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Friday, March 1, 2024

Uxbridge High School football team receives sportsmanship award



Courtesy

Mike Doherty and Marty Hayes of CMCFO are pictured with Uxbridge Head Coach Matt Blood, his coaching staff and members of the undefeated 2023 Division 7 State Super Bowl Football Championship team.

UXBRIDGE — Principal Michael Rubin and Athletic Director Bethany Wandyes are pleased to share that the Uxbridge High School Varsity Boys Football Team was recently awarded the Central Mass Committee of Football Officials (CMCFO) Sportsmanship Award.

On Thursday, Feb. 16, CMCFO representatives Mike Doherty and Marty Hayes presented the 2023 Sportsmanship Award to the Uxbridge High Football team during halftime of Thursday's basketball game against Northbridge High School.

This is the second year in a row that Uxbridge High School has received the CMCFO Sportsmanship Award. The CMCFO 2023 Sportsmanship Award reflects exemplary sportsmanship exhibited and reflected by the team, coaching staff, student body and fans during the 2023 season.

Under the direction of head coach Matt Blood, the Uxbridge High School Varsity Boys Football Team was

undefeated during the 2023 season, finishing the regular season with a (13-0) record. The team went on to claim the title of Division 7 State Super Bowl Football Champions.

"On behalf of the athletic department, I would like to congratulate Coach Blood and the team for this outstanding accomplishment," said Athletic Director Wandyes. "In addition to having a historic run this season, the team demonstrated exceptional sportsmanship and we are proud to have them representing Uxbridge High School."

Board of Selectmen member John Wise has been working with the school and town to install signs recognizing Uxbridge's state championship teams. Wise also mentioned his interest in having special recognition for the sportsmanship award as it is reflective of the kindness and respect that our athletes have for competitors, referees, and fans from the opposing side.

Man arrested following incident at Red Roof Inn

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

SUTTON — A person has been arrested following reports of a man breaking through a window at the Red Roof Inn.

Sutton Police said the department received a phone call from an elderly resident of the Red Roof Inn at approximately 6:45 p.m. on Feb. 17, at which point the resident told police that "an unknown male had just broken through her room window and gained access to her room," according to reports.

"This victim was able to provide a description to our dispatcher of the unknown male," the Sutton Police Department released in a press statement.

This incident was reported at the same time members of the department were responding to a fatal pedestrian accident on Route 146 North, police said.

"Det. Alex Sinni broke away from the pedestrian accident and was accompanied by officers from the Millbury Police Department, as he began investigating what happened at the motel," police said.

When Det. Sinni arrived at the Red Roof Inn, he observed "a male matching the description given" by the back building.

"Officers issued commands to the male, now known to be Carlos Ojeda of Webster... and were able to secure him while they continued to investigate the scene," Sutton Police said. "While Det. Sinni was observing the broken window area reported to us, he noticed a second room with a broken window adjacent to the first."

Accompanied by a manager, Sinni went into the second room that had sustained a broken window and noticed "severe damage to the interior of the room," a wallet with Mr. Ojeda's ID in it, and items that are "associated with illegal narcotics use."

"Hotel management confirmed who the room was rented to, the victim of the earlier fatal pedestrian accident," police said.

Sinni placed Ojeda under arrest for the following offenses: B & E at Night into a building to commit a felony; Placing a person in fear by Entering at Night to commit a felony; Possession of a Class B substance (crack cocaine); Possession of a Class B substance (Suboxone); and Vandalize Property.

UHS 'Pathways' named as finalist in education showcase

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — The high school's Innovation Pathways program has been named as one of ten finalists for an upcoming Education Innovation Showcase.

According to reports, the UHS Innovation pathways link academics to credentials in fields that support "authentic, relevant learning."

The Education Innovation Showcase is described as a "global opportunity to celebrate the innovation and impact of K-12 educator systems leaders."

The top ten finalists will receive one complimentary registration and one hotel accommodation to the 15th ASU+GSV Summit, to be held April 14-17.

"The Showcase event will feature all 10 finalists, with some having the chance to pitch live for the chance to take home cash and prizes," event organizers released.

The Education Innovation Showcase will honor K-12 education system leaders "advancing innovation in their community and fostering meaningful change at the systems level," according to event information.

"Based on our experience, we aim to highlight

innovation in two categories: pre-implementation (idea category) and post-implementation (impact category)," event organizers released.

Started in 2010 with a collaboration between Arizona State University (ASU) and Global Silicon Valley (GSV), the annual ASU+ GSV Summit "connects leading minds focused on transforming society and business around learning and work."

"Our north star is that all people have equal access to the future," ASU and GSV released.

Uxbridge High School appears to be in the "Impact" category of the event, which has a \$20,000 cash grand prize. In addition to the cash prize, winners will also receive: a "Design Sprint" with Transcend Education (valued at \$10,000); 30 hours of consulting with the League of Innovative Schools, training on the Digital Promise Inclusive Innovation Framework, and complimentary registration and accommodation to any League of Innovative Schools' convening or event (valued at \$10,000); consultation and training on the LEAP Learning Framework from Dr. Katie

Speth, Chief of Learning Innovation at LEAP and former PreK-12 principal of a USDOE Blue Ribbon School; and complimentary registration to next year's ASU+GSV Summit.

BVT holds pinning ceremony for new nurses

UPTON – The Moonlight Program in Practical Nursing at Blackstone Valley Regional Vocational Technical High School (BVT) is challenging and rewarding. Its graduates will tell you that pursuing life-changing training to become a nurse requires a commitment to the coursework and clinicals.

The adult evening program recently recognized the achievements of the Class of 2024 during a pinning ceremony held at the school. Seventeen proud graduates were pinned and received their nursing certificates, marking the culmination of one and a half years and over 1,090 hours of instruction balanced with work and family obligations. Faculty, staff, and guests joined the students, as well as a guest speaker from the healthcare industry, to share words of inspiration.

The ceremony began with a welcome from Practical Nursing Coordinator Joann L. Monks, MBA, MSc, RN-BC, RMA, who spoke highly of the successful program, its faculty, and graduates.

Monks said, "This class is ready to test for the National Council Licensure Examination-Practical Nurses exam. We're proud of all you have accomplished in our time together."



Courtesy

The PN Class of 2024. Photo/Courtesy of Blackstone Valley Tech Back (L-R): Megan Brosnahan, Tiffany Huth, Jadahlis Rosario, Diana Fiaklou, Elizabeth Siaw, and Olamide Sophia Alabi. Middle (L-R): Rachel Minney, Meaghan George, Meredith Mogren, Meghan Bolotin, and Cayleigh Harris. Front (L-R): Ikechukwu (Wilson) Asinobi, Cristiane Padilha, Elizabeth Lobo, Rachel Vachon, Wendy Harper, and Amanda Wright.

"Well-trained, you are a valuable resource for the Blackstone Valley residents, hospitals, health care providers, and others," said Superintendent-Director Dr. Michael F. Fitzpatrick, who spoke about the increasing need for professionally trained nurses.

He also recognized one student who chose to attend BVT not once but twice, Rachel Vachon, a graduate of BVT's Health Services program (Class of 2019).

Class President Wilson Asinobi gave a Class Address. The guest speaker, Melissa Ferguson, BSN, RN, director of nursing at Knollwood Nursing Center, congratulated the graduates on becoming nurses and utilizing their education and training to employ the fundamentals of nursing to make a difference. In addition to the certificates and pins presented, faculty and legislative awards (the Commonwealth of Massachusetts State Senators

Ryan Fattman and Rebecca Rausch) provided certificates and Meredith Mogren received the Faculty Recognition Award. Wendy Harper, Cayleigh Harris, Rachel Minney, Meredith Mogren, and Rachel Vachon received an Outstanding Academic Achievement award.

If you're ready to take that next step toward a new and exciting career, one of the Moonlight Programs might be for you. The Practical Nursing program accepts in-district, out-of-district, and out-of-state applicants. For more information, visit www.valleytech.k12.ma.us/practicalnursing.

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopdale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

Bay Path LPN receives double national certification

CHARLTON — Marie Flint, LPN, CPB, CPC began her nursing journey as a little girl. She stated, “As far as I can remember, I had always wanted to be a nurse. I remember caring for one of my older brothers when he got a skinned knee. I cleansed the wound and put a band-aid on it.” Flint graduated with the Practical Nursing class of 2015 at Bay Path Practical Nursing Academy. Working among a variety of demanding health-care settings such as St. Mary’s Nursing Center, Inc. as a charge nurse, Advanced



Courtesy

PN (National Council Licensure Examination-Practical Nursing) to become an LPN (Licensed Practical Nurse. It wasn’t easy, I met some wonderful people and made life-long friends. It was so worth it as I felt like, at 50 years old, I had finally reached my goal to become a nurse!”

The certification as CPB and CPC are one of many national certifications LPNs can apply and test for if qualifications are met.

AAPC is the world’s largest training and credentialing organization for the business of healthcare, with members worldwide working in medical coding, billing, auditing, compliance, clinical documentation improvement, revenue cycle management, and practice management. Through AAPC’s career training, continuing education, and networking events, countless opportunities are provided for industry professionals to enhance their learning and advance their careers (www.aapc.com).

“Marie has been an eager lifelong learner, a nurse leader,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director at Bay Path Practical Nursing Academy. “I thank her for her engagement as an alumna and her dedication to providing the Bay Path community information and inspiration. She worked hard for and received the honor of national certifications as CPB and CPC, and we are proud of her accomplishments.”

Certifications are recognized as an indicator of expertise and leadership, and

represents a broad knowledge of the discipline and its application to promote health and safety, according to the national board. Further, the credentials are associated with a level of practice that meets high standards.

Flint loves nursing and learning more. She has accepted the challenge of where her nursing career is taking her.

She said, “I am now actively looking for remote employment. There are many jobs out there. I will keep pushing on looking. My newest motto, if it’s meant to be, it will be.”

For the current Bay Path Practical nursing students and graduates she shares the words, “chase your dreams, take the plunge, eat the cake, take the courses! You only live once. Give it your all or regret it in your golden years.”

About Bay Path Practical Nursing Academy

The program is a 40-week (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing (www.mass.gov/dph/boards/rn) and is accredited by the Commission on Occupational Education (www.council.org). For more information, visit www.bay-path.net.

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Marie Flint

Asthma, Allergy, and Sinus Center as a staff nurse, and Lanessa Extended Care as a charge nurse led Flint to strive for certification.

Flint’s previous jobs is as varied as her expertise, which now includes national certification through the American Academy of Professional Coders (AAPC) as a Certified Professional Biller (CPB) and a Certified Professional Coder (CPC).

Flint embarked on her certifications and shared, “Find a nation-

ally accredited school such as AAPC, who I went through, as many employers look for employees with AAPC credentials. Tuition for two online courses is close to \$10,000. If you’re not in a hurry, look for the AAPC promotional programs. I waited and it cut my tuition cost in half. Aside from the tuition, there are further costs. In order to keep my CPC and CPB credentials, I need to keep my membership through AAPC which cost me over \$200 every year. Plus, I need to earn 40 continuing education credits (CEUs) every two years (20 CEUs per certificate earned) that are approved by AAPC.”

Flint was a patient account representative at the Overlook Care at Home prior to becoming an LPN, and was also a graduate of the Salter School under the Medical Secretarial Program.

She adds, “Don’t fall into the trap of paying for the

CEUs. That can be costly. There are ways of earning free ones. Search the internet for AAPC approved free CEUs. The courses are online and self-paced. They both took me all of 10 months to finish and sit for both exams which I was able to take at my own home.” She finds the variety of experience and caring fascinating.

“After high school, I was worked part-time and took pre-requisite classes for RN but then I got pregnant and married and thought that was the end of pursuing my nursing career. . . fast forward 30 years, I applied and was accepted into Bay Path’s Practical Nursing academy. I worked full-time and took the full-time 10-month accelerated nursing course. It was exhausting, but I pushed through. The faculty were extremely accomplished at teaching me everything I needed to know to sit for and pass the NCLEX-

www.StonebridgePress.com

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PAW of the WEEK EDWARD

1yr/42lb/Male
Lab/Hound mix!

Edward is not just handsome, he’s a complete package of intelligence, courage, and devotion. He’s a friend, a confidante and a companion rolled into one. His love for those who surround him is top notch!

Edward will make a wonderful friend in your home!

Milford Federal Bank is proud to sponsor the Pawfect Life Rescue PAW of the WEEK!

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Second mock code scenario held at Bay Path

CHARLTON — The Practical Nursing Class of 2024 Mock Code Team (MCT), under the guidance and leadership of Professors Cheryl Cahill, Jennifer DeFilippo, Angela McGrath, and Rianna Romano, prepared and executed the Term 2 Mock Code Scenario.

