



# SPENCER NEW LEADER

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Friday, January 6, 2023

## Winter storm puts holiday plans on hold across region

BY KEVIN FLANDERS  
STAFF WRITER

REGION — Residents throughout the region saw their Christmas weekend plans hindered by a powerful storm that knocked out power across the area.

Packing the dual punch of high winds and a flash freeze, the Dec. 23 storm caused temperatures to drop forty degrees in just a few hours in some communities. For residents left in the dark, an initially annoying situation quickly became dangerous when windchills dipped below zero overnight and into Dec. 24.

Several local towns, including Spencer and Sturbridge, responded quickly by opening their senior centers as warming shelters on Christmas Eve. Instead of taking part in their scheduled holiday plans, many residents found themselves trying to stay warm, cleaning their yards of debris, or receiving updates on when the lights would return.

According to the Massachusetts Emergency Management Agency, 74,000 customers across the state were still without power as of Dec. 24. These included about 500 Spencer customers with outages by the afternoon of Dec. 24.

Additionally, parts of East Brookfield, Sturbridge, and Brookfield experienced significant outages, officials said.

The warming shelter at the Spencer Senior Center closed at 4 p.m. on Dec. 24, as full power was restored to the town by that time, officials said. Meanwhile, Spencer Police Chief David Darrin told the New Leader his town saw no major traffic issues resulting from downed trees or wires.

Across the country, the storm was responsible for more than 50 fatalities, many of which occurred in western New York. In Buffalo, N.Y., hundreds of drivers were stranded in their vehicles amid several feet of snow, some forced to abandon their cars and seek shelter.

The storm also caused thousands of flights to be cancelled across the country, as well as the postponement of professional sporting events and other programs.

Locally, residents and municipalities are credited with taking steps ahead of time to prepare for weather emergencies and minimize the safety impacts of the latest storm. These precautions include town officials having a coordinated emergency management plan ready to be activated, if needed. Residents also took advantage of warnings from local police departments to stay off the streets during the height of the wind-storm.

“My thanks go out to the town’s emergency management team, including our SEMA volunteers, [Fire] Chief Parsons and his crew, Town Clerk Sandra Fritz, and Senior Center Director April Caruso for opening and staffing the warming center,” said Spencer Town Administrator Jeffrey Bridges. “The prolonged loss of electricity any time of year can be stressful, but with the extreme cold it is outright dangerous. Having a trained and experienced emergency management team is a blessing and critically important to the safety of the community.”

## North Brookfield Farms receives warm welcome from community



Kevin Flanders

Local kids say hello to Santa.

BY KEVIN FLANDERS  
STAFF WRITER

### NORTH BROOKFIELD

— A recently opened gas station and convenience store are pumping excitement into a town whose residents were forced to get their fuel elsewhere for nearly two decades.

North Brookfield Farms, located at 192 North Main St., has reenergized the town center since its opening this past September. Owner Ramkumar Algoo has seen plenty of business from residents who are relieved to finally have a fueling option in town.

“I think this is the best thing that’s happened in North Brookfield in years,” said Selectman John Tripp. “They are great people to work with—they hire local and also donate to the town.”

On Dec. 20, Algoo and his team held a ceremony to officially celebrate his new business joining the fabric of the com-

munity. And even with Santa’s busy holiday season schedule, Saint Nick made a convenient stop at the store to greet local youngsters and families. The event also included a ribbon cutting program attended by State Representative Donald Berthiaume.

For Algoo, it has been a thrill to get his business started in North Brookfield.

“Everyone has been very welcoming and helped make the process much easier,” Algoo told the New Leader.

For residents, the business is the ultimate example of convenience. Over the past 15-plus years, North Brookfield residents and business owners have been forced to travel to East Brookfield, Hardwick, or Spencer to fuel up.

“When I was growing up, we had six gas stations in town,” Tripp said of the time before North

Brookfield’s fueling options went dry. “It’s great to have them here, and the place is always busy.”

In addition to convenient gas and diesel, the business also offers crafted beer; imported and domestic wines; ice cream and other frozen foods; a range of coffees and other beverages; doughnuts and pastries;

and fresh chicken and sandwiches prepared in a kitchen on site.

The store’s beverage stations utilize touchscreens and other technologies that add to customers’ convenience. The store also features several additional amenities perfect for guests on the go.

Turn To **WELCOME** page **A14**

## Local police urge caution against continuing phone scams

BY KEVIN FLANDERS  
STAFF WRITER

REGION — Even though the calendar has turned to a new year, local police departments are warning that scammers are back to some of their old tricks.

Massachusetts law enforcement officials recently released information on a scam in which suspects have called residents and pretended to be the “Sheriff” of the Barnstable County Sheriff’s Department. The imposters advised various residents that they had missed a court appointment, resulting in a warrant being issued for their arrest. The phone number on the caller ID matched the actual number of the Sheriff’s Department, and residents were instructed to send money to avoid criminal prosecution.

“If anyone is requesting payment over the phone, hang up and call that organization directly to ensure you are not being scammed,” read a statement released by the Sturbridge Police Department.

Law enforcement officials are always trying to identify new scams and alert the public. Many scams involve the use of technology, including attempts made through email, text, or social media.

“Scam attempts are a daily occurrence in most homes. If someone calls you with an offer that seems too good to be true, it probably is,” said Spencer Police Chief David Darrin. “Refrain from calling a number given to you by a solicitor or one that is displayed on your caller ID.”

Officials also warn that scammers often try to take advantage of residents seeking to help those in need. The Federal Trade Commission (FTC) has released updated guidance to help ensure you’re giving to a legitimate charity this winter and not a scammer.

“Unfortunately, charity scams are on the rise. Follow FTC tips to spot and avoid a charity scam,” read a statement released by Worcester County District Attorney Joseph Early’s office.

The FTC recommends thoroughly vetting charitable organizations before you give. This includes utilizing various options to carefully check the legitimacy of organizations.

“Most organizations use heartwarming messages to inspire you to give. But scammers might do that, too,” an FTC statement read. “Before you donate to a charity, check them out on the Better Business Bureau, Charity Navigator, Charity Watch, or Candid.”

You should also double-check to see how much of

Turn To **SCAMS** page **A13**

## LHS National Honor Society welcomes new members

BY KEVIN FLANDERS  
STAFF WRITER

LEICESTER — The Leicester High School chapter of the National Honor Society recently welcomed new members during an annual induc-

tion ceremony.

Held on Dec. 8, the Horace Mann Chapter of the National Honor Society recognized 28 students for their dedication to excellence in scholarship, leadership, service,

and character.

To be eligible for NHS membership, students must maintain a GPA of 90 or higher. Additionally, they must demonstrate a commit-

ment to leadership and service through an application process.

Leicester Public Schools Superintendent

Turn To **NHS** page **A13**



Courtesy

Leicester High School recently held its NHS induction ceremony.



# Flexibility is key for Practical Nursing student

CHARLTON—The typical Bay Path Practical Nursing student is a working adult who also



has a family and other responsibilities. The typical Bay Path Practical Nursing student wants to improve their chances of landing a job with greater responsibilities and higher pay. Imagine the demand and stress of a full-time evening nursing program. Add a curve ball such as an unfortunate fall resulting in a broken elbow! This is what happened to Nancy Kamicha of Worcester.

“My journey as a practical nursing student began in August, just like any other student,” said Kamicha. “I was focused on studying hard and attending clinicals which I really enjoyed because of patient interaction. I fell at home and fractured my left elbow!”

Kamicha worried that her academics would be interrupted and her goal to become a nurse derailed. She wondered how she would cope, wondered how long her recovery would take, and felt a little lost.

“The flexibility of the Bay Path Practical Nursing program made it possible for Kamicha

to pursue her educational goals uninterrupted,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director.

“Kamicha had a caring family who was her strong support system and kind members of her clinical team from the 2023 cohort, along with her Clinical Facilitator,” she says. “And so having the format of learning that we have available at Bay Path Practical Nursing Academy, where we created a learning contract and weekly check-ins, Kamicha was able to complete her learning and her clinical experiences in a face-to-face format uninterrupted. It all came down to prioritization and time management for the student.”

“My professors were kind to listen and understand my situation,” said Kamicha. “I was privileged to observe the performance of evidence-based interventions and follow the nursing process of assessment, diagnosis, planning, implementation,

and evaluation. I understood that teamwork is vital in nursing care. My fellow students have been a key factor to my success on Term one, I have found moral support when I felt discouraged. I have learned that communication and teamwork are important.”

Nursing is one of the unique fields where often students simply cannot complete 100% of their learning in a classroom.

Bolandrina emphasized that “it is required by the Board of Registration in Nursing (BORN) that nursing students complete in-person clinical training because the skills they develop are critical for patient safety.”

Said clinical skills can make all the difference to a patient facing a life-or-death situation. Some of the hands-on learning occurs at Bay Path Practical Nursing Academy’s clinical affiliated facilities such as Harrington Memorial Hospital, Fairlawn Rehabilitation Hospital, Vibra, The Meadows, The Overlook,

Webster Manor, Life Care Center of Auburn, Quaboag Rehabilitation and Southbridge Rehabilitation Center. These clinical sites as healthcare partners have proved beneficial to practical nursing students, who are able to use the facilities for training purposes.

Kamicha is enthusiastic about entering Term two in January.

She stated, “I recognize the experience as a blessing in disguise, I have discovered qualities in me – to keep an open mind, to accept and appreciate people more, and to be positive and optimistic. I look forward to more learning experiences throughout nursing school. I will always be reminded of the kindness that was extended to me by Bay Path Practical Nursing Academy, the administration, professors, my fellow students, my care team, and my family on my journey to becoming a nurse.”

