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SEND YOUR NEWS AND PICS TO News@StoneBridgePress.news Friday, October 6, 2023

School officials pleased with LHS Fire Science program

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — School leaders have been thrilled with the early results of the district's debut Fire Science Program at LHS. The Leicester School Committee, along with Superintendent Brett Kustigian, highlighted the program during the Sept. 19 School Committee meeting.

"This new program is the product of Dr. Kustigian's vision when he took over as Superintendent of Schools in July 2022, which is to bring relevant life skills programs and career technical education programs to Leicester," said School Committee Chair Donna McCance.

To make the program a success, school leaders partnered with Leicester Fire Chief Michael Dupuis and his department. Serving as the lead instructor, Dupuis enjoys providing students with firsthand career insights they won't find in a textbook.

Among the most important lessons Dupuis and his team have instilled is the value of teamwork and unity.

"The philosophy of firefighting is that it is something you can never do



LHS students join members of the Leicester Fire Department to celebrate the school district's newly launched Fire Science Program.

alone. It requires teamwork," Dupuis said.

Officials thank Dupuis and his team for taking time out of their schedules to launch the program and help provide career learning opportunities.

"Mike has the expertise in the field, and he is bringing that knowledge base to the curricu-

lum. The other benefit is that he has the retired firefighter equipment available for our students to use," Kustigian said.

Chief Dupuis has an extensive background in fire science, starting at the age of 16 when he first became interested in pursuing a career as a firefighter.

In his early days, Dupuis was supported by Firefighter and friend, the late Jeremiah "Jerry" Lucey, who helped him get started at the State Fire Academy. Firefighter Lucey lost his life along with five other firefighters at the Dec. 3, 1999, Cold Storage fire in Worcester. Chief Dupuis

drove the Leicester ladder truck in response to the fire.

After ascending through the firefighting ranks over the last 20 years, Dupuis is eager to continue assisting the next wave of first responders. As the first person in Leicester history to receive Firefighter

I/II Certification, as well as Proboard National Certification, Dupuis has much knowledge to impart.

For the Fire Science Program at LHS, Dupuis is also drawing from his experiences in teaching technology for the City of Worcester. Additionally, he worked as a certified instructor at the Fire Academy, where he now serves as Assistant Coordinator in the "Call/Vol Program."

In 2017, Dupuis attended the University of Massachusetts Chief Fire Officer Program at the Collins Center in Boston.

In recent years, Chief Dupuis has continued to stay current with the latest developments in fire science, as conditions and technologies in the industry frequently change.

"Every day you have to learn," Dupuis said. "The day you think you've learned enough is the day you need to get out."

The curriculum for Leicester High School's Fire Science Program is the same as that being used at the Fire Academy and the International Fire

Turn To **FIRE** page **A10**

Popular writers' group makes post-COVID return

BY KEVIN FLANDERS
STAFF WRITER

SPENCER — Three years after COVID-19 shut down a popular writers' group in town, the program is back and even better than before.

Writing is an innately solitary craft, but pandemic restrictions made it even more difficult for local creators to connect. For group facilitator Sharon Ross Legasey, who overcame a challenging personal battle against COVID-19, it has been a thrill to see old friends and new faces celebrating all things writing at Richard Sugden Public Library.

Aptly named "Writers United," the group brings together local adults of all abilities and experience levels. Participants offer input, analysis, and discussion points to help improve each other's works.

"It's intended for people who like to write, have a story, poem, or stage play they would like to share with other writers to get feedback," Legasey said. "Any genre is accepted, including memoir writing. College students, published authors, or writers thinking about becoming published are encouraged to attend."

During the dark days of pandemic restrictions and closures, writing group members relied upon their passion for creativity. Even though they weren't able to meet in person for an extended period, they took advantage of opportunities to immerse themselves even deeper into their stories and poems.

"Our group ran for three years and closed during COVID. A few people stayed in contact, but having a severe outbreak of COVID myself, I couldn't resume the group," Legasey recalled. "When I finally recovered from COVID, I contacted some of the writers. They were encouraged and we spoke of bringing the group back."

Reflecting on the many memories she made with fellow workshop members prior to 2020, Legasey is grateful to have resurrected the group and created a forum for new memories.

The group meets upstairs at the library on the third Monday of each month. Sessions run from 5:30-7 p.m.

The next meeting for Writers United is Oct. 16.

"Our typical meeting consists of each member having a chance to read their writing from either something they're working on, or from the writing prompt given the previous month," Legasey explained. "A review, if you choose, of the reading you offered follows. We will then have a small discussion on one of the elements of writing, and notes can be taken or added to in the discussion."



Leicester Town Clerk Pamela LaFleur is off to a strong start in her first few months on the job.

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — After a successful summer transition into her new role, Town Clerk Pamela LaFleur is focused on a

number of projects this fall.

LaFleur, who started on June 26, has benefited from a supportive team of municipal coworkers in several departments. She looks forward to continuing to meet residents, officials, and business owners.

"It has been a wonderful experience so far. I am excited to work with the townspeople, and I hope to gain as much knowledge and be helpful to everyone," LaFleur told the New Leader.

Prior to becoming Town Clerk, LaFleur sold industrial safety supplies while working for Masterman's. Having grown up in Leicester, she was thrilled about the opportunity to join the municipal leadership team.

"I think being a part of the community and finding any way I can to do my part to contribute is what really makes me thankful," LaFleur added.

Currently, LaFleur is focused on the upcoming Special State Primary election for Anne Gobi's vacant Senator seat (Oct. 10). LaFleur has also taken part in a variety of programs to help her maximize her efficiency and service to the community.

"We went to a conference in Springfield to learn all of the information on elections and what we need to do, beginning to end," LaFleur said.

Town officials have been impressed with LaFleur's seamless transition to the municipal structure. She has also

made multiple appearances at local events to further introduce herself to the community.

"I have enjoyed working with Pam since her arrival. Her dedication and commitment to the Clerk's office and the community is readily apparent," said Town Administrator David Genereux. "She is a welcome addition to the Town Hall staff."

Away from work, LaFleur enjoys reading, kayaking, attending concerts, and quilting. She also spends as much time as she can in the community.

The Town Clerk's office reminds residents that the Special State Primary will be held on Tuesday, Oct. 10. Voting hours are 7 a.m. to 8 p.m.

Sheriff's Office gives back with hundreds of pounds of organic produce

SPENCER — While New England has experienced record periods of rainfall this year, the staff and inmate work crew at the Worcester County Jail and House of Correction have managed to maintain adequate growing conditions for the Department's Organic Farm program. The inmates who are eligible to opt into the farm program, pick and wash the produce daily before it is distributed throughout Worcester County.

This year, more than 60 food pantries and non-profit organizations across Worcester County have benefitted from the Worcester County Sheriff's Organic Farm. Nearly 500 pounds of



Courtesy

Worcester County Sheriff's Office Community Outreach team delivers Fresh Organic Produce to the Mary Queen of the Rosary Parish Food Pantry.

Lady Panthers take part in UMass Cancer Walk

SPENCER — Members of the David Prouty High School Lady Panthers soccer team recently took part in the UMass Cancer Walk at Polar Park in Worcester. Held on Sept. 24, the event brought together athletes and participants from throughout the area. The Prouty soccer team was accompanied by Head Coach Derek Blodgett and Assistant Coach Todd LaPorte. “The ‘Pink Panther’ players wanted to give back to their community in a meaningful way of volunteer service,” LaPorte said. “On and off the field, Coach Blodgett and I are very proud of these student-athletes, not only as players but as responsible young adults within their community.”



The David Prouty High School Lady Panthers soccer team recently participated in a special community event.

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Apple Country Fair returns for 44th year

NORTH BROOKFIELD — Showcasing the work of more than 90 local crafters, the 44th Annual Apple Country Fair will be held on Saturday, Oct. 7 from 10 a.m. to 4 p.m. on the Historic Brookfield Town Common.

This year’s Fair will also feature:

- * Live Music throughout the day
- * Lawn games and face-painting
- * Baked goods and Food Trucks
- * Raffle Drawings throughout the day, including a 50/50
- * Apple Pie Baking Contest

Fair-goers can browse and buy a wide range of artisan and handmade items, including hand-knit sweaters, carved wooden bowls and décor, jewelry and accessories, specialty soaps and lotions, handcrafted pet toys, locally-produced honey, maple syrup and more.

Entries for the apple pie baking contest will be accepted at the Brookfield Fire Station next to the Town Hall until 9:45 a.m. on Saturday, Oct. 7. Judging categories are: children under 12, ages 13-19, and adults ages 20 and older

The RAFFLE will offer chances to win prizes including the community-stitched Quilt, family passes to local museums and attractions, and gift certificates to local restaurants and stores.

The Brookfield Community Club has been organizing the Apple Country Fair since 1979. The money raised at the Apple Country Fair has generated grants for a number of community service projects, including supplies for the Town’s annual Christmas Eve luminary display, programs for the Council on Aging, Merrick Public Library and the Recreation Department, as well as equipment for the Brookfield EMS, Fire Department and Scout Troops. The Brookfield Community Club also gives out the Diane Martell Community Service Award to a graduating Brookfield Senior each year.

For more information, please visit www.AppleCountryFair.com. The Fair is held outside on The Common rain or shine.

Medicare Advantage Annual Enrollment Period opens October 15, 2023.

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Oct. 19 – 2:00 p.m.	Oct. 19 – 11:00 a.m. Nov. 2 – 3:00 p.m.	Oct. 17 – 2:00 p.m.	Oct. 12 – 2:00 p.m. Nov. 9 – 10:00 a.m.	Oct. 12 – 10:00 a.m. Nov. 2 – 10:00 a.m.	

Are these locations/dates not convenient for you? We also offer virtual seminars and personal consultations. Visit MassAdvantage.com/Seminars2024 for more information.

To register for an informational seminar, call our Benefit Information Center at (844) 513-0529 (TTY:711) or visit MassAdvantage.com/Seminars2024.

Representatives are available October 1 – March 31, 8 a.m. to 8 p.m., 7 days a week and April 1 – September 30, 8 a.m. to 8 p.m., Monday – Friday

*Premium and coverage may vary based on plan selection. For a complete list of benefits, visit MassAdvantage.com. Mass Advantage is a Medicare Advantage organization with a Medicare contract offering HMO and PPO plans. Enrollment in Mass Advantage depends on contract renewal. Other providers and physicians are available in our network. For accommodation of persons with special needs at meetings, please call (844) 513-0529, TTY:711.

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Nichols College launches graduate Leadership Academy

DUDLEY — The Graduate School at Nichols College is launching a Leadership Academy designed for professionals looking to advance their careers, with the first session starting on Tuesday, Sept. 26. The Leadership Academy is led by management expert Robin Frkal, Ph.D., Dean of The Graduate School at Nichols College, and features the expertise of Nichols faculty, Nichols graduate program leaders and partners.

Nichols will launch its first Academy session through a collaboration with the Higher Education Consortium of Central Massachusetts (HECCMA), an association of public and private accredited colleges and universities in central Massachusetts. The HECCMA Leadership Academy program is designed to help members of the academic community enhance their lead-

ership skills and pilot their organizations through change and innovation.

"We are excited to present exciting opportunities for training and career advancement to our communities through our new Leadership Academy," said Frkal. "The Academy provides a much-needed avenue of delivery for leadership training, and reflects the innovative mindset that our participants can also discover within the class sessions. The HECCMA Leadership Academy is a product of true collaboration between The Graduate School and the consortium to ensure academic leaders can advance their institutions during these periods of growth and change."

The Nichols-HECCMA program will offer a mix of in-person events and virtual sessions and is open to all HECCMA school faculty and staff aim-

ing to improve their leadership skills. Already more than 35 participants, representing nine of the 10 Consortium institutions, have signed up for the program.

The upcoming program will discuss DEI and fostering inclusive environments, leading groups and teams, strategic thinking, budgets and using data, mentoring and coaching, and trends in higher education. The session will feature Nichols faculty experts as well as partners such as Dr. Calvin Hill, Vice President for Inclusion and Community Engagement at Springfield College and Nichols alum Christopher Cox '92, Higher Education Assurance Leader at PriceWaterhouseCoopers.

About Nichols College
Nichols College has earned business accreditation from the prestigious Association of Advance

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

About HECCMA
The Higher Education Consortium of Central Massachusetts (HECCMA) is an association of public and private accredited colleges and universities in central Massachusetts. HECCMA is committed to working collaboratively to further the missions of member institutions.

Cornerstone Bank unveils new 'Interactive Teller Machine'

WORCESTER

— Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, just unveiled a new Interactive Teller Machine (ITM) at its Park Avenue branch in Worcester.

"This new technology offers our customers the best of both worlds," said Cornerstone Bank CEO Todd Tallman. "The ITM works the same as an ATM, but with the added capability to connect with one of our interactive customer service representatives via live video chat."

Using their debit cards, customers can conduct the same transactions at an ITM as at an ATM, including making deposits of cash or checks, performing internal transfers between accounts, checking balances or withdrawing money. The ITM has the added capability of providing cash in multiple denominations, including coins.

During regular bank hours, customers can choose to engage with an interactive customer service representative (iCSR) by text or video chat if they have questions, need help with any of the standard ATM transactions, want to make a loan payment or wish to transfer funds to a secondary customer with an account at the bank. Because the ITM features an ID scanner, customers can also connect with an iCSR to perform transactions without their



Pictured left to right: Mark Lussier, VP Retail Sales Manager; Altaf Ahmed, EVP Retail Banking; Nada Kanaan, VP Senior Market Manager; Erin McGinnis, VP Customer Information Center Manager; Randall Webber, President; Jason Landis, Corporate Technology Program Manager.

debit card. All iCSRs are located at the Cornerstone Bank Operations Center in Southbridge.

"We want to provide our customers with as many secure options as possible to bank in ways that work best for them," said Cornerstone Bank EVP of Retail Banking, Altaf Ahmed. "The ITM expands the offerings of a traditional ATM, is simple to use and offers greater versatility. It's a technology that merges convenience with personalized customer service."

About Cornerstone Bank

Cornerstone Bank was formed in 2017, born of a long history of supporting the community, and providing a strong foundation to help people and businesses thrive. 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 through-

out Central Massachusetts. Cornerstone works to connect customers with opportunities, through a broad range of deposit and loan products, and services. Built on Trust is not just a tag line, but also one of our guiding corporate values. Whether a business or personal partnership, Cornerstone stands on the foundation that relationships are built on trust. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstone-bank.com or call 800-939-9103.

