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SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

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PALMER

Conservation Commission receives land grant

By Marcelo Gusmão
Staff Writer

PALMER – Town Planner Heidi Mannarino announced at a recent Conservation Commission meeting that the town has received the land grant for the Barker Street property along the Chicopee River.

“We received the official, executed contract, so we’re going to be going forward with the acquisition process,” Mannarino said. “Just so there’s a timeline, we need to be complete with the whole process in order to be reimbursed for the grant by June 1.”

Mannarino said the hope is to add a sign, set up a rustic parking area and possibly connect the trail, though this may not be a requirement. Mannarino indicated that she was confident this would be doable once the paperwork had been completed.

“There’s an old hayfield by the road that we think is a nice, level spot,” Mannarino said. “It’s a lot of wooded vegetation and some small trees that could easily be taken care of so we can at least have a grass parking spot, potentially some gravel as a pervious parking area.”

The plan is to have a lot that will fit six to 10 cars. Mannarino said that she was looking into collaborating with the Department of Public Works, through conversations with Director Matthew Morse.

“That is a great accomplishment,” Blais said. “It was part of our Open Space Plan back in 2021, so to get that done in the time that we did is a great accomplishment.”

Blais thanked Mannarino and Recreation Director Andrew St. George and praised the video they made to showcase the property.

“I had people reach out to me and say they’d like to see this come to fruition and that there’s so much potential,” Blais said. “I look forward to seeing what comes from it. That is a great way to start the new year, and I know people in town will be excited.”

Commission member Nicholas Zeo said it’s really something for the town.

“That somewhat rings the trail, with a lot of our access to the river, both by kayak and now a walking trail,” he said.

At the beginning of the meeting, Commission Chair Donald Blais welcomed Justin Enright as the new Conservation Agent.

“I come from Hubbardston and bring with me a bachelor’s degree in environmental science,” Enright said.

Enright mentioned having a MACC Fundamentals Certificate and multiple years of field work, including water treatment, invasive species monitoring and reforestation.

“I look forward to bringing what I have along with me in this journey that we have together,” Enright said.

The Commission also held a hearing for the construction of a building on Ware Street, bordering wetlands, and approved the project.



Turley photos by Deanna Sloat

Local children enjoy the snow on Sunday, sledding down the hills. More snow photos on page 8.

First snow of the season packs a punch

On Sunday, the region was blanketed with white, the Palmer-Monson area had accumulation totals from 6 - thirteen inches of snow. Thankfully for many it happened on the weekend so the necessity for traveling in it was not

as bad.

The task of snow removal was not one of ease since it was a very wet snow. School delays were prevalent in the area due to the streets needing more time to be cleared.

Tuesdays weather brought rain and warmer temperatures therefore getting rid of the blanket of white and creating flooded areas around town.



Monday morning the sun shined through on the blanket of snow that coated trees and fences.

HEALTH

QHSUA starts 10th year preventing and reducing substance use

By Paula Ouimette
Editor
pouimette@turley.com

The Quaboag Hills Substance Use Alliance held its first meeting of the new year this past Monday, as it prepares to reach its 10-year anniversary this July.

“Not every coalition sustains itself 10 years,” QHSUA’s Prevention Director Gail Gramarossa said at the Jan. 8 meeting. “We have been fortunate.”

QHSUA members looked back over the group’s efforts over the past decade, and shared their hopes and goals for the future during a brainstorming session led by Rebecca Edwards.

Edwards directs the Drug Free Communities grant for Ware, Warren and West Brookfield.

Members shared what they like about the alliance, what they wish the alliance could do differently in order to improve and the “what if;” goals the alliance could reach if it had unlimited resources and staffing.

Those present at meeting said they liked the alliance’s cross-sector sharing with a wide range of people and organizations, ranging from health care to police and community volunteers. Members also liked that the alliance presented a safe space for all to share their ideas.

Members agreed that in its 10 years, the QHSUA has continued to move forward and build momentum

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MONSON

Mustangs Give Back

Athletes organize volunteer work

By Marcelo Gusmão
Staff Writer
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MONSON – Monson High School student athletes are organizing volunteer work all over the community as part of an initiative called Mustangs Give Back.

This program is the brainchild of Sara Malo, who sought to provide students with community service opportunities after they came back from the COVID-19 lockdown.

“Since COVID, I’ve been trying to figure out ways to get the kids back to volunteering,” Malo said. “We can barely get parents to volunteer, so I’m trying to bridge

some of those gaps.”

Malo shared that the lockdowns of 2020 stopped a lot of the school’s fundraising efforts, as everything was shut down.

Projects that the Mustangs have done include tutoring Granite Valley Middle School students, which was arranged with the help of middle school Principal Joe Trivisonno and high school Athletic Director Zac Dreher.

Malo said she thought of the Mustangs Give Back initiative to kick start volunteerism within the community.

“This is a dynamic collaboration between my team at the Monson Athletic Boosters Association, and the school administrators. Through shared efforts and great coaches like Kaitlyn Soto, we aim to create a positive impact and

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Submitted photo

The boys' Varsity team has been tutoring and reading with Granite Valley School students.

