

SPENCER NEW LEADER

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Free by request to residents of

East Brookfield, West Brookfield, North Brookfield, Brookfield, Leicester and Spencer

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Friday, October 4, 2024

LHS Culinary teacher helps new program flourish



Courtesy

LHS instructor Andrew Aucoin is helping culinary students build their skills.

BY KEVIN FLANDERS
STAFF WRITER

LEICESTER — As the lead instructor for Leicester High School's debut culinary arts program, Andrew Aucoin is setting the table for the next generation of food service specialists.

For the first time in school history, LHS is offering a culinary arts program as part of its Chapter 74 vocational lineup.

Upon completion of the program, LHS students will have the opportunity to graduate with the following certifications: food handler certification, OSHA 10 certification, ServSafe manager certification, allergen certification, and certi-

fied fundamental cooks. For Aucoin, it means a lot to build the foundation not only for this year's students, but the entire program.

"I grew up in Oxford and graduated from Bay Path Vocational High School, where I studied culinary arts, so teaching close to home feels like a perfect fit for me," Aucoin told the New Leader. "I have a deep passion for culinary education, and when the opportunity arose to build an outstanding culinary program with the Leicester Schools administration—who share my enthusiasm and commitment—I felt both honored and grateful."

Leicester's new culi-

nary arts program is allowing students to explore their career interests while still in school. The knowledge and skills they gain at LHS will open countless doors to future opportunities.

"Helping to create the foundation for this program is an incredible honor. It means that I have the chance to shape and influence the early stages of students' culinary journeys," Aucoin said. "By providing them with a strong foundation, I'm helping to set them

up for future success, whether they choose to pursue culinary careers or simply develop a lifelong love for cooking. It's gratifying to know that I'm contributing to something that could inspire and guide them in their future endeavors."

Aucoin instructs a variety of culinary classes at LHS. These include a full-year Culinary 1 class, which provides students with a comprehensive introduction to culinary arts. Additionally, he offers a pair of Introduction to Baking

courses, each of which is structured by semester.

There is also a Food as Fuel class, which is taught on a semesterly basis, as well as a Freshmen Exploratory course that runs on a quarterly basis.

"This diverse scheduling allows me to engage with students at different levels and interests throughout the year," Aucoin said.

According to the Bureau of Labor Statistics, the culinary

Turn To **AUCCOIN** page **A10**

Spencer officials hold first public workshop on proposed override

BY KEVIN FLANDERS
STAFF WRITER

SPENCER — The Select Board held the first public workshop in a series of presentations from department heads as the town prepares for a potential override.

At the Sept. 23 board meeting, Spencer Police Chief Michael Belford and Fire Chief Robert Parsons discussed the challenges and projected needs of their respective departments.

The workshop launched a series of fall public hearings featuring town leaders, with the Department of Utilities and Facilities slated to join Highway Department officials at an upcoming meeting.

"The board is working through a process, at this point talking to all the departments about their operations, needs, and challenges," said Town Administrator Jeffrey Bridges. "This is part of a conversation toward a potential override vote in the spring."

If the Proposition 2 ½ override authorization request moves forward, it would likely come before voters at the 2025 spring Town Meeting, as well as a ballot question.

For now, selectmen are focused on hearing from their department heads on priorities and forecasted needs to meet increased demands.

"The key is to try to determine exactly what the needs are and what we can afford to increase," Selectman Gary Woodbury told the New Leader. "Public safety has to be the first priority, no matter what."

During the Sept. 23 meeting, Fire Chief Parsons discussed an array of staffing challenges due to dwindling interest in on-call service. Currently, the department has nine full-time members, with four of the positions funded by a grant set to expire in 2027.

The remaining 27 firefighters belong to the SFD's on-call roster, but interest has sharply declined in recent years, making it difficult for the department to replace members who retire or move on to other positions.

"Ten years ago, we had 55 on-call firefighters. Now, we're down to 27," Parsons told the New Leader. "We don't have anyone knocking on our door looking to get in."

Chief Parsons pointed to several area fire departments that are predominantly full-time, including Charlton, Southbridge, Rutland, Paxton, and Sturbridge.

"Very few call firefighters are left in the area. Thirty years ago, most of the department lived and worked in town," Parsons said at the Board meeting. "It's a nationwide issue,

Turn To **WORKSHOP** page **A10**

First responders honored for saving heart attack victim



Courtesy

Several local first responders, including members of West Brookfield Ambulance, were honored for their lifesaving actions earlier this year.

BY KEVIN FLANDERS
STAFF WRITER

WEST BROOKFIELD — First responders from West Brookfield and Hardwick were recently honored for their lifesaving actions earlier this year.

Worcester County District Attorney Joseph Early, Jr., recognized the first responders for reviving a man who had suffered a heart attack at his home in January.

As a result of the

responders' lifesaving teamwork, they were awarded the District Attorney's Team Excellence and Merit (TEAM) Award.

Honorees included EMS personnel from West Brookfield Ambulance; Hardwick firefighters; State Police dispatchers; a Hardwick Police officer; and the New Braintree Dispatch Center.

The teamwork from all responders and organizations involved in the

effort helped save the life of Hardwick resident Mark Kmiec on Jan. 21.

"These first responders each had a hand in helping ensure that this man survived what would have otherwise been a fatal heart attack," Early said. "They answered the call quickly, and each worked seamlessly to ensure Mr. Kmiec got the lifesaving care he needed right away. Thanks to their work, Mr. Kmiec

Turn To **RESPONDERS** page **A10**

Haston Library celebrates 130th anniversary

BY KEVIN FLANDERS
STAFF WRITER

NORTH BROOKFIELD — Haston Free Public Library celebrated its 130th anniversary with a community party.

Aptly dubbed, "Turning Pages for 130 Years," the Sept. 21 celebration offered several programs and activities for guests of all ages.

Attendees enjoyed a book-themed cake, as well as cookies made from a 130-year-old recipe. The party also featured plenty of balloons and fall decorations to augment the atmosphere.

For library leaders, it was a thrill to welcome guests into their building and showcase the rich history of the library dating back to 1894. Its establishment was made possible by a \$30,000 donation from Erasmus and Elvira Haston, giving the library its name.

Flash forward to the present, library officials thank everyone who came together to make the anniversary celebration a success, especially those who planned and volunteered at the party.

"Diane Buzzell, library Trustee and Chair of the 130th Anniversary Committee, brought together the library community, including staff, Trustees, Friends, and patrons, in order to plan this celebration," read a statement released by library officials.

Additionally, Library Friend Ellen Smith shared a presentation highlighting the full history of the library, from 1894-2024. The program included several photos capturing important moments in Haston's history, such as the extensive addition project in 2007.

The photo board also displayed the hard work from

Turn To **LIBRARY** page **A10**

Bay Path nursing student and a story of dedication and compassion



Flory Muleka with Coco.

CHARLTON — As Autumn begins, the story of Flory Muleka needs to be heard or read. Muleka of Worcester is from DR Congo. As a practical nursing student on his sixth week of rigorous education and training at Bay Path Practical Nursing Academy, he is not letting anything deter him. He is plowing through all obstacles, nonetheless.

Proof is his approach to his practical nursing education at Bay Path Practical Nursing Academy. He was nominated as a student representative for the Class of 2025 and was humbled by his classmates' trust. Alas, two other female nominees won! He remains joyful. He is eager and excited to participate in other activities. He will not let gender nor the remnants of COVID disruptions become an obstacle to his nursing journey.

According to Muleka, "I know I will make it."

He has a learning strategy he adapted from his primary and secondary education in Congo. He has quickly learned to readjust his learning style and study techniques. Because of his previous experience at Quinsigamond Community College in 2020 for his nursing journey, he is more determined. To date, Muleka has received a few grades of "A" for examinations he well prepared for. The Practical Nursing Cohort of 2025 at Bay Path is the first to utilize ExamSoft. The questions go beyond the multiple choice and multiple response forms (in the nursing world, the dreaded select all that apply). Muleka is mastering the concepts! He completed Dementia Care training and obtained his certificate in Mental Health First Aid.

A gentle, caring newlywed and soon to be a father, he recently shared a note and photo he holds dear to his heart.

"I was granted permission to share both the photo and the note," stated Muleka.

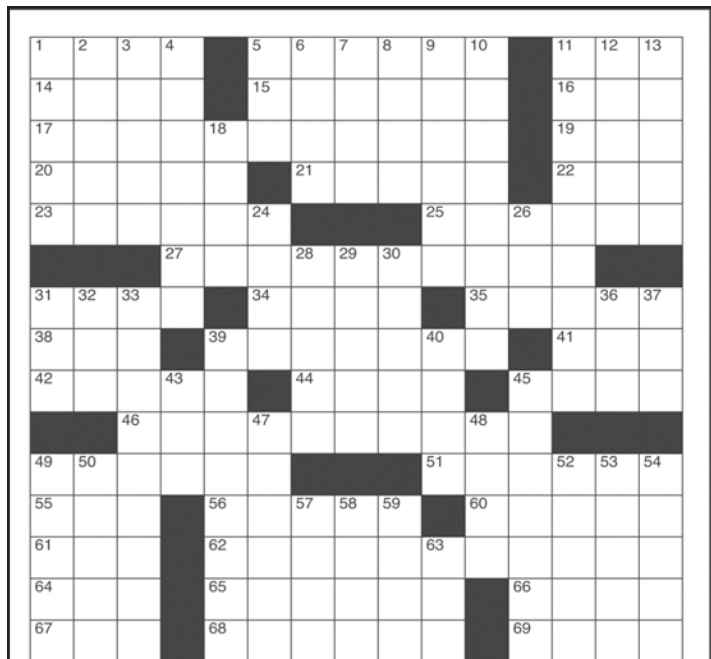
The handwritten note

reads, "Flory, thank you for your exceptional care and kindness. Your dedication and compassion have meant the world to me. Daily you put a smile on my face and helped me through my time / moments in life. I am forever grateful and truly appreciate knowing you. You will make an incredible nurse. Love, Coco 2024."

Muleka's objective was to obtain a position at an agency where he can utilize his skills and experiences to make a positive impact. He completed his High School education at the Complex Scolaire la Borne (DR Congo, 2014) where he was a captain of the Soccer Team, led a school choir (up to thirty young boys & girls), and concentrated on biochemistry. His initial experience as a Patient Care Assistant (PCA) at the Maman Yembo Hospital (DR Congo,

2014-2016) led him to other opportunities as both PCA and Certified Nursing Assistant (CNA) at Albany Medical Center (Albany, N.Y., 2017), Worcester Rehabilitation Healthcare Center (Worcester, 2019), Direct Support Professional at Becket Family Center (Leicester, 2020), and UMass Memorial Center (Worcester). He also has experience as a freelance preacher and motivational speaker (since 2014). He participated in the first ever accepted students' night and enjoyed the art therapy. He anticipates graduating with his class in June 2025 and is grateful for all the learning opportunities at Bay Path.

