



Friday, March 1, 2024

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# Oxford students embrace leadership opportunities on and off the court



Courtesy  
From Left to right: Coach Joe Pietrzak; Freshman Class Vice President Kate Mayo; Freshman Class President Randi Flynn; Junior Class President Hailey Filipkowski; Sophomore Class President Gwen Gustafson.

**BY JASON BLEAU  
CORRESPONDENT**

OXFORD — Good leadership is essential for any team to thrive, whether it be sports, government or any other organization. This is especially true at the high school level where students learn how to function as a cohesive unit and help each other towards a common goal while learning and growing from one another's guidance. The Oxford High School Pirates girls' varsity basketball team knows this better than anyone, especially since several of the athletes also serve as student leaders in their school com-

munity at large. The Oxford High School Pirates have the rare distinction of including four class officers from different grades on the roster. Freshman Class President Randi Flynn, Freshman Vice President Kate Mayo, Sophomore Class President Gwen Gustafson, and Junior Class President Hailey Filipkowski are all active members of the Pirates varsity team. Coach Joe

Pietrzak says it's a unique circumstance that he feels makes the Pirates unique among other schools in the commonwealth. "Hailey, Gwen, Randi and Kate represent our school and our basket-

ball program here at Oxford in such a positive way. Having three Class Presidents and a Class Vice President together on one team is amazing. I'm not sure there's another

Turn To **OXFORD** page **A19**

# Saint Joseph School celebrates traditions new and old during Lent

WEBSTER — According to the Web site buildfaith.org, the word "Lent" comes from the "Anglo-Saxon word lencten – meaning "spring" or "lengthening" from the time of year when the days grow long. Some believe "Lent" may derive from the Latin lentare, which means "to bend." This understanding reinforces Lent as a time of preparation for personal and collective transformation. Saint Joseph School students have nurtured themselves through Advent, Christmas, and Epiphany. Now, Lent becomes the time to reinforce the need to look truthfully at ourselves and consider making changes. Therefore, following Ash Wednesday Mass, our students gathered in the school to begin a new tradition: Burying the Alleluia. Ms. Kelly Bailey's fifth grade students led the ceremony. They began by explaining that during the contemplative season of Lent, we do not speak or sing

Turn To **LENT** page **A19**



Courtesy  
Saint Joseph School First Grade student Maggie Belanger (front) and Seventh Grade student Gianna Pigeon (rear) present a beautiful flower-covered cross to Associate Pastor Rev. Anthony Kazarnowicz during the offertory at Sunday Family Mass. The flowers represent the good deeds that the students in the school offered to Jesus the previous week.

# Sheriff's Office inspiring kindness one community at a time

AUBURN — 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 individu-

Turn To **KINDNESS** page **A19**

# Dudley Board of Health considers new housing regulations

**BY JASON BLEAU  
CORRESPONDENT**

DUDLEY — The Dudley Board of Health is considering adopting a local housing regulation that would build on existing state requirements concerning both landlord and tenant responsibilities in terms of complaints and housing standards. Dudley Health Agent Patrick Hannon explained that the new agreement would follow suit with other communities in the Commonwealth to enhance tenants' abilities to file complaints without threat of retaliation. The idea would implement an inspection policy that Hannon said would hold landlords accountable similar to inspections done at local restaurants, keeping in mind the safety and security of everyone involved. "Looking at the housing complaints that I've seen in town and talking to the Health Director in New Bedford, they have 11 inspectors and a lot of housing complaints, and they do have a local housing regulation. He told me that 75 percent of the people that do have a problem with their apartments, heat and things, will not report it because the day after someone reports the property owner to the Board of Health, they either get an increase in rent or they get a ten-day notice to quit. That's the retaliation that comes there. We require restaurants to have a permit, we require restaurants to be inspected two times a year minimum, and we're letting people move into sub-standard housing that hasn't been inspected and no reason for it to be inspected," said Hannon. While he did not indicate that the requested regulations were in response to any specific complaint, Hannon did note at least one local situation where a landlord wasn't properly responding to issues with heating in the home. The new regulations would prevent these circumstances by implementing two annual inspections that Hannon said would not only protect the tenant, but the landlord

Turn To **DUDLEY** page **A19**



Courtesy  
Staff from the Worcester County Sheriff's Office deliver Random Acts of Kindness goody bags to the staff at Auburn's Bay State Savings Bank.



Staff from the Worcester County Sheriff's Office deliver Random Acts of Kindness goody bags to the staff at the Pearle L Crawford Memorial Library.

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# He may be gone, but not forgotten!



Left to right: Brother Jonathan Neitz holding the Chainmail Armor Attendance Apron with Bro. Will Proper and center behind apron, Bro. Gary Watson. Quinebuag won this month's attendance member apron.

BY BRO. JIMMY FALZONE  
QUINEBUAG MASONIC LODGE  
SOUTHBRIDGE

SOUTHBRIDGE — On Monday, Feb. 22, the parking lots at Quinebuag Masonic Lodge in

Southbridge were packed with Master Masons from seven lodges from the 24th Masonic District and visitors from throughout the state. The brethren were here for the monthly Lodge of Instructions (L.O.I.) class hosted by

the Quinebuag Masonic Lodge. One of the main reasons this particular L.O.I. class was important to Quinebuag was to honor a brother who just passed away due to a long battle with Cancer.



Brother Mike Sgariglia creator of the 24th Masonic District Traveling Chainmail Armor Apron who will be deeply missed by his Masonic Family.

This brother was the creator of the 24th Masonic District Traveling Chainmail Armor Attendance Apron. Every month a different lodge hosts our L.O.I. classes in the 24th Masonic District and the Lodge with the most members in attendance takes home the Traveling Chainmail Apron as bragging rights. This enclosed beautiful Chainmail Armor Apron was created by our very own Brother Mike Sgariglia of the Quinebuag Masonic Lodge. The Chainmail apron has a lot of sentimental value to the brethren of our Lodge.

Here is a little history about this Traveling Chainmail Armor Attendance Apron. The beautiful heavy chain link apron was made by Brother Michael Sgariglia of the Quinebuag

Masonic Lodge with the permission of Brother Robert Schremser, who was the 24th Masonic District Deputy Grand Master (DDGM) back in 2010. Brother Mike Sgariglia was making chainmail armor as a hobby before he became a Master Mason and was inspired to make this. He got the idea when he was at another Lodge of Instruction class and saw that lodge's gave out a prize for attendance and thought of something personal for the 24th Masonic District. Brother Sgariglia made this chainmail armor apron with a pair of pliers in each hand. It took about 30 hours and 3,500 rings to make the chainmail armor apron. It consists of silver and blue stainless-steel rings. The apron weighs approximately five pounds, and can be worn and is

presented in a beautiful wooden frame case. A call went out to the members of the Quinebuag Masonic Lodge for the brethren to attend this L.O.I. class in numbers. We had so many members in attendance that we beat our rival lodge The Rose of Sharon Lodge located at the Overlook senior living facility. They came out on a minibus full of brethren and the Quinebuag Masonic Lodge members still beat their attendance, all in honor of our fallen Brother Mike Sgariglia. This is why the apron means so much to the Quinebuag Masonic Lodge. If you would like more information about this great fraternity of freemasonry visit our Web site, [www.massfreemasonry.org](http://www.massfreemasonry.org), and read about this great organization and to find a lodge nearest you.

## United Church of Christ Federated announces Community Easter Bash

WEBSTER — The United Church of Christ Federated invites the community to an Easter party on Saturday, March 16 from 1 to 3 p.m. Activities will include an egg hunt, face painting, Easter cookie decorating, Easter crafts, games (for example: egg toss, bowling, prize wheel, and more) with prizes for all participating, an Easter Pinata, and more. Refreshments will also be available. The Easter Bunny will be around for free pictures! Entrance is free. The United Church of Christ Federated is 4 Church St. in Webster; and can be reached at 508-943-0061 or [uccfedwebster.org](http://uccfedwebster.org), [facebook.com/websterfederated](https://facebook.com/websterfederated).

## Dudley Democratic Town Committee announces March meeting

DUDLEY — The Dudley Democratic Town Committee (DDTC) will hold its monthly meeting on Thursday, March 7 at 6 p.m. at the Pearle L. Crawford Memorial Library, Fels Community Room, 40 Schofield Ave., Dudley.

Please join us to hear from a veteran Library Trustee as she describes “A day in the life of a Library Trustee,” and a discussion of our March 2 Caucus results as well as upcoming DDTC events. Light refreshments will be provided.

## Dudley Democratic Town Committee to hold caucus March 2

DUDLEY — The Caucus is scheduled for Saturday, March 2 at the Pearle L. Crawford Memorial Library - Fels Community Room. Registration opens at 9:30 a.m., and the Caucus starts at 10 a.m. The Caucus will elect delegates and alternates to represent Dudley at the State Democratic Convention which will be held on June 1 at the DCU Center in Worcester. In the event you are unable to attend in person, a virtual option will be available via zoom. Please email [dudleydemsma@gmail.com](mailto:dudleydemsma@gmail.com) for the link. At the Convention, delegates will be voting to endorse state wide elections for 2024, including US Senator and President of the United States. All Dudley citizens are welcome to attend but only registered Democrats can run for delegate or alternate. Citizens will have the opportunity to change party affiliation on the day of the Caucus. Additional Caucus information will be found on [www.Facebook.com/dudleydemocratictowncommittee](https://www.Facebook.com/dudleydemocratictowncommittee).

## 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. Jozi-ah is described as a “sports kid.” He likes to play basketball and other sports with his friends. Jo- ziah 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](http://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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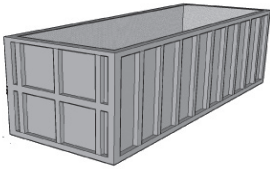


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# Second mock code scenario held at Bay Path



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](http://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](http://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](http://www.neasc.org)

**TAX PREPARATION**

**Michael Jarominski**  
Certified Public Accountant  
**(508)864-3542**  
[jarominskicpa@spectrum.net](mailto:jarominskicpa@spectrum.net)

**MORTGAGEE'S SALE OF REAL ESTATE**

**AUCTION**  
**OXFORD**

**THURSDAY, MARCH 14 at 11:00 AM**



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# Sophia Gawronski named to dean's list at Tufts University

MEDFORD — Sophia Gawronski, Class of 2027, of Auburn, 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 initiatives 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.