Bay Path Practical Nursing Academy's MCT and Simulation Training improves response to code events. During cardiac arrests, the quick response of a code team requires cohesiveness, timely defibrillation, and clearly defined roles. It is important for members of the healthcare team to intuitively know their role as part of the response team especially during code situations when seconds count.

Photo shows members of the 2024 MCT from left Ashley Urbain of Paxton, Julie Dodson of West Brookfield, and Patrick Njunge of Worcester demonstrating initial steps in response to a code situation. Other members of the MCT include Victoria Boateng, Melissa Nale, Richard Nsiah, Samantha Stanikmas, and Cynthia Zaya



Torres. “It was a great night. The Mock Code Team was amazing and everyone really did a fantastic job!” shared Professor DeFilippo. “We firmly believe in using simulation training to improve performance,” said Gretheline Bolandrina, DHA, MSN Ed, RN, CRRN Academy Director. “We are blessed to have the continued guidance, experience,

and expertise of Professors Cahill, DeFilippo, and Romano. We welcome Professor McGrath’s assistance this year!” Bolandrina added. The timely use of defibrillation and empowered, confident nurses result in a positive response to code events. According to the American Heart Association's Get With The Guidelines (GWTG) resuscitation program, time to first

shock is one of four achievement metrics. The guidelines state that hospitalized patients exhibiting ventricular fibrillation or pulseless ventricular tachycardia should receive defibrillation within two minutes to improve outcomes. In 2017, the Bay Path Practical Nursing Academy MCT was formed to improve resuscitation skills and comfort levels for practical

nursing students. The MCT meets for a full day of preparation, with members practicing as much as possible. On Mock Code Day, the MCT runs the code scenarios multiple times. The formation of the MCT increased mock code opportunities and participation three times in an academic year. Participation in mock codes increases the comfort level of practical nursing students. An effective code team is one that acts safely, and efficiently, and saves lives. The MCT aims to be proficient with skills and knowl-

edge, effective with communication, and highly organized. About Bay Path RVTHS Practical Nursing Academy Bay Path Practical Nursing Academy offers a 40-week (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam. The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Human Services of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800 or www.mass.gov/dph/boards/rn The Bay Path Practical Nursing Academy is

accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges. 209 Burlington Rd., Suite 201, Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

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The Town of Dudley is seeking a qualified professional to serve as the Veterans' Services Clerk. This position falls under the direction of the Director of Veteran Services.

Candidate must have excellent organizational skills with the ability to manage time effectively, computer proficiency is required along with writing ability. Knowledge of departmental operations and exercise judgment in responding to the needs of our veterans. Attend veterans-oriented trainings and educational courses as required, assists with community events such as Memorial Day and Veteran Day parades, and helps veterans in completing applications for State and Federal Veteran benefits.

A high school education or GED is required with one year of office experience. Salary is \$20.28/hour.

Please send a cover letter and resume to townadmin2@dudleyma.gov.

Resumes will be accepted until the position is filled.

Local residents named to RIT Dean's List

ROCHESTER, N.Y. — The following students were named to the Dean's List at Rochester Institute of Technology for the fall semester of the 2023-2024 academic year. Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

- Ethan Smith of Northbridge, who is in the 3D digital design program.
- Ethan Connolly of Northbridge, who is in the mechanical engineering program.
- Sabrina Tibedo of Uxbridge, who is in the biomedical engineering program.
- Keegan Tonry of Uxbridge, who is in the physics program.

Rochester Institute of Technology

is home to leading creators, entrepreneurs, innovators, and researchers. Founded in 1829, RIT enrolls more than 20,500 students in 200 career-oriented and professional programs, making it among the largest private universities in the U.S. With 145,000 alumni worldwide, the university is internationally recognized and ranked for its leadership in technology, the arts, and design. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in China, Croatia, Dubai, and Kosovo. For the latest news, go to rit.edu/news. To follow RIT on social media, go to rit.edu/socialmedia.

Friday's Child



Joziah
Age 15

Hi! My name is Joziah and I want to be a mechanic!

Joziah is a kind, sensitive and loyal friend. He is athletic and enjoys being physically active. Joziah is described as a “sports kid.” He likes to play basketball and other sports with his friends. Joziah has participated in various community sports leagues and wants to continue to have this kind of community involvement. Joziah is outgoing and likes to engage with staff and peers at school. Joziah also enjoys spending time with his friends outside of school.

Joziah will benefit from a family of any constellation. He should be either the youngest child or

the only child in the home. Joziah can take his time forming strong, trusting relationships, so a family should be patient and supportive during the transition. The right family for Joziah will be supportive of his relationship with his sister and two brothers.

<https://adopt.mareinc.org/waiting-child-profiles#gallery/child/7957>

Can I Adopt?

If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ+ singles and couples. As an adoptive parent, you won't have to pay any fees, adoption from foster care is completely free in Massachusetts.

The process to adopt a child from foster care includes training, interviews, and home visits to determine if adoption is right for you. These steps will help match you with a child or sibling group that your family will fit well with.

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



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Call Tri-Valley to schedule an appointment that works for you!
508-949-6640 Information and Referral Department



Plummer Place Home of the Northbridge Senior Center

(508) 234-2002
Meditation Class at Plummer Place, every Thursday at 9:30am. Call Michelle to get more information and to sign up.

dietician, Michelle Mix from Hannaford Supermarket will be here to discuss living well into your 70's, 80's, and 90's.

New Recipe Club, Friday, March 8th at 10:30am. Come and share recipes, and meet fellow cooks! Call Amy for more information.

Did you know...Being a part of Plummer Place is free! There is no membership, you do not have to join. Just come on in and enjoy our many activities, resources, and social engagements! Some classes do require a minimal fee, see one of our staff for more information.

We need volunteer out of town medical drivers! This is a very important service we provide at Plummer Place for seniors who cannot drive to their medical appointments. If you can spare some time, even if it is one day a week, it would be much appreciated. Drivers are reimbursed for their mileage. Call Michelle or Amy if you would like more information or to volunteer.

Book your facial at Plummer Place! Nancy will be here on Thursday, March 7th from 9-1:00pm to provide facial treatments which include cleansing, exfoliating, hand and arm massage with heated mitts, extractions, toner, and moisturizer. \$40 plus gratuity. Space is limited, call Nancy directly to book your appointment at 508-868-5525.

St. Patrick's Day Party, Thursday, March 14th from 12-1:30pm. Tickets are \$10 and will go on sale on Monday, March 4th. Join us for a themed luncheon and entertainment by the Portland & District Pipers. Sponsored by Rep. David Muradian. There is a 2-ticket limit per person and Northbridge residents have priority.

Senior Health Habits and Living Well Through the Ages, Wednesday, March 6th at 9:30am. Registered

REAL ESTATE

BLACKSTONE

\$705,000, 2 Marie Dr, Gongoleski, Warren T, and Gongoleski, Phyllis D, to Forshay, Bradley, and Mulgrew, Arielle.
\$549,900, 199 Mendon St, Diez, Lauren A, and Diez, Luke P, to Mucci, Nicholas.
\$476,000, 12 Dorena St, Identici Rt, and Dentico, Victor, to Crawford, Tina, and Crawford, Bonnie M.
\$409,000, 260 Main St #7, Cb2 Builders Inc, to Solan, Tracy A, and Solan, Wayne.
\$345,000, 34 Carter Ave, Hussey, Kevin L, and Grant, Pamela, to Rofrano, Julie.
\$335,000, 9 Devlin Cir #9, Duquette, Robert, and Duquette, Kathleen, to Farmer, Sean L, and Gaspari, Brooke K.

DOUGLAS

\$780,000, 61 Yew St, Nightview LLC, to Hill, Michael R, and Chipman, Erin Q.
\$470,000, 3 Orchard Pl, Stinson, Hugh, and Cook, Sera, to Hazelton, Seth, and Hazelton, Lois.
\$360,000, 57 Manchaug St, Burrows, Daniel L, and Burrows, Christine, to Courtney, Jack F, and Kobel, Brianna L.

NORTHBRIDGE

\$820,000, 72 Washington St, Blanchard, Brian S, and Blanchard, Kathryn J, to Lempert, Thomas C, and Lempert, Paula M.
\$559,458, 88 Secluded Ct #9, Stone Hill Partners LLC, to Mack, Carmella D, and Fraser, Cheryl.
\$385,000, 52 Sherry St, Laflash, Kaitlyn J, to Yanofsky, Nicholas J.
\$180,000, 34 C St #34, Progin, Gregory, to Epplert, Abigail.

UXBRIDGE

\$679,000, 161 N Main St, Jeh Re Investment Co LLC, to 161 North Main Street Rt, and Welch, Michelle M.
\$625,000, 108 Chamberlain Rd, Martel, Richard P, and Martel, Lynne R, to Gribauskas, William, and Gribauskas, Amy.
\$349,999, 6 Duchess Path #6, Marks, Constance B, to Schmidt, Craig, and Schmidt, Cheryl.
\$330,000, 3 Strathmore Shire Dr #E, Sannicandro, Stephen T, and Vill, Maalikat, to Santos, Lea, and Lefevre, Cameron.
\$328,000, 15 Olde Canal Way #15, Comastra, Vincent J, to Dooney, Joan.

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CLUES ACROSS

1. Home of Iowa State University

5. ___-fi (slang)

8. Mottled green and yellow fruit

12. Capable of thinking and expressing oneself clearly

14. Sports broadcaster Eagle

15. Midday

16. Kinsmen

18. Cable network

19. Simpleton

20. Brunch beverage

21. Fed

22. European capital

23. Native inhabitants

26. Mechanical device

30. Rare geese native to Hawaii

31. Bedroom furnishing

32. The products of human creativity

33. Mass transit option
34. Made a mistake

39. Sacred sound symbol

42. Large N. American reindeer

44. Dull and flat

46. Partner to huffing

47. Written works

49. Monetary unit of Serbia

50. Midway between east and southeast

51. Peninsula of southwestern Asia

56. Widely used multiuser OS

57. Aggressive dog

58. Varnished

59. Hindu queen

60. Time units, abbr.

61. Farm animals

62. Capital of Latvia

63. Where golfers begin

64. Takes to civil court

CLUES DOWN

1. One who graduated

2. An inspired holy person

3. Electronic counter-countermeasures

4. A place to store things

5. Indian instrument

6. Spanish saloon

7. Whole number

8. Not fastened

9. Gives a boost

10. Lounges about

11. Interested in

13. Remove salt

17. Type of sword

24. Naturally occurring solid material

25. Gets involved without being invited

26. Feline

27. Bobby ___, NHL champ
28. “Kill Bill” actress Thurman

29. Hawaiian dish

35. Moroccan coastal region

36. Baseball statistic

37. Long period of time

38. Moved earth

40. Central Netherlands city

41. Take stock of

42. Central processing unit

43. Distinctive qualities one generates

44. Getting stuck

45. Loss of bodily movements

47. Veranda

48. Abrupt

49. What cats do

52. Expresses pleasure

53. Type of cheese

54. Professional STEM organization

55. Automatic data processing systems

PUZZLE SOLUTION	S	E	U	S			E	E	T		A	G	I	R
	P	E	E	H	S		S	R	H		I	N	V	R
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	G	N	I	F	F	U	P		E	T	T	A	M	
	U	O	B	I	R	A	C		M	U	A			
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Sheriff's Office inspires kindness one community at a time

UXBRIDGE — For their third year, Worcester County Sheriff Lew Evangelidis and Worcester County Sheriff's Office staff celebrated the nationally recognized Random Acts of Kindness Week, this year during the week of Feb. 12. The goal of this week is to inspire acts of kindness throughout the county.

To spread joy and inspire kindness, Sheriff's Office staff successfully executed their mission to visit every community in Worcester County during the Random Acts of Kindness week. Staff distributed more than 3,500 goody bags filled with donated items to lucky individuals they met at various public places. The bags serve as a symbol of support and care from local law enforcement.

Sheriff's Office staff made a stop at the Uxbridge District Court, as well as a handful of other locations throughout the town.

With its motto, ‘Make Kindness the Norm,’ the Random Acts of Kindness Foundation was founded during a mid-1990s summer when violence was at an all-time high on the West Coast. Inspiration to start the organization came from a television reporter who noted that people should stop reporting on “random acts of violence” and start ‘practicing random acts of kindness and senseless acts of beauty.’ This foundation is now the driving force behind Random Acts of Kindness Week in the United States.

This year, Tito's Handmade Vodka and Polar Beverages were the bag sponsors of the initiative. With the support of the two organizations, the Sheriff's Office, and the Worcester County Reserve Deputy Sheriff Association were able to acquire the 3,500 goody bags at no cost.

"Our duty as a law enforcement agency is to build bridges and strengthen the bond between our department and the communities we serve," commented Evangelidis. "Our team takes immense



Courtesy
Staff from the Worcester County Sheriff's Office deliver Random Acts of Kindness goody bags to the employees at the Uxbridge District Court.

pride in contributing towards the betterment of Worcester County and always looks for ways to spread positivity. We understand the significance of ensuring public safety and are committed to reinforcing that message. Let us all strive to make positivity the focus of this week."

