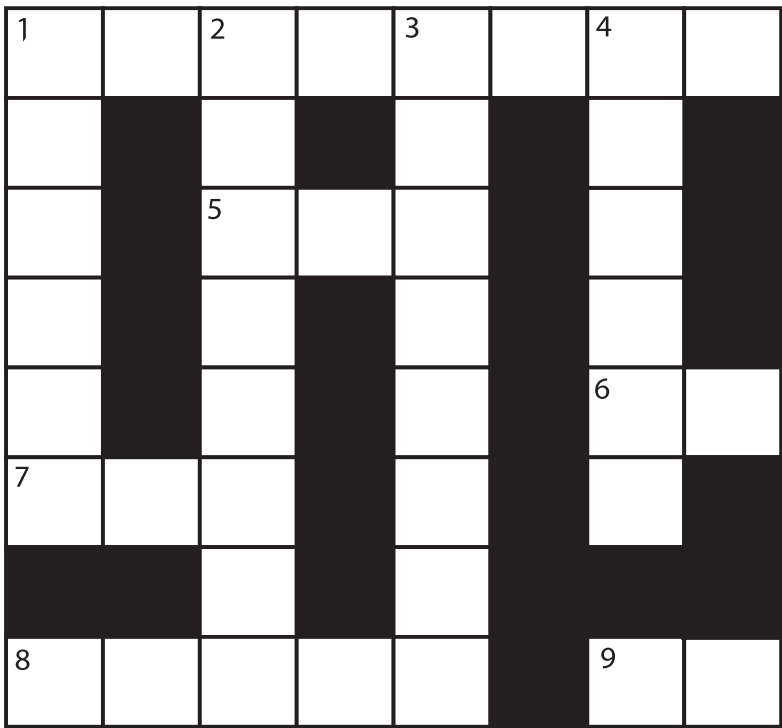


Animal FACT:

When enjoying parks, it is important to avoid close encounters with these.

Answer: Wild animals

Crossword Puzzle



ACROSS

- 1. Figure out the route
- 5. Area of land
- 6. “City of Angels” (abbr.)
- 7. Breakfast food
- 8. Green areas used for recreation
- 9. Opposite of “yes”

DOWN

- 1. Plants, animals and the landscape
- 2. Person who lives in a village
- 3. Vacations, trips
- 4. Pathways to hike

Answers: Across 1. Navigate 5. Lot 6. LA 7. Egg 8. Parks 9. No Down 1. Nature 2. Villager 3. Getaways 4. Trails

CANADA MONTH HISTORY

1908

The Royal Canadian Mint Opens. The Mint produces all of Canada’s circulation coins.

NEW WORD FUND

money for a particular purpose, like conservation

How they say that in...

- English: Nature
- Spanish: Naturaleza
- Italian: Natura
- French: Nature
- German: Natur

Did You Know?

“Forest bathing” started in Japan and is the process of spending time in nature. There is growing research to show that it promotes overall health.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: RV

CRYPTO FUN

Solve the code to discover words related to air conditioning. Each number corresponds to a letter. (Hint: 22 = O)

A. 9 22 22 24 18 25 17

Clue: Make less warm

B. 5 21 25

Clue: Circulates air

C. 18 25 1 22 22 13 4

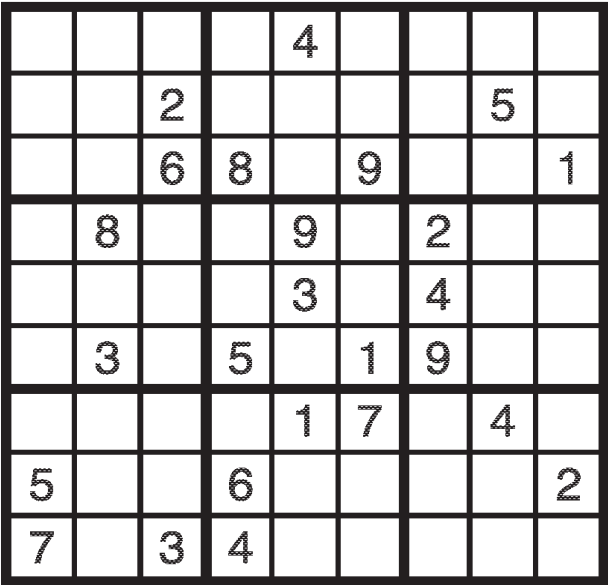
Clue: Inside

D. 13 26 16 21 18 13 4

Clue: Fixes

Answers: A. cooling B. fan C. indoors D. repairs

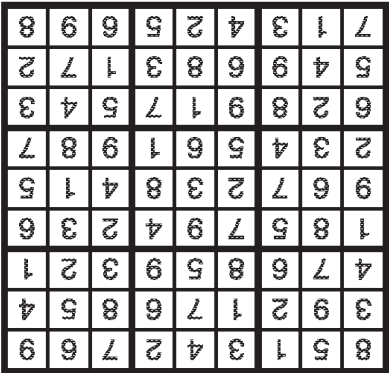
SUDOKU



Level: Intermediate

Here’s How It Works:

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



ANSWER:

Fun By The Numbers

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

POLICE REPORTS

Leicester Police Log

THURSDAY, JULY 3
12:55 a.m.: mv stop (Main Street), verbal warning; 2:44 a.m.: mv stop (Main Street), spoken to; 7:32 a.m.: assist other agency (West Main Street, Spencer), services rendered; 7:38 a.m.: debris in road (South Main Street), referred; 11:09 a.m.: mv stop (Pleasant Street), spoken to; 11:56 a.m.: suspicious mv (Main Street), unable to locate; 1:26 p.m.: mv stop (Main Street), verbal warning; 1:36 p.m.: mv stop (Main Street), written warning; 2:03 p.m.: fraud (Oakwood Lane), report taken; 3:30 p.m.: shoplifting (Soojians Drive), name and address redacted from police log, shoplifting by asportation/3rd offense, criminal application issued; 4:28 p.m.: lobby service (Soojians Drive), report taken; 5:02 p.m.: mv stop (Main Street), verbal warning; 7:20 p.m.: assist other PD (Wilson Avenue, Spencer), services rendered; 7:20 p.m.: suspicious mv (Henshaw Street), unable to locate.

FRIDAY, JULY 4
1:09 a.m.: mv stop (Main Street), verbal warning; 8:44 a.m.: ambulance (Charlton Street), transported; lobby service (South Main Street), assisted; 2:20 p.m.: parking complaint (Douglas Drive), resolved; 3:12 p.m.: welfare check (Pleasant Street), services rendered; 4:20 p.m.: ambulance (Redfield Road), transported; 7:08 p.m.: disturbance (Howard Terrace), unable to locate; 8:35 p.m.: accident (Main Street), services rendered; 9:01 p.m.: disturbance (Stafford Street), services rendered; 9:15 p.m.: residential alarm (Sconset Avenue), false alarm; 9:21 p.m.: disturbance (Main Street), services rendered; 9:24 p.m.: disturbance (Oak Bluff Lane), services rendered; 10:08 p.m.: disturbance (Peter Salem Road), services rendered.

SATURDAY, JULY 5
12:02 a.m.: mv stop (Stafford Street), verbal warning; 12:29 a.m.: mv stop (Stafford Street), verbal warning; 12:36 a.m.: mv stop (Stafford Street, Spencer), verbal warning; 12:44 a.m.: mv stop (Main Street), citation issued; 12:46 a.m.: mv stop (Stafford Street), written warning; 12:56 a.m.: mv stop (Main Street), verbal warning; 1:24 a.m.: mv stop (Stafford Street), verbal warning; 1:29 a.m.: mv stop (Main Street), verbal warning; 1:47 a.m.: mv stop (Worcester Line), verbal warning; 3:30 a.m.: assist citizen (Main Street); 4:18 a.m.: assist citizen (South Main Street); 4:55 a.m.: disturbance (Main Street), transported (destination not noted on police log); 4:56 a.m.: mv stop (Stafford Street), written warning; 7:05 a.m.: assist other PD (Stafford Street), services rendered; 8:54 a.m.: suspicious mv (South Main Street), spoken to; 9:18 a.m.: ambulance (Huntoon Memorial Highway), transported; 9:29 a.m.: mv stop (Main Street), verbal warning; 9:53 a.m.: mv stop (Main Street), written warning; 10:36 a.m.: ambulance (Pleasant View Road, Spencer), transported; 10:42 a.m.: welfare check (Soojians Drive), unfounded; 10:48 a.m.: fraud (Stafford Street), report taken; 11:05 a.m.: erratic operator (Main Street), referred; 11:13 a.m.: ambulance (Park Lane), transported; 11:22 a.m.: summons service (South Main Street), served; 11:51 a.m.: ambulance (Laurel Lane, Spencer), transported; 12:05 p.m.: disabled mv (Main Street), assisted; 1:31 p.m.: mv stop (Huntoon Memorial Highway), spoken to; 1:40 p.m.: mv stop (Huntoon Memorial Highway), spoken to; 1:49 p.m.: mv stop (Huntoon Memorial Highway), written warning; 2:29 p.m.: ambulance (Main Street), transported; 3:06 p.m.: suspicious activity (Main Street), gone on arrival; 4:07 p.m.: disturbance (Stafford Street), resolved; 5:47 p.m.: debris in road (Main Street), services rendered; 8:46 p.m.: welfare check (Hankey Street), report taken.