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Webster Senior Center 5 Church Street, Webster

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

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# OBITUARY

## Alice A. Moninski, 88



DUDLEY – Alice A. (For and) Moninski, 88, died Monday, February 19, 2024 in the presence of her

family. She leaves 4 sons, David A. J. Moninski of MA, USAF Lieutenant Colonel (Retired) Anthony D. Moninski and his wife Iliana of TX, Ronald A. J. Moninski with whom she lived, and Paul A. J. Moninski and his partner Brenda Souza of CT; 4 grandchildren, Isabella, Benjamin and twins Nicolas and Natalie; a godchild, Kathi Lauzon; several nieces and nephews including Debbie, Cindy and Ronnie Bembenek; and good friends Rose Smoolca and Anne Bembenek. She was preceded in death by her brother Francis Niemiec.

She was born on December 21, 1935 in Webster, the daughter of Omer and Helen (Bembenek) Forand and graduated from Bartlett High School in 1953. She had lived in Dudley since 1949.

Mrs. Moninski was a lens inspector at Gentex Corp. for 10 years. She then worked at the Polini Bakery in

Worcester for 10 years. She retired at age 79 as an order selector at Staples in Putnam, CT after 15 years of service.

She was a member of Saint Anthony of Padua Church and previously of Saint Andrew Bobola Church, where she belonged to the former Holy Rosary Sodality and was a certified CCD teacher. She was in charge of the church's first parish festival in the 1970's and volunteered for many years at parish events. She could be seen sitting in the first pew at the weekend Saturday 4:00 PM Mass.

Alice enjoyed landscaping and gardening, taking care of her flowers, and sewing and baking. She kept close to her children and especially enjoyed entertaining her grandchildren. She devoted her life to her family.

Her funeral will be held on Saturday, March 2, from the Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster, with a Mass at 11:00 AM in Saint Anthony of Padua Church, 24 Dudley Hill Road. Burial will be held privately. Visitation will be from 9:00 to 10:30 AM Saturday in the funeral home, prior to the Mass.

www.websterfunerals.com

2 Lake St., Webster  
508-949-3880  
Library Hours: Mon, Tues, Thurs: 9 a.m.-8 p.m., Wed: 9 a.m.-1 p.m., Fri: 9 a.m.-5 p.m., Sat: 9 a.m.-2 p.m.

**JOIN OUR MAILING LIST!**  
Want to receive updates about our upcoming events? Sign up for email alerts by visiting our website or contacting our Program Coordinator Randa Cox at rcox@cwmmars.org.

**Spice Club** Each month will feature a new spice, recipes, and cookbooks. Stop by the lobby to grab a sample of that month's spice, then take it home and cook! February's Spice is Ginger

**Are you a Collector of Old Books?** Come check out our display upstairs to see if any of them could be added to your collection!

**New Art Exhibit!** Come in and see Jeanne Purcell Vautour art. Exhibit dates are February 11th-March 23rd.

**Adult Programming**  
**YOGA** – Saturday March 2nd, 9th, 16th, 23rd, and 30th at 9:30 AM

Join Julie or Lauren at the Gladys E. Kelly Library for a vinyasa yoga class for all levels. In Sanskrit, Vinyasa yoga translates to the “uniting of movement with breath”. A typical class involves centering the mind with the breath, aromatherapy, movement of the body to release energetic blockages, and, finally, rest and relaxation. Classes are free. Funded by the Friends of the Gladys E. Kelly Public Library.

**ADULT BOOK DISCUSSION GROUP**— March 18th at 6:30 PM  
This month's book discussion will be in the Library's Community Room. The Group will be discussing *A Civil Action* by Jonathan Harr. Stop by the library, or reach out by phone at 508-949-3880, or by email to rcox@cwmmars.org for inquiries.

**ADULT BOARDGAME NIGHT**— March 25th —6:00 PM  
Come in and play games with other board game enthusiasts. Learn a new one, or play one you know and help others learn!

**COOKBOOK CLUB**—March 11th -- 6:00 PM  
Every month there will be a new cookbook and you will choose a delicious recipe to make! You can choose anything

out of the cookbook to bring and share. Whether you like to cook or bake there will always be something for you! We will eat and discuss our favorite and our least favorite things of the cooking adventure. You can pick up your copy from behind the circulation desk.

**FRIENDS CONCERT SERIES PRESENTS: HUNGRYTOWN** --- March 14th--- 6:30 PM  
Rebecca Hall and Ken Anderson, through their years of worldwide touring and tireless devotion to many classic genres of music, have crafted Hungrytown into a true artistic hybrid, able to hold Celtic and Americana, ballads and psychedelia, sunshine and darkness, joy and despair-not only within the same album, but within the same song.

**FLY GIRLS** -- March 21st ---- 6:00 PM  
During World War II more than one thousand American women served as Women Airforce Service Pilots (WASPs) in support of the war effort. These pioneering women faced discrimination from the U.S. military and American society, and because their records were sealed after the war, their contributions to aviation were lost to history for decades. This lecture will chronicle the stories of these remarkable pilots who broke barriers and paved the way for future generations of American women to take to the skies.

**SOUNDBATH** --- March 26th --- 6:00 PM  
A sound bath not only reduces stress and anxiety by inducing a state of relaxation, but it also has physiological benefits. These include a reduction in pain, better sleep, removal of toxins, and strengthening of immune systems.

**Children's and Young Adult Programming**

**Scavenger Hunt**---- All Month Long  
What's more exciting than a scavenger hunt? Come upstairs to the Children's room to pick up a list of things to find all around the library. Once you've completed the scavenger hunt, check in with the Children's Librarian to redeem a prize.

**MAKER MONDAYS** – Mondays from 3:30-4:30 PM  
Feeling artistic? We will have a variety of craft materials available to put your creativity

to the test! Every month we will rotate our craft material, stop in to see what we're making this month!

**LEGO CLUB**--- First two Tuesdays of the month at 3:30 PM  
Come play with the library's Legos. If you like, we can put your work on display!  
No registration Required

**BUILD TUESDAYS** - from 3:30-4:30 PM  
Join us for the last two Tuesday for a self-guided STEM-based building challenge, appropriate for all ages. Younger kids should bring a parent. Instruction sheets will be provided. Contact Andrew at 508-949-3880, or atai@cwmmars.org for more details.

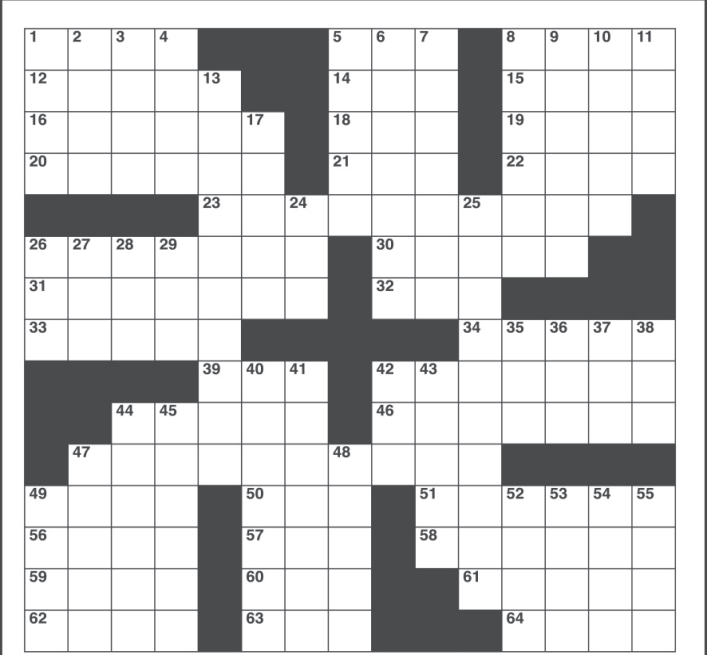
**STORYTIME**--- March 5th, 12th 19th and 26th at 10:00 AM  
Mornings will be filled with fun stories, songs, and activities perfect for ages 2-5. Siblings are welcome to join.

**CHILD YOGA WITH BRANDY LEFSYK** ----March 9th, and 30th at 11:30 AM  
Brandy Lefsyk, movement muse, Reiki master, Hometown yogi, and owner of Home & Heart Studio in Orange, MA, will be teaching a kid's yoga & meditation class at the Library. Participants will move and breathe and enjoy a relaxing mini sound bath meditation. Recommend for ages 4-12 years. No experience necessary. Kids can bring their own yoga mat. Wear comfortable clothes and bring water.

**TUMBLEBUS ALLSTARS** ---- March 16th 1:00 PM  
Join us on the climate-controlled gym on wheels for kids!

**PEEPS DIORAMA CONTEST**--- March 23rd at 12:00 PM  
Recreate your favorite story or literary scene using our supplies and peeps. The dioramas will be on display in the library for a month. Other patrons will vote on their favorite. This program is perfect for all ages, including families, teens, and groups of adults who are looking to get creative.

**SPRING EGG HUNT FOR LITTLES** ---- March 25th at 10:00 AM  
Join us for a story, craft, and egg hunt. This program is geared towards children birth to five. All are welcome.