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CLUES ACROSS

- 1. Separate with an instrument
- 5. State clearly
- 11. One-time MLB speedster Gordon
- 14. Broad in scope
- 15. Lacking social polish
- 16. Amount of time
- 17. Frame
- 19. Automobile
- 20. Caps
- 21. High school dances
- 22. Utilize
- 23. Checked
- 25. One-sided
- 27. Having an extreme greed for wealth
- 31. Potted plants
- 34. We all have one
- 35. Lake north of the Kalahari
- 38. Unidentified flying object
- 39. Aging persons
- 41. Small amount
- 42. Mother of Perseus
- 44. Ornamental waist box
- 45. Officials
- 46. Uncertain
- 49. A cotton fabric with a satiny finish
- 51. Extensive, treeless plains
- 55. Your consciousness of your own identity
- 56. Consumer advocate Ralph
- 60. Notable Spanish sports club
- 61. Body part
- 62. One's responsiveness
- 64. Woman (French)
- 65. Ready and willing to be taught
- 66. Muslim ruler title
- 67. Unhappy
- 68. Gradually disappeared
- 69. Able to think clearly

CLUES DOWN

- 1. Brushed
- 2. Water sprite
- 3. Ones to look up to
- 4. Monetary units
- 5. We all have one
- 6. Marine invertebrate
- 7. One who institutes a legal proceeding
- 8. Outer
- 9. Parallelograms
- 10. Uncomfortable feelings
- 11. Cross to form an X
- 12. Remove
- 13. Some pages are dog-__
- 18. Capital of Ukraine
- 24. A citizen of Denmark
- 26. Eighth month (abbr.)
- 28. Hindu queens
- 29. Acids structurally related to amino acids
- 30. Rider of Rohan in Tolkien
- 31. Wet dirt
- 32. Russian city
- 33. Observed
- 36. Irate
- 37. Travelers need them
- 39. Musical composition
- 40. Auction
- 43. Form of "to be"
- 45. Women
- 47. Inspire with love
- 48. Think Japanese ankle sock
- 49. Appears
- 50. Old World lizard
- 52. The lead dancer: __ ballerina
- 53. Protein involved in motion
- 54. Rosalind Franklin biographer
- 57. Popular 1920s style art __
- 58. __ Blyton, children's author
- 59. Abnormal breathing
- 63. A place to rest

PUZZLE SOLUTION

3	1	2	3	4	5	6	7	8	9	10	11	12	13
14					15							16	
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67				68							69		

SNHU announces Summer 2024 Dean's List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2024 Dean's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Chelsea Sanders of North Brookfield
Michael Seager of Northborough
Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

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ATTENTION WEST BROOKFIELD RESIDENTS
Hydrant Flushing

The West Brookfield Water Department will be flushing hydrants Oct 14th through Oct 25th, 2024 during the hours of 7:00 a.m. to 4:00 p.m. Flushing will cause some disturbance in the water mains. The water may appear cloudy but will eventually dissipate.

Please plan water use accordingly.

SPENCER ALMANAC — REAL ESTATE —

BROOKFIELD
\$3,950,000, 87 Town Farm Rd, Town Farm Road Realty Inc, to Brookfield Mdws Owners As.
\$275,000, 38 Town Farm Rd, Mutlick, John M, and Mutlick, Mandi M, to Techntech LLC.

EAST BROOKFIELD
None

LEICESTER
\$710,000, 88-A Marshall St, Lempicki, Bernard A, and Morgan, Gail M, to Mingolelli, Joseph J.
\$710,000, 90 Marshall St, Lempicki, Bernard A, and Morgan, Gail M, to Mingolelli, Joseph J.

NORTH BROOKFIELD
\$360,000, 20 Mill Rd, Olson, Eric, and Olson, Jenna, to Fish, Cody, and Fish, Danyelle.
\$360,000, 84 Old East Brookfield Rd, Lori R Granger 2019 RET, and Granger, Lori R, to Marshall, Christian A, and Marshall, Jewelia I.

SPENCER
\$833,500, 35 Marble Rd, Miglioizzi, Anthony J, and Miglioizzi, Jill A, to Morgan, Gail, and Lempicki, Bernard.
\$510,000, 109 Smithville Rd, Hastings, Jake, and Cartee, Jaclyn, to Olson, Jenna, and Olson, Eric.
\$450,000, 215 Main St, Bas Spencer LLC, to Richard Holdings LLC.
\$405,000, 121 Ash St, Cistercian Abbey Of Spenc, to Le, Tina, and Chau, Michael.
\$250,000, 113 Northwest Rd, Citizens Bank NA, to Martiros, Richard.
\$241,005, 26 Maple St, First Landing Invs LLC, to 23 Maple Street LLC.
\$205,000, 26 Maple St, Equity TCo, to First Landing Inv LLC.
\$171,823, 113 Northwest Rd, Magnone Jr, Alfred, and Citizens Bank NA, to Citizens Bank NA.
\$115,000, 75 Browning Pond Rd, Cobill, James R, to Kelley, Matthew R, and McCormack, Maura E.
\$50,000, 26-1/2 Cherry St, Ardan, Mary E, to Sjc Development Inc.

WARREN
None

WEST BROOKFIELD
\$350,000, 23 Nipmuck Rd, Whitford Cottage Ft, and Whitford-Stenzel, Diane, to Sokol, Gregory.
\$240,000, 213 Long Hill Rd, T-C-P Enterprises Inc, to Zawalski, John D.

CASA Project Worcester County hosts record-breaking fundraising and awards event

WORCESTER — CASA's 6th annual Champions for Children signature fundraiser brought in a record-breaking amount of more than \$150,000 to support their mission to advocate for and support youth impacted by the foster care system in Worcester County.

The event was hosted for the second time at the Top of the Tower, Worcester's newest and hottest event venue located at 446 Main St., owned and managed by Synergy, a Boston-based real estate investment and services company. An evening to celebrate and sustain CASA's work, honor supporters, and share stories of impact, the event shattered last year's record of \$110,000 raised. Champions for Children was held on Thursday, Sept. 12, and featured several local restaurants and food vendors serving their unique multicultural cuisine, live entertainment, and a chance for guests to win a trip to Costa Rica.

The event honored select members of the CASA community, thanking them for their important roles in advancing the work of the organization. Honorees included District Attorney Joseph Early, Jr.; Mary O'Coin, director of the United

Way of South Central MA; and long-time volunteers Deborah McDonnell and Elizabeth Young.

Under the leadership of executive director Julie Bowditch and event chairwoman and board member Liz Estabrooks, the event celebrates the diverse community of Worcester County and brings together supporters from all over the region. Attendees included city and state representatives such as Mayor Joe Petty, school committee member Molly McCullough, state senators Robyn Kennedy and Michael Moore, state representative David Lebeouf, and Governor's Councilor Paul DePalo, as well as business and community leaders in the region. Lead sponsors included Top of the Tower, Lee Tesconi & Family, JoyGuru Humanitarian Services, Inc., Central MA Productions, Wednesday's Child, Plumb House, Carr Financial Group, and Peter Wyman & Family.

Bowditch said, "We are overwhelmed with gratitude. Each time I believe our community cannot do itself in supporting the youth and families we serve, it does!"

During her remarks at the event, she

challenged guests to remember a pivotal adult who positively changed their lives when they were growing up and reminded them that each of us has the power to fill that role for today's most vulnerable youth — as family members, neighbors, educators, mentors, and as part of the CASA community. CASA Project Worcester County is a nonprofit organization appointed by juvenile court judges to the most challenging cases to provide best-interest, unbiased information to the court and amplify the needs and wishes of the youth on the cases. Court Appointed Special Advocates (CASAs) are carefully screened and trained community volunteers who support hundreds of foster-involved youth throughout the county each year. CASA Project Worcester County is a member of the National CASA Association and the oldest and largest of seven programs of its kind in the state. Learn more or get involved at www.thecasaproject.org.

TIPTOP COUNTRY STORE turns twenty!

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October 12 on the Brookfield Common from 10 - 2

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Apple Country Fair returns Oct. 12

BROOKFIELD — Showcasing the work of more than 90 local crafters, the 45th Annual Apple Country Fair will be held on Saturday, Oct. 12 from 10 a.m. to 4 p.m. on the Historic Brookfield Town Common

This year's Fair will also feature:

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

Fair-goers can browse and buy hand-knit sweaters and blankets, carved wooden bowls and décor, beaded jewelry, specialty soaps and lotions, hand-crafted toys, locally-produced honey, and more.

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

The Fair is held outside on The Common rain or shine.

For more information, visit: Facebook: [applecountryfair](https://www.facebook.com/applecountryfair) Instagram: [applecountryfair01506](https://www.instagram.com/applecountryfair01506)

fair01506 X(Twitter): ACF01506 TikTok: [applecountryfair01506](https://www.tiktok.com/@applecountryfair01506)

The Brookfield Community Club has been organizing the Apple Country Fair since 1979. Originally, the money raised at the Fair helped pay transportation costs for the Brookfield Elementary School's annual sixth-grade class to attend an environmental program at Camp Bournedale on Cape Cod. Now the funds generated help to provide grant money for a number of community service projects, including holiday programs for Brookfield seniors. For more information, please visit www.AppleCountryFair.com.

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Charlotte NeSmith of West Brookfield

Kyle Paquette of Spencer

Emily Alicea of Spencer

Valeria Contreras of North Brookfield

Claire Kuchinski of Leicester

Krysta Tarves of East Brookfield

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ditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

TOWN OF POMFRET PART-TIME FINANCE MANAGER/TREASURER

The Town of Pomfret seeks to hire a PT Finance Manager/Treasurer responsible for the management of Town funds as required by CT General Statutes. Responsibilities to include receipt and deposit of town funds, reconciliation of accounts, investment of town monies, preparation of audit requirements and work with auditors during annual audits, perform any and all duties as may be required with this position and as required under CT General Statutes. Must work in cooperation with municipal officials and provide financial reports as needed. Must be able to work independently.

Bachelor's Degree in Accounting or related field or five years of related experience in accounting/bookkeeping, preferably in a municipal office. Efficient knowledge of Microsoft Office including Excel and Word and accounting softwares. This is a part-time position of up to 22 hours per week with some flexibility dependent upon varying workload throughout the year. Salary dependent upon qualifications and experience. Interested persons should forward resume/application and three references to the Selectman's Office, 5 Haven Road, Pomfret Center, CT 06259. Application and full job description is available at www.pomfretct.gov/first-selectmans-office. Position is open until filled. EEO/AA

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Math Blocks
Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

	10		23
7		3	19
	11	15	32
21	30	23	

5	1	9
6	6	4
5	0	8

Solution



1789: George Washington proclaims Thursday, November 26, 1789 a Thanksgiving day.
1919: Cincinnati Reds Pitcher Adolfo Luque becomes the first Latin American player to appear in a World Series.
1985: The shuttle Atlantis makes its maiden flight.

NEW WORD
FESTIVE
cheerful and celebratory

Spencer PD supports Worcester Community Action Council

SPENCER — The Worcester Community Action Council received strong support from the Spencer Police Department ahead of last week's community clinic.
"The Spencer Police Department supports the Worcester Community Action Council community clinic," read a statement released by the SPD in advance of the Sept. 27 clinic.
The program took place at 70 Winslow Ave. in Leicester. Free to all local residents, the event was highlighted by a resource fair that assisted guests with applying for benefits such as RAFT, SNAP, and Financial Empowerment Coaching.
The program also provided guests with assistance in tax preparations, ITIN applications, and other services.
The SPD is thanked for helping to highlight the program to local residents. To learn more about the council and its offerings that assist residents across central Massachusetts, visit <https://wcac.net>.

"Worcester Community Action Council's mission is helping people move to economic self-sufficiency through programs, partnerships, and advocacy," read a statement released by the organization.

18th Annual Apple Run/Walk set for Oct. 26

NORTH BROOKFIELD — The 18th annual five-mile Apple Run/Walk for diabetes will take place this month. The event is set for Saturday, Oct. 26, at Brookfield Orchards (12 Lincoln Rd.). The program is hosted by the Lions Club of the Brookfields. Proceeds will benefit the Clara Barton Diabetes Camp in Oxford and the Diabetes Research Team at the University of Massachusetts.
"The event in prior years has raised over \$37,000 in donations for these two organizations," read a statement released by organizers. "The race is professionally timed, and cash prizes will be awarded to the men's and women's first and second place finishers."
Registration for the event will take place from 9:30-10:30 a.m. Walkers will begin the course at 10:30 a.m. Runners will get started at 11 a.m. The early registration entry fee is \$20 for adults and \$15 for children age 17 and younger.
If you register on race day, add \$5 to the prices listed above.
Event leaders thank all supporters and sponsors of the program, as well as community members for their ongoing support.
"Oakhelm Brewery of Brookfield will return as a sponsor this year, and will be on site at the event with a complimentary beer for each registered runner and walker at the completion of the course," the promotional statement read.
For more information about the event, including a link to the online registration form, visit <http://brookfieldlionsclub.org>.

World FACT:
Despite its name, this German festival begins near the end of September.
Answer: Oktoberfest

How they say that in...
English: Tent (circus)
Spanish: Carpa
Italian: Tendone
French: Chapiteau
German: Zirkuszelt

Did You Know?
Bavarian pretzels are typically enjoyed at Oktoberfest celebrations, in addition to other traditional German foods.