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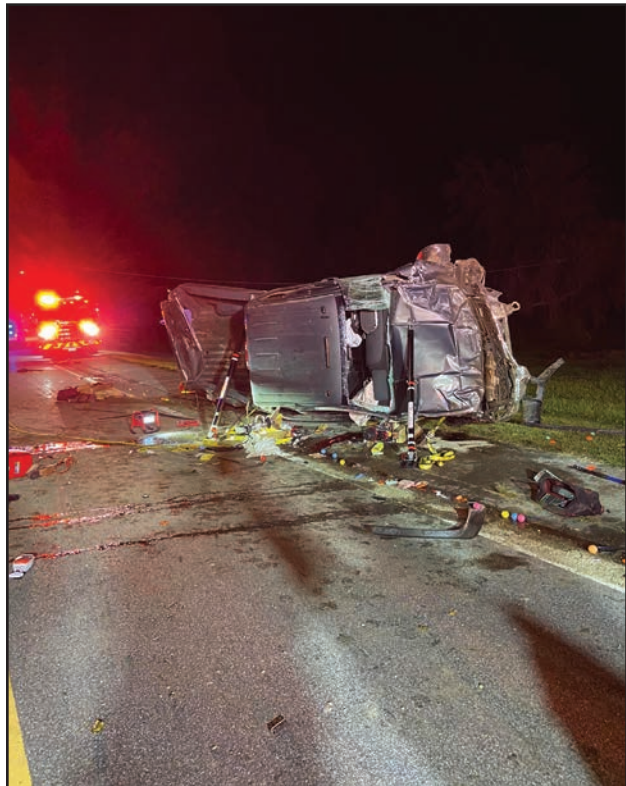
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Crash leaves driver seriously injured



First responders extricated a driver who became trapped after an accident in Spencer.

SPENCER — A motorist was seriously injured during a wreck on Maple Street last month.

The single-vehicle rollover accident occurred shortly before 2 a.m. on Sept. 23 near Demers Drive. The driver was trapped in the vehicle and required extrication by emergency responders.

The victim was transported to the hospital by Lifeflight. No passengers were inside the vehicle.

Maple Street was closed for several hours while investigators processed the scene. The cause of the wreck has not been announced.

As of press time, no update had been released on the condition of the hospitalized driver.

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

Help Wanted -Pine Grove Cemetery Superintendent, part-time, seasonal work \$18 to \$20 per hour depending on experience. 4 to 30 hours per week, depending on the season or weather. Start date 11/1/2023. Responsible for ground maintenance, machine maintenance, funeral preparation, lot sales.

Please call Lyn Stevens, 508-981-4813 for an interview.

Attention North Brookfield Water Users:
WATER MAIN FLUSHING
October 2nd 2023 through November 3rd 2023

The North Brookfield Water Department will be flushing water mains throughout town beginning Monday, October 2nd 2023 through Friday, November 3rd 2023.

The purpose of the flushing is to remove sediment buildup in the mains. The flushing may result in temporary discoloration of the water, caused by small particles dislodged during the flushing. This discoloration might stain your laundry, especially white materials.

Flushing is performed between the hours of 7:30AM and 3:30PM. We post our daily flushing schedule on the North Brookfield Water Department Facebook page. If you would like additional information, please call the Water Department at (508) 867-0207.

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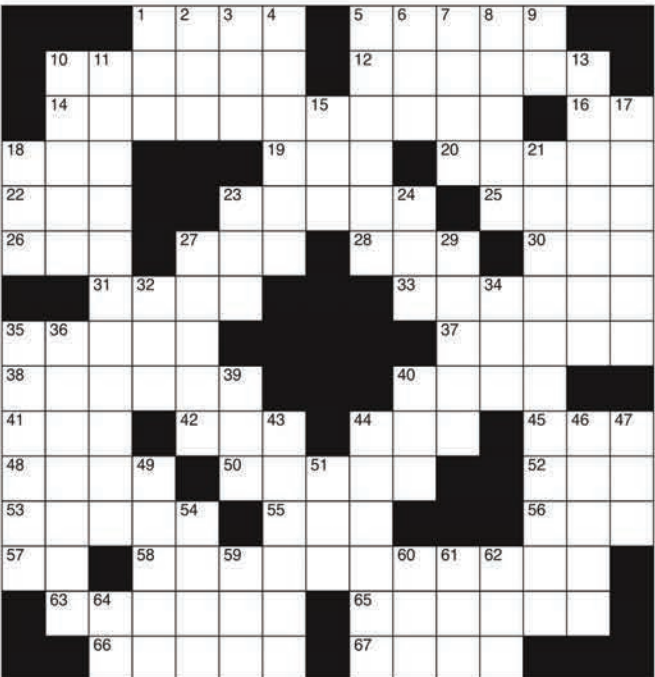
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Crossword



CLUES ACROSS

1. Flat tableland with steep edges

5. Byproduct of fire

10. Talked

12. Unique skill

14. Unembarrassed

16. Where teenagers go

18. Boxing's GOAT

19. Used to anoint

20. Reproductive structure found in rust fungi

22. Auburn great Newton

23. Some are for Christmas

25. Dried, split pulses

26. Self

27. Where to get your mail

28. High schoolers' test

30. Flightless bird

31. Expectorated

33. Practice of misrepresenting the truth

35. Type of patch

CLUES DOWN

1. Licensed for Wall Street

2. Partner to flow

3. A very large body of water

4. Accumulate on the surface of

5. Central cores of stems

6. Angry

7. Spanish stew: __ podrida

8. Fastened with a pin

9. On your way: __ route

10. Soviet labor camp system

11. Enmities

13. B complex vitamin

15. Go quickly

17. Toast

18. A team's best pitcher

21. Philly culinary specialty

23. Small child

24. Unhappy

27. Trims away

29. Full of tears

37. French river

38. Told on

40. Hillside

41. Peyton's little brother

42. Soviet Socialist Republic

44. Progressive country musician

45. Witness

48. Brews

50. Yellowish-brown

52. Arctic explorers (abbr.)

53. Mexican agave

55. Type of "cast"

56. Popular breakfast food

57. Atomic #52

58. Position north or south of the equator

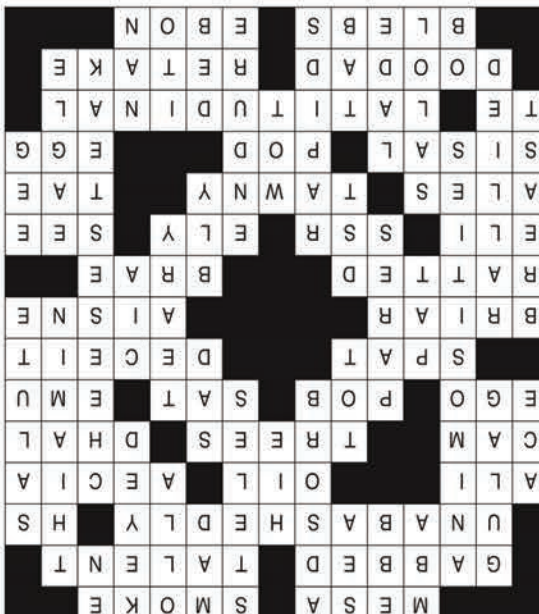
63. Gadget

65. Another recording

66. Irregular bulges in cell membranes

67. Dark brown

Puzzle Solution



East Brookfield Elementary holds back to school celebration

EAST BROOKFIELD — Students and their families recently celebrated the return of classes with the second annual Welcome Back to School Family Picnic at EBES. School staff members were thrilled with the attendance at the Sept. 28 event. The band “Chuck and Mud” provided live music for guests, and free ice cream cones were supplied by Jerry’s Ice Cream Truck (made possible by the school’s parent group, PIE).

“We had a great turnout with about 250 EBES community members. Everyone we talked to loved the event,” said EBES teacher Christine Lavin.

Among the highlights of the event, EBES Principal Ron Tomlin and pre-K teacher Jayne Hines sang along to the band’s performance of “Let It Be” by The Beatles.

Courtesy East Brookfield Elementary School students, parents, and staff members enjoy a fun back-to-school activity.


RICHARD SUGDEN LIBRARY ANNOUNCES UPCOMING PROGRAMS

SPENCER — Richard Sugden Library, Spencer, invites you to learn about “Life As a Nurse In Iraq.” To be held Monday, Oct. 23 from 6—7 p.m., at the Library. Col. Leanne Chabior will share stories about her time spent in the War in Iraq as an US Army Nurse. “Bats: Winged Wonders,” presented by Maureen Heidtmann, is an overview of bats of the world, with an emphasis on our local species. Oct. 26 from 6 -7 p.m. at the Richard Sugden Library, Spencer.

This presentation will cover the persisting myths and misconceptions about these fascinating creatures, the many roles bats play to ensure a healthy planet, the perils bats face in their struggle for survival, their amazing resilience, and what we can do to help. She will also bring a live bat to the program.

Heidtmann is a licensed wildlife rehabilitator focusing on bats, and she has been for over twenty years. She also holds a Master Wildlife Conservationist certificate, and a permit from USDA to keep non-releasable bats for educational purposes.

ATTENTION WEST BROOKFIELD RESIDENTS Hydrant Flushing




The West Brookfield Water Department will be flushing hydrants Oct 16th through Oct 27th during the hours of 7:00 a.m. to 4:00 p.m. Flushing will cause some disturbance in the water mains. The water may appear cloudy but will eventually dissipate. Please plan water use accordingly.

Over the years, Heidtmann has presented programs for children and adults at libraries, schools, nature centers and botanical gardens. For the year 2016, she was the designated regional educator for Bat Conservation International and has done voluntary field-work for BCI.

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NOTICE HYDRANT FLUSHING TOWN OF SPENCER

The Town of Spencer Water Department will be flushing fire hydrants throughout the eastern part of the distribution system starting October 2nd thru October 27th 2023. Flushing removes sediment from the water mains to help maintain water quality. When the Water Department staff is in the immediate area, residents could experience loss of pressure and short periods of rusty water. We are sorry for any inconvenience this may cause. A daily list of the flushing locations will be posted on the Spencer town website www.spencerma.gov each day by 8:00AM (click on Departments, then click Water Department, then click Hydrant Flushing 2023). If you have any concerns, please feel free to contact the Spencer Water Department office at 508-885-7525. Thankyou.

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SPENCER NEW LEADER
PUBLISHED BY
STONEBRIDGE PRESS
PRESIDENT AND PUBLISHER
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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

SPENCER ALMANAC

— REAL ESTATE —

BROOKFIELD

\$295,000, 25 W Main St, Woodard Ft, and Woodard, Susan L, to Mendicino, Christopher, and Mendicino, Nicole M.

EAST BROOKFIELD

None

LEICESTER

\$200,000, 7 Brookside Dr, Riel, James, to Gabbert, Jillian M, and Gabbert, Lowell G.
\$182,500, 89 Charles St, First Landing Invs LLC, to Apb Sales Consulting LLC.
\$175,000, 39 Spring St, Bousquet Richard H Est, and Grimes, Derek S, to 324 Group LLC.
\$120,000, 89 Charles St, Sposato, Tracy L, and Sposato, Tammy L, to 1st Landing Invs LLC.

NORTH BROOKFIELD

\$510,000, 11 King Rd, West Jr, David O, and Folsom, Debra J, to Larue, Glen A, and Larue, Nora J.

SPENCER

None

WARREN

None

WEST BROOKFIELD

None

Paxton Council on Aging offers two more senior bus trips this fall

QCC receives \$675,000 in adult education transition to college funding

PAXTON — The Friends of Paxton Council on Aging and Nancy Wilby offer two more scheduled bus trips this fall in a luxury Wilson Bus Motor Coach.

The first such trip, priced at a reasonable \$100 for all it offers, is on Tuesday, Oct. 24. It is a fall Mystery Tour featuring autumn's vivid colors, a delicious lunch at a well-respected dining spot, an enlightening more-than-hour-long bus tour with a Step-on Guide who will share much history of the area we are traveling.

The delicious lunch consists of the choice of Old-Fashioned Chicken Pie with a Buttermilk Biscuit or Honey Dijon Maple Salmon. Entries will include a garden salad with chef's homemade dressing, potato, vegetable, homemade rolls and muffins, tea, coffee and yummy dessert.

The Mystery Tour that follows will impart much knowledge about the history of this region. Once completed, we will travel a bit, then shop at a Country Farm Stand for a treat and, if desired, a bit of seasonal shopping. Enroute home, the Tour Leader will raffle off an assortment of Gift Cards with many winners.

We start our day at 10:45 a.m. at the Paxton COA and return there at 5 p.m. Payment is due Oct. 11. Payment is non-refundable unless ticket can be re-sold. Our past Mystery Tours have been hailed as "best trip of the year."

For reservations, call Nancy Wilby at 508-792-4662 or mobile phone 508-414-0261, or email Nancy at nwilby1@yahoo.com or rwilby@charter.net. Please make payment to FOCOA and send to Nancy Wilby, 11 Tanglewood Rd., Paxton, MA 01612.

Stay tuned for Dec. 6, Merry Country Christmas at Danversport. If you're so inclined, country or holiday attire is very appropriate. Food is wonderful here. Please join us Dec. 6, as well to wrap up a great traveling season!

WORCESTER — Quinsigamond Community College was awarded \$675,000 in Transition to College funding from the Massachusetts Department of Elementary and Secondary Education (DESE). The funding covers a three-year period and will go towards QCC's Future Focus program, which supports adult learners from adult basic education programs.

"This funding is so phenomenal," said the Coordinator of the Future Focus Program, Gilmarie Vongphakdy. "Transition programs such as Future Focus help support some of our nontraditional students who are often parents, working full-time, or

individuals who haven't used the English language in a college setting before. Also, this funding allows us to increase our offerings from five courses to eight courses and provide laptop loans. Lack of technology is a big barrier for many of our students."

Adwoa Koduah, a Worcester resident who is raising four children and has been working at a senior living facility said that as an adult learner, it was intimidating to go back to school and be around younger people. She said the Future Focus program offered guidance on how to navigate the processes of higher education.

"Future Focus has been a tremendous help. The first step is the most difficult but it's worth it,"

said Koduah.

Another student, Benedicta Boateng, recalled feeling too old to go to college.

"At a point I nearly gave up. I was struggling with a class, but through Gilmarie's encouragement, I passed my class. Future Focus gave me the confidence that no matter my age, with determination I can further my education," Boateng said.

The Future Focus program fully integrates students into QCC, provides academic and college readiness support services to enhance student retention and provides college credit coursework at no cost to the student. Students receive free tuition, fees, books, supplies and transportation if needed.

Visit www.QCC.edu/future-focus to learn more.

Special State Primary set for Oct. 10

LEICESTER — The Town Clerk's office reminds residents that the Special State Primary will be held on Tuesday, Oct. 10.