The Sheriff's Office hosts community events year-round to engage the residents that they serve. To learn more about the Sheriff's Office, visit their website at www.WorcesterCountySheriff.com, or follow along on social media for consistent updates.

Senior Zumba classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live 8-week session of Zumba Gold classes for Seniors. Zumba is a fitness program that fuses entertainment and culture into an exhilarating dance party workout. This is an eight-week specialized program designed for seniors.

The program will begin Thursday, March 21 from 1:30-2:30 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week, on Thursdays, for an eight-week time frame, at the cost of a \$25 donation. The instructor, Amy Smith, is a licensed Zumba Gold instructor. Checks may be

payable to the Uxbridge Senior Center.

The benefits of Zumba include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge, and is open Monday through Friday from 8 a.m. to 4 p.m.

Douglas Adult Social Center

331 Main St.
(508) 476-2283
Hours of operation: Monday
through Thursday, 9 a.m.-3 p.m.;
Friday 9 a.m.-noon

DAILY ACTIVITIES: All our daily activities are free of charge.

Monday: Painting class 9:45 to 11:45, Balance & Strength Exercise 12 pm, Mat yoga 2 pm
Tuesday: Walking club 9 am, Cribbage 9:30 am, Zumba 9:30 am, Bingo 12:00 pm, Technology Class 1pm (call to make an appt.)
Wednesday: Balance & Strength 10 am, Darts 10 am MahJong 1 pm
Thursday: Walking club 9 am Chair Yoga 9:30 am, Pitch 9:30 am, Hand and Foot card game 12:30 pm
Friday: Balance & Strength 10 am

A winter reminder; if the Douglas School System cancels school ALL activities at the senior center is cancelled. Staff will be available to take your calls.

FEBRUARY EVENTS:
• **THURSDAY FEBRUARY 29 @ 11:30:** Free St. Patrick's Day craft, refreshments will be served. Please sign up by 2/10/2024.
• **Wellness Clinic: Monday February 12th & Tuesday February 27th** from 10 am to 12 pm. Nurse Ann will be here to check blood pressure, blood sugar, or just discuss any of

concerns you may have.

MARCH EVENTS:

- **Friday 1st @ 11:30:** The Sunshine Club invites you to come in and learn about gardening, how to make sure your soil is ready and when to start seedlings. Refreshments will be served. Please RSVP before 2/28/24.
- **Thursday 7th @ 11:30:** Free craft day, join us in growing a tree from a pine cone. Refreshments will be served. Please RSVP before 3/1/24.
- **Thursday 14th @ 12:00:** St. Patrick's Day Celebration, a corn beef lunch will be served for \$4.00 per person. We will also enjoy the music of Fiddle Hill an Irish Duo. This event is being sponsored by the Douglas Cultural Council. Please RSVP before 3/7/24.
- **Thursday 21st @ 12:00:** Lunch and a movie, The Magic of Belle Aisle. Lunch will be stuffed peppers, carrots, & apple pie. Lunch is \$4.00 per person. Please RSVP before 3/15/24.
- **Thursday 28th @ 11:00:** We will be going on tour at the Douglas Fire Department, followed by the Douglas Police Department and will return to the center for sandwiches & Pasta salad for \$4.00 per person. You may meet at the center or go directly to the FD for 11 am. Please RSVP before 3/21/24.

Check our website for events that may not be listed here
<https://www.douglas-ma.gov/202/Adult-Social-Center-Senior-Center>

Local students named to Assumption University Dean's List

WORCESTER — Assumption University has announced those who have been named to the University's Dean's List for the fall 2023 semester. Students named to the Dean's List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters.

The following local students were named to the Dean's List:

- Juliana Buchanan of Douglas
- Kaleigh Chesley of Douglas
- Cassidy Gosselin of Northbridge
- Isabella Nolan of Uxbridge
- Megan O'Meara of Northbridge
- Alexandra Padula of Whitinsville

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England's

premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master's and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

NAI Glickman Kovago & Jacobs

25 ELM STREET | SOUTHBRIDGE, MA

9,536-SF HISTORIC OFFICE BUILDING
FOR SALE


- Historical building, also known as Tiffany-Leonard House, built in 1832
- Large Executive Offices with Elegant Finishes and High Ceilings
- Large Open Concept Cubicle Areas

- Listing price: \$650,000
- Building size: 9,536 SF
- Lot size: 13,939 SF
- Loading docks: (1) tailgate height
- Basement: partial | Unfinished

MORE INFO:



ESSENTIAL *local* **NEWS**



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FRANK G. CHILINSKI
PRESIDENT & PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

How about this weather?

“How about this weather?”

If ever there was an easy, non-challenging conversation opener, this is it. You can be in line at the grocery store, serving jury duty or pushing papers around at work – it doesn’t matter where you are - this line never fails.

Everyone seems willing to talk about the weather. It’s a built-in, slam-dunk, easy topic that allows complete strangers to either commiserate or celebrate, depending on the daily meteorological situation.

So, what is it with the weather? Why do we love to discuss, comment and re-hash it?

Weather is complicated, frustrating and ultimately uncertain. Weather breaks our hearts and lifts our moods and forces daily choices for everyone. Weather drives our decisions, affects our attitudes and makes fellow survivors out of strangers.

Weather is our most true common denominator. No matter what our life circumstances - student, professional, retiree – when you live in the same geographic area, you and your fellow community members have the weather in common.

Weather doesn’t care about politics or sports teams or vacations or the date on the calendar. It is an equal opportunity annoyer and a great equalizer – everyone has to drive in snow, or dash to the car in the rain, or stand in long lines at the fair in the hot sun. Almost everyone has had a picnic cancelled, a vacation spoiled or a ball game rained out.

But weather is also the unexpectedly warm, sunny, sweet-smelling spring morning that causes smiles and banter with co-workers. It’s the light snow flurries that add sparkle to early December and prompts holiday greetings between shoppers. It’s the crisp, snappy feel of fall football games and the slow, sultry, humidity of summer evenings spent on backyard patios. It’s the backdrop of every day of our lives.

So, what is it with the weather? Maybe we love the topic because it’s universal. Maybe we love the excitement of something that will change – either for the good or the bad. Maybe it’s that it is temporary and fleeting and some- thing to either be withstood or enjoyed, knowing that it will not last. Maybe it’s simply because weather is always with us... whether we like it or not.

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.

OPINION

Opinion and commentary from the Blackstone Valley and beyond
LETTERS TO THE EDITOR

Flood insurance: Information is key

To the Editor:

While the area we live in has not been the most prone to flooding, the idea of flood insurance should be brought to the front of homeowners' minds.

According to Floodsmart.gov, one inch of flood water can cause around \$25,000 of damage. That's not an insignificant amount. Furthermore, the amount of money paid out by the National Flood Insurance Program has increased by 660 percent in the last 20 years. This government program provides flood insurance and is required for people who live in

places designated as "special flood hazard areas." The increase in the amount that they have paid out means that the amount and magnitude of floods has increased in recent history, and thus floods pose more of a concern than they did in the past. This isn't unique to people who live in these designated flood-prone areas. Over 40 percent of the NFIP's claims come from outside of these required areas.

Additionally, experts believe that the number of properties that are designated as at risk for flooding are lower than they should be; some

estimate that more than twice as many properties are at risk and should be classified likewise. This, coupled with growing climate concerns means that homes that have traditionally not been in danger of flooding may be more susceptible to flooding than their owners are aware of. Homeowners should become familiar with their home's risk of flooding so as to make an informed decision about the necessity of flood insurance.

*Justin Vos
Whitinsville*

Not another cent for illegals

To the Editor:

Not another red cent for illegal invaders.

If you do not read The Boston Herald, you do not know what is happening to poor Roxbury and the cities and towns because of a state take-over of low rent motels and recreation centers. Not in Wellesley, Dover, or Northampton, of course. The Democrats love people of color, but offer them no police, no Walgreens, and closed signs on recreation centers in Roxbury in favor of illegal invaders.

Thanks to Howie Carr for exposing the reality. In just one facility, 500 illegals live in a motel designed for 200 with "free" meals at a catering cost of \$2 million a year. You could feed a lot of poor American citizens with that money.

"Free" diapers, wipes, toiletries, free Samsung Galaxy Tablets, "free" cell phones, free English lessons (which they do not take), free state case workers, free Uber rides, free bus passes. The MBTA is free for illegals, but they don't use it. They prefer "free" round trips by Uber. \$130 each round trip paid by We the People.

"Free" means the you, the taxpayer, pay for it all. Why? Why? Why!

Comrade Gov. Healy has entitled them to full welfare benefits, EBT cards. Everything arrives at low rent motels from Amazon daily. On your credit card.

Free Mass. Health for illegals - while Healey cut \$300 million in Mass. Health for our poor citizens. Illegal invaders do not show up for their appointments. "We were sleeping." Free dental. Free legal services.

Free tax filing services. Wait, what? Are they actually paying taxes? No. Most have Social Security cards - but with their false papers, no one can verify who they are. Their social security number is likely false or belongs to you.

The question remains: why do socialist Biden and Healy give them everything?

This fails to include the costs to cities and towns for the burdens on the school system, police and EMTs. Sturbridge had to hire 12 language specialists for the illegal children living in a dumpy motel on the highway. Police are called constantly because of fights, guns, drugs, overdoses. They call the EMTs, police and fire for any little thing that goes wrong. A paper cut. My gun jammed. My drug dealer did not show up.

Door Dash brings food when the food provided is not sufficient.

The Post Office delivers bags of mail each day. From state agencies. Children have been removed by the state for abuse. Somehow, the illegal invaders have obtained cars without insurance or registration! Most do not have driver's licenses. They do not want licenses because they prefer to remain undocumented. If they remain undocumented, you can't find them. You can't deport them they are criminals. You can't make them show up for their "asylum" hearing in 2040. You can't deport them. Do you trust illegals to drive safely and obey traffic laws? No gracias.

Even the Boston Globe reported that the illegals work for a few days before they discover they can get everything free. Then, they quit.

The Melnea Cass Recreation

Center in Roxbury is a shelter to 400 illegal invaders. One citizen of color whose two sons used to run with the Boston Lions Track Club at the center multiple times a week must now run in the street. In the cold. The Dems just use People of Color. Roxbury, wake up! Sturbridge, speak up!

As one African American woman at a Chicago City Council meeting said: "All this asylum-seeking lie, all this about refugees — no, no, no! What's happening is, they're emptying out the dregs of their jails into the United States and to our communities."

She continued, to applause: "They're junking up our country. And yeah, we feel some kind of way about it because it's our country. We're going to get them out of our communities because they don't deserve to be there."

Biden overturned everything Trump did to secure the border. Since October, one million illegal invaders have invaded. Now, Mr. Magoo wants to fix it? He broke the border all by himself. He broke it. He owns it.

Yup, it's all Trump's fault. If he had won, the border would be secure and millions would have been deported. And for all you Pro-Palestinians - Egypt is building a big beautiful wall at the border with Gaza to keep the violent corrupt Palestinian immigrants out. Meanwhile, Bid-enflation is reducing America to ashes.

Signed, not another dollar for illegals,

*Bev Gudanowski
Uxbridge*

Triggered

Drug cartels supply fentanyl and voila we have our drug epidemic the Democrats can capitalize on. And lastly, I believe that the democrats want to exhaust our welfare system and force socialism on the United States. You can read all about this via "The Cloward-Piven Strategy" and its aftermath. You're welcome.

I am an instructor, and I learn from scientists not Hollywood wannabes or crisis actors. In addition, I read, have a brain and when I see contradictions I know I'm being fed a load of cow (expletive). There is absolutely no evidence that the planet is warming. The IPCC (International Panel on Climate Change) said, "The long term prediction of future climate states is not possible. John Stossel from ABC news exposed Al Gore, and anyone who wanted to debate and show evidence they had about global warming or climate change, but they all declined — how convenient. On John Stossel's panel were top atmospheric professors who wanted to have a serious debate in private or before a film crew about the subject to clear the air. These professionals were looking for data and evidence in regards to climate change not ratings or to make a movie, and this is why even though I'm not a scientist, I know climate change is a scam.

Then li'l Ricky wrote about Trump while avoiding yet another honest question in regards to Joe Biden and the quid pro quo. Our tolerant lefty thinks there are levels of quid pro quo, there isn't. What Biden did was quid pro quo and we have the video to prove it. What Trump did was not quid pro quo but of course the House that was full of democrats who couldn't wait to impeach Trump and I have no proof that the democrats did this in retaliation to Bill Clinton's impeachment but it sure stinks of it. Bottom line: only Republicans commit acts that are impeachable, and impeachment for a Democrat who perjured himself is a waste of taxpayers' money. The only reason Viktor Shokin was fired is because he was going to investigate Hunter Biden and embarrass

Joe Biden and that's quid pro quo! Yes, we finally impeached Alejandro Mayorkas for his brilliant work at the border...millions into our country to add to our grief. Goodbye, adios, aloha, arrivederci, sayonara, and Au revior to you, Mayorkas!