Get the PICTURE?
Can you guess what the bigger picture is?
Answer: Oktoberfest hall

CRYPTO FUN
Solve the code to discover words related to fall. Each number corresponds to a letter. (Hint: 13= L)

A. 15 14 8 14 9 10
Clue: Another name for "fall"

B. 13 19 15 4 19 3
Clue: Parts of trees

C. 20 2 13 2 11 23 14 13
Clue: Vivid

D. 20 1 24 13 13
Clue: Feels cool

Answers: A. autumn B. leaves C. colorful D. chill

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

6	4			1	3		7	
9			4					
5	8			2				9
	7	4		9		6		
2				6		9		
					4	8	2	
		5			1		6	
	2				5		4	9
4	6	2		9	3	8		

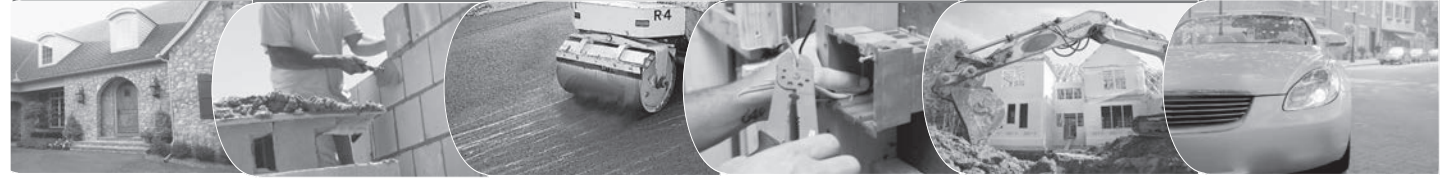
Level: Beginner

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

4	1	6	2	9	3	8	5	7
7	2	8	3	4	1	5	6	9
8	9	3	4	1	7	6	2	5
8	6	5	3	4	1	7	2	9
1	6	9	8	4	3	5	7	2
2	5	8	1	6	7	9	3	4
3	7	4	8	2	9	6	5	1
5	8	1	7	2	9	4	6	3
6	3	7	4	5	8	9	2	1
6	4	2	9	1	3	5	7	8

ANSWER:

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Leicester Knights of Columbus hosting family dinner

LEICESTER — The Leicester Knights of Columbus invite local guests to enjoy a family dinner this month. The event is set for Wednesday, Oct. 9, at 6 p.m. The cost is \$15 per person. The meal includes a salad; a choice of pot roast or baked fish; coffee; and a dessert.
To register for the event, contact Don by phone at 508-615-8434, or by email at ohno7g7@yahoo.com.
The Leicester Knights of Columbus is located at 90 Manville St.

Swan Tavern observes 250th anniversary of Revolution

LEICESTER — The Swan Tavern Leicester Historical Museum is continuing its observances of the 250th Anniversary of the American Revolution.
At 7 p.m. this Friday, Oct. 4, Leicester resident and historical reenactor Justin Murray, a Sergeant in the Grenadier Company of the 10th Regiment of Foot, will conduct a presentation on the equipment and daily life of a soldier serving in the British Army during the Revolution. Come meet one of His Majesty's soldiers.
Later this month, Kevin Driscoll will present the works of Edgar Allan Poe on Thursday, Oct. 24, at 7 p.m. Drop in for some spooky tales this Halloween season.

Artists announced for 2024 Backroads Studio Tour

REGION — The artists and artisans of central Massachusetts Backroads Studio Tour will once again be opening their studios this fall, on Saturday and Sunday, Oct. 5 and 6 from 10 a.m.-5 p.m. in the towns of Petersham, Barre, Oakham, New Braintree, West Brookfield, North Brookfield and Spencer.

This year the tour gladly welcomes back Tracy Crane from West Brookfield. Tracy uses a wide variety of mediums to create her art including inks, glass, buttons, cut paper and resin. Her varied works have an accessible simplicity and capture one's eye and interest. Tracy's work can be found year round at Worcester Art and Frame in West Brookfield.

In the town of Petersham Sylvia Brown will showcase her line of contemporary classic leather handbags, beautiful garments, belts, briefcases and luggage.

In the town of Barre, you will find three studios including Deer Run Studio where metalsmith Bonnie Waterhouse

works with sterling silver, semiprecious stones, fused glass and crystals to create rings, bracelets, necklaces, earrings and ornaments.

Across the street from Bonnie is Sue Morello of Sheldon Farm Baskets. Sue creates beautiful baskets in a variety of shapes and sizes, many of which are hand painted with lovely designs.

A short drive from Sue and Bonnie takes you to Stained Glass by Robert Hill. Robert enjoys building artwork from glass that has texture and character. His favorite pieces are those designed for gardens.

In the town of Oakham, one will find Dena Hengst showcasing her beautiful paintings, prints and notecards, many of which depict ocean shores, waterfalls and water surfaces. Dena also creates abstract pieces and looks forward to sharing her techniques with her visitors.

Another short drive takes one to New Braintree, where you can visit David Thompson's

wood shop studio. There, you will find a collection of handcrafted one-of-a-kind spoons, bowls and kitchenware. Dave also builds a variety of unique interior and exterior furniture pieces.

Nearby in North Brookfield, one can find Brookfield Paperworks where Elisabeth Hyder will welcome you to view her beautiful boxes, journals, cards, framed art and collages. Vibrant colors and beautiful design combine to create gorgeous "art you can use."

In the town of Spencer this year, you will find Lou Meyerderks creating beautiful table runners, penny rugs and holiday pieces, using techniques of wool applique, rug hooking, needle punch and counted cross stitch.

So come and be inspired by the different studios and demonstrations this self-guided tour has to offer, while experiencing the autumn beauty of our serene New England backroads. For more information and a map, please visit our Web site at backroadsstudiotour.org.



Courtesy

Leicester Elementary School PTO members recently presented the Select Board with a check.

PTO presents Leicester selectmen with donation

LEICESTER — At the Select Board meeting on Sept. 23, the Leicester Elementary School PTO presented board members with a \$5,000 check.

The money was used to purchase 90 yards of mulch for the elementary school playground. Funds also helped pay for flooring to replace the carpet in the school's main entryway.

"All of the Leicester School Committee members were in attendance, and they thanked the PTO for always going above and beyond for our students," read a statement released by the school department.

Leicester Public Schools Superintendent Brett Kustigian also recognized the group for its commitment to providing students with a safe and healthy learning environment.

Girls on the Run Worcester County hosts first Sneaker Soirée sponsored by UMass Memorial Health

WORCESTER — Girls on the Run Worcester County is excited to announce its first annual Sneaker Soiree, set to take place on Oct. 24 at Worcester Country Club in Worcester. This special event, proudly sponsored by UMass Memorial Health, aims to celebrate and support the empowerment of young girls through the transformative power of running.

Kicking off Girls on the Run Worcester County's 10th anniversary, the Sneaker Soiree will feature an evening of fun, inspiration, and community spirit. Attendees can look forward to:

Silent Auction: Bid on exclusive items and experiences generously donated by local businesses and supporters.

Guest Speakers: Hear inspiring stories from Girls on the Run participants and community leaders, including a special keynote address by Molly Barker, founder of Girls on the Run

International.

Delicious Food and Drinks: Savor a variety of culinary delights and beverages.

Music and Entertainment: Wear comfortable sneakers and hit the dance floor.

"We are thrilled to host our first Sneaker Soiree and bring together our community to support the incredible work of Girls on the Run," said Karen Spencer, Executive Director of Girls on the Run Worcester County. "This event is a wonderful opportunity to celebrate the achievements of our girls and ensure we can continue to provide impactful programs."

UMass Memorial Health, the largest healthcare system in the region, is committed to supporting community initiatives that promote health and well-being.

"We are proud to sponsor the Sneaker Soiree and support Girls on the Run Worcester County in its mission to empow-

er young girls," said Victoria McCandless, UMass Memorial Health, Chief of Staff and CEO Communications Officer. "Their work aligns with our commitment to fostering a healthy community."

Girls on the Run Worcester County is a nonprofit organization dedicated to empowering young girls through a unique program that combines physical activity with important life skills. The program encourages girls to develop self-confidence, build healthy relationships, and make positive decisions.

Tickets for the Sneaker Soiree are available now and can be purchased online at www.gotr-worc.org/sneaker-soiree. All proceeds from the event will directly support Girls on the Run Worcester County's programs and scholarships.

Merrick Library offers busy schedule of fall events

BY KEVIN FLANDERS
STAFF WRITER

BROOKFIELD — Local guests and families are invited to take part in a busy schedule of events this fall at Merrick Public Library.

Library officials are excited to announce a new monthly preschool program, "Music and Movement." Join local musician Julie Stepanek for fun, educational sessions that include plenty of songs kids know and love.

"Stretch, move, sing, and dance—all while developing early literacy skills through music and rhythm," read a statement released by Library Director Brenda Metterville. "Stop by and join the fun. This program is free to attend, and no registration is required."

Stepanek will visit the

library at 11:30 a.m. on Oct. 11, Nov. 6, Dec. 11, Jan. 8, Feb. 12, March 12, April 9, and May 14.

Meanwhile, the Friends of Merrick Public Library will host their annual silent auction at the library from Sept. 28 to Oct. 26. All auction items were received by donation, and the proceeds will help the Friends fund library programs and events.

Bids may be placed on items throughout the month, and the highest bidder at the end of the auction will win the item. Bidding closes at 12:45 p.m. on Saturday, Oct. 26.

Guests are also invited to visit Merrick Public Library on Thursday, Nov. 7, at 6 p.m. for Ronny LeBlanc's presentation, "What Is Bigfoot?"

"A globally recognized figure in the world of paranormal, Bigfoot, and UFOs, Ronny LeBlanc is

an independent researcher, screenwriter, speaker, and bestselling author," read a statement released by library officials. "His passion, fun-loving personality, and sense of humor have paved the way for him to bring the subject matter of UFOs and Bigfoot to the mainstream public."

To learn more about LeBlanc, visit ronnyleblanc.com. This event is free to the public, and no registration is required.

The Merrick Public Library staff thanks the Art and Elizabeth Jay Fund, as well as the Jeppson Memorial Fund, for their continued support of library programs.

Merrick Public Library is located at 2 Lincoln St. To learn more about upcoming library programs, or to sign up for an activity, call 508-867-6339.

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FRANK G. CHILINSKI
PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

Don't believe everything you hear

Election season is upon us, and with it comes the barrage of campaign ads, glossy fliers, and endless political chatter. While these tools are designed to catch our attention, it's crucial to remember that not everything we hear or see in campaign materials is the truth. Smear campaigns are the dark side of politics—filled with half-truths, cherry-picked data, and sometimes outright lies meant to sway our opinions.

It's easy to get caught up in the sound bites and headlines, but it's our responsibility as voters to dig deeper. Before you decide on a candidate, do your own research. Look beyond the fliers in your mailbox and the dramatic ads on TV. Seek out multiple sources of information, read up on the issues, and fact-check statements. Use reliable, unbiased resources to get a clearer picture of where each candidate truly stands. Be an informed voter.

Remember, the most genuine candidates are the ones who show up to serve their communities and work for what's best for all of us, not just to win votes. These candidates can be found at every level of government, but they may not always be the loudest or flashiest. By doing your own homework and looking for those who prioritize the well-being of their fellow Americans over party politics or personal gain, you can cast an informed vote that reflects your values. So, don't just take campaign ads at face value—take the time to research and choose the candidate who is truly committed to making a difference.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

VIEWPOINT

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

LETTERS TO THE EDITOR

Is Trump leading a political party or a cult?

To the Editor:
Reality TV — what an interesting form of entertainment! “Contestants” are often encouraged to introduce more drama and controversy because this apparently improves viewer ratings. Sometimes I think the popularity of reality TV has created an America that thrives on this drama. What will another season of Trump presidency bring? He has promised a season of retribution. Apparently, he and his billionaire sponsors want to turn back the clock to a time of “Greatness.” How far back should we go, to the days of the Roman empire? Should we bring back the glory of trial by combat, or the placing of people perceived as political threats in an arena filled with hungry lions?