## Bay Path students welcome Santa

CHARLTON — On Saturday, Dec. 3, a “Breakfast with Santa” was held at Bay Path Regional Vocational Technical High School with National Honor Society students assisting at the event. The Breakfast, held to support the Bay Path Education Foundation in supporting senior scholarships, returned after a two-year hiatus due to Covid.

Activities for students included tinsel hair extensions, tattoos, and Magic Reindeer Food. A raffle, organized by Secretary to Director of CTE Peggi Corsi, helped raise \$3,000. More than \$10,000 was raised in total. Various departments and constituents at the school contributed to the planning of the Breakfast. Secretary to the Superintendent Ms. Sue Foskett helped organize and decorate for the event. The graphics department printed invitations and signs and the marketing department helped set up a balloon arch. The culinary department provided food preparations and members of the Bay Path Education Foundation helped clear tables. Teachers and some of their spouses volunteered their time. Principal Cliff Cloutier served food and took photographs and Superintendent-Director Kyle Brenner helped announce raffle winners. School committee member Mr. Don Montville endured the rain to head parking duty. The Bay Path community thanks all who contributed, volunteered, and/or attended the event.

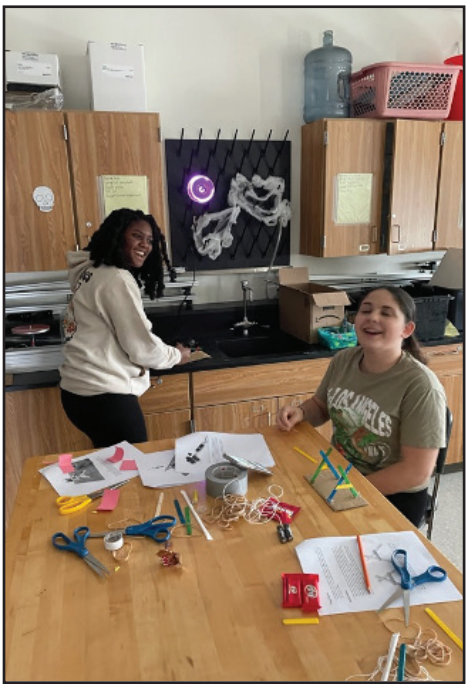


*Courtesy*

Pictured at the Breakfast are (L-R): Nicholas Wing of Webster, Zaydyn Streeter-Wornham of Oxford, Phoebe Lawendowski of Charlton, Isabel McLam of Charlton, Mystic Marion of Auburn, Aliyah Gonyea of Charlton, Niti Patel of Southbridge, and Emma Gachagua of Southbridge. Bottom, (L-R): Terry Simon of Southbridge, NHS Advisor Mrs. Stephanie Stone, Jenna Gajewski of Oxford, Sophia Balestracci of Oxford, Zoeybeth Streeter-Wornham of Oxford, Nathan Chenevert of Webster, and Dylan Dejesus of Charlton.

# Bay Path students apply Physics concepts

CHARLTON — Recently at Bay Path Regional Vocational Technical High School, students in Marc Christianson’s AP Physics class applied their knowledge of physics to create miniature versions of trebuchets, which were medieval siege weapons similar to catapults. In the middle ages, armies would use these weapons to hurl stones at castle walls. In the lesson, students first watched a video about the history and use of these weapons. They were then provided with materials such as cardboard, popsicle sticks, scissors, pencils, straws, glue, and tape, and worked collaboratively to make their models.



As Mr. Christianson stated, “The goal, of course, is to launch a projectile of candy.”

At Bay Path, the school has been focusing on various instructional focus areas that include purposeful assessment, high expectations and support, engaging instruction, inclusive instruction, and critical instruction.

Purposeful assessment refers to providing students with multiple ways and opportunities to demonstrate learning,

*Courtesy*

Pictured in the first photo (L-R) are Terry Simon of Southbridge and Sabrina Rodrigues of Webster. In the second photo are Terry Simon, Sabrina Rodrigues, Delaney Kirkorian of Spencer, Mr. Christianson, Alex Tetreault of Southbridge, Emma St. Francis of Oxford, and Makayla Collins of Dudley.

enabling students to draw from their cultural knowledge and lived experiences, and ensuring that assessment methods and instruments maintain the rigor and high expectations outlined in standards in culturally sustaining ways. Another goal is also to not perpetuate racial, cultural, or linguistic bias.

High Expectations and Support refers to teachers using evidence-based pedagogical practices to provide equitable opportunities, supports, and scaffolds for grade-level learning, providing clear criteria for success (e.g. rubrics and exemplars), reinforcing perseverance and effort with challenging content and tasks, and communicating specific, frequent, accessible, and asset-based feedback to students on progress and areas for growth.

Engaging Instruction is defined as the following: “Providing opportunities for students to explore topics and apply learning in culturally relevant, authentic, and real-world contexts; building on students’ strengths, interests, cultural and linguistic backgrounds, and prior knowledge; facilitating coopera-



tive learning and equitable student discourse; and developing students’ positive identities as learners.”

Inclusive Instruction refers to the making of grade-level content accessible and culturally relevant to students and accommodating and supporting individual differences in all students.

Critical Instruction refers to the developing of students’ abilities to think critically, ask questions, and analyze sources, perspectives and biases in order to deepen learning and make connections between content and real-world problems and events.

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# LPN reflects on family and nursing journey



CHARLTON — As we celebrate the holidays and the coming of the new year, Bay Path Practical Nursing Academy recognizes nurses for their successes along with their commitment, tenacity, compassion, kindness, and uniqueness. Khamphan Houatchanthara, LPN of

Southbridge reflects on her family and her nursing journey.

Houatchanthara became a nurse following her sister, Maxine Houatchanthara Khounthy.

"I am close to my sister. We have been through a lot together. We had to grow up very quickly," she said. "I learned a lot of great lessons from my family. The work ethic, compassion, responsibility, and drive all have been instilled in me by my family."

Houatchanthara was born in Laos in what she described as challenging times.

"We still were dealing with the effects of the Vietnam war and our own revolution. My grandfather had to flee because he was part of the French-backed side that lost the war. My father was the oldest of ten siblings. We were the last to escape to Thailand because he was the only one that already had a family. We spent four years in a refugee camp. With the help of Catholic Charities and my grandfather we were able to settle in Southbridge," she added.

Houatchanthara graduated with the Practical Nursing class of 2021 and was the recipient of the Clinical Excellence Award and the Random Act of Kindness Award. While at Bay Path Practical Nursing Academy she was a member of the Mock Code Team, UNICEF Club,

and Admissions Panel Interview. She is certified in Mental Health First Aid, Dementia Care, and Infusion Therapy/Central Line Care Program. She completed training on COVID-19 Contact Tracing through Johns Hopkins University.

Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director thanks Houatchanthara for her dedication to nursing. To Bolandrina, Houatchanthara's kindness is synonymous with her compassion. No matter what stresses or difficulties Houatchanthara encountered, she faced them with grace and humility. One of her favorite memories of Houatchanthara as a student nurse is helping a graduate with a healthcare crisis.

"Although busy with school, work, and her own family, she had gone above and beyond to help, including members of her cohort," Bolandrina said. "Many of her kind acts did not receive the recognition they deserved."

Houatchanthara said it best by stating, "My family is my backbone. Whether it was to encourage me or to give me the truth that I didn't want to see or hear. Now, I am happy to say I have my own little family. My partner in life Simon and my beautiful daughter Athena. They have given me a greater

strength to become a more complete person. They are the reason; I am striving to be better person for my daughter and set a good example she can follow. Through my journey to become a nurse, I realized even more how much my family means to me. They have helped with my daughter and allowing me to concentrate on my studies. It's funny how life comes full circle. When my sister was going through nursing school, my family and I were helping take care of her first child." She concludes by saying, "family to me is everything. Without them I would not be who I am and vice versa. Through thick and thin we always have been there for each other. We are not perfect, but we are family, and we love each other."

About Bay Path Practical Nursing Academy

Bay Path Practical Nursing is a 40-week (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. For more information, visit [www.baypath.net](http://www.baypath.net).

## NBES hosts Cocoa with Cops event



NORTH BROOKFIELD — Officials at North Brookfield Elementary School thank everyone who supported last month's Cocoa with Cops event.

"A huge thank you to the many departments who showed up for the event. Also, a big shout out to Trish Tarentino and Gabby Rogers for organizing the event," read a statement released by NBES. "The students had an amazing time at this special community event."

School officials also recognize Pepin Granite for its contribution of craft supplies. These included gingerbread houses and bases for the event.

Police officers from several area departments took part in the event. It's always fun for local law enforcement officials to interact with students and families at community programs.

"Thank you, North Brookfield Elementary School, for inviting us to participate in this wonderful event," read a statement released by the Sturbridge Police Department.

Courtesy

Officers from several local police departments recently took part in the Cocoa with Cops event at North Brookfield Elementary School.

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## Rochdale resident Julia Trainor wraps up first semester at Eastern Connecticut State University

WILLIMANTIC, Conn. — Nearly 1,000 new students concluded their first semester at Eastern Connecticut State University this fall. The new admits included 734 first-time and 246 transfer students who are enrolled in undergraduate and graduate level programs.

Among them is Julia Trainor of Rochdale, a first-year student who is majoring in English and Secondary Education Certification.