Let's face another fact — Donald J. Trump has been in the public eye for over thirty years. He has been on talk shows (Oprah) and TV sitcoms and even had his own reality TV show, The Apprentice. During all those years I never heard anything about Trump being a racist. Donald J. Trump beat Hillary Clinton in 2016, and she nearly convinced everyone that Trump was a racist and a Russian informant, like Hillary did to Tulsi Gabbard. That's right, Tulsi Gabbard, who served our country, lost her job in Congress due to Hillary Clinton, who told the press to spread this lie far and wide that Gabbard was a Russian informant. How would any of our good people out there respond to losing their job based on a ridiculous lie? I would be infuriated. Nancy Pelosi called this the "wrap up smear": first you come up with a clever lie and report it to the press, who then magnify it and then it becomes the top story.

Lastly, li'l Ricky ignored the things I said about Klaus Schwab, Bill Gates, and the screamer Al Gore which I guess I can ignore as well but I'd like to finish with a question. Our tolerant lefty referred to me as MAGA Mike a couple of times in Feb. 22 letter to the Editor and would like to state a few facts before I ask. Joe Biden will go down as the worst POTUS in history next to Barack Obama. Our border is a mess, inflation is high, unnecessary wars, we are paying more at the pump, and we have a housing crisis atop of a fentanyl epidemic and with that I have to ask this question, after Joe Biden has ruined our status across the world, what is so wrong with wanting your country or this country great again? Until we meet again.

*Mike Downing
Whitinsville*

Stocking Wallum Lake



THE GREAT
OUTDOORS
.....
RALPH
TRUE

Ice fishing on local ponds is about over, as this week’s warm weather pretty much made most ponds unsafe to navigate! A reminder that all fishing on Wallum Lake in Douglas is now closed, as the lake falls under Rhode Island regulations. Wallum will reopen on the second Saturday, April 13 this year!

Hopefully, Massachusetts and Rhode Island will both stock the lake with trout prior to April 13. Wallum Lake provides the only opening day for trout fishermen in Mass., and is one of the most popular fishing spots in the state for trout anglers.

Wallum Lake has provided anglers with some great fishing over the years, and can be fished by fishermen that have a license in Mass. or Rhode Island. Wallum Lake is an interstate body of water that provides some great trout fishing, but also provides some great smallmouth and largemouth bass fishing!

Back many years ago, the popular fishing hole has provided some great memories for many families that enjoy trout fishing. Wallum Lake received some broodstock salmon, which added to the excitement of catching trout during the springtime fishing season.

Wallum Lake went through numerous changes over the years, some for the better and some not so good. Wallum Lake was poisoned by the state many years ago, and was part of the state’s reclamation of numerous ponds in the state.

They were hoping to make Wallum Lake a trout and salmon fishery, but soon realized it was not possible. Acid rain was one of the major problems with the lake.



Courtesy

This week’s picture shows this writer’s two dogs Molly the beagle and Twig the yellow Lab. Molly is 13, and Twig is 14 years old. Plenty of exercise and a good brand of dog food has kept them in good physical shape! Twig was still hunting this past fall and my hopes are high for another pheasant season.

Mass. & Rhode Island tried to make Wallum Lake a trophy brown trout pond, and it was working well for a number of years. Both states worked to get a smelt population going at Wallum as a good food source for the brown trout. Catching four & five Brown trout was a blast at Wallum for a number of years, but the hopes of establishing a good population of smelt at the lake as a forage fish was not working because of acid rain. Their last effort to provide Wallum with a good population of smelt was dropped, and shoal spawning smelt were introduced into the lake. It was a big success, and their populations are still there. This writer worked with MFW to secure a company called Living Lakes to spread tons of lime into the lake to reverse the acid rain problem, and it worked but the state gave up on the trophy brown trout idea, just when the problem was solved. Now Mass. is only interested in stock-

ing trout, with no program to have local lakes produce large holdover trout. More on Wallum Lake in the coming weeks!

The Whitinsville Fish & Game Club is holding trap shooting for members and non-members starting at 10 a.m. every Saturday. Pistol Clay shoots under the lights Wednesday’s and they have opened their membership to 49 new members,

for a total of 299 members. If you want to join a fast growing club with all of the club’s activities to enjoy, call the club or visit the club’s Web site. Do not be left out of this great opportunity to join this great club. Pioneer Arms is also giving special discounts to club members. Check it out!

Take A Kid Fishing & Keep Them Rods Bending!

Classic Lenten Recipes

Looking for tasty meatless meals for Lent or dietary reasons? Mid-century recipe files were full of handwritten recipes to help harried housewives come up with interesting dinners – sans the meat! Read on for some authentic boomer recipes that are not only nostalgic – but delicious!

And readers, send in your favorite meatless recipes for a chance to win a three course Dinner for Two at the Publick House in Sturbridge!



TAKE
THE
HINT

KAREN
TRAINOR

Salmon Croquettes

Salmon croquettes, a staple Lenten dish from days gone by, are still a flavorful meatless choice today: Ingredients (for patties): one cup mashed potatoes; one 6½-ounce can salmon, drained; one egg, beaten; one tbsp. minced onion; 1/4 teaspoon salt; dash black pepper; dash cayenne pepper; 1/4-1/2 cup dry unseasoned bread crumbs;

Ingredients (for dredging): 1 egg slightly beaten; 1/2 cup seasoned bread crumbs

In a bowl, mix the first seven ingredients, adding enough bread crumbs so that the mixture can be handled and is not too sticky. Form patties.

Dip patties into the slightly beaten egg and coat in seasoned bread crumbs. Refrigerate in a single layer for about an hour.

Deep fry until golden brown, (or cook in air fryer until browned). Serve with tartar sauce

Classic tartar Sauce recipe:

Mix together: one cup mayonnaise; one tablespoon sweet pickle relish; one teaspoon yellow mustard; one teaspoon lemon juice.

Crab Cakes

This quick and easy recipe is a throwback from the 1960s that utilizes the convenience of canned fish and Ritz crackers!

Ingredients: 16 ounce canned crabmeat, drained; two tablespoons olive oil; six chopped green onions; 8 ounces Ritz crackers (about 2.5 sleeves); one large egg; one tablespoon mayonnaise; on teaspoon dry mustard; one teaspoon garlic powder; ½ teaspoon cayenne pepper; ¼ teaspoon Old Bay seasoning; one cup bread crumbs (panko or non-seasoned); olive oil.

Directions: Cook green onions in olive oil until soft. In a bowl mix together the onions; crabmeat; crushed crackers, egg, mayonnaise, dry mustard, garlic powder; cayenne pepper, garlic powder, Old Bay seasoning, salt, and pepper. Form into patties and coat with bread crumbs. Fry until golden brown on each side; drain on paper towel. Or cook in air fryer until browned and crisp.

Shrimp Casserole

Casseroles were common fare for mid-century dinners, and Lent was no exception. This seafood recipe calls for a long, oval casserole dish (yes, they had different shaped dishes for specialty casseroles!) but you can use a flat glass baking dish.

Ingredients: 2 ½ lbs. shrimp, de-ined, peeled and cooked;1 cup cooked rice; one cup sharp cheddar cheese; one can condensed cream of mushroom soup; ½ cup green onions, chopped; ½ cup celery, chopped; one stick of butter; 8 lemons, sliced very thin

Directions: Mix together the shrimp; rice, cheese and soup. Meanwhile, saute onions and celery in the butter until softened. Add to shrimp mixture, and pour into a long, flat casserole dish. Overlap lemon slices over the top. Cover and cook in a 375 degree oven for 20-30 minutes.

Broccoli and Macaroni

This was one of my favorite Lenten meals growing up! Easy and delicious, it offers a change from fish on Fridays.

Ingredients: 6 cups broccoli florets; Olive oil (as desired); eight garlic cloves, chopped; one tablespoon salt; one box Ziti macaroni, cooked; ½ cup Romano cheese, grated; two tablespoons Italian flat leaf parsley, chopped.

Directions: Heat about a half cup of olive oil over medium heat, add broccoli and salt to the pan, adding more oil as needed for broccoli to be browned and as soft as you like it. Once done, add garlic and cook for another minute or two; be sure not to burn garlic. Add cooked macaroni to the pot and mix with Romano cheese; garnish with parsley.

Never tell them they’re wrong

Enemies. We all have them. Some people are your enemy, and you don’t even know it. They may have been motivated by jealousy or envy, or maybe they misinterpreted something you said to them once and felt slighted. Since then, they’ve been quietly undermining you at worst, and at best, they may just be waiting for their moment.

There are a million ways to make an enemy. Maybe you accidentally took someone’s favorite pen, and they’ve sworn a vendetta. Or perhaps you got the last slice of pizza at a party, not knowing it was earmarked for someone else, sparking a silent, saucy rivalry. Let’s not forget the classic “reply all” email faux pas, where you accidentally shared your not-so-flattering opinion on the monthly birthday cake choices with the entire office. And I’m sure there are some listed elsewhere.

Nobody wants an enemy, do they? I don’t. Some say that if you don’t have any enemies, then you’re not doing it right.

Winston Churchill said, “If you don’t have any enemies in life, then you haven’t stood up for anything.”

He’s probably talking about a different type of enemy than what I’m about to present.

What’s a way to avoid this? Well. It’s straightforward. You can begin by saying, “Well, now, look, I thought otherwise, but I may be wrong. I frequently am, and if I’m wrong, I want to put it right. Let’s examine the facts.”

Nobody will object to you admitting that you could be wrong, and let’s examine the facts!

It’s a curious thing about us humans: we can change our minds in a heartbeat over the smallest things, no drama involved. But the moment someone tells us we’re wrong? That’s when the walls go up, and we stand our ground harder than ever.

Telling someone they’re wrong is a dead-end strategy, especially in a way that might make them feel less than brilliant. You could throw every fact and figure their way, and more often than not, they’ll stick to their guns, convinced of their rightness, even if it’s just in the privacy of their thoughts.

So, how do we navigate this tricky terrain? Dale Carnegie hit the nail when he said, “Show respect for the other person’s opinions. Never say, ‘You’re wrong.’” It’s as simple as that.

POSITIVELY
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While leafing through one of the most popular self-help books ever written, “How to Win Friends and Influence People,” I came across one surefire way to not make an enemy.

Imagine you’re in a team meeting discussing the direction of the upcoming project. You believe that focusing on digital marketing will yield the best return on investment, arguing, “Considering our target demographic spends most of their time online, it’s evident that digital marketing is where we should be allocating the majority of our budget.”

Your coworker, however, believes traditional marketing methods like print and television ads will have a broader reach, countering, “Our brand’s strength has always been its appeal to a wide audience, and traditional media gives us that visibility.”

Your ego flares up at this moment, tempted to dismiss their perspective outright. You might feel inclined to assert, “That approach is outdated and inefficient. Wait until we see the results from focusing solely on traditional methods and missing out on the digital audience. Then we’ll see who’s right.”

Often, our ego comes up, and the ego always wants to be correct. This temptation to prove your point without fully considering their viewpoint can quickly turn a professional disagreement into a personal conflict.

Now, you may be right. Your reasoning may be sound. But you must also consider that other people almost always want to be correct. Whether you know it or not, you insulted their intelligence, and now they’re your enemy.

Enemy is a strong word, but whatever the case, they almost certainly see this as a challenge. Why wouldn’t they? You told them they’re not seeing the big picture. Now they have something to prove.

Now, you’ve got a situation on your hands because you were right and made them feel silly about it, and they’re now going to want their chance to make you seem foolish.



GARDEN
MOMENTS
.....
MELINDA
MYERS



Courtesy — Corona Tools

The long-handled Digmaster nursery shovel with its narrow head makes it easy to dig even in small spaces.

lock like Corona’s Ergo Dead Header Snips.

Late winter and early spring are also the time to do a bit of trimming and pruning on indoor plants. Pruners and snips with specially shaped blades, like the Corona BP14623 Houseplant Pruner, make trimming individual leaves and stems easier, ensuring you make the cut where planned.

A scoop comes in handy when placing potting mix or fertilizer in containers. The more you use it, the more uses you will discover for scoops like Corona’s Multi-Scoop with a stainless-steel scoop and ComfortGel grip.

If you struggle to haul soil, mulch, and plants to the garden bed, it may be time to invest in a garden cart. Wheelbarrows are a traditional favorite but how about a four-wheeled cart with pneumatic tires to make moving the load over rough ground easier? Consider one with sides that fold down for easier loading and unloading. Or perhaps one with a dumping mechanism, like Corona’s CR1000 Poly Dump Cart, that makes it easy to empty loads of mulch and soil where it is needed.