How do we rate our contestants in the current season? In a recent “contest” between former President Donald Trump and current rival Vice President Kamala Harris, Trump claimed victory, citing polls that favored him by as much as 90 percent. And he accomplished that “victory” with little or no preparation. But why would he need it? His stable genius brain would surely provide him with any answer he needed. Haitian immigrants eating our pet dogs and cats! What a stroke of genius! And of course, Harris must have cheated. How else could she possibly know that she might receive questions concerning the crisis at the border, the economy, and women's rights?

If Trump, by some twist of fate, loses the coming election, will he pull a gracious concession speech out of that stable genius brain of his, a speech that inspires unity in this time of overwhelming division? In a return to my reality, I will try to pull a couple thoughts from my fairly stable, but less genius brain. A substantial number of psychologists have diagnosed Trump as suffering from a condition known as malignant narcissism, and they warn of the imminent danger of such a person being placed in a position of power. Even prominent Republicans like Mitt Romney and Dick Cheney warn of the danger of a second season of Trump. But of course, they are clearly RINOs (Republican in Name Only) who dare to defy the supreme leader of the current Republican party.

What is a malignant narcissist, and how could Trump deserve such a label? There is no laboratory test that identifies this condition, only a constellation of observed behaviors. The Diagnostic and Statistical Manual of Mental Disorders (DSM), currently in its fifth edition, serves as a roadmap for psychologists to aid them in their diagnoses. Experts often use the term

malignant narcissism to describe a combination of antisocial personality disorder and narcissistic personality disorder (adding a pinch of aggression, sadism, and paranoia).

The fifth edition of DSM (DSM-5) describes behaviors of people afflicted with antisocial personality disorder (APD) to include: 1) failure to obey laws or social norms, 2) lack of remorse for actions, 3) lying or manipulating others for profit or amusement. Characteristics associated with narcissistic personality disorder (NPD) include: 1) a grandiose sense of self-importance, 2) persistent fantasies about unlimited success and power, 3) constant need for attention, admiration, and praise, 4) a sense of entitlement and expectation of special treatment, 5) a sense of arrogance shown in behaviors or attitudes, and 6) a lack of empathy or unwillingness/inability to recognize the needs and feelings of others.

The community of Springfield, Ohio suffered bomb threats following Trump's story (proven false) of the perilous plight of dogs and cats at the hands of immigrants there. Has anyone heard Trump express any remorse or an apology for his divisive, condemning, and potentially dangerous rhetoric? Does anyone expect Trump to concede defeat in the coming election, regardless of outcome? Has Trump shown any empathy for the plight of women who have failed to receive timely life-saving treatment because their state of residence has decided to introduce punitive measures for doctors who fail to abide by recently introduced draconian regulations? Are you concerned that a Supreme Court catering to the wishes of Trump has ruled that the President can be entitled to disobey laws or social norms? This additional power provided to a person suffering both APD and NPD creates a very dangerous situation, especially if that person has access to the nuclear codes. Do you see this potential danger? If not, perhaps I should have discussed cult mentality and the inability of followers to question the motivations of their leader.

Speaking of cults, [recently in Pennsylvania, Trump addressed the women of America, saying “You will be protected, and I will be your protector.” “Women will be happy, healthy, confident, and free.” He also posted an image of himself next to the Holy Bible. It stated “Trump, endorsed by Jesus Christ.” Is Donald Trump the leader of a political party or a cult?

DAVID W. BROWN
NORTH BROOKFIELD

2024 Presidential election begins and ends with the southern and northern borders

To the Editor:
Since the Biden/Harris Administration entered our White House in January 2021 and almost immediately opened our borders to give illegal aliens a revolving door to come into our country unvetted, our once beautiful nation has become a criminal war zone! It's estimated that at least 18 million illegals have crossed into our country! The corrupt Democrats are also flying them in, not for humanitarian reasons; it's for illegal votes! The Democrats know they cannot win this election unless they get illegals to cheat in this election, also.

Every state has become a border state with illegal alien criminals. They have murdered, raped, assault-

ed and stolen from Americans. They have taxed our schools, healthcare systems, housing, food services, police and fire departments, judicial system and government.

President Trump is the only candidate who has said, if elected, he will deport these illegal invaders from our country and restore peace once again! Harris, the Border Czar, will not!

The illegal alien invasion has led to inflation, higher food and fuel prices, and deaths of thousands of Americans due to the trafficking of Fentanyl across the open borders.

The Presidential choice is simple: Vote Donald J. Trump to “Save America!”

Linda Buckley
Leicester

Do not mess with Israel and Jerusalem!

To the Editor:
God made a promise to Israel (Abraham) that the nation Israel, through Abraham, that is very explicit. God will bless those who bless Israel, and whoever curses Israel God will curse, and all the people on earth who bless Israel will be blessed (Genesis 12:2-3). The choice is yours, ours; honor Israel through God and receive the benefits, or dishonor and suffer the consequences. This is also confirmed in Acts 3:25. God promised Abraham that God would bless the world through Abraham's descendants, the Jewish people, Israel. This is also confirmed in Galatians 3:8.

The question is, who are the real children of Abraham God has made this promise to? The children of Abraham, Israel, are those who have faith in God. If we, you, today have

faith in God, believers from our heart, then all believers in this country and nation will share in Abraham, Israel's blessings; this is a promise to us today when we support Israel.

This is our choice: support Israel and experience God's blessings and/or deny Israel and experience God's wrath.

Caution: God cannot be deceived. God knows our heart better than we do. I am also responding to Mr. Steve Tsihlis of West Brookfield's letter in Viewpoint, “President Trump,” and Mr. Mark Robillard of Spencer's letter in Viewpoint, “Kamala's Nonsense,” informing us who the best person to protect this country, USA, is.

Dwell in peace!

ROLAND BLAIS
BROOKFIELD

Know the risks of investing — and not investing



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As an investor, you'll always need to deal with risk of some kind. But how can you manage the risk that's been made clear by the recent volatility in the financial markets? The answer to this question may depend on where you are in life.

Let's start with the risks associated with investing. There's not a single investment risk because different types of investments carry different types of risk. Here's a look at three investment categories and some of the risks connected with them:

Stocks – When you invest in stocks or stock-based mutual funds, you will incur the risk that the value of your investments may decline. Stock prices can fall for any number of reasons – lower-than-expected earnings, a change in management, change in consumer tastes, and so on. Although the historical trend for stocks has been positive, there will always be periods when prices are down. One way to help defend against this volatility is to hold stocks for the long term, rather than constantly buying and selling, and to own a mix of stocks from different industries and even different countries.

Bonds – When market interest rates rise, the value of your bonds can decline because investors won't pay full price for them when they can get the newer ones that offer higher rates. Another type of risk associated with bonds is credit risk, which essentially describes the risk that the bond issuer may default, potentially disrupting your flow of interest payments. However, you can help mitigate this risk by purchasing investment-grade bonds that receive the highest credit ratings from independent rating agencies.

Certificates of deposit (CDs) – Although CDs are generally considered safe because their principal is guaranteed, they do carry reinvestment risk — the risk that you won't be able to reinvest the proceeds of a maturing CD at the same interest rate. To help protect against this risk, you could own CDs of varying maturities. When market rates are low, you'll still have your longer-term CDs paying higher interest, and when market rates rise, you can reinvest the money from your maturing shorter-term CDs into the new, higher-paying ones.

Now, let's turn to a completely different type of risk — the risk of not investing. And this risk is easy to understand: If you don't invest, or if you consistently invest only in the most conservative vehicles, your money may not grow enough to allow you to reach your important long-term goals, such as a comfortable retirement.

Of course, this doesn't mean you should never own conservative investments, including CDs and some types of bonds. When you're saving for a short-term goal, such as a down payment on a house, a wedding or a long vacation, you want the money to be there when you need it, so an investment that offers protection of principal may be appropriate, even if it doesn't provide much in the way of growth.

For those long-term goals, though, you may need to build an investment portfolio that contains growth potential and that reflects your personal risk tolerance and time horizon. Over time, your risk tolerance may change. As you get closer to retirement, you may want to take a somewhat more conservative approach — but you'll always need some elements of growth.

When you invest, risk can't be eliminated, but it can be managed. Keeping this in mind, consider a long-term investment strategy that allows for risk but also offers the possibility of reward.

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 trevornielson@edwardjones.com.

Spice Up Your Space with DIY Fall Scents

Scents are powerful - just a small whiff of certain smells can fuel emotions. From altering moods and sparking memories to creating calm and promoting focus, fragrance can be very influential in our everyday lives.

Autumn in New England offers an abundance of native sights and scents that can be captured as everlasting fragrance for the home. Read on for a few simple recipes to bring the spectacular fragrance of the fall season indoors for months to come.

Autumn Potpourri Mix: This all natural potpourri mix recalls walks along country roads this time of year. A few drops of essential oil may be added to boost the scent as the mixture ages.

Note: This makes a great host or holiday gift.

Ingredients: Dried slices of two Red or Golden Delicious apples (or other hardy New England variety); dried slices of one orange; eight cinnamon sticks; one tablespoon nutmegs; three tablespoons

whole cloves; 2 Whole nutmegs; Filler: acorns, dried leaves, bark pieces, pinecones, etc.

Directions: Break up (or smash) the cinnamon sticks and some of the whole cloves to release fragrance. Mix together all ingredients, gently folding in apple and orange slices last. Place in an open bowl or pack in a clear glass jar for gift giving or later use.

Pie Spice Sachets: The sweet scent of freshly baked apple and pumpkin pies can be resurrected every time you reconstitute these essence filled sachets. Best of all, these can be used both to scent the air and to spice up cider!

Ingredients: 2 tablespoons pumpkin pie spice; 4 teaspoons ground cinnamon; 2 teaspoons nutmeg; 2 tablespoons applesauce

Mix the applesauce and spices together in a bowl. Dough will be very stiff. Pinch off small pieces of dough and roll into balls. Press down to form discs, about an inch or so. Bake in a 275 degree oven for about



TAKE THE HINT
KAREN TRAINOR

two hours or until fully dry and firm. Allow to cool and harden.

To use for simmering potpourri: Drop one disc into a couple of inches of simmering water.

To use as spice sachet: Drop disc into Preheat oven to 275 degrees and bake for 1 1/2 hours until dry and firm. Cool. Use as a simmering potpourri by simply dropping in boiling water. To use as a spice, drop into container of simmering cider.

Autumn Wax Tarts (Recycled candles): Making fragrance tarts is easy (and free) if you've collected all your autumn fragrances candle ends throughout the year.

Ingredients: Leftover candle wax; foil cupcake wrappers.

Directions: Carefully melt leftover candle bits

in a double boiler or in the microwave. Remove wicks and black bits from melted wax. Line a cupcake pan with aluminum foil cupcake wrappers. Pour about an inch of wax into each aluminum wrapper. Allow to cool, then remove wrapper from tin and peel off tart.

Great Gourds!: Now that your house boasts the aroma of autumn, why not do a little decorating, compliments of Mother Nature? Gourds are plentiful this time of year, and let's face it, gourds have only one main claim to fame: Their interesting colors and shapes make them a fantastic fall decorating tool.

Talented and imaginative artisans have formed everything from utilitarian bowls to musical instruments out of gourds, although mainstream offerings are likely to include a creative mix of baskets, candleholders, birdhouses and vases. Gourds, both large and small are plentiful and whimsical, with a high "personality quota." Tossing interestingly shaped gourds in a bowl creates an instant centerpiece. Or place handfuls of colorful gourds around an outside entryway display to fill the gaps between pumpkins, mums and cornstalks.

Gourds, with their contrast of color and textures, are the perfect candidate for an inter-

esting craft project. Whether you choose to make a vase, bowl or birdhouse, drying, cutting and cleaning the gourds are important chores to complete. Much like carving a Jack-O-Lantern, the top of a gourd must be cut off and the inside scraped clean. Here's the method to dry gourds, as noted in previous columns:

To do: Scrape out all inside dried membranes and seeds. This can be tedious, but it is necessary to avoid rot. To ensure a smooth inside surface as for gourd bowls, sand inside with a wire brush drill attachment.