SUNDAY, JULY 6
12:37 a.m.: mv stop (Huntoon Memorial Highway), citation issued; 1:34 a.m.: mv stop (Main Street), name and address redacted from police log, op w/suspended license, criminal application issued; 1:48 a.m.: mv stop (Warren Avenue), citation issued; 3:01 a.m.: mv stop (Stafford Street), verbal warning; 8:19 a.m.: keep the peace (Hankey Street), services rendered; 10:13 a.m.: mv stop (Main Street), name and address redacted from police log, unlicensed operation, marked lanes violation, criminal application issued; 11:59 a.m.: mv stop (Main Street), citation issued; 1:33 p.m.: ambulance (Flint Way), transported; 2:03 p.m.: mv stop (Huntoon Memorial Highway), verbal warning; 2:22 p.m.: mv stop (Auburn Street), citation issued; 4:13 p.m.: assault (Deer Pond Road), spoken to; 6:19 p.m.: disturbance (Soojians Drive), spoken to; 6:32 p.m.: ambulance (Craig Street), transported; 6:41 p.m.: disturbance (Waite Street), name and address redacted from police log, false report of a crime, criminal application issued; 7:43 p.m.: assist other PD (Main Street), services rendered; 8:08 p.m.: ambulance (Hartwell Road, Oxford), transported; 8:41 p.m.: ambulance (Hartwell Road, Oxford), transported.

MONDAY, JULY 7
1:47 a.m.: abandoned 911 call (Main Street), unfounded; 2:53 a.m.: welfare check (Pleasant Street), transported to hospital; 7:30 a.m.: ambulance

(Pleasant Street), transported; 9:04 a.m.: ambulance (Virginia Drive), transported; 10:55 a.m.: erratic operator (Main Street), gone on arrival; 12:07 p.m.: assist citizen (Main Street); 12:13 p.m.: suspicious activity (Soojians Drive), Shane Francis Sullivan, 33, 94 Lakeview Drive, Charlton, possession Class B drug, disorderly conduct, arrest; 1:43 p.m.: accident (Main Street), report taken; 2:13 p.m.: keep the peace (Hankey Street), services rendered; 4:30 p.m.: summon service (Waite Street), served; 4:51 p.m.: malicious mischief (Upton Street), resolved; 5:24 p.m.: ambulance (Bunker Hill Road), transported; 7:33 p.m.: suspicious mv (White Birch Street), investigated; 8:20 p.m.: mv stop (Huntoon Memorial Highway), verbal warning; 8:45 p.m.: disturbance (Flint Way), unfounded; 9:45 p.m.: ambulance (Huntoon Memorial Highway), transported.

TUESDAY, JULY 8
12:30 a.m.: mv stop (South Main Street), verbal warning; 1:12 a.m.: mv stop (Stafford Street), verbal warning; 2:51 a.m.: mv stop (Main Street), verbal warning; 2:58 a.m.: mv stop (Huntoon Memorial Highway), verbal warning; 5:08 a.m.: mv stop (Main Street), verbal warning; 7:10 a.m.: mv stop (Main Street), citation issued; 7:24 a.m.: mv stop (Main Street), citation issued; 7:51 a.m.: mv stop (Stafford Street), verbal warning; 8:02 a.m.: mv stop (Stafford Street), verbal warning; 8:12 a.m.: mv stop (Stafford Street), citation issued; 8:20 a.m.: mv stop (Stafford Street), citation issued; 9:08 a.m.: mv stop (Main Street), verbal warning; 9:18 a.m.: mv stop (Main Street), citation issued; 9:30 a.m.: mv stop (Main Street), verbal warning; 11:36 a.m.: investigation (Stafford Street), report taken; 12:38 p.m.: restraining order service (Stafford Street), unable to serve; 2:13 p.m.: assist citizen (Pleasant Street); 2:40 p.m.: ambulance (Franklin Street, Worcester), transported; 2:58 p.m.: family problem (Wesley Drive), report taken; 4:08 p.m.: welfare check (Pleasant Street), services rendered; 4:46 p.m.: accident (Mill Street), report taken; 5:08 p.m.: ambulance (Main Street), transported; 5:35 p.m.: keep the peace (Wesley Drive), peace restored; 7:00 p.m.: suspicious person (Folson Street), unfounded; 7:50 p.m.: abandoned 911 call (Mayflower Circle), spoken to; 8:06 p.m.: assist other PD (South Main Street), services rendered; 10:11 p.m.: assist other PD (Baldwin Street), message delivered; 11:24 p.m.: welfare check (Tobin Road), spoken to.

WEDNESDAY, JULY 9
2:02 a.m.: assist other PD (Main Street), services rendered; 2:44 a.m.: ambulance (Power Station Road, Charlton), services rendered; 10:00 a.m.: mv stop (Main Street), spoken to; 10:43 a.m.: restraining order service (Stafford Street), served; 10:48 a.m.: mv stop (Main Street), spoken to; 11:08 a.m.: mv stop (Stafford Street), spoken to; 11:21 a.m.: mv stop (Huntoon Memorial Highway), spoken to; 3:54 p.m.: ambulance (Pearl Street, Spencer), transported; 4:06 p.m.: assist citizen (Main Street); 6:30 p.m.: suspicious mv (Soojians Drive), resolved; 6:44 p.m.: ambulance (First Street, Worcester), transported; 7:56 p.m.: assist citizen (Main Street); 8:08 p.m.: ambulance (South Main Street), transported; 9:01 p.m.: assist other PD (Reservoir Street, Paxton), services rendered; 9:59 p.m.: disturbance (Whittemore Street), assisted.