And don’t forget about the young gardeners in your life. Having their own set of properly sized hand tools, long-handled tools, and of course, a wheelbarrow will make working with you in the garden even more special. Kids, like adults, benefit from spending time in the garden. Give them their own garden patch or row to dig, plant, and tend. You’ll all have more fun.

When upgrading your garden tools, consider donating those that are still in good working order to a nearby community garden, school garden, or master gardener group. They can always use extra tools to help them grow gardeners of all ages. And those that have reached the end of life can be turned into garden art. It’s a great way to save memories of gardens’ past.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener’s Handbook, 2nd Edition and Small Space Gardening*. She hosts *The Great Courses “How to Grow Anything” instant video series and the nationally syndicated Melinda’s Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Corona Tools for her expertise in writing this article. Myers’ Web site is www.MelindaMyers.com.

Local library seeking donations for PJ drive

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILLBURY — The public library is accepting donations of pajamas for the Bruins PJ Drive through March 15.

The drive, hosted by Cradles to Crayons, the Boston Bruins, the Massachusetts Board of Library Commissioners, and Wonderfund, aims to collect new pajamas for local children living in low-income and homeless situations.

“Together, we are looking to collect 10,000 pairs of pajamas. By supporting us with a PJ Drive, you will directly supply new pajamas to the children who need them most so they can stay warm for a good night’s sleep,” the Millbury Public Library released.

The library said that it is seeking donations of “brand new pajamas” appropriate for all seasons from sizes 0-3 months through adult medium.

“Please do not give pajamas that include any family or holiday references,” the library shared.

The most-needed sizes include: Girls 12-18 months, 18-24 months, 2T, 3T, 5/6 (child S), 7/8 (child M), 14/16 (child XL/adult S), 18/20 (child XXL/adult M); Boys 12-18 months, 18-24 months, 5/6 (child S), 7/8 (child M), 10/12 (child L), 14/16 (child XL/adult S), 18/20 (child XXL/adult M).

Pajama donations can be dropped off at the Millbury Public Library, 127 Elm St., Millbury.

This is the 17th annual Bruins PJ Drive.

“I work with a family of four, one single mom and three kids seven, five, and four. They have been homeless almost all their life. I remember once their mother said ‘this is the first time in their life that they have pajamas and are supposed to change before bedtime, they are very excited about it,’” said Roza Khorshidi, MFT Clinician.

“They had no possessions at all, other than the clothing they wore and what mom and her children had been able to carry in small backpacks,” said a service partner with the Lynn Economic Opportunity. “The mother was overwhelmed with gratitude for all the items that [Lynn Economic Opportunity] and Cradles to Crayons provided.”

For more information, visit nhl.com/b Bruins/ community/pj-drive.

Whitinsville Social Library does away with overdue fines

NORTHBRIDGE — Whitinsville Social Library will no longer charge late fines on books and many other circulating materials, eliminating a barrier to access and ensuring that all Northbridge residents have free, equitable, and open access to knowledge, opportunity, and entertainment.

The governing body of the library, the Whitinsville Social Library Board of Trustees, voted in favor of removing late fines on Wednesday Feb. 21. This change went into effect immediately. Whitinsville Social Library joins other large and small public library systems across the country to turn the page on late fines. WSL is the 149th library in its consortium, CWMARS, to go fine free. This change is a part of a national institutional movement, guided by the recommendations of the American Library Association, to increase free public access to library services.

Going fine free does not mean that patrons will not have to bring library materials back to the library. Items will still have due dates and materials will still need to be returned. Fees for lost or damaged items will remain on the user’s account. Most library materials are automatically renewed one time. However, if an item is not returned, or is returned damaged, patrons will still be charged replacement costs.

Existing fines for overdue items will be forgiven. Overdue fines will continue on very few items: the hotspots, museum passes, and the telescope.

Studies show that libraries that have eliminated late fines see no impact on return rates and in fact, the elimination of fines increases the use of library materials. Whitinsville Social Library’s Director Rebecca Sasseville felt it was imperative to create an environment that feels welcoming rather than punitive for all the library’s users.

“I look forward to welcoming new and returning patrons to the library because of this wonderful decision by the Board of Trustees,” Sasseville said.

For any questions, visit the Library’s Web site, www.northbridgemass.org/WSL, or call the Library at 508-234-2151.

Bryant University students named to Dean’s List

SMITHFIELD, R.I. — Bryant University is pleased to recognize the students named to the Fall 2023 Deans' List.

To earn a place on the Deans' List, students must have a GPA of 3.4 or better for at least 12 semester hours of work. Congratulations on this outstanding achievement!

Griffin Berard of East Douglas
Callanan Caito of Whitinsville
Nikolaos Chalkiadakis of East Douglas
Aidan Cook of Uxbridge
Connor Dudka of Whitinsville
Olivia Forest of Douglas
Kyle Froment of Whitinsville
Ramsha Gul of Uxbridge
Owen Hester of Northbridge
Diamand Khalil of Uxbridge
Ethan Moulder of Douglas
Paige Murphy of Uxbridge
James Olivieri of Douglas
Kylie Paul of Uxbridge

Gianna Sannicandro of Douglas
Olivia Soffey of Douglas
Jillian Sylvia of Uxbridge
Ashley Whalen of Uxbridge
Michael Wilkes of Whitinsville
Alexander Wolf of Whitinsville
About Bryant University

For over 160 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,700 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

Senior low impact exercise classes available

UXBRIDGE — The Uxbridge Senior Center is proud to present a live eight-week session of Low Impact Exercise classes for Seniors. This is a fitness program that will include light cardio with full body toning. This is an eight week specialized program designed for seniors.

The program will begin Thursday, March 14 from 2:45-3:45 p.m. at the Uxbridge Senior Center Satellite Site which is located at the McCloskey School at 62 Capron St. The class will run for one hour, one day a week, on Thursdays, for an eight-week time frame, at the cost of a \$25 donation. The instructor, Pamela Landi, is a certified personal trainer. Checks may be payable to the Uxbridge Senior Center.

The benefits of exercise include improved balance, range of motion and coordination. Additional benefits include increase blood flow to the brain enhancing attention and concentration skills, as well as burning calories and meeting new friends! These workouts are safe and can be done at any fitness level. There will be an option of doing these exercises seated or standing. The class would be open to all in the community including those outside the Town of Uxbridge.

Interested individuals should call or stop by the Uxbridge Senior Center at 508-278-8622 for more information and receive their application and waiver forms prior to the start of the program. The Center is located at 36 South Main St. in Uxbridge, and is open Monday thru Friday from 8 a.m. to 4 p.m.

Douglas Historical Society presents “Ladies in their Eighties”

DOUGLAS — In celebration of Women’s History Month, the Douglas Historical Society will present the program “Ladies in their Eighties” on Thursday, March 7 at 7 p.m. at the E.N. Jenckes Store Museum. The Museum is located at 283 Main St. in Douglas.

As part of its mission to educate the public about Douglas history and to raise funds for the museum, the Society invites young and old to come listen as three Douglas women -- all in their 80’s and who currently serve on the Society’s Board of Directors -- give us glimpses into their rich pasts. There will be lively banter, reminiscing and wonderful stories about their lifelong experiences in Douglas.

Featured at this first annual “Ladies in their Eighties” will be Society President, Shirley Mosczynski, Treasurer Dolores Colonero and Board Member Shirley Cooney. Please join us for this special evening. Light refreshments will be served and a donation of \$20 is suggested.



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Uxbridge students participate in annual Hearts of Kindness Project

UXBRIDGE — Uxbridge High School Principal Michael Rubin and Art Therapist, Adjustment Counselor Alison Ciccone are pleased to share that Uxbridge students recently participated in the annual Hearts of Kindness Project.

On Valentine's Day, Wednesday, Feb. 14, Uxbridge students and staff hung hundreds of hearts on the trees of the Uxbridge Town Common as part of the Hearts of Kindness Project.

The project also coincides with Random Acts of Kindness Week, celebrated Feb. 11-17.

Spearheaded by Adjustment Counselor Ciccone in 2012, the Hearts of Kindness Project gives students the opportunity to reflect on how they can practice kindness toward others while also giving back to the community.

Students cut pieces of foam or felt into two large hearts and decorated them before gluing the two hearts together to make a pocket. They then wrote down an act of kindness they recently did for someone else on a piece of paper and inserted the paper into the heart pocket.

All of the hearts were then collected in boxes at each of the district's schools and students attached each one to long lengths of string for them to be hung up.

The project will be on display at Uxbridge Town Common until March for community members to enjoy.

Superintendent Baldassarre reiterated how



Courtesy

Uxbridge High School students participated in the annual Hearts of Kindness project on Valentine's Day.

important it is for the district's students to share acts of kindness.

"There is great value in expressing gratitude for the kindness of others,"

Superintendent Baldassarre added. "Our students are fortunate to have the opportunity to work with Mrs. Ciccone on this project and to express gratitude through artwork such as this."

Since the project's inception in 2012, over 1,000 acts of kindness have been placed on display.

"It was wonderful to see our students express such thoughtful and kind words while doing this project,"

said Counselor Ciccone. "We hope that our students continue to practice acts of kindness throughout the year and see the impact their positive actions have on our school and community."

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OBITUARIES

Jorge Caraballo Jr., 76

Uxbridge - Jorge Caraballo Jr., 76, a resident of the Open Sky residential home on High St., passed away on Monday, February 19, 2024 at the UMass Memorial Medical Center in Worcester after an illness.

He is survived by his brother Rene Caraballo; three sisters, Susana Alberty, Eladia LaBoy and Josephine Caraballo; many nephews, nieces, and his Open Sky family and friends. He was brother of the late Efrain Caraballo, Benjamin Caraballo and Hilda Gonzales.

He was born in Yauco, Puerto Rico in June of 1947, son of Jorge Sr. and Lucilda (Martinez) Caraballo. He has lived in Uxbridge for 20 years.

Lovable and flirty, Jorge loved airplanes, dining out, Open Sky day-



trips, small toys, collecting coins, and model cars. Everyone who met Jorge fell in love with him. He was truly a people person.

His Funeral Service at Tancrell-Jackman Funeral Home, 35 Snowling Rd., Uxbridge was on Tuesday, February

27 @ 3:00pm. His service will be viewable via Zoom for those unable to be in attendance. Calling hours were held prior to the service from 1 to 3 pm. Burial will be held in St. Jerome Cemetery in Holyoke. Memorial donations in Jorge's memory may be made to Open Sky Community Services, 50 Douglas Rd., Whitinsville, MA 01588. To leave a condolence message for his family please visit <http://www.Jackmanfuneralhome.com>

Robert E. Burns, 74



Uxbridge - Robert E. Burns, 74, of Millville, Ma passed away peacefully on February 10, 2024 in Milford Hospital after years of declining health. He is survived by his

loving wife of 45 years Janet (Baker) Burns.

He was born in Woonsocket, RI son of the late Perry and Grace (Hood) Burns. Bob graduated from Blackstone High School in 1967 at the top of his class and was accepted into the Coast Guard Academy. He later worked at Tupperware as a supervisor, State Line Fire Equipment company and Walmart before retiring.

In his younger years he enjoyed playing softball, hockey, bowling and golf. He enjoyed his many trips to Vegas with his loving wife. He was an avid sportsman watching the Patriots,

Red Sox, Celtics and Bruins; never missing a game.

He is also survived by two sisters Carol Place and her husband Stephen as well as Jane Pawlowski and her husband Richard. Brother-in-law Albert Bergeron. Many cousins, nieces and nephews. Predeceased by a sister Joyce Bergeron.

Special thank you to the doctors and nurses at Milford hospital and the Millville EMT's for all of their "I've fallen and I can't get up" calls.

Calling hours were held at Buma Funeral Home, 101 N. Main Street Uxbridge, Ma on Friday, February 16th from 4:00 - 7:00 pm. A funeral service was held at 11:00 on Saturday February 17th. Burial will follow at Union Cemetery. www.bumafuneralhome.com



DA's office receives \$100,000 to fight gang-related crime, support at-risk youth

WORCESTER — Worcester County District Attorney Joseph D. Early, Jr. announced today that his office received a \$100,000 state grant from the Executive Office of Public Safety and Security (EOPSS) to fight gang-related crime, with a portion of the funds going directly into the community to support programming at the Boys & Girls Club of Worcester.

"The key mission of our office is to prevent crime," said Mr. Early. "Gangs are one of the main drivers of violence and drugs in our communities. We want to support our at-risk youth, preventing their introduction to gang life and the inevitability of ending up in the criminal justice system. By supporting these kids, we can prevent crime, keep the numbers down in the jails, and guide our youth to brighter, happier futures."

