

SPENCER NEW LEADER

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Friday, November 11, 2022

Local students to appear in film shot on Becker campus

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — The new Leicester High School campus—and also a few LHS students—will soon be appearing on the big screen.

Last week, the school department announced that the town of Leicester agreed to allow filming of a movie at the former Becker College campus. Filming took place at the Borger Building, which is not currently occupied by students.

Filming was scheduled for Oct. 26 and 27. As of press time, no additional details were released on the movie being filmed or its expected release date.

"I am pleased to announce that the filming company has agreed to allow our upperclassmen to serve as extras in the production. This is a unique learning opportunity for our students," read a statement released by Leicester Public Schools Superintendent Brett Kustigian.

School officials were excited about the exposure and community interest generated by the filming of the movie. The opportunity represented the latest in a series of positive developments on the campus, which became the new Leicester High School this year.

"Having a movie filmed at Borger created a lot of excitement for our students and staff. It was amazing to see our town come alive with activity around our campus and Town Common," said School Committee Chair Donna McCance. "This provided a wonderful learning experience for our students, and proves that many opportunities will unfold due to the acquisition of the Becker property and buildings. We are in the midst of a great time of growth and improvements for the town of Leicester. We've only just begun."

Beginning next year, the Borger Building is expected to be fully ready

to host underclassmen. At that time, all students in grades 9-12 will likely be fully transitioned to the former Becker College for an open-campus experience.

Students in grades 11 and 12 have already moved into the Fuller Campus Center building this fall, with a closed-campus format in place. Underclassmen are currently still studying at the old LHS building, and several instructors and staff members switch back and forth between campuses throughout the day.

For more information about news and updates surrounding the school district, visit www.leicester.k12.ma.us.

LMS student rallies support for children in need



Photo Courtesy

Leicester's Kennedy Bates is seeking community donations to help local underprivileged kids have access to soccer equipment.

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — Leicester Middle School student Kennedy Bates invites community members to join her in supporting local underprivileged kids.

A seventh grader at LMS, Bates is rallying community support for the Cleats #4 Kids donation campaign. Area residents can assist the mission by donating kids' cleats of any size, as well as shin guards, soccer balls, and other soccer equipment.

At the conclusion of the donation drive, all of the gear will be presented to Mario Pineda, Sr., who will give the items to underprivileged kids.

For Bates, it means a lot to lead the community donation quest and help local kids and families this holiday season.

"This project benefits underprivileged kids in the city of Worcester to provide them with a safe environment when playing soccer," Bates told the New Leader. "Cleats for Kids will probably run until a little before Christmas. We hope to get as many donations as we can until then."

If you would like to get involved in the mission and give back to kids in need, send an email to passitforward-cleats4kids@gmail.com.

Every donation will help ensure that a child has an opportunity to safely play soccer. With local families facing high prices and employment challenges, community donations are especially important this holiday season.

"This project was inspired by a referee [Mr. Pineda] that worked in an indoor league I played for, who we became close with," added Bates, who has played soccer since the age of six. "He had a cleat

Please Read **BATES**, page A4



SPENCER POLICE HELP KEEP HALLOWEEN SAFE

Photo Courtesy

The community thanks the Spencer Police Department for helping to make Halloween a fun, safe experience for local kids. On Halloween evening, SPD Officers Lebrun and Fullam, as well as Sgt. Waugh and Sgt. Hodgerney, visited local neighborhoods to distribute candy to youngsters.

Camp Marshall offers creepy fun for Halloween

BY KEVIN FLANDERS
STAFF WRITER

SPENCER — Local families once again enjoyed a fun, spooky weekend of events leading up to Halloween at Camp Marshall.

Running from Oct. 28-30, this year's festivities included spook walks through the camp; a trunk-or-treat activity; family activities; and a food booth.

Local residents and organizations are thanked for supporting the trunk-or-treat program and providing kids with a memorable weekend. Guests and youngsters alike dressed up for the program, and the event is quickly becoming a tradition for families.

The Saturday activities were the busiest this year, camp officials said, and approximately 1,000 visi-



Photo Courtesy

Guests recently celebrated the approach of Halloween with a fun weekend at Spencer's Camp Marshall.

tors attended camp over the course of the entire weekend. The tradition began in 2020 as an opportunity to preserve Halloween fun for

local families amid COVID-19 restrictions, but it has quickly expanded to include

Please Read **MARSHALL**, page A3

Spencer voters to consider tightening solar restrictions

BY KEVIN FLANDERS
STAFF WRITER

Editor's note: For readers enjoying the online version of the New Leader released a day early, on Thursday, Nov. 10, the Spencer Special Town Meeting will be held tonight at 7 p.m. at Town Hall.

SPENCER — Special Town Meeting voters will have an opportunity to tighten solar restrictions by approving proposed amendments to the zoning bylaws.

Among other goals, the amendments seek to add clarity to the definitions and requirements for small-scale and large-scale solar installations. Additionally, if approved, the amendments would add a cap to the number of large-scale solar arrays that are allowed in town.

The amendments would also establish regulations for energy storage systems at solar installations, including batteries. Currently, there are no regulations in place regarding energy storage systems.

"Ground-mounted solar energy is becoming an increasingly popular energy source for homeowners looking to benefit from energy saving costs, and for corporations looking to install large-scale arrays," said Town Planner Lauren Vivier. "The current zoning bylaw does not clearly distinguish between the various types of installations and provide regulations as they may be most appropriate for the proposed use. This is partially due to the ongoing changes in the solar industry."

Please Read **TOWN MEETING**, page A4

HAPPY VETERANS DAY TO ALL VETERANS,
 in all branches of our military, past and present, for your sacrifice and courage to protect our freedom. May you feel appreciated and loved on this Veterans Day and every day.

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In a Nutshell: Nuts are Rx for Good Health

If you plan to put a bowl of nuts on your holiday table this year, you should know nuts are much more than a tasty treat, they are full of vitamins, antioxidants and compounds that promote good health. Touted as a "brain boosting" food, fresh nuts are an affordable, healthy alternative to sugary snacks. Whether your favorite nut is a peanut or a pecan, breaking out the nut cracker can benefit much more than your palate. Read on for some reasons to go nuts over nuts!

Note: Nuts and peanuts can cause allergic reactions, which are sometimes severe and can be fatal. The following information and recipes are not for those who are allergic or suspect they may be allergic to nuts. Contact your physician for more information about nut allergies.

Walnuts: Walnuts have long been hailed as an amazing "health food." A handful of walnuts are not only a tasty snack, but numerous medical studies prove good old fashioned walnuts are beneficial to good health.

Medical research reveal walnuts can improve the health of some diabetics. A study published in the European Journal of Clinical Nutrition found that walnuts, known for their high content of polyunsaturated fat (13g), significantly improve metabolic factors in overweight individuals with type 2 diabetes. In addition, data published in the International Journal of Obesity, evaluated weight loss patterns of overweight men and women and found improved weight loss with consumption of foods such as walnuts.

Searching for the fountain of youth? Early studies show it could be as close as your nut bowl! Animal research published in the British Journal of Nutrition found a diet containing as much as 6 percent walnuts (equivalent to one ounce or 1/4 cup in humans) was able to reverse age-related motor and cognitive deficits in aged rats.

Walnuts have even been hailed as a mood booster. Professor James Duke's book "Anti-Aging Prescriptions," claims walnuts may be able to relieve the disorders commonly treated with antidepressant drugs such as insomnia, depression, overeating and other compulsive behavior naturally, without the dangerous side effects.

Walnuts, rich in omega-3 fatty acids which fight inflammation, contain manganese, which research indicates may reduce PMS symptoms. And walnuts can even help you sleep more soundly. The nuts boost melatonin levels,

which induces sleep, to three times the norm!

Note: All walnuts are not created equal. For optimum health benefits choose raw, non roasted black walnuts.

Peanuts
At almost 30% protein, peanuts are a snack that packs a great nutritional punch. For those not allergic to peanuts, they are a healthy and tasty "health food."

While peanuts have received a bad rap for their high fat content, 85% of the fats in the nuts are heart friendly unsaturated fats. In addition, half of peanuts' unsaturated fat is monounsaturated fat, which aids in sweeping bad LDL from the blood. According to a FDA report, evidence suggests eating 1.5 ounces of peanuts a day, as part of a daily diet low in saturated fat and cholesterol, may actually reduce the risk of heart disease!

And, medical research shows peanuts may play an important role in controlling your weight if you eat them in moderation. Data shows that same 1.5 ounce serving of peanuts can help prevent weight gain. The vitamins in peanuts are also beneficial to hair and skin, and the potassium also improves muscle tone when your work out.

Not sure which variety of peanuts to reach for? According to the U.S. Department of Agriculture figures, 1 oz. of oil roasted, salted peanuts contains about 0.5 grams more saturated fat and 89 milligrams more salt than the same amount of dry-roasted, unsalted peanuts. Raw peanuts contain slightly less saturated fat and calories than dry-roasted peanuts, but each nut packs more protein, fiber, iron, calcium and vitamin E.

Almonds; Almonds are one of the most nutritious nuts. So versatile are almonds, that they can be easily incorporated into a daily diet, enjoyed in both sweet and savory dishes.

While almonds are touted for their taste, they are a powerhouse of health promoting properties.

With all the talk today about blood sugar concerns, it's important to know almonds may offer a great health benefit. According to a medical study, those who ate 20 percent of their calories from almonds for four months saw their bad LDL cholesterol drop and their insulin resistance decrease compared to a control group who didn't eat the almonds.

Almonds consistently boast impres-

Organizers also thank the many community volunteers who made the weekend possible.

"We had Boy Scout Troop 257 from North Brookfield, 20-plus volunteers from Anna Maria College's AMCares Club, and over 20 other volunteers who helped out over the course of the three days," Moore added.

Prizes were awarded for the top trunk-or-treat displays. These included the best decorated vehicle, the runner-up, and a people's choice award.

For more information about upcoming events at the camp and how you can join the fun, visit www.CampMarshall.net. You can also call 508-885-4891.



TAKE THE HINT
KAREN TRAINOR

Linda School of Public Health study showed those who consumed nuts five times a week had a 50% reduction in risk of heart attack.

Containing three grams of fiber per ounce, which is higher than most other nuts, almonds are also the richest in vitamin E. According to a study published in the International Journal of Obesity dieters who included almonds in their meal plans lost more weight than those who ate more complex carbohydrates.

Mixed Nuts: Read on for a mixed bag of health benefits of nuts!

*Brazil nuts are not only one of the most challenging to crack open, they are also rich in magnesium and selenium, both powerful antioxidants. Selenium can help "bad" cholesterol and reduce the risk of blood clots and heart disease. In addition, the nuts are touted as especially beneficial for men. Studies show they support prostate health for men, who can get their daily dose of selenium in just one Brazil nut.

*While all varieties of nuts are hailed

as "brain food" due to their antioxidant content, hazelnuts are particularly effective at reducing "brain fog" and enhancing good moods.

*Cashews contain nearly 25% of the daily requirement of magnesium, which promotes more oxygen in the blood, translating into improved memory.

*Iron rich cashews can also help prevent anemia, while the zinc in the nut boosts immune health.

Win Dinner for Two at the Publick House

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

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

PERSON of the WEEK

All of our Veterans

VETERANS DAY By Cheryl Dyson

On Veterans Day we honor all
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold,
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
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MARSHALL

continued from page A1

people from throughout the area. Officials thank all local vendors for augmenting the event.

"We had ten different local vendors in the hall, along with family games, a food booth, hay rides, the haunted hay rides each night, and over 300 trunk-or-treaters on Saturday afternoon," said Sheryl Moore, the Executive Director of Camp Marshall. "Some of our sixteen generous participants in handing out candy at trunk-or-treat were local citizens."

Trunk-or-treat supporters included Howie and Crystal Letendre with FLEXcon, the Snowbirds Snowmobile Club, the Coalition for a Healthy North Brookfield, and the Spencer Fire Department.



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FROM THE SUPERINTENDENT'S DESK

BY PAUL HAUGHEY
SUPERINTENDENT OF SCHOOLS
SPENCER-EAST BROOKFIELD
REGIONAL SCHOOL DISTRICT

I hope this Superintendent Update for November 2022 finds you and yours well.

Enrollment: Our enrollment as a regional school district has steadied. As of this morning, we have 1,417 students enrolled within our district. David Prouty High School has 365 students enrolled; Knox Trail Middle School has 366 students; Wire Village School has 414 students; and East Brookfield Elementary School has 244 students including 113 students enrolled for the "Cubs Corner" Preschool!

Personnel: We continue to post for paraprofessionals to join our district. All other positions have been filled at this time.