The most popular majors for the new students include business administration, psychology, health sciences, English, criminology and computer science. Students come from nearly all of Connecticut's 169 towns and 22 other states. Outside of Connecticut, the biggest feeder states for the new cohort include Massachusetts, Rhode Island and New York.

These students join a student body of more than 4,000 who are enrolled for the 2022-23 academic year. In total, 31 states and eight foreign countries are represented among them. Approximately 28% are the first in their families to attend college.

**PERSON**  
of the **WEEK**

**Officer Soojian**  
of the **Leicester Police**

I know police are not shown in a very good light these days, however, I meet Officer Soojian on one of the worst days of my life and because of him I am still here today. He showed great care, compassion, grace under pressure, he got me the help I needed. He serves his town and brings honor to the profession. The town of Leicester is blessed to have such an officer in their ranks.

*Submitted by Stanley Kowalski*

If you would like to nominate someone or a group of people for 2023, please email your suggestion to Mikaela at [mikaela@stonebridgepress.news](mailto:mikaela@stonebridgepress.news). Thank you.

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LEGALS

**Notice of Special Public Hearing**  
**East Brookfield, MA**  
**Zoning Board of Appeals**  
A Zoning Board hearing will take place at the East Brookfield Town Hall, 122 Connie Mack Drive, East Brookfield, MA on Thursday January 19, 2023. Hearing will commence at 7:30 PM in meeting room A or soon thereafter as can be heard. Interested parties can attend in person.  
Applicant: Dominick Rueli; owner. Property location: 106 Drake Lane, East Brookfield, MA.  
The applicant is requesting a “Finding” that a change or alteration of a non-conforming structure on a non-conforming lot as outlined in the East Brookfield Zoning Bylaws will not be substantially more detrimental to the neighborhood.  
December 23, 2022  
January 6, 2023

**Notice of Special Public Hearing**  
**East Brookfield, MA**  
**Zoning Board of Appeals**  
A Zoning Board hearing will take place at the East Brookfield Town Hall, 122 Connie Mack Drive, East Brookfield, MA on Thursday, January 19, 2023. Hearing will commence at 6:30PM in meeting room A or soon thereafter as can be heard. Interested parties can attend in person.  
Applicant: Brian Worthington; owner. Property location: 304 East Main Street, East Brookfield, MA.  
The applicant is requesting a “Finding”

that a change or alteration of a non-conforming structure as outlined in section 4 of the East Brookfield Zoning Bylaws will not be substantially more detrimental to the neighborhood. Additionally, petitioner seeks a “Variance” for a sideline setback on the east side and a “Variance” for a sideline setback on the west side as outlined in section 5 of the zoning bylaws.  
December 23, 2022  
January 6, 2022

**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. WO22C0605CA**  
**CITATION ON PETITION TO CHANGE NAME**  
**In the matter of:**  
**Molly Dickinson Jackson**  
A **Petition to Change Name of Adult** has been filed by **Molly Dickinson Jackson** of **North Brookfield MA** requesting that the court enter a Decree changing their name to:  
**Molly Mercy Jackson**  
**IMPORTANT NOTICE**  
**Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 01/17/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: December 15, 2022  
Stephanie K. Fattman  
Register of Probate  
January 6, 2023

**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. WO22C0604CA**  
**CITATION ON PETITION TO CHANGE NAME**  
**In the matter of:**  
**Troy Jonathan Gonyea**  
A **Petition to Change Name of Adult** has been filed by **Troy Jonathan Gonyea** of **North Brookfield MA** requesting that the court enter a Decree changing their name to:  
**Troy Victor Mercy**  
**IMPORTANT NOTICE**  
**Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 01/17/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: December 15, 2022  
Stephanie K. Fattman  
Register of Probate  
January 6, 2023

**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. WO22P3788EA**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
**Estate of:**  
**Michael E. Pisarski, Jr.**  
**Date of Death: : 09/10/2019**  
To all interested persons:

A Petition for **S/A - Late and Limited Formal Testacy and/or Appointment** has been filed by **Duane E. Pisarski** of **West Brookfield 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:  
**Duane E. Pisarski** of **West Brookfield MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** 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 01/24/2023.** 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: December 22, 2022  
Stephanie K. Fattman  
Register of Probate  
January 6, 2023



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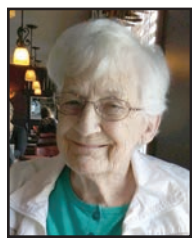


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# OBITUARIES

## Joanne I. Rockwood Cournoyer, 84



**N O R T H  
B R O O K F I E L D** - Joanne I. (Pontbriand) Rockwood, 84, died Saturday, December 24 at her home after an illness.

She was the wife of Albert "Leo" Cournoyer who died in 2001.

She leaves a son, Kevin W. Rockwood and his wife Pamela, two daughters; Mary Jo Hevy and her husband Eric, Robin L. Rockwood all of North Brookfield, two brothers, Raymond Pontbriand and his wife Janice of Naples, FL., Jean Pontbriand and his wife Marilyn of Sturbridge, a sister, Jeannette Bourdon of Spencer, 4 grandchildren; Amanda Hevy of Auburn, Kerri Rockwood of North Brookfield, Lauren English of Canon City, CO., Brandon Hevy of Union, CT., 2 great-grandchildren, Isabella Chase of North Brookfield and James Valentine of Auburn.

She was predeceased by her first husband Laurence W. Rockwood in 1984 and two brothers, Roger and Ronald Pontbriand.

Born in Spencer, she was the daughter of Edgar & Anna (Brunelle) Pontbriand.

Joanne was a tax collector for the the Town of North Brookfield retiring in 1993. She previously worked as a bank teller at Worcester County National Bank and at the former Klevens Shoe in North Brookfield.

She was a member of St. Joseph's Church in North Brookfield.

She loved to cook and bake and enjoyed knitting hats, slippers, and mittens which she donated to Toys for Joy.

She enjoyed canning, woodworking projects and candle making, giving all creations away to family and friends. She also spent memorable times camping at Bourne Scenic Park on Cape Cod.

The funeral was held Saturday, December 31 from the J. HENRI MORIN & SON FUNERAL HOME, 23 Maple Terrace, Spencer, with a Mass at 10 A.M. in St. Joseph's Church, 296 N. Main St., North Brookfield. A calling hour preceded the Mass from 8:30 to 9:30 A.M. in the funeral home. Burial followed in Walnut Grove Cemetery, Elm St., North Brookfield.

In lieu of flowers, contributions may be made to the Jewish Healthcare Hospice, 646 Salisbury St., Worcester, MA. 01609 or to Toys for Joy, PO Box 575, East Brookfield, MA. 01515. [www.morinfuneralhomes.com](http://www.morinfuneralhomes.com)

## Robert A. Papineau, 85



**N O R T H  
B R O O K F I E L D** - Robert A. Papineau, 85, passed away on December 22, 2022, at UMass in Worcester after declining health.

Born on March 8, 1937 to John and Delia (Thibodeau) Papineau in Franklin, MA. Bob leaves his wife of 63 years, Ella (Legare); daughters Debra Paquette of North Brookfield; Sandra (Gerard) McNeil of Valley Stream, NY; Marcia (Wesley) Anderson of New Braintree; 6 grandchildren, Andrew Paquette, Krista Paquette, Harry McNeil, Jakob Anderson, Kjersten Anderson, Lukas

Anderson. He was predeceased by son-in-law Richie Paquette; siblings John, Norman, Bernard, Ronald, Allen, and Barbara.

Bob was a devoted husband, father and grandfather; family was everything to him. He was kind, gentle, and selfless. He loved spending time with his family, hearing about his grandchildren's lives, and watching his New England sports teams, especially the Red Sox.

A service will be held in the spring with burial in Walnut Grove Cemetery, North Brookfield.

## Neal A. Day, 73



Neal A. Day, 73, of Brookfield, MA passed away in his home December 12, 2022. He leaves his beloved wife Phyllis Day, his daughter Jennifer Day and her fiancé Frank Gallagher of Glenville NY, and his son Neal Day of Georgia; two granddaughters Lila Day and Hailey Suits of Glenville NY; a sister Ellen Gaboury and her partner Stuart Barden of Auburn MA; two brothers Kevin Day and his wife Laurel of Easthampton MA and Alan Day and his wife Carol of Chattanooga TN; and several nieces and nephews.

Neal was born in Worcester and grew up in Auburn. He graduated from Auburn High School

and WITI, specializing in computer science. Neal served in the US Army (SP4) as a photographer during the Vietnam War from July 1970 to January 1972. He worked as a programmer and in the IT department filling many roles at

St. Vincent's, Fallen, and as a contractor through Keene, retiring in 2014. He was President of the local tenant's association from 2019 to 2022 when his health prevented him from continuing.

Neal was an avid golfer, enjoyed bowling, watching sports, woodworking, going to the casino, and antiques.

A celebration of life will be held at the Brookfield Congregational Church, 8 Common Street, Brookfield, MA on Monday January 9th from 2:30 - 3:00 PM, with a luncheon in the downstairs hall immediately following the service. Visitation will be welcomed until 5:30pm.

Memorial donations may be made to Second Chance Animal Services, 111 Young Rd, P.O. Box 136, East Brookfield, MA 01515, or at [www.secondchanceanimals.org](http://www.secondchanceanimals.org).

## Terrence D. "Terry" Miller, 74



**N O . B R O O K F I E L D** - Terrence D. «Terry» Miller, 74, of No.Brookfield, died peacefully at his home on Thursday, Dec. 22nd.