### 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

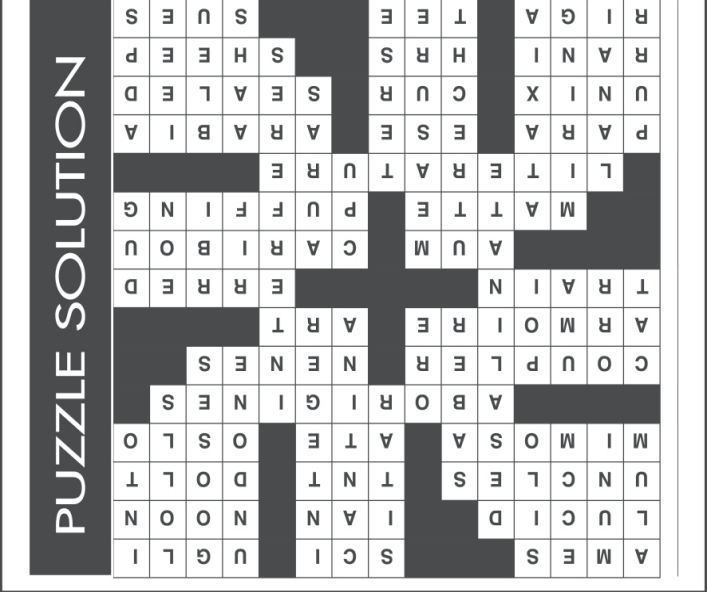
49. What cats do

52. Expresses pleasure

53. Type of cheese

54. Professional STEM organization

55. Automatic data processing systems



## 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:

Elizabeth Cormier of Webster  
Isabella Direda of Oxford  
Benjamin Duquette of Webster  
Eric Giarnese of Dudley  
Zachary Kraal of Oxford  
Brooke Leblanc of Dudley  
Enger Paulino of Dudley  
Madison Piehler of Webster  
Sebastian Podgorny of Oxford  
Morgan Smith of Webster

Marta Brzoska of Auburn  
Laura Byrne of Auburn  
Owen Fitzgerald of Auburn  
Erin Hynes of Auburn  
Jocelyn Nguyen of Auburn  
Georgia Pokropowicz of Auburn  
Robert Russell of Auburn

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 educa-

tion 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](http://www.assumption.edu).

## ALMANAC

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Friday ..... 9 a.m. to 12:30 p.m.

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860-928-1818 EXT. 103  
frank@stonebridgepress.news  
BUSINESS MANAGER  
RYAN CORNEAU  
860-928-1818 EXT. 102  
ryan@salmonpress.news  
OPERATIONS DIRECTOR  
JIM DINICOLA  
508-764-6102  
jim@stonebridgepress.news  
EDITOR  
BRENDAN BERUBE  
508-909-4106  
news@stonebridgepress.news  
PRODUCTION MANAGER  
JULIE CLARKE  
860-928-1818, EXT. 305  
julie@villagewriters.com

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# Auburn Recreation and Culture announces upcoming events

Sam's Stems presents Petals Aglow: Crafting Candlelight Elegance

Tuesday, April 30, Auburn High School, 99 Auburn St., 6:30-7:30 p.m. In this hands-on workshop, we will make two beeswax candles, adorn two candle holders and one matchbook with pressed flowers. Join us in creating a one-of-a-kind décor piece. All supplies included.

Craft Fair

Saturday, March 16, 9 a.m.-3 p.m., Auburn High School, 99 Auburn St. Please join us and get into the spirit of the Special Olympics Massachusetts by attending basketball games which will be played in the Dr. Arthur Pappas gymnasium and craft fair in the hallway. For information, please call (508) 832-7736 or e-mail [kpappas@town.auburn.ma.us](mailto:kpappas@town.auburn.ma.us).

Gentle Yoga

Tuesdays, 6-7 p.m., Auburn High School

Fitness Room.

Yoga is a lifelong practice of connection and awareness. Join Lindsey, a certified yoga teacher and Reiki practitioner, in a practice of asana (physical postures), pranayama (control of breath), and dhyana (meditation) that will help you live your life with consciousness and liberation. Please bring your own mat and props (blocks, blankets, bolsters, etc.) as supplies will be limited. Registration: 10 classes for \$65, or \$10 per class for drop-ins. Checks can be made payable to the Town of Auburn. Questions? E-mail Kristen at [kpappas@town.auburn.ma.us](mailto:kpappas@town.auburn.ma.us) or Lindsey at [littlelotusbylinds@gmail.com](mailto:littlelotusbylinds@gmail.com).

POP Pilates

Mondays and Thursdays, 5:45-6:45 p.m., Auburn High School Fitness Room. 10 classes for \$60; drop-in fee \$10 per class. Checks can be made payable to the Town of Auburn. We need eight

registered to hold this class, so please join us! Bring a mat, towel, water and a fun attitude.

What is POP Pilates? POP Pilates is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat. In a full 55-minute POP Pilates class, you'll experience a mix of modern, upbeat, and classical Pilates exercises, all set to a heart-pumping playlist. Each song track has a different focus, including Total Body Opener, Hundreds, Crazy Cardio, AB Challenge, Back Work, Thigh Burnout, Flexibility, and so much more! We mean it when we say no muscle is left untouched. Designed as an equipment-free class with a range of movement modifications, POP Pilates is for everybody.

What can you expect from a POP Pilates class? -A stronger core, toned

muscles, and exquisite posture.

-Trained and knowledgeable instructors who are ready to provide options for every class member.

-15 highly focused and challenging tracks that will leave you strong and sore.

-Increased energy, coordination, and clarity

-A balanced mixture of core work, cardio, toning, and flexibility

-Fun! You'll leave each class ready to come back to the next one!

Angelique Lavache is a certified POP Pilates Instructor. She loves working with all fitness levels. Whether you are new to fitness classes or experienced, come join her for a POP Pilates class that just might change your life forever!

2024 Auburn Farmers' and Cultural Market

Every Thursday, 4-7 p.m., Dr. Arthur and Dr. Martha Pappas Recreation Complex,

June 6-Aug. 29. For more information on farmers' markets, please e-mail [kpappas@town.auburn.ma.us](mailto:kpappas@town.auburn.ma.us) or call (508) 832-7736 or visit us at Auburnma.gov.

Auburn Recreation and Culture brings back Hip-Hop!

Wednesdays 6-7 p.m. from April 3-June 12, Auburn High School Fitness Room. Drop-in fee \$10 (at door) or take advantage of a value rate, 10 classes for \$60.

Instructor: Amy Leclaire  
Pre-registration required. Please e-mail

[kpappas@town.auburn.ma.us](mailto:kpappas@town.auburn.ma.us) or call (508) 832-7736 or register for class at [auburnma.gov](http://auburnma.gov). Space is limited, and spots fill fast. Grab yours now!

A cardio-hot fitness pumper; this class is designed for the sassy at heart. Class features urban street beats, current hits, fundamental hip-hop moves and classic faves for a core-shaping full body workout. Too hot to pass up. Get your street vibe on and Level Up. Wednesday nights are about to get yummy. All ages and stages are welcome!

## Webster resident named to Clemson President's List

CLEMSON, S.C. — Clemson University congratulates Cody Joseph Prince of Webster on being named to the President's List for the fall semester of 2023.

## REAL ESTATE

AUBURN

\$1,200,000, 25 Rydberg Ter, Velnet LLC, to 3 Jacobsen LLC.

\$1,200,000, 3 Jacobsen Dr, Velnet LLC, to 3 Jacobsen LLC.

\$410,000, 9 Lesley Ave, Sabatalo Ft, and Sabatalo, Stephen R, to Tatros, Maura L.

\$275,000, 514 Rochdale St, Leboeuf RET 2016, and Leboeuf, Gloria M, to Gray, Brittany K, and Gray, Jessica A.

DUDLEY

\$550,000, 4 Camelot Cir, Edward G Warren RET, and Warren, Edward G, to Hurley, Judith H, and Hurley, Thomas.

\$505,000, 5 Ash Ln, Skala, Jerome M, and Skala, Mary J, to Diorio, Andrew, and Diorio, Kathryn.

\$450,000, 48 Eagle Dr, Mitchell, Amy L, to Fernandes, Alcino.

\$407,400, 8 Mason Ter, Platinum Re Investors LLC, to Bishop, Brittany R.

\$385,000, 21 Jaybee Ave, Lonergan Ft, and Lonergan, Gary W, to Packard, Kate M.

\$380,000, 145 Baker Pond Rd, 134 Baker Pond Rd Nt, and Corkum, Nancy

D, to Robert, Andrew.

\$362,000, 7-1/2 Fairview Ave, Savy Properties LLC, to Swett, Jennifer A.

\$355,000, 28 Partridge Hill Rd, Richard, Margo A, and Mcmanus, Cindy J, to Kenney, Jeffrey.

\$25,000, Corbin Rd, Bednarz, Bernard J, and Tenny, Natalie P, to Gatzke Jr, Melvin J.

OXFORD

\$495,000, 81 Pleasant St, Grant, Dustin, to Burke, Stephen.

\$480,000, 4 Pine St, Yess, Patrick, and Yess, Melinda, to Davis, Zachary J.

\$350,000, 170 Southbridge Rd, Smith Jr, Thomas J, and Girouard, Christine M, to Sylvain, Andre M.

\$320,000, 19 Thayer Pond Dr #3, Tatros, Maura, to Tomaio, Tia, and Nickerson, Eric.

\$290,000, 687 Main St #B, Silva, Murilo S, to Otoo, Timothy W, and Erzuah, Rosita.

\$206,000, 9 Thayer Pond Dr #4, McGrath Jr, Robert E, and McGrath, Judith A, to Handley, Kyle J.

WEBSTER

\$605,000, 10 Black Point Rd, Hopkins, Barbara R, and Hopkins, Michael P, to Fournier, Nicole M.

\$533,000, 40 Brookside Ave, Capstone Rt, and Najem, Charbel, to Correa, Yuri X, and Xavier, Kathleen V.

\$529,000, 36 Brookside Ave, Capstone Rt, and Najem, Charbel, to Loch, Donald.

\$454,000, 17-A Lakeview Rd, Cournoyer Jr, Russell W, to Redding Rt, and Redding, Arthur P.

\$411,000, 45 Sunny Ave, Santana, Julio M, and Santana, Doris A, to Krill, Ashley.

\$400,000, 6 Brian Ave, Arsenault, Angela, to Parker, Richard, and Mirles, Kendra.

\$396,000, 16 Wakefield St, Sealey, Lisa, and Sealey, Stephanie, to Slawski, Vanessa.

\$350,000, 47 Scenic Ave, Specter, Matthew P, and Specter, Jennifer A, to Tino, Maryann E.

\$345,000, 86 Lower Gore Rd, Burgess Denise A Est, and Wigglesworth, Kim M, to Phillips, Allen R, and Phillips, Mychelle M.

## WEBSTER POLICE LOG

WEBSTER — The Webster Police Department reported the following arrests from Feb. 4-24.

Karen Beauregard, age 59, of Webster was arrested on Feb. 5 in connection with a warrant of apprehension.