Covid-19 Update: Covid-19, much like any other virus, continues to pose a threat to our overall health and wellness. Should you or a member of your family experience any of the symptoms of Covid-19 or other viruses, please reach out to your primary care physician. To remain up-to-date on "what you need to know about COVID-19 in Massachusetts," go to: <https://www.mass.gov/covid-19-updates-and-information>

There are also hundreds of vaccination sites across the Commonwealth of Massachusetts that have indicated their willingness to vaccinate children five to 11. Many accept walk-in appointments, including CVS and Walgreens pharmacies, Market Basket and other grocery chains, and community health centers. More information on these sites, as well as safety information and helpful questions and answers, are all available at www.mass.gov/covidvaccine.

As a reminder:

The COVID vaccine is free for all, and no ID or insurance is needed to be vaccinated;

You can get vaccinated even if you are undocumented. Getting a vaccine will not impact your or your family's immigration status. The Public Charge rule does NOT apply to getting the vaccine.

Getting your family vaccinated is the best way to protect yourself and your loved ones. We appreciate your help to keep all of our students, faculty, staff, and volunteers, as well as our community, safe and healthy this fall and all year long.

Food Service supply chain shortages: Recently, our Food Service Department was informed of continuing supply chain shortages/issues. Please know our food services department continues to work diligently with other personnel to ensure that we have food stuffs in a timely manner for our students. Please know that the menus at our schools, as a result, are subject to change; and that we deeply appreciate your patience, understanding and support while we navigate these supply chain issues.

MSBA update: Given the recent votes of each community we serve in the October Special Ballot vote, it is my honor and privilege to inform everyone that I have received the Project Funding Agreement (commonly known as the "PFA") for the David Prouty High School Building Project within the Spencer-East Brookfield Regional School District. Additionally, the School Committee will be voting on Tuesday, November 8th, 2022, to continue the work that lies ahead in Module Six: Detailed Design. To learn more about our building project and Module Six - Detailed Design, you can go to: <https://www.massschoolbuild->

[ings.org/building/design](https://www.massschoolbuildings.org/building/design) or attend a future meeting of our David Prouty High School Building Committee. The next meeting of the David Prouty High School Building Committee will take place on Thursday, November 17th, 2022 at 6:00pm in person at the Wire Village School. Other informational meetings are in the planning stages and will be taking place over the coming weeks and months ahead.

Inclement weather notifications: As noted in our 2022-2023 school calendar, we will have traditional snow days this year. Safety considerations, and uniform access to electricity/internet during the school day, make snow days an important part of successfully navigating the school year. Calling snow days in New England is a difficult task. As the Superintendent of Schools, I have a unique opportunity to evaluate conditions in real time, as well as consult with the National Weather Service, Department of Public Works, local Emergency Management officials, and neighboring towns. My decision regarding delaying, closing, or releasing schools early always has been and always will be based upon "safety first" for everyone within our learning community. If you have not already done so please put a plan in place for the safe care and/or receipt of your child in the event that a weather-related delay, closing, or release is necessary.

The best way to be notified! The Spencer-East Brookfield Regional School District uses our App and website services are our primary means for delivering the most up-to-date information to your cell phones with our notification feature. To get the App, you can go to the Apple Store or Google Play Store and search for "SEBRSD," then download the App to your phone.

As well, as a backup communica-

tion service, notifications will be made through our OneCall Notification System. I will do my best to let you know the night prior, but not later than 5:30 a.m. on the day in question. Further, notifications will be placed on our website, Facebook page, and Twitter Account for the district as well as Channel 4 (WBZ), Channel 5 (WCVB), Channel 7 (WHDH), and Channel 25 (FOX).

November events

Finally, this month we have so many exciting activities taking place throughout our learning community.

Event: School Closed - Holiday: Veterans Day/Armistice Day (Friday, Nov. 11)

Event: School Closed - Professional Development (Monday, Nov. 14)

Event: American Education Week, (Tuesday, Nov. 15 - Friday, Nov. 18)

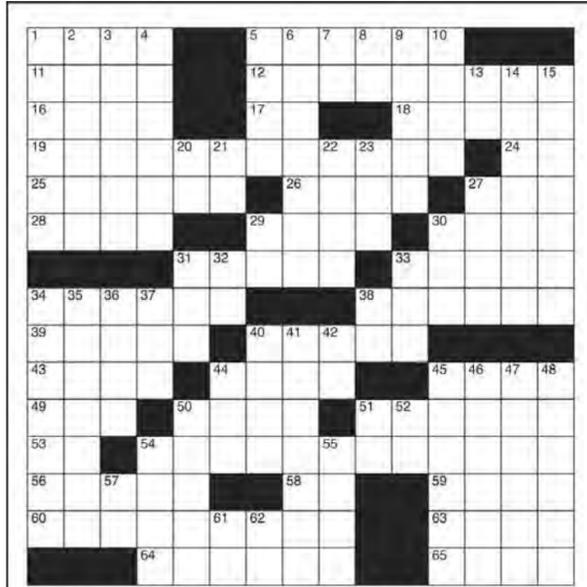
Event: School Building Committee Meeting (Thursday, Nov. 17, 6 p.m.)

Event: Half Day of School (Wednesday, Nov. 23, 8 - 11:30 a.m.)

Event: School Closed - Holiday: Thanksgiving Break (Thursday, Nov. 24 - Friday, Nov. 25)

Event: Healthy Families Night 2022 (Wednesday, Nov. 30, 6 p.m.)

With so much happening in our learning community, it is so easy to lose sight of all of the wonderful things happening around us. With that said, from our family to yours, please take time to recognize and celebrate our Veterans this month as well as time with family and friends - safely - this Thanksgiving! I remain truly grateful to the members of this community for demonstrating kindness, compassion, and decency throughout the fall season. Your partnership and support of the Spencer-East Brookfield Regional School District is deeply appreciated. #Innovate #Inspire #Achieve



CLUES ACROSS

- 1. Clip a small piece
- 5. Enter forcibly
- 11. Southwestern Native American tribe
- 12. Helps you smell better
- 16. Sun or solar disk
- 17. Low frequency
- 18. Former Houston football player
- 19. Federal crime
- 24. Home to Boston (abbr.)
- 25. Approval
- 26. Those who fight an establishment (abbr.)
- 27. student, learns healing
- 28. Indian groomer of horses
- 29. Line where two pieces meet
- 30. One might be brief
- 31. Type of sword
- 33. Knife for fruits or vegetables
- 34. Stinkhorns
- 38. Stroke
- 39. Industrial process for producing ammonia
- 40. Sir Newton
- 43. Wild goat
- 44. Muslim ruler
- 45. Scottish ancestor
- 49. Hat
- 50. Horse mackerel
- 51. Alcoholic accompaniment
- 53. Tech department
- 54. Manifesting approval
- 56. Upper tract of grass
- 58. Of I
- 59. Large wading bird
- 60. Military prisons
- 63. Famed American cartoonist
- 64. Rise
- 65. Greek God of war and courage

CLUES DOWN

- 1. Sewing needles
- 2. Functionary
- 3. Induces vomiting
- 4. The finger farthest from the thumb
- 5. Not moving
- 6. Sports official
- 7. Water purification process (abbr.)
- 8. University of Dayton
- 9. Indo-Malaysian evergreens
- 10. High schoolers' math course
- 13. Yankovic is a weird one
- 14. Adversaries
- 15. Merchandisers
- 20. Radioactive metal (abbr.)
- 21. Atomic #52
- 22. The back
- 23. One-time computer giant
- 27. Female of a horse
- 29. Football's big game (abbr.)
- 30. Vehicle
- 31. Single Lens Reflex
- 32. It's becoming more prevalent
- 33. Political action committee
- 34. Makes lightbulbs
- 35. Natural home of an animal
- 36. In bed
- 37. Superman villain
- 38. The Golden State
- 40. One who leads prayers in a mosque
- 41. They accompany a leader
- 42. Atomic #18
- 44. Electronic countermeasures
- 45. The appearance of something
- 46. Connecting line on a map
- 47. Deep red color
- 48. Secret affairs
- 50. Drenches
- 51. Contains music
- 52. Expression of surprise
- 54. Intestinal pouches
- 55. Where birds are born
- 57. and behold
- 61. Cools your home
- 62. The First State

BATES

continued from page A1

drive going, so me and others on my team would bring old or extra cleats to games and donate them. Around Christmas, we are going to surprise him with all the cleats and other equipment donations."

Bates thanks everyone who

TOWN MEETING

continued from page A1

Added Vivier, "The Spencer Planning Board is proposing an amendment that will improve clarity, limit terms open to interpretation, and add additional standard requirements for all large-scale commercial installations."

There are currently 21 commercial solar arrays in town. Ten of these arrays are located at Saint Joseph's Abbey.

If approved, the amendments would include a cap on the number of large-scale arrays that are allowed in town. Similar caps have been approved in Warren and West Brookfield.

"The intention of this cap is to promote protection of prime farmland soil, wetlands, and open space, which are all vital to Spencer," Vivier added. "With the limited land that can be developed upon, there are opportunities for developments that could provide more benefits to the town, such as housing or businesses that provide job opportunities."

Many of the currently proposed actions were featured in a report prepared by the Solar Bylaw Advisory Committee (2019), including the proposed cap on commercial arrays.

"When I served on the Solar Bylaw Committee, we all agreed that what we recommended was

has supported her project. It was particularly fun to work with her family members to organize the donation drive.

"My favorite part of doing this was working with my dad and brother to set it up, and of course receiving donations," Bates said.

Bates has played for several local teams throughout her soccer career, including Leicester

Soccer Club, Spencer Soccer Club, FC Stars of Worcester, and She Got Game FC.

She currently plays for the Lady Gunners and her Leicester Middle School soccer team. She asks local athletes, their families, and community members to help give back and provide others with an opportunity to enjoy the game she loves.

only the first step, as it was a complicated issue that will continue to evolve as technological advancements continue," said Selectman Ralph Hicks.

In a listening session hosted by the advisory committee in 2019, Spencer residents voiced their concerns about the negative impacts of commercial arrays. These include the loss of productive farmland, the destruction of forested lands, the effects on wildlife habitats, and stormwater concerns.

"Spencer residents also expressed that they were displeased about the financial benefit the town and residents receive from these solar arrays," Vivier added. "In their report, the Solar Bylaw Advisory Committee proposed a cap on the total number of installations in town. This proposed amendment executes that recommendation and can prevent the oversaturation of solar fields in Spencer."

Officials also placed an emphasis on the proposed language regarding energy storage systems. Currently, there is limited information about the long-term environmental effects of these systems, officials said. Spencer's zoning bylaw does not currently contain any regulations for energy storage systems.

"The currently proposed amendment will prohibit battery fields from being permitted in town," Vivier said. "It also requires several safety and

reporting requirements for residents and corporations looking to add batteries and an accessory to a solar installation, including setbacks specific to energy storage systems. The intentions of the additional setbacks are to keep batteries and other stored energy forms further from property lines and from abutters."

Moreover, the proposed bylaw changes include requiring a cash bond rather than an insurance bond. This would protect the town from having to pay for a solar array's decommissioning when its life expectancy has been reached, officials said.

The proposed amendments will appear as Article 10 on the Special Town Meeting warrant. If the amendments do not pass during the Nov. 10 Special Town Meeting, any new applications for ground-mounted solar arrays will abide by the current regulations, including proposed projects with energy storage systems.

A two thirds vote is required for the article to pass.

"This article is a product of research conducted by the Spencer Planning Board and the now disbanded Solar Bylaw Advisory Committee, and of the residents of Spencer who have voiced their concerns, conducted their own research, and attended numerous public meetings," Vivier added.

The Nov. 10 Town Meeting will take place at 7 p.m. at Town Hall.

PUZZLE SOLUTION

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\$455,000, 5 Taylor Dr, Vandam, Joshua, and Vandam, Michelle, to Ageyi, Isaac, and Frimpong, Susy.
\$240,000, 23 Donnelly Cross Rd, Mazzone Anthony Est, and Mazzone, John A, to Mazzone, John A.
\$35,000, Marble Rd #8C, Sweet, Andrew, to Chasse, Stephen L.

WARREN
\$239,000, 234 Old West Warren Rd, Merriam, Edward, and Merriam, Ann, to Cowen, Alexander S.
\$161,000, 138 Coy Hill Rd, Borowiec, Rosalia M, to New England Hm Buyers LLC.

“Atomic Veterans” receive overdue recognition

BY KEVIN FLANDERS
STAFF WRITER

REGION — Bared from discussing the nature of their service for more than four decades, Atomic Veterans like Ronald Benoit are finally receiving their long overdue recognition.

Benoit, of Holland, and his fellow “Atomic Veterans” were among the enlisted personnel who participated in atmospheric nuclear weapons tests between 1945 and 1962.

Exposed to radiation and other dangerous conditions during their service, Atomic Veterans totaled about 225,000 servicemembers. To date, approximately 80-percent of these veterans have already passed away.