He leaves his life partner, Paula M. Cummings with whom he lived, and three sons; John Miller and his wife Marlene of Sutton, Jeffrey Miller and his wife Laura of Worcester and Craig Miller and his wife Sara of Townsend, a sister; Mary Bennett and her husband Paul of Worcester, 8 grandchildren, 5 great grandchildren, nieces and nephews. He is predeceased by his brothers; John Miller, Jr. and Joseph Miller, Sr. and his granddaughter; April Owens.

Terry was a self employed carpenter

for many years prior to his retirement. He enjoyed woodworking, fishing and scratch tickets.

He was born in Worcester, the son of John Miller, Sr. and Elizabeth (Noonan) Miller and later served his country with the U.S. Marine Corps during the Vietnam War.

His funeral was held on Wednesday, Dec. 28, from the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer, with a funeral Mass at 11 a.m. in St. Joseph's Church, 296 N.Main St., No.Brookfield. Burial with Military Honors followed in St. Joseph's Cemetery, No.Brookfield. A calling hour was held on Wednesday from 9 to 10:30 a.m. in the funeral home. In lieu of flowers contributions may be made to Veterans, Inc., 69 Grove St., Worcester, MA 01605. [www.morinfuneralhomes.com](http://www.morinfuneralhomes.com)

## QCC's winter break offers students a chance to get ahead

**WORCESTER** — As colleges and universities across the country gear up for winter break, Quinsigamond Community College is preparing for its Winter Intersession. Winter Intersession classes are full credit classes (three credits) that run during the winter break from Jan. 3-10. These two-week classes save students time and money towards their degree or certificate. Intersession classes at QCC are well-known in the area, not just for students already enrolled at QCC, but for students attending other colleges.

"This is a terrific way for students to catch up or get ahead on their college courses, or just experience a class they've always wanted to try," said QCC's Vice President of Academic Affairs, Dr. James Keane, noting that there are over 30 online and in-person courses available.

Professor Bill McCarthy, QCC criminal justice department chair, said that intersession courses are historically popular across the country and help retention and graduation rates.

"The Winter Intersession benefits visiting students because many get stuck in a situation where they need just a class or two to graduate," McCarthy said. "This can keep them from graduating late."

"QCC students as well as students who regularly attend college away from their homes in Central Massachusetts have benefitted from the Winter Intersessions," added Melissa Fama, dean of the School of Public Services, Education, and Social Sciences.

Visit QCC Intersession to learn more.

## Local seniors look forward to Valentine's Dinner Dance

**SPENCER** — Local seniors are looking forward to the Valentine's Dinner Dance next month at the Spencer Senior Center.

Set for Friday, Feb. 10, the event will run from 5-9 p.m. at the Senior Center.

The program will include a catered dinner, dancing, music provided by local DJ "Sounds by Rich", and other fun activities for singles and couples alike. In previous years, the event has always been an enjoyable way for local seniors to take part in a unique winter program.

Seating for the event is limited, so be sure to sign up early to reserve your tickets through the Senior Center. Advanced sign-up lasts until Friday, Feb. 3.

Tickets for the event cost \$5 per person. Call 508-885-7546 to pre-register, or for more information about the program.

In the event of inclement weather, the dance will be held on the following evening at 5 p.m.

The program is sponsored in partnership with The Friends of the Spencer Seniors.

The Senior Center is located at 68 Maple St.

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

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# Tips to help student-athletes prepare for winter sports season

Winter sports season is wildly popular. Sports such as basketball, hockey, swimming, and track and field attract talented student-athletes each winter, making the season one of the most fun times of year for kids, their families and their classmates.

As the winter sports season approaches and begins, student-athletes can take various steps to ensure they're ready to compete.

- Ensure your academics are in order. Students must maintain a minimum grade point average to be eligible to compete. The winter sports season tends to overlap semesters in many school districts, so students preparing for the coming season must make sure their grades are good enough to allow them to compete, even if their sport begins mid- to late-semester. Students can work with teachers, coaches and academic advisors to ensure their grades won't compromise their eligibility.

- Schedule your physical. A preseason physical exam is mandatory to compete in many scholastic sports, so student-athletes or their parents should schedule their exams early so they can compete for a spot on the team and, if they make the team, play once the season begins. Physical exams also can shed light on any issues that may require medical treatment prior to the start of the season, so the earlier students get their exams, the more quickly they can address any issues that may compromise their ability to compete.

- Speak with the coaching staff. Coaches may or may not conduct exit interviews upon the completion of a season. Such interviews can be a great chance for student-athletes to learn about what they can do to improve during the offseason. Student-athletes who didn't get an exit interview or those who simply want a refresher can contact their coaches in advance of the season to



discuss what they need to do to make the team and/or improve on last season's performance.

- Get in shape. Multi-sport athletes may already be in shape to

compete, which can ensure the transition from fall to winter sports season goes smoothly.

Student-athletes who don't compete in fall sports can use fall as a

time to get back in game shape. Start gradually to reduce your risk of injury, ramping up as the body reacclimates itself to physical activity.

Winter sports season is

a fun time of year for student-athletes. Preparing before the season begins can ensure student-athletes compete at their highest level in the months ahead.



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FRANK G. CHILINSKI  
PRESIDENT AND PUBLISHER

BRENDAN BERUBE  
EDITOR

EDITORIAL

Resolutions  
that have  
stood the  
test of time

“Play and sing good, dance better, help win war – beat Fascism.” – Woody Guthrie, ‘New Year’s Rulin’s,’ 1943.

“I will tell people not to call in the morning, or not answer the phone.” – Susan Sontag, diary, 1977.

“Keep looking around me — only much more so —observing — but not only myself but others and everything — take things (it) for what they (it’s) are worth.” – Marilyn Monroe, diary, 1955.

“Makeup in privacy, not where he sees you.” – Dating Guide, 1938.

“Things not to worry about: Don’t worry about popular opinion, don’t worry about dolls, don’t worry about the past, don’t worry about the future, don’t worry about growing up, don’t worry about anybody getting ahead of you, don’t worry about triumph, don’t worry about failure unless it comes through your own fault, don’t worry about mosquitoes, don’t worry about flies, don’t worry about insects in general, don’t worry about parents. don’t worry about boys, don’t worry about disappointments, don’t worry about pleasures, don’t worry about satisfactions.” – F. Scott Fitzgerald, letter to his daughter, 1933.

“A New Year’s Resolution that a man can keep... take a glass of Guinness every day.” – Guinness advertisement, 1935.

“Into each day put 12 parts offaith, 11 parts of patience, 10 of courage, 9 of work, 8 of hope, 7 of fidelity, 6 of liberality, 5 of kindness, 4 of rest, 3 of prayer, 2 of meditation and one well-selected resolution.” – Ocala Motors Inc. advertisement, 1960.

“No New Year’s Resolutions except to make the bed and stop mooning about.” – Christopher Isherwood, diary, 1968.

“Set great goals, daily rest, brief vacations, knowledge of all weaknesses, better use of time.” – Richard Nixon, diary, 1965.

Do what you’ve never done before, see what you’ve never seen  
Feel what you’ve never felt before  
Go where you’ve never been.”  
– Donovan, “New Year’s Resolution,” 1970

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

Thanks to all who continue to support  
Toys for Kids

To the Editor:  
The Spencer Toys for Kids program had a great season thanks to our community. More than 200 needy Spencer children received some Christmas magic this year!  
We are thankful for all of the generous people who donated money, sponsored families and those who volunteered their time to help with the day to day clerical, sorting & shopping functions that all start Nov. 1 every year. It takes many hands to have this program work as well as it does.  
Thank you to the owners of ERA Key Realty, who have allowed me to use the office and sometimes the staff to run this program for over 20 years. We have no administrative fees!  
Thanks to Nicole Cusson & Kayleen Sauvageau, who wear multiple elf hats, Jenna Monette, Jamie Ahearn, Alivia & Kinley Sauvageau, Jim, Linda & James Laney, Lori Renaud, Kenny & Kenny Devries, Alisha & Eric Hashey who all helped with keeping us going! Thank you to Spencer Fire Department & Cornerstone Bank for collecting toys, Michelle Terry & her team for hosting Santa pictures & donating toys to our program, Amy Ekleberry Perro for collecting toys at the Spencer Country Inn during

their movie night, Motorsports International for hosting Santa pictures & sponsoring 12 kids with their proceeds!  
Thank you AA transportation and their “stuff a bus” campaign that they have for us in Spencer.  
Thanks to the Spencer Exchange club for their monetary donation along with members sponsoring families & donating money along with getting us a 501(c)3 status so we can save money on tax!  
I’m so thankful that all we have to do is ask when we are in need. We were very short on donated new toys this year, and that quickly changed when I asked for help and everyday people were coming in with toys! We had a lot of bike requests which is something we really can’t do. A request was made on Facebook and within the day more than a dozen bikes were sponsored! I’ve been grateful for the opportunity to run this program for more than 20 years & the generosity of our community never gets old. We are lucky to live here! Thank you all & Merry Christmas!  
DONNA MORIN FLANNERY  
COORDINATOR  
SPENCER TOYS FOR KIDS

We couldn’t do it without you

To the Editor:  
The following is a summary of the donations to date for the East Brookfield/Brookfield Toys for Joy program.  
The committee wishes to thank all of the businesses and citizens for their continued commitment to this program. Without you, we would not be able to make this happen.