The grant funding was awarded to the Worcester County District Attorney's Office through the EOPSS' Project Safe Neighborhood Program to support the prosecution of gang crimes. This is the third time the state has awarded funds to this office to support gang interven-

tion.

As part of the grant, a portion of the funds are designated to support prevention and intervention programming through a community organization. The office began partnering with the Boys & Girls Club with these grant funds last year.

"The Boys & Girls Club is doing such amazing work on prevention and intervention in the community, they are a great partner for this grant," Early said.

The Boys & Girls Club offered programming to 250 kids in 2023 thanks to this funding. The funding supported 122 boys participating in a program called Passport to Manhood and 128 girls participating in a program called S.M.A.R.T Girls.

"This grant supported our gender-specific programs that address violence prevention, the building of self-esteem and anti-bullying techniques," said Liz Hamilton, Executive Director of the Boys & Girls Club of Worcester. "The curriculum was facilitated by professional Club mentors, which allows our kids to be their authentic selves and discuss issues they may not feel comfortable shar-

ing outside of our safe space. The post-evaluations indicated that kids who participated in this funded program were better prepared for the future and had the tools they need to make healthy and safe choices."

In the coming year, the Boys & Girls Club plans to offer drivers' education and job training courses with the funding.

The Healey-Driscoll Administration awarded \$1.9 million statewide through the Project Safe Neighborhood Program this year to District Attorney's Offices and State Police to address gun crimes, gang violence and narcotics offenses.

"This new grant program fosters the partnerships and supports the collaborative solutions that make a meaningful difference in our communities," said Gov. Maura Healey. "By investing in these efforts, we're empowering community partners to deliver vital services to at-risk youth while promoting safe, thriving communities across Massachusetts. We're grateful to the Legislature for their partnership in making this critical funding available."

Local students named to Bryant University President's List

SMITHFIELD, R.I. — Bryant University is pleased to recognize the students who have demonstrated an unwavering commitment to academic excellence and achievement and have been named to the Fall 2023 President's List.

The President's List is an academic distinction reserved for Bryant's highest achievers who earn a GPA of 4.0 for at least 12 semester hours of work.

Aidan Cook of Uxbridge
Ramsha Gul of Uxbridge
About Bryant University

For over 160 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrat-

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Freshmen named to Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical School congratulates the following students in grade 9 on being named to the honor roll for the second quarter of the 2023-2024 school year.

High Honors
Lillian Araujo, Kennadie Balcunas, Brett Beltzer, Alyssa Bonneville, Missage Budimbu Mpolo, Bella Calnan, Miya Chauvin, Keziah Chipman, Jenna Ciani, Ian Clark, Aidan Clyne, Trinity Crompton, Benjamin Cryan, Molly Dwyer, Aria Fournier, Brooke Fuller, Vikram Jha, Kelsey Karłowicz, Finnian Keefe, Owen Kennedy, Jayme Kenney, Benjamin Labbe, Sangey Lama, Ethan Lemire, Apollo Logan, Emily Malia, Ava McKellick, Alexis Moore, Kaiya Murphy, Thomas Nault, Johnny Nhan, Anastasia Nieuwenhoff, Daniel Nowlan, Katie Putnam, Ava Rennie, Jason Richard, Jordyn Sabotka, Ella Schofield, Kayla Schoreder, Isabella Sepulveda, Travis Tong, Eskil Tranes, Kara Trevarthan, Kyle Twombly, Brady Weeks, Lucy Zaleski

Honors
Salete Alves, Lacie Andrews, Winifred Aucoin, Collin Bachand, Riley Baillargeon, Vincent Balducci, Nolan Barton, Benjamin Bassett, Liam Beals, Lyla

Beauchene, Samantha Belanger, Kayleigh Bissell, Alexandria Blancard, Alexia Brown, Clara Burlingame, Ariana Byrnes, Evalynn Cedillo, Morgan Chlapowski, Dominic Cincotta, Liam Colon, Naomi Cooper, Madelyn Creelman, Maya Cronin, Liam Cuniff, Eric Day, Hunter Defosse, Ariana Dolan, Nathan Donnelly, Madisson Drewry, Brianna Dwomoah, Elizabeth Eccleston, Jackson Edwards, Ava Erkoc, Marcus Feliciano, Hailey Ferrara, Dylan Filipkowski, Samantha Flect, Luciana Flores, Jinnette Goguen, Adrian Golemo, Liam Greenwood, Emma Grensavitich, Emma Harrington, Julia Holton, Ryan Hurley, Dominik Ignatovich, Ella Komssi, Alexander Kowalski, Abena Kwarteng, Owen Lemansky, Jaxon Leonard, Andrew Levitzky, Perry Lima, Jared Magnusson, Julie Anna Marchetti, Jack Maroney, Christopher Martin, Aaron Mazur, Shaun McGrath, Colin McIlvaine, Joshua McLaughlin, Johannys Melendez, Nicholas Meneguzzo, Jose Mercado Lopez, Jayden Minardi, Miles Moriarty, Miguel Mosqueda, Nathaniel Munson, Melany Ngo, Corey Ntim, Aylah Patraw, Mayli Pedersen, Kiera Pederson, Iban Pelaez, Grace Perron, Jacob Perry, Kyla Pierre,

Isabella Richard, Evan Roberts, Jake Roemer, Leilani Rohena Torres, Jennavicia Roseberry, Jaelynn Royea, Genevieve Salinas, Owen Sanford, Logan Schoff, Michael Scott, Jennessa Sepuka, Julia Simpson, Zachary Sirard, Hadleigh Splaine, Skyla St. Francis, Alexander St. Jacques, Amelia St. Peter, Cayden Stewart, Rachel Torres, Nicholas Tremblay, Isabella Vangel, Connor Walsh, Dashiell Williams, Jazzelle Wolverson, Nicol Yacavace, Jackson Young, Payton Ziemski

Principal's List
Cathlen Adames Mieses, Anais Alamo-Abad, Trevor Amaral, Boden Barrell, Benjamin Boulmetis, Gavin Boyd, Olivia Burgos, Leianna Collins, Emma Comforti, Anthony Correnti, Brayden Eisnor, Nicholas Erickson, Tobias Falco-Foreman, Corbin Fredette, Aliyah Gauvin, Ely Gemboski, Maximillian Lapriore, Brooke Leoni, Damon Libby, Selena Mayoral Leon, Sarah O'Donnell, Kaelyn Renaud, Trevor Rose, Korban Roy-Bouthillette, Cayden Sexton, Lucas Silva, Addisyn Skeates, Allison Smith, Hailey Sprague, Logan Stake, Dylan Strzelewicz, Elijah Tamborini, Arianna Thomas, Bryce Vautour

AIC names students to Athletic Director's 3.0 Club

SPRINGFIELD — American International College (AIC) congratulates its student-athletes who have been inducted into the Athletic Director's 3.0 Club for the Fall 2023 semester.

AIC Athletics Director Jessica Chapin recognized more than three hundred student-athletes who have achieved a cumulative GPA of 3.0 or better after one or more years enrolled at AIC.

The primary objective for these students is to stand as academic role models, inspiring fellow student-athletes with their achievements and dedication!

Jackson Haker of Uxbridge, majoring in Health Science.

Grace Boisvert of Uxbridge, majoring in General Business.

Morgan Martellio of Uxbridge, majoring in Health Science.

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.



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Mendon Historical sponsoring antique appraisal

MENDON — Wondering how much that ol' knick-knack is worth? Dust off those relics and join us as we discover which items are priceless and which might end up in your yard sale: Come on up Saturday March, 9 from 10 a.m.-noon, when expert appraisers from Bruneau & Co. Auctioneers will be here appraising your family antiques, treasures, trinkets, pop cul-

ture favorites including comic books, trading cards, game, toys and much much more! For \$5, you can have an item appraised or three for \$10. The proceeds will be going to the Mendon Historical Society who is sponsoring the event! The event will be held at the Mendon Historical Museum, 15 Hastings St., Mendon. Limited and handicapped parking is available in our yard and additional parking will

be available across the street at Willowbrook Restaurant. For additional information, contact us at mendonhistorical@gmail.com Our Annual meeting had to be postponed and a new date has not been set. Watch for an

upcoming date to be posted. The Society will host a yard sale in June at our museum. If you

are cleaning out and have some clean, usable items, please contact us at mendonhistorical@gmail.com.

initatives span all Tufts campuses, and collaboration among the faculty and students in the undergraduate, graduate, and professional programs across the university's schools is widely encouraged.

Sophia Gu named to dean's list at Tufts University

MEDFORD — Sophia Gu, Class of 2027, of Northbridge, was named to the dean's list at Tufts University for the Fall 2023 semester. Dean's list honors at Tufts University require a semester grade point

average of 3.4 or greater. Tufts University, located on campuses in Boston, Medford/Somerville and Grafton, and in Talloires, France, is recognized among the premier research universities in the United

States. Tufts enjoys a global reputation for academic excellence and for the preparation of students as leaders in a wide range of professions. A growing number of innovative teaching and research



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SPORTS

Northbridge comes up short to Tantasqua in Clark Tournament final



Nick Ethier

Northbridge's Delaney Mahoney keeps her eyes on the ball while defending Tantasqua's Sophie Webb.



Nick Ethier

Molly Gahan of Northbridge prepares to attempt a 3-pointer from the left corner.

BY NICK ETHIER
SPORTS EDITOR

WORCESTER — After splitting a pair of regular season contests with Tantasqua, the Northbridge girls' varsity basketball team had the opportunity to face off with the Warriors again, this time for the Clark Tournament Large Schools Championship at the Kneller Center on Saturday, Feb. 24.

In the end top seeded Tantasqua (17-4) fended off the second Rams, 40-29, as they have now lost in the Clark final in back-to-back years.

"It's definitely disappointing, but they expanded the field to eight teams this year, so we had to win two games to get here against really good competition, so I'm proud of our team getting back to the finals," said Northbridge head coach Jeff Kozik.

The Warriors led after one quarter, 9-8, and at halftime, 20-18, as the Rams' Molly Gahan willed her team to remain close. At the break Gahan had scored 13 of Northbridge's 18 points.

"She's going to get hers. She's just so physical. If she catches the ball in the red area it's over, and you kind of know that," Tantasqua head coach Andy Haley said of Gahan's play. "If you can keep her from getting the ball, you're in better shape."

The Warriors then won third quarter scoring 7-4 — with Gahan netting all of the Rams' points — to push further ahead, 40-29, with a quarter to play.

Then, in the fourth, Tantasqua's trio of Maya Gidopoulos, Gabby Scanlon and Sophie Webb all scored and all finished the game in double figures, as they won the frame by a 13-7 count. Gidopoulos had 11, while



Nick Ethier

Northbridge's Macie Allen flings a pass further down the court.



Nick Ethier

Natalie Zborowski of Northbridge looks inside to make a pass versus Tantasqua.

Scanlon and Webb both scored 10. That balanced attack played a part in the Warriors' victory.

"They got a lot of contribution from a lot of different people. They spread it around and they had some players hit some big shots at some big moments," said Kozik. "So, credit to them to be able to step up."

Gahan finished with a game-high 21 points.

"I think maybe we sometimes look to her too much, but she's great. She does well when she gets the ball," Kozik said of a potential Catch-22 situation. "Some of our players could be more aggressive, but they're playing as hard as they can against a very good opponent."

Haley credited his team's defense in the victory.

"This team, we sometimes go in droughts, but one thing that we always do is play good D. If you can play good D long enough to go on a little bit of a run here and there, and stay the course and not get down, eventually we'll go on a little (scoring) spurt. But it really stems from staying the course on defense," he noted.

The Rams (15-6) will now focus their attention on the Division 4 State Tournament.

"I'm glad we got here, that way the timing for the playoff game is a little less. We'll get a day or two off here, reset, and then start preparing for a good playoff run," said Kozik.

Northbridge, seeded 10th in the bracket, will play the winner of Preliminary Round matchup between No. 23 Mashpee and No. 42 Nashoba Valley Tech at Veterans Memorial Field House in the Round of 32 on Thursday, Feb. 29 at 6 p.m.

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SPORTS

Nipmuc staves off Rams' rally, hits late 3-pointer to win CMADA Championship



Northbridge's Anthony Becerril fights his way to the basket after finding a hole in Nipmuc's defense.



Marcus McLeod calls out a play from the top of the key for Northbridge.



Tyrese Holder-Hinds of Northbridge gets to the block for a layup versus Nipmuc.



Northbridge's Adam Flauto spins away from a Nipmuc defender to keep possession of the ball.

BY NICK ETHIER
SPORTS EDITOR

WORCESTER — After semifinal results saw No. 4 Northbridge edge No. 1 Hudson, 58-57, and No. 2 Nipmuc top No. 3 Worcester Tech, 57-44, the Rams and Warriors met for the Central Mass. Athletic Directors Association (CMADA) Class B Boys' Basketball Championship on Wednesday, Feb. 21 at Worcester State University's John P. Brissette Competition Court. Northbridge rallied to beat the Hawks, but they were unable to complete their rally against the Warriors.