Chaz St. George, age 35, of Thompson was arrested on Feb. 5 in connection with a warrant.

Anthony Daniel Giacomozzi, age 35, of Leominster was arrested on Feb. 7 in connection with a warrant.

David Harding, age 34, no known permanent address, was arrested on Feb. 8 in connection with a warrant.

Shaquan Ford, age 36, of Webster was arrested on Feb. 8 for Nighttime Felony Breaking & Entering into a Building, Nighttime Breaking & Entering into a Vehicle, and Trespassing.

A 43-year-old male from Webster whose identity has been withheld from publication was arrested on Feb. 10 for Violation of an Abuse Prevention Order.

A 39-year-old male from Webster was taken into protective custody on Feb. 11 for Resisting Arrest, Assault & Battery, Disorderly Conduct (subsequent offense), and Disturbing the Peace (subsequent offense).

Jeremy A. Leclaire, age 41, of Webster was arrested on Feb. 12 under a court issued warrant as a fugitive from justice.

Israel Rodas-Torres, age 41, of Webster was arrested on Feb. 13 in connection with a warrant.

Craig Wilson, age 56, of Webster was arrested on Feb. 13 in connection with a warrant.

Miguel Cruz-Sosa, age 26, of Webster was arrested on Feb. 14 in connection with a warrant.

Christopher M. Colon, age 30, of Providence, R.I. was arrested on Feb. 14 for Unlicensed Operation of a Motor Vehicle and in connection with multiple warrants.

David Harding, age 34, of Pawtucket, R.I. was arrested on Feb. 14 in connection with a warrant.

Shavar Andre Buchanan, age 34, of Worcester was arrested on Feb. 18 for Failure to Stop for Police, Operating a Motor Vehicle after suspension of driver's license, and traveling at a rate of speed exceeding the posted limit.

A

39-year-old male from Webster whose name has been withheld from publication was arrested on Feb. 18 for Assault & Battery on a Family or Household Member.

A 29-year-old female from Webster whose name has been withheld from publication was arrested on Feb. 18 for Assault & Battery on a Family or Household Member.

A 46-year-old male from Webster whose name has been withheld from publication was arrested on Feb. 22 for Assault & Battery on a Family or Household Member.

Katherine Burnett, age 35, of Webster was arrested on Feb. 23 in connection with a warrant.

Huyen Samantha Nguyen, age 35, of Oxford was arrested on Feb. 24 for Operating Under the Influence of Alcohol and traveling at a rate of speed exceeding the posted limit.

Carlos R. Guzman, age 45, of Webster was arrested on Feb. 24 in connection with a warrant.

### WEBSTER-DUDLEY VETERANS SERVICE

#### PART TIME CLERK POSITION 19 HOURS

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](mailto:townadmin2@dudleyma.gov).

Resumes will be accepted until the position is filled.

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Edward will make a wonderful friend in your home!

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

Bring your furry friend along on your next trip to MFB for a treat from our drive-up tellers, or stop in any branch and bring home a treat from our complimentary doggy biscuit bar.

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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.

VIEWPOINT

Calling us to deeper faith

A desperate woman approaches Jesus to help her daughter and, at first, “the Lord does not answer her a word.”

This foreign woman continues to beg Christ, crying out a second time, but Jesus coldly responds, “I was sent only to the lost sheep of the house of Israel.”

Finally, she kneels down before Christ and humbly asks him a third time, “Lord help me,” only to hear Jesus say, “It is not fair to take the children’s bread and throw it to the dogs.”

What seemingly harsh words and responses Jesus gives this desperate mother. The woman only wants to help her demon-possessed daughter but she runs into what seems to be an obstinate and heartless Jesus.

Yet, is Jesus so heartless and cold? Let’s reflect in a deeper way at what happened in this story. Why does our Lord respond to this woman in this manner? And maybe, can we apply this story to our own experiences and ask, “Why is it that sometimes in our own lives, it seems that God is not listening to our pleas and cries; it seems that He turns His back to us?”

We know clearly from the Bible and the Holy Tradition of our Church that God loves all people unconditionally. We are His children, and He desires more than anything for our salvation, for us to be united with Him. We hear in Holy Scripture Jesus said, “Come to me all you who are burdened and heavy laden and I will give you rest.” We hear Christ say, “I will never turn away anyone who comes to me.” We listen to the many stories about Jesus, the Good Shepherd, searching for the one lost sheep, and even sacrificing Himself on the Cross to take upon Himself the sins of our fallen and evil world. He died for the salvation of all, including those who are lost.

How can Jesus make all these beautiful promises and then speak so harshly to this desperate woman?

Well, Saint John Chrysostom offers an answer. He notes that “Christ’s words - “It is not fair to take the children’s bread and throw it to the dogs” - were not spoken as an insult. Instead, He spoke these words for the exact purpose of calling forth the woman’s hidden virtue and reveals to all present the great treasure of faith that she possessed.”

In other words, Jesus knew what was inside this foreign woman. He saw her heart and wanted to bring out the beauty she had hidden within. His seemingly harsh words were not meant to demean the woman. Instead, they were a set-up to show everyone the great faith this non-Jewish woman possessed.

For after Jesus speaks to her, she responds exactly as He expected. To Christ’s words, “It is not fair to take the children’s bread and throw it to the dogs,” she responds with extreme humility and faith, “Yes, Lord, but even the dogs eat what falls from the children’s table.” She doesn’t get offended. She doesn’t get angry. She doesn’t despair at Jesus’ harsh response. Instead, her humility and faith bring out the greatness of her hidden virtue. Thus, Jesus praises her, “O woman, great is your faith! Be it done for you as you desire.”

We learn from this beautiful story that even when it seems like God is not listening to our prayers, or doing what we want Him to do according to our own desires, there may be a deeper reason. Maybe Christ is testing us and challenging our superficial understanding of life and faith. Maybe He wants us to dig deep within ourselves and respond with



BEYOND THE PEWS

BY FR. LUKE A. VERONIS  
SAINTS  
CONSTANTINE AND HELEN  
GREEK  
ORTHODOX  
CHURCH,  
WEBSTER

perseverance, with humility, and with deep trust like the Canaanite Woman.

This surely isn’t easy. To persevere in the face of a desperate situation and never despair even as our situation deteriorates isn’t easy.

To respond with humility, knowing that we are unworthy to demand anything before God, and yet simultaneously to understand that God welcomes our entreaties and unconditionally loves us in the midst of whatever struggles we face isn’t easy.

And then to act with deep faith, a faith that continues to believe even when we don’t see an end to our problems, and to continue hoping even when things seem absolutely hopeless, trusting in God even when we don’t understand what is happening around us, surely isn’t easy!

Yet, we need to remember that God is ultimately in control and will see us through whatever we face according to His timing and according to His Divine Will.

Saint Paul offers a memorable teaching when he writes, “we know that in all things God works for the good of those who love Him, who have been called according to his purpose.” This verse reminds us that God desires our good and will see things through for our good as we persevere with humility and deep faith.

Remember, Holy Scripture teaches us that “the Lord disciplines everyone He loves and chastises everyone He accepts as His children.” Here is a helpful paraphrase from the Messenger Bible: My dear child, don’t shrug off God’s discipline, but don’t be crushed by it either. It’s the child he loves that he disciplines; the child he embraces, he also corrects. God is educating you; that’s why you must never despair. He’s treating you as dear children. This challenge you face isn’t punishment; it’s training, the normal experience of children. Only irresponsible parents leave children to fend for themselves. Would you prefer an irresponsible God? We respect our own parents for training and not spoiling us, so why not embrace God’s training so we can truly live? While we were children, our parents did what seemed best to them. But God is doing what is best for us, training us to live God’s holy best. In the moment, discipline isn’t much fun. It always feels like it’s going against the grain. Later, of course, it pays off big-time, for it’s the well-trained person who find themselves mature in their relationship with God.”

When it seems that God is not hearing our prayers; when it appears that God’s answer to us is harsh or cold, be careful not to misunderstand and fall away. Don’t give in to despair; thinking God doesn’t care or He isn’t nearby. No!

Like the foreign Woman, approach our Lord Jesus boldly, with confidence and hope, and yet draw near to God with perseverance, with humility, and with deep faith that in the end “all things God works for the good of those who love him, who have been called according to his purpose.”

When we hear Jesus say, “It is not fair to take the children’s bread and throw it to the dogs” don’t take offense or be hurt, simply respond, “Yes, Lord, but even the dogs eat what falls from the children’s table.”

LETTERS TO THE EDITOR

Dudley Democratic Town Committee plans Super Tuesday standout March 5 — Let’s get out and vote!

To the Editor:

Super Tuesday, traditionally one of the most important dates on the U.S. political calendar, is fast approaching and the DDTC is planning a standout to get out the vote.

The Super Tuesday standout will take place across the street from the Dudley Municipal Complex. We’ll be there all day with coffee and snacks. Let us know when you can join us at dudleydemsma@gmail.com or just show up. Please do join us and show your inner donkey, one that can rear up and loudly declare to the voting public our support of all Democratic candidates!

Turnout for elections in Dudley is typically disappointing, with the exception, that is, of ballot issues that affect our wallets. The override ballot question this past year brought out about 31 percent of the electorate. As Democrats and Independents know, the 2024 Primary Election is essential for all of us to participate in.

Let’s take advantage of our awesome power to create change - let’s stand out for democracy. Let’s vote blue!

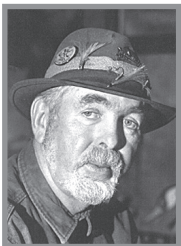
MARYELLEN HUCK  
DUDLEY DEMOCRATIC TOWN COMMITTEE

Stocking Wallum 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.



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.

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 stocking 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!

**\*\***  
**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 dredg-

ing): 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, deveined, 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



TAKE  
THE  
HINT  

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KAREN  
TRAINOR

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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.

**\*\***  
**Win Dinner for Two at the Publick House**

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in

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

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

## 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.

While leafing through one of the most popular self-help books ever written, "How to Win Friends and Influence People," I came across one sure-fire 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.

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.

## Gear up for the 2024 garden season

It's never too early to prepare for the garden season ahead. Having the right tool for the job saves time, reduces the frustration of trying to make the wrong tool work, and allows you to garden longer with less muscle fatigue.