Brookfield Cub Scout Pack 159; Brookfield Girls Scout Troops 65158 & 64526	\$ 18.00
Jean Ledoux	\$ 25.00
Ann Auger	\$ 50.00
Spencer Garden Club	\$ 50.00
Donna Neylon	\$ 50.00
George & Louise Woodard	\$ 50.00
Mitchell/ Ruth Dansereau	\$ 50.00
Lashaway Senior Citizen’s Club	\$ 50.00
Lisa/Herbert Chaffee	\$ 75.00
Lex T. Varney	\$ 75.00
The Morin Family	\$100.00
Maryellen/Stephen Brunelle	\$100.00
Robert/Jean Bain	\$100.00
Town of East Brookfield – Fire Association	\$150.00
Daniel/Margaret OLeary	\$200.00
Willow Brook Academy	\$200.00
East Brookfield/Spencer Railroad	\$250.00
Brookfields’ Lions Club (For Brookfield Children)	\$250.00
Brookfields’ Lions Club (For East Brookfield Children)	\$250.00
Anonymous	\$250.00
North Brookfield Savings Bank – Bank Match for toy donations	\$250.00
North Brookfield Savings Bank – community donations	\$415.02
Lamoureux Ford	\$750.00

Donations  
Oakholm Brewing for their successful toy drive  
To all those who so kindly dropped off toys at one of our locations.  
The Brookfield Community Club for clothing donations for the families (special thanks to Lois O’Leary)  
For those who adopted families (who wish to remain Anonymous) and:  
The Hurley Family, The Simon’s Family, The Dixon Family, Becky & Dan Millette, The Egan Family and the Simpson Family  
To our shopping superheroes and Toy Room Organizers:  
Peter & Patti O’Neil, Debby Silliman, Heather Gablaski  
To our distribution day helpers:  
Tammy Josti/ Peter & Patti O’Neil  
TOYS FOR JOY COMMITTEE OF EAST BROOKFIELD/BROOKFIELD  
DONNA & ROGER LAFLEUR  
DEBBIE MORGAN

Ring in the New Year  
with traditions, fruits,  
and vegetables



GARDEN  
MOMENTS  
.....  
MELINDA  
MYERS



Melinda Myers  
Increase your good luck and prosperity by growing and serving a cabbage dish on New Year’s Eve.

Start your New Year with a bit of luck and nutritious eating. Try a few of these food-related traditions and then plan on growing a few of your own to enjoy.  
Eating grapes on New Year’s Eve is a Mexican food tradition. One grape is eaten with each stroke of midnight and is believed to lead to prosperity in the year ahead. Grapes are low in saturated fats and relatively high in vitamins C and K.  
If space allows, grow your own grapes in a sunny location on decorative arbors and trellises.

Use these as a decorative and edible entryway to the garden, as screening, or to provide shade. Plan for the squirrels and birds that may join you during harvest season.  
In the southern United States, black-eyed peas have long been part of the New Year’s celebration. Many people believe the swelling of the peas as they cook represents prosperity, while others think their shape resem-

bles coins.  
Southern peas are warm-weather plants and should not be planted until the soil is warm and toasty, preferably above 65 degrees. Multiple plantings can be made at three-week intervals to have fresh peas all summer and fall. Space the seeds about two inches apart down the  
Turn To **GARDENING** page **A11**

Time for  
New Year’s  
financial  
resolutions



FINANCIAL  
FOCUS  
TREVOR  
NIELSEN

It’s that time of year when many of us promise ourselves we’ll go to the gym more, or learn a new language, or take up a musical instrument, or any number of other worthy goals. But this year, when making New Year’s resolutions, why not also consider some financial ones?

Here are a few to consider:

Don’t let inflation derail your investment strategy. As you know, inflation was the big financial story of 2022, hitting a 40-year high. And while it may moderate somewhat this year, it will likely still be higher than what we experienced the past decade or so. Even so, it’s a good idea to try not to let today’s inflation harm your investment strategy for the future. That happened last year: More than half of American workers either reduced their contributions to their 401(k)s and other retirement plans or stopped contributing completely during the third quarter of 2022, according to a survey by Allianz Life Insurance of North America. Of course, focusing on your cash flow needs today is certainly understandable, but are there other ways you can free up some money, such as possibly lowering your spending, so you can continue contributing to your retirement accounts? It’s worth the effort because you could spend two or three decades as a retiree.  
Control your debts. Inflation can also be a factor in debt management. For example, your credit card debt could rise due to rising prices and variable credit card interest rate increases. By paying your bill each month, you can avoid the effects of rising interest rates. If you do carry a balance, you might be able to transfer it to a lower-rate card, depending on your credit score. And if you’re carrying multiple credit cards, you might benefit by getting a fixed-rate debt consolidation loan. In any case, the lower your debt payments, the more you can invest for your long-term goals.  
Review your investment portfolio. At least once a year, you should review your investment portfolio to determine if it’s still appropriate for your goals, risk tolerance and time horizon. But be careful not to make changes just because you feel your recent performance is not what it should have been. When the financial markets are down, as was the case for most of 2022, even quality investments, such as stocks of companies with solid business fundamentals and strong prospects, can see declines in value. But if these investments are still suitable for your portfolio, you may want to keep them.  
Prepare for the unexpected. If you encountered a large unexpected expense, such as the need for a major home repair, how would you pay for it? If you didn’t have the money readily available, you might be forced to dip into your long-term investments or retirement accounts. To prevent this, you should build an emergency fund containing three to six months’ worth of living expenses — or a year’s worth, if you’re retired — with the money kept in a low-risk, liquid account.

These resolutions can be useful — so try to put them to work in 2023.

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](mailto:trevor.nielsen@edwardjones.com).

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# The ice fishing outlook



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

The start of a new year has many hoping for a better year than 2022. The Covid crisis has returned, but should not be as bad as last year, as most residents of the state have had most of the required shots. Traveling is something that needs to be given a lot of thought. There is plenty of hunting and fishing here at home. The few cold days that we had a week ago gave ice fishing anglers an opportunity to get a few days of ice fishing in, although only seasoned anglers should have attempted to venture out onto the ice. Fishing on thin ice as we all know is extremely dangerous and can present anglers with life or death situations, in a matter of seconds. The quick change in temperatures last week, and continued this week, should make any sensible person stay off of the ice locally, but ice fishing continues the farther north and west you go. Some local anglers headed for Maine last week, and had substantial ice on many ponds providing anglers with some great fishing. When and if some colder weather arrives, ice fishing should resume for many anglers, and many of them will be targeting Northern Pike.

This trophy fishing for Northerns is like a fever for some



This week's picture shows an excited angler with a trophy Northern Pike he caught a few years ago. Nice fish!

Courtesy

anglers. Purchasing large live bait like six inch suckers, at close to \$5 or more (if you can find them at your local bait shop) is just the start of fishing for Northerns. Many anglers travel out of state to find these trophy fish, which is only an hour or two away. States like Rhode Island and Connecticut provide anglers with some great fishing if you do your homework. Anglers that have located the best Northern fishing are

very careful not to divulge their fishing hotspots, but sometimes it is very hard to keep secret. It has become such a prized secret, that some anglers are gathering information from anglers at bait shops and Facebook and following them to their destination. That is how bad some guys want to catch one of these trophy fish. If you have a fishing hotspot be sure to check the car behind you when you head out for a day

of fishing. You could be being followed! Rat poison is in the news, and it is not only killing rats! One animal rehab center is claiming that the poisoned rats and mice are being eaten by other animals and birds, and are dying from the ingestion of the poisoned four legged mammals. Getting rid of these mammals is not easy, and is a constant problem for homeowners and farmers. Setting traps and homemade devices never seems to be enough to eradicate these four legged mammals. They are responsible for eating clothing and other valuable items that are stored away for the winter months. They will eat wiring in cars and lawn equipment. You can never take enough precautions to protect all of your items. So what do you do? Most resort to calling an exterminator, if the situation gets out of hand! I spoke with a local exterminator this past week and he is aware of the problem, but insists it is not as bad as some people think. The latest poison on the market to rid your home of these nasty pests is better than the poison of years ago, but you still need to closely monitor your pets and livestock and most of all your family members. There is no real quick fix to the problem, and the nasty critters are here to stay ,as are the problems with coyotes. Unfortunately, some of the poisoned critters will get eaten by other animals, but hopefully, it will be kept to a minimum.

Next week, we will discuss the art of Jig fishing through the ice! Don't miss it!

Take a Kid Fishing & Keep Them Rods Bending!

## Tips to Keep New Year Resolutions

=Let's face it, New Year resolutions are difficult to keep. Even the firmest intentions can lose steam come March. So what's the secret to will-power longevity? The key factors to resolution success are attitude and commitment. Oftentimes New Year resolutions are self-improvements, and that requires a lifestyle change. Taking on the challenge with an eye to the future can increase the odds of your New Year resolution turning into a longtime success.

The following strategies are geared toward arming you with the tools to expand your January vows into lifelong achievements. Happy New Year!

According to Statista Global Consumer Survey, Americans top New Year resolutions for 2023 are as follows:

Exercise more 52%; Eat healthier, 50%; Lose weight: 40%; Save more money, 39%: Spend more time with family and friends, 37%; Spend less time on social media, 20%; Reduce stress on the job, 19%.

The list reveals Americans put a premium on health and fitness, want to practice frugality

and spend quality time with loved ones. While that's no surprise, the path to getting their might be. Here's how to approach your goals with a different plan of action (and hopefully a better outcome!)

Rule #1: Stop Overachieving

Whittling your resolutions down from a top ten list to one or two increases the odds of long term success. With a focus on one main goal, your "eye is always on the prize."

Rule #2: Adjust your Attitude

So you hate working out? Resent pinching pennies? Can't bear to sack the sweets?