Voting hours are 7 a.m. to 8 p.m.

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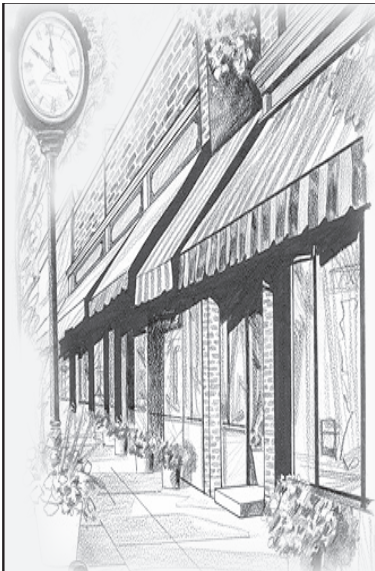
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“Spooktacular” events on tap in North Brookfield

NORTH BROOKFIELD — With the scariest time of the year fast approaching, community members are invited to attend a pair of “spook”-tacular events this month. Spookfest Weekend will take place on Oct. 20 & 21, the perfect opportunity for residents to enjoy some frightful festivities around town. The celebration will kick off on Friday, Oct. 20, with a haunted house event dubbed “Nightmare on Main Street.” The program will run from 6-10 p.m. at the EKH Community Center (173 North Main St.).

Tickets cost \$10 if purchased in advance. Guests will pay \$12 per person at the door.

The Family Fun Spookfest will take place on Saturday, Oct. 21, from 11 a.m. to 3 p.m. at North Brookfield High School. In the event of rain, the event will be moved to Sunday, Oct. 22.

Spookfest is the perfect venue for local boys and ghouls to show off their creative costumes and collect plenty of candy. The event will include a food truck festival, a costume contest, and a trunk-or-treat session. An array of prizes will be available.

Additionally, a ticketed fun zone will feature bounce house attractions; a petting zoo; pumpkin painting; hay pile prize digging; and several games. Tickets for this special fun zone are \$5 per person if purchased in advance (\$7 at the door).

To learn more about the October events, check out www.CoalitionForAHealthyNB.org.

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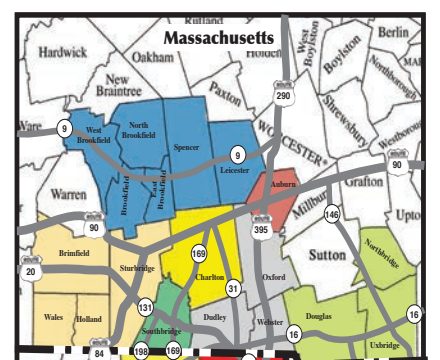
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EDITOR

EDITORIAL Tales of haunting mystery from New England's history

New England, with its quaint villages and rich history, is a region that seems to harbor more than its fair share of ghostly tales and supernatural encounters. As the leaves turn to vibrant shades of orange and red, and the cool winds of autumn rustle through centuries-old trees, it's the perfect time to delve into the chilling world of New England ghost stories.

New England's colonial past and revolutionary history provide fertile ground for tales of restless spirits. Historic cities like Boston and Salem, with their cobblestone streets and centuries-old buildings, are said to be home to ghosts from bygone eras. From the spirit of Paul Revere at the Old North Church to the infamous apparitions at the Salem Witch Trials Memorial, these stories are a captivating blend of history and the supernatural that permeate into the small towns to the northern and southern points of New England.

Along the New England coastline, lighthouses stand as beacons of safety for sailors, but they also carry their own eerie legends. Tales of haunted light-houses, where the spirits of keeper's past are said to roam, have fascinated residents and visitors for generations. These stories illuminate the lonely and mysterious lives of lighthouse keepers.

New England has also inspired some of the most iconic ghost stories in literature. The works of authors like Nathaniel Hawthorne, H.P. Lovecraft, and Edgar Allan Poe are steeped in the eerie atmosphere of the region. Salem's House of the Seven Gables, made famous by Hawthorne's novel, is itself said to be haunted.

These ghostly tales aren't just for those seeking a thrill; they're also a significant part of New England's tourism industry. Ghost tours, haunted inns, and paranormal investigations draw visitors from all over the world, allowing them to explore the spectral side of the region's history.

As we approach the Halloween season, it's important to remember that New England's ghost stories are not just about scares and shivers. They are a testament to the enduring power of storytelling, the fascination with history's mysteries, and the unique blend of the past and the supernatural that characterizes this region.

Whether you're a believer in the paranormal or a skeptic, New England's ghost stories are a testament to the enduring allure of the unexplained. As we gather around bonfires and tell spooky tales this October, remember that these stories are not just about fear but also about our fascination with the unknown, the mysterious, and the timeless spirit of New England.

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

What does it mean to be a man?

To the Editor:

To be a true man one must be masculine. And in order to do so, he must have a blend of character traits about it. These are obviously not things he is born with, but rather things he develops as he ages.

For starters, let's talk about appearance and capability. There are all kinds of men. However, an ideal man should be a sort of blend of different kinds of men. He should be the type of man who is both rugged and refined. A man who can leave his office job and go home to fix the family car. A man who can enjoy both whisky and wine. A man who feels comfortable in a suit and a pair of Oxfords, as well as overalls and work boots. One who enjoys both Rock and Roll and Classical music. To be too much of one kind of man is to not be a well rounded man. The overly rugged man is often criticized for his lack of culture, lack of book-smarts, and poor appearance in some cases. As the refined man is often judged by his lack of physical prowess, handiness, and often times lack of athletic ability. Have you ever heard of the "Muscular Scientist?" As a man you should strive to be both strong and intelligent. Brains and brawn. The Scholar and the Soldier. Both have their advantages, however being one without the other comes with its disadvantages. You should strive to be versed in history and the sciences as well as be able to play a game of football with the lads or lay cement in your own basement. You should be able to both provide and protect. It is your basic duty as a man.

As far as the ideology of a man are concerned a man should be as close to a stoic as possible without coming off as uncaring, dour, or egotistical. This doesn't mean you shouldn't laugh or have fun. It's actually very important to show the world you are an outgoing, high spirited, and loving individual. Take time to show the world you are adventurous and compassionate. Simply put it means as a man you are often put in situations that require you to be the decision maker, to respond to stressful situations, to be responsible for others. And in doing so, you should

always be cool, calm, and collected. Be firm in your actions, do not make excuses, and do not second guess yourself all the time.

In a way all men should strive to be leaders in some avenues of their lives. Whether it's their family, their workplace, or elsewhere. You are responsible for decision making and if you appear disingenuous or emotionally unstable, no one will trust you. People put their trust and faith behind a man who is worth his salts on the battlefield. Metaphorically or physically. Some decisions are difficult but it's important to remain levelheaded. Other times many times happen that are outside of our control. And in that case, you must also remain mentally strong.

One of my favorite quotes comes from the stoic philosopher Marcus Aurelius who was Emperor of Rome and goes as such: "To be like the rock that the waves keep crashing over. It stands unmoved and the rage of the sea falls still around it."

Men do not have the same support network that woman and children have. Most of the time it's you that others are relying on whether they admit that or not. Men are going to go through struggles from an early age. And to have the ability to pick himself back up and stand on his feet after he loses his job, the love of his life, all of his money or anything else that might cripple a man. He must walk away from a bad situation and keep carrying on. Men, stick your chest out, lift your head up and face your struggles as well as adversity with immeasurable fortitude and gallantry. When it's the middle of the night and your world seems to be falling apart, you don't know where the money is going to come from to pay your bills, everyone is mad at you, you don't know what your next move is going to be... that... is when true courage shows through. Your forefathers fought in the trenches overseas. You can handle anything life throws at you. So be the man they deserve. Be the man you deserve to be.

VAUGHN SCHLEGEL
NORTH BROOKFIELD

Our veterans deserve a dignified resting place

To the Editor:

Last week, we visited my mother's grave. It made me feel sad to see all the World War I and World War II veteran' flat stones that were overgrown.

If you have a spare minute, could you and a friend, etc. help out near

you?
Yours truly,

JUDY PAS
WEST BROOKFIELD

P.S.: Don't forget to say thank you to a veteran for our freedom.

Let's make every Spencer child's Christmas a happy one

To the Editor:

We are getting ready to kick off the 2023 Christmas season, and it is our hope to help make a Spencer child's Christmas a happy one. Last year, more than 200 Spencer children received gifts for Christmas through the efforts of this generous community. We cannot do it without your help. Monetary donations, new toys and family/child sponsors who "adopt" them are what makes our world go around.

We are under the Spencer Exchange Clubs Charitable Trust Foundation. Spencer Toys for Tots is now called Spencer Toys for Kids. With this merge we are able to use their 501(c)3 status so we will not have to pay tax on the toys we purchase. This helps us a lot! I've been a proud member of Spencer Exchange Club for more than 25 years, and the generosity of its members are second to none!

Spencer Toys for Kids has been helping Spencer families for more than 50 years. We have a main distribution the third week of December, but we will fill all needs right up to Christmas. Children 14 years old and younger receive gifts & stocking stuffers. Applications will be available starting the first week of November at Spencer Post Office & ERA Key Realty, 415B Main St. We have also downloaded them to our Facebook page. Monetary donations can be sent to: Spencer Toys for Kids, P.O. Box 186, Spencer, MA 01562. One hundred percent of these donations go right to the kids. We have no administrative fees! New, unwrapped toys can be dropped off at Spencer

Fire Department, Cornerstone Bank (Spencer office) & ERA Key Realty. If you would like to "adopt" a family let us know! We will supply you with a child/family "wish list." This part of our program is amazing! It enables us to do a little bit better for the kids that are not sponsored. I wish you could see the wonderful gifts that come in.

My office at ERA Key Realty Services becomes Santa's workshop in November and December where we collect, sort & distribute to the families. We are grateful to the owners for allowing us to take over the building and sometimes the staff to get this done.

We have a handful of dedicated shoppers who run with the rest of the lists and purchase items with such great care with your monetary donations. They shop the sales, multiple stores and even venture out on Black Friday to get the most bang for your buck. They do this year after year and we are lucky to have them.

Items like mittens, warm socks and hats, fuzzy blankets²⁰ are always great to have also! Follow and like us on Facebook Spencer Toys for Kids. We will keep you updated on our page as to what is going on during the Christmas season with our program. This program runs as well as it does because we are blessed with people who care in this community. Let's work together to help make a Spencer child's Christmas a happy one. Thank you!

DONNA MORIN-FLANNERY
DIRECTOR
SPENCER TOYS FOR KIDS

When should you sell investments?



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If you're a long-term investor, your portfolio may stay fairly stable over time. However, that doesn't mean you will never sell any investments. But when should you sell — and why?

Here are some scenarios to consider:

If an investment has consistently underperformed – For one reason or another, some investments may not live up to your expectations. Rather than holding these investments in the hope that they will eventually show consistently positive returns, you might be better off selling them and using the proceeds to buy other investments that could help you make progress toward your goals. Keep in mind, though, that short-term price swings are inevitable for virtually all investments, so you may not want to sell an investment after just a few price drops, as it may still have strong fundamentals and good prospects.

If the investment itself has changed – The nature of some investments, such as stocks, can change over time. Stocks represent companies, and companies can evolve and adapt — or not. So, you may own shares in a company whose management has changed or whose products are less competitive than they once were. If this company no longer seems like a sound investment, you may consider selling your shares and moving on.

If an investment is "redundant" – Over time, you may have added investments that are similar to others you already own. If you do have too many investments that are alike, you risk not having a fully diversified portfolio, and while diversification can't always protect against all losses or guarantee profits, it can help reduce the impact of market volatility on your holdings. Consequently, you might want to sell an investment that may now be "redundant" to your portfolio and replace it with another one that could boost your diversification efforts.

If an investment takes up too much space in your portfolio – If you bought an investment years ago, and it's grown substantially in value, it could eventually take up more space in your portfolio than you had intended, which could expose you to more risk than you'd like — because too much of any single investment may leave you more vulnerable to market downturns. Of course, if the investment is still appropriate for your needs, and still has a good outlook, you may not want to totally liquidate it, but you could consider scaling back on the shares you own.

If your own needs have changed – You originally created your investment mix to help you reach certain goals, such as a comfortable retirement. And during much of your working life, you could possibly afford to invest primarily for growth, accepting the risk that comes along with that approach, as you knew you'd have time to potentially overcome the short-term volatility that's part of investing. But as you near retirement, you may want to lower your risk level. Consequently, you could decide to sell some of your growth-oriented investments and move the money into income-producing ones. However, even during retirement, you'll still need your portfolio to provide some growth opportunities to help you ahead of inflation.

Generally speaking, you may not want to do a lot of selling (or buying) of investments once you've built a portfolio that's appropriate for your goals, risk tolerance and time horizon. But if you are going to sell investments, make sure you do so for the right reasons.

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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Fishing on the Salmon River

Upstate New York River was hot last week fishing on the Salmon for a couple of local



This week's picture shows Jerry Gareri with a bear he shot recently in Maine. His son John also filled his bear tag. Nice bear!

anglers. Fishing Lake Ontario is also great from a boat, away from a somewhat crowded shoreline of the river. Hooking into a king salmon is a lot more enjoyable from a boat, allowing the angler to let the fish make numerous runs,



Young Aidan caught this four-pound, 14-ounce largemouth bass on a chatter bait. Nice fish!

nearly peeling off the line capacity of the reel before the huge fish is brought to the net!

Local trout stocking of numerous ponds and rivers should start to receive their annual fall stocking of trout by the time you read this column. You can check out the stocking list on Mass. Web site at MassFishHunt.

Acquiring a surplus antlerless deer permit in Mass. was a lot different than in past years. Waiting at the computer at 9 a.m., when they were supposed to go on sale, was a bit confusing as you sat and waited for the system to finalize the transaction. If you were patient, you were awarded the zone that you were trying to buy. The \$10 fee did not seem to be a major problem for most hunters, with many hunters purchasing multiple permits. Last year, all of the surplus antler-



THE GREAT
OUTDOORS
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RALPH
TRUE

less deer permits in Zone 9 were sold out in less than 10 minutes.

The Whitinsville Fish & Game Club will hold a harvest dinner on Oct. 28 at 6 p.m.! The event is open to the public! To reserve your tickets, you can call the club or go online.

The Whitinsville Fish & Game Club and Mass. Fish & Wildlife will sponsor a field day hunter education class on Oct. 22 at the club for anyone wanting to get a certificate to apply for a Mass. hunting license.

To register, go online at MFW and scroll down to WF&G club to register. The class will fill up fast, so do it today.

Take A Kid Fishing & Keep them Rods Bending!