Nipmuc won the CMADA title, beating the Rams 52-50 thanks to a banked-in 3-pointer by Jacob Giardini with 20 seconds to play.

"They hit a bank shot for the win...a shot we can live with," said Northbridge head coach Aaron Katz.

The Rams then had the final possession and, with the interior clogged with Nipmuc defenders, Northbridge's David Scichilone had a look at a winning 3-pointer. The shot nearly went in but didn't fall, the Warriors secured the rebound, and the final

buzzer sounded.

"Last shot for the win, we can't really complain. Good look, a guy we want shooting it, we're fine. That was a clean look," said Katz.

Although the Rams had their chance at the win, they started slowly in the first half. Nipmuc enjoyed a 30-18 halftime lead, as the Warriors had hit 12 shots — including six 3-pointers — to Northbridge's seven at that point.

"We just couldn't hit shots in the first half, simple as that. You're not as bad as you think you are until you start missing tons of shots," Katz explained. "I said, 'Our shots are coming.' We knew they'd start coming. We just had to weather the storm, play better D, we did."

The Rams' rally started immediately, as they opened the third quarter on a 9-2 run, thanks in part to five quick points from Tyrese Holder-Hinds (14 points). Later, Anthony Becerril (15 points) hit back-to-back 3-pointers, and Nipmuc's lead was cut down to 37-34. But the Warriors' Chase Kelly hit one of his five 3-pointers at the buzzer to make it a 43-39 game with eight minutes to

play.

Northbridge eventually tied the score at 47-47 after Adam Flauto (9 points) drained a pair of free throws with 2:25 to go. Nipmuc then regained the lead at 49-47 when Logan DeMarzo secured an offensive rebound and made the coinciding layup. With 38 seconds remaining, the Rams' Marcus McLeod netted a 3-pointer, potentially winning the game for Northbridge at 50-49.

Nipmuc's Giardini then hit his 3, Scichilone missed his, and the Warriors closed out their regular season with a record of 15-5. The Rams finished 9-11, but they will compete in the Division 4 State Tournament thanks to a Power Ranking of 25, with the top 32 automatically receiving bids into the tourney.

"We were 3-7 at one point, so we're doing fine," said Katz. "We'll be fine."

When asked if his team learned anything during the two CMADA games, Katz said, "Don't fall behind in the first half" before adding, "This crew, I'm never worried about them bagging it. These guys are going to fight until the

very end, and we did."

Northbridge will host

No. 40 Southwick in a Preliminary Round State Tournament game, after press time.

Uxbridge High School Athletic Hall of Fame now accepting nominations

The Uxbridge High School Athletic Hall of Fame will be accepting nominations for its next induction class. Nominations can be submitted on an ongoing basis, and the review of nominations for this class will be taking place in April and May of 2024. The eighth induction is being planned for November of 2024. Nominations can be submitted online using a form available on the Uxbridge High School website or by following this link: <https://bit.ly/UHSHOF23>.

The UHS Athletic Hall of Fame honors the tradition, commitment, and excellence of athletics at Uxbridge High School. Nominations are accepted in four categories: individual student-athletes, coaches, contributors, and teams. Criteria are available on the by-laws; individuals must have graduated from UHS at least 10 years ago (prior to 2014), while a 10-year waiting period from the time of the team's distinction must have passed before a team can be considered for induction.

Questions regarding the nomination process can be directed to the Uxbridge High School Athletic Hall of Fame Committee, via the Committee's recording secretary or to the high school principal or athletic director:



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Local residents named to Clark University Dean’s List

WORCESTER — The
following local residents
were named to Clark
University's Fall 2023
Dean's List:
Jason M. Dansereau,
of Douglas was named to
second honors.
Ally G. Dunphy, of
Douglas was named to
second honors.
Woody M. Garrigan, of
Whitinsville was named
to first honors.
JJ E. Gifford, of

Whitinsville was named
to second honors.
Coulton S. Manning, of
Northbridge was named
to first honors.
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Probate and Family Court
Worcester Division
Docket No. WO24P0425EA
Estate of:
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Also Known As;
Muriel Ruth Kulkin
Date Of Death:
12/20/2023
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and accounts are not required to be
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in any matter relating to the estate,
including distribution of assets and
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March 1, 2024

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Securities Trust 2004-AA7**, said
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in Book 35165, Page 312, said mort-
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Electronic Registration Systems, Inc.,
as nominee for First Horizon Home
Loan Corporation to The Bank of New
York Mellon, as Trustee for First Horizon
Alternative Mortgage Securities Trust
2004-AA7 by assignment dated March
27, 2015 and recorded with said
Registry of Deeds in Book 53521,
Page 349; for breach of the conditions
in said mortgage and for the purpose
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Public Auction on March 25, 2024 at
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ises, all and singular the premises
described in said mortgage, to wit:
*The land in said Uxbridge, with the
buildings thereon, on the easterly side
of Glendale Avenue, easterly of the
easterly side of North Main Street,
which is Lot numbered 69 as shown
on a plan of Uxbridge Gardens, made
by F. T. Westcott, C.E., dated May 1917
and recorded with Worcester District
Registry of Deeds in Plan Book 31,
Plan 7, which lot is more particularly
bounded and described as follows:*
*BEGINNING at a point on the easterly
line of Glendale Avenue at the south-*

west corner of the lot herein described;
THENCE easterly 80 feet, more or less,
along the line of Lot 70 as shown on said
plan to a point at land now of formerly
of Providence and Worcester Railroad;
THENCE southerly by said land
now or formerly of said Railroad,
40 feet more or less to a point;
THENCE westerly along the line of
lot 68 as shown on said plan, 80
feet. more or less, to a point on the
easterly line of Glendale Avenue;
THENCE northerly along the easter-
ly line of Glendale Avenue, 40 feet,
more or less, to the point of beginning.
Also granting hereby a triangu-
lar trace of land adjoining the first
described tract and being a portion
of Lot No. 70 as shown on said plan,
bounded and described as follows:
BEGINNING at a corner of
Lot No. 69 aforesaid on the east-
erly line of Glendale Avenue;
THENCE easterly by the line of
Lot No. 69, 80 feet to the railroad,
THENCE westerly by land now or
formerly of Ernest A. Lane, 80.15
feet to the line of said street;
THENCE by said street line south-
erly, 5 feet to the place of beginning.
Together with a right to pass and
repass over land of said Lane adjoining
the granted premises to and from said
Glendale Avenue to the of said premises.
For title reference see deed from
Savers Co-Operative Bank date
February 2, 2000 and record-
ed at Book 22473, Page 367.
Property Address: 32 Glendale
Avenue, Uxbridge MA
The description of the property
contained in the mortgage shall control
in the event of a typographical error in
this publication.

For Mortgagor’s Title see deed
dated February 2, 2000 and recorded
in the Worcester County (Worcester
District) Registry of Deeds in Book
22473, Page 367.
TERMS OF SALE: Said premises will
be sold and conveyed subject to all
liens, encumbrances, unpaid taxes, tax
titles, municipal liens and assessments,
if any, which take precedence over the
said mortgage above described.
FIVE THOUSAND (\$5,000.00)
Dollars of the purchase price must
be paid in cash, certified check, bank
treasurer’s or cashier’s check at the time
and place of the sale by the purchaser.
The balance of the purchase price shall
be paid in cash, certified check, bank
treasurer’s or cashier’s check within
thirty (30) days after the date of sale.
Other terms to be announced
at the sale.
Brock & Scott, PLLC
23 Messenger Street
2nd Floor
Plainville, MA 02762
Attorney for The Bank of New York
Mellon f/k/a The Bank of New York as
Trustee for First Horizon Alternative
Mortgage Securities Trust 2004-AA7
Present Holder of the Mortgage
(401) 217-8701
February 16, 2024
February 23, 2024
March 1, 2024

(SEAL)
THE COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL
COURT
Docket Number: 24 SM 000695
ORDER OF NOTICE
To:
David Ayer as Personal Representative
of the Estate of Roberta Ann Ayer;
David Ayer; Michael Scott Ayer; Ashley

Margaret Ayer; Arthur John Stebbins;
Jean Matus, as Guardian for Lukas
Charles Stebbins; Jean Matus, as
Guardian for Aidan Robert Stebbins;
David Ayer, as Trustee
and to all persons entitled to the ben-
efit of the Servicemembers Civil Relief
Act, 50 U.S.C. c. 50 §3901 (et seq):
Longbridge Financial LLC
claiming to have an interest in a
Mortgage covering real property in
Whitinsville (Northbridge), numbered
45 Roy Street, given by Roberta
Ann Ayer to Mortgage Electronic
Registration Systems, Inc., as nomi-
nee for Fairway Independent Mortgage
Corporation, dated February 10, 2021,
and recorded in the Worcester County
(Worcester District) Registry of Deeds
in Book 64474, Page 177, and now
held by the Plaintiff by assignment,
has/have filed with this court a com-
plaint 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 April
1, 2024, or you may lose the opportu-
nity to challenge the foreclosure on the
ground of noncompliance with the Act.
Witness, Gordon H. Piper, Chief Justice
of this Court on February 16, 2024.
Attest:
Deborah J. Patterson
Recorder
25390
March 1, 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. WO24P0495EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Ray Forrest Schuster
Date of Death: 07/20/2023
To all interested persons:
A Petition for **Formal Adjudication of**
Intestacy and Appointment of Per-
sonal Representative has been filed
by **Josefina Schuster of**
Whitinsville MA
requesting that the Court enter a for-
mal Decree and Order and for such
other relief as requested in the Petition.
The Petitioner requests that:
Josefina Schuster of
Whitinsville MA
be appointed as Personal Representa-
tive(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
03/19/2024.
This is NOT a hearing date, but a dead-
line by which you must file a written ap-
pearance and objection if you object to
this proceeding. If you fail to file a time-
ly written appearance and objection
followed by an affidavit of objections
within thirty (30) days of the return day,

action may be taken without further no-
tice 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 ad-
ministration directly from the Personal
Representative and may petition the
Court in any matter relating to the
estate, including the distribution of as-
sets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy,
First Justice of this Court.
Date: February 16, 2024
Stephanie K. Fattman,
Register of Probate
March 1, 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. WO24P0503EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Walter E Lynch, Jr.
Date of Death: 11/27/2023

To all interested persons:
A Petition for **Formal Adjudication of**
Intestacy and Appointment of Per-
sonal Representative has been filed
by **Walter E Lynch of Whitinsville MA**
requesting that the Court enter a for-
mal Decree and Order and for such
other relief as requested in the Petition.
The Petitioner requests that:
Walter E Lynch of Whitinsville MA
be appointed as Personal Representa-
tive(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
03/19/2024.
This is NOT a hearing date, but a dead-
line by which you must file a written ap-
pearance and objection if you object to
this proceeding. If you fail to file a time-
ly written appearance and objection
followed by an affidavit of objections
within thirty (30) days of the return day,
action may be taken without further no-
tice 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 ad-
ministration directly from the Personal
Representative and may petition the
Court in any matter relating to the
estate, including the distribution of as-
sets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy,
First Justice of this Court.
Date: February 17, 2024
Stephanie K. Fattman,
Register of Probate
March 1, 2024

Give your living room a new vibe

An “out with the old, in with the new” mentality can extend to people’s visions for their homes. A home in need of repair or renovation can serve as a catalyst to take inventory of personal style and help make interior spaces reflect one’s unique vibe.

A living room can grow stale over time and often serves as a catch-call for clothing, blankets, gadgets, and other items. Upon recognizing a living room has seen better days, individuals may decide it’s time to give the space a new vibe. That transformation can start with these strategies.

Organize first

Clutter frequently is the culprit behind a living room that may not give off the vibe individuals desire. As families grow and people



What to know about reseeding or replanting your lawn



Spring marks the return of flowering plants and warm weather. And homeowners know that spring also ushers in the return of home renovation season.

Homeowners undoubtedly have an extensive list of projects on their to-do list this spring, and that may include helping their lawns and gardens recover after a long winter. Unpredictable weather, which can include drought and excessive rainfall and everything in between, can take its toll on a lawn. In certain instances, the best solution may be planting new grass. But homeowners can consider these tips before they begin the process of reseeding or replanting their lawns.