Working diligently over a ten-year period, with significant assistance provided by Congressman Jim McGovern, Benoit helped ensure that Atomic Veterans are properly honored. McGovern, along

with Minnesota Congressman Tom Emmer, sent a letter to the Senate and House Armed Services Committees, urging them to include a provision which would create a service medal to honor Atomic Veterans.

On July 5, the Department of Defense announced the establishment of the Atomic Veterans Commemorative Service Medal.

Veterans eligible to receive the medal include those who performed duties related to the nation’s atomic and nuclear weapons programs between July 1, 1945, and Oct. 1, 1992.

“Atomic veterans were exposed to dangerous levels of radiation in performance of their duties, yet they have never been given the full respect and recognition they deserve,” said Congressman McGovern. “Sworn to silence for decades, these courageous and committed patriots paid a high price for their loyalty to our country.”

For Benoit, who serves as a State Commander for the National Association of Atomic Veterans, it’s an honor to advocate for fellow veterans and help bring their stories to light after four decades in the dark. During their period of sworn silence, Atomic Veterans were not even allowed to discuss the details of their service with each other or family members.

“Not many people know about Atomic Veterans. They don’t realize what happened because we were sworn to secrecy for all those years,” said Benoit, who was a member of the team that guarded a hydrogen bomb at Bikini Atoll in 1954.

Now, as a State Commander for the National Association of Atomic Veterans, Benoit represents Massachusetts, Connecticut, Maine, Rhode Island, and Vermont.

Atomic Veterans Commemorative Service Medals are expected to be available by the end of the year. This

will allow eligible veterans to finally receive the official recognition they deserve, leaders said. Several other Atomic Veterans passed away before the information on the testing program was declassified by the Clinton Administration in 1994. Many of them suffered health problems as a result of their service, but they nonetheless maintained silence.

After watching these veterans take the government-mandated secrets of their service to the grave, Benoit and others are committed to making sure they posthumously receive their due honor.

If you would like to contact Benoit about an Atomic Veteran eligible for recognition, call 413-245-7819. You can also send an email to atomicvet024@aol.com.

To learn more about the National Association of Atomic Veterans, visit www.naav.com.

Meanwhile, officials are urging residents to take a few

moments this Veterans Day to acknowledge Atomic Veterans and the sacrifices they made.

“These veterans deserve our support. They committed to serving their nation and incurred serious health challenges due to their service. They should receive the honor and recognition they deserve,” said Congressman Emmer. “I have long advocated for our Atomic Veterans. They suffered in silence for their unique service to the United States, and it is time they are honored publicly.”

Benoit thanks legislators, particularly Congressman McGovern, for their steadfast support over the years.

“Jim McGovern fought tirelessly for 11 years and successfully secured the approval of service medals to honor my fellow Atomic Vets,” Benoit said. “The Department of Defense informed us of the creation and distribution of the service medals by year end.”

Big Brothers Big Sisters of Central Mass and MetroWest teams up with Celtics Royalty, Bob Cousy, for a “once in a lifetime” experience



REGION — Big Brothers Big Sisters of Central Mass and MetroWest is pleased to share the outcome of a

recent auction package donated by Boston Celtics legend, Bob Cousy. Late Spring, BBBS partnered with longtime friend and

supporter, Bob Cousy to auction off a once in a lifetime experience to meet the basketball icon at his home, take a photo

with him, and receive some signed memorabilia.

BBBS raised \$65,000 thanks to loyal supporter Mr. Bob Atchinson who bid on the package, plus donations from others who wanted to support Mr. Cousy’s efforts. This past Saturday, Mr. Atchinson and his two grandsons had the opportunity to meet Mr. Cousy.

“He’s been a leader, not just as a basketball player,” Atchinson said of Cousy. “He’s been a leader in a lot of ways for a long time...I really wanted to meet him. So that was a thrill.”

Mr. Atchinson and his grandsons had the opportunity to ask Mr. Cousy about his Presidential Medal of Freedom, his love for Big Brothers Big Sisters, and about his time in the NBA. They posed for a photo-op in

front of the Bob Cousy statue at the College of the Holy Cross.

The proceeds from the Bob Cousy auction will support BBBS’ mentoring programs that serve opportunity youth in 87 towns and cities throughout Central Massachusetts and MetroWest. Bob Cousy still receives requests for autographs daily, in which he will happily oblige, after taking a donation for Big Brothers Big Sisters of Central Mass & MetroWest.

BBBS CEO, Connie Askin, said “We are in the business of relationships and happiness, and on Saturday, with Mr. Cousy’s assist, we saw that come together in a really magical way.”

Bob Cousy is a six-time NBA Champion and the 1957 NBA MVP. He is an alum from the College of

the Holy Cross and has lived in Worcester, MA ever since. Mr. Cousy has volunteered as a Big with BBBS three different times over his life and continues to be a true advocate for its mission.

About Big Brothers Big Sisters of Central Mass & MetroWest

The mission of Big Brothers Big Sisters of Central Mass & MetroWest is to create professionally supported mentoring relationships, empowering youth to realize their potential and build brighter futures. Children’s lives are enhanced when they have a mentor in their lives to celebrate their successes. To learn more about Big Brothers Big Sisters of Central Mass & MetroWest, please visit www.bbbscm.org.

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Nursing students hold first craft fair

CHARLTON — The season of crafts and vendor shows is upon us. For Bay Path Practical Nursing Academy this year marks the first organized SkillsUSA Fundraiser.

The special event was a fundraiser for the Bay Path Practical Nursing Academy SkillsUSA Team. The nursing students raised funds and sought donations all in the name of competing for SkillsUSA all the way to Nationals.

According to Heidi Bedard, LPN, sub-secretary who helped organize the fair, “We wish to thank the knitters, potters, bakers, jewelers, bedazzlers, and candlestick makers, as well as the food and baked goods vendors who joined us on Saturday, Nov. 5.”

We all worked diligently to raise as much money as possible to support nursing student SkillsUSA champions. The nursing students will use the money raised for state and national competition in the five categories namely Medical Math, Medical Terminology, Health Knowledge Bowl, First Aid/CPR, and Practical Nursing.

The Craft Fair was held from 9 a.m. to 3 p.m. at the Bay Path Regional

Vocational Technical High School gymnasium. Attendees had ample time to peruse through booths, and tables, and make selections of their favorite items. Even the Academy Director, Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN participated with a table full of home-grown plants, propagated from seeds or cutting in various curated pots and containers. Payment may be made in many ways to Bay Path, cash, check, or money order. Those wishing to use electronic payment may do so through <https://unipaygold.unibank.com/customerinfo.aspx>.

“All money raised will go towards the nursing students’ SkillsUSA competition,” Bedard reminded. For more information contact Heidi Bedard, LPN 508-248-5971, ext. 1674 or via email HBedard@baypath.net.

About Bay Path RVTHS Practical Nursing Academy

Bay Path Practical Nursing Academy offers a 40-week (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate

and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800 www.mass.gov/dph/boards/rn The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org. Bay Path Regional Vocational Technical High School is fully accredited by the: New



England Association of Schools and Colleges 209 Burlington Rd., Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

Haston Library looks toward the holiday season

BY KEVIN FLANDERS
STAFF WRITER

NORTH BROOKFIELD — With the holiday season right around the corner, guests are invited to check out a busy upcoming schedule at Haston Free Public Library.

On Monday, Nov. 14, Rhonda Brault will be back with the papers, stamps, stickers, and other supplies necessary for making Christmas cards. Slated for 5:30 p.m., guests will enjoy a fun evening of creativity for just \$5 per person.

Pre-registration is required for this event, so be sure to call the library at 508-867-0208 to sign up.

This month, the library’s Book Group is reading “The President and the Freedom Fighter” by Brian Kilmeade. The book tells the little-known story of how two American heroes moved from strong disagreement to friendship, and in the process changed the entire course of history.

Book Group members will discuss the title on Nov. 29 at 7 p.m. in the library, as well as on Zoom. Copies of the book are available in the

library.

Meanwhile, Haston Free Public Library has begun generating donations through the Hannaford Giving Tag Program. Launched in February 2020, the effort is a reusable bag program that facilitates community support.

Shoppers purchasing the \$2.50 Community or Fight Hunger Bag at any Hannaford store will have the opportunity to direct a \$1 donation to a local nonprofit of their choice by using the attached Giving Tag. Nonprofits can include your local library.

“North Brookfield Hannaford has always been so supportive of our library, and the Giving Tag program is just another way Hannaford is helping us and giving back to the community,” said Library Director Dawn Thistle. “Every dollar raised helps us to buy books and provide services to the people of North Brookfield. We truly appreciate Hannaford and all the shoppers that designate the library as a recipient of their donations.”

To learn more about the Hannaford Giving

Tag Program, visit www.hannaford.2givelocal.com.

The library thanks local authors for their recent presentations. Last month, North Brookfield readers were able to enjoy two author presentations about books featuring central Massachusetts topics. On Oct. 4, Bob Young recounted his hike in the footsteps of Henry David Thoreau, from Concord to the top of Mount Wachusett. A week later, on Oct. 12, Katherine Sherbrooke discussed her book, “Leaving Coy’s Hill,” a fictional retelling of the life and career of local abolitionist and suffragist Lucy Stone. Both authors sold autographed copies of their books following the presentations.

Finally, the library’s children’s department invites local youngsters and their families to enjoy story times on Tuesdays at 10:30 a.m. Several books and associated crafts will be featured.

To learn more about upcoming library events, or to register for a program, call 508-867-0208.

Reservations must be made by calling Maureen at 508-864-6871 by Friday, Nov. 11.

Christ Memorial Church hosting Red Door Fayre

NORTH BROOKFIELD – Area residents are invited to attend the Red Door Fayre at Christ Memorial Episcopal

Catholic Charities invites volunteers to assist on Thanksgiving Day

WORCESTER — Catholic Charities Worcester County announced today that they are still accepting volunteers to deliver and serve Thanksgiving dinner to those in need. Whether delivering meals or serving the noontime meal at St. Paul Cathedral, volunteers will have an opportunity to visit with people who would otherwise be alone this Thanksgiving.

For more than 60 years, the Bishop of Worcester has hosted a dinner provided by Catholic Charities Worcester County to assure a meal and fellowship to homebound elders, people with disabilities, homeless individuals, and those who would otherwise be alone on Thanksgiving and Christmas. Both sit-down dinners at the Cathedral of St. Paul and home-delivered meals are available to those in need on these important holidays. In 2021, the Bishop’s Holiday Dinners on Thanksgiving and Christmas provided over 6,000 home-delivered meals to those in need by nearly 1300 volunteers.

Volunteers are needed at both the sit-down dinner located at the Cathedral of St. Paul, 38 High St., Worcester, and meal delivery from St. Peter’s Catholic Elementary School. Sit-down dinner volunteers should arrive between 11:30 a.m. and noon, and can register at this link: <https://www.ccworc.org/cathedralregistration/>. Meal delivery volunteers begin arriving at 8am to receive the meals and delivery route. Meal delivery volunteers should register at this link: <https://www.ccworc.org/bishopsdinnervolunteer/>. Meals will be picked up drive-through style at the gym at St. Peter’s Catholic Elementary School, entrance on 10 Hammond St., Worcester, MA 01610. If you would like

to request a meal, call 508-798-0191 or go to the following link: <https://form.jotform.com/222785930706159>.

Most Rev. Bishop Robert J. McManus invites anyone and their family to join him at St. Paul’s Cathedral for a Thanksgiving dinner. Catholic Charities provides bus routes to and from St. Paul’s Cathedral and will pick up individuals at: Lincoln Village, Booth Apartments, Seabury Heights, Green Hill Towers, Belmont Apartments, Green Island NOC, Greenwood Gardens, Canterbury Towers, Elm Park Towers, Pleasant Towers, Murray Avenue Apartments, Marble Apartments, and Webster Square Towers.

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A luncheon will offer clam chowder; cabbage soup; sandwiches; and apple crisp.

The church is located at 133 North Main St. in North Brookfield.

Leicester Women’s Club to hold holiday food and wine auction

LEICESTER—The Leicester Women’s Club will have their Annual Holiday Food/Wine Auction on Wednesday, Nov. 16 at Pine Ridge Country Club in Oxford at 6 p.m. Cost of meal is \$25.



Community Connection

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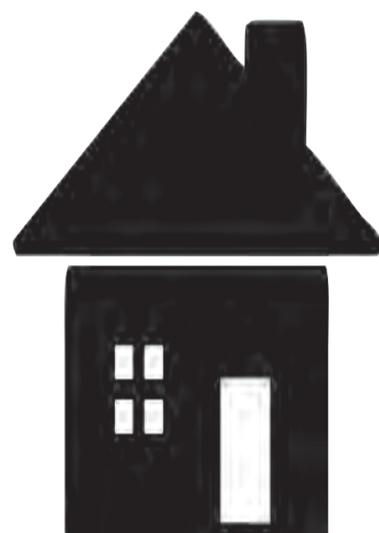
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FRANK G. CHILINSKI
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 EDITOR

EDITORIAL

A time to thank those who serve us

We would like to begin this Editorial by sharing words of gratitude to our veterans. Thank you for your valor, your sacrifices and your courage to defend our rights and to keep us safe. With that said, we thought we would share some history behind how Veterans Day came to be.