DIY Projects Capture Autumn's Brilliance

Few simple pleasures compare to the colorful show of a New England autumn. Why not capture that brilliance with projects that will recall crisp, fall days of yore? Read on for nostalgic inspiration and instruction to spotlight the blazing color that comes but once a year.



TAKE
THE
HINT

KAREN
TRAINOR

Botanical Prints
Botanical prints are timeless and vintage examples command premium prices. Here in New England, we are surrounded by nature's foliage, which have natural dyes and just happen to make the most appealing botanical wall hangings. Here's how:

Materials: Pliable, colorful autumn leaves, the darker the better; parchment or rag paper (resume paper that is at least 25% rag content also works); absorbent paper towels, flat end hammer.

Directions: Clean off any dirt or debris from the leaf. Place one sheet of parchment or rag paper on a flat, clean and sturdy surface such as a workshop table or cutting board. Place leaf flat down on surface. Cover with a few layers of paper towels. Using even force, tap the entire area of the leaf (to gauge the area, outline the leaf with pen on the paper towel to use as a guide). This step helps to anchor the leaf to the paper. To release the leaf's natural dyes, go over the leaf surface again, hammering every inch of the leaf. When done, do the same work-

ing in the opposite direction. Don't be afraid to take a peek every once in a while to check your progress. When done, peel the leaf from the paper to expose the print!

To preserve the color of the print, spray with an acrylic protectant. Mat and frame individual prints, or create a collage of different leaves and colors!

Note: Brighter colored leaves such as Japanese Maples create the most vivid colors.

**** Autumn Luminaries**
The most colorful and textural fall leaves are literally "in the spotlight" with this homemade luminary project. Use either a real or flameless candle to create a variety of different mood lighting.

Materials: Dried and pressed leaves (drying between weighted newspaper or paper towel

pages results in leaves that are dry, yet pliable; Mod Podge (available at craft stores); canning jar.

Note: Lighter leaves allow for more illumination.

Instructions: Using a paintbrush coat the entire outside of the canning jar generously with Mod Podge. Do not coat the bottom of the jar of the rim area. While jar is still wet, place leaves onto the jar and press in place. Brush over the leaves with another coat of Mod Podge.

Note: Keep in mind spacing leaves apart allows more light to shine through. Overlapping leaves collage style creates a denser jar and dimmer light.

Once leaves are placed, dab or stipple the Mod Podge in the clear spaces. This little extra effort will pay off when the light shines through and shows off the texture rather than brush strokes.

Allow to dry overnight, and then apply one last coat of Mod Podge. As a final touch, spray the outside surface of the jar with an acrylic finish. Again, allow to dry completely. To use, place a contained tea light can-

dle or flameless candle inside the jar.

**** Foliage Garlands**
Garlands strung across a mantle or doorways are timeless autumn décor, but why buy faux foliage when you have the real thing right outside your door?

Note: If you are not using preserved leaves, this garland only gets better with age for as they dry, they curl up and take on a new look!

Materials: Colorful fall leaves (crimson and yellow Maple leaves are best); Mod Podge (available at craft stores); plastic straws; twine; hot glue or tape

Instructions: Choose flat, clean leaves. Dry by pressing until all moisture is removed (press between weighted newspaper and paper towels). Carefully brush Mod Podge on each leaf. **Note:** Do one side at a time and allow to fully dry. Cut straws in half inch length. Attach a straw piece to back of each leaf with hot glue or strong tape. String each leaf on twine and hang!

Win Dinner for Two at the Publick House

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

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the 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.

LETTERS TO THE EDITOR

The importance of using good eye contact during conversations

To the Editor:

What a great pleasure it is to converse with someone who speaks with a clear, concise, direct, and smooth pitched voice. Then really noticing that person's excellent eye contact with you, as your conversation continues. Now, just for a few, direct, meaningful words prior to continuing with the extreme importance of giving good eye contact with people when you are "one on one" with that person or with a group of people.

I am not going to dance around the subject of the importance of using good eye contact when you are talking with someone, or with a group of people. Neither do I intend to be wishy-washy in my explanations. Neither do I intend to be evasive. My desire is not to come across too pompous in my words. It is not my intent to tell you that I am a know it all about the subject either. Heuristically speaking, neither am I asking you to discover on your own the importance of using good eye contact in conversations. It could do violence to reason if one doesn't know the importance of good eye contact when engaged in conversation, and does not use this very important tool of communication.

Therefore, I am now prepared to continue with the purpose and essence of making good eye contact, one on one and with a group of people:

Creates an atmosphere of understanding
Builds respect between people
Shows an interest in the conversation
Enhances self-awareness
Displays a feeling of trust and honesty
Assists in creating a bond between people
Acts as a tool to focus on the conversation
Helps each other remember what was said
Creates a bond between people

The major reason and purpose of writing this letter is for all of us to remember and be aware of the importance of making good eye contact when we are talking to someone one on one or when we are in a group of people.

P.S.: If you are already making good eye contact, when engaging in a "one on one" conversation or with a group of people — how great is that! If you feel you need improvement, my hope is that this letter helped! And if you liked this letter, keeping reading the Spencer New Leader.

DONALD L. GAUDETTE, SR.
SOUTH HADLEY

Editor's note: The author is a former longtime resident of Brookfield.

America will rediscover its greatness when we return power to the people

To the Editor:

When will American greatness kick in? This is a reference to Mr. Ken Kimball's question!

When President Biden is removed or replaced and we return this country and our nation to the Constitution, the Republic for which it stands united together for the people under God's moral laws. The United States Constitution exists, established to serve its citizens, the people, under God and not the elected officials and

their entourage.

The Constitution was written in 1787 and ratified in 1788, and has been in operation since 1789. These United States and its Constitution is the worlds longest surviving written charter of government. Its first three words, "We the People," affirming that the government of these United States was instituted for the people.

ROLAND BLAIS
BROOKFIELD

Finding inspiration in the life of Victor Frankl

A life that exemplified triumph over the deepest abysses of despair is that of Viktor Frankl. During World War II, Viktor Frankl was stripped of everything amidst the unimaginable horrors of Nazi concentration camps.

Frankl was born in 1905 in Vienna, Austria, into a Jewish family. By the time he was a young man, the Nazis rose to power, and their grip tightened on Europe; they enacted anti-Jewish laws in Austria, imposing severe restrictions on the Jewish community. These laws affected every facet of Jewish life.

Frankl, a practicing psychiatrist and neurologist, was barred from treating non-Jewish patients due to these oppressive policies. However, instead of being entirely sidelined, he took on a crucial role at the Rothschild Hospital in Vienna. This establishment became the sole haven in the city that continued to admit and treat Jewish patients amid the growing anti-Se-

mitic environment.

In 1942, he could have escaped to the United States and avoided The Holocaust's encroaching menace. However, unwilling to leave his beloved wife Tilly and his parents, he chose to stay with his family.

That year, the Nazis arrested Frankl, his wife, and his parents, uprooting them from their regular lives and forcing them into the Jewish Ghetto.

The Nazis deceitfully paraded the Ghetto as a "model" Jewish settlement. Of course, that was just a facade. It was overcrowded, with scarce food and clean water. Diseases ran rampant; fear and death were a constant companion.

The ghetto primarily served as a transit camp, directing Jews to imminent killing centers and concentration camps.

The Frankl family faced their darkest hour when authorities ordered them to the notorious concentration camp Auschwitz.

Upon arrival, authorities forced them to relinquish all possessions,

shed their clothing, shave every strand of hair, and don the crudest rags.

"We really had nothing now except our bare bodies -- even minus hair; all we possessed, literally, was our naked existence," a Frankl later remarked.

After the devastating loss of Frankl's mother to the Nazi's brutality, he and the love of his wife, Tilly, found fleeting solace in their shared embrace.

Tragically, the Nazis separated them, sending Tilly to meet her death in a distant camp.

Despite his grief, Frankl noticed those who held onto a sense of purpose managed to endure their days with a hint of strength.

In contrast, those who lost touch with meaning quickly fell apart, their spirits shattered, and they died faster.

He noticed that even a simple dream, a memory, or the hope of seeing a loved one again could fuel an individual's drive to endure another day.

Turn To **POSITIVELY** page **A10**

Create your own garden soil

Fall is filled with preparing gardens for the following season, raking leaves, and harvesting. Use plant trimmings and fall leaves to create raised beds and a quality planting mix without disturbing the existing soil. When you minimize or eliminate tilling, you'll increase organic matter in the soil, maintain and over time improve soil health and structure, save water, and boost plant growth.

This no-dig gardening technique employs sheet composting, also known as lasagna gardening, to create planting beds. Plant trimmings are used to create multi-layered beds like you would when building a compost pile. The mixture used is not as precise and you do not turn it like you would a compost pile.

Start your lasagna garden by measuring and marking the garden bed. Edge the outline of the garden bed, if needed, to slow the infiltration of the surrounding grass and weeds. Cut any grass and weeds in this area very short and cover with moist newspaper or cardboard to smother these unwanted plants. The grass, weeds, and paper layer will eventually decompose adding organic matter to the soil. Sprinkle a layer of compost over the initial layer, if needed, to hold the newspaper or cardboard in place. Top this with four to ten inches of plant trimmings such as fall leaves, plant-based kitchen scraps, herbicide-free grass clippings, straw, or other similar materials. Sprinkle a low nitrogen, slow-release fertilizer over this layer to feed the microorganisms that will help convert the trimmings to a rich planting mix. Cover with an inch of compost. Repeat the layers, just like making lasagna, until your garden is 18 to 24 inches high. Fall is a great time to create your beds since you have an abundant supply of the needed ingredients. Or stockpile these ingredients until you have time to build the garden beds. You can plant transplants



The bottom layer of a Hugelkultur garden consists of logs, branches, and fall leaves.



GARDEN
MOMENTS
.....
MELINDA
MYERS

directly in your lasagna garden bed at the start of the season, even in a freshly built garden bed. Just sprinkle compost or potting mix on top of the beds when planting seeds. Hugelkultur, or mound gardens, have been used in Germany for many years and take this one step further by placing the garden at a lower elevation and perpendicular to water runoff. The garden can be started in a trench or on the soil surface. Starting the garden below ground captures more stormwater runoff but may require extra tools, equipment or help with digging. The garden can be any size and height depending on the available materials and your gardening goals. The sides can be steep or more gently sloped which reduces the risk of freshly planted seeds washing out during rainfall. The bottom layer is made of logs, branches, and fall leaves. Do not include black walnut, which is toxic to many plants, or cedar and black locust which are very slow to decompose. The rotting logs and branches absorb water, making it available to the plants in the garden. As the tree trimmings decompose, they add nutrients to the soil. Research and experience show these woody

plant materials do not deprive plants of needed nitrogen. Instead, it will provide the plants with needed nutrients for five to ten or more years. Next, add the layers of a lasagna garden atop the bottom layer. Then top it all off with several inches of soil. You can also use these methods to create the planting mix needed to fill raised bed structures. Not only will you save money, but you will put landscape trimmings to work, creating a quality planting mix for growing your favorite vegetables and flowers. These beds gradually settle but the benefits remain. Add compost or repeat the sheet composting process as needed to maintain the desired depth. Building a healthy soil foundation is a long-term solution to growing productive gardens with fewer pest problems that require less ongoing maintenance. 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.

POSITIVELY

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Despite losing his family and possessions, Frankl realized that one thing remained untouched: his power to choose his attitude, the truest possession anyone holds. Miraculously, in 1945, allied soldiers freed Frankl from the concentration camps.

His experience inspired him to write "Man's Search for Meaning," a seminal work in existential literature that resonated with readers worldwide. Despite facing immense suffering, he found purpose in it all. He argues that life has meaning even in the most dehumanizing and pitiless conditions. He argued that the primary motivational force in humans is the pursuit of that meaning.

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom," he famously reflected.

FIRE

continued from page A1

Service Training Association.

"It was fairly easy to transfer over, and our program schedule is also fairly the same," Dupuis said. "My goal is to provide these students with an awareness level in academics and skills in fire science."

The Sept. 19 School Committee meeting was highlighted by a demonstration of skills from two LHS students enrolled in the program, Greg Pappas and Veras Cabrera. Among several other skills, the students showed how quickly they are able to don firefighting gear to respond to an incident.

Additionally, Dupuis

discussed the skills required to be ready for fire responses, as well as critical thinking skills that can be developed by students to maximize efficiency.

"People always ask me what defines a successful school district, and my response is exactly what was presented at our School Committee meeting on Sept. 19," Kustigian said. "It's that lightbulb moment when you see students mature in front of your eyes."

The program will also give students a significant head start if they ultimately choose to pursue a career in fire science. Job opportunities in the field include firefighter, fire investigator, fire sprinkler technician, fire science professor, fire marshal, fire chief,

After returning to Vienna, Frankl created a new psychiatric therapy named logotherapy, rooted in the belief that humanity's primary drive is the search for meaning. Logotherapy posits that individuals find purpose and fulfillment not in avoiding suffering but in how they respond to it. Through this lens, even the gravest challenges can be met purposefully, underscoring the innate human capacity to extract meaning from any situation. Frankl's journey forces us to confront our existence and the situations that bind us. Perhaps your chains aren't as visible or as oppressive as those of a concentration camp, but they are chains nonetheless. Can we, like Frankl, find that space between stimulus and response? For in that space, we too can decide. The world, at times, seems devoid of meaning. The life of Victor Frankl can be a guide to finding meaning in your life, helping to fuel your purpose with strength.

PRODUCE

continued from page A1

fresh organic vegetables and fruits are harvested every day on the grounds of the proudly displayed farm in West Boylston. From squash to corn and cantaloupe to eggplant, the 15-acre farm grows a wide variety of healthy produce that is provided to those in need or used for meals in the correctional facility.

Recently, the Worcester County Sheriff's Office Community Outreach team visited the Mary Queen of the Rosary Parish Food Pantry and delivered more than 75 pounds of fresh

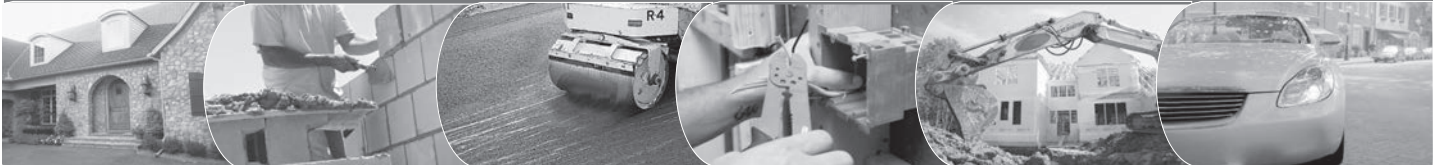
organic produce. These fruits and vegetables were used in meal programs and distributed to those whom the organization serves. "Running a food pantry is a community project," commented Moe Wilson, coordinator at the Mary Queen of the Rosary Parish Food Pantry. "We appreciate the fresh produce the Sheriff's Office delivered. Most of our clients live in apartments and are not capable of growing fresh produce for themselves. God Bless you and thank you for helping us to feed so many in need."