To dry out decorative thin-skinned gourds, clean them in warm, soapy water containing a household disinfectant. Dry gourds with a cloth and spread them on newspaper in a warm, dry place. After a week, wipe them with a cloth moistened only with disinfectant. Again, spread gourds to dry, now in a warm, dark, damp-free spot for about a month. Every other day, turn them. When seeds rattle inside, they are properly seasoned. Small, thin shelled gourds will dry in less than a month, and large ones can take up to six months. If mold appears during the drying process, scrape it off with a knife. Thin-shelled gourds dry best when hung in a mesh bag.

You can finish your

bowl or vase by staining, painting, or using leather dye on it. The leather dye provides a vintage look and is easiest to apply for a first time project. After the dye has dried, apply a protectant, such as varnish or wax.

Win Dinner for Two at the Publick House

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

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

LETTERS TO THE EDITOR

Lets go back!

To the Editor:

Who's the genius that for the Kamala campaign that coined the phrase "We're Not Going Back?" They must think that everyone in this country suffers from Joe Bidenism! Who in their right mind wouldn't want to go back to the 2016-2019, years when we had the following:

The lowest prices for gasoline and home heating oil. Both were right around \$1.80 a gallon. Currently, they're at around \$3. The average home electric bill was \$95 a month, where currently, it's \$225. Who in their right mind doesn't want to go back to that?

The price of a good steak was \$2.88 a pound for New York Sirloin. You currently now pay \$6.99 to \$8.99 on sale. Bread is \$4 a loaf, where it used to be \$2. Peaches, grapes, and apples are double the cost. Who in their right mind doesn't want to go back.

Currently, we have the biggest land war raging in Europe since WWII. The Middle East in is in flames fueled by the Biden/ Harris support of Iran and appeasement of Hamas, in 2016 -2019, the world was at peace with a historic middle east peace plan being negotiated. Biden/Harris abruptly canceled it. Who in their right mind would not want to go back to a time of world peace?

Our towns are being inundated will hordes of newcomers that have no vetting whatsoever. They eat up all our affordable housing stock and push hous-

ing prices out of the reach of our own children. Our hospitals are filled giving them free care while our insurance rates skyrocket to offset the increased costs. Our town budgets get broken buy the increased costs forcing 2 1/2 overrides, in effect we are paying for the Biden/Harris changing of our neighborhoods. Who in their right mind would not want to go back to 2016-2019?

The sad answer is, there are a lot of people that aren't in their right minds. They are brainwashed by the constant lies on their phones that "Trump" threatens Democracy. They are willing to vote for another four years of the same destruction of our nation because they don't like mean tweets. Its time they realize "going forward" with Kamala driving is a bus going off the cliff! When you the edge it's time to go back not forward! Go back to time when you had a president that cared more about your living conditions then the illegals in Haiti, Venezuela, and all the other countries pouring their invading hordes over our border. It's time to Vote Trump in 2024 to Go Back to the good times on 2016-2019! Let him fix what Biden/Harris broke and in 2028 vote in the Tulsi Gabard /RFK team to keep America strong.

MARK ROBILLARD
SPENCER

Despicable letter

To the Editor:

Despicable - During the debate between Harris and Trump, Trump dropped the bomb that Haitian immigrants were stealing and eating the pets of people in Springfield, Ohio. I remember VP Harris looking at him with disbelief. I shared her disbelief. Let's remember that Trump has said repeatedly that millions of illegal immigrants are crossing the Mexican border and are poisoning the blood of U.S. citizens. He has called them vermin and terrorists. His rhetoric toward "illegal immigrants" has been vile and hateful. In a previous letter I have called Trump the "liar in chief." I still think it applies.

Trump advised Speaker Johnson not to bring the bipartisan bill from the Senate that would have addressed problems at the border. He wanted to use "border problems" as a campaign issue. And now he was incriminating the Haitians in Ohio of behavior that was a lie. But he made the lie about Haitians be evidence that these are illegal people crossing the border. Trump has no shame.

JD Vance has become a willing assistant "liar in chief." He told a CNN reporter that he would tell stories to make a point if necessary. She questioned whether there was truth to the story being told by Vance and Trump that Haitians were stealing and eating people's pets in Springfield, Ohio. His reply was that he was only repeating stories from his constituents. Liar, liar. Pants on fire.

There was a rumor circulating in a Springfield neighborhood that a woman who had a Haitian neighbor had lost her cat. Within 24 hours, her lost cat was found in her basement. To her credit she went to her Haitian neighbor and apologized. Did Vance or Trump apologize? Not!

They have continued spreading the lie, and Trump has said he will have mass deportation that will include the illegal immigrants of Springfield, Ohio if he is elected. But the Haitians in this city are legal. They have visas so they can work there.

Trump and Vance have created chaos in Springfield, Ohio. There have been bomb threats. Schools have been evacuated to check on these threats. The National Guard has been called to investigate the schools. A local college has gone to zoom classes for safety. The mayor has requested that Trump and Vance retract their stories. They haven't complied.

Trump is being his usual cruel and uncaring self. Vance is certainly not showing concern for his constituents as a U. S. Senator from Ohio. Neither seems to care what their "stories" are doing to the city of Springfield, Ohio or its people.

There was no problem there until Trump and Vance made one.

PATRICIA JACKMAN
NORTH BROOKFIELD

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Attention North Brookfield Water Users:
WATER MAIN FLUSHING
October 1ST 2024 through November 8th 2024
The North Brookfield Water Department will be flushing water mains throughout town beginning Tuesday, October 1st 2024 through Friday, November 8th 2024.
The purpose of the flushing is to remove sediment buildup in the mains. The flushing may result in temporary discoloration of the water, caused by small particles dislodged during the flushing. This discoloration might stain your laundry, especially white materials.
Flushing is performed between the hours of 7:30AM and 3:30PM. We post our daily flushing schedule on the North Brookfield Water Department Facebook page. If you would like additional information, please call the Water Department at (508) 867-0207.

Friday's Child

Hi! My name is Isiah and let's sing "Bingo" together!

Isiah is a sweet, cheerful, and silly child. Isiah is playful and active. He loves to watch television shows and sing along. He can quote numerous television series. He enjoys acting out some of the scenes and dancing. Isiah loves to sing, and his new favorite song is "Bingo!"

**Isiah
Age 6
Registration # 8921**

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To learn more about adoption from foster care visit www.mareinc.org. Massachusetts Adoption Resource Exchange (MARE) can give you guidance and information on the adoption process. Reach out today to find out all the ways you can help children and teens in foster care.

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Bay Path LPN gives back to Class of 2025



Brianna Laforest

CHARLTON — Brianna Laforest, LPN of Webster, a Bay Path Practical Nursing Academy graduate, Class of 2021, recently returned to Bay Path. She assisted at Skills Laboratory practice and delivered words of encouragement to the Class of 2025. There are many reasons why Bay Path Practical Nursing Academy Alumni returns on campus: to show appreciation for the education that Bay Path Practical Nursing Academy has provided them; to give others a chance to have a similar experience; to stay connected to the Bay Path community.

At many colleges and universities, Alumni Giving starts even before graduation day. At Bay Path Practical Nursing Academy, it begins at Orientation and Acceptance Ceremony when soon to be graduates are paired off with incoming nursing students. It may begin as a request for mentorship, or as an inquiry about used textbooks. Eventually alumni giving evolves and alumni themselves find ways to talk about the importance of alumni giving to the school.

On assisting with Skills Laboratory practice Laforest stated, "I enjoyed it. It was actually kind of funny to see them and hear some of their concerns, it brought back some PTSD. But I reassured them to trust the process and as long as they are working hard, they will succeed."

Laforest is currently with the UMass Memorial at Worcester (since August 2023) as an LPN in the Ambulatory Care Float Pool- Primary care/ OBGYN responsible for immunizations and outpatient care. At the UMass Memorial Harrington in Webster (since December 2023) as an LPN in the Methadone out-

patient dosing clinic and at the UMass Memorial Harrington, Southbridge (since June 2022) as an LPN in the Medical/Surgical inpatient where she is both IV and IVP certified. She is also with ADCARE as an LPN (since November 2021) experienced with inpatient detox, sharp count, narcotic count, assess patients for withdrawal symptoms, medication administration, admissions, and blood draws. Prior to becoming an LPN, she was a nursing administrative coordinator (2020-2022) at UMass Memorial, Worcester and a PCA (2006-2014).

According to Hank Coleman, publisher of the finance blog Money Q & A, "Alumni should consider their diplomas like a share of stock in a company, alumni have a personal interest in ensuring that their university's prestige grows."

Giving back, regardless of the act, or a or a donation in any size, "plays an essential role in maintaining the value of your own degrees."

Laforest stated, "I love being a nurse and I love being able to share the things I know/ have learned to help take care of people. I ask a few of them, (nursing students of the Class of 2025) why they wanted to be nurses to kind of feel them out and see what their why was. I told them being a nurse is something to be proud of and it is a field that takes more than it gives, so you really have to love it because you are going to have some really bad days."

As a student at Bay Path RVTH Practical Nursing Academy (2020-2021), Laforest was voted as one of the Student Representatives, she was a member of the UNICEF Club, Mock Code Team, and the Admissions Panel. She participated in the Fall and Spring Advisory Board meetings and was inducted into the National Technical Honor Society. She values education. In 2014 she obtained an associate degree in Criminal Justice and Science with honors from the Quinsigamond Community College (QCC). "I like volunteering/ mentoring others because I did start my career in healthcare delivering dietary trays to patients, then was a CNA, now I am an LPN and have just started my last two pre-requisites for the RN bridge at QCC," stated Laforest. "I've literally worked my way up and can appreciate every job/ role that goes into healthcare and the importance of them."

She maintained her BLS/HCP CPR certification, Law Enforcement Certificate, Demetia Care Certification, and Mental Health First Aid Certification.

To this day some practical nursing Students struggle to find the funds to cover educational expenses. Scholarships and grants ensure that these students can manage costs while getting an excellent education. When alumni give back,

they invest in the practical nursing students and are providing a legacy for future generations. Many alumni state that the benefits they received from Bay Path Practical Nursing Academy are intangible, and what alumni give back are not always easy to measure, but one thing is clear: alumni giving back makes a difference. Laforest stated, "I've literally dabbled in every type of nursing. I have done home health, behavioral health, addiction medicine, outpatient, and inpatient care. You are always learning and growing and that's what I love about it." In a message to Gretheline

Bolandrina, DHA, MSN Ed, RN, CRRN, Academy Director Laforest expressed that she is ready to help.

"Any time you need help, if I can, I will be there," said Laforest.

Bolandrina stated that "alumni giving makes Bay Path Practical Nursing Academy different. Unlike large educational institutions, we look to alumni, parents, and friends of Bay Path Practical Nursing Academy to help connect quality nursing education and a caring, supportive Bay Path Practical Nursing Community."

Brookfield's Spencer Cipro returns from another championship summer

WILMINGTON, N.C. — For the second straight summer, Brookfield resident Spencer Cipro is a baseball champion in North Carolina.

A stand-out pitcher and 2021 graduate of Tantasqua Regional High School, Cipro's college baseball career has found him facing increasing levels of competition from players from across the country and he's been rising to the challenge. Last fall, Cipro was starting his time with the baseball program at Belmont Abbey in Belmont, N.C., just outside Charlotte, fresh off a dominant summer season and championship for the Pineville Porcupines of the Old North State League. This year, Cipro is returning to the Belmont Abbey program where he is once again building off of an excellent summer season that culminated in a championship.