REGION

Historical Commission calls for demolition delay at Mary Lane Hospital

By Paula Ouimette
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WARE – The Ware Historical Commission held a meeting to discuss a demolition request for the former Mary Lane Hospital at 85 South St. and the former Lewis Gilbert house at 89 South St.

“About 10 years ago, the town of Ware passed a demolition delay

bylaw,” Chair Lynn Lak said at the Jan. 3 meeting. “We’re here to discuss that tonight. We’re here to discuss buildings.”

Lak said the commission’s members are familiar with the properties in question, with three of the members having been born at Mary Lane Hospital and two working there.

Commission member Elena Palladino, who has written a book about the Lost Towns of the Quabbin Reservoir, shared some background about historic homes and buildings in town. Palladino also serves on the

Hospital Review Committee.

“These residences along with other landmarks in the downtown area give Ware its distinct visual character and are central to the town’s identity and history,” Palladino said. “The hospital is one of those landmark buildings.”

The Gilbert family, who funded the original hospital building, were woolen manufacturers and philanthropists whose influence “is still felt and seen today,” Palladino said. This includes the funding of Mary Lane Hospital, Grenville Park, the library, Aspen Grove Cemetery and

many landmarks in Gilbertville.

Palladino said that Lewis Gilbert left his home and property to the Ware Visiting Nurse’s Association upon his death in 1919, in order to establish a hospital in memory of his wife, Mary Lane.

Gilbert also left \$500,000 in trust to provide affordable health-care for the people of Ware and Gilbertville.

Palladino said in 1922, Ware builder H.P. Cummings (who constructed her house on Highland Street and other buildings) was hired to construct the original hos-

pital building, the Wetherby Building.

“It’s a beautiful landmark on South Street, and it stands as a reminder of the Gilbert’s legacy in Ware,” Palladino.

She said a lot of studying and consideration has already gone into finding potential use for the site and its buildings, and there are challenges and complications.

“Given the hospital’s importance to the history of Ware, and its significance as a historic building, it’s important to give full and careful consideration to potential reuse,”

Palladino said. “It would be a shame to lose this piece of the town’s history.”

Lak said during her time living in town, she has seen many buildings deemed “hopeless” become something new, including senior housing on Church Street at the former school and Workshop 13.

“We know these renovations can happen, and it’s really our job to make sure that we make every effort to do so,” Lak said.

Lak said the town enacted a

MARY LANE | page 5



Pet of the Week



RUGER

This is Ruger, the Lifeguard, pictured by Cheryl Hasenjager's pool. We feature your pets here. Is your fur friend a dog, cat, chicken, lizard, horse, bird, mouse...you get the point. Is there a pet you're fostering and trying to re-home? All pets are welcome! Email a high-resolution jpg of your pet with a little information to mharrison@turley.com.



Submitted photos

Bechard runs at Disney World

Chloe Bechard, 30, of Palmer recently ran for the second time in the Dopey Challenge at Disney World, in Orlando, Florida. She ran her first Dopey Challenge in 2020.

Chloe has been running since 2017 when she did her first 5K.

Running her first Boston Marathon in 2023.



90th Birthday Wishes



Happy Birthday to a wonderful Grandmother, Mother, Great-Grandmother, Great-Great Grandmother, and friend.

You are a remarkable woman who brightens so many of our lives. You are a combination of warmth, kindness, patience, love, and laughter. You are always there to listen with open arms. You always encourage our dreams and have always praised all of our successes. We are so blessed to have you in



Submitted photos

our lives and hope you enjoy your very Special birthday.

With love from the whole family. Happy Birthday Dotty.

And to Mike who is lucky enough to share his birthday with his mom. We wish you the most enjoyable day. Happy Birthday. We love you!"

Baystate Wing Auxiliary selling lotto calendars

PALMER — The Baystate Wing Hospital Auxiliary is currently selling their 2024 Lotto Calendars through Jan. 31. The one-month calendar, which costs \$5 each or 3 for \$10, has a daily winning amount of \$100. Drawings will begin on Feb. 1.

The calendars will be on sale and can be purchased at the Baystate Wing Hospital gift shop. Funds raised by the

annual Lotto Calendars support the Auxiliary's scholarship program and their philanthropic efforts that benefit Baystate Wing Hospital.

For more information about the Lotto Calendar visit the Baystate Wing Hospital Gift Shop Monday through Thursday from 9:30 a.m. to 4:30 p.m. and on Friday 9:30 a.m. to 1 p.m. or call 413-370-8169.

MAC presents 18th century tea party and fashion

The Monson Museum of Art is pleased to present a unique 18th century Tea Party featuring Fashion, Cookies and Tea from that era.

Take a step back in time to the 18th century on Jan. 20 and 21. Teacher and artist Laura Asson is hosting a tea party where visitors can enjoy their choice of tea and cookies typical of the time period while wandering through the House of Art to enjoy displays of period clothing and accessories created based on the era. All of the period clothing in this event are handcrafted by our host!! Demonstration and Discussion will be ongoing throughout this interactive event.



Mass. on Jan. 20-21 from 1 - 3 p.m.