Since taking office in 2011, Sheriff Lew Evangelidis has remained committed to developing the organic farm and serving the communities he represents. The Worcester County Jail and House of Correction boasts the largest organic farm on a correctional facility in Massachusetts.

"The Sheriff's Office's Organic Farm is a tremendously positive program," commented Evangelidis. "The farm allows our department to give back to the communities that we work to keep safe. It also teaches select incarcerated individuals a structured lifestyle, the importance of constructive community involvement, and the dignity that comes along with a steady job or purpose."

The department will continue their 2023 distributions as long as the growing season will allow.

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SEND

WRITERS

continued from page A1

If time allows, a practice writing prompt will be completed during the session. Otherwise, members take the prompt home and discuss it during the following month's session.

Last month, group members explored the elements of characterization, including how to profile a character. A worksheet went home with each member.

"My favorite part of the meeting is when each member reads their work as we follow along. It's interesting to hear their thoughts and listen to their creativity," Legasey said. "As a group leader, I like listening to their voice move in the work they present. Their confidence radiates as the months move on. It's especially noticeable in the voice of the beginner writer who begins to believe in their writing and is a regular attending member."

Another favorite experience for Legasey is seeing a member finish a book and move on to the publication process.

With a writing and storytelling background that began at the age of 12, Legasey always enjoys working with writers of all experience levels.

"I got most of my ideas from something I learned and/or wondered about. Then I would make up a story to tell my younger siblings," Legasey recalled. "I always journaled and found writing to be fun. In college, I filled my schedule with English classes. When my children were small, I liked reading a bedtime story to each of them."

Legasey has attended a 13-week workshop with

Quaboag Writers, multiple CBWI conferences, and writers' conferences in New York. Her most recently published book is "St. Patrick's Day Creative Pet Festival."

Looking ahead, Legasey is eager to continue writing the sequel to her book, "The House of Wonder."

If you are interested in learning more about the writing group, contact the library.



Members of Writers United share the joy of creativity at Richard Sugden Public Library.

Courtesy

OBITUARIES

Lucille I. Sweet, 92



WARREN: Lucille I. (Arsenault) Sweet, 92, of Warren, passed away peacefully on Thursday, Sept. 28th, in Oakland, N.J.

She leaves her husband of 61 years, James D. Sweet, Sr., her sons; James D.

Sweet, Jr. and his wife Amy of Panama City Beach, FL., Glenn Sweet and his husband Scott Mackin of Wayne, N.J. with whom she and her husband had been living with, her daughter; Michelle Grant and her husband Robin of Colchester, CT., her sister; Claire Letendre of Spencer, 6 grandchildren; Jessica, Nicholas, James III, Sarah, Nicholas and Ethan, 4 great grandchildren; Kylee, Ryan, James, and Demi, a great great granddaughter; Aspen and several nieces and nephews. She is predeceased by her son;

Mark Sweet in 2017, daughter; Brenda Quintal in 2020, grandson; Michael Frazier and brother; Arnold Arsenault, Sr.

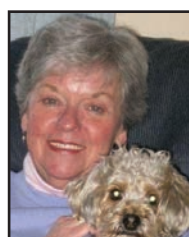
Lucille worked at Quaboag Nursing Home in W.Brookfield for many years prior to her retirement.

She was born at home in Spencer, the daughter of Arnold and Gertrude (Derosier) Arsenault. She enjoyed playing cards, fishing and spending time with her family.

Lucille's funeral was held on Wednesday, Oct. 4th at 11 a.m. in the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer. Burial followed in Worcester County Memorial Park, Paxton. A calling hour preceded the services on Wednesday from 10 to 11 a.m.

Memorial donations may be made to the American Cancer Society, 30 Speen St., Suite 250, Framingham, MA 01701. www.morinfuneralhomes.com

Suzanne B. Martin, 84



BROOKFIELD - Suzanne B. (Berthiaume) Martin, 84, died Sunday, October 1 surrounded by her loving family.

She was the wife of Earl J. Martin, Jr. who died in 2019.

She leaves a son, David E. Martin and his fiancée Stefanie of North Brookfield, three daughters; Lori A. Gregoire

and her husband Paul of Spencer, Lynn M. Bartholomew of Spencer, Luanne C. Frantz and her husband Patrick of Atlanta, GA.,

a brother, William Berthiaume of Houston, TX., a sister, Joanne Bulak and her husband Richard of Sturbridge, 11 grandchildren,

17 great-grandchildren and many nieces and nephews.

She was predeceased by a brother Paul Berthiaume who died in Vietnam serving his country in 1965.

Born in Worcester, she was the daughter of William & Lillian (Boisvert) Berthiaume.

Sue worked as an inspector at Reed Rico in Holden for 15 years before retiring in 2001.

She was a past member of the Spencer Fire Department Women's Auxiliary and American Legion Gaudette-Kirk Post 138 Women's Auxiliary.

She loved spending time with her family, especially her grand and great grandchildren. Her family was her life. One of her fondest memories is time at the lake house watching the grandkids play and swim. Mom, you will be missed immensely.

At the family's request no services are planned. Following cremation, burial of ashes will be held in Worcester County

Memorial Park in Paxton at a later date and at the convenience of the family.

Please make a donation in Sue's name to a charity of one's choice.

The J. HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is assisting the family with arrangements.

www.morinfuneralhomes.com

John C. Emerson, Jr., 83

WEST BROOKFIELD - John C. Emerson, Jr., 83, of West Brookfield, died on Saturday, September 9, 2023 at his home.

He leaves his two caring grandsons, John C. Emerson, IV, and Thomas Emerson and his girlfriend, Skye, both of West Brookfield; one brother, Russell Emerson and his wife Rita of North Brookfield; a sister, Elizabeth Ducharme of Warren, as well as several nieces and nephews. He was predeceased by his wife, Vivian E. (Gagnon) Emerson and his son, John C. Emerson, III.

He was born in North Brookfield, son of the late John C. and Lois E. (King) Emerson. John worked as a truck driver for Chase Precast in North Brookfield for 42 years.

He was a member of the former Meridian Sun Lodge of Masons in North Brookfield.

Services for John will be held privately. Burial will be in Quabbin Park Cemetery,

Belchertown Rd., in Ware. In lieu of flowers, memorial donations may be made to the American Cancer Society at donate.cancer.org

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting his family with arrangements.

An online guest book is available at varnumfuneralhome.com

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POLICE REPORTS

Leicester Police Log

THURSDAY, SEPTEMBER 21
12:54 a.m.: mv stop (Pleasant Street), verbal warning; 7:27 a.m.: abandoned mv (Chapel Street), spoken to; 9:22 a.m.: ambulance (South Main Street), transported; 9:32 a.m.: assist citizen (Siani Road); 1:37 p.m.: ambulance (Sever Street, Worcester), transported; 5:23 p.m.: mv stop (Marshall Street), name and address redacted from police log, op w/suspended registration, uninsured mv, criminal application issued; 7:37 p.m.: mv stop (Main Street), written warning; 11:37 p.m.: mv stop (South Main Street), spoken to.

FRIDAY, SEPTEMBER 22
12:35 a.m.: mv stop (Main Street), spoken to; 12:56 a.m.: mv stop (Pleasant Street), verbal warning; 3:08 a.m.: accident (Main Street), report taken; 4:35 a.m.: mv stop (Main Street), citation issued; 9:38 a.m.: assist other PD (Main Street), services rendered; 10:27 a.m.: welfare check (King Street), spoken to; 11:29 a.m.: ambulance (Queen Street, Worcester), transported; 4:42 p.m.: investigation (Main Street), report taken; 5:05 p.m.: investigation (South Main Street), report taken; 5:23 p.m.: assist other PD (Reservoir Street), services rendered; 6:16 p.m.: mv stop (Main Street), verbal warning; 6:23 p.m.: investigation (Maple Street, Spencer), name and address redacted from police log, marked lanes violation, leaving the scene of a property damage accident, no inspection sticker, report taken; 7:16 p.m.: welfare check (Main Street), assisted; 7:33 p.m.: disturbance (Mayflower Circle), resolved; 9:29 p.m.: mv stop (Huntoon Memorial Highway), name and address redacted from police log, improper turn, unlicensed operation, criminal application issued; 9:54 p.m.: welfare check (Main Street), assisted; 10:15 p.m.: suspicious mv (South Main Street), resolved.

SATURDAY, SEPTEMBER 23
2:16 a.m.: mutual aid (Spencer Fire Department, Spencer), services rendered; 4:49 a.m.: ambulance (Huntoon Memorial Highway), transported; 11:43 a.m.: ambulance (Main Street), transported; 1:05 p.m.: ambulance (Main Street, Worcester), transported; 5:05 p.m.: restraining order service (Towtaid Street), served; 5:17 p.m.: restraining order service (Main Street), unable to serve; 5:22 p.m.: ambulance (Huntoon Memorial Highway), transported; 7:43 p.m.: disturbance (Pleasant Street), spoken to; 8:41 p.m.: accident (Stafford Street), report taken; 9:19 p.m.: ambulance (Woodland Road), transported.

SUNDAY, SEPTEMBER 24
5:28 a.m.: commercial alarm (Main Street), false alarm; 8:26 a.m.: accident (Whittemore Street), report taken; 9:00 a.m.: ambulance (Main Street), transported; 10:24 a.m.: ambulance (Main Street), transported; 11:24 a.m.: disabled mv (Main Street), mv towed; 11:33 a.m.: erratic operator (Main Street), spoken to; 12:08 p.m.: ambulance (Main Street), transported; 3:04 p.m.: assist other PD (South Main Street), message delivered; 3:21 p.m.: family problem (Town Beach Road), gone on arrival; 4:24 p.m.: mv stop (Main Street), spoken to; 4:59 p.m.: mv stop (Stafford Street), spoken to; 5:42 p.m.: mv stop (Stafford Street), verbal warning; 6:35 p.m.: suspicious mv (Stafford Street), spoken to; 6:54 p.m.: erratic operator (Main Street), gone on arrival; 7:03 p.m.: ambulance (Mayflower Road), transported; 7:21 p.m.: suspicious mv (McCarthy Avenue), resolved; 7:44 p.m.: mv stop (Main Street), name and address redacted from police log, unlicensed operation, speeding, criminal application issued; 8:07 p.m.: mv stop (Main Street), Bismark Abban, 26, 221 Old West Warren Road, Warren, unlicensed operation, arrest; 8:42 p.m.: ambulance (Pleasant Street), transported; 10:15 p.m.: ambulance (Towtaid Street), transported.

MONDAY, SEPTEMBER 25
12:43 a.m.: suspicious mv (Marshall Street), assisted; 8:12 a.m.: debris in road (Craig Street), resolved; 11:25 a.m.: assist citizen (South Main Street); 11:32 a.m.: investigation (Main Street), report taken; 12:25 p.m.: fraud (Lake Avenue), report taken; 1:26 p.m.: animal complaint (Rawson Street), referred to ACO; 2:16 p.m.: investi-

gation (Lake Avenue), report taken; 2:30 p.m.: ambulance (Main Street), transported; 2:56 p.m.: investigation (Cricklewood Drive), report taken; 3:17 p.m.: disturbance (Main Street), resolved; 3:37 p.m.: assist citizen (Mill Street); 4:33 p.m.: arrest warrant service (Clark Street), unable to serve; 5:49 p.m.: assist citizen (South Main Street).

TUESDAY, SEPTEMBER 26
12:30 a.m.: mv stop (Pleasant Street), verbal warning; 5:13 a.m.: ambulance (Main Street), transported; 5:38 a.m.: suspicious mv (King Street Extension), resolved; 6:41 a.m.: ambulance (Henshaw Street), transported; 8:28 a.m.: mv stop (Paxton Street), citation issued; 8:50 a.m.: assist citizen (Marshall Street); 9:34 a.m.: ambulance (Auburn Street), transported; 10:07 a.m.: parking complaint (Washburn Square), services rendered; 10:40 a.m.: assist citizen (South Main Street); 11:07 a.m.: mv stop (Pleasant Street), verbal warning; 11:28 a.m.: assist citizen (Paxton Street); 12:49 p.m.: trespassing (Pleasant Street), resolved; 12:56 p.m.: ambulance (Howe Village, Spencer), transported; 2:23 p.m.: ambulance (Ferncroft Road), transported; 5:38 p.m.: ambulance (Craig Street), transported; 7:16 p.m.: malicious mischief (Pleasant Street), report taken; 8:27 p.m.: mv stop (Main Street), verbal warning.

WEDNESDAY, SEPTEMBER 27
1:13 a.m.: mv stop (Stafford Street), citation issued; 2:14 a.m.: disturbance (Flint Way), spoken to; 6:04 a.m.: investigation (Soojians Drive), report taken; 7:36 a.m.: mv stop (Paxton Street), written warning; 7:50 a.m.: mv stop (Paxton Street), written warning; 7:59 a.m.: mv stop (Main Street), citation issued; 8:52 a.m.: ambulance (Main Street), transported; 8:59 a.m.: suspicious mv (Lake Drive), services rendered; 9:23 a.m.: mv stop (Main Street), citation issued; 11:07 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:47 p.m.: suspicious mv (Huntoon Memorial Highway), spoken to; 1:49 p.m.: ambulance (Henshaw Street), transported; 1:49 p.m.: mv stop (Main Street), verbal warning; 2:05 p.m.: fraud (Howard Terrace), spoken to; 2:07 p.m.: restraining order service (Rawson Drive), served; 3:38 p.m.: ambulance (Huntoon Memorial Highway), transported; 4:07 p.m.: abandoned 911 call (Burncoat Street), services rendered; 4:27 p.m.: mv stop (Main Street), name and address redacted from police log, unlicensed moped operation, moped violation, mv towed; 7:33 p.m.: commercial alarm (Main Street), call canceled; 8:05 p.m.: restraining order service (Pleasant Street), served; 8:48 p.m.: abandoned 911 call (King Court), unfounded; 11:56 p.m.: mv stop (Main Street), citation issued.