Remind yourself you are doing this of your own free will! Remember the "fake it till you make it" research that reveals even a forced smile boosts your happy genes, thus actually making you happier! The phenomenon is called "facial feedback," and according to Psychology Today, it works because the brain senses the flexion of certain facial muscles and interprets it as "Oh I must be happy about something."

No one is forcing you



TAKE  
THE  
HINT  
.....  
KAREN  
TRAINOR

to get on the treadmill or give up your \$6 morning Latte – it is your choice. You are choosing to improve your life. Sometimes reminding yourself that you are willingly partaking in the sacrifice can get you through the tough times.

Rule #3 Be Accountable

Taking pen to paper (or keyboard to screen) can be powerful, and research repeatedly reveals that holding yourself accountable, be it via an exercise chart, daily food list, or budget list, is very effective to making long term changes. Better yet, log your progress and map out your future goals on a graph, spreadsheet or on a calendar.

Rule #3: Break it Down

It sounds like common sense to break goals down into manageable tasks, but people don't

always take the time to practice it. Make a plan with mini goals. When you achieve each goal, log it on paper or on the computer. Again, the power of the written (or typed) word solidifies the commitment.

Rule #4: Group Therapy

There's a reason WW (formerly known as Weight Watchers) is a huge success. Misery (and merriment) loves company. With plenty of support groups available online there is no reason not to seek out others striving for the same end results as you. Posting on a website that promotes healthy eating, frugality or even organization skills can boost your willpower and give you "shots" of encouragement. Not ready to join in a discussion? No worries. Just visiting a website with information and resources can aid you in your journey of improvement.

Rule #5: Make it Fun!

When's the last time you had fun achieving a goal? It's easier than you think to stay the course if it's a pleasant trip. Besides, who ever said a self-improvement

plan has to be grueling? For example, it might not work for everyone, but I watch the Food Channel while on the treadmill. This way, I get my "food fix" virtually (and with no calories!)

And although pinching pennies can feel like punishment, why not make a game of your budgeting? Challenge yourself to save a certain percentage at the grocery store each week, and up the ante when you reach your goal. Many supermarkets reveal the percentage or dollar amount saved right on the receipt, making it even easier to track your progress.

Rule # 6: Motivate Yourself

Motivational speakers spark results, but you can use simple tools to be a self-motivator! Research the habits successful people and take a cue from them on how to carry on and achieve success even after failures. Remember Thomas Edison's famous quote: After someone remarked his light bulb experiments failed, he said: "I have not failed 10,000 times. I have successfully found 10,000 ways that will not work."

Win Dinner for Two at the Publick House

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

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

## Vintage cars

I hope that you have been having a wonderful holiday season and wish you a healthy and happy New Year!

We are currently preparing for our first auction of 2023. One of my favorite aspects of our work is the element of surprise with each new estate. We never know what we'll find. That includes two exciting finds that will be up for sale in our next auction: Two popular 1970s cars from two different estates.

Car enthusiasts collect a wide variety of cars ranging from some of the earliest versions like Ford Model Ts and Stanley Steamers to modern vehicles like a 2023 Ram 1500 TRX Havoc Edition Baja Yellow Super Truck, which has a list price of over \$100,000.

The auto industry saw many changes during the 1970s. Supercars.net notes that gas shortages forced vehicles to become more fuel efficient and consumer advocates demanded safer cars.

American auto companies and consumers were slow to respond to these changes and many muscle cars (mid-sized high-performance car) were still being manufactured in the United States during the 1970s. Motorcities.org refers to the late 1960s and early 1970s as the "American Performance Generation." A variety of bright colors and high-performance engines appealed to buyers. Plymouth sold fast cars in "Vitamin C Orange" while Chevrolet produced cars



ANTIQUES,  
COLLECTIBLES  
& ESTATES  
.....  
WAYNE TUISKULA

10. 1970 Chevrolet Chevelle LS6  
9. 1970 Dodge Challenger R/T Convertible  
8. 1970 Ford Mustang Boss 302  
7. 1971 AMC Hornet SC/360  
6. 1971 Plymouth Hemi GTX  
5. 1972 Oldsmobile Cutlass 442 W-30  
4. 1973 Buick Riviera Boat Tail  
3. 1973 Chevy Camaro Z28  
2. 1974 Cadillac Fleetwood Sixty-Special Brougham Talisman  
1. 1974 Lincoln Continental MKIVs line
- The 1970 Chevrolet Chevelle, 1973 Camaro Z28, 1970 Dodge Challenger R/T Convertible and Ford Mustang Boss 302 are cars I'd expect to see on the list. But the 1971 AMC Hornet SC/360, 1974 Cadillac Fleetwood Sixty-Special Brougham Talisman and the 1974 Lincoln Continental MKIVs line surprised me. The Hornet had a 5.9L V8 engine and offered a lot of performance in a smaller car, which could explain why it made the list. They chose the Cadillac and Lincoln based on how lux-



urious they are.

Some 1970s muscle cars sell for under \$10,000. A 1972 Dodge Charger sold for \$8,500 in 2021 and a 1970 Chevrolet SS Camaro in running condition sold for \$2,500 in 2016. Conversely, some 1970s cars rank on the list of top 10 prices for cars sold at auction, according to American Legend Wheels (Americanlegendwheels.com). In 2015, a 1970 Plymouth Hemi 'Cuda convertible brought \$2.25 million at auction. A 1971 Hemi Convertible topped that, selling for \$3.5 million in 2014.

We will be offering a 1970 Plymouth Satellite muscle car from a Watertown, MA estate in our upcoming auction. It

is a project car but has already been drawing interest. We will also be selling a 1975 Chevrolet Corvette Stingray from a Westborough, MA estate. This car is in running condition. We'll continue to gear up for this auction and hope some local bidders drive away with something to enjoy when the cold winter weather ends.

This auction will start soon and end in late January. Please visit our website <https://centralmassauctions.com> for links to upcoming events.

Please contact us at [www.centralmassauctions.com](http://www.centralmassauctions.com) (508-612-6111) [info@centralmassauctions.com](mailto:info@centralmassauctions.com) for antiques and collectibles auction services.



SPORTS

Barbale's strong performance brings Bay Path to victory over Wolverines



Leicester's Derek Mahoney drives the ball into the lane versus Bay Path.



Steven Diaz of Leicester dishes an assist down low to teammate Matt Direnzo.



Leicester's Ismael Rodriguez elevates to attempt a jump shot over the reach of Bay Path defender Connor Burke.

BY KEN POWERS  
SPORTS CORRESPONDENT

CHARLTON — Peter Barbale scored a game-high 24 points — 20 in the second half — to help lead the Bay Path Regional boys' basketball team to a 64-33 victory over visiting Leicester High on Wednesday, Dec. 21.

The victory over the Wolverines was a breakout game for the 6-foot-2 Barbale, who is the starting point guard for the Minutemen, despite being just a sophomore.

"Yes, finally," Barbale said when asked if he felt like this was his best game of the young season. "The first couple of games I got off to a rocky start but today I feel like I played the way I'm capable. The only thing I did different (against Leicester) is I took more shots and I was able to put a lot of them in the basket. Shooters shoot, right?"

Bay Path coach Al Greenough was happy to see the player he knows Barbale can show up for the Leicester game.

"Peter has a good scoring touch but he struggled, shooting-wise, the first two games. It was good to see him finally break out and have the game he had tonight," said Greenough, who was quick to point out that Barbale is much more than just a shooter for the Minutemen. "Our team runs through Peter. He's our point guard and our best shooter. He is tall for a point guard but I don't care how tall they are as long as they can handle the ball and he can; he doesn't turn it over very much. That's really what his job for us is."

Barbale wasn't a one-man show for Bay Path in the win over Leicester. Classmate Dale Nussey added nine points, while senior Zack Fritze, junior Trent Szela and sophomore Corey Scovil all scored eight points each.

Nussey was an all-around thorn in the side of the Wolverines throughout the game. He was the focal point of the Minutemen press, which produced several steals and caused many of Leicester's 20 turnovers. On two occasions, after one of the Wolverines had secured a defensive rebound, Nussey slipped in behind the player, stripped the ball and scored a layup.

"Dale is the sparkplug on our press. He makes us go and he's 100 percent all the time; every single play," Greenough said. "His effort may not show up in the box score after every game but he can score when he needs to. He's basically out there to give us a spark, to get some steals, and to get us in transition. Dale is around the ball all the time. As a coach you want a player on the court like that, a player who always finds a way to be in the mix. He's very quick and very fast."

Nussey knows when he's on the court playing defense is job No. 1.

"Points are secondary for me. I just always try to play hard because I'm not the biggest guy out on the court. I try to play like I'm their size even though I'm not," the 5-foot-8 Nussey said. "Speed is my thing. With our press we like to make our opponent make quick decisions, which are often bad decisions. When we can do that we can get out and run the floor and have that quick decision by the other team end up as a layup for us. I don't think they were expecting our press to be so effective."

The Minutemen took control of the game right away, jumping out to a 7-0 lead by forcing Leicester into three turnovers and three missed shots on its first six possessions. Bay Path, which led 11-5 at the end of the first quarter, pushed its lead to 23-7 with 1:42 to play in the first half on a pair of Barbale free throws.

Leicester scored the last five points of the second quarter (in the final 32 seconds), however, on a right-side 15-foot jumper and a top-of-the-arc 3-pointer by Steven Diaz (a team-high 13 points). The Wolverines trailed, 23-12, at intermission.