###

Spencer Police Log

WEDNESDAY, JULY 2
12:02 a.m.: abandoned 911 call (West Main Street), hang-up; 12:20-1:27 a.m.: buildings checked, secure; 7:47 a.m.: medical/general (Pearl Street); 8:18 a.m.: LTC issued (West 5Main Street), assisted; 10:20 a.m.: medical/general (South Street); 10:40 a.m.: citizen complaint (West Main Street), rep. fraud; 11:26 a.m.: officer wanted (Prospect Street), req. welfare check; 11:35 a.m.: animal complaint (West Main Street), dog left in mv/windows up; 11:48 a.m.: fire alarm (Maple Street), referred; 11:59 a.m.: fire alarm (Crestview Drive), referred; 12:16 p.m.: restraining order service (West Main Street); 12:19 p.m.: medical/general (North Spencer Road); 1:14 p.m.: accident (West Main Street), report taken; 1:35 p.m.: fire alarm (Howe Village), referred; 1:35 p.m.: abandoned 911 call (West Main Street), resolved; 1:35 p.m.: mutual aid (Chickering Road, assist Worcester PD); 1:38 p.m.: medical/general (Northwest Road); 3:02 p.m.: citizen complaint (Bacon Hill Road), c/o neighbor on property; 4:49 p.m.: mutual aid (West Main Street), Leicester PD bolo; 4:52 p.m.: lost/found (Meadow Road), wallet found; 5:08 p.m.: 911 call (West Main Street), open line; 5:23 p.m.: officer wanted (Howe Village), req. welfare check; 5:36 p.m.: disturbance (Main Street), services rendered; 5:56 p.m.: medical/general (Lincoln Street); 7:31 p.m.: officer wanted (Main Street), c/o liquor thrown into face; 7:43 p.m.: officer wanted (Ash Street), c/o door-to-door sales in neighborhood; 8:03 p.m.: officer wanted (West Main Street), lost keys/req. transport; 9:15 p.m.: officer

wanted (West Main Street), route to hospital closed; (total daily mv stops – 1).

THURSDAY, JULY 3
1:36-2:24 a.m.: buildings checked, secure; 2:28 a.m.: larceny (Pearl Street), rep. bikes stolen; 4:36 a.m.: identity theft (Grove Street), report taken; 7:17 a.m.: commercial alarm (Main Street), services rendered; 8:35 a.m.: animal complaint (Charlton Road), rep. missing cat; 8:59 a.m.: residential alarm (Borkum Road), services rendered; 9:27 a.m.: residential alarm (Lake Whittemore Drive), service rendered; 10:22 a.m.: abandoned 911 call (West Main Street), accidental; 11:03 a.m.: medical/general (Smithville Road); 11:54 a.m.: mutual aid (Main Street), re: sport bike/Route 9; 11:59 a.m.: medical/general (Kittredge Road); 2:41 p.m.: medical/general (Cherry Street); 2:57 p.m.: fraud (Valley View Drive), report taken; 3:02 p.m.: suspicious mv (Route 49), investigated; 4:45 p.m.: animal complaint (Church Street), c/o woodchucks; 5:04 p.m.: mv complaint (Main Street), erratic operator; 6:03 p.m.: officer wanted (Main Street), spoken to; 6:17 p.m.: mv repossessed (Brown Street), info rec'd; 6:47 p.m.: mv complaint (North Spencer Road), erratic operator; 7:53 p.m.: 911 call (Treadwell Drive), multiple hang-ups; 8:52 p.m.: animal complaint (Oakland Drive), poss. injure dog; 9:41 p.m.: disturbance (Pleasant Street), unwanted party; 10:39 p.m.: disturbance (North Spencer Road), fight in bar; 10:47 p.m.: mv complaint (North Spencer Road), erratic operator; 11:34 p.m.: harassment (West Main Street), c/o harassing texts; (total daily mv stops – 4).