Monson Arts Council is excited to have the involvement of Pathfinder Technical High School students including Culinary students baking cookies using 18th century recipes, Cosmetology students practicing period hairstyles and Museum Studies students working with our own Monson Museum of Art volunteers in preparation and set up.

Something for everyone - fashion, historical cookies & loose leaf tea, discussions and the Monson Museum of Art open gallery. All are welcome. There is a suggested donation of \$8.

About the Host:

Laura Asson is a high school history teacher and enjoys creating artwork and historical clothing in her free time. Her research has led to comprehensive demonstrations on historical art techniques from the 18th century and she is currently developing programs on 19th century art for future events. Laura is also constantly working to recreate clothing from different historical eras in the 18th and 19th centuries as a way to explore and teach fashion history - and to use in her historic art demos! Laura also enjoys drawing and painting (especially horses and wildlife).

Event Location & Details:

18th century Tea Party featuring Fashion, Cookies and Tea will be held at the House of Art, 200 Main St., Monson,

Name that tune comes to Monson

MONSON— Sunday, Jan. 14, at 10 a.m. The Monson Unitarian Church will present a "Name That Tune" competition. Classic older songs will be played on the grand piano by Malita Brown

and the audience is invited to name each tune. A winner will be determined. The prize is wine and dark chocolate, a good combination.

CAMPUS NOTES

HCC announces Dean's list

HOLYOKE – Each semester Holyoke Community College recognizes superior scholarship through the Dean's list.

A student is placed on the Dean's list if their G.P.A. is 3.2 or higher. The students listed below have earned Dean's list honors for the Fall 2023 semester.

Brimfield

Nicole M. Bessette and William St. Marie.

Holland

John Paul Nash.

Monson

Kristal Bready, Madison Amber Farquhar, Kim Marie Harris, Lauren Marie Harris, Sienna Jorja Hebert, Crystal Kenyon, Madison Noelle Milne, Emily Lucille Nadeau, Kristy Marie Pivcio, Emily Danielle Roberts, Jacob Rock and Tyrone E. Wolf.

Palmer

Nicole Anderson, Chelsea Jean Bigos, Damon Cole Cardenas, Colin William Doktor, Jillian M. Doyle, Joanne Catherine Lavallee, Emily Mcmillan, Andrea Elizabeth Marie Morris, Nichole May Spaulding, Tanner Edwin Wenzel and Jared T. Yettes.

Three Rivers

Angela June Tindell-Gula.

Wales

Gabryelle Makalyn Fullen, Daniel Bruce Stebbins and Evan Michael Thomas.

Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at journalregister@turley.com, or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.



SOUP COOK OFF

SATURDAY, FEBRUARY 3, 2023
1:00 pm til 3:00 pm

LIGHT UP PALMER would like to ask for your support of Tailgate Tavern's Soup Cook Off

Spend a few hours together at the tavern, have a chance to win door prizes, and vote for your favorite soup...

Prizes are awarded for the 1st, 2nd and 3rd place winners.

Stop by the Tavern now and ask the Tailgate bartender for the sign-up sheet to enter a soup. Come, enjoy the fun!

Soup, Prizes and Monetary Donations are accepted.

Proceeds from the Soup Off will go toward additions and maintenance of Light Up Palmer's community programs; including the Purple Heart banner, American flag and flower display on Main Street, Depot Village, as well as the Xmas holiday decorations and event. LUP thanks the Tailgate Tavern, their employees, and patrons for their continued support of our efforts to honor resident Veterans who have received the Purple Heart medal.

If you, or someone you know is a recipient and does not currently have a banner recognition, please see the Town of Palmer's Veterans agent (Tina Brohman) to have their name added.

With Sincere Thanks to the Tailgate Tavern

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USDA INSP. FRESH PORK SIRLOIN CUTLETS..... \$2.17 lb	CUT FREE \$5.55 lb	USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG \$1.69 lb
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The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at mharrison@turley.com or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.

St. Francis of Assisi Parish announces 2024 bus trips

BELCHERTOWN – St. Francis of Assisi Parish, 24 Jabish St., announces the following bus trips for this year.

March 11, Celtic Angels at Aqua Turf, Southington, Connecticut, \$125/per person; April 4, Luncheon and Mystery Theatre at Storowtown, \$99/per person; April 17, Classic Country at Log Cabin, Holyoke, \$119/per person; May 7, Debby Boone "You Light Up My Life", Aqua Turf, Southington, Connecticut, \$139/per person; June 6, Rhode Island Cruise, TBA; July 9, Neil & Johnny meet Elvis at Log Cabin, Holyoke, \$125/per person; Aug. 7, Eagles Experience at Log Cabin, Holyoke, \$125/per person; Sept. 8-10, Daniel in Amish Country, Lancaster, Pennsylvania, \$549/per person; Oct. 4, Turkey Train Luncheon, New Hampshire, \$139/per person; Oct. 15-17, Tropicana Atlantic City, New Jersey with Cher & Elton John, \$331/per person; Nov. 13, Newport, Rhode Island Playhouse (Show TBA), TBA; and Dec. 11, Deck The Halls with Buddy & Elvis, Aqua Turf, Southington, Connecticut, \$125/per person.