The Great War was officially over when the Treaty of Versailles was signed in June of 1919, in France. Actual fighting ended seven months earlier between Germany and Allied nations, on the eleventh hour of the eleventh day of the eleventh month. Since then, Nov. 11, 1918 is known as 'the war to end all wars.'

In 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day. Wilson stated, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

In June of 1926, Congress officially recognized the end of WWI, passing a resolution. Part of that resolution stated, "Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and Whereas the legislatures of twenty-seven of our States have already declared Nov. 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on Nov. 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

In 1938, Nov. 11 became a legal holiday to celebrate all veterans in WWI and WWII. Armistice was replaced with Veterans. In 1954, Veteran's Day would honor all veterans in all wars.

Daddy's Poem

Her hair was up in a pony tail, her favorite dress tied with a bow.

Today was Daddy's Day at school, and she couldn't wait to go.

But her mommy tried to tell her that she probably should stay home

When the kids might not understand if she went to school alone.

But she was not afraid; she knew just what to say.

What to tell her classmates of why he wasn't there today.

But still her mother worried for her to face this day alone.

And that was why once again, she tried to keep her daughter home.

But the little girl went to school eager to tell them all.

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

FOLLOW THE YELLOW BRICK ROAD AT QUABBIN REGIONAL HS



Photo Courtesy

Quabbin Drama Club presents "The Wizard of Oz" Nov. 11, 12 and 13. Take a trip down the yellow brick road as the Quabbin Regional High School Drama Club presents, "The Wizard of Oz" on Friday and Saturday, Nov. 11 and 12 at 7 p.m. and Sunday, Nov. 13 at 2 p.m. Tickets are \$10 each and will be available at the door or by emailing Toni Brown at tbrown@qrsd.org.

LETTERS TO THE EDITOR

Why is evil so prevalent?

To the Editor:

Because God the creator of this world, universe and all life of mankind and animals (not the Big Bang, evolution), God did not want mankind, man and woman, to be robots, so God created us with the gift of free will, choices, and Satan, who was originally named Lucifer (means "shining one," "Light Bearer") is also a creation of God. God created Lucifer almost perfect, and Lucifer thought he was greater and smarter than God, so he rebelled and God rebuked him and cast him from Heaven and sent to earth, and he became the prince of this world, earth, and Satan's first attack against God was to tempt Adam and Eve to sin against God, and from that day, we became descendants of Adam and Eve, and we are born with a sin nature, a nature that wants to satisfy the flesh. Satan is the prince of lies, temptation, and seducing, no respect for mankind, and that is why sin is so prevalent unless we make a personal choice with our gift of free will and chose to rebuke Satan and chose to serve God through Jesus, Satan and sin will remain prevalent. This can be found in Genesis 3:1-7 and Isaiah 12:15 and Luke 10:18.

For those of you who may not know or do not believe, the only way we can get to Heaven is to overcome Satan, and that can only be through God in Jesus, Jesus our Redeemer. Jesus shed

His blood on the cross for our salvation. Jesus is God's sacrificial lamb for our salvation, eternal life. It is our choice to receive Jesus. Why is Jesus the only way, you may ask? Because God is the creator of this world, life, and Jesus is God's son who died for our sins. Jesus is our savior, redeemer, and with God's gift of free will, choices, we are responsible for what we do and we need to confess, repent and accept Jesus into our lives. Apart from Jesus, we are no match to overcome Satan.

The following Scriptures will testify, confirm what I am sharing with you. Psalm 81:13-14 way back in the Old Testament, God promised the people He would restore the people if they would listen to His (God's) Word, laws, and return to Him (God) heart and soul; it is the people's choice.

Luke 15:7 is very clear, explicit, that God, Heaven will be more rejoicing in Heaven over one sinner who repents than many righteous persons, people who do not need to repent.

John 10:10 is teaching that Satan's desire is to steal, kill, take the lives of those whose desire is to live for Jesus. Satan knows better than we do of Jesus' devotion, love for us the people, God's creations, dying so that we may live eternally. Come on, people, confess and repent, accept Jesus in your heart,

Turn To **BLAIS** page **A18**

Here's your 'recession survival' checklist

It's unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, you might want to consider the items in this recession survival checklist:

Assess your income stability. If your employment remains steady, you may not have to do anything different during a recession. But if you think your income could be threatened or disrupted, you might want to consider joining the "gig economy" or looking for freelance or consulting opportunities.



FINANCIAL FOCUS

TREVOR NIELSON

Review your spending. Look for ways to trim your spending, such as canceling subscription services you don't use, eating out less often, and so on.

Pay down your debts. Try to reduce your debts, especially those with high interest rates.

Plan your emergency fund. If you haven't already built one, try to create an emergency

fund containing three to six months' worth of living expenses, with the money kept in a liquid account.

Review your protection plan. If your health or life insurance is tied to your work, a change in your employment status could jeopardize this coverage. Review all your options for replacing these types of protection. Also, look for ways to lower premiums on home or auto insurance, without significantly sacrificing coverage, to free up money that could be used for health/life insurance.

Keep your long-term goals in mind. Even if you adjust your portfolio during times of volatility, don't lose sight of your long-term goals. Trying to "outsmart" the market with short-term strategies can often lead to missteps and missed opportunities.

Don't stop investing. If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment "sidelines," you would have missed the opportunity to benefit from a market rally.

Revisit your performance expectations. During a bear market, you will constantly be reminded of the decline of a particular market index, such as the S&P 500 or the Dow Jones Industrial Average. But instead of focusing on these short-term numbers, look instead at the long-term performance of your portfolio to determine if you're still on track toward meeting your goals.

Assess your risk tolerance. If you find yourself worrying excessively about declines in your investment statements, you may want to reevaluate your tolerance for risk. One's risk tolerance can change over time — and it's important you feel comfortable with the amount of risk you take when investing.

Keep diversifying. Diversification is always important for investors — by having a mix of stocks, mutual funds and bonds, you can reduce the impact of market volatility on your portfolio. To cite one example: Higher-quality bonds, such as Treasuries, often move in the opposite direction of stocks, so the presence of these bonds in your portfolio, if appropriate for your goals, can be valuable when market conditions are worsening. (Keep in mind, though, that diversification cannot guarantee profits or protect against all losses in a declining market.)

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

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.nielson@edwardjones.com.



Turn To **HOUGHTON** page **A18**

Great weather pays off for local bow hunters

It sure was nice to have such fantastic weather this past week. It was great for archers sitting in their tree stand waiting for the perfect shot at a big buck. It has already paid off for some archers who bagged big bucks last week, as the rut heated up. Some impressive does have also been harvested as of last week, making for some great eating. Of course, there are the stories of archers that made bad shots, totally missing the deer. With Massachusetts still pondering the crossbow bill it is going to take more time to get this bill through.



THE GREAT OUTDOORS
.....
RALPH TRUE

Tick populations are extremely high right now, with numerous hunters sounding the alarm. Deer ticks can cause severe health problems in both humans and pets. I personally removed numerous deer ticks from my dogs last week after a short hunting trip.

Parents need to check their family and pets regularly for these disease carrying insects that are no larger than the head of a pin.

Tautog fishing remains good to excellent, and should stay that way until at least Thanksgiving. Seabass are still be caught, but you need to fish in deeper water.

Trout fishing also is providing some great fishing for anglers that enjoy catching and eating them. Numerous anglers are smoking the fish and are enjoying the fish at numerous family gatherings.

Take A Kid Fishing & Keep Them Rods Bending!



Photo Courtesy

This week's picture shows Andrea Henchey at the shooting range in Uxbridge.

Give the gift of preserving the garden's harvest

Give a gift that helps your favorite gardeners enjoy the flavors of their garden well past the end of the growing season. Both new and experienced gardeners often spend their gardening budget on plants and seeds, leaving little or none to invest in food preservation equipment and supplies. Prepare your favorite gardener for the next harvest season with some food preservation supplies and equipment.



GARDEN MOMENTS
.....
MELINDA MYERS

allows them to dry lots of herbs in a very small footprint. The drying system you purchase or create should provide the needed space for the harvest and allow sufficient air circulation for fast drying.

Herbs with high moisture content like basil, oregano, lemon balm and mints will mold if not dried quickly. If this has been a problem in the past, try placing a small bunch in a paper bag with holes in the side and stems outside the bag. Hang these from a drying rack or speed up the process by using a microwave or food dehydrator.

Many gardeners grow onions, garlic, and potatoes for long-term storage. All three of these vegetables prefer cool, dark storage locations with good air circulation. Separate potatoes from onions that give off pungent gases that can taint the potatoes' flavor.

Avoid plastic bags that retain moisture and can shorten these vegetables storage life. Breathable potato and onion storage baskets have been used by gardeners for centuries. Boost the style and space savings with the Stackable Bamboo Harvest Storage Basket with Lid. Just stack as needed and place on the rolling base for easy storage and accessibility.

Help your gift recipient turn their harvest into something delicious. Fermentation is a relatively easy pres-

ervation technique that has been used for thousands of years. Preserve some of your cucumbers as pickles, cabbage as sauerkraut, and berries as preserves with fermentation.

For most projects you just need the fruit or vegetables, water, salt, and spices. The desired ingredients are placed in a covered vessel like a Stoneware Pickling Crock. Weights are used to keep the fruit and vegetables submerged in water throughout the fermentation process.

Consider smaller fermentation kits for those with limited space. A three-liter glass jar with an air-lock lid and ceramic weights will allow you to ferment small quantities of vegetables.

Reduce the workload and boost the enjoyment for those making tomato juice, sauces, and soups. Hand crank and electric tomato presses, strainers and sauce makers allow gardeners to separate the skins and seeds from the tomato meat for quicker and easier processing.

Giving a gift that helps preserve flavors from the recipient's garden will be useful and remembered for seasons to come.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program.



Courtesy — Gardener's Supply Company

Tomato press and sauce makers turn garden-ripe tomatoes into a seed-free, skin-free sauce with the turn of a handle.

Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.

What is fear?

If I were to walk down the street and ask each person what they were afraid of, they would most likely say, "nothing."

What is fear? One definition is to be afraid of someone or something likely to be dangerous, painful, or threatening.

When we think of fearful situations, we may think of something dangerous like a war, painful like

losing a loved one, or threatening like being face-to-face with a serial killer.

How many people would consider following your dreams dangerous, painful, or threatening?

Some dreams are dangerous and can result in death; think of Martin Luther King or Amelia

Earhart. Other dreams are not so dangerous but may instill similar amounts of fear.

Is fear a bad thing? Fear is an emotion that can help protect us. It's like a warning that cautions

us to be careful. It makes you alert to danger and prepares you to deal with it. Imagine if you

weren't afraid of touching a hot flame, falling down the stairs, or walking off the edge of a cliff.

Fear can cause indecision, which in turn causes doubt, and when all three begin to mix, a

person can become paralyzed. When overcome by fear, it can cause a person to stop moving

forward, overcome with worry. Worry is a subtle sustained fear that little by little, destroys your

reasoning, self-confidence, and ini-



POSITIVELY SPEAKING
.....
TOBY MOORE

tiative. What are the different types of fear? What symptoms do they cause? What, if anything, is the remedy?

There are many types of fear. Some fears are rational, others are instinctual, and others are

irrational; they tend not to make logical sense and vary significantly from person to person.

Rational and primal fears serve a useful purpose. What about irrational fear? They might also

be helpful, but irrational fear is the type of fear that could also be holding you back from your

dreams and doing what you want to do with your life. Irrational fear can cause one to live in a

false reality, not be present, and influence one to make unhealthy decisions.

On the face of it, none of these fears sound irrational, but how they can make you behave can

be irrational and detrimental.

Fear of poverty: It can be good if

it makes you work hard or not waste money. Often this can cause someone to behave irrationally, like being dishonest in business and taking advantage of others.

Fear of Criticism: If you're afraid of criticism, you may be more self-conscious, unable to

express your true personality, and generally feel inferior to those around you. This fear is a

significant impediment to following your dreams. What's more rational? Living your life purpose

or being so afraid of what others think, you never try.

The Fear of Ill Health: When studying the placebo effect, it's been suggested that those who

fear a disease the most can sometimes have symptoms of that disease even though they don't

have it. To be in constant worry about ill health isn't healthy! After taking proper precautions, will

you still let the fear of ill health keep you from living life to its fullest?