FRIDAY, JULY 4
12:00 a.m.: mutual aid (Main Street), assist State Police; 12:00-3:08 a.m.: buildings checked, secure; 12:16 a.m.: animal complaint (Blueberry Hill Road), rep. dog bite; 5:04 a.m.: commercial alarm (West Main Street), services rendered; 9:45 a.m.: suspicious persons (Cherry Street), investigated; 10:49 a.m.: disturbance (Pleasant Street), unwanted party; 12:10 p.m.: arrest warrant service (Smithville Road), Lynda S. Sweeney, 44, 18 Treadwell Drive, Spencer, warrant, arrest; 1:07 p.m.: medical/general (Cherry Street); 1:09 p.m.: mv complaint (North Spencer Road), mv ignoring red lights; 1:26 p.m.: animal complaint (Highland Street), loose dog; 2:41 p.m.: fireworks complaint (Valley Street), c/o group in park; 3:52 p.m.: juvenile matter (Norcross Road), spoken to; 4:12 p.m.: juvenile matter (Elm Street), sm. child running in road; 6:26 p.m.: mv complaint (Charlton Road), c/o mvs speeding; 6:28 p.m.: disturbance (Woodside Road), noise complaint; 7:15 p.m.: medical/general (Church Street); 8:01 p.m.: disturbance (Main Street), noise complaint; 8:22 p.m.: building checked, secure; 9:08 p.m.: officer wanted (Maple Street), fireworks complaint; 9:19 p.m.: officer wanted (Maple Street), fireworks at pond; 9:25 p.m.: officer wanted (East Charlton Road), horses spooked/fireworks; 9:40 p.m.: suspicious mv (Pleasant Street), investigated; 9:40 p.m.: parking complaint (Main Street), mv blocking parking space; 9:46 p.m.: officer wanted (Hastings Road), fireworks complaint; 9:52 p.m.: medical/general (Lake Street); 9:54 p.m.: officer wanted (Wilson Street), neighbor struck house w/fireworks; 10:49 p.m.: officer wanted (East Charlton Road), c/o neighbor w/fireworks; 10:58 p.m.: suspicious persons (Valley Street), investigated; 11:06 p.m.: disabled mv (North Spencer Road), assisted; (total daily mv stops – 2).

SATURDAY, JULY 5
12:34 a.m.: building checked, secure; 4:33 a.m.: accident (West Main Street), report taken; 10:28 a.m.: officer wanted (Maple Street), re: eviction; 10:31 a.m.: medical/general (Pleasant View Road); 11:08 a.m.: mv complaint (Main Street), erratic operator; 11:46 a.m.: medical/general (Laurel Lane); 11:53 a.m.: animal complaint (Woodside Road), bear in area; 12:10 p.m.: mv lockout (Woodside Road), assisted; 12:48 p.m.: fire/woods/grass (Paxton Road), brush fire; 1:06 p.m.: disabled mv (West Main Street), assisted; 1:58 p.m.: 911 call (West Main Street), open line; 2:30 p.m.: 911 call (Treadwell Drive), open line; 2:34 p.m.: officer wanted (Mechanic Street), re: poss. restraining order violation; 3:14 p.m.: RV complaint (Main Street), re: unicycles on Route 9; 3:19 p.m.: animal complaint (South Spencer Road), pet bird found; 4:13 p.m.: officer wanted (Hastings Road), req. welfare check; 4:14 p.m.: fraud (Maple Street), report taken; 4:31 p.m.: medical/general (Mechanic Street); 4:32 p.m.: 911 call (West Main Street), misdial; 5:58 p.m.: fire alarm (Lake Street), referred; 5:59 p.m.: mutual aid (West Main Street), assist North Brookfield PD; 6:45 p.m.: mv complaint (West Main Street), erratic operator; 7:02 p.m.: officer wanted (West Main Street), spoken to; 7:09 p.m.: medical/general (Chickering Road); 7:12 p.m.: RV complaint (Thompson Pond Road), c/o jet skis racing; 7:18 p.m.: officer wanted (Howe Village), req. welfare check; 8:26 p.m.: lost/found (Main Street), cc found; 9:14 p.m.: officer wanted (Maple Street), fireworks complaint; 9:17 p.m.: medical/general (Northwest Road), lift assist; 10:03 p.m.: parking complaint (Clark Street), resolved; 10:39 p.m.:

medical/general (Valley Street); (total daily mv stops – 0).

SUNDAY, JULY 6
1:23-2:54 a.m.: buildings checked, secure; 1:56 a.m.: medical/general (Wall Street); 6:34 a.m.: medical/general (Laurel Lane); 7:57 a.m.: medical/general (Vista Lane); 9:15 a.m.: medical/general (Pearl Street); 12:16 p.m.: animal complaint (Main Street), dog in mv/windows closed; 12:35 p.m.: 911 call (Pleasant Street), hang-up; 12:38 p.m.: abandoned 911 call (West Main Street), status not recorded on police log; 1:01 p.m.: officer wanted (Smithville Road), re: low-flying helicopter; 1:10 p.m.: medical/general (Hastings Road); 2:02 p.m.: juvenile matter (West Main Street), spoken to; 2:03 p.m.: medical/general (Howe Village); 2:43 p.m.: mv fire (Pleasant Street), referred; 2:48 p.m.: abandoned 911 call (Cherry Street), misdial; 2:57 p.m.: lost/found (Main Street), debit card found; 3:16 p.m.: officer wanted (West Street), re: debris in roadway; 4:36 p.m.: animal complaint (Sherman Grove), re: missing cat; 5:54 p.m.: 911 call (Paxton Road), open line; 7:00 p.m.: medical/general (Lincoln Street); 7:19 p.m.: mutual aid (West Main Street), Southbridge PD bolo/welfare check; 7:21 p.m.: fire alarm (Howe Village), referred; 9:02 p.m.: mutual aid (West Main Street), Southbridge PD bolo/welfare check; 9:21 p.m.: officer wanted (Howe Village), noise complaint; (total daily mv stops – 2).