For more information, contact Roseann Montefusco by calling 413-364-8161 or emailing rmonte61@yahoo.com or Anthony Ricchiazzi at 413-283-3966 or tricchiazzi@yahoo.com.

MUSTANGS | from page 1

build a stronger community," she said. Soto is the cheer coach at the high school and is currently organizing a clothing drive to be held later this month, in collaboration with the Wardrobe on Wheels nonprofit.

The clothing drive will be held from Monday, Jan. 29 until Friday, Feb. 2. A bin will be located at the high school for donations, and the cheerleaders will be accepting donations during the Coaches vs Cancer basketball games on Jan. 30 and Feb. 2.

Wardrobe on Wheels is described by owner Brooke Roberts as "a free mobile community clothing store for women and children."

"It involves two components," Roberts said. "The first is where I collect clothes and winter items from the community. The second component is where I bring my trailer to organizations throughout the state, where families may come into the trailer and pick out needed items for free."

Wardrobe on Wheels was established late last year in hopes of supplying as many people and families as possible with free clothes in a positive, welcoming environment.

"With the community's help, I look forward to all of the people we can help together over the years," Roberts said.

Last month, student athletes went to Hillside Cemetery to volunteer Wreaths Across America.

"The Athletic Boosters are leading an initiative where student athletes in Monson give back to the community with community service," Malo said. "Each sports season, we ask the teams to do at least one initiative, so we had these kids take part in Wreaths Across America. The bottom line is, we are doing some great things here in our little town."



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Scouts work together to separate glass from aluminum and plastic.



The Scouts spread their bottles and cans on the ground to sort through them.

Scouts collecting bottles and cans at Divine Mercy Parish

By **Marcelo Gusmao**
Staff Writer
mgusmao@turley.com

THREE RIVERS – Every other month, Troop 164 does a bottle and can drive as a fundraiser for Boy Scouts of America activities.

The Troop had scheduled their drive for last weekend, but after the storm they decided to hold it again at Divine Mercy on Jan. 14.

Jennifer Traugh, along with Troopmaster Bill Mullen, wanted a way to get the kids involved so they could earn money toward troop expenses in a way that was safe, didn't involve heavy equipment or chemicals and was not dangerous or would keep the

kids out on the roads.

"We're trying to give the kids a chance to do exciting things and not break the bank," Traugh said.

"What we do is we accept donations from friends, community residents, anyone who would like to donate to the troop, and we get the youth involved," Traugh said. "They have to pre-count, sort and bag all the materials, and then we're able to bring them to the redemption center and collect the five cents that the state puts on beverage containers."

The fundraiser provides the youths that participate with an opportunity to offset costs associated with BSA events and activities. This includes the price

of summer camp, uniforms, dues and membership.

"It's a way for the youth to earn their way in scouting, which has been part of the tradition that a scout should earn their own way whenever possible," Traugh said.

Traugh looked for fundraising opportunities with Scoutmaster Mullen that would have a reasonable buy-in for the community. Troop 164 had previously collected old newspapers, taking entire truck-loads to a company that would dispose of them, but when that company shut down, the troop decided to try bottles and cans.

"Of course, five cents for a bottle or can is a very reasonable buy-in," Traugh said. "Peo-

ple have tried other fundraising things, but that gets very complicated, because we're not allowed to use power equipment," Traugh said.

Turn-out for the bottle and can drives can be very hit or miss, ranging from 200-300 or 1,000 individual items depending on the month, according to Traugh. She added that the troop is always grateful for whatever they can get.

"If you looked at this on a chart, it would be up and down," Traugh said. "Some people come to us with a whole truckload. We're willing to take whatever someone wants to donate, whether it's a six-pack or a dump-truck full, we're glad to do that. It's always worth it because even if it's

only a couple hundred, for an 11 year old that's pretty good."

Traugh said that the scouts love participating in the fundraiser and described the kids dumping their cans on the ground to separate the plastic from aluminum.

"They'll team up, one kid's holding a bag and the other kid is the counter," Traugh described. "They work together to fill the bag and count as they fill them in. They really like it because it's teamwork, they're outside in the fresh air, and they can laugh and have fun at the same time as doing some work."

Troop 164 will be in the parking lot of Divine Mercy Parish Center to collect cans and bottles on Jan. 14.

Winter lectures at wildlife sanctuary

WALES— Norcross Wildlife Sanctuary, 20 Peck Road, will be holding several free lectures through winter.

On Saturday Jan. 20 from 1-2 p.m. there will be a lecture called Introduction To Foraging with Rachel Goclawski. Goclawski, forager and certified educator, State-Certified in Mushrooming, is a Programmer for the Museum of Natural History, Sudbury Valley Trustees, New England Botanic Garden and other organizations. She is a contributing writer for The Cook's Cook: Now Forager magazine and has been featured in The Boston Globe, WBZ, Edible Worcester and Baystate Parent magazines, other news, and documentaries and print.

On Saturday Feb. 24 from 1-2 p.m. there will be a lecture called Geological History of Wales and Vicinity with Professor Richard Little.