The Fear of Death or Old Age: We are

all growing old; embrace it. Don't let the fear of old age

cause you to live a lesser life. I've heard thirty-year-olds say they are too old and sixty-year-olds

say they are too young. Do you have an old or youthful state of mind?

The Fear of Loss of Love: Most of us lose love at least once. Don't let this fear cause you to

be jealous, find fault, overcompensate, and block you from finding new and lasting love.

Fear is a double-edged sword. Sometimes it's healthy; sometimes, it's unhealthy. Just like

anything, fear might be best in moderation.

If you suspect your fears are irrational and causing you to make harmful decisions, you may

need the help of a mental health professional. Don't be afraid to find help if you need it.

Are you letting fear control your life? I encourage you to let go of the fears that are holding you

back and start living the life you always wanted.



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Knights of Columbus hosting benefit dinner for S.O.N.G.

BY KEVIN FLANDERS
STAFF WRITER

WEST BROOKFIELD – Knights of Columbus Council 11080 is sponsoring a spaghetti dinner this month that will raise critical funds for children in need.

The event is set for Saturday, Nov. 19, at Sacred Heart Church (10 Milk St.). Proceeds will help provide desperately needed winter clothing and blankets for orphaned children in western Ukraine. This effort is being coordinated by Supporting Orphans Nationally and Globally (S.O.N.G.), of Brookfield.

The dinner will include pasta fagioli; garden salad; meatballs and sausage; spaghetti and sauce; garlic bread; dessert; and water, soda, and coffee.

The cost is a \$15 donation per person (\$10 for children under 12 years old).

Take-out is available beginning at 5:30 p.m., and the sit-down dinner will be served at 6 p.m.

Admission tickets are also good for entry for special door prizes. Moreover, raffle tickets for a 50/50 raffle will be available.

Advance ticket purchases are encouraged for this event. Tickets are available from any Knight, or by calling 413-813-

8100. You can also call 508-867-7878, or send an email to wally-connor122@gmail.com.

Tickets will only be available at the door while they last. Community members are urged to attend the dinner and support children in need this holiday season.

Michele and Wally Connor, the executive directors of S.O.N.G., thank residents for their continued support throughout a challenging year. They recently returned from the Ukraine-Poland border after providing support to children at refugee camps. Countless children have been orphaned as a result of the ongoing war. Looking ahead, Wally

Connor will be returning in mid-November to Krakow, Poland, for meetings with partner organizations. He will then travel to Lviv, Ukraine, to help distribute winter clothing to orphaned children in more than 20 temporary safe-havens in western Ukraine.

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

Earlier this year, S.O.N.G. teamed up with Aerial Recovery Group to assist with

the evacuation of orphaned children in Ukraine.

S.O.N.G., Inc., is a certified 501(c)(3) nonprofit organization. All donations are 100-percent tax-deductible per IRS guidelines. Additionally, S.O.N.G., Inc., is an all-volunteer organization, and all donated funds go directly to supporting orphaned children.

Donations can be sent to the organization at: S.O.N.G., Inc., c/o North Brookfield Savings Bank, 9 Gilbert St., North Brookfield, MA 01535.

For more information about the organization and its efforts to assist children, visit www.SupportingOrphans.org.

Quinsigamond Community College, Hanover Insurance Group partner to offer mentoring

WORCESTER — The Hanover Insurance Group has recently joined as a core partner of Quinsigamond Community College’s (QCC) mentoring program. Core partners are organizations that provide at least 10 mentors who will be matched with QCC students. The Hanover will be providing mentors from Mi Familia, one of its business resources groups which supports the Hispanic/Latinx community and its allies.

“We are excited to partner with The Hanover, a well-known and respected organization that, like QCC, is dedicated to diversity, equity and inclusion,” said QCC President Luis G. Pedraja, Ph.D. “This is a partnership that will have an incredibly positive impact on our student mentees and our community as a whole.”

QCC mentees work with their mentors to develop employer desired skills,

gain an understanding of workplace expectations and have the opportunity to network, increasing the likelihood of finding a rewarding career. They also gain a personal and professional connection with their mentor, who provides guidance, training, and overall support. Mentors use the experience to build leadership skills and are able to give back to the community in which they work. In addition to the one-on-one relationships, mentors and mentees attend monthly events that expand their networks and build community.

“The Hanover and QCC are closely aligned in core values – with a focus on inclusion, diversity and equity, so supporting this program as a core partner made perfect sense,” said Karen Andrade, vice president and chief operations officer, business insurance, at The Hanover. “This program will provide students with insight into what

to consider in a career journey and how to maintain a work/life balance as they further their education. As a grateful and proud Asian American, Hanover leader, executive co-sponsor of Mi Familia, and QCC graduate, I believe this furthers our journey and commitment to advocating for inclusion, diversity and equity, especially for under-represented communities right here in our neighborhood.”

Eduardo Anaya, a QCC alumnus from the Business Administration program, received a bachelor’s degree after transferring to Worcester State University through the Mass Transfer program. He wasn’t sure where to apply his new skills but when a temp-to-hire position brought him to The Hanover, he knew the company culture was a good fit. When he discovered the QCC mentoring program through a networking event at The Hanover, he applied immediately.

“I always knew I wanted to be involved as much as possible in my career and community,” Anaya said. “As a QCC alum, I feel like I can truly understand the issues that many students face, such as working full-time while going to school. It takes programs like the QCC-Hanover mentoring partnership to help bring out a student’s full potential. This is a great experience for them to learn their strengths and weaknesses, making them better prepared for the workforce or whatever next step they choose.”

In addition to The Hanover, QCC’s other core partners include AbbVie, UMass Memorial Medical Center, The City of Worcester, Worcester County Bar Association, and Family Behavioral Health. To learn more about QCC’s Mentoring program, visit www.qcc.edu/mentoring.

NORTH BROOKFIELD POLICE CHIEF TAKES PART IN MARINE CORPS MARATHON



Photo Courtesy
The North Brookfield Police Department and the entire community congratulate Police Chief Mark Smith on his participation in a major marathon. The Chief recently traveled with his wife to Arlington, Va., to take part in the 2022 Marine Corps Marathon. Featuring 26.2 miles, the event is one of the largest marathons in the U.S.

Country Bank announces promotion

WARE — Country Bank, a full-service financial institution serving Central and Western Massachusetts, is pleased to announce that Lisa Saletnik has been promoted to Vice President of Business Systems Optimization.

Saletnik holds an Associate’s degree from Bay Path University in Health Science and graduated from The New England School for Financial Studies. Lisa has been with Country Bank for 23 years, and has extensive experi-

ence in the bank’s core systems and digital technologies. Having worked in various departments at the bank, she found her passion in the Information Technology and Innovation Department in 2018. Before joining the IT Department, she managed the eServices area for eight years. She has been instrumental in working with vendors and partners to continue to find the best solutions to help the bank best serve its internal and external customers.

“I am thrilled to congratulate Lisa on her promotion and all of the accomplishments that got her here; she is a key part of our success. We’re pleased to provide opportunities for our people to develop not only within their roles today, but into new opportunities tomorrow. These team members embody our corporate values of iSTEP – Integrity, Service, Teamwork, Excellence and Prosperity,” stated Miriam Siegel, First Senior Vice President of Human Resources.

Toys for Kids

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

DONATIONS AS OF 1/4/2022

Date	Donor	Amount
10/29/2022	Connor, Kaissa, Cal and Ari	\$250.00
10/25/2022	Spencer Family Dental	\$200.00
10/28/2022	Jeanne Goucher	\$100.00
10/28/2022	Glen Stevens	\$100.00
11/3/2022	Bentis Farms Nursery	\$180.00

please contact Donna at donna-flannery@erakey.com or call 508-885-6336. If you are in need of assistance, applications can be picked up at: Spencer Post Office,

Mary Queen of the Rosary Food Pantry or ERA Key Realty Services (outside mailbox). You can see updates on Facebook at Spencer Toys for Kids.

Family Dining & Gift Guide

Too Busy to Cook for the Holidays? Ask your favorite local restaurant if they offer dine-in or take-out for Thanksgiving and/or Christmas!

OR Treat yourself to a nice dinner out anytime!

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Call June at 508.909.4062 or email jsima@stonebridgepress.news to advertise on this page.

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OBITUARIES

William L. Beando, 79

Leicester - William L. Beando, 79, of Leicester; died Saturday, November 5, surrounded by his family after a courageous battle with melanoma.



He leaves his loving wife of 55 years, Joan M. (Granger) Beando, and their five children: Jeannine Maynard (Michael), Philip Beando (Tracy), Barbara Knight, Stephen Beando, and

Bryan Beando (Amber Gully), as well as 8 grandchildren to whom he was affectionately known as "Grumpa": Brittany (Timothy Mullen), Harrison, and Emma Knight; Nicholas, Michael, and Braden Beando; Isabelle and Valerie Maynard. He is predeceased by his granddaughter, Sydney Maynard and sister, Geraldine Shambo. Bill was born in Worcester; the son of Gerald and Margaret (Maddalena) Beando. The family later moved to Spencer, where his mother owned and operated the Ivy Shop. He graduated from the former Assumption Preparatory School in Worcester and earned his Bachelor's and Master's degrees in Education from Worcester State College. Bill taught junior high English and was a guidance counselor

for many years in Spencer, making meaningful connections with many colleagues and students throughout his tenure, retiring in 2001. Bill and Joan later built their family home in Leicester on Stiles Lake after spending many summers there. Bill was very active in the Spencer and Stiles communities as a longtime member and past President of the Spencer Exchange Club, co-founder and commissioner of the Stiles Lake Water District, member and past treasurer of the Spencer Teachers Association, member and past president of the Stiles Lake Association, and was a member of St. Joseph/St. Pius X Parish. A devoted family man and tireless worker, Bill spent his years in retirement working for himself, operating Pilgrim Landscaping. He enjoyed interacting with his longtime customers, with his wife Joan as bookkeeper. The Beando home was never empty, full of family and friends who he loved to entertain; any guest left feeling like family. Bill enjoyed cooking, whether it was a weeknight "signature dish" or a large holiday meal. He also loved the Red Sox, jazz music, tending to his yard, crossword puzzles, and dining out at local restaurants with his wife. He will be forever loved and missed by his family, who all hold countless

memories.

Funeral arrangements have been made with the MORIN FUNERAL HOME, 1131 Main St., Leicester. A funeral Mass will be held on Friday, November 11 at 10 am in St. Pius X Church, 1153 Main St., Leicester. Burial will follow in Pine Grove Cemetery, Leicester. Calling hours will be held on Thursday, November 10 from 4-7 pm in the funeral home.

In lieu of flowers, donations in William Beando's memory can be made to Dana-Farber Cancer Institute P.O. Box 849168 Boston, MA 02284 or via dana-farber.org/gift, with preference to melanoma research. The Beando family would like to thank his beloved oncologist, Dr. Megan Insko, for her compassionate care throughout his cancer journey.

www.morinfuneralhomes.com

Tina M. Bugbee, 50

OXFORD- Tina M. (Rigney) Bugbee, 50, died Friday, October 28 at Saint Vincent Hospital in Worcester.



She leaves four sons; Mark Paul Harold Bugbee, Mathew Ryan Bugbee, Michael Scott Bugbee, Max Swenson Bugbee all of Leicester; a sister, Diane Shaughnessy and her husband Stephen of Webster; a brother, Richard Swenson and his wife Lori of Sutton, two nieces, Bree Raymond and Katie Swenson.

Born in Worcester, she was the daughter

of Richard & LucyAnne (Moorse) Rigney.

Tina was a sonographer at Metrowest Medical Center in Framingham. She was a proud member of the Lake Chaubunagungamaug Nipmuc Tribe.

At the family's request no funeral services are planned. A memorial for her may be held at a later date.

Donations may be made in Tina's name to Second Chance Animal Services, P.O. Box 136, East Brookfield, MA 01515.

The MORIN FUNERAL HOME, 1131 Main St., Leicester are assisting the family with arrangements.

www.morinfuneralhomes.com

Event to focus on diversity in Worcester

WORCESTER — Guardians of Traditions and Mechanics Hall are proud to present "A Night to Remember: Folk Guardians of Worcester" at Mechanics Hall, Worcester, Sunday, Nov. 13, 3 p.m. - 5 p.m. (Hall of Culture) and 6 - 8 p.m. (Live Performances).

This event is free, but we ask that guests please pre-register for the 6:00 pm performance - registration link below)

A Night to Remember: Folk Guardians of Worcester will take guests on a journey all around the world to countries with rich African heritage; where the sounds and choreographies made are the syncretism* of the Afro with the Indigenous, giving rise to the emergence of the first Afro-Latino, Afro-Caribbean and Afro-American dances.