MONDAY, JULY 7
12:54-2:50 a.m.: buildings checked, secure; 1:12 a.m.: medical/general (Mechanic Street); 1:24 a.m.: medical/general (Mechanic Street); 7:12 a.m.: animal complaint (Meadow Road), re: orphaned baby ducks; 7:37 a.m.: parking complaint (West Main Street), mv refusing to move; 8:26 a.m.: LTC issued (West Main Street), assisted; 9:12 a.m.: medical/general (Clark Road); 9:45 a.m.: medical/general (Lincoln Street); 10:50 a.m.: fraud (Paxton Road), re: calls on cell phone; 10:56 a.m.: restraining order service/2 (West Main Street); 11:40 a.m.: suspicious persons (Lamoreaux Lane), ooc male/punching car windows; 12:03 p.m.: sex offender registration (West Main Street), assisted; 12:26 p.m.: officer wanted (Main Street), re: low-flying drone; 12:48 p.m.: restraining order service (West Main Street); 1:18 p.m.: officer wanted (Lake Street), re: poss. homeless camp; 1:32 p.m.: fraud (Browning Pond Road), re: scam call; 2:16 p.m.: medical/general (Main Street); 2:36 p.m.: medical/general (Northwest Road); 3:15 p.m.: fire alarm (McDonald Street), referred; 3:46 p.m.: restraining order service (Main Street); 4:04 p.m.: disturbance (Temple Street), resolved; 4:19 p.m.: restraining order service/2 (Pleasant Street); 6:31 p.m.: mutual (West Main Street), no details provided on police log; 6:53 p.m.: officer wanted (Mechanic Street), re: firearm suspension; 8:15 p.m.: citizen complaint (Main Street), c/o no barricade at high school; 10:07 p.m.: officer wanted (Pleasant Street), re: homeless woman; 10:35 p.m.: illegal dumping (Main Street), info taken; (total daily mv stops – 3).

TUESDAY, JULY 8
1:21 a.m.: medical/general (Bixby Road); 2:20 a.m.: medical/general (Church Street); 2:49 a.m.: mutual aid (Cherry Street), assist Worcester PD; 6:35 a.m.: officer wanted (West Main Street), re: female crawling; 6:50 a.m.: medical/general (Hastings Road); 6:57 a.m.: LTC issued (West Main Street), assisted; 7:00 a.m.: officer wanted (West Main Street), no response entered in police log; 7:34 a.m.: officer wanted (West Main Street), no response entered in police log; 10:50 a.m.: officer wanted (West Main Street), req. escort/retrieve belongings; 11:26 a.m.: animal complaint (Hastings Road), loose dog; 11:38 a.m.: medical/general (Bixby Road); 11:47 a.m.: medical/general (Irving Street), lift assist; 12:34 p.m.: medical/general (West Main Street); 1:04 p.m.: medical/general (Howe Village); 1:11 p.m.: medical/general (High Street); 2:30 p.m.: medical/general (Park Street); 2:32 p.m.: accident (Main Street), report taken; 3:07 p.m.: mv complaint (Main Street), erratic operator; 3:19 p.m.: abandoned 911 call (Donnelly Cross Road), status not noted on police log; 4:47 p.m.: restraining order service (Pope Street); 6:12 p.m.: mutual aid (West Main Street), assist State Police; 6:43 p.m.: medical/general (Howe Road); 9:36 p.m.: suspicious persons (Hastings Road), investigated; 11:24 p.m.: 911 call (Main Street), accidental; (total daily mv stops – 4).

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How to choose a grill that's best for you



Grilling is a warm weather tradition, particularly when entertaining. Cooking food outside while guests gather and mingle sets a scene for a fun summertime event. It also is a great way to cook meals and avoid heating up the home when outdoor temperatures rise.

Few things match the taste of freshly grilled foods, which can be prepared and cooked to perfection on grills that range from traditional charcoal grills to gas grills and more. The following rundown of grills can help homeowners identify which style is best for them.

- Charcoal grills: Charcoal grills have been around for some time, and they tend to be inexpensive and easy to use. Charcoal grills enable air to enter a manually adjusted intake at the bottom of the grill. Foodies claim that the only way to grill is with charcoal, which imparts a smoky, rich flavor. Charcoal kettle grills are a subset of charcoal grills that are lightweight and portable.
- Gas grills: Gas grills either use a propane tank for fuel, or are directly connected to a home's natural gas line to offer continuous availability of gas. According to The Home Depot, gas grills

are prized because they heat up quickly and are very easy to use. Most come with a push-button ignition to light the grill, and heat can be easily regulated with control knobs. Some gas grills also come equipped with side burners, so that food can be boiled or reheated outside while a main course is being cooked.