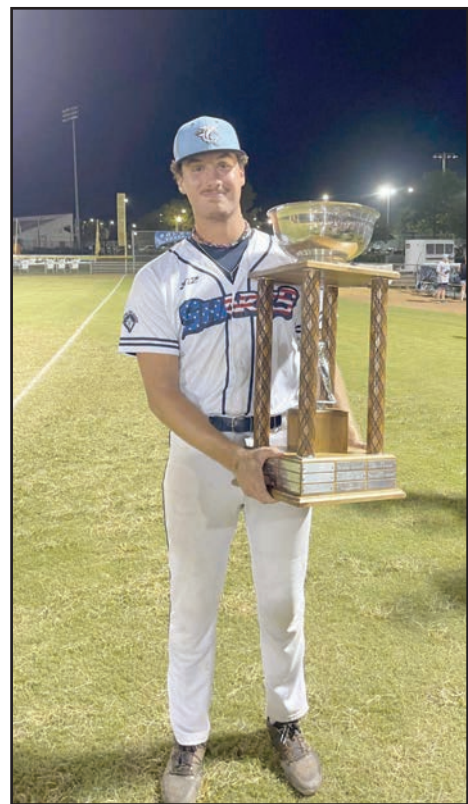
The Wilmington Sharks, based in Wilmington, N.C., are a member of the Coastal Plain League, a high-level collegiate summer baseball league that includes teams across the Carolinas, Virginia, and Georgia. Considered one of the most competitive summer leagues in the country, comparable to the Cape Cod League that is familiar to most New Englanders, the teams are made up of top baseball talent from across all NCAA levels of college baseball players nationwide. Managed by Russ Burroughs, the Sharks finished 26-19 and enjoyed a spectacular playoff run which in the end crowned them champions.

The CPL schedule is divided into a first and second-half format with the winner of the first half earning an automatic bid to the playoffs with the chance to earn the league's ultimate prize, the Pettit Cup. Right-handed pitcher Spencer Cipro arrived to Wilmington in May, directly off a successful first season at Belmont Abbey that was capped by a run to their conference tournament championship game. With Cipro's contributions to the starting rotation, the Sharks enjoyed a great first half. After a decisive July 4 victory over the rival Morehead City Marlins, the Sharks were poised to take the best overall record in the first half. However, the talented Peninsula Pilots ultimately captured those first-half honors, edging the Sharks by just one tiebreaker game.

After the All-Star break, the Sharks faltered slightly, losing a few key contributors to the offense, including clutch power hitter Trace Willhoite and talented middle infielder Caleb Johnson as the roster fluctuated as is typical in summer ball. However it was at this time that the Sharks pitching staff stepped up and delivered, providing enough scoreless innings for the lineup to come in clutch and win, a trait that they carried for the remainder of their run. With the Sharks having one of the most talented pitching staffs in the CPL, Cipro was a key contributor. For the regular season he made nine starts, throwing 38.2 innings with 29 strikeouts and a 4.42 ERA with a 1.160 WHIP, earning him All-CPL honors. A testament to his excellent command and control, he only allowed seven walks on the entire season and during one stretch, Cipro even went 4 full consecutive starts without issuing a single walk or hit-by-pitch. In the playoffs, the Sharks pitching performed at an even higher level with the staff posting an incredible 1.50 combined ERA. Cipro contributed as both a playoff starter and reliever and posted a dominant 0.00 ERA and recorded a win.

As the playoff push began, the Sharks' eastern side of the CPL presented tough competition standing in the way of a postseason appearance. The Sharks, Marlins, and Wilson Tobs all had very similar records heading into the middle of July. It came down to the wire, but on a rainy July 26th, the Sharks officially clinched their spot in the Pettit Cup playoffs and from there, a special run to the Cup commenced.

The Sharks found themselves matched up against those tough Peninsula Pilots in an opening round best-of-three matchup that would send the winner to the championship series. Game one in Virginia was a close one, as Travis Lavendier turned in a great start and the Sharks earned a win with clutch hitting late. With a trip to the Cup on the line, there was a heightened atmosphere around game two, which took place in front of the Wilmington 'Shark Tank' faithful. In a strategic move by manager Burroughs, Cipro took the mound for the start but was shuttled to only two innings in



Spencer Cipro

order to save the right-hander for further work ahead in the championship. Acting as the 'opener', Cipro fired two scoreless innings before turning over to the dominant Sharks bullpen. The Sharks put away the Pilots at home to complete a gritty and intense victory in two games. The Sharks got their wish - they were heading back to a rematch of the 2023 championship against the western division's Lexington Blowfish.

Due to the high stakes of the championship and the hours-long commute between both teams, the Sharks stayed overnight in Lexington before the much anticipated game one of the championship. Well-rested but faced with an incredibly hot and humid summer evening, the Sharks turned to starter Cade Granzow. The Blowfish took an early lead on a couple of bad-luck base hits and tough plays in the infield. Fresh from the start against the Pilots earlier in the week, Spencer Cipro took the mound in relief to quiet the Blowfish offense and regain control of the series. Whichever team took game one would have a big advantage in winning the series - but with a Sharks win, they would be returning home for a potential series-ending and championship-winning game two at home. With that in mind, Cipro turned in a memorable performance, tossing three perfect innings with three strikeouts against a hot Lexington lineup, silencing the stadium and the home dugout. With the Lexington bats feeling defeated the Sharks offense fought back, a massive Drew Sturgeon home run started the rally and the Sharks eventually took the contest 4-2. Sharks fans and players alike were ecstatic, knowing what this meant heading into the clincher. It had been a long, hard-fought summer, but it was about to pay off for the Sharks, the city of Wilmington, and for Spencer Cipro.

Heading home, the Sharks needed one last effort from starter Travis Lavendier and their offense who had come alive. Compared to the intense drama of the night before, game two at home was a classic victory for the Sharks, behind a quality start from Lavendier, the bats put up nine runs. Flame-throwing closer Greyson Linderman delivered the final out, and the Shark Tank erupted in joy. Celebrating their first championship since 1999 and first ever Pettit Cup victory, the fans were ready for this. The Sharks had done it, and Cipro sat back and made sure to take it all in. From his teammates and coaches going wild, the stands packed with Sharks fans cheering like crazy, the proud smiles on the faces of the host families, to the joy of all the local kids decked out in the Sharks signature blue and gray, clamoring for autographs from the players - just as Cipro himself did when he was young - not a moment was taken for granted.

Spencer Cipro has since returned to Belmont Abbey College for his senior year, and as his training and preparation for the upcoming college season begins, Cipro is doing all he can to build on his experience and to ultimately hear his name called in next summer's MLB draft.

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Youth mental health First Aid training completed by Bay Path Nursing students



Courtesy

Lynn Lynch, MBA front row, second from right, with members of the Practical Nursing Class of 2025.

CHARLTON — September is National Suicide Prevention Month and Bay Path practical nursing (PN) students continue to do their share in learning. Research states that suicide is the 10th leading cause of death overall in the US and that the overall suicide rate has increased by 35 percent since 1999. The PN class of 2025 learned the signs of suicide to prevent home or workplace-based tragedy.

Some members of the PN Class of 2025 completed the Youth Mental Health First Aid (MHFA) training lead by Lynn Lynch, MBA, Director of Business Operations and MHFA Instructor of the Shrewsbury Youth and Family Services, Inc. (www.SYFS-MA.org). The 6-hour curriculum, completed in one full professional development day, gives the participant a three-year certification

upon completion. Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director at Bay Path Practical Nursing Academy has been working with the Shrewsbury Youth and Family Services for the PN students MHFA training for over five years.

"We are grateful to have Lynn return to Bay Path annually and the Shrewsbury Youth and Family Services for their continued provision of the MHFA training for the PN students!" said Bolandrina.

"I cannot emphasize enough how important it is for our nursing students to have the skills and knowledge to identify and respond to signs of mental disorders and how to provide initial help and support," Bolandrina added.

MHFA trained individuals may assist someone

experiencing a mental health or substance use-related crisis. In the MHFA course, the PN students learned risk factors and warning signs for mental health and addiction concerns, strategies for how to help in crisis and non-crisis situations and well as where to turn for help for both adult and youth.

Topics covered include depression, mood disorders, anxiety, trauma, psychosis, and substance use disorders. Participants learned how to apply the MHFA action plan in situations when someone is experiencing panic attacks, suicidal thoughts of behaviors, non-suicidal self-injury, acute psychosis (hallucinations or delusions), overdose or withdrawal from alcohol or drug use, and reactions to a traumatic event.

"Providing education to the PN students and supporting them so they're in the best state of mind for their nursing

journey is a wonderful tie-in," Bolandrina said. The feedback on the MHFA training remains positive. We continue to

engage in conversation, education, and breaking the stigma of mental health disorders.

Fall Clearance Sale!

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Country Bank recognized by Boston Business Journal for charitable giving

WARE — Country Bank, a full-service financial institution serving Central and Western Massachusetts, is pleased to announce that The Boston Business Journal has once again named Country Bank an honoree in its annual 2024 Corporate Citizenship Awards, recognizing the region's top corporate charitable contributors.

The Business Journal annually publishes this list to highlight companies that promote and prioritize giving back to their communities.

"It is with honor that we present our list of the Top Charitable Contributors in Massachusetts — companies who gave \$100,000 or more to Mass.-based charities in 2023. Collectively, they gave \$362 million in cash contributions — a true example of the business community coming together to help those in need. We are proud to celebrate these organizations who give both money and time to make our communities a stronger and better place for all," said Boston Business Journal Market President and Publisher Carolyn Jones.

During this year's celebration on Sept. 5, 96 companies qualified for the distinction by reporting at least \$100,000 in cash contributions to Massachusetts-based charities last year; as noted above. This year's honorees include companies from such industry sectors as financial and professional services, health care, technology, retail, and professional sports.

Country Bank, ranked 51st, employs 220 staff members within Hampden, Hampshire, and Worcester counties. The Bank's team of Difference Makers actively promote the Bank's mission of making a difference in their communities by volunteering for various non-profits throughout the year.

"We are honored to be recognized by the Boston Business Journal for Country Bank's philanthropic efforts. As a community bank, it is our mission to help make a difference in the lives of others," stated Mary McGovern, President and CEO at Country Bank.

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The Overlook has been awarded Best of Central Mass Senior Living Community by Worcester Telegram & Gazette seven years running.

OBITUARIES

Jacob "Jake" Menzigan, 95



LEICESTER: Jacob "Jake" Menzigan, 95, of Leicester, died Monday, Sept. 23rd at home surrounded by his family. He leaves his wife of 20 years, Mary L. (Stone) Menzigan, his daughter; Dawn Jay Varjabedian and her husband Haroutine of Leicester; his grandchildren; Nieri H. Simeone and her husband Giovanni and their children Emilina and Alina of Hope, RI, Leena H. Varjabedian and her partner Tyler Boza and his daughter Kaitlynn of Worcester; Nooshig H. Petakov and her husband Aleksandar of Hancock, NH, and Dzovig H. Varjabedian and her fiancé James Lucca, their son Leo Hagop and his daughter Alexandria of Providence, RI, his nephew Rory Beaudette and his family, many cousins and a large extended family. He is predeceased by his sisters; Julia Beaudette and Margaret Menzigan. Jake was born in the Rochdale section of Leicester, the son of Armenian Genocide survivors Donabed and Heghine (Goshgarian) Menzigan and later served his country with the US Army during the

Korean War. Jake was a machine maintenance supervisor for many years at Ceryl Mills in Millbury retiring in 2009 as well as at Rexnord Company in Auburn. Jake was a member of the Leicester Fire Dept. for 45 years, retiring as its Fire Chief in 1995. He was an active member of the Rochdale VFW Post 7556, the American Legion in Leicester, the Holy Trinity Armenian Apostolic Church in Worcester, the Leicester Rod & Gun Club, and a proud 32nd-degree Mason. Jake loved to spend his time, depending on the season, in his garden, tinkering in his basement, out in his multiple sheds or up at the Leicester Rod & Gun Club. His biggest love was spending time with his family. Funeral will be held on Saturday, Sept. 28th at 11 a.m. in Holy Trinity Armenian Apostolic Church, 635 Grove St., Worcester. Burial will be at Hope Cemetery. Friends and family are asked to go directly to the church. Calling hours at the MORIN FUNERAL HOME, 1131 Main St., Leicester are Friday from 4 to 7p.m. in the funeral home. In lieu of flowers, contributions may be made to Holy Trinity Armenian Apostolic Church, 635 Grove St., Worcester; 01605. www.morinfuneralhomes@gmail.com



Norma G. Cernauskas, 88

North Brookfield - Norma G. Cernauskas, 88, of North Brookfield, died on Friday, September 20, 2024, in Quaboag Rehabilitation and Skill Care Center following a period of declining health over the past few months. She leaves her son, Russell P. Cernauskas of North Brookfield and her daughter, Joanne Cernauskas of Auburn. She was predeceased by her husband, John Cernauskas in 2017. She was born in North Brookfield, daughter of the late Stanley A. and Mildred G. (Harvendar) Lazarick and was a life-long resident of the town.