Take an inventory of all your tools. Be sure to check the shed, garage, or tool caddy. Make a list of those that need to be replaced or need an update. This is also a good time to clean and sharpen those tools you plan to use in the coming growing season.

As you update your tools, you may want to purchase a few hand tools with comfortable wooden handles and carbon steel heads. The wood adds a natural aesthetic that goes hand in hand with gardening.

Make sure you have the right shovels for those frequent digging tasks. Perhaps it is time to invest in a long-handled shovel with a narrow head that allows you to dig in small spaces. Corona's DigMaster Nursery Shovel has a



GARDEN  
MOMENTS  
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MELINDA  
MYERS

hardened steel blade and a handle for durability and long life. The ComfortGel grip allows you to keep working longer.

Like digging with the right-sized shovel, dead-heading flowers with the right tool makes it easier and you're more likely to get the job done. For those with a lot of dead-heading, select one with an ergonomic design, a finger loop for better control, and an easy-release 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 contrib-



Courtesy — Corona Tools

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

uting 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](http://www.MelindaMyers.com).

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## Dudley Senior Center packs March calendar with exciting programs and events

DUDLEY — The Dudley Senior Center is open to all seniors. We are located in the Dudley Municipal Complex, 71 West Main St., Dudley. Seniors are always welcome to attend any of our programs and events no matter they you live! Please just a reminder to RSVP for any special events.

Dudley Senior Center hours are 10:30 a.m. – 4 p.m. Monday through Thursday. Seniors are welcome to drop in for self-directed activities, cards, puzzles, movies, knitting or just to hang out with friends.

Note: The Dudley Senior Center is closed for voting on March 1, 4 and 5.

Special Events at the Dudley Senior Center for March 2024

March 6: Group trip to a noon lunch at Lake Pizza and Restaurant in Webster. Meeting at the Dudley Senior Center to Carpool. Reservations are required, call 508-949-3845.

March 7: We will be celebrating March Birthdays with cake and ice cream following the Tri-Valley lunch. Please call by March 4 to reserve a Tri-Valley meal or bring your own.

March 13: Is Brown Bag Lunch day with your choice of corned beef or chicken breast sandwich - \$3 per person. Reservations are required, please call or sign up in the senior center.

March 14: Chair Hip Hop dancing in your chair following Tri-Valley lunch. Please call 508-949-3845 if you would like to have a Tri-Valley lunch ordered for you.

March 21: Memory Café from noon - 2 p.m. - cost \$5 per person for Irish Shepherd's Pie with live entertainment by Roger Tincknell, who will lead us in singing songs from Ireland to America-Irish and American Songs with ballads and instrumentals. Reservations are required, please call or sign up in the senior center.

March 27: Potluck Lunch at noon will be a Turkey Dinner with all the fixings serving. Cost \$5 per person. Reservations are required, please call or sign up in the senior center.

Standing Activities at Dudley Senior Center:

Tri-Valley Congregate lunches are served on Mondays and Thursdays at 11:45 a.m. Reservations for lunch must be made two days in advance by calling and leaving a message at 508-949-8015. A \$3 donation is appreciated.

Tuesdays at 1 p.m. – Pitch League

Wednesdays at 1 p.m. – The Dudley Senior Women's Knitting group. Come join us if you're interested in creating groovy knitting projects, which are helping to support our community.

Please call the Senior Center at 508-949-8015 and leave a message or email at co-director@dudleyma.gov for any of these Special Events so we have a count.

Senior Center Office Hours are 10 a.m. - 2 p.m. Mondays and Thursdays. We are always open to new ideas for programs/ events. Come and share!

## WEBSTER SENIOR CENTER

5 Church St.  
(508) 949-3845  
Open Monday – Friday 8:30 a.m. – 3:30 p.m.

Email: SeniorCenter@Webster-MA.gov

Like the Webster Senior Center Facebook page to view our photographs, news and announcements. Please stop by to pick up our monthly newsletter for a complete list of activities, upcoming events and our monthly lunch menu. You do not have to be a resident of Webster to participate in our activities and programs. ALL Seniors are welcome!

The Webster Senior Center will be closed on Tuesday, March 5th for the Election.

Tri-Valley Lunches are served Tuesdays, Wednesdays, Thursdays, and Fridays at 11:30 am. Please call (508) 949-3845 at least 48-hours in advance to reserve or cancel your meal. A \$3.00 donation is appreciated. All meals include milk, bread and fruit or dessert. This week's menu: Tuesday 2/27 Greek Chicken, white rice, brussels sprouts. Wednesday 2/28 Burger with chili & cheese, herbed potatoes, green beans. Thursday 2/29 Ham Salad, potato salad, tomato & cuke salad. 3/1 Lemon Pepper Fish, rice pilaf, roasted brussels sprouts.

News from SHINE Medicare Counseling Program: March 2024. Question: What if I missed the Medicare Open Enrollment Period in the fall? Can I still make a change to my cover-

age for 2024? People who are currently enrolled in a Medicare Advantage plan have until March 31st to make changes to their plan during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from January 1st to March 31st and is available to people who are enrolled in a Medicare Advantage plan. You are allowed to make one change during this period, and it takes effect the first day of the month after you enroll. For example, if you submit an enrollment request in March, your new coverage begins April 1st. People who have Extra Help to pay for their Part D prescription coverage are allowed to make a change to their coverage during the 1st, 2nd, or 3rd quarters of the year. If you have Extra Help and you are unsure if you have the best coverage to meet your needs, please make an appointment to speak with a SHINE counselor! SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. SHINE is federally funded and administered through the State. To make an appointment, call your local senior center or call the Central Mass Regional SHINE Office at 508-422-9931.

Need help with your MassHealth application? Tri-Valley has Certified Application Counselors available to assist you. Appointments are available on Tuesdays and Thursdays from 10:00 am to 1:00 pm and Wednesdays from 1:00 pm to 4:00 pm at the Tri-Valley office in Dudley. Please call Tri-Valley at (508) 949-6640. Appointments are also available on Fridays from 9:00 am to 11:00 am at the Webster Senior Center. Please call (508) 949-3845 to schedule Friday appointments at the Senior Center.

Come on down to the Bomba Beauty Salon at the Webster Senior Center! March 8 is International Women's Day. In honor of all women Bomba Beauty Salon will be offering 20% off on all services for the month of March. Call 508-341-8724 for an appointment. Bomba Beauty Salon is open for walk in appointments on Wednesdays from 10:00 am – 1:00 pm. Tuesdays, Thursdays, Fridays by appointment only from 10:00 am to 3:00 pm. Call (508) 341-8724 to schedule an appointment.

New series starting in March! Koffee Klatch - get together and chat with us as we watch mini-series on Thursday mornings at 10:00 am. Coffee, tea, and refreshments will be served – come join us!

The REC Farmer's Market is now setting up in the Webster Senior Center on Thursdays from 1:00 – 2:30 pm.

Coloring Workshops with Stacey will be offered on Friday, February 23rd at 10:00 am. Cost: \$5.00 per class, sign up at the front desk. Coloring workshops will be held on the 15th and 22nd in March.

Aging Gracefully, a Fall Prevention and Wellness Workshop will be presented by the Injury Prevention Dept. of UMass Memorial on Thursday, February 22nd at 9:30 am. Please sign up at the Senior Center front desk or by calling (508) 949-3845.

Webster Manor Ice Cream Social will be held on Thursday, February 22nd at 12:00 pm. Please sign up at the Senior Center front desk.

February Movie Matinee will be a showing of NYAD, the true story of athlete Diana Nyad on Monday, February 26th at 1:00 pm. Refreshments will be served.

Christopher Heights' Soup Social will be held on Monday, March 4th at 11:30 am. Please sign up at the Senior Center front desk.

Mondays and Wednesdays: Exercise Classes with Forty Arroyo – Chair Dancing – the perfect workout for any fitness ability! Cost: \$3.00 per class.

Mondays: Knitting/Crochet Social 10:00 am – 12:00 pm

Bingo: Every Tuesday, starts promptly at 1:00 pm. Please plan to arrive by 12:30 pm to allow time to buy your bingo sheets. Bingo sheets are not sold after 12:45 pm.

Do you like to play cribbage? Our weekly cribbage group meets every Thursday at 1:00 pm – feel free to join us!

Calling card players or interested persons to the Webster Senior Center – come join us for 6-card or 13-card pitch! Six card pitch meets on Wednesdays at 1:00 pm. Thirteen-card pitch meets on Thursdays at 1:00 pm.

Mahjongg group meets every Friday at 1:00 pm – beginners welcome!

The Worcester County Sheriff's Office House Numbering Program will create a custom wooden sign with your house number free of charge. One sign per senior household. Please contact the Webster Senior Center if you are interested in having a house number sign made for you. (508) 949-3845.

Senior SAFE is a program that supports fire and life safety education for seniors. The Webster Fire Dept. will do a home visit to ensure that you have the correct smoke and CO2 alarms and that they are working properly, at no cost to you! All you have to do is give them a call at (508) 949-3875.



Please call the Senior Center at (508) 949-3845 or stop in to pick up our monthly newsletter for a complete list of additional activities and upcoming events.



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# Bay Path LPN receives double national certification



Marie Flint

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 healthcare settings such as St. Mary’s Nursing Center, Inc. as a charge nurse, Advanced 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 nationally 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-PN (National Council Licensure Examination- Practical Nursing) to become an LPN (Licensed Practical Nurse. It wasn’t easy, I met some wonderful peo-

ple 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 pro-

viding 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.baypath.net.



Courtesy

## AUBURN RESIDENT GRADUATES FROM OXFORD TECHNOLOGY LEARNING CENTER

Erick Candelaria of Auburn completed his HVACR Technician Certificate from Technology Learning Center in Oxford. During the program, Candelaria completed courses in oil & gas heat, A/C, and refrigeration, and obtained his Universal EPA certification. Pictured with Candelaria (right) is his instructor, Chris Cabral (left).

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Freshmen named to Bay Path honor roll

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

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  
Salette 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 Grensavtich, 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

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 sharing 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.”