Little will present a program on the geological deep history of Wales and vicinity. Included will be a story of the birth and death of the Pangea Supercontinent including continental collisions and great rift faults that create the Connecticut River Valley region, plus dinosaur footprints, glaciers and Lake Hitchcock. He will bring examples of the rare Jurassic armored mud balls, unique to Franklin County.

On Saturday, March 23 from 1-2 p.m. there will be a lecture on Spring Butterflies with Dave Smal.

Small grew up living at the US Army Corps of Engineer's Tully Dam in West Royalston, Ma. Which was managed by his father. Dave is president of the 260 member Athol Bird and Nature Club and currently the Director of the Millers River Environmental Center. Dave shares his passion for Birds, Butterflies, Dragonflies, Herps, and most recently moths through workshops, lectures, and field trips around New England.

PVPA holds winter concert

SOUTH HADLEY— The Pioneer Valley Performing Arts Charter Public School Music Department is pleased to present Imbroglia, a Winter Music Showcase. The show will run Friday and Saturday, Jan. 12 and Jan.13, with performances beginning at 6:30 p.m. in the main stage theater at 15 Mulligan Drive.

Ticket prices are \$10 general admission; \$7 military and seniors; \$5 PVPA alumni, and \$3 students and are available at the door, or online at www.pvpa.org/shows.

Under the direction of Rahul Roy, PVPA's Winter Music Showcase features the sounds of our premier ensembles as well as some of our up and coming musicians. Both nights will feature different groups and different material, making for two unique musical evenings directed by Jeremy Milligan and David Cavellin.

Friday night performances will feature student first semester works from PVPA's Orchestra, Middle School String Ensemble, Concert Band and Chorus, as well as

the High School ensemble Adagio. Saturday evening performances will showcase the department's audition ensembles including A Cappella, Gig Band, Razz Da Roof, and Pop R and B.

PVPA's music department works diligently to provide students the opportunity to explore music in a variety of formats, play for different audiences, experience the demands of professional musicians, and encourages creativity in the musical process both on and off stage.

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Viewpoints



Will my friend's fiancée be entitled to a survivor benefit?

Dear Rusty

I have a very good friend who has cancer and will begin chemotherapy this week. He is 71 years old and is currently receiving Social Security benefits.

He has been living with his fiancée for a little more than two years, but they have been a couple for about 15 years and will be married in the next few weeks. She is 60 years old.

I am naturally concerned about his and her future so my questions are:

What, if anything, should he and his wife do to ensure that she gets his Social Security benefits?

What benefits will she be entitled to and how soon will she be able to begin receiving them after his death?

Signed: A Friend with Questions

Dear Friend

You are kind to be concerned about your friend and his fiancée. Here's what you need to know:

Social Security goes by state rules when it comes to what is often referred to as "common law marriage." That means that whether your friend's fiancée will receive any benefits as a surviving spouse in a "common law" relationship depends on whether they live in a state, which recognizes common law marriage.

Most states do not, but state laws have changed over the years and many states which once recognized such unions as "marriage" no longer do. Although they may have "been a couple" for 15 years, if your friend and his fiancée have been living together for only two it is likely only the last two years will count for Social Security benefit purposes.

So, whether your friend's fiancée will get anything when your friend dies depends on where they live, unless they get married, in which case the rules are different.

In order for a married widow(er) to receive surviving spouse benefits, the couple must have been married for at least nine months. If they marry and your friend lives longer than nine months thereafter, then his wife will be entitled to a surviving spouse benefit from her husband.

The amount of his wife's benefit will be based upon the amount your friend is receiving at his death, adjusted for her age when she claims her surviving spouse benefit.

A surviving spouse can claim benefits from the deceased as early as age 60, but those benefits will be reduced for claiming before full retirement age (FRA). Taken at age 60, the wife's benefit would be 71.5% of your friend's SS benefit at his death.

The wife need not claim the survivor benefit immediately; she could opt to delay claiming in order to get a higher percentage of the husband's amount. Survivor benefits reach maximum, 100% of the deceased's benefit amount, at the recipient's FRA.

So, if your friend and his fiancée now live in a state which currently recognizes common law marriage (Colorado, Iowa, Kansas, Montana, New Hampshire, South Carolina, Texas, Utah, Rhode Island or in the District of Columbia), then your friend's partner will be considered his "wife" and entitled to survivor benefits as normal (the fiancée would need to prove they cohabitate in a marriage-like relationship to claim benefits).

If they do not live in one of those states, but they get married and the marriage lasts for at least 9 months, then the wife will be entitled to normal benefits as a surviving spouse as described above.

But if the couple do not live in one of the above states which recognize "common law" relationships or if their soon-to-occur marriage doesn't last at least nine months or if they do not get married, I'm afraid your friend's partner will not be entitled to any survivor benefits from your friend.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvis@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.



New questions for the New Year!

Jim, who gardens in Bridgewater, sent this question in to the Garden Lady.