- Kamado grills: Known as ceramic cookers or egg grills, Kamado grills are a more sophisticated version of a charcoal grill, according to Build with Ferguson, a home improvement retailer. While they are still operated similarly to other charcoal grills, the engineered design and ceramic material causes much more regulated and insulated temperatures inside.
- Wood pellet grills: Pellet grills bring the best of both worlds of smoking and grilling. Pellets the size of peas are loaded into a hopper and go into a burn pot with an auger. The thermostat and burn pot work electronically to keep the grill at the desired temperature. Pellet grills are good for foods that require longer cook times, like roasts and ribs. Some models allow users to adjust the temperature of the grill and monitor food using a smartphone app.

- Electric grills: As the name implies, these grills are plugged into a nearby outlet. Electric grills are compact and portable, and some are even tabletop models. Electric grills may be ideal for apartment dwellers or those who do not have adequate outdoor space for another type of grill.
- Smoker: Standalone smokers are designed to cook foods at low temperatures over long periods of time to produce fall-off-the-bone results. Heat for smokers may be provided by wood, charcoal, electricity, or propane. Wood chips customarily are added for aromatic, authentic flavors. Although charcoal smokers are more traditional, they need to be monitored quite a bit. Electronic models may have a set-and-forget function that enables less hands-on time around the smoker, much in the way a slow cooker indoors can be set up and left without a need for monitoring.
- Hybrid grills: Some grills marry the convenience of gas grills with the smoky flavoring charcoal grills provide. Others may have a side for gas grilling connected to a charcoal smoker.

A variety of grill styles ensure there's a perfect choice for any home cook.

Simple tips for more flavorful grilling



Grilling is sometimes described as an art form. Many skilled grillmasters are a testament to that assertion, and it's apparent to anyone who enjoys grilled foods that some who man the grill have a knack for producing flavorful dishes.

Though grilling requires a little trial and error on the path to becoming a go-to grillmaster, there are some simple strategies anyone can employ to produce more flavorful finished products.

- Dry rub foods before putting them on the grill. Grilling enthusiasts may debate if a dry rub or a marinade is best for grilled foods, and that back-and-forth may never produce a definitive answer. The choice of dry rub or marinade is ultimately up to the cook, but a dry rub can be more convenient because it can be applied shortly before foods are placed on the grill without sacrificing flavor. Many recipes call for foods to marinate for several hours or even overnight. Both dry rubs and marinades can improve the flavor profile, but the former can do so without too much planning ahead of time. Dry rubs also tend to be made with ingredients such as salt, pepper and brown sugar that many people already have at home, adding to the convenience of this approach that can enhance flavor without too much effort.
- Oil the grates before cooking. Similar to utilizing a dry rub when cooking, oiling the grill grates can add flavor and make grilling more convenient. Various online grilling experts and forums advise using a silicone brush to apply an oil with a high smoke point (the smoke point is the temperature at which the oil will begin to smoke). The online grilling resource 4thegrill.com notes that corn (smoke point 450 F) and peanut oil (440 F) are better than extra virgin olive oil (410 F) when oiling a grill grate. The oil applied to the grate can add some additional flavor, and also create a nonstick surface that ensures food is not torn apart while it cooks over an open flame.
- Bring meat to room temperature. One of the keys to successful grilling is to ensure foods cook evenly. Prior to

grilling meat, take the meat out of the refrigerator roughly 20 to 30 minutes before you intend to put it over a flame. This allows the meat to reach room temperature, which in turn increases the likelihood it will cook evenly.

- Cook with wood. The culinary experts at Williams-Sonoma note that wood can be used to add flavor to grilled foods. Williams-Sonoma recommends soaking wood chips, herbs, or grapevine cuttings for 30 minutes and then draining before using with a charcoal grill. Avoid soaking wood or aromatics when grilling on a gas grill, as doing so can make it difficult to ignite the grill.

Grilling is a skill that anyone can develop over time. But even novices can employ a few strategies to increase the flavor profile of their next meal cooked over an open flame.

Food fit for football fans



Whether they're tailgating outside a favorite team's stadium or hosting a game watch at home, football fans know food is a big part of the game day experience. Certain foods, like chicken wings and nachos, are synonymous with game day buffets, but fans can cook anything they like for the big game. Those who want something a little more hearty than finger foods can try their hands at this recipe for "Barbecued Chicken Breast With Grilled Corn and Tomatoes" courtesy of Lines+Angles.