- Scarify the lawn. Scarifying a lawn can help to create a clean slate, but the timing must be right. Various lawn and garden experts, including those at BBC Gardeners’ World Magazine, recommend scarifying in spring or early autumn. But don’t jump the gun when scarifying in spring by scarifying before the lawn has started to grow after a dormant winter. Scarify when the soil is a little wet and the grass is once again actively growing. Scarifying can remove any lingering weeds from last season and also pull up any moss that might have taken hold over the winter. Without weeds and moss to contend with, freshly planted seeds are in better position to thrive.
- Work with a landscaping professional. Homeowners with manageable lawns can likely scarify their own lawns with a relatively inexpensive plug-in scarifier. However, scarifying can be a strenuous physical activity, particularly for homeowners with large lawns. In such instances, homeowners can benefit from working with a qualified landscaping professional. Such a professional can scarify the lawn and subsequently reseed or replant new grass. The latter task is not so simple, as the lawn care experts at Scotts® note that choosing the correct seed is a vital part of reseeding or replanting a lawn. Choosing seed may sound simple, but it’s a potentially complex decision that requires knowledge of the existing grass, including when to plant it. Certain grasses are best planted in spring or early fall, while others are best planted in summer. A qualified landscaping professional can identify the existing grass and plan the seeding or planting around this important detail.
- Prepare to water the lawn. Watering is vital to the long-term success and health of freshly planted grass seed. Scotts® urges homeowners to keep the top inch of soil consistently moist, but not soggy. That requires a daily commitment, and setting a multi-function hose nozzle or sprinkler to the mist setting once per day or more if it’s hot outside can increase the chances grass will grow in thick and strong. Scotts® recommends keeping the top two inches of the soil moist until the new grass reaches a mowing height of roughly three inches. Once that benchmark has been reached, watering frequency can be cut back to about twice per week, but now the soil should be deeply soaked instead of misted. The soaking will help roots grow deep into the soil.

Spring is a great time for homeowners in various regions to reseed or replant their lawns. With the right approach, homeowners can enjoy a full and lush lawn throughout summer.

add belongings, space may be at a premium. Less is more has never been a more important concept. Remove extraneous items before purchasing new furniture or transitioning to a new design. You may even want to remove everything and start from scratch before reintroducing desirable elements to the space.

Seek the assistance of professionals

Some people are adept at decorating and designing spaces. But just as you wouldn’t perform your own medical procedures, you should leave jobs like interior design

and renovations to the professionals. Hiring a professional interior designer and contractors can really bring a living room together in ways homeowners may have never imagined. These pros can build off of your ideas and truly create a space that may be worthy of a magazine spread.

Promote wellness

You may want to consider adding natural materials in the design to promote well-being. Eco-friendly furnishings, raw fibers and organic textures will create an environment from sustainable choices. Plenty of plants also can create a welcoming

environment that helps you surround yourself with positive energy and the items you love.

Light it up

One of the easiest ways to transform a room’s vibe is to utilize lighting. Change draperies to allow more natural light to shine in. Consider additional windows or skylights if yours is a particularly dark home. If you desire to create a more vivid or cozy ambiance, use a combination of accent, task and supplemental lighting in the space so there are no dim corners.

Create an industrial or urban vibe

Industrial-chic design celebrates the bones of a building. It’s what makes city lofts so appealing, with their exposed beams and brick. Even those who live in suburbia or out in the country can give a living room this look with subtle nods to the style. Unadorned windows, clean lines on furniture, oversized, gallery-style art, and metal accents can add touches of this popular look to your home.

Revamping a living room doesn’t have to be difficult. With an idea in place and some professional touches, an entirely new vibe can be achieved.

The rules about leap years

It’s widely accepted that a year is 365 days long. However, that statement is not entirely accurate. In fact, it takes Earth a little more than 365 days (365.24223 days to be precise) to orbit the sun. A calendar cannot accommodate that small distinction every year. In order to ensure that seasons do not start drifting from the difference between the Earth’s rotation and the time it takes to get around the sun, leap years were established to keep the calendar more consistent and working like clockwork. The first modern leap year took place in 1752.

Certain guidelines were established to determine which years would be leap years. A leap year typically arrives every four years. However, in terms of end-of-century years, they must be divisible by 400. That is why the year 2000 was a leap year but 1900 was not, according to Royal Museums Greenwich.

This approach is not an entirely foolproof plan since there still



may be very small discrepancies in time. Leap seconds have been added to keep time ticking correctly at various points throughout the years. This occurred on December 31 in the

years 2005, 2008 and 2012, and also on June 30, 2015.

In terms of adding a day to the calendar for the leap year, it is placed in February, which already is the

shortest month. While February is typically 28 days, in leap years the month features 29 days. A leap year next occurs in February 2024, and then again in 2028, 2032 and 2036.

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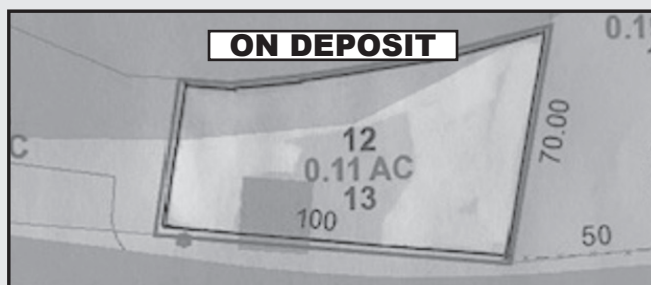
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Lenten traditions explored

The Lenten season marks a period of 40 days when faithful Christians prepare for the glory of Easter Sunday. Easter commemorates the miracle of Jesus Christ's resurrection, which is foundational for the Christian faith.

Lent is a season when Christians reflect and prepare to celebrate Easter. Lent is a period of spiritual purification that begins on Ash Wednesday and ends on Holy Thursday. Fasting, giving alms and prayer are some of the hallmarks of Lent.

Many Lenten traditions are well known, but others are not. Here's a glimpse at some of those traditions.

The first 'Lent'
Lent is based on the 40 days that Jesus spent in the desert in preparation for his public life. Matthew 4:1-11 shares that Christ was led into the desert by the Holy Spirit for a period of fasting and prayer, where He constantly encountered the devil and his temptations. Lent also mirrors the period of time (40 days) that the Israelites spent in their journey from slavery in Egypt to the promised land of Israel.

Black fasts
While certain Lenten restrictions have lightened up a bit in recent years, it once was the norm to consume a single meal per day of bread, water and herbs after sunset on Ash Wednesday and Good Friday, which was known as a black fast. During the other days of Lent, no food was allowed until 3 p.m., which Christians believe was the hour of Our Lord's death.

Piñatas for Lent?
The Lenten tradition of hitting a papier-mâché creation filled with candy originated in Italy. Eventually the idea was picked up by the Spanish and brought to Mexico, where the familiar piñatas now known to partygoers across the globe appeared. Professor Michael Foley, author of "Dining with the Saints," says the original piñata had seven cones to represent the seven deadly sins. Hitting the cones and defeating the sins revealed the heavenly reward in the form of candy.

Prayerful pretzels
In the early Middle Ages, when other foods were not allowed during Lent, pretzels became popular. The twisted shape of the pretzels was associated with arms entwined in prayer.

Hot cross buns
Hot cross buns are synonymous with Easter. Although they may predate Christianity and might have been a tradition adopted to make Christianity more relateable to the masses, one legend suggests they originated with a twelfth century Anglican monk. This monk reportedly baked the buns and marked them with crosses in honor of Good Friday. These yeasted sweet rolls have since become a popular treat on Easter weekend.
Lent precedes Easter each year and is full of time-honored traditions.

A meatless meal to enjoy during Lent

The forty days and nights of Lent are a time for reflection and anticipation of Easter's arrival. Fasting, which for many Christians includes skipping meat and animal products each Friday, also is part of the preparation. Individuals who are unaccustomed to going meat-free may need to expand their culinary repertoire to ensure Friday meals continue to be filling and tasty.

This recipe for "Herby Rice and Black Bean Salsa Burrito Bowl" from Niki Webster's "Rainbow Bowls" (Sourcebooks) is full of protein-rich beans, flavorful herbed rice and satisfying avocado. It can be enjoyed as a quick and easy, meatless lunch or dinner.

HERBY RICE AND BLACK BEAN SALSA BURRITO BOWL

- Serves 2
- Splash of olive oil
 - 100 grams sugar snap peas
 - 1 avocado, flesh sliced
- For the rice:
- 2 tablespoons extra virgin olive oil
 - 250 grams cooked basmati rice
 - Juice of 1/2 lime
 - 1 teaspoon maple syrup
 - 40 grams fresh herbs, such as coriander, flat-leaf parsley, mint and/or dill, chopped
 - Sea salt and black pepper
- For the black bean salsa:
- 240 grams canned black beans, drained and rinsed
 - 2 tablespoons sun-dried tomato paste
 - 100 grams cherry tomatoes, chopped
 - Juice of 1/2 lime
 - 4 tablespoons fresh mint, shredded
 - 1/2 teaspoon sea salt flakes
 - Pinch of chili flakes



To make the rice, add 1 tablespoon of the oil to a frying pan with the cooked rice, lime juice and maple syrup. Fry for 1 to 2 minutes on a medium heat, then add the fresh herbs. Add the remaining tablespoon of oil and season with salt and pepper. Set aside and keep warm.

Set a small frying pan or griddle pan on a medium heat. Add a splash of olive oil and the sugar snaps and fry for 2 to 3 minutes until a little charred.

To make the black bean salsa, add all the ingredients to a bowl and stir to combine.

To serve, load two bowls with the rice mixture, black bean salsa, sugar snaps, and sliced avocado.

Turn to seafood during Lent



- 18 ground ginger
- Chopped green onions for serving
- 1. Preheat the oven to 375 F. Coat a shallow baking dish with a thin layer of olive or vegetable oil.
- 2. Pat the salmon fillets dry and place them in the prepared pan. Season the salmon with salt and black pepper. Set aside.
- 3. In a small saucepan, whisk together the pineapple juice, ketchup, brown sugar, rice vinegar, soy sauce, cornstarch, garlic, and ginger. Set the pan over medium heat and bring to a simmer. Cook for 2 to 3 minutes, until the sauce thickens, stirring frequently.
- 4. Spoon the sauce over the salmon.
- 5. Bake for 10 to 15 minutes, until the salmon is fork tender (a meat thermometer should register 145 F).
- 6. Reserve half of the salmon for a future meal. Refrigerate up to 3 days.
- 7. Top the remaining salmon with the green onions, and serve.

Tip: You can make this dish spicy by adding hot sauce or sriracha sauce to the glaze. You can also top the finished dish with crushed red pepper flakes.
Also, this thick sauce is versatile, so it can be used on chicken, beef and shellfish.

Skiping meat on Fridays is a common sacrifice Christians make during Lent. Meals can still be flavorful even if chicken, beef or pork may be off the table. In fact, Lent makes for an ideal time to embrace delicious vegetarian meals or those that feature seafood.
Salmon is a hearty, flavorful and heart-healthy protein. When glazed in an easy sauce, this "Sweet-and-Sour Baked Salmon" will be the star of mealtime. Enjoy it, courtesy of "30-Minute Meal Prep" (Sourcebooks) by Robin Miller:
Sweet-and-Sour Baked Salmon
Serves 4
8 salmon fillets, about 5 to 6 ounces each

- Salt and freshly ground black pepper
- 12 cup 100 percent pineapple juice
- 2 tablespoons ketchup
- 2 tablespoons light brown sugar
- 2 tablespoons rice vinegar, regular or seasoned
- 2 tablespoons soy sauce
- 2 teaspoons cornstarch
- 12 teaspoon garlic powder

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Blackstone resident promoted to Chief Human Resources Officer at PACE-RI

EAST PROVIDENCE, R.I. — Elena Marchand of Blackstone has been promoted to chief human resources officer at PACE-RI. In her new position, Marchand will report directly to the chief executive officer of the Rhode Island-based nonprofit organization.

Marchand joined the HR team at PACE-RI in 2017 as an HR generalist. Most recently she was serving as senior director of human resources. Marchand's professional career (prior to and including her tenure at PACE-RI) has been dedicated to working within the nonprofit sector in various administrative, training, and healthcare management roles.

"Elena is a remarkable professional who possesses the right level of skill and leadership abilities to assume this new position. I am grateful for her dedication to



Courtesy

Elena Marchand

this organization and the energy she will bring to this new role," said CEO Joan Kwiatkowski. "I look forward to working with Elena as we expand the duties of the human resources department to serve and support our current employees and our future workforce."

Marchand received her bachelor's degree in human services administration from Springfield College and her MBA in nonprofit leadership from New England College. She is a certified member of the Society for Human Resource Management.

PACE-RI, pace-ri.org, is the non-profit health plan for adults 55 and

older who have complex or chronic health needs and wish to remain living at home. Founded in 2005, PACE-RI provides both insurance and medical care, as well as a range of health and social services that include adult day care, transportation, and meals at sites in East Providence, Woonsocket, Westerly and Newport. Taking a comprehensive approach to well-being, PACE-RI keeps medical-ly complex participants out of nursing homes an average of four additional years as compared to their counterparts living independently without the supports provided by PACE.



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