Guests will learn about the richness of African culture and its intersectionality with countries such as Haiti, United States, Mali, Dominican Republic, Brazil, Peru, Puerto Rico, Ghana,

Colombia, and Trinidad & Tobago. Experience the beauty of traditional folk dances and songs and be transported to a country you've never visited, immersing yourself in the sound of music and the exuberance of their melodious dances. Jump to the beat of some African drumming with Crocodile River Music. Join the all-star group Querencia with their high energy and synchronized salsa dance. Be amazed by the intensity of the Afro-Brazilian dance Maculelé. Move your body to the tune of the always energetic Haitian and Afro-Dominican dances and end the evening with the pageantry and exhilaration of Guardians of Traditions' masqueraders.

This event focuses on celebrating the richness and diversity of the city of Worcester, demonstrating that we can retain our cultural identity and diversity and be part of the community; after all, 'where there are roots, there's power. *syncretism, the merg-

ing of different regions, cultures, or schools of thought.

The exhibit hall and immersive experience will be held from 3:00 pm-5:00 pm, and the performances begin promptly at 6 p.m. Admission to this event is free and open to all, but guests must register for the 6:00 performances at the following link: <https://www.mechanicshall.org/guardiansofworcester> or <https://www.eventbrite.com/e/a-night-to-remember-folk-guardians-of-worcester-tickets-418966539197>

Collaborators include Monano Art and Creative Hub Worcester.

The Hanover Insurance Group Foundation, Country Bank, Cornerstone Bank, Worcester Arts Council/Mass Cultural Council, and Greater Worcester Community Foundation sponsor this event. Please contact Vanessa Joga, Executive Director of Guardians of Traditions, at leo-leo1911@hotmail.com with any questions.

Cornerstone Bank donates \$50,000 to Worcester Community Action Council

WORCESTER — Cornerstone Bank, a community bank with 10 locations throughout Central Massachusetts, has donated \$50,000 to the Worcester Community Action Council (WCAC) in support of its Emergency Fuel Fund. Due to higher fuel costs and an increase in calls for support from the community, the emergency fund has been depleted. In September and October of 2021, WCAC helped over 350 households with payments totaling more than \$150,000. This is the third consecutive year Cornerstone Bank has donated to WCAC.

"We are proud to support WCAC's mission of helping those struggling to heat their homes as the weather begins to trend colder," said Cornerstone Bank CEO Todd Tallman. "As a community bank, we put a major focus on bettering the lives of our neighbors. We were happy to answer WCAC's call for help to ensure the people they serve will be warm this winter."

The Worcester Community Action Council is one of 23 community action agencies in Massachusetts with the mission of helping people toward economic self-sufficiency through programs, partnerships, and advocacy. To help break the cycle of poverty for tens of thousands of people annually, WCAC provides opportunities for energy assistance, early education and care, finan-

cial empowerment, positive youth development, and career pathways.

To learn more about Cornerstone Bank and their charitable work, please visit cornerstonebank.com.

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 throughout 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 tagline, 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 cornerstonebank.com or call 800-939-9103.

Leicester Knights of Columbus to host annual turkey raffle

LEICESTER — Leicester Knights of Columbus will host their annual Thanksgiving Turkey Raffle

Sunday, Nov. 20 at the Leicester Social Club, 90 Mannville St. Games from 1 to

4 p.m. Doors open at noon. Play Bingo type games for a turkey, gift cards and special prizes. A family friendly event. Fifty cents per card.

Also 50/50 raffles and chances to win

complete family dinner baskets for four and for six people.

Snacks available, fries and beverages available for purchase. Bar service.

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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. WO22C0525CA
CITATION ON PETITION TO CHANGE NAME

In the matter of:
Colleen Rita Demboske
A Petition to Change Name of Adult has been filed by Colleen Rita Demboske of North Brookfield MA requesting that the court enter a Decree changing their name to:
Colleen Nix

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 11/29/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: October 28, 2022
Stephanie K. Fattman
Register of Probate
November 11, 2022

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO22C0506CA
CITATION ON PETITION TO CHANGE NAME

In the matter of:
Corey Joseph Foster
A Petition to Change Name of Adult has been filed by Corey Joseph Foster of Spencer MA requesting that the court enter a Decree changing their name to:
Sterling William Hudson
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 11/22/2022. This is NOT a hearing

date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: October 19, 2022
Stephanie K. Fattman
November 11, 2022

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO20P3391GD
NOTICE AND ORDER
PETITION FOR REMOVAL OF GUARDIANSHIP OF A MINOR PERSON PURSUANT TO G.L. c. 190B, §5-212
In the interest of:
Haley Lynn Primo
Of: Spencer, MA
MINOR
NOTICE TO ALL INTERESTED PARTIES

1. **Hearing Date/Time:** a hearing on a Petition to Resign as Guardian of a Minor or Petition for Removal of Guardian of a Minor filed by Nicole Aucoin on October 7, 2022 will be held on 11/22/2022 08:30 AM
Guardianship of Minor Hearing
Located CR 12, Worcester Probate & Family Court, 225 Main Street, Worcester, MA 01608
2. **Response to Petition:** You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to: File the original with the court; and Mail a copy to all interested parties at least five (5) business days before the hearing.
3. **Counsel for the Minor:** The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.
4. **Presence of the Minor at Hearing:** A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.
Date: November 3, 2022
Stephanie K. Fattman
Register of Probate
November 11, 2022

POLICE REPORTS

Spencer Police

WEDNESDAY, OCTOBER 26

12:46-2:16 a.m.: buildings checked, secure; 5:43 a.m.: abandoned 911 call (West Main Street), resolved; 8:04 a.m.: accident (Main Street), report taken; 10:08 a.m.: medical/general (Main Street); 10:31 a.m.: medical/general (Crestview Drive); 11:11 a.m.: medical/general (Howe Village); 11:27 a.m.: 911 call (Jolicoeur Avenue), hang-up; 11:57 a.m.: officer wanted (West Main Street), LTC change of address/8; 12:25 p.m.: mutual aid (West Main Street), call canceled; 3:46 p.m.: mv complaint (North Spencer Road), erratic operator; 3:55 p.m.: restraining order service (West Main Street); 4:02 p.m.: multiple LTC issued/3 (West Main Street), assisted; 4:03 p.m.: elderly matter (Howe Village), services rendered; 4:20 p.m.: fire alarm (Mechanic Street), referred; 4:24 p.m.: animal complaint (Charlton Road), loose dog; 4:54 p.m.: officer wanted (West Avenue), spoken to; 5:12 p.m.: LTC issued (West Main Street), assisted; 5:23 p.m.: threats (West Main Street), death threats from ex; 6:49 p.m.: residential alarm (Ashview Drive), services rendered; 7:08 p.m.: medical/general (Maple Street); 7:28 p.m.: parking violation (Chestnut Street), ticket issued; 8:51 p.m.: mutual aid (West Main Street), Charlton PD bolo; (total daily mv stops - 2).

THURSDAY, OCTOBER 27

12:58-2:29 a.m.: buildings checked, secure; 1:23 a.m.: abandoned 911 call (Main Street), accidental; 2:20 a.m.: suspicious mv (West Main Street), investigated; 7:38 a.m.: officer wanted (West Main Street), re: poss. restraining order violation; 8:10 a.m.: animal complaint (Franklin Street), captured stray cat; 9:10 a.m.: officer wanted (Buteau Road), info taken; 9:53 a.m.: officer wanted (Laliberte Lane), req. welfare check; 10:44 a.m.: medical/general (North Spencer Road); 11:27 a.m.: 911 call (West Main Street), hang-up; 11:41 a.m.: 911 call (Jolicoeur Road), hang-up; 12:23 p.m.: suspicious persons (Salem Street), investigated; 1:25 p.m.: larceny (Main Street), pkg. delivered/not rec'd; 1:47 p.m.: mv lockout (West Main Street), investigated; 2:36 p.m.: elderly matter (Thompson Pond Road), re: referral from DA's office; 3:13 p.m.: mv lockout (Clark Street), assisted; 4:37 p.m.: medical/general (Main Street); 4:45 p.m.: disabled mv (Salem Street), resolved; 5:42 p.m.: commercial alarm (Main Street), services rendered; 6:40 p.m.: commercial alarm (Main Street), services rendered; 6:51 p.m.: parking complaint (Elm Street), mv on sidewalk; 7:13 p.m.: animal complaint (Pearl Street), holding stray kitten for ACO; 7:18 p.m.: mutual aid (West Main Street), Worcester PD bolo; 7:26 p.m.: medical/general (Main Street); 10:26 p.m.: commercial alarm (Lake Street), services rendered; 10:38 p.m.: suspicious mv (Mechanic Street), investigated; 11:32 p.m.: suspicious mv (Conrail Access Road), investigated; 11:37 p.m.: medical/general (Main Street); 11:37 p.m.: accident (West Main Street), report taken; (total daily mv stops - 3).

FRIDAY, OCTOBER 28

12:13 a.m.: medical/general (Main Street); 2:40 a.m.: building checked, secure; 2:42 a.m.: suspicious mv (Main Street), investigated; 2:43 a.m.: medical/general (Polar Springs Road); 7:40 a.m.: animal complaint (Ash Street), dead fox in yard; 9:12 a.m.: officer wanted (West Main Street), question re: citation rec'd; 9:58 a.m.: officer wanted (West Main Street), LTC change of address; 10:50 a.m.: officer wanted (Mechanic Street), poss. attempted break-in; 12:05 p.m.: restraining order service (West Main Street); 12:25 p.m.: officer wanted (Irving Street), req. welfare check; 12:47 p.m.: officer wanted (West Main Street), re: poss. restraining order violation; 1:40 p.m.: disabled mv (Main Street), resolved; 1:56 p.m.: officer wanted (West Main Street), re: threats rec'd; 2:26 p.m.: medical/general (Jolicoeur Avenue); 2:50 p.m.: mv complaint (Route 49), erratic operator; 3:00 p.m.: intelligence/criminal (Maple Street), re: male fled court; 3:17 p.m.: officer wanted (Route 49), debris in road; 3:28 p.m.: medical/general (Mechanic Street); 3:50 p.m.: accident (Pleasant Street), report taken; 4:55 p.m.: disturbance (Main Street), resolved; 9:21 p.m.: juvenile matter (Condon Drive), kids trying to break windows; 9:22 p.m.: officer wanted (Main Street), req. escort for plumber; 11:52-11:53 p.m.: buildings checked, secure; (total daily mv stops - 0).

SATURDAY, OCTOBER 29

12:17 a.m.: animal complaint (Thompson Pond Road), barking dogs/possent; 12:30-2:03 a.m.: buildings

checked, secure; 1:32 a.m.: suspicious mv (Main Street), investigated; 6:59 a.m.: medical/general (Maple Street); 9:32 a.m.: mutual aid (West Main Street), info for North Brookfield PD; 9:33 a.m.: medical/general (West Main Street); 11:24 a.m.: lost/found (Main Street), checks found; 12:24 p.m.: medical/general (Wall Street), lift assist; 1:46 p.m.: animal complaint (Old East Charlton Road), loose dog; 2:02 p.m.: fire alarm (Howe Village), referred; 3:09 p.m.: mv lockout (West Main Street), resolved; 4:26 p.m.: medical/general (Lincoln Street); 4:43 p.m.: juvenile matter (Grove Street), rep. assault on son; 5:26 p.m.: burglary (Adams Street), poss. forced entry; 6:04 p.m.: mv lockout (McCormick Road), assisted; 6:19-6:33 p.m.: buildings checked, secure; 8:13 p.m.: 911 call (Wm. Casey Road), open line; 8:39 p.m.: building checked, secure; 8:52 p.m.: parking/fire lane violation (Main Street), ticket issued; 9:40 p.m.: mutual aid (West Main Street), unspecified PD req. narcotics K9; 9:47 p.m.: juvenile matter (West Main Street), re: concern for children; 10:15 p.m.: mutual aid (West Main Street), Sturbridge PD bolo/shoptlifting; (total daily mv stops - 7).

SUNDAY, OCTOBER 30

12:11-12:15 a.m.: buildings checked, secure; 12:59 a.m.: suspicious mv (Main Street), investigated; 1:21 a.m.: disturbance (Lincoln Street), noise complaint; 1:30 a.m.: residential alarm (Grove Street), services rendered; 2:13 a.m.: building checked, secure; 2:47 a.m.: lost/found (Maple Street), unspecified item found/side of road; 4:28 a.m.: mutual aid (West Main Street), Charlton PD bolo; 9:29 a.m.: medical/general (Woodside Road); 10:08 a.m.: mutual aid (West Main Street), State Police bolo; 10:39 a.m.: medical/general (Wire Village Road); 10:58 a.m.: RV complaint (Main Street), motorized unicycles/middle of road; 12:57 p.m.: disabled mv (Main Street), services rendered; 1:13 a.m.: illegal dumping (Tom Casey Road), rep. dumping leaves in pond; 2:07 p.m.: medical/general (Thompson Pond Road); 2:59 p.m.: RV complaint (McCormick Road), c/o dirt bikes/atv; 3:13 p.m.: fire/woods/grass (Smithville Road), lawnmower fire; 3:22 p.m.: odor of gas (Bellevue Drive), referred; 4:02 p.m.: mv lockout (G.H. Wilson Road), services rendered; 5:30 p.m.: medical/general (Main Street); 6:02 p.m.: officer wanted (West Main Street), rep. of threats; 7:16 p.m.: fire alarm (Chickering Road), referred; 8:52 p.m.: animal complaint (North Spencer Road), found injured kitten; (total daily mv stops - 7).