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Docket No. W024P0508EA

CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate of:

Frances S Bond

Date of Death: 11/25/2023

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **James E. Bond of Charlton MA** that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **James E. Bond of Charlton MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 03/19/2024.**

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

**UNSUPERVISED ADMINISTRATION**

UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**

Date: February 19, 2024

Stephanie K. Fattman, Register of Probate

March 1, 2024

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Worcester Division

225 Main Street

Worcester, MA 01608

(508) 831-2200

Docket No. W022P0260EA

Estate of:

Raymond R. J Neslusan

Date of Death: 09/30/2021

CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT

A Petition for **Order of Complete Settlement** has been filed by **Paul F. Neslusan of Oxford MA** requesting that the court enter a formal Decree of Complete Settlement including a determination of heirs at law, the allowance of a proposed distribution, the allowance of a final account, first account and other such relief as may be requested in the Petition.

**IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the

Commonwealth of Massachusetts

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Docket No. W024P0527GD

NOTICE AND ORDER: Petition for Appointment of Guardian of a Minor

In the interests of **Xena L. Murphy of Webster, MA Minor**

NOTICE TO ALL INTERESTED PARTIES

**1. Hearing Date/Time:** A hearing on a Petition for Appointment of Guardian of a Minor filed on **02/20/2024** by **Kaylin M Jones of Rutland, MA Nicholas R Jones of Rutland, MA** will be held **04/02/2024 08:30 AM Guardianship of a Minor Hearing** Located **Worcester Probate and Family Court**

**Response to Petition:** You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to:

File the original with the Court; and

Mail a copy to all interested parties at least five (5) business days before the hearing.

**3. Counsel for the Minor:** The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor.

**4. Counsel for Parents:** If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard.

**5. Presence of the Minor at Hearing:** A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests.

**THIS IS A LEGAL NOTICE:** An important court proceeding that may affect your rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice.

Date: February 20, 2024

Stephanie K. Fattman  
Register of Probate

March 1, 2024

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**Docket No. WO24P0472EA**  
**CITATION ON PETITION FOR**  
**FORMAL ADJUDICATION**  
**Estate of:**  
Antonio Guerra  
**Date of Death: 10/11/2014**

To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Thomas F Guerra of Lincoln RI Virginia G Thomas of Jamestown RI and Jean M Tracy of Palm Beach Gardens FL**

that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.  
The Petitioner requests that:  
**Thomas F Guerra of Lincoln RI Virginia G Thomas of Jamestown RI and Jean M Tracy of Palm Beach Gardens FL**  
be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration** .  
**IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 03/19/2024.**

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

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**  
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: February 15, 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. WO24P0330EA**  
**CITATION ON PETITION FOR**  
**FORMAL ADJUDICATION**  
**Estate of:**  
Gloria L. Antkowiak  
**Date of Death: 05/04/2014**

To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Joseph Antkowiak of Oxford MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:  
**Joseph Antkowiak of Oxford MA**  
be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration** .  
**IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 03/12/2024.**

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

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**  
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the

estate, including the distribution of assets and expenses of administration.  
**WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.**  
Date: February 05, 2024  
Stephanie K. Fattman,  
Register of Probate  
March 1, 2024

**NOTICE OF MORTGAGEE’S SALE OF REAL ESTATE**  
By virtue and in execution of the Power of Sale contained in a certain mortgage dated June 8, 2022 given by Nisachan Realty, LLC to Steven A. Ross, Trustee of QS Lending Two Trust u/d/t dated May 2, 2022 (recorded in Book 67529, Page 292), said mortgage recorded with the Worcester County (Worcester District) Registry of Deeds in Book 67729, Page 243, and which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at **1:00 p.m. on the 11th day of March, 2024** at 72 Huguenot Road, Oxford, Massachusetts, all and singular the premises described in said mortgage.  
To wit:  
Property Address: **72 Huguenot Road, Oxford, Massachusetts 01540**  
A certain parcel of land on Huguenot Road, Oxford, Worcester County, Massachusetts, shown as Lot 1 on a plan entitled “Plan of Land in Oxford, Massachusetts, owned by James P. LaMountain Nominee Trust” dated January 23, 2004, surveyed by B.C. Engineering & Survey, Inc., Civil Engineering-Land Surveying recorded in the Worcester District Registry of Deeds in Plan Book 806, Plan 47, bounded and described as follows: BEGINNING at the northeast corner of Lot 1 and running along Parcel “A”, N. 12° 11’ 42” E., one hundred thirty-one and thirteen hundredths (131.13) feet to a stone wall; THENCE running N. 12° 11’ 42” E., one hundred forty-eight and eighty-seven hundredths (148.87) feet to a point; THENCE running N. 72° 56’ 51” W., two hundred six and eighty-two hundredths (206.82) feet to a point; THENCE N. 12° 11’ 42” E., two hundred five (205) feet to a point; THENCE running on a curve to the right having a radius of thirty (30) feet and a length of forty-one and eighty-nine hundredths (41.89) feet to a point on Huguenot Road; THENCE N. 87° 47’ 35” E., one hundred sixteen and sixty-three hundredths (116.63) feet to a point; THENCE running on a curve to the right a length of sixty-six and ninety hundredths (66.90) feet and a radius of five hundred seventy (570) feet to the point of beginning. CONTAINING 52,758 square feet more or less.

Subject to a twenty foot wide temporary grading easement as shown on a survey entitled “Plan of Land in Oxford, Massachusetts” dated January 23, 2004 and recorded with Worcester District Registry of Deeds in Plan Book 806, Plan 47.  
For title see deed recorded with said Registry of Deeds in Book 65792, Page 87.  
Premises to be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens and rights of any tenants and parties in possession, if there be any, or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. The successful bidder will pay all costs of recording the foreclosure deed and any other foreclosure documents including, without limitation, all state and county excise stamp fees, and shall also be responsible for any Title V inspection and repair requirements.

Terms of sale: A deposit of Twenty Five Thousand and 00/100 Dollars (\$25,000.00) by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check to Baker, Braverman & Barbadoro, P.C., 1200 Crown Colony Drive, Suite 610, Quincy, MA 02169 within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. In the event of an error in this publication, the description of the premises contained in said mortgage shall control.  
Other terms, if any, to be announced at the sale.  
Steven A. Ross, Trustee of QS Lending Two Trust u/d/t dated January 27, 2020  
Present holder of said mortgage

By his Attorneys,  
Baker, Braverman & Barbadoro, P.C.  
1200 Crown Colony Drive, Suite 610  
Quincy, MA 02169  
February 16, 2024  
February 23, 2024  
March 1, 2024

**(SEAL)**  
**COMMONWEALTH OF MASSACHUSETTS**  
**LAND COURT**  
**DEPARTMENT OF THE TRIAL COURT**  
  
24 SM 000751  
**ORDER OF NOTICE**

TO:  
Casey Sexton  
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 *et seq.*:  
Movement Mortgage, LLC  
claiming to have an interest in a Mortgage covering real property in **Oxford**, numbered **451 Main Street**, given by Casey Sexton to Mortgage Electronic Registration Systems, Inc., as Nominee for Movement Mortgage, LLC, dated June 10, 2022, and recorded or filed in the Worcester County (Worcester District) Registry of Deeds in Book 67733, Page 338, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant’s/Defendants’ Servicemembers status.  
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **04/08/2024** or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.  
Witness, GORDON H. PIPER, Chief Justice of this Court on **02/21/2024**.  
Attest:  
Deborah J. Patterson  
Recorder  
March 1, 2024

**(SEAL)**  
**COMMONWEALTH OF MASSACHUSETTS**  
**LAND COURT**  
**DEPARTMENT OF THE TRIAL COURT**  
  
24 SM 000716  
**ORDER OF NOTICE**

TO:  
Elizabeth Buduo  
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act: 50 U.S.C. c. 50 § 3901 (*et seq*):  
Servis One, Inc. d/b/a BSI Financial Services  
claiming to have an interest in a Mortgage covering real property in Webster, numbered 12 Ernest Street, given by Elizabeth Buduo to Mortgage Electronic Registration Systems, Inc., as Mortgagee, as nominee for Crescent Mortgage Company, dated July 22, 2019, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 60742, Page 365, and now held by the plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant’s/ Defendants’ Servicemembers status.  
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **April 1, 2024** or you may lose the opportunity to challenge the foreclosure on the grounds of noncompliance with the Act.  
Witness, GORDON H. PIPER, Chief Justice of said Court on **February 20, 2024**.  
Attest:  
Deborah J. Patterson  
Recorder  
March 1, 2024

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Worcester Division**  
**Docket No. WO24P0387EA**  
**Estate of:**  
**Donna G. Reidy**  
**Date Of Death:**  
**11/03/2023**  
**INFORMAL PROBATE PUBLICATION NOTICE**

To all persons interested in the above-captioned estate by Petition of Petitioner  
**Joseph A. Reidy of Dudley MA**  
a Will has been admitted to informal probate.  
**Joseph A. Reidy of Dudley MA**  
has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
March 1, 2024

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Worcester Division**  
**Docket No. WO24P0430EA**  
**Estate of:**  
**Sylvia A. Kaminski**  
**Date Of Death:**  
**December 14, 2023**  
**INFORMAL PROBATE PUBLICATION NOTICE**

To all persons interested in the above-captioned estate by Petition of Petitioner  
**Robert N. Kaminski, Jr. of Valrico FL**  
a Will has been admitted to informal probate.  
**Robert N. Kaminski, Jr. of Valrico FL**  
has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.  
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
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. WO24C0068CA**  
**CITATION ON PETITION TO CHANGE NAME**

In the matter of:  
**Tiffany Min Yue Ng**  
**A Petition to Change Name of Adult**  
has been filed by  
**Tiffany Min Yue Ng of Webster MA**  
requesting that the court enter a Decree changing their name to:  
**Theodore Min Yue Ng**  
**IMPORTANT NOTICE**  
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 3/19/24. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.  
WITNESS, Hon. Leilah A Keamy, First Justice of this Court.  
Date: February 20, 2024  
Stephanie Fattman,  
Register of Probate  
March 1, 2024

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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 relatable 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



- Sweet-and-Sour Baked Salmon**
- Serves 4
- 8 salmon fillets, about 5 to 6 ounces each
  - Salt and freshly ground black pepper
  - 1/2 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
  - 1/2 teaspoon garlic powder
  - 18 ground ginger
  - Chopped green onions for serving
- Preheat the oven to 375 F. Coat a shallow baking dish with a thin layer of olive or vegetable oil.
  - Pat the salmon fillets dry and place them in the prepared pan. Season the salmon with salt and black pepper. Set aside.
  - 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.
  - Spoon the sauce over the salmon.
  - Bake for 10 to 15 minutes, until the salmon is fork tender (a meat thermometer should register 145 F).
  - Reserve half of the salmon for a future meal. Refrigerate up to 3 days.
  - 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.