"I liked your article on experimenting with holly seeds. I do some of my own propagating with trees and perennials, so the holly seeds thing was good. My question concerns being dioecious and at what point can one determine male or female? Is there some way to determine sex at an early stage or must I grow a dozen plants for years before I can wean out the males and keep the females? I have read that a single male will successfully pollinate all the females within a half mile radius so finding the females is my goal at the earliest possible stage of growth."

Sadly, the only way to figure out whether you have a male or female holly is by examining the flowers, so yes, that will require growing them on for some time; my research indicates about four to seven years.

The male flowers will have four petals and four stamens where you will see the pollen at the end. Female flowers look very similar except there is a green "bump" in the center of the petals – the ovary, where the berries will form from.

Garden centers usually propagate vegetatively from either male or female plants, so they are not playing the waiting game. Starting hollies from seed is still a fun experiment, time consuming nonetheless.

Dawn was worried that her amaryllis plant was dead. "My amaryllis was originally a Christmas gift. I've enjoyed it for a few years now, but its leaves yellowed, then they withered and died. I'm worried that I killed it!"

As soon as I heard from Dawn, my thoughts went to my own amaryllis, still in my bedroom window despite the fact that its leaves are brown and have fallen

around the outside of its pot. I haven't watered it since it started to "decline."

It has sat there in this sorry state for a few weeks now. Never fear, it's likely our bulbs have gone dormant.

This timing is a little off if you think about all of those boxed sets of amaryllis bulbs sitting on store shelves just in time for Christmas giving and planting. Bulb companies can "time" growth stages a little more reliably than we can.

After a month or two of dormancy watering can resume and with good fortune, blooms should reappear in 6-8 weeks. Some experts recommend putting the dormant bulbs in a cool, dark room to rest.

I often move dormant pots of bulbs to my mudroom where temperatures are in the 50s this time of year and when I see green tips on the bulb I bring it back into the living area of my house. Usually regrowth comes, but a flower sometimes doesn't.

In this case, the bulb is likely depleted of nutrients and without enough reserves left for re-bloom. I would recommend watering with an all-purpose plant fertilizer during active growth.

Seed production also diminishes the plant's reserves, so be sure to deadhead the individual flowers as they go by, leaving the stem intact until it yellows. Hopefully these tips will give your amaryllis a few more good years of flowering.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

High levels of radon gas detected in 21.8% of Mass homes

Radon is the second leading cause of lung cancer, and the "State of Lung Cancer" report reveals that it is detected at high levels in about 21.8% of homes in Massachusetts.

During January for National Radon Action Month, the American Lung Association in Massachusetts is urging everyone to help save lives by testing their home for radon and mitigating if high levels are detected.

Radon is a naturally occurring radioactive gas emitted from the ground. Radon is odorless, tasteless and colorless, and can enter a home through cracks in floors, basement walls, foundations and other openings.

Radon can be present at high levels inside homes, schools and other buildings. It is responsible for an estimated 21,000 lung cancer deaths every year and is the leading cause of lung cancer in people who have never smoked.

Here in Massachusetts about 21.8% of radon test results equal or exceed the Environmental Protection Agency action level of 4 pCi/L, according to the Lung Association's "State of Lung Cancer" report.

"Radon in homes is more common than you think. In fact, high levels of ra-

dioactive radon gas have been found in every state but most places in the country remain undertested, so this isn't something that should be taken lightly. Exposure to radon is the second leading cause of lung cancer in the United States," said Daniel Fitzgerald, director of advocacy for the Lung Association in a press release. "Testing for radon is the only way to know if the air in your home is safe. The good news is that it is easy to test. Do-it-yourself test kits are simple to use and inexpensive."

After high levels are detected, a radon professional should install a radon mitigation system, which is easy and relatively affordable. A typical radon mitigation system consists of a vent pipe, fan and properly sealing cracks and other openings.

This system collects radon gas from underneath the foundation and vents it to the outside. Contact your state radon program for a list of certified professionals in your state. Some state health departments offer financial assistance or low interest loans for radon mitigation.

Learn more about radon testing and mitigation at Lung.org/radon and take the Lung Association's free Radon Basics course at Lung.org/Radon-Basics.



Female Bufflehead

I received an email from a Brimfield resident, who along with his wife, participated in the Allen Bird Club's Christmas Bird Count on Saturday, Dec. 16.

One unexpected species they saw were three female buffleheads at the Springfield Reservoir.

The bufflehead is a small duck about 14 inches long. It has a distinct, large rounded head.

The male has a white wedge behind its black head. The male also has white flanks and breast. The female is gray brown with a small patch of white behind the eye.

They are diving ducks and feed on mollusks, fish, snails and crustaceans. They summer on wooded lakes, rivers and winter on lakes and coastal waters.

The female lays eight to ten ivory to buff eggs in a tree cavity or nest box. There courtship begins in January and these ducks show a high level of aggression during that time.

Buffleheads are generally silent. However, the female makes guttural sounds during courtship.

Bird count

In his email, the Brimfield resident said he did his first Allen Bird Club count in the late 1970s. He said, "We have been covering the town of Ludlow, excluding the Westover Conservation Area covered by others, since 1989. The club's count circle center is in Springfield and includes adjacent towns.