Norma had a career working in shoe manufacturing. She worked for the former Brown Shoe Company in Worcester for 25 years, and then the former Quaboag Rubber Company, now Vibram in North Brookfield, for another 15 years before retiring. A Graveside Service for Norma will be held on Friday, October 4, 2024, at 11am in Walnut Grove Cemetery, Elm St., in North Brookfield. Varnum Funeral Home, 43 East Main St., in West Brookfield is assisting her family with arrangements. An online guest book is available at varnumfuneralhome.com

RESPONDERS

continued from page A1

was able to go home to his family."

It was an uneventful Sunday morning when Kmiec collapsed on the floor in his home. His wife, Diana Kmiec, called 911 and immediately began performing CPR.

Dispatchers Corrine Snow and Charles McCoy guided Mrs. Kmiec through the CPR process and called first responders to the scene.

Hardwick Police Officer Patrick Almstrom was the first to arrive at the residence. Using a department-issued AED machine, he delivered two shocks to Kmiec.

Hardwick Fire Department Deputy Chief Nicholas Gaumont and Firefighter Louie Gaumont then arrived and assisted with CPR.

Chief/Paramedic Daniel McCall and EMT Leah Bartholomew, of West Brookfield Ambulance, arrived and administered a third AED shock to Kmiec.

"It was this third shock that helped Kmiec regain a pulse and, shortly thereafter, begin breathing on his own again," read a statement released by the DA's Office.

Kmiec was transported by ambulance to Baystate Hospital for continued treatment.

Last month, the TEAM Award was presented to the following public safety officials: Officer Patrick Almstrom; Deputy Chief/EMT Nicholas Gaumont; Firefighter Louie Gaumont; Dispatchers Corrine Snow and Charles McCoy; West Brookfield Ambulance Chief/Paramedic Daniel McCall; and West Brookfield Ambulance EMT Leah Bartholomew.

Diana Kmiec was also recognized as a civilian hero for her efforts in notifying authorities and providing treatment to her husband.

Local leaders joined the District Attorney at the Sept. 23 ceremony that honored the award recipients.

"These folks, from Mark's wife to the dis-

patchers and first responders, are everyday heroes in my eyes," said Senator Peter Durant. "They spring into action when someone's world is crashing in on them."

During the awards ceremony, guests learned that the lifesaving heroism of the local responders is inspiring community members to take precautions and schedule health screenings.

"It was interesting to hear how Mark's experience influenced some of his friends to get their hearts checked. One of them is following up with a cardiologist as a result, so it's possible that not just one life was saved," Durant said.

The TEAM Award was created by DA Early in 2019 to recognize public safety employees who go above and beyond the call of duty.

If you would like to nominate someone for the award, contact the Worcester County District Attorney's Office at 508-755-8601.

VERRIDE

continued from page A1

not just a Spencer issue. We have to augment it with full-time staff."

The Chief also addressed several capital items at the meeting, including the department's plan to remove a pair of 30-year-old trucks from the fleet and replace them with a new unit.

Additionally, projecting long-term, fire department leaders are hoping to receive a new station to replace their current headquarters built in 1973. In addition to providing much-needed space, the new building would also allow the department to be in compliance with updated OSHA safety requirements which could be implemented soon.

"We've run out of space—there's no storage whatsoever," Parsons told the New Leader. "Even back in 2005, we had a feasibility study done where the architects said it would be more cost-effective to build new."

Officials across the firefighting industry are bracing for the implementation of the updated OSHA requirements, which are expected to significantly impact municipal budgets.

"They're basically reworking 50-year-old [OSHA] guidelines to make them extremely health-conscious and firefighter-focused," said Selectman Jared Grigg. "For communities like

ours, it is a very difficult requirement to meet. If it does come down, it's going to be a hit."

On the police side, Chief Befford also announced staffing challenges and needed positions to handle the strain of increased call volumes.

Over the past decade, police leaders have seen a steady rise in calls involving mental health emergencies. In 2014, the department received 88 mental health-related calls; that number jumped to 151 calls in 2023.

"Police work is not what it used to be. With a mental health call, you're negotiating with the person and trying to help them the best way. If we take them into custody, we have to go with them and turn them over to the hospital staff," Befford said.

Aside from the recently established school resource officer position, the SPD has featured the same staffing organizational chart since 1998, the Chief told selectmen. This has proven challenging for a department dealing with a rise in complex calls, responses, and investigations.

"Everything nowadays is documenting and reporting," Befford added. "A report that I would've done when I first started working took twenty minutes for a simple OUI. By the time you're done now, you're talking about a couple hours between processing the arrest and writing

the report."

The Chief also discussed the time-consuming nature of investigating scams, many of which target seniors and their family members.

"Our residents are falling victim to these scam artists. We've had several residents lose their life savings to scammers, who are getting better and better," the Chief said.

Scam investigations often require officers to secure multiple search warrants and then run follow-up operations. Increased manpower for the department would allow officers to broaden the scope of their investigations and assist even more residents, Befford explained.

"Now is the time that we have to look to the future to make sure Spencer PD increases our staff so we can meet the demands of the community," Befford said. "We're always going to do the job, but it would be nice to be able to offer more to the community."

Looking ahead, residents are invited to attend public hearings pertaining to the potential override and stay updated on the process.

"No override has been set, nor amount determined for a potential override. This is a process that will continue for several months and include public input and information sessions," Bridges added.

AUCOIN

continued from page A1

industry is expected to grow by 5 percent in the coming years. School officials are excited to give students a taste of what it's like to work in the competitive industry.

"In a typical class within our program, students focus on essential kitchen skills, with a strong emphasis on sanitation and safety," Aucoin added. "Recently, we covered a lesson on making chocolate chip cookies. We began by reviewing the recipe in detail, discussing its various components, and understanding each step. The students then followed these steps to bake the perfect cookies."

Aucoin previously worked at Shriver Job Corps, where he provided career training in the culinary arts. Prior to teaching, Aucoin held the professional roles of executive chef, catering supervisor, cook, and general manager.

"LPS is incredibly fortunate to have Chef Andy on staff. He is well-respected in the culinary field, as well as the field of education," said Leicester Public Schools Superintendent Brett Kustigian. "Most importantly, the students admire him—and the classroom is where magic happens, inspiring the next generation."

The Superintendent also thanks the community for its strong support of the culinary arts program.

Culinary has a Professional Advisory Council (PAC) made up of members of the community to help guide decision-making for the program," read a statement released by the Superintendent. Culinary PAC members include Derek Aucoin (Head Chef for Eller's Restaurant); Jeff Eller (Owner/Operator of Eller's Restaurant); Briana Azier (Owner/Operator of Bri's Sweet Treats); Shon Rainford (Director of the

Worcester Regional Food Hub); Ken Desmarais (Director of Culinary Business Development for SnapChef); Barry Sbordy (Leicester Public Schools Food Service Director); and several other community members.

Looking ahead, culinary students will work toward attaining their ServSafe Food Handler Certification, which will further enhance their knowledge of food safety standards.

"The students are genuinely excited about the projects and opportunities presented to them. The hands-on nature of the classes keeps them engaged, and it's wonderful to see their enthusiasm as they experiment with new ingredients and techniques," Aucoin said. "The excitement they express when they successfully complete a dish or master a new skill is one of the most rewarding aspects of teaching."

LIBRARY

continued from page A1

volunteers and supporters over many decades that made the library a favorite location for readers across multiple generations.

Looking ahead, library officials are eager to continue the party with upcoming events honoring the special anniversary.

"The celebration doesn't end here. Haston Library is planning on extending the festivities

with different events each month," the library-issued statement read.

On Saturday, Oct. 19, library guests of all ages are invited to drop by from 9 a.m. to noon for a library scavenger hunt. Attendees will be able to decode riddles and seek answers throughout the library in a fun, educational event.

Meanwhile, "Library Bingo" will be an ongoing event. Stop by the library to pick up a bingo card filled with different library-related activities.

"Get a bingo and get a prize, generously donated by local businesses," the library's statement read.

The library also has special 130th anniversary T-shirts available for a \$20 suggested donation.

Be sure to check the library's website and social media pages for news on more upcoming events.

If you would like to sign up for an activity this fall, contact the library at 508-867-0208. You may also send an email to: blamb@cwmar.org.



Courtesy

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Synchronicity

Have you ever felt that no matter how hard you push, things won't work out? We all have goals—big dreams or small wins. Maybe it's starting a business, landing that dream job, or leaving early to catch the game.

Whatever it is, the harder we try sometimes, the more stressful it gets when things don't go as planned.

But what if the solution isn't to push harder? What if, instead of battling against every obstacle, you step back and let things unfold?

There are two ways to get what you want: you can scheme and plot your way through or loosen your grip and let the pieces fall into place naturally.

Instead of battling every obstacle, what if the solution was something different—something called Synchronicity?

Take the guy who wants to leave work early for the big game. He spends the morning coughing, hinting that he's "a little off," and Googling fake illnesses to sell his story.

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By lunchtime, he's sneezing dramatically and whispering, "I think I'm contagious." But just as he's about to slip out, his boss drops a stack of reports on his desk. "I need these done before you go." Now, he's stuck working twice as hard because he tried too hard to force things.

Now, imagine someone else with the same goal, but instead of scheming, they're honest: "Hey, I've got tickets to the game. Any chance I can leave an hour early?"

Maybe the boss says yes, maybe not. But, letting go can open the door to Synchronicity—when things align ideally it's like life is giving you a little nudge. Perhaps the boss is a fan and says, "No problem, I'm leaving early too!" Or an afternoon meeting gets canceled, and leaving is suddenly easy.

I first became intrigued by this idea of Synchronicity after listening to a lecture by physicist and ex-NASA scientist Tom Campbell.

He said, "When you

stop trying to control life, the magic happens."

He made me realize that sometimes we get so caught up in forcing our plans to work out that we miss the unexpected opportunities when we just let go. When you step back and allow things to happen naturally, it's like the universe quietly whispers, "Relax, I've got this."

Campbell says, "When something does happen—a hurdle that pops up in front of you—that's okay. You deal with it and go on. Don't get upset

with it... You'll find that things start happening just as you need them, just when you want them. You'll go from having nothing but hurdles to no hurdles at all—everything just starts to work well."

Think about that for a second. What if you trusted that things would work out instead of stressing and struggling to make everything perfect?