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# SPORTS

## Tahanto takes CMADA Championship from rallying Indians



Nick Ethier photos

Bartlett's Kole Sebastyanski drives by a Tahanto defender on his pursuit to the basket.



Bartlett's Ayden Carlson inches his way closer to the basket, as a pair of Tahanto players defend.

BY NICK ETHIER  
SPORTS EDITOR  
WORCESTER —  
Playing against top seeded

Tahanto for the Central Mass. Athletic Directors Association (CMADA) Class D Championship at



Caiden Steeves of Bartlett employs a head fake to create space from a Tahanto defender.

Assumption University's Laska Gym on Wednesday, Feb. 21, the second-seeded Bartlett boys' varsity basketball hit the ground running. "We came out ready to go," said Indians' head coach Alex Hetherman, as Bartlett led after the initial eight-minute quarter, 11-7. But the Stags got hot in the second quarter — hitting three 3-pointers, three other jumpers and three

more free throws — for 18 points to the Indians' 7, as Tahanto grabbed a 25-18 halftime lead. The Stags then scored the first five points of the third quarter and won the frame, 18-11, for a 43-29 advantage. Bartlett did rally in the fourth quarter, but Tahanto held on for a 58-51 victory and the CMADA Championship. "We definitely wanted to take away the 3's. That was obviously an emphasis at halftime. I thought a lot of them were wide open in the second quarter," said Hetherman. "And then we had miscommunications on the drives. We didn't switch when we needed to, and we gave them too many easy layups around the rim in the second half."



Kenny Arpin of Bartlett begins a spin move while down on the block.

## Martin brothers share the court at Auburn High

AUBURN — The Auburn boys' varsity basketball team has a unique identity this season in the fact that three brothers suit up together. The Martin trio of Brayden, a senior; Colby, a junior; and Luke, a freshman, have been a mainstay in the Rockets' lineup. The Martins played in their final game of the season last Wednesday, Feb. 21, as Auburn took on Littleton. Although the Rockets lost the game, 62-59, it was a special moment for the Martin

family. Brayden scored 18 points, leading all scorers, while Colby and Luke each added 4 points. Brayden, who lost his freshman season due to COVID-19, was the JV captain his sophomore year, and then he tore his ACL at the start of his junior year and worked hard to get ready for his senior high school season. He is fifth in SWCLA scoring at 12.7 points per game. Colby was the JV captain last year as a sophomore and joined varsity

this year. He started a majority of the games this year for varsity. He prides himself on his defense and has 18 charges taken on the season. Luke made varsity as a freshman and averaged 7.1 points per game with 32 made 3-pointers. The three Martin brothers work hard in all seasons to get ready for high school by playing AAU basketball in the spring and fall for the Middlesex Magic program out of Wellesley.



Courtesy photo

The Martin brothers, from left, Colby (junior), Brayden (senior), and Luke (freshman), shared the court one final time as the Auburn High boys' varsity basketball team concluded its season last Wednesday, Feb. 21 versus Littleton.

kept making run after run and they would answer," said Hetherman. "I felt if the game was 36 minutes instead of 32, we might have had a shot." The Indians did need 36 minutes earlier in the week when they took on No. 3 Whitinsville Christian in the CMADA's semifinal round. There, Bartlett defeated the Crusaders in overtime, 44-40. "We were down three with under a minute to go in the first game. We hit a 3 to force overtime and then we won the overtime, 4-0," said Hetherman, as Urato made the 3-pointer to force overtime before Caiden Steeves made a basket and Carlton hit two free throws. The Indians finished the regular season with a record of 9-11, but they did enough to qualify for the Division 5 State Tournament. Any team

with a Power Ranking inside the Top 32 automatically qualifies for the Tourney, and Bartlett grabbed the 29th seed. "It's really a credit to all the guys we've got. We started the year 2-7 and then just rallied. We had some really good wins in that stretch," said Hetherman. "We went to David Prouty and won that game, we went to Douglas and won that game, we went to Oxford and won that game, and our kids kept the season alive. And I think we're still getting better. And now we've got a chance to make a run in the State Tournament, for sure." The Indians then hosted No. 36 Minuteman Regional on Monday, Feb. 26 in the Preliminary Round. Unfortunately for Bartlett, their season came to a close with a loss in overtime, 58-55.

## MOHEGAN BOWL WINTER LEAGUES, WEEK ENDING FEB. 25

Monday Men's Business Single – Mike Nardone 155, John Grande 137, DJ Devish 136 Series – Jason Mahan 379, Mike Nardone 369, DJ Devish 360 Series over average – Jason Mahan +52	+41 Summit Tenpin Single – Division 1 – Butch Mattson 223 Division 2 – Shirley Smith 191 Series – Division 1 – Aiden Sabatinelli 589 Division 2 – Donny Altiery 553
Women's Ten Pin City Single – Division 1 – Nicole Shepard 197, Donna Dziadula 148 Division 2 – Jana Forzano 148, Jessica Jacques 127 Series – Division 1 – Natalie Wood 545, Marie Piegorsch 466 Division 2 – Charlene Hebert 407, Bernie Stackpole 369	Thursday Morning Coffee Single – Flo Jedrzynski 115, Pat Blake 102, Lorraine Biadasz 101 Series – Pat Blake 283, Flo Jedrzynski 281, Lorraine Biadasz 272 Series over average – Barbara Gomes +47
Tuesday Chet's Social Single – Ryan Pelletier 126, Tom Smith 119, John Dupuis 116 Series – Ryan Pelletier 372, DJ Devish 332, Tom Smith 314 Series over average – Jared Murawski & Kellee Tella +34	Thursday Men's Industrial Single – Ryan Pelletier 145, Tom Smith 124, Dean Gaboury & Mike Therrien 123 Series – Ryan Pelletier 395, Tom Smith 346, Mike Therrien & Bo Gauvin 325 Series over average – Ryan Pelletier +38
Wednesday Women's Industrial Single – Lynne Smith 111, Annie Boulos 107, Tiffany Jarmolowicz 106 Series – Lynne Smith 311, Annie Boulos 295, Tiffany Jarmolowicz 293 Series over average – Jeanne Walker	Thursday Mixed Tenpin Single – Derek Marcelonis 212, Randy Schlegel 190, Frank Bosma 182 Series – Derek Marcelonis 520, Todd Gaucher 507, Frank Bosma 498

# SPORTS

## Scoring in transition helps Minutemen defeat Lynn Tech

BAY PATH THEN WINS STATE VOCATIONAL CHAMPIONSHIP OVER BVT



Photos courtesy Dawn Pepka-Jones

Bay Path's Anika Ferrantino goes up between two Lynn Tech defenders.



Bay Path's Hannah Cavan scans the court for an open teammate.



Kortnie Adams prepares to take a free throw for Bay Path.

CHARLTON — The Bay Path girls' varsity basketball team has had a very busy postseason, first participating in the Clark Tournament and then hosting the Massachusetts Vocational Athletic Directors Association (MVADA) Large Schools Tournament. The MVADA first sponsored vocational tournaments in 1996-97. The 14-6 Minutemen, the tournament's top seed, took on No. 4 Lynn Tech (14-6) on Friday night, Feb. 23. Back in December, before the first regular season game, Bay Path head coach Randy Schulman shared his team's goals: Clark Tournament, Voke Tournament, and State

Tournament, and these goals became reality. Prior to the game with Lynn, Schulman said, "At this point in the season every team in every tournament is good and will be a hard-fought battle. My girls are excited and ready for the challenges." Bay Path came out ready to play, as they used their full-court press to disrupt Lynn Tech's game plan. Bay Path found their transitions from defense to offense with little effort, putting 20 points on the scoreboard to capture the first quarter lead, 20-8. The Minutemen maintained the lead going in and out of the second quarter by connecting on quick passes for quick



Allison Welton dribbles toward the basket for Bay Path.

baskets, adding 16 points this quarter and holding the Tigers to 5. The Minutemen hustled after every loose ball and at the half Bay Path was on top, 36-13. Lynn Tech found the basket throughout the third quarter, putting 20 points on the scoreboard. But Bay Path stuck to their game plan, with smart defense and aggressive drives to the basket on offense, and they put up 18 points of their own, as Bay Path led at the end of the third, 54-33. After a minute into the fourth quarter, Lynn Tech had put up 5 quick points to Bay Path's 2, Schulman called a timeout to settle his team. Bay Path then worked the clock and their offense through the end of the game. Bay Path took this State Vocational semifinal game, 68-43. Following the impressive win, Schulman said, "I thought my girls played great tonight, they played with energy,

moved the ball around and were in sync together defensively. We had seen on film that we might be able to score in transition on them and made a conscious effort to do that. Very proud of how they played and will now get ready for the Championship game." The State Vocational Championship game was held back at Bay Path on Sunday, Feb. 25 against Colonial Athletic League rival Blackstone Valley Tech, the third seed, who previously defeated No. 2 Southeastern in a semifinal. The Minutemen were able to top the Beavers for the title, 54-43. Check back next week to read about Bay Path's championship win. The Minutemen are next headed into the MIAA's Division 2 State Tournament, where they are seeded 38th. Bay Path will take on No. 27 Holliston after press time. This is Bay Path's first year in Division 2, previously participating in the Division 4 tourney.

## Shepherd Hill fights hard in tough task against Medway



Photos courtesy Dawn Pepka-Jones

Shepherd Hill's Shayley Szela collects the ball on defense and heads up the court.