MONDAY, OCTOBER 31

1:24-2:03 a.m.: buildings checked, secure; 5:51 a.m.: 911 call (Charlton Road), accidental; 7:04 a.m.: medical/general (Main Street); 9:00 a.m.: animal complaint (Church Street), spoken to re: dog; 9:32 a.m.: officer wanted (Ash Street), req. welfare check; 10:48 a.m.: mv lockout (Howe Village), services rendered; 10:49 a.m.: suspicious mv (Lincoln Street), investigated; 11:21 a.m.: animal complaint (Duggan Street), barking dog; 1:27 p.m.: suspicious mv (Fourth Avenue), investigated; 1:28 p.m.: disabled mv (Main Street), services rendered; 2:11 p.m.: restraining order service (Ash Street); 2:17 p.m.: suspicious persons (Adams Street), investigated; 2:18 p.m.: animal complaint (Paxton Road), barking dog/all day; 3:00 p.m.: officer wanted (Hastings Road), residential lockout; 3:20 p.m.: medical/general (Main Street), lift assist; 3:22 p.m.: citizen complaint (Chickering Road), leaves being blown into road; 4:36 p.m.: animal complaint (Duggan Street), barking dog/2 days; 4:39 p.m.: animal complaint (East Charlton Road), loose dog; 5:41 p.m.: abandoned 911 call (Main Street), services rendered; 6:57 p.m.: medical/general (Adams Street); 7:07 p.m.: mv complaint (Main Street), poss. drunk driver; 8:08 p.m.: medical/general (Wilson Avenue); 8:50 p.m.: abandoned 911 call (Water Street), hang-up; 10:31 p.m.: medical/general (Main Street), lift assist; (total daily mv stops - 2).

TUESDAY, NOVEMBER 1

12:03 a.m.: medical/general (Charlton Road); 1:19-2:10 a.m.: buildings checked, secure; 7:13 a.m.: medical/general (Chestnut Street); 8:21

a.m.: animal complaint (Charlton Road), dog howling for hours; 9:06 a.m.: animal complaint (West Main Street), re: dog retrieval; 9:23 a.m.: parking violation (McDonald Street), ticket issued; 9:39 a.m.: medical/general (Northwest Road); 11:05 a.m.: medical/general (Wire Village Road); 11:57 a.m.: officer wanted (Northwest Road), leaves/grass blown into road; 12:23 p.m.: lost/found (Lake Street), cell phone found; 12:58 p.m.: medical/general (Mechanic Street); 3:17 p.m.: multiple LTC issued/5 (West Main Street), assisted; 3:17 p.m.: FID card issued/2 (West Main Street), assisted; 3:24 p.m.: larceny (Main Street), iPad stolen; 3:59 p.m.: juvenile matter (Ash Street), son threatened by classmate; 4:04 p.m.: LTC issued (West Main Street), assisted; 4:06 p.m.: mv lockout (Main Street), services rendered; 4:19 p.m.: fraud (West Main Street), poss. scam; 4:21 p.m.: disabled mv (Main Street), services rendered; 4:22 p.m.: medical/general (Lincoln Street); 5:45 p.m.: commercial alarm (Mechanic Street), accidental; 6:43 p.m.: accident (Maple Street), report taken; 6:53 p.m.: mv complaint (Main Street), erratic operator; 7:04 p.m.: mutual aid (West Main Street), State Police req. ACO to New Braintree; 8:42 p.m.: residential alarm (Grove Street), services rendered; 9:42 p.m.: accident (Bacon Hill Road), report taken; 9:56 p.m.: (Main Street), entire incident redacted from police log; 10:30 p.m.: medical/general (Old Farm Road); (total daily mv stops - 1).

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Leicester Police

THURSDAY, OCTOBER 27

2:10 a.m.: suspicious mv (Mulberry Street), resolved; 7:33 a.m.: larceny (Huntoon Memorial Highway), report taken; 10:43 a.m.: accident (Main Street), report taken; 1:31 p.m.: welfare check (Sandy Circle), resolved; 4:54 p.m.: ambulance (Pleasant Street), transported; 6:22 p.m.: accident (Huntoon Memorial Highway), mv towed; 7:38 p.m.: animal complaint (Rawson Street), referred to ACO; 11:41 p.m.: ambulance (Main Street, Spencer), transported.

FRIDAY, OCTOBER 28

12:30 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:50 a.m.: commercial alarm (Main Street), false alarm; 1:49 a.m.: ambulance (Pleasant Street), transported; 6:27 a.m.: ambulance (Huntoon Memorial Highway), transported; 8:13 a.m.: disturbance (Lakeview Drive), peace restored; 12:44 p.m.: ambulance (Huntoon Memorial Highway), transported; 1:43 p.m.: hit/run accident (Main Street), report taken; 2:56 p.m.: animal complaint (Stafford Street), referred to ACO; 4:02 p.m.: abandoned 911 call (Pleasant Street), resolved; 4:28 p.m.: investigation (Blueberry Lane), report taken; 4:32 p.m.: erratic operator (Main Street), unable to locate; 4:44 p.m.: suspicious persons (Pleasant Street), resolved; 5:14 p.m.: accident (Main Street), report taken; 8:01 p.m.: assist citizen (Deer Pond Road), spoken to; 8:30 p.m.: ambulance (Henshaw Street, Worcester), services rendered.

SATURDAY, OCTOBER 29

12:29 a.m.: commercial alarm (Main Street), false alarm; 12:46 a.m.: assist other agency (Pleasant Street), services rendered; 1:03 a.m.: suspicious mv (Stafford Street), spoken to; 1:11 a.m.: mv stop (Stafford Street), verbal warning; 1:45 a.m.: suspicious mv (Main Street), spoken to; 2:37 a.m.: suspicious mv (Pleasant Street), spoken to; 8:52 a.m.: residential alarm (Sanfred Road), false alarm; 9:36 a.m.: ambulance (Queen Street, Worcester), call canceled; 9:43 a.m.: ambulance (Park Avenue, Worcester), transported; 10:45 a.m.: ambulance (Siani Road), transported; 12:37 p.m.: ambulance (Burncoat Street), call canceled; 1:48 p.m.: ambulance (Main Street, Worcester), transported; 1:52 p.m.: property found (Flint Way), resolved; 2:56 p.m.: ambulance (Main Street), transported; 3:23 p.m.: ambulance (Henshaw Street), transported; 4:08 p.m.: ambulance (Stafford Street), transported; 4:53 p.m.: welfare check (South Main Street), gone on

arrival; 5:08 p.m.: assist citizen (Deer Pond Road); 5:46 p.m.: animal complaint (McNeil Highway), resolved; 6:50 p.m.: ambulance (Mayfield Street, Worcester), call canceled; 7:45 p.m.: erratic operator (Main Street), gone on arrival; 8:04 p.m.: mv stop (Main Street), spoken to; 9:12 p.m.: abandoned 911 call (Mannville Street), services rendered; 9:23 p.m.: disturbance (Henshaw Street), services rendered.

SUNDAY, OCTOBER 31

3:59 a.m.: disturbance (Bottomly Avenue), unfounded; 4:29 a.m.: disturbance (Huntoon Memorial Highway), resolved; 7:52 a.m.: harassment (Blueberry Lane), no action required; 11:07 a.m.: ambulance (Sylvan Street, Worcester), transported; 11:33 a.m.: investigation (Lakeview Drive), report taken; 11:34 a.m.: assist citizen (Pleasant Street); 11:37 a.m.: accident (Stafford Street), mv towed; 11:43 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:30 p.m.: ambulance (Huntoon Memorial Highway), transported; 12:48 p.m.: animal complaint (Stafford Street), referred to ACO; 1:24 p.m.: ambulance (Huntoon Memorial Highway), transported; 2:36 p.m.: ambulance (Prospect Street, Worcester), transported; 2:40 p.m.: ambulance (Huntoon Memorial Highway), transported; 3:57 p.m.: animal complaint (Virginia Drive), referred to ACO; 5:02 p.m.: disturbance (Memorial School Drive), services rendered; 5:35 p.m.: ambulance (East Main Street, Spencer), transported; 5:44 p.m.: ambulance (Huntoon Memorial Highway), transported; 7:08 p.m.: welfare check (Stafford Street), services rendered; 7:49 p.m.: suspicious mv (Mannville Street), services rendered; 10:04 p.m.: mv stop (Stafford Street), spoken to.

MONDAY, OCTOBER 31

6:07 a.m.: ambulance (Virginia Drive), transported; 10:44 a.m.: accident (Main Street), report taken; 12:10 p.m.: ambulance (Henshaw Street), call canceled; 12:33 p.m.: assist citizen (Sargent Street); 1:42 p.m.: assault/battery (Sargent Street), spoken to; 4:49 p.m.: assist other PD (Wells Street, Oxford), services rendered; 5:01 p.m.: abandoned 911 call (Washburn Square), services rendered; 5:06 p.m.: illegal dumping (Green Street), services rendered; 5:52 p.m.: suspicious activity (Winslow Avenue), unfounded; 7:29 p.m.: disturbance (Stafford Street), spoken to; 7:49 p.m.: ambulance (Huntoon Memorial Highway), transported; 8:57 p.m.: disabled mv (Main Street), resolved; 10:23 p.m.: ambulance (Huntoon Memorial Highway), transported.

TUESDAY, NOVEMBER 1

2:10 a.m.: suspicious mv (Paxton Street), services rendered; 8:15 a.m.: harassment (Rawson Street), resolved; 10:59 a.m.: hit/run accident (West Street), report taken; 2:01 p.m.: summons service (Birchwood Drive), unable to serve; 2:09 p.m.: welfare check (Main Street), no action required; 3:01 p.m.: ambulance (Main Street, Worcester), transported; 3:17 p.m.: accident (Pleasant Street), report taken; 5:14 p.m.: assist citizen (Henshaw Street), spoken to; 5:35 p.m.: family problem (Pleasant Street), assisted; 10:13 p.m.: accident (Main Street), mv towed.

WEDNESDAY, NOVEMBER 2

7:45 a.m.: welfare check (Anna Circle), peace restored; 8:49 a.m.: missing person (Shady Lane), assisted; 9:01 a.m.: assist citizen (South Main Street); 10:40 a.m.: disabled mv (Stafford Street), gone on arrival; 12:28 p.m.: summons service (South Main Street), referred; 1:19 p.m.: animal complaint (Tobin Road), report taken; 2:32 p.m.: assist citizen (South Main Street); 2:51 p.m.: assist citizen (South Main Street); 2:54 p.m.: investigation (Huntoon Memorial Highway), report taken; 3:08 p.m.: ambulance (Main Street, Worcester), transported; 4:36 p.m.: ambulance (Queen Street, Worcester), transported; 5:10 p.m.: ambulance (Ingram Road), transported; 6:06 p.m.: ambulance (Pine Street), transported; 6:12 p.m.: ambulance (Shady Lane), transported; 6:48 p.m.: erratic operator (Main Street), unable to locate; 10:06 p.m.: suspicious mv (Main Street), resolved.

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SPORTS

David Prouty again thwarted by Crusaders in quest for CMADA Championship

BY NICK ETHIER
SPORTS EDITOR

MILLBURY — Unfortunately for the David Prouty Regional girls' varsity soccer team, the only thing standing in the Panthers' way of securing the Central Mass. Athletic Directors Association's (CMADA) Class D Tournament Championship each of the past two years has been one opponent: the Whitinsville Christian School.

Last season, the top-seeded Crusaders handled the third seeded Panthers in the final, 2-0. In that game Whitinsville Christian vastly outplayed Prouty, winning the shots on goal total by a wide margin of 23-2. Fast-forward to this year and the Crusaders were again the top seed in the bracket, with the Panthers again ranked third. And although Prouty put forth a more competitive effort this time around — the game being played at Millbury High's Alumni Field on Tuesday, Nov. 1 — the end result remained the same. Whitinsville Christian ultimately outlasted the Panthers, 3-2, to win their second straight CMADA Championship.