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Spencer Police Log

WEDNESDAY, SEPTEMBER 20
1:20 a.m.: medical/general (North Spencer Road); 1:54 a.m.: building checked, secure; 2:39 a.m.: medical/general (Main Street); 3:10 a.m.: building checked, secure; 3:33 a.m.: medical/general (Greenville Street); 7:57 a.m.: LTC issued (West Main Street), assisted; 7:58 a.m.: FID card issued (West Main Street), assisted; 8:06 a.m.: 911 call (West Main Street), Harrington CT down; 8:20 a.m.: mv complaint (Bellevue Drive), p/u speeding; 8:53 a.m.: animal complaint (Main Street), bears in yard; 8:58 a.m.: animal complaint (West Main Street), re: missing dog; 9:03 a.m.: disturbance (Main Street), re: previous incident; 9:10 a.m.: animal complaint (Donnelly Road), poss. rabies exposure; 9:39 a.m.: parking complaint (Chestnut Street), re: mv near Mechanic Street; 11:55 a.m.: officer wanted (Main Street), unlocked mv/no occupant; 12:08 p.m.: restraining order service (Pleasant Street); 12:56 p.m.: animal complaint (Taylor Drive), lg. snake in d/way; 1:16 p.m.: disturbance (Main Street), re: earlier fight; 3:48 p.m.: medical/general (Meadow Road); 5:38 p.m.: animal complaint (Pleasant Street), barking dog; 5:45 p.m.: medical/general (Main Street); 7:25 p.m.: suspicious mv (North Spencer Road), investigated; 8:01 p.m.: accident (Howe

Village), report taken; 8:13 p.m.: medical/general (Lincoln Street); 11:47 p.m.: buildings checked, secure; (total daily mv stops – 2).

THURSDAY, SEPTEMBER 21
12:03-1:45 a.m.: buildings checked, secure; 12:45 a.m.: animal complaint (Meadow Road), dead beaver; 1:37 a.m.: animal complaint (Pleasant Street), re: cat w/kittens; 3:31 a.m.: mutual aid (West Main Street), Dudley PD bolo hit/run; 7:00 a.m.: medical/general (Browning Pond Road); 7:25 a.m.: animal complaint (R. Jones Road), skunk/head stuck in jar; 10:17 a.m.: animal complaint (Mechanic Street), stray cats at apt.; 11:12 a.m.: medical/general (McCormick Street); 11:35 a.m.: medical/general (South Street); 12:05 p.m.: suspicious mv (Leon Drive), investigated; 12:07 p.m.: officer wanted (West Main Street), req. welfare check; 1:46 p.m.: accident (Main Street), report taken; 2:17 p.m.: sex offender registration (West Main Street), updated info; 4:25 p.m.: RV complaint (Pond Street), kids/unregistered minibikes; 5:01 p.m.: suspicious persons (Main Street), investigated; 5:44 p.m.: medical/general (Lincoln Street); 6:01 p.m.: suspicious persons (Main Street), investigated; 7:05 p.m.: citizen complaint (Prospect Street), re: aggressive dog; 8:30 p.m.: building checked, secure; 8:30 p.m.: fire alarm (Salem Street), referred; 8:44 p.m.: medical/general (Valley Street); 9:02 p.m.: disturbance (Paxton Road), noise complaint; 10:25 p.m.: officer wanted (Howe Village), req. welfare check; (total daily mv stops – 1).

FRIDAY, SEPTEMBER 22
12:00 a.m.: suspicious mv (Cherry Street), investigated; 1:46-2:24 a.m.: buildings checked, secure; 2:28 a.m.: fire alarm (Howe Village), referred; 2:53 a.m.: medical/general (Howe Village), lift assist; 4:20-4:25 a.m.: buildings checked, secure; 5:40 a.m.: intelligence/parole (West Main Street), info taken; 7:00 a.m.: lost/found (Meadow Road), found cell phone; 8:07 a.m.: fraud (Cranberry Meadow Road), report taken; 8:33 a.m.: animal complaint (Wilson Street), loose dog; 8:35 a.m.: animal complaint (Northwest Road), injured porcupine; 8:39 a.m.: medical/general (Maple Street); 9:39 a.m.: medical/general (Greenville Street); 9:58 a.m.: fire alarm (Church Street), referred; 10:01 a.m.: commercial alarm (Main Street), services rendered; 10:15 a.m.: DPW call (Ash Street), poss. water main break; 11:00 a.m.: mv complaint (McDonald Street), question re: tow; 11:06 a.m.: intelligence/criminal (West Main Street), info taken; 11:13 a.m.: medical/general (Church Street); 11:47 a.m.: suspicious mv (Main Street), investigated; 1:36 p.m.: accident (Mechanic Street), rep. hit/run; 2:12 p.m.: larceny (Main Street), re: sports cards; 2:37 p.m.: medical/general (West Main Street); 2:45 p.m.: fire/woods/grass (Ash Street), gas line hit; 2:50 p.m.: hit/run accident (West Main Street), report taken; 3:17 p.m.: officer wanted (West Main Street), LTC change of address; 3:27 p.m.: residential alarm (Maple Street), services rendered; 4:56 p.m.: juvenile matter (Charlton Road), spoken to; 5:53 p.m.: officer wanted (Main Street), re: issues at apt. bldg.; 6:01 p.m.: suspicious mv (Bixby Road), investigated; 6:33 p.m.: medical/general (Salem Street), lift assist; 6:48 p.m.: fire/woods/grass (Northwest Road), referred; 7:20 p.m.: animal complaint (Wire Village Road), loose dog; 7:33 p.m.: fire/woods/grass (High Street), water thru ceiling; 8:40 p.m.: lost/found (Main Street), found c/c; 9:43 p.m.: suspicious persons (Howe Village), investigated; 9:52 p.m.: suspicious persons (Main Street), investigated; 10:20 p.m.: fire alarm (Ash Street), referred; 10:23 p.m.: mv complaint (Maple Street), erratic operator; 10:38 p.m.: mv stop (Main Street), Michael R. Mungovan, 32, no home recorded in police log, OUI liquor, negligent operation, passing violation, arrest; (total daily mv stops – 3).

SATURDAY, SEPTEMBER 23
12:44-1:48 a.m.: buildings checked, secure; 1:52 a.m.: hit/run accident (Maple Street), report taken; 2:29 a.m.: disturbance (Temple Street), noise complaint; 3:21 a.m.: medical/general (Church Street); 10:38 a.m.: officer wanted (Donnelly Cross Road), gunshots heard; 12:55 p.m.: parking complaint (Mechanic Street), mv partially blocking d/way; 1:29 p.m.: animal complaint (Northwest Road), dead raccoon; 2:35 p.m.: disabled mv (Cranberry Meadow Road), services rendered; 3:42 p.m.: medical/general (Dufault Road); 3:56 p.m.: medical/general (Pleasant Street); 5:03 p.m.: officer wanted (Longview Drive), residential lockout; 5:18 p.m.: 911 call (Westland Avenue), accidental; 5:38 p.m.: mutual aid (West Main Street), Sturbridge PD bolo; 5:43 p.m.: animal complaint (Main Street), rooster crowing at night; 6:20 p.m.: medical/sudden death (Valley Street); 8:02 p.m.: mv complaint (North Spencer Road), erratic operator; 8:30 p.m.: 911 calls (Greenville Street), hang-up/2; 9:08 p.m.: disabled mv (Meadow Road), services rendered; 9:16 p.m.: officer wanted (West Main Street), req. mv check; 11:12 p.m.: mutual aid (West Main Street), Hardwick PD bolo; (total daily mv stops – 1).

SUNDAY, SEPTEMBER 24
12:28-2:34 a.m.: buildings checked, secure; 2:55 a.m.: parking violation (McDonald Street), ticket issued; 6:15 a.m.: medical/general (Howe Village), lift assist; 6:44 a.m.: medical/general (Lincoln Street); 8:42 a.m.: medical/general (Donnelly Cross Road); 8:53 a.m.: officer wanted (Pleasant Street), re: hdec placard; 1:05 p.m.: mutual aid (West Main Street), West Brookfield PD bolo; 1:23 p.m.: medical/general (Main Street); 2:09 p.m.: officer wanted (Ash Street), req. welfare check; 3:15 p.m.: accident (Maple Street), report taken; 3:53 p.m.: officer wanted (Main Street), manhole cover off; 4:42 p.m.: residential alarm (Lincoln Street), services rendered; 5:06 p.m.: juvenile matter (West Main Street), spoken to; 5:49 p.m.: residential fire (Chestnut Street), referred; 7:20 p.m.: suspicious persons (Old Farm Road), info taken; (total daily mv stops – 1).

MONDAY, SEPTEMBER 25
1:29-3:03 a.m.: buildings checked, secure; 5:19 a.m.: medical/general (Bixby Road); 6:21 a.m.: disabled mv (Main Street), services rendered; 6:51 a.m.: medical/general (Brown Street); 7:57 a.m.: FID card issued (West Main Street), assisted; 7:57 a.m.: LTC issued (West Main Street), assisted; 9:48 a.m.: restraining order service (Pleasant Street); 9:53 a.m.: DPW call (Charlton Road), stop sign down; 11:42 a.m.: restraining order service (West Main Street); 1:38 p.m.: medical/general (Crestview Drive); 2:59 p.m.: officer wanted (Main Street), tires flattened; 3:45 p.m.: officer wanted (West Main Street), LTC change of address/2; 7:02 p.m.: officer wanted (West Main Street), sister took dog; 8:39 p.m.: accident (Ashview Drive), report taken; 10:32 p.m.: officer wanted (Town House Court), req. welfare check; (total daily mv stops – 4).

TUESDAY, SEPTEMBER 26
1:06-2:47 a.m.: buildings checked, secure; 1:55-2:11 a.m.: parking violations/3 (Grant Street, Old Farm, Meadowbrook roads), tickets issued; 2:47 a.m.: suspicious persons (Main Street), investigated; 5:22 a.m.: disturbance (Main Street), noise complaint; 7:31 a.m.: accident (Main Street), report taken; 8:45 a.m.: officer wanted (Temple Street), req. escort/retrieve belongings; 9:33 a.m.: medical/general (Greenville Street); 11:55 a.m.: medical/general (West Main Street); 12:50 p.m.: medical/general (Howe Village); 12:52 p.m.: medical/general (Howe Village); 1:32 p.m.: medical/general (Laurel Lane); 2:33 p.m.: animal complaint (Highland Street), found two bunnies; 4:25 p.m.: juvenile matter (West Main Street), DA referral; 4:29 p.m.: juvenile matter (Buteau Road), sheriff's offic. referral; 5:08 p.m.: parking complaint (Mechanic Street), mv blocking access; 5:26 p.m.: RV complaint (Jolicoeur Avenue), re: dirt bike; 5:28 p.m.: officer wanted (West Main Street), wants harassment prevention order; 6:38 p.m.: officer wanted (Maple Street), re: tenants' rights; 7:32 p.m.: officer wanted (Clark Road), spoken to; 7:51 p.m.: disabled mv (Pleasant Street), services rendered; 8:33 p.m.: lost/found (North Spencer Road), found backpack/boxing gloves; 9:49 p.m.: suspicious mv (West Main Street), investigated; 9:59 p.m.: juvenile matter (Main Street), step daughter out of control; 11:25 p.m.: officer wanted (Town House Court), req. welfare check; (total daily mv stops – 2).

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For Advertising Information

Call 774-200-7308

email: mikaela@stonebridgepress.news

LEGALS

**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. WO23P2391EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Beverly Valinski
Date of Death: 05/17/2023**
To all interested persons:

A Petition for **S/A - Formal Probate of Will with Appointment of Personal Representative** has been filed by **Ronald Valinski, Jr. of Worcester MA and Joseph V. Yvanauskas of Worcester MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.
Ronald Valinski, Jr. of Worcester MA and Joseph V. Yvanauskas of Worcester 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 10/24/2023** .

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 UNDER THE 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: September 26, 2023
Stephanie K. Fattman,
Register of Probate
October 6, 2023

Lulie Lambert, owner of a 1998 Toyota Camry, Plate# 25ZW74 Vin# JT2B-G22K8W0174043, has abandoned vehicle on 06/03/23 at Deer Pond Auto/ JR'S Towing LLC. Deer pond will seek ownership of vehicle after 21 days of first ad placement on 09/13/23 if vehicle is not claimed and charges paid for in full.
Adriana Marie Riveira Waldoward, owner of a 2007 Hyundai Elantra, Plate # N/A vin# KMHDU46D370091206, has been abandoned on 06/24/23 at Deer Pond Auto/ JR'S Towing LLC. Deer pond will seek ownership of vehicle after 21 days of first ad placement on 09/13/23 if vehicle is not claimed and charges paid for in full.
Tommy Barbosa owner of a 2010 Chevy Malibu, Plate # 1ZPJ88 vin # JT-2BG22K8W0174043, has abandoned vehicle on 05/12/23 at Deer Pond auto/ JR'S Towing LLC. Deer Pond Auto will seek ownership of vehicle after 21 days of the first ad placement on 09/13/23 if vehicle is claimed and charges paid in full.
September 22, 2023
September 29, 2023
October 6, 2023

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Nancy J. Johnson to Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc., dated February 21, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 35746, Page 242, of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc. to THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF THE CWABS, INC., ASSET-BACKED CERTIFICATES, SERIES 2005-2, recorded on December 12, 2012, in Book No. 50108, at Page 319 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 3:00 PM on October 24, 2023, on the mortgaged premises located at 16 Irving Street, Spencer, Worcester County, Massachusetts, all and singular the premises described in

said mortgage,
TO WIT:
Property Address: 16 Irving Street, Spencer, Massachusetts 01562
The land in Spencer, Worcester County, Massachusetts, with the buildings thereon situated on the south side of Irving Street and bounded and described as follows:
On the North 5 1/2 rods by said Irving Street;
On the East 6 rods18 links by land formerly of E.M. Bliss;
On the South 5 1/2 rods by land formerly of William W. Traill;
On the West 6 rods 16 links by land formerly of William H. Potter.
For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 12583, Page 314.
These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.
TERMS OF SALE:
A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.
Other terms, if any, to be announced at the sale.
THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK,AS TRUSTEE FOR THE CERTIFICATEHOLDERS CWABS, INC., ASSET-BACKED CERTIFICATES, SERIES 2005-2
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
13949
September 29, 2023
October 6, 2023
October 13, 2023

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO22P0502 EA
Estate of:
Henry B Rand
Date of Death: 01/06/2022
CITATION ON PETITION FOR
FORMAL APPOINTMENT OF
SUCCESSOR PERSONAL
REPRESENTATIVE**

To all interested persons:
A Petition for has been filed by **Kim K. Dadah of Spencer MA** requesting that the Court enter a formal Decree and Order that: **Kim K. Dadah of Spencer MA** be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond and for such other relief as requested in the Petition.
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 10/24/2023.**
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.
The estate is being adminstered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accdounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can 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: September 27, 2023
Stephanie Fattman,