BARBECUED CHICKEN BREAST WITH GRILLED CORN AND TOMATOES

- Makes 4 servings
- | | |
|-------|---------------------------------------|
| 3 1/2 | tablespoons lemon juice |
| 1/2 | cup olive oil |
| | Kosher or sea salt, to taste |
| | Freshly ground black pepper, to taste |
| 2 | cloves of garlic, minced |
| 1 | small onion, minced |
| 1/4 | teaspoon thyme |
| 1/4 | teaspoon cumin |
| 4 | boneless chicken breast halves |
| 4 | ears fresh corn, husks removed |
| 2 | tomatoes, thickly sliced |
| 1 | tablespoon olive oil |

1. In a small glass bowl, combine the first eight ingredients to create the marinade.
2. Place the chicken and the marinade in a one gallon plastic storage bag. Squeeze bag to coat the chicken. Seal and refrigerate for at least 4 hours or up to 24 hours.
3. Grill chicken over indirect medium heat for about 8 to 10 minutes on each side, or until a meat thermometer inserted into the center of the breast registers 170 F.
4. About 10 minutes before the chicken is ready, brush corn and tomatoes with olive oil and season with salt and pepper. Watching carefully, grill for about 5 to 8 minutes until done. Cooking time will depend on grill temperature.

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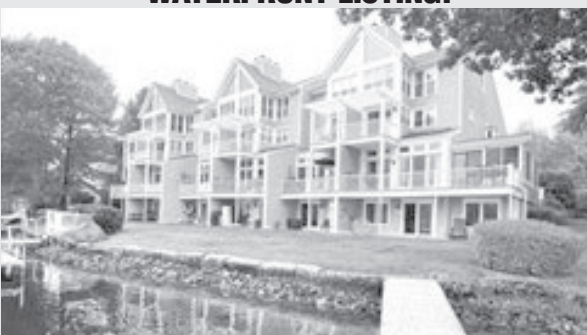
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DPHS

continued from page A1

back on campus then.”

Prouty’s new gymnasium, classroom wing, and other facilities are all on schedule to open in time for the upcoming school year.

Officials are targeting Aug. 8 to receive an occupancy permit. From there, all furnishings and other items will be moved into the new facilities.

Nick Pimentel, a construction representative for Colliers Engineering and Design (the project’s OPM), detailed several final projects that will be completed throughout the summer. These include the installation of wood athletic flooring in the gymnasium; the completion of tile flooring throughout the corridors; the installation of lockers; the addition of rubber treads at the stairwells; and the painting of track running lanes surrounding the football field.

“Phase One of the project will be turned over to the school district this

upcoming August. This will include the football field and track above the high school,” Pimentel said.

The project’s second phase will include both new construction and the renovation of the school’s A-Wing.

New underground utilities and structural improvements to A-Building were scheduled to begin this month. Moreover, new footings for the remaining portion of the addition will be excavated in August.

“There is much to do in a short window, so we are taking an all-hands-on-deck approach to ensure a smooth summer,” Haughey said.

Meanwhile, school leaders have scrapped a proposal to salvage bricks from Prouty’s demolished B-Building for future uses. Officials had discussed the possibility of saving bricks for the creation of an alumni wall or related project, but construction leaders indicated it wouldn’t be possible due to extensive damage during demolition.

tion.

“Due to how the building is coming down, the weight of the material is crushing, splitting, and breaking more bricks than we had hoped, and salvaging enough brick to build a new wall or bench is not as feasible as we had hoped a few weeks back,” read a statement school leaders received from the construction team.

School officials thank leaders with Jones Whitsett Architects, Inc. (architect for the project); Fontaine Bros., Inc. (general contractor); Colliers Engineering and Design; and the rest of the construction team for helping to keep the community informed throughout the process.

Students and staff members are also thanked for their cooperation during the construction phases.

For further information about the project, visit www.sebrsd.org. Photos and other updates are available on the district’s social media pages.

Knights of Columbus organizing eighth annual Alex Cordy Golf Tournament

WEST BROOKFIELD — Knights of Columbus Council 11080, based at Our Lady of the Sacred Heart Parish, is organizing its eighth annual Alex Cordy Memorial Charity Golf Tournament.

The event will take place on Saturday, Sept. 13, at Quail Hollow Golf and Country Club (1822 Old Turnpike Rd., Oakham).

Registration begins at 7:15 a.m. A shotgun start will take place at 8 a.m.

“Alex was an integral part of our West Brookfield community for many years. In memory of his outstanding service to his community, his parish, and being a founding member of our Knights of Columbus Council 11080, this tournament will once again benefit our Youth Activities Fund to support the youth in our local community, a cause that was very important to Alex,”

read a statement released by event organizers.

Last year, organizers used proceeds from the tournament to award a pair of \$1,000 scholarships to local high school seniors. Proceeds were also used to support an array of youth activities.

“We ask that you please consider supporting our event by sponsoring or participating in the tournament individually, or with a foursome,” the promotional statement read.

Tournament raffle items and general donations to the event are welcomed.

Registration and sponsorships are now available for the tournament.

To register, or to learn more about the event, please call 413-813-8100. You may also send an email to: wallyconnor122@gmail.com.

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