The Minutemen scored the first 11 points of the third quarter, and 16 of the first 18 points in the period to extend their lead to 39-14, with 4:45 remaining in the quarter. Barbale scored nine points in the run.

The Wolverines' Matt Direnzo scored six of his 10 points in the game during a 9-0 Leicester run which cut the Bay Path lead to 39-23 with 2:28 left in the third quarter. The Minutemen led, 48-25, after three periods.

With the win over Leicester, Bay Path evened its record at 2-2. The Minutemen closed out the December portion of their 2022-2023 schedule with a loss to Auburn (65-56, Tuesday, Dec. 27) and a win over Southbridge (59-42, Thursday, Dec. 29) in the Rocket Holiday Classic. Bay Path began January with a 3-3 record.

Following the loss to Bay Path the Wolverines (0-5) lost at home to Tahanto Regional (64-31, Tuesday, Dec. 27) and Oxford (74-54, Thursday, Dec. 29).

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SPORTS

Tantasqua's defense clamps down to edge Sammies

BY NICK ETHIER  
SPORTS EDITOR

STURBRIDGE — For the Tantasqua Regional boys' varsity basketball team to be successful, at least for now, the Warriors need to be as sharp as possible on the defensive end of the floor.

And through Tantasqua's first four games of the 2022-2023 season, they have exceeded — and exceeded extremely well — in three of those contests, as the Warriors improved to 3-1 following a 35-30 victory over Sutton High on Wednesday, Dec. 28.

"I told them at halftime our defense has to be our staple. We're clearly trying to figure ourselves out offensively, so we have to live and die by our defense, which I think we were able to," Tantasqua head coach Scott Dion said as his team held an 11-9 lead over the Sammies at the break. "We held them to 9 in the first half and 21 in the second half. We left some points out there — some missed free throws, some layup opportunities — but so did they, and we made the plays when we had to."

When asked why the Warriors are much further along with their defensive game compared to the offensive production, Dion was candid with his response.

"I think it's easier to collectively get your unit to defend than it is to collectively get your unit to make shots," he began. "Defensively, as coaches, we can have much more structure and much more influence on what they have to do. They follow what we're trying to teach them defensively."

Offensive maturity can happen individually or while playing pickup during the offseason, Dion added.

Tantasqua lost its season opener to Doherty High in a high-scoring overtime affair, 72-66, but Dion credited that output with the Highlanders' high-octane style of play. Since then, the Warriors defeated Northbridge High (33-32), Uxbridge High (45-42) and now Sutton. Tantasqua has averaged just 37 points a game in those victories, but the stingy defense has allowed only 34.67 points a contest.

"We're going to get better. We'll keep working offensively and stick with the process," said Dion.

In the win over the Sammies, the Warriors' scoring was spread out. Aiden Gingras led the way with 10 points, while Adam Howe (6 points), Liam Hubacz (6), Colm McGrath (6), Elijah Webb (3), Bryce Tessier (2) and Trevor Harris (2) also scored.

"We're more of a spread it out team. We're also pretty young, too," said Dion.

With Tantasqua starting three juniors, a sophomore and a senior — and with that group having little quality minute varsity playing experience heading into the season — Dion has hopes that their scoring totals will elevate into the New Year.

Sutton is 2-1 following the loss.



Nick Ethier photos

Tantasqua's Colm McGrath streaks past Sutton's Javen Nazario and lays the ball in for two points.



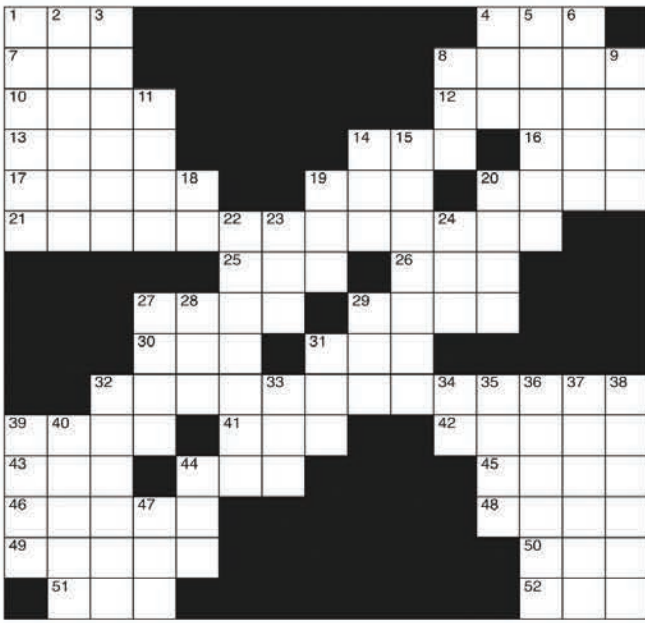
Tantasqua's Adam Howe works the ball down the baseline against Sutton's Charles Marchand.



Paddy McGrath of Tantasqua looks around Sutton's Charles Marchand while trying to make a pass inside.



Tantasqua's Trevor Harris wedges between Sutton defenders Ryan O'Rourke (32) and Thomas Salem to loft a shot toward the basket.



CLUES ACROSS

1. Basics

4. Swiss river

7. Constrictor snake

8. Building occupied by monks

10. Discount

12. Deal a blow to

13. Relating to the ear

14. Thyrotropin

16. Loud, unpleasant noise

17. Large intestines

19. Move with a curving trajectory

20. Witnesses

21. You need both to live

25. Dash

26. Network

27. Dig

29. C. European river
30. Supplement with difficulty

31. Corporate executive

32. Carroll O'Connor's onscreen wife

39. No variation

41. Airborne (abbr.)

42. "Heidi" author

43. Affirmative

44. Pie \_\_ mode

45. W. Asian country

46. Grotesque or bizarre

48. Delicacy (archaic)

49. Textile

50. Denial

51. Electronic data processing

52. Attempt

CLUES DOWN

1. Engulf

2. Waterside hotel

3. Printed cotton fabric

4. Defensive nuclear weapon

5. One who follows the rules

6. Lace up once more

8. Fire byproduct

9. Hankerings

11. Outer

14. One-time aerospace firm

15. Seafood

18. Commercial

19. Epoxy hardener (abbr.)

20. Samoan monetary unit

22. Type of gland

23. Arrest
24. Check

27. Past participle of be

28. Alias

29. Major division of geological time

31. Kids programming channel (abbr.)

32. Joked

33. Helps little firms

34. Roman numeral 50

35. Impressive in size or scope

36. Domineering leader

37. A person who delivers a speech

38. One after 89

39. Young hawk

40. The scene of any event or action

44. A team's best pitcher

47. Integrated data processing

PUZZLE SOLUTION



HIGH SCHOOL NOTEBOOK —  
TANTASQUA SWIM TEAMS FALL TO  
WESTBOROUGH

Wednesday, Dec. 21

Competing against the Rangers, the boys' and girls' swim teams from Tantasqua couldn't pull out a victory. The boys lost, 90-76, while the girls fell short, 117-52.

Highlights of the meet included first place swims by Eben Mazeika (200 free), Sam Merchant (200 IM, 500 free), Ethan Zhu (100 fly) and Jonah Scherer (100 breaststroke). Merchant qualified for sectionals and Zhu swam a state qualifying time in the 100 back.

For the girls, Zoey Zhu placed first in the 50 free, Kira Dambly placed first in the 500 free and Tori Stendrup placed first in the 100 breaststroke.

GARDENING

continued from page A8

row. The rows should be three to four feet apart.

Southern peas are one vegetable that doesn't require pampering. They thrive in summer heat and stand up to the dry weather without a complaint. Most selections require 50-55 days from planting until harvest in the green pea stage. If dried peas are desired, 65-75 days are needed.

Elevate the fun of future New Year's celebrations by growing your own. Plant black-eyed peas in a sunny spot in your garden. Wait for the soil to warm to begin planting the seeds. Make several plantings to have fresh peas all summer long. Most varieties are ready to harvest fresh in 50 to 55 days. Allow some of them to mature on the plant. These are usually ready to harvest in 65 to 75 days. Pull and hang the plants in a warm location to dry. Then shell and store the black-eyed peas for your winter and New Year's meal.

Increase your good luck and prosperity by including a cabbage dish. This German, Irish, and U.S. tradition is tied to the fact that cabbage leaves

resemble money, promoting personal wealth.

You can start your own cabbage plants from seeds or purchase transplants from your favorite garden center. Plant cabbage in the garden in spring for an early summer harvest or plant in mid-summer for a fall harvest. Preserve your cabbage by quartering, blanching, and freezing some for use in your favorite cabbage dishes and New Year's celebration.

Growing your own fruits and vegetables elevates the fun of these New Year's celebrations. It also encourages all of us to eat healthier, a common resolution for many.