Register of Probate
October 6, 2023

**Notice of Public Hearing–
Planning Board**
The Spencer Planning Board will be holding a Public Hearing on Tuesday October 17, 2023 in McCourt Social Hall of Memorial Town Hall, , 157 Main Street, Spencer, MA, and the hearing will be conducted in person and remotely on the following items starting at 7:00 p.m. or as soon thereafter as can be heard:
Action- to rescind the constructive approval for Spencer Solar II, LLC c/o Melink Solar Development for Sub-division Approval on Charlton Road, Assessors' Map R08-10, and reinstate the Planning Board denials of the sub-division.
Action- to rescind the constructive approval for Spencer Solar, LLC for Subdivision Approval on Ash Street, Assessors' Map R27-1, and reinstate the Planning Board denials of the sub-division.
September 29, 2023
October 6, 2023

**Notice of Public Hearing–
Planning Board**
The Spencer Planning Board will be holding a Public Hearing on Tuesday October 17, 2023 in McCourt Social Hall of Memorial Town Hall, , 157 Main Street, Spencer, MA, and the hearing will be conducted in person and remotely on the following items starting at 7:00 p.m. or as soon thereafter as can be heard:
Stormwater Permit (in conjunction with a Minor Site Plan review) – Applicant/Owners: Jeffrey Zuka, Location: Woodside Drive, Spencer Assessor's Map R40-04. The applicant is requesting a Stormwater Permit, section 5.A, of The Spencer Stormwater Regulations and section 7.4.6 (Minor Site Plan) of the Spencer Zoning Bylaw for a proposed contractors yard to store and process material such as gravel, stone, and loam. The property is located within the Rural Residential (RR) zoning districts.
September 29, 2023
October 6, 2023

**Legal Notice
Town of Leicester
Office of the Treasurer
Tax Title Assignment Auction**

Notice is hereby given that on October 23rd, 2023, at 9:00 a.m. in the Leicester Town Hall Gym, 3 Washburn Square, Leicester MA 01524, pursuant to the provisions of General Laws, Chapter 60 § 52, Nicholas George, the Treasurer for the Town of Leicester, intends to sell the hereinafter described parcels of land, in bulk, at public auction. Bidding will end promptly at 10:00 am.

Parcel 1: “A parcel of land with any building thereon, approximately 0.333 Acres located and known as 1050 Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46C-A4 and being part of the premises recorded in book 7388 on page 188 in the Worcester Registry of Deeds. Assessed to Central Water District Co Inc” Instrument of Taking recorded on 03/26/2019; Book: 60193 Page: 40.

Parcel 2: “A parcel of land with any building thereon, approximately 0.25 Acres located and known as Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46C-A5 and being part of the premises recorded in book 7388 on page 188 in the Worcester Registry of Deeds. Assessed to Central Water District Co Inc” Instrument of Taking recorded on 03/26/2019; Book: 60193 Page: 39.

Parcel 3: “A parcel of land with any building thereon, approximately 0.646 Acres located and known as Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46C-A6 and being part of the premises recorded in book 7388 on page 188 in the Worcester Registry of Deeds. Assessed to Central Water District Co Inc” Instrument of Taking recorded on 03/26/2019; Book: 60193 Page: 38.

Parcel 4: “A parcel of land with any building thereon, approximately 1.3 Acres located and known as Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46C-A7 and being part of the premises recorded in book 7388 on page 188 in the Worcester Registry of Deeds. Assessed to Central Water District Co Inc” Instrument of Taking recorded on 03/26/2019; Book: 60193 Page: 42.

Parcel 5: “A parcel of land with any building thereon, approximately 0.092 Acres located and known as Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46C-A8 and being part of the premises recorded on document number 55 and certificate of title number 169 in the Worcester Registry of Deeds. Deed document 43127, certificate 10969. Assessed to Stafford Industries Inc” Instrument of Taking recorded on 04/23/2019; Certificate: 10969, Book: 00055 Page: 169.

Parcel 6: “A parcel of land with any building thereon, approximately 0.401 Acres located and known as Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46C-A9 and being part of the premises recorded on document number 55 and certificate of title number 169 in the Worcester Registry of Deeds. Deed document 43127, certificate 10969. Assessed to Stafford Industries Inc” Instrument of Taking recorded on 04/23/2019; Certificate: 10969, Book: 00055 Page: 169.

Parcel 7: “A parcel of land with any building thereon, approximately 42.9 Acres located and known as Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46-A2 and being part of the premises recorded in book 6336 on page 268 in the Worcester Registry of Deeds. Assessed to Central Water District Co Inc” Instrument of Taking recorded on 03/26/2019; Book: 60192 Page: 350.

Parcel 8: “A parcel of land with any building thereon, approximately 5.6 Acres located and known as 1030 Stafford St shown on the Town of Leicester Assessors records as parcel identifier 46-A2.1 and being part of the premises recorded on document number 55 and certificate of title number 169 in the Worcester Registry of Deeds. Deed document 43127, certificate 10969. Assessed to Stafford Industries Inc” Instrument of Taking recorded on 04/23/2019; Certificate: 10969, Book: 00055 Page: 169.

Map/Lot	Location	Assessed Value	Minimum Bid
46C-A4	1050 Stafford St	\$62,900.00	\$ 13,841.88
46C-A5	Stafford St	\$47,200.00	\$ 9,766.29
46C-A6	Stafford St	\$55,300.00	\$ 11,606.67
46C-A7	Stafford St	\$233,500.00	\$ 51,305.90
46C-A8	Stafford St	\$6,300.00	\$ 1,808.13
46C-A9	Stafford St	\$8,400.00	\$ 2,153.58
46-A2	Stafford St	\$26,800.00	\$ 6,975.16
46-A2.1	1030 Stafford St	\$375,300.00	\$ 185,697.89
Total:			\$ 283,155.50

The minimum bid is the amount due for redemption on 10/23/2023. Minimum bid for the parcel bulk starts at \$283,155.50. The purchaser must pay a deposit of \$20,000.00 at the time of the auction. Such deposit shall be made in the form of cash or certified check made payable to the “Town of Leicester”. No personal checks will be accepted.

The balance must be paid by cash or certified check no later than Monday, November 6th, 2023. After full payment is received, the Treasurer will produce an Instrument of Assignment for each parcel.

If the successful bidder fails to comply with the above, then the deposit will be retained with the Town.

Any error, misstatement, or omission in the description of the property shall not annul the assignment or be grounds for any abatement or compensation. Purchaser must pay all recording fees. The Instrument of Assignment must be recorded at the Worcester Registry of Deeds within 60 days from its date as required by MGL c.60 § 52. Failure to record the instrument of assignment within the prescribed time frame may cause the bidder to lose the full amount of the bid. Purchaser must keep future taxes current until he/she forecloses with the Massachusetts Land Court. Purchaser must be current with his/her taxes and other charges to the Town of Leicester otherwise the purchaser shall be ineligible to acquire any lien.

To be eligible to be the successful bidder any entity that is not a natural person (Corporation, LLC, LLP, etc.) must be qualified to do business in the Commonwealth of Massachusetts and provide documentation to that effect.

The Treasurer reserves the right to reject any and all bids.

If you wish to obtain further information about any parcel's listed, you are encouraged to examine the maps and records at the Town Assessors' Office. The terms and conditions listed are subject to change.

Nicholas George, CMMT
Treasurer Collector

October 6, 2023

SPORTS

Ground and pound attack helps Minutemen run past Monty Tech



Nick Ethier photos

Bay Path's Brayden Downes turns the corner and ultimately scores a touchdown.



Kaiden Brochu of Bay Path outraces the Monty Tech defense.



Bay Path quarterback Corey Scovil airs out a deep ball versus Monty Tech.



Austin Kravitz of Bay Path swoops in to tackle Monty Tech's Pat Hall.



Nick Adler of Bay Path fights for extra yardage while being tackled at the ankles.

BY NICK ETHIER
SPORTS EDITOR

CHARLTON — In a rematch of last year's State Vocational Large School Championship, the Bay Path varsity football team played host to Monty Tech at the Minutemen's Homecoming game on Saturday, Sept. 30 at George L. Fowler Memorial Field.

And Bay Path went to work in the trenches, dominating the line play on the wet and muddy surface. The offensive line helped produce seven rushing touchdowns as the Minutemen ultimately ran away from the Bulldogs, 51-20.

"We have a lot of confidence in our o-line. They've been in the weight room all off-season. They work really hard. We feel like we

have just as much talent up front as we do in the backfield," said Bay Path head coach Cody Giampa. "I know our backs get a lot of credit, and we have some special backs, but I think our offensive line is just as good as anybody. Those kids bust their tails."

The Minutemen's offense went to work early, or as soon as the defense forced a Monty Tech turnover on downs. On their first snap, Bay Path's Brayden Downes went end-around to the left side for a 32-yard touchdown.

Less than two minutes in, it was 6-0 Minutemen. Following a Bulldog punt, Bay Path upped the lead to 14-0 when Kaiden Brochu ran 28 yards up the gut for the score, and then he added the two-point conversion rush.

Monty Tech did tie the score at 14-14 in the second quarter, though, when quarterback Dylan Huntoon tossed touchdown passes to Art Walch and Pat Hall, respectively. Huntoon also passed for a two-point conversion.

But Giampa was actually OK with the Bulldogs airing it out since his defense was keyed in on stopping their potent ground game.

"We wanted to get a lot of rotation up front. They're dangerous when they can run the ball, so we wanted to take that away and force them to throw," explained Giampa.

Bay Path responded with a pair of scores late in the first half to grab

a 30-14 lead at intermission. Brochu had both touchdowns, one from 27 yards and the other from 43. He added one of the conversions, Downes the other.

"He sees the field really well. And he runs with his weight really low and his shoulders in front of him. He expects contact, he likes contact and he doesn't stop on contact. His running is always between the tackles," Giampa said of Brochu, one of the state's leaders in rushing yards. "He's special, man. We're very fortunate to have him."

"There's always that same hole there. I know exactly where the hole is going to be every time," Brochu said of his running vision coupled with

the offensive line's ability to form those holes.

The Minutemen upped their lead to 38-14 in the third quarter when Downes (9 carries, 104 yards) grabbed his second touchdown of the game, this one from 4 yards. He also added the two-pointer.

"Brayden Downes, he really squared himself away this year. Last year he was young, a little immature, and he completely squared himself away," said Giampa. "He wants to play football and he knows he can be just as talented as Kaiden. He's another kid that likes to hit people."

Immediately following Monty Tech's final scoring play — a 10-yard rushing TD by Ryan Quinn — Brochu ended the third quarter, and his offensive day, with a 61-yard touch-

down as Bay Path took a 44-20 lead into the final frame.

Brochu carried the ball 12 times for 251 yards, the four scores, and a pair of two-point conversions.

The Minutemen ended the scoring early in the fourth when Bryan Pardee took it to the house from 28 yards out and Chase Davis tacked on the extra point kick.

Bay Path improved to 3-1, while the Bulldogs slipped to 1-3.

"I think we're good, but I think we can get better," said Brochu.

"We're proud of our start," added Giampa. "We want to get better every week. We're a one game at a time team." The Minutemen will next host Narragansett Regional (3-1) on Friday, Oct. 6 at 7 p.m.

A delicious seafood meal is a catch away

One of the benefits of a day out fishing is being able to pull in your catch and then enjoy it almost immediately for lunch or dinner. Fish and other creatures of the sea can be delicious on their own or enjoyed as part of larger meals.

Lump crab cakes are a delicacy often enjoyed at seafood and steak restaurants across the country, but they easily can be made at home with a few ingredients. Enjoy this recipe for "Grilled Gulf Lump Crab Cake," courtesy of Alabama Gulf Seafood and Chefs Greg & Lindsey Kilgore of Black Rock Bistro.

GRILLED GULF LUMP CRAB CAKE

Makes one large crab cake or two smaller ones

- 1 pound Gulf lump crabmeat,

- picked
- 1/3 cup red bell pepper, diced small
- Juice and zest of one lemon
- 1 scallion, thinly sliced
- Aioli or mayo, just enough to combine
- 1 pinch Old Bay seasoning
- Couple dashes of hot sauce (Louisiana or Cholula)
- Salt and pepper to taste

- 1. Place all ingredients in metal ring, or loosely form into a patty. Place in hot cast iron.
- 2. Flip once until browned on both sides. Serve immediately. Garnish with grilled lemon and either tartar or remoulade.
- Tip: For a fall or winter meal, serve crab cake on a bed of mashed potatoes and parsnip or carrot puree.

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SPORTS

HIGH SCHOOL NOTEBOOK



Photos courtesy Dawn Pepka-Jones

Tantasqua's Rory Smith sends the ball over the outstretched arms of a Sutton blocker.

Friday, Sept. 22

Sutton varsity volleyball 3, Tantasqua 0 — The Suzies hosted and defeated the Warriors in a non-league matchup. Sutton took all three sets: 25-17; 25-8; 25-9. The win advances Sutton's record to 3-4 while Tantasqua, fresh off a win against Bartlett, fell to 1-6.

Tuesday, Sept. 26

St. John's varsity golf 185, Tantasqua 215 — Playing at Wachusett Country Club, the Warriors couldn't get past the Pioneers. Cael Duggan of St. John's was the medalist after carding a 1-under par 35. The low Tantasqua player was Sam Pieczynski, who shot a 39, and he was followed by Wyatt Fay's 40. The Warriors are now 4-4.

Tantasqua JV golf 180, Minnechaug 185 — Hosting at Hemlock Ridge, the Warriors improved to 2-2 thanks to Rory Herrick's 3-over par 39.

Wednesday, Sept. 27

Tantasqua varsity golf 168, Oxford 277 — The visiting Warriors took care of business at Heritage Country Club, besting the Pirates by 109 combined strokes. Sam Pieczynski's 1-over par 37 paced Tantasqua, which improved to 5-4.

Thursday, Sept. 28

Tantasqua varsity golf 158, East Longmeadow 168 — The Warriors improved to 6-4 after defeating East Longmeadow at Hemlock Ridge. Scoring Tantasqua players included Sam Pieczynski (medalist at 1-over par 37), Patrick Dunn (39), Wyatt Fat (41) and Rory Herrick (41).

Tantasqua JV golf 181, East Longmeadow 187 — Traveling



Hannah Wright of Tantasqua digs the ball in the center of the court.



Tantasqua players team up to block a Sutton hitter.

to Veterans Golf Club, the Warriors headed home winners as they improved to 3-2. Andrew Weeden shot a personal best 44 and Andrew Radebaugh contributed a 45.