WESTBOROUGH — On Tuesday, Feb. 20 at Westborough High, the Shepherd Hill girls' varsity basketball team faced Medway in the semifinal round of the 21st Annual Westborough Girls' Basketball Tournament Invitational. Shepherd Hill head coach Maura Hackenson spoke about the matchup saying, "Medway is a very successful girls' basketball program. This year's team is made up of a combo of under and upperclassmen. They have a balanced attack of guards and forwards."

Shepherd Hill, the tournament's fourth seed, made it to the semifinals by beating No. 5 Westborough, 57-55, on Sunday, Feb. 18. Hackenson went on to say, "We hope to pick up where we left off Sunday. With pressure defense and getting offensive contributions from every single player that steps on the floor. They (Medway) play in a tough league (similar to us) and are ready for high pressure games." Commenting on the Lady Rams, Hackenson concluded with, "Our young squad has come



Heidi Jarosz lays one up from inside the paint for Shepherd Hill.

together nicely in a short amount of time and I am beyond proud of them." Shepherd Hill was first on the scoreboard three minutes into the game. The Rams played aggressive defense, gaining possession on defensive rebounds, but offensively couldn't work the ball through Medway's strong zone defense. Medway — the tournament's top seed, who defeated No. 8 Saint Paul in the first round — went on to score

12 unanswered points. Coach Hackenson called a timeout with 3:33 left in the quarter to calm her players and reiterate their game plan. The first quarter ended with Medway ahead, 12-2. Medway increased their lead through the second quarter, 30-11. The Mustangs were able to break through the Rams' press and benefited from an open player down court. The Rams were able to find the bas-



Shepherd Hill's Jaizzy Santiago works around a defender.

ket this quarter, but the mountain of points the Mustangs added made it a daunting challenge going into the half for the Rams. Medway took control of this game forcing Shepherd Hill to adjust their style of play. The Mustangs were not giving the Rams a chance to settle into the game, pushing the ball quickly up and down the court. The Mustangs led 43-20 at the end of the third quarter. Shepherd Hill worked hard through the final whistle, but it was Medway's night, as the Mustangs moved onto the final with the 51-31 win. Medway then defeated No. 6 Algonquin for the championship on Wednesday, Feb. 21, 49-36. Heidi Jarosz put up 12

points and gathered 15 rebounds for the Rams. The Hill will next be on the court participating in the Division 2 State Tournament. The Rams, seeded 29th, will host No. 36 Somerset Berkley in the Preliminary Round, after press time.


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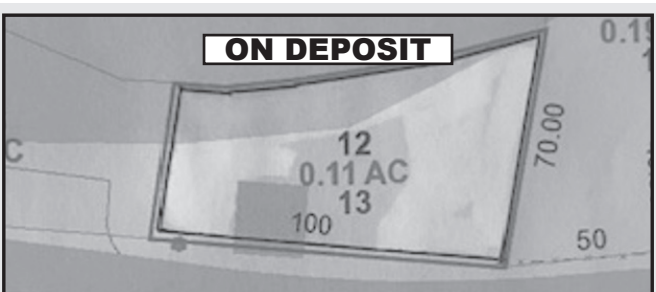


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OXFORD

continued from page A1

er high school in the entire state who can say that,” said Coach Pietrzak. “Having these student leaders on our team has helped us in so many ways. They bring a certain spirit and commitment level to the team that is contagious. They are consistently cheering on their teammates regardless of the score, whether it be from the court or from the bench. They are always there to pick up a fallen teammate from the court, and it’s no coincidence that each of them practices and plays extremely hard. Their level of dedication to their school and to our basketball program is amazing.”

The responsibility of leadership is not lost on these ladies, as each of them takes their roles on the team just as seriously as their position in student government. They have embraced the opportunity to grow as individuals and, in effect, help their team grow as well. Freshman Class President Randi Flynn and Class Vice President Kate Mayo explained how, as the youngest class officers on the team, they have used the opportunity to enhance their leadership qualities while learning from the other two Class Presidents on the roster.

“On the court, even if you aren’t a captain, you have to work together to score points and play the game. Communication also plays a role because the team has to talk together and express what they believe should happen. In some ways, being a student leader is the same as being a leader on the court,” said Mayo. “Working alongside leaders from different grades has been really helpful to me. Since some of my teammates are upperclassman, they provide guidance to me and others since they have more experience. These girls are role models and set the bar really high for everyone.”

“Being a school leader has helped me be a better leader on the court with the commitment level to my position as President as well as my commitment to my team, this includes always showing up and supporting my team on and off the court,” Randi Flynn added. “The communication skills I’ve learned on the court have been helpful in leading my teammates as well as the student body. Working with Gwen and Hailey has been a great opportunity, as both teammates have been great role models to look up to as players and school officers. I have learned great leadership skills from being in their presence the last couple of months watching the hard work they put in on and off the court.”

As the older class officers, Junior Class President Hailey Filipkowski and Sophomore Class President Gwen Gustafson have worked hard to help lead their teammates effectively, but like all good leaders acknowledge they can’t do it alone.

“I think my experience as a student leader has allowed me to work more cohesively with my teammates on the floor. I use many of the qualities I have learned from being a student leader, such as teamwork, collaboration, and problem solving when I am practicing or playing in games. Working alongside leaders from other grades is very helpful and gives me more ways to improve upon how I act in both a leadership and basketball setting. I think these girls are amazing and I learn so much from them every day,” said Filipkowski.

“Being a student leader has helped me see things from a different perspective, and push not only myself, but the other players on the court also,” Gustafson added. “Having the experience as a student leader has made it easier to take the lessons I’ve learned and use them on the court with my teammates. It has been great to work alongside so many leaders on the court. I think it has really helped our team chemistry because so many of us lead in similar ways. We all work together and treat each other like family, and I think having so many leaders on the court has really helped us.”

Together, these four young ladies have shown how different leaders from different backgrounds, age groups, and at different experience levels can coexist and work towards a common goal. They have learned from each other and, in turn, used those lessons to help build up their teammates and classmates every day. Coach Pietrzak said he hopes these ladies will continue to inspire other girls to get involved in both sports and school government in Oxford and believes they set a good example as motivated and versatile leaders, both as athletes and as individual members of the local school community at large

LENT

continued from page A1

“Alleluias” because they are joyful proclamations. Instead, like a favorite toy we put away for a while to appreciate later, the school was burying the Alleluia. Then, Saint Joseph School Principal Mrs. Boudreau showed the students a handmade wooden sign with the word Alleluia brightly painted on it.

Following the reading of Psalm 112:1-7, a student leader proclaimed: “It’s time to say goodbye to our friend, the Alleluia, to let it rest for a while so that it will return to us at Easter full of enthusiasm to remind us again who we are: loved children of God.”

Another student recited the prayer: “Lord God, our creator, as we bury this sign of heaven’s song, help us to turn ourselves to living a good Lent. Help us to give up things that stand between us and your love and walk with Jesus on the road that leads us closer to you. We give up our Alleluia only for a while so that we may make more beautiful music in our hearts and lives when we sing it again at Easter.

Amen.”

The wooden Alleluia was then sealed in a plastic bag and placed in a wooden crate, and every Saint Joseph School student placed a cup of dirt on top of the Alleluia.

When the students finally buried the Alleluia, the Fifth Grade ended in prayer, saying, “Lord, we have given up for a time the song of heaven so that we may prepare our hearts and minds to be ready for heaven. Help us, in Jesus, to die to selfish habits that keep us from you and to live more fully with your peace and joy. Please help us to be renewed in your Spirit as we live this Lent. Amen.”

The wooden crate containing the buried Alleluia is on display in the school’s main hallway. The hand-painted crate has the word “Hope” displayed on the front. On Easter, there will be a celebration as the Alleluia is unburied. Students will plant lilies in the crate, and the brightly painted plaque with the word Alleluia on the front will be proudly displayed. We are very excited about this new tradition!

Another tradition



Saint Joseph School Fifth Grade instructor Kelly Bailey assists PreK-4-year-old student Julia Mazzone as she buries the Alleluia during a Lenten ceremony.

that continues at Saint Joseph School during Lent is, “Good Deeds for Jesus.” During Lent, Saint Joseph School students are encouraged to pray more, fast, and give alms to get closer to Jesus. They persevere in making loving sacrifices and doing good deeds. Then, each week, the students gather for a Lenten

prayer service and are given a flower to represent the sacrifices and good deeds they want to offer to Jesus. The flowers are assembled into a beautiful cross included in the offertory at Family Mass on Sunday. It’s a beautiful reminder of the students practicing the Corporal and Spiritual Works of Mercy!

DUDLEY

continued from page A1

as well.

“In some of these cases, the tenants may actually be vandalizing the houses to stay. I’ve had a landlord tell me that as soon as he fixes something, an hour later something else is broken at the house. I’ve come to that same conclusion myself on an inspection – It protects the landlord and the tenant at the same time because a landlord has the apart-

ment inspected before it got occupied. We have pictures and a report, it’s all there and if four days later the kitchen cabinet is ripped off and on the floor and their complaining that wasn’t by accident,” said Hannon. “We will wind up with a much better housing stock once the tenants know that they can make a complaint and they’re protected, but they also have to keep their houses clean. That’s the other side of the code, so this cuts both ways.”

The draft regulations would require any landlord to register with the Board of Health, apply for a \$100 permit, and submit to preoccupancy inspections and two annual inspections taking place before the winter and summer respectively. Current existing landlords would have until June to register, and all new landlords would be required to follow the permitting and registration process from day one. Hannon noted that state regulations prevent any

increase of rent or eviction within six months of a complaint against a landlord. He would like Dudley’s town-specific regulation to extend that to eight months although some Board of Health members wanted to remain within the state mandates.

The Board of Health chose to table the proposed regulations for their next regular meeting, scheduled for March 19, to give citizens a chance to voice any concerns at a public hearing.

KINDNESS

continued from page A1

als 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 Bay State Savings Bank in Auburn and the Pearle L Crawford Memorial Library in Dudley, 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 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 Web site atwww.WorcesterCountySheriff.com, or follow along on social media for consistent updates.

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Cameron Bolduc, of Auburn  
Ethan Kalmin of Dudley  
Eric Lavoie of Dudley  
Trevor Moorey of Webster  
Gabrielle Piehler of Webster  
Morgan Royston of Oxford  
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