Campbell's point is simple: "When you realize that you don't have to

Turn To **POSITIVELY** page A13

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. WO24P3267EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**
Scott E. Prive
**Also known as: Scott Eugene Prive
Date of Death: 07/30/2023**

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Lynn E. Prive of West Brookfield MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Lynn E. Prive of West Brookfield MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration.**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/22/2024**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: September 23, 2024
Stephanie K. Fattman, Register of Probate
October 4, 2024

**(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket Number: 24 SM 003444
ORDER OF NOTICE**

To: Shane A. Bayer
And to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): NewRez LLC, F/K/A New Penn Financial, LLC, D/B/A Shellpoint Mortgage Servicing claiming to have an interest in a Mortgage covering real property in Spencer, numbered 4 Lambs Grove, given Shane A. Bayer to Mortgage Electronic Registration Systems, Inc., as nominee for Inland Bank and Trust, dated April 27, 2018, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 58736, Page 343, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 4, 2024, or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on September 17, 2024. Attest: Deborah J. Patterson Recorder 26406 October 4, 2024

of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 11, 2024, or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on September 27, 2024. Attest: Deborah J. Patterson Recorder October 4, 2024

Notice of Public Hearing for a Zoning Amendments – Planning Board
The Spencer Planning Board will hold a public hearing on 10/24/2024, in McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA 01562 and the hearing will be conducted in-person and remotely on the following items starting at 7:00 pm or as soon thereafter as can be heard.
**4.2 Use Table, Principal Uses; A.6, Accessory Apartment
4.4.1C Accessory Uses
4.8 Special Use Regulations, Amendments: Zoning Bylaw Article
4.8.1 Accessory Apartments
4.9.2 Non-Conforming Structures: A.2**

Interested parties may review the proposed bylaw at the Office of Development & Inspectional Services and Town Clerk's office, located in Memorial Town Hall, during regular business hours. Proposed amendments are also available at <https://www.spencerma.gov/planning-board>
October 4, 2024
October 1 2024

**(SEAL)
THE COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
Docket Number: 24 SM 003324
ORDER OF NOTICE**

To: William Antifantis and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): Lakeview Loan Servicing, LLC claiming to have an interest in a Mortgage covering real property in Spencer, numbered 13 Highland Street, given by William Antifantis to Mortgage Electronic Registration Systems, Inc., as nominee for OCMBC, Inc., dated September 13, 2021, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 66049, Page 7, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 4, 2024, or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act. Witness, Gordon H. Piper, Chief Justice of this Court on September 17, 2024. Attest: Deborah J. Patterson Recorder 26406 October 4, 2024

**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. WO24P3263EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**
Thomas William Groccia, II
**Also known as:
Thomas W Groccia, II
Date of Death: 07/06/2024**

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by

Christel L. Groccia of Brookfield MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Christel L. Groccia of Brookfield MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration.**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/22/2024**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: September 20, 2024
Stephanie K. Fattman, Register of Probate
October 4, 2024

**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. WO24P3265EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**
Patrick Ryan McLeish
Date of Death: 07/06/2024

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by

Tammy J. McLeish of Brookfield MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Tammy J. McLeish of Brookfield MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration.**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appear-

ance and objection at this Court before: **10:00 a.m. on the return day of 10/22/2024**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: September 20, 2024
Stephanie K. Fattman, Register of Probate
October 4, 2024

**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. WO24P2605EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION**
Belinda R Blake
**Also known as:
Belinda T Rowlington-Blake
Date of Death: 06/02/2024**

To all interested persons:
A Petition for **S/A - Formal Probate of Will with Appointment of Personal Representative** has been filed by **Kerry L Mathieson of West Brookfield MA**

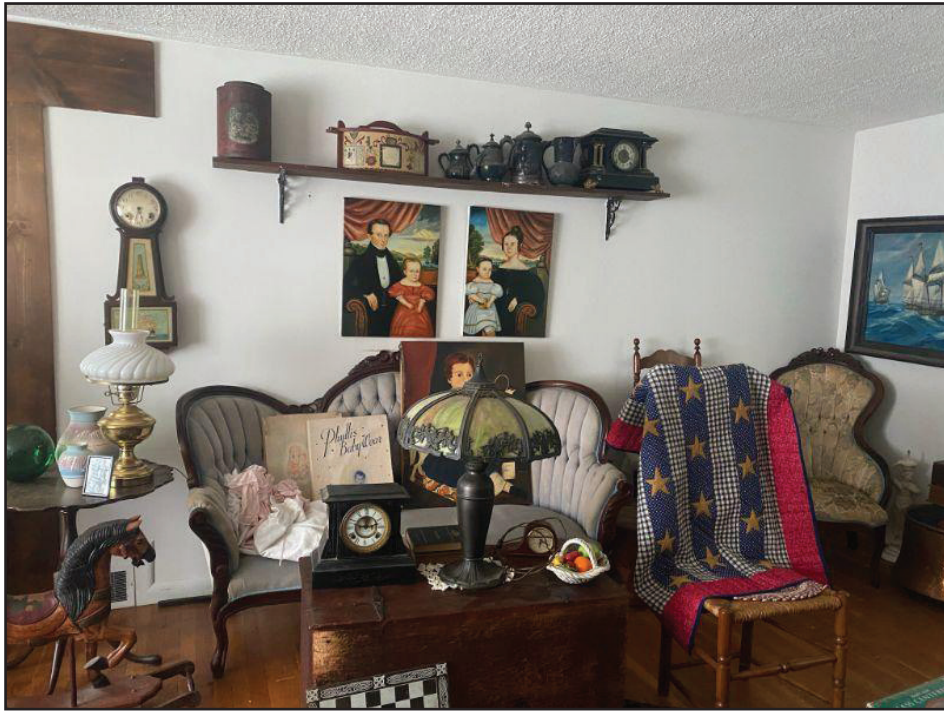
requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: **Kerry L Mathieson of West Brookfield MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration.**

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 10/22/2024**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: September 26, 2024
Stephanie K. Fattman, Register of Probate
October 4, 2024

Selling antiques and collectibles



The antiques business has changed over the years with the internet creating new ways to sell antiques and collectibles. That said, some of the tried-and-true methods continue to provide good returns.

I've found that offering antiques and collectibles to a wide range of bidders at auction will yield the best results for more

valuable items. Attorneys and estate personal representatives understand that consigning to a well-publicized auction is a way of doing their due diligence to ensure that either the estate or themselves are getting fair market value for their items. Many estate companies also consign top pieces to get the best results for their clients.

There are many different options for selling the belongings in an estate. Here are some things to consider when selling your personal property. Central Mass Auctions and many other local auction houses focus on antiques and collectibles. We handle a wide variety of antiques and collectibles, but I occasionally suggest another auction house for certain types of

items.

Some people need to sell the contents of finely appointed homes with name brand furniture, the latest electronics, snowblowers, and other power equipment and don't have antiques. One option available to them is a traditional estate sale. An estate sale company prices the items prior to the sale. The sale is advertised and scheduled to run for a day or two (typically on a weekend). If it's organized by an estate sale company, they'll let their followers know the sale will be taking place and advertise elsewhere. With a big sale, potential buyers may line up at the door with only a limited number being admitted at a time. Buyers typically pay cash (some companies accept credit cards) and take the items home that day.

Sometimes a seller prefers an online auction at the estate. With an online auction, a sofa might be



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

labeled lot # 1, end tables lot # 2, table lamps lot # 3, etc. The auction runs for several days. Bidders place bids until the auction end date and time. The winning bidders have a scheduled pick-up date, typically on a Saturday. Many online auction companies also offer shipping of items for winning bidders who live outside of the sale area.

There are times when there may not be enough items to run a sale at the site, but there are still different options available. It isn't as prevalent as it once was, but some companies still do entire estate buyouts. After the family has divided up an estate there may be just a few pieces of furniture left and a consignment shop could be an option. Donating remaining items helps local charities and may make you eligible for tax benefits. Sometimes things are of

little to no value, and you may need a trash removal company or dumpster.

Selling a collection or estate contents can be a difficult process. Along with selling the more valuable items for clients, I try to offer them a roadmap for getting remaining items sold.

We have a major two session online auction taking place right now. Session I with historical and gambling memorabilia and a wide variety of other items ends on Oct. 22. Session II with art, gold and estate jewelry, sterling silver flatware and holloware, and coins ends on Oct. 23. Please visit our Web site, <https://centralmassauctions.com>, for links to upcoming events.

Contact us to consign items or for auction information at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique, Collectibles Auctions and Appraisal Services info@centralmassauctions.com or (508-612-6111).

Consider fall leaves a gift from nature

Put fall leaves to work in your landscape. This valuable resource makes a great mulch in planting beds, adds organic matter and nutrients to the soil, provides habitat for many beneficial insects, and is insulation for ground-dwelling queen bumblebees, toads, and more.

Leave any disease-free leaves in garden beds but pull them away from the trunks of trees and stems of shrubs. Mulch piles against trunks or stems create a moist environment that is more subject to rot and disease. It also provides a hiding place next to these plants for voles that feed on bark over winter.

Avoid thick layers of leaves, six or more inches deep, in garden beds. They can block sunlight and smother the plants below. Pull leaves off the crowns of perennials and move the excess leaves to gardens with little or no mulch.

Use your mower to recycle fall leaves that land on the lawn. As you mow the grass you'll shred the leaves into smaller pieces. If they are the size of a quarter or smaller



GARDEN MOMENTS
MELINDA MYERS

your lawn will be fine. As these leaf pieces decompose, they add organic matter and nutrients to the soil.

When the lawn is overwhelmed with leaves burn a few extra calories and rake them into nearby planting beds. Whole leaves provide the best habitat for overwintering insects. Spread the leaves over the soil surface to help insulate the roots, conserve moisture, suppress weeds, and improve the soil as it breaks down.

If your garden beds are already filled with leaves or this is not practical, attach the bagger to the mower to shred and collect the excess leaves on the lawn. Only use grass clippings collected from

lawn and leaves not treated with a weed killer this fall.

Dig extra shredded leaves into vacant annual flower and vegetable gardens or incorporate them into the soil as you prepare new planting beds. They will break down over winter, improving the drainage in heavy clay soils and increasing the water-holding ability in fast-draining soils.

Bag shredded leaves you want to save for next season. Tuck them out of sight for winter under trees or around the foundation of your house for added insulation.

Create compost with fall leaves, plant-based kitchen scraps, and other landscape trimmings. Do not use meat, bones or dairy that can attract rodents, charcoal ash, and human, pet or bird droppings that may

contain disease organisms. Avoid diseased and insect-infested plant debris, perennial weeds, and weeds gone to seed. These can survive in compost piles that don't produce sufficient heat to kill them and end up back in the garden in the compost.

Oak and large maple leaves make great mulches and additions to the compost pile but break down slowly. Shred them with your mower or leaf shredder first for quicker results.

You can compost black walnut, laurel, and eucalyptus leaves that contain chemicals toxic to other plants. Shred them first to speed decomposition and when they are fully decomposed the compost is safe to use in the garden.

As you begin putting the fall leaves to work in your landscape you will



Melinda Myers

Mowing fallen leaves on lawns to shred them into smaller pieces adds organic matter and nutrients to the soil as the leaf pieces decompose.

start considering them a gift, not a curse, from nature.

Melinda Myers has written over 20 gardening books, including *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts The Great Courses "How to

Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' Web site is www.MelindaMyers.com.

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POSITIVELY

continued from page A12

control anything, you'll see that you don't need to control anything."

Maybe life isn't about pushing harder—it's about stepping back and letting the puzzle pieces fall into place on their own.

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Later, you find that without the traffic jam, you would have ended up in the middle of a deadly five-car pileup just a few miles ahead. That frustration of being late could've actually saved your life.

When you stop fighting every obstacle and let things unfold, you might find that setbacks are Synchronicity in disguise, keeping you exactly where you need to be.

So, the next time life throws a wrench in your plans, take a deep breath and consider that maybe, just maybe, it's not a roadblock—it's a detour leading you somewhere better.

When you let go of control, life surprises you in ways you never imagined. Trust the process, embrace the unexpected, and remember that sometimes, not getting what you want might be life's way of giving you exactly what you need.

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Family, friends celebrate life and legacy of Kelly McCue

LEICESTER — Family and friends of the late Kelly McCue met on the Town Common last week to remember the life and legacy of a beloved community leader.

The Sept. 23 program featured the planting of a tree in remembrance. Several town officials, former colleagues, and other guests spoke of the daily impact McCue had on her town.

“We all need to remember not only the person we loved, but the person she knew we all could be. With humor and honesty, she often served as the conscience of truth,” said Selectman Doug Belanger.



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Assistant Town Clerk Susan Zuscak welcomed guests with memories of her friendship with McCue, describing her outgoing, fun attitude in all circumstances.

In addition to serving as the assistant to the building inspector, McCue, 54, was an officer and active member of the Cherry Valley American Legion Auxiliary Unit 443.

McCue's mother, Judy Conroy, placed a memorial plaque which reads: “A beloved friend and coworker of the town of Leicester.”

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Courtesy
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<p>Southbridge Harrington Hospital 100 South Street, Conference Rm 1 • Oct. 22, at 2 PM • Nov. 19, at 10 AM</p>	<p>Webster Webster Senior Center 5 Church Street • Oct. 17, at 10 AM</p>

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