Friday, Sept. 29

Doherty varsity football 27, Tantasqua 7 — Quarterback Adam Howe threw a late touchdown pass to Brady Willits and Luke Marvin booted the extra point kick, but the visiting Warriors fell short against the Highlanders.

Monday, Oct. 2

Tantasqua varsity golf 156, Auburn 177 — A stellar round of 3-under par 33 at Hemlock Ridge by Sam Pieczynski was more than enough to lift the Warriors past the Rockets. Rory Herrick shot a 40 for Tantasqua (7-4), while Patrick Dunn shot a 41 and Brodie Shafer added a 42.



Tantasqua's Lidia Barbahlo gets ready to block an on-coming Sutton attacker



Ava Baldrachi of Tantasqua prepares to serve during the second set.

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Third place (-5): Dennis Cooney, Steve Crozier, Rusty Snow, Dave Walsh

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First place (68): Kevin Vessair * match of cards
Second place (68): John Haverty, John Rafferty
Women's Division
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Second place (70): Lisa Haverty
Third place (71): Cathy LaPrad

Leicester Country Club

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T2. Rich Irwin, 97
4. Ken Paradis, 101
5. Bill Wall Jr., 106
Top Five Low Net Scores
1. Paul Angers, 74
2. Al Cooper, 77
T3. Mike Pennaccia, 80
T3. Paul Maio, 80
T3. Bob Wall, 80
Blue Division
Top Five Low Gross Scores
1. Al Ferriera, 90
T2. Harry Kustigian, 91
T2. Bill Coffey, 91
4. Rich Barton, 92
5. Tom DeFeudis, 93
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SPORTS

Speedy Spartans slowed by Quaboag and grass field before pulling away late



Quaboag's Hanna Nemeroff pushes a pass down the field.

BY NICK ETHIER
SPORTS EDITOR

WARREN — The high-flying Uxbridge varsity field hockey team came into its contest with Quaboag averaging eight goals a game. But the speedy Spartans, playing in just their second match on a grass field when the two met on Thursday, Sept. 28, seemingly struggled in the early going.

"I was a bit disappointed that it took as long as it did for us to figure it out and come together more as a team. I talked about their hustle and effort at halftime because that's something no mat-

ter what the surface is, no matter what the situation is, you can control that," said Kelly Rosborough, Uxbridge's head coach, as the Spartans held slim leads of 2-0 after one quarter, 3-1 at halftime and 4-1 through three periods.

Uxbridge then put it all together in the final frame, tallying four more goals to finish off the Cougars, 8-1.

Nonetheless, Quaboag head coach John O'Neill was very impressed with the way his team battled the Spartans.

"We just played the two-time state champion, a team that will probably win the state

championship again, a team that just beat King Philip, who is probably one of the best teams in Division 1, and then they have Walpole coming up, Acton-Boxborough, Andover, and we were only down 4-1 going into the fourth quarter," began O'Neill. "I was very proud. Defensively, we gave them corners, but our kids hung tough. They found ways to dig in and get control of situations."

The Spartans are 6-0 to open the season and haven't lost since the abridged 2020 COVID year. They have won the past two Division 4 state championships, but the team doesn't think about the past or even the near future, but only the game at hand.

"It's not even part of our conversation or dialogue," said Rosborough. "We think of it as one game at a time. We focus on the game — what we did well, what we need to work on for the next game — and we don't really look that far ahead," added co-captain Ellie Bouchard. "We like to stay humble."

In the game with Quaboag, Uxbridge got its first goal with 9:07 remaining in the opening quarter. There, they picked up their first two of 21 penalty corners and put it to good use. Addie Blood serviced the ball into Amelia Blood,



Katelynn Swistak of Quaboag takes a big whack to move the ball toward midfield.

who then centered a pass through Bouchard's legs and to Julianna Casucci, who whacked the ball toward the cage. Brooklyn Kaferlein then tracked the ball down and passed to Addie Blood, who scored.

Then, late in the first, Kendall Gilmore drove the ball down the field before Ava Rosborough eventually scored.

The Spartans made it a 3-0 game early in the second when Casucci found ample space in the circle and wristed the ball home.

But the Cougars responded with their goal when they generated back-to-back corners. Asya Osei-Opoku serviced the ball in, and Josie Hescocock did the

rest, smashing her shot into the cage.

The score remained 3-1 at halftime and Gilmore's rebound goal made it 4-1 heading into the final 15-minute period.

Addie Blood and Bouchard each scored twice more in the fourth quarter to account for the 8-1 final.

"I'm glad that we were able to end it very strong," said Bouchard. "It's definitely a different game because on turf it's a lot faster. People are able to do their individual skills more and use their speed, while on grass it's a passing game. It's definitely something to get used to. You had to be stronger on the ball. You defend differently. You have to break down

your steps more."

The Cougars dropped to 4-3, but O'Neill envisions his team reaching the same Division 4 State Tournament that the Spartans will look to win again.

"I'm very optimistic," said O'Neill. "We lost to two Division 1 schools and Uxbridge."

O'Neill noted that goalie Riley Gray was phenomenal defending the cage. She finished with 22 saves.

"She's only a freshman and this is her first year playing varsity. I'm pretty impressed with her play today. She made some big saves — a couple hand saves, a couple body saves," said O'Neill.



Quaboag's Ayla Iwaniec reaches her stick out to possess the ball.



The Quaboag defense and goalie Riley Gray look to defend their cage.

Late goal breaks scoreless tie to lift Rams past Quaboag



Quaboag's Antonio Congelos lowers his left leg for a booming kick.

BY NICK ETHIER
SPORTS EDITOR

NORTHBRIDGE — When the Northbridge boys' varsity soccer team hosted Quaboag at Lasell Field on Monday, Oct. 2, the game appeared to be destined for a scoreless tie. Any Ram or Cougar chance couldn't find the back of the net.

All of that changed in the 68th minute, though, when Northbridge's Zach O'Meara received the ball

in the right-hand corner of the box. He then displayed some fancy footwork to win a one-on-one battle and create enough space to blast a low shot into the near side of the goal.

"I thought we outplayed them in the first half, and we had a lot of direct chances that we just couldn't finish," said John Battista, head coach of the Rams.

O'Meara, one of the

most talented players on the field, was mostly a distributor in the first half of play and the beginning of the second. But following a Northbridge timeout, he took advantage of his opportunity.

"I had a talk with him at the timeout and just said, 'Listen, if you get a one-on-one, take your opportunity and go.' He's that kind of player," Battista said of O'Meara.

Quaboag head coach Steve Pultorak mentioned where the game was won and lost.

"Unfortunately, we couldn't control the midfield the whole game. I think that's what made the difference," said Pultorak, adding that everything was going through O'Meara. "Once they get 10, 20 shots, one is bound to go in. Our goalie had a great game. Lights out."

The goalie was Owen Stevens, and he finished with 13 stops.

"That's one of his best games he's had for us. He's super athletic. He hasn't played goalie. He hasn't played soccer," Pultorak said of Stevens, who also plays basketball and qualified for nationals for the high jump in spring track.



Blake Lopato of Quaboag uses his chest to bring the ball down toward his feet.

"He played a phenomenal game and that team over there gave everything they had," added Battista of Stevens and the Cougars. "We just found the net. It was rewarding."

The final 12 minutes saw Quaboag trying to net the equalizer as Ryan Miner had two quality chances. Both were turned aside by Northbridge keeper J.P. Bolduc (9 saves).

"Once we were passing the ball on the ground



Quaboag's Reece Miner has the inside edge for possession of the ball versus Northbridge.

well, do we well," said Pultorak. "We just couldn't keep it going, but we did have some chances."

The win boosted Northbridge's record to 3-6.

"We came into this game knowing that we needed the 'W.' We obviously have tournament aspirations," said Battista. "The beginning of the year we went through the Grafton's, the Tantasqua's, the BVT's, so we went through the gauntlet. Now we have

teams we can play with that we can get 'W's,' but we know that everything is going to be tough. They aren't going to be easy wins. They are going to be dogfights."

The Cougars, meanwhile, dropped to 3-4-2.

"Our defense is solid, our midfield is getting there and then we need to be able to score goals, so that's what we've been training on," said Pultorak.

Quaboag has scored 16 goals in nine games, but only six in its last seven.



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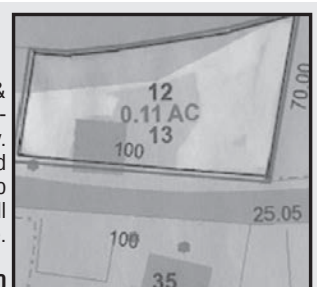


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- 12 cup Spanish white wine

Heat the oven to 350 F. Open the tenderloins with a full-length cut that goes about 3/4 of the way through the meat. Flatten out the tenderloin and season it on both sides with salt and pepper. Set aside.

Heat the olive oil in a skillet, and sauté the onion and garlic on medium heat for 12 minutes. Add the jamón, mushrooms, parsley, and sage; continue cooking for 20 minutes. Add the wine and cook for 5 more minutes. Remove from heat and allow to cool. Spread the mixture over the flattened tenderloin. Roll the tenderloin around the filling and set it on a sheet pan with the seam side down. Roast in the oven for 25 minutes. Remove from the oven and cut into 1-inch slices. Serve 2 slices per plate.

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**TOWN OF AUBURN
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The Town of Auburn Department of Public Works is accepting applications for snow plowing for the 2023 -2024 winter season.
Applications may be obtained at the Department of Public Works-Highway Division, 5 Millbury Street,Auburn, MA 01501, Monday-Friday 8:00a.m.-3:00 p.m. Applications must be returned to the Department of Public Works.
The Town of Auburn reserves the right to waive any informalities and accept or reject any or all applications, or portions of such, if thought to be in the best interest of the Town.
Kenneth Fairbanks
Highway Superintendent

The Spencer Housing Authority has an opening for a Full-Time Maintenance Mechanic
The Spencer Housing Authority is seeking a qualified person to fill the position of full-time Maintenance Mechanic(40 hours). The individual hired for this position must have general knowledge of property maintenance, carpentry, floor repairs, minor plumbing, and electrical repairs. Applicant should also have experience with painting, cleaning, plowing, shoveling, snow removal. Individual must be available for rotating on-call shifts as well as be available for any weather-related emergencies. Must be able to lift 50 pounds or more. General knowledge of maintenance systems, building equipment and small tools a plus. Must possess a valid driver's license and be insurable under Housing Authority insurance. Selected applicant must be able to pass a criminal background check (CORI), drug screening and pre-employment physical.
Base wage rate is determined by the current Department of Labor (DOL) wage rates in effect at the time of hire. Additional compensation is paid for on-call and after hour's service.
Incumbents will be required to obtain a valid Pesticide Certification/License within one year of hire.
The Spencer Housing Authority offers a generous benefits package including health, dental and vision insurance.
Applicants should submit a cover letter and resume to:
Spencer Housing Authority 13 McDonald Street Spencer, MA 01562 Attn: Kimberly Hurlbrink
You may also email cover letter and resumes to Kimberly Hurlbrink: kim.hurlbrink@spencerhousing.org
Resumes will be accepted until 2:00PM on October 13, 2023.
Spencer Housing Authority is an equal Opportunity Employer

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Courtesy

Newly named Leicester Senior Center intern Michelle Dacri (front left) is joined by members of the center's staff and support team.

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New intern joins Leicester Senior Center staff

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — Senior Center staff members and guests welcome newly added intern Michelle Dacri, a high school senior who will be assisting the center this year.

"The Leicester Senior Center recently gave a warm goodbye to intern Ayva [Connor], who was here this last school year," said Senior Center Director Rachelle Cyr. "Ayva is now attending the University of Rhode Island, majoring in nursing. During her tenure, Ayva was mentored by Nancy Lamb, RN, Outreach Coordinator. This internship was very beneficial to Ayva in her decision to pursue a career in nursing. She learned valuable information and much wisdom from Nancy Lamb, who is a retired Air Force nurse who worked in Texas during the Vietnam War."

For this school year, School Career Coordinator Aviva Belhumeur referred Michelle Dacri to the Senior Center. Officials are looking forward to working with her throughout the year.

"Like Ayva, Michelle is interested in the medical field. Her mentor for this school year is Evelyn Brezniak, a retired RN from Seven Hills Foundation," Cyr added.

Brezniak has regularly attended the Senior Center's Golden Needles Group, where she knits and socializes with friends. After officials learned that she is a retired RN, they invited her to mentor the incom-

ing intern and help provide firsthand insights.

"Evelyn enthusiastically agreed, and mentoring Michelle was on. We are so thankful and impressed with both our intern and mentor," Cyr told the New Leader. "Leicester is blessed with many older adults who have work experiences in varied professions and are eager to assist students on their way to reaching vocational goals. For our students, it is an opportunity to gain insight by meeting and speaking with an older adult."

The Senior Center is known throughout the area for its strong lineup of intergenerational programming. Many seniors over the years have shared their personal knowledge on trades and skills, helping students gain critical career insights outside the classroom.

"What they obtain is priceless, as it lets them know what it was like to be a nurse, teacher, or firefighter by those who have walked the walk in that field of work," Cyr said. "They know the ups and downs of various careers."

Senior Center officials thank school leaders in town for continuing to foster strong bonds between students and seniors.

Donna McCance, Chair of our School Board, and

Superintendent Dr. Brett Kustigian have a presence at our Senior Center," Cyr added. "They are often here talking with those in attendance. Our elder folks ask questions and obtain feedback. Brett and Donna are often here to socialize, attend an event or COA Board meeting, or to help prepare or serve at our monthly breakfast."

Looking ahead, the Senior Center will soon launch its annual pen pal program for seniors and fourth graders. Seniors who volunteer in the program are eagerly waiting to find out who they will be paired with this school year, officials said.

Additionally, Senior Center leaders are planning a Career Day to augment the center's intergenerational lineup.

"We can vividly recall the last time we had this event. Students who participated did not want to leave, as they were deeply absorbed with whoever they were speaking with and wanted to hear more, question more, and learn more," Cyr said. "It was a win-win for our older citizens and our school-children."

St. John's hosting Harvest Thyme Craft Fair Oct. 28

EAST BROOKFIELD — St. John the Baptist Parish will be hosting its annual Harvest Thyme Craft Fair on Saturday, Oct. 28 from 9 a.m. to 2 p.m. Raffles, gift baskets, a lottery tree, silent auction, craft tables, jewelry, books, and attic treasures will all be offered. A Café with great soups, meat pies, chili, cider, and baked goods will also be available. Come and enjoy the fair and food! The parish awaits you! The address: 131 Blaine Ave., East Brookfield. For more information, please call 508-867-6469.

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