He also said, "We had an excellent day weather wise, but the songbirds were hard to come by. With all the water ice free, we had high number of Canada geese (93), common mergansers (170, mostly males) and mallard (115). The common mergansers and many of the mallards were at the Springfield Reservoir."

He reported 20 ring-necked ducks at a pond near the Ludlow Country Club was another unexpected species in the count. In all, they had 32 species on their list, slightly more than the average of 29 species. Following the time in the field, the participants held a zoom meeting to discuss the results. No one mentioned seeing any winter finches i.e. redpoll, siskin or evening grosbeak.

Large flock of Canada geese

Recently, I saw a large flock of Canada geese in a cornfield in Spencer. There must have been at least 100. I did not stop to take an accurate count, but it was the largest flock I've seen.

Christmas card count

Years ago, Thelma Crawford told me she kept a Christmas card bird count every year. While she was alive, we would share our card counts.

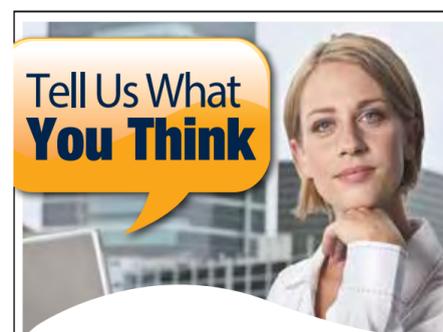
Often the bird fell into the unspecified species category. I even received a Christmas card one year with a loon with an evergreen wreath around its neck. This was the first year I did not receive any Christmas cards with birds even one perched off in a distant tree in the background.

Suet feeder

I now have my suet feeder out all the time as I have not seen any sign of wandering black bears in awhile. I also feed a combination of mixed bird seed, black oil sunflowers and shelled peanuts, which I mix together to put out daily.

I have the usual juncos, chickadees, titmice, nuthatches, blue jays, mourning doves and of course, squirrels. I have not seen the cardinal pair yet, but then I don't have a lot to time to spend watching my feeders.

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100, emailing mybackyard88@aol.com or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.



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The submission deadline for consideration is Monday at noon.

Election letters to the editor welcome

The Journal Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to journalregister@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call the editor at 413-283-8393.

Campaign news
As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Journal Register.

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Governor announces \$50 million for Climate Solutions Initiative

BOSTON – As part of its “Forests as Climate Solutions” Initiative, the Healey-Driscoll Administration recently released the Climate Forestry Committee’s report containing recommendations to the Executive Office of Energy and Environmental Affairs regarding enhanced climate-oriented forest management practices for Massachusetts based on the latest climate science.

The 12-member Committee of scientific experts emphasized the importance of keeping forests intact by enlarging forest reserves, increasing permanent conservation efforts, and reducing the conversion of forests to other uses. Noting the critical role forests play in mitigating dangerous climate change, the Committee urged the state to sharpen its land management focus on climate change mitigation and adaptation.

EEA is allocating \$50 million to help communities conserve forested land and support forest-based businesses and local economies. EEA will invest this funding in forest conservation, including new forest reserves and incentives that encourage municipal and private landowners to adopt climate-oriented management approaches.

This funding will help the state reach its climate goals, as set forth in the Clean Energy and Climate Plan, conserving 40% of Massachusetts’ natural and working lands by 2050.

EEA is now seeking public input on the Committee’s recommendations

to inform the state’s implementation of management guidelines for forest lands held by the Department of Conservation and Recreation’s Divisions of State Parks and Recreation and Water Supply Protection, and the Department of Fish and Game’s Division of Fisheries and Wildlife.

As planned, the six-month temporary pause on timber harvesting projects is over. During the public comment period, the State will review the paused projects and apply the Committee’s recommendations.

In June, the Healey-Driscoll Administration launched “Forests as Climate Solutions” to increase the focus on forests and climate by investing in forest conservation, enhancing a network of forest reserves, and developing forest management guidelines based on the latest climate science.

EEA convened the Climate Forestry Committee, a group of scientific experts, to bring their expertise and recommend a climate-centered approach for state lands. The Climate Forestry Committee’s report offers guidelines to optimize carbon storage and resilience of state forests in alignment with the 2050 Clean Energy and Climate Plan.

“We’ve done the review - now we’re following the science. It is encouraging to see that Massachusetts has been proactive in many ways when managing our forests, but our work is not done yet,” said EEA Secretary Rebecca Tepper in a press release. “With these funds, we will em-

power communities to invest in this critical resource while boosting local economies that rely on our forests. These investments will pay dividends in the long term as we confront extreme weather and make progress on our climate goals.”

“Healthy forests and wetlands are our best defense against the increasingly dangerous impacts of climate change. Nature-our forests, wetlands, grasslands-sequester huge amounts of carbon; you can look out your window today and see the best direct air capture technology currently available-trees. And they provide this service for free. But our forests are in danger-each year we lose more and more as forests are cut for other land uses and the forests themselves are experiencing the effects of more extreme climate impacts, including droughts, fires, heat waves, invasive species, and more intense storms. The Healey-Driscoll Administration made it a top priority to ensure our forest management practices and state policies guiding our forestry programs integrate the best and most current science,” said Climate Chief Melissa Hoffer. “The policy choices and actions we take now will impact future generations. We look forward to incorporating these recommendations into our land management plans and strategies, and we are very grateful to the Committee members who collectively bring deep expertise on a broad range of forestry and climate science.”