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





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**PUTNAM - LAND Zoned General Business** 29 acre 103' frontage. Water, Sewer, & city gas available. 2 street entrances. **\$125,000**  
**OXFORD** - 2 Mariam Rd 80+/- Wooded Acres in Oxford & Charlton. **ON DEPOSIT \$329,000**

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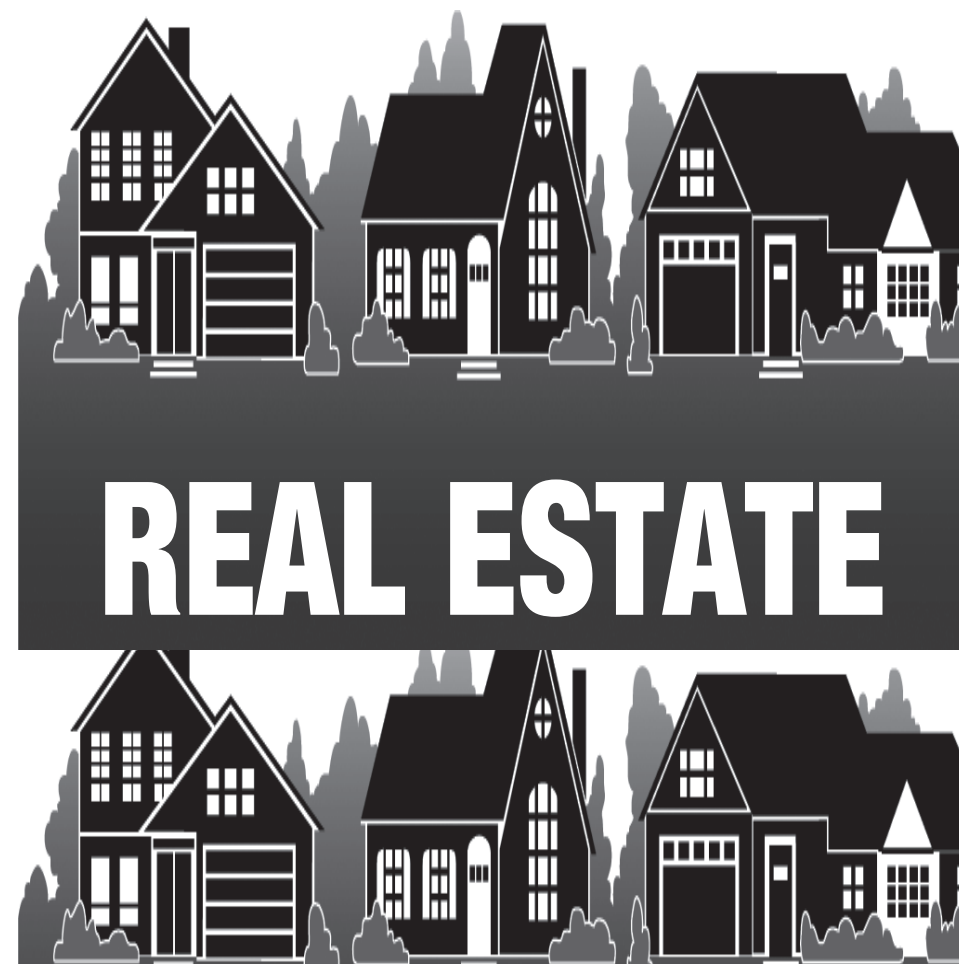
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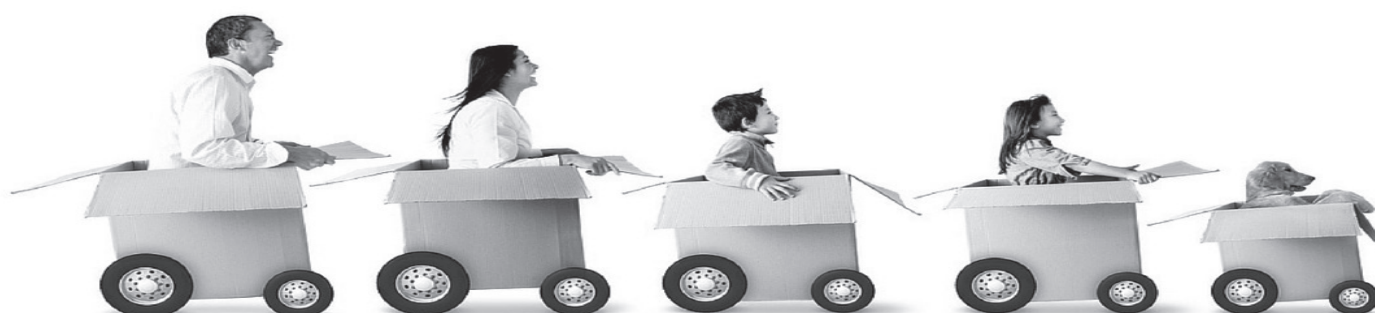
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NHS  
continued from page A1

Brett Kustigian served as the guest speaker at the NHS induction ceremony. He congratulated the inductees on their achievements and addressed the continued importance of hard work. This year's inductees have overcome unprecedented challenges in recent years during the pandemic shutdown and remote learning phases.

For school officials, it's always a memorable occasion to showcase students who excel inside the classroom and outside of school.

"There is nothing better than celebrating our hardest working students. I was honored to speak at the ceremony,"

SCAMS  
continued from page A1

your donation will go to the charity, officials said. If you donate through an online platform, the platform or another organization may keep part of the money as a fee before sending the rest to your chosen charity. That information should be clear and easy to find on the platform's website, officials said.

Residents are also encouraged not to rush when making charitable contributions.

"Scammers pressure you to give right away. They don't want you to have time to research their claims or think it through," the FTC statement read. "Honest charities always need

Kustigian told the New Leader.

As a special part of the Dec. 8 ceremony, NHS inductees honored important mentors who have helped them achieve their goals over the years. Many of these inspirational teachers, coaches, leaders, advisors, and other community members were among those in attendance to celebrate the occasion.

Following the ceremony, a small reception was held to recognize the inductees' achievements. Students were joined by their family members, friends, and school leaders.

This year's NHS inductees include the following members of the Class of 2023: Marcella Appiah; Kathy Cai; Sean Le; Derek Mahoney; and Lily

your donations, but they won't rush you into donating immediately."

If you spot a charity scam, you can report it to the FTC by visiting ReportFraud.ftc.gov.

Looking ahead, local police departments will once again be active in the community this year to help spread the word about scams. Many scammers intentionally target elderly populations.

"When I speak with the seniors, I tell them if they have something that seems a bit odd, please just run it by one of our officers. An outside perspective often clarifies an event quickly," said Leicester Police Chief Kenneth Antanavica. "When in doubt, call your local police."

Peterson.

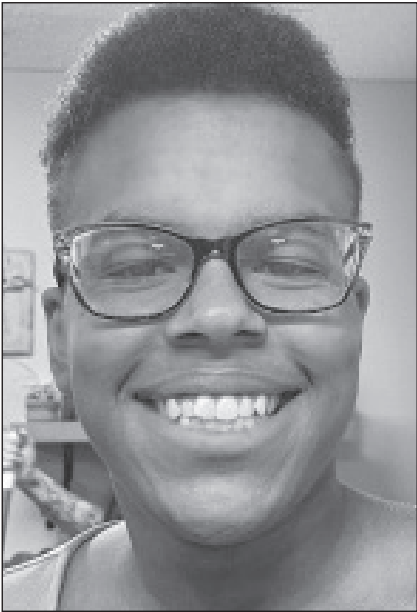
LHS Class of 2024 inductees include: Jacob Altman; Molly Baker; Caden Birtz; Chloe Bouchard; Grace Bujak; Hannah Collette; Michelle Dacri; Matthew Drenzo; Mason Griffiths; Patrick Harrington; Abbi Lane; Meghan Le; Charolette Libby-Toler; Jessica McCarthy; Jillian Morrison; Jasmine Ngo; Nora Oliver; William Panepinto;

Connor Parke; Gabrielle Pietri; Adam Skoglund; Laylah Summers; and James Sweeney.

LHS teacher Danielle Rieder is thanked for serving as the NHS advisor.

To learn more about the requirements and achievements necessary for students to earn induction to NHS, visit [www.nhs.us](http://www.nhs.us).

Friday's Child



Berniece  
Age 16  
Registration # 7424

Hi! My name is Berniece and I love music and anime! !

Berniece is a kind, well-spoken young lady of African American descent. Those who know her best describe Berniece as a caring and pleasant teen that always has a large smile on her face. She enjoys camping, spending time outdoors, and having a good time with animals. Berniece also likes to draw and read journals.

Berniece is currently in the 11th grade. She enjoys school and has joined the Anime club and the Gay-Straight Alliances (GSA) club in school. She is able to build and maintain close relationships with her peers and siblings.

Legally freed for adoption, Berniece would do well in a patient, loving family of any constellation, with or without other children in the home. A family for Berniece must be able to advocate for her in order to best support her emotional and academic needs. Berniece shares a good relationship with her birth father, whom she sees monthly, which must continue after placement.

<https://www.mareinc.org/waiting-child-profiles#gallery/child/7424>

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

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



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2+ years of supervisory experience may be substituted for degree  
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**Full & Part Time Child Care Counselors:** Full and part time positions also available.

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Leicester, MA 01524  
Fax: 508-892-9736  
Email: [naz1901@mcacleynazareth.org](mailto:naz1901@mcacleynazareth.org)  
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WELCOME

continued from page A1

Selectman Tripp was pleased to join Rep. Berthiaume and others in welcoming the North Brookfield Farms team to town. On Dec. 20, Algoo was presented with a proclamation

recognizing his newly opened chapter in North Brookfield history. The property previously featured an old firehouse and an auction house, but the new store adds vibrancy and convenience to the town center, officials said. The area also recently saw the

addition of a new park next to the gas station, and residents are looking forward to seeing more people utilizing the center of North Brookfield. For more information about happenings around town, visit [www.NorthBrookfield.net](http://www.NorthBrookfield.net).

Kevin Flanders

At right; North Brookfield Farms has been packed since its opening in town.



Kevin Flanders

North Brookfield Selectman John Tripp welcomes Santa to town.

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Courtesy

North Brookfield Farms owner Ramkumar Algoo, right, is congratulated by State Representative Donald Berthiaume, left, Santa Claus, and Selectman John Tripp.

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