"It's tough. For what the tourna-

ment is, the girls really look forward to it. They work hard. For a school that hasn't had a lot of recognition and success through the years, I was really hoping that this one would be it for them. They deserve it and I feel bad for them," said Prouty head coach Derek Blodgett. "The one thing I will say is that we didn't give up and what a turnaround from playing Whitinsville last year and barely having possession to coming within a goal at the end and fighting all the way through."

Blodgett added that this year's battle "was a more back-and-forth game," before adding that the Crusaders still held about a 70 percent possession advantage.

Whitinsville Christian struck first in the eighth minute when Hailey Kindl sent a short pass over to Margaret Johnson. From there, Johnson took one touch to give the ball some forward momentum before blasting a shot past keeper Jocelyn LaMonda (nine saves) and inside the left post.

It appeared that the Crusaders could put the game away when they doubled their lead to 2-0 in the 21st minute —

Meadow O'Connell sending the ball to Hannah Lashley, who faked a shot to the right and then struck the ball to the left, beating LaMonda — but the Panthers rallied from there.

In the 36th minute Olivia Charette sent a nice pass in toward Emilee Larson, whose shot got past keeper Madison Amati but rolled just wide of the left post. But Prouty kept the ball down the Crusaders' end and, one minute later, scored to bring the score to 2-1. Olivia Pepin had the goal, with Eliana Barnett winning a one-on-one battle and getting the ball over to Pepin, who headed it into the net.

Whitinsville Christian responded with the next goal, though, scoring in the 49th minute. Lashley possessed the ball down the right side and centered a pass to the foot of Johnson, who one-timed a shot past LaMonda.

Barnett gave the Panthers some life with under two minutes to go, tracking down a long ball serviced in by Madison Ethier. Barnett raced past Whitinsville Christian defenders and lased a shot past Amati.

But Prouty couldn't get a chance to

tie the score, ultimately losing once again in the CMADA Class D Final. Despite the end result, Blodgett has been impressed by his team in the recent past.

"What these girls have created over the past few seasons is going to stay true to the program. For all the success that we've had the past couple years, it feels great. There's nobody to thank besides these kids," he noted.

The Panthers (10-9) then had to refocus their attention to the Division 5 State Tournament, where they earned the No. 10 seed.

"It's hard to pick back up on the opposite end of it with States, a much bigger tournament, but we have to," said Blodgett after the game with the Crusaders. We'll do our best job of turning it around and it's a whole different chapter."

Prouty squared off against No. 23 Granby High in the Round of 32 on Monday, Nov. 7. The Panthers won that game, 2-0, to keep their season alive. Prouty was next set to play at No. 7 Gardner High in the Round of 16, after press time.



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SPORTS

Saugus pulls off upset of Tantasqua in State Tournament Round of 32



Nick Ethier photos

Tantasqua's Olivia Magierowski hustles after a loose ball.



Tantasqua's Kaydie O'Neil watches as the ball comes her way and toward the ground.



Nicole Vejack of Tantasqua watches the ball after she sent it away via a header.

BY NICK ETHIER
SPORTS EDITOR

STURBRIDGE — After an extremely successful season, posting a record of 13-2-3 and reaching the semifinal round of the Central Mass. Athletic Directors Association's Class A Tournament, the Tantasqua Regional girls' varsity soccer team was hoping to make a deep run in the Division 3 State Tournament.

Unfortunately for the 11th ranked Warriors, they weren't able to do so as they fell in upset fashion to No. 22 Saugus High in the Round of 32, 2-1, in a game played at the Reservation on Monday evening, Nov. 7.

"Not what anyone wanted, that's for sure. They played harder than us. They came in hard and strong," said Tantasqua head coach Matthew

Rickson of the Sachems (14-5-1).

Saugus started the match on fire, scoring twice in the first six minutes as Allison Justice and Layla Manderson potted the goals.

Then, in the 25th minute, the Warriors got one back when Lilina Shiers scored. Rickson noted that the team "had plenty of time to get it back," and they sure did try, but it was to no avail.

The second half featured scoring chance after scoring chance for Tantasqua, as they generated six corner kicks. Olivia Magierowski also hit the crossbar midway through the frame, Ava Chevalier got behind her defender and took a shot that sailed just high with two minutes to go, and Shiers' last-

ditch effort went wide right as the final whistle sounded.

"We changed up our formation," said Rickson. "After that, we were able to win that middle a little bit more and push it forward."

When asked if he could pinpoint a reason behind the slow start and eventual loss, Rickson said it had to do with not playing a game in nine days. In fact, in a 25-day span from Oct. 14-Nov. 7, Tantasqua played just five times.

"Too much downtime," said Rickson. "You can't keep that going at practice. It's very difficult, we don't have that experience at those big levels to main-

tain how you're playing."

Nonetheless, Rickson was still pleased with the 13-win season.

"It was a very good season. This is the season of upsets, though," he said, referencing the Division 1 Tournament where top-seeded Acton-Boxborough lost to No. 32 Newton North in the Round of 32. "That's the way it goes. These players, they didn't give up. They played until the end and it is what it is."

State Tournament Scoreboard

All results are through Monday evening, Nov. 7

Friday, Nov. 4

Division 2 Boys' Soccer Preliminary Round

(34) Fitchburg 3, (31) Shepherd Hill 2 (PK) — In a game that couldn't be decided after regulation or two overtimes, the Rams ultimately fell just short in penalty kicks. Shepherd Hill closed the season with a record of 8-8-3.

Division 3 Boys' Soccer Round of 32

(11) Hanover 2, (22) Tantasqua 1 — The Warriors limited opposition scoring, like they normally do, but Tantasqua

also struggled finding the back of the net as they fell one goal short. The Warriors finished the 2022 campaign 11-5-3.

Division 4 Volleyball Round of 32

(3) Joseph Case 3, (30) Bay Path 0 — After the Minutemen hosted and defeated No. 35 Tech Boston Academy, 3-0, in the Preliminary Round two days prior, Bay Path ran into one of the tournament's top seeds and fell short. The 1-1 postseason record had the Minutemen finish 10-11 overall.

Saturday, Nov. 5

Division 4 Girls' Soccer Round of 32

(6) Millbury 4, (27) Bay Path 0 — The Minutemen had the tall task of facing off against the perennially powerful Woolies, and Bay Path's season came to a close with a record of 9-10.

Sunday, Nov. 6

Division 4 Boys' Soccer Round of 32

(2) Pope Francis 2, (31) Bay Path 0 — The Minutemen played one of the top seeds tight, but their season ended with a Round of 32 exit. First, Bay Path defeated No. 34 Greater Lawrence Tech, 7-1, in the Preliminary Round two days prior. The Minutemen finished 10-8-2.

HIGH SCHOOL NOTEBOOK

Tantasqua 48, North Middlesex 34 — The Warriors' football team defeated the Patriots in a high-scoring non-playoff game. Quarterback Adam Howe had himself a game, completing 9 of 13 passes for 180 yards and 4 touchdowns, while also rushing for 121 yards and another pair of scores. Liam Hubacz hauled in three of the receiving TD's, with Isaac Colon catching the other. Tantasqua, which improved to 4-5, also had Brandon Denham score a rushing touchdown.

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Panthers take third at NESBA

SPENCER — David Prouty High School Marching Band & Color Guard took third place at the New England Scholastic Band Association (NESBA) championship on Sunday, Oct. 30 at Reading Memorial High School.

The Panthers earned third place and a gold medal with a score of 90.1. We placed third in all categories including visual, performance, music, percussion, color guard, and overall effects. This season has been one of the best in the last couple of years where the band has placed consistently high in Division 1. On Oct. 23, Panther Band competed at MICCA Finals and received Silver

Medal and tied for first in Division 1.

Senior, Thomas Bain, Senior Section Leader and Trumpetist, said, "Could not be prouder of the improvement and growth in this band throughout the season. Everyone has worked so hard, and it is well deserved!"

"David Prouty has a long-standing tradition of excellence in marching band and color guard and proves to Spencer that they are Pride and Class of Central Massachusetts," said Marching Band Director Kelsey Forfa. "And this year's band and color guard worked hard to continue our tradition of chasing excellence!"

"Over the past few years, this band has grown immensely in size and competition level; and I am so proud that the band was able to earn third place this year and the show has improved over each competition this year more than the past," said Marlee Domey, Senior Band Manager and Clarinetist.

The David Prouty High School

Panthers 2022 Show is called "Wicked The Musical," which included Defying Gravity, For Good, No One Mourns the Wicked, and Dancing Through Life. Each selection included soloists, small ensembles, and lots of fun movement and dance!

Our final 2022 performance will be at Quincy Parade on Nov. 27.



Photo Courtesy

The DPHS marching band at East Brookfield's 100th anniversary celebration.

Friday's Child



Olivia
Age 10

Hi! My name is Olivia and I like to play Just Dance!

Olivia is a friendly and spunky young girl of Caucasian descent. Olivia enjoys cooking, playing with her dolls, painting her nails and playing board games. She also is quite energetic and enjoys being active and playing outside at the playground.

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To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at (617) 964-6273 or visit www.mareinc.org. Start the process today and give a waiting child a permanent place to call home.

QCC opens CNA testing site to assist with shortage

WORCESTER — Quinsigamond Community College's Healthcare and Workforce Development Center opened its labs to offer Certified Nursing Assistant testing last week after administration learned that hundreds of people in Massachusetts were waiting to take the test to become a CNA.

"Federal regulations require a demonstration of skills, which require the use of equipment necessary to demonstrate those skills," said Katherine Conti assistant director of media relations for the Massachusetts Department of Public Health.

In early August 2022, QCC was awarded close to \$500,000 in Skills Capital Grant funding, which was used to update three nursing labs with state-of-the-art equipment.

"Quinsigamond Community College is centrally located in Massachusetts,

making it an ideal site for CNA testing," Conti continued. "DPH is committed to ensuring that nurse aides receive high-quality training and certification to protect the health and safety of nursing home residents."

QCC tested over 100 people and those who successfully pass the state-approved test will be eligible for employment or continue employment in healthcare settings as defined by the Massachusetts Department of Public Health.

"Our nursing faculty and students adapted to help support these exams," said QCC's Dean of the School of Healthcare, Pat Schmohl.

According to the U.S. Bureau of Labor Statistics, the average 10-year growth rate for this occupation is 5 percent, the same as the average growth rate for all occupations.



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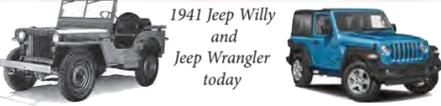
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BLAIS
 continued from page A8

your life and/or continue to allow Satan in your life.

I Corinthians 6:19-20 because we are created by God, we belong to God; however, God did not want robots and gave us a free will, choices to decide for ourself how we choose to live. We can choose Satan and a life of physical pleasures, or we can choose Jesus and be the temple (house) to God's Holy Spirit to live in. Again! The choice is ours. Let me remind you, we can still enjoy life to the fullest in this world. God's way; the difference is, in God's world, we live a life enjoying the pleasures of this life on earth according to God's laws.

Colossians 3:5-6: Jesus is teaching us if we want to continue living this life making Heaven our choice, we are responsible to put to death our sinful nature, lust, greed, etc. and the only way to overcome our sinful desires is by rebuking Satan and welcome Jesus into your life, heart, confessing, repenting, professing Jesus into your life, heart. You have to make that choice.

James 1:14: Yes! God does allow Satan to do whatever Satan does, and letting

us practice our gift of will, choices against Satan; however, if Satan tries to exercise more of his power against us, doing more than God allowed him. God will stop Satan from going beyond what God allowed. God is still in complete control and we are also in control of our choices, and have authority over Satan through Jesus. Amen.

James 4:7: God's Word is very clear; we have the authority in and through Jesus to resist Satan. Apart from Jesus, we have no authority.

1 John 4:4 is very clear, explicit, reassuring us that when we allow Jesus into our hearts, our lives, with all of our heart, God's Holy Spirit helps us with the ability to overcome, conquer evil, Satan, in the name of Jesus.

I am ending with John 15:5: Jesus is the vine, and we are the branches, and if we remain in Jesus and Jesus in us, our heart's desire. What does that mean, Jesus in us? Many talk about Jesus; they seem to honor Jesus with their mouth, but their hearts do not obey; they do what they please. It is obvious Jesus is not in them.

Dwell in peace,

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HOUGHTON
 continued from page A8

silence she called out.

And what happened next made believers of those once filled with doubt. Not one in that room could explain it, for each of their eyes had been closed.

And there on the desk beside her was a fragrant long-stemmed pink rose.

And a child was blessed, if only for a moment, by the love of her shining star.

And given the gift of believing that Heaven is never too far.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. Take the time...to live and love. Until eternity. God bless. There must be many children in the same boat as this little girl. Thanks to our servicemen and their families for the sacrifice they are making to keep our country free. The ultimate sacrifice is being left behind. Don't forget them!

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