Climate Forestry Committee recommendations

Over six months, the Committee deliberated on recent science about how forests can affect climate change and how they are best managed for carbon storage and sequestration. The Committee centered its recommendations around the idea that forest management ranges along a spectrum from the most passive, hands-off approach, where nature takes its course, to active management, where interventions are targeted to advance specific forest conditions.

Its recommendations covered several areas, including carbon stocks and sequestration, soils, natural disturbances, and habitat management, offering climate-centered approaches for each.

In addition, the Committee discussed strategies for maximizing carbon storage. The Committee agreed that carbon storage is greatest in older forests, and the state should allow forests to grow old while balancing goals for active management.

The Committee also recommended strategies for pursuing active forest management in a climate-focused manner, including updating Best Management Practices and encouraging EEA to implement its Healthy Soils Action Plan to preserve soil carbon.

The Committee also recommended a reduction in habitat goals for species dependent on young forests, shrublands, and grasslands on Mass-

Wildlife lands to increase carbon storage and sequestration. Separately, as part of the Biodiversity Conservation in Massachusetts Executive Order, the Department of Fish and Game will evaluate and update habitat goals for 2030, 2040, and 2050 for Massachusetts.

Additionally, the Committee underscored the importance of natural disturbances for forests, and recommended, wherever possible, that dead trees be left on the ground for their biodiversity benefits - rather than removed.

Recognizing the impact pests, pathogens, and invasive plant species can have on natural and working lands, the Committee recommended that EEA evaluate each circumstance individually including the nature of the invasive pest or pathogen, the tree species impacted, the stage of the invasion, and the likelihood of successful intervention.

Overall, the Committee encouraged state agencies to be more specific about the rationale behind forest management projects and their carbon and climate implications, including for water supply protection and habitat management goals. It also called for more investment in data, science, and staffing resources for state forest lands.

Forest and carbon data

Understanding the essential role of forests and carbon, the administration has also developed an outline and

framework for a publicly available dashboard that will launch in 2024, highlighting forest carbon metrics and trends.

Projects planned for 2024 include engaging an external contractor to investigate where and how wood from Massachusetts forests is being utilized and the impact on carbon storage of use in long-lived wood products.

Landowner and business incentives

Working directly with private forest landowners representing 60% of Massachusetts’ forests and forestry business owners representing the state’s \$5.4 billion market sectors, EEA will expand its successful Working Forest Initiative program.

In 2024, the administration will take actions to increase technical assistance, incentivize practices that protect or enhance forest soils and carbon stocks, and promote forest resilience across private and municipal lands in Massachusetts via technical assistance from licensed foresters to advance climate-oriented forestry practices. In addition, an annual climate forestry event will be launched for all forest landowners and related businesses to exchange ideas, best practices, and innovations.

MARY LANE | from page

demolition delay bylaw in 2014 for any building in town that is 75 years old or older (all or in part) that meets any of the following criteria:

The building is listed on, or is within an area listed on, the National Register of Historic Places; or the building has been found eligible for the National Register of Historic Places.

The building is importantly associated with one or more historic persons or events, or with the broad architectural, cultural, political, economic or social history of Ware or the commonwealth.

The building is historically or architecturally important (in terms of period, style, method of building construction or association with a recognized architect or builder) either by itself or in the context of a group of buildings.

“Because of those reasons, the demolition delay will kick in,” Lak said. “That is the law.”

Lak said the Historical Commission wanted to hear concerns from the public regarding the buildings, adding that the focus must remain on the buildings.

Hardwick resident Stephen Granlund questioned Baystate Health and the Westmass Area Development Corporation’s concerns about asbestos in the former Mary Lane Hospital buildings, noting that some of the buildings were still in operation up until the end of this past year.

“There was no danger from those buildings,” Granlund said. “The buildings, as they are, have been serving the needs of the communities that surround us for 100 years.”

Granlund said the buildings can be renovated.

Granlund’s wife, Barbara, said her great-grandfather was one of the first doctors to work at Mary Lane Hospital, and he lived on Church Street.

“How many more historic buildings does Ware have to lose?” she asked. “It’s part of our history, it’s got to stay.”

Baystate Health’s President of Regional Community Hospitals, Ronald Bryant, said that Baystate Health has solicited interest in the property from several major developers throughout New England, including leading walkthroughs of the buildings.

“None expressed a willingness to acquire or redevelop the property or the buildings, citing numerous challenges as they stand now, including the difficult layouts of the buildings, abatement and remediation needs, deteriorating market conditions and other factors,” Bryant said. “Westmass concluded that demolition of the

buildings on the property is necessary due to the exorbitant costs of abating and retrofitting the buildings.”

Hospital Review Committee member Terry Smith said if there is interest in rehabilitating the buildings, then residents need cost estimates to make that happen.

“My position as a resident in this town, is we can never take a title interest in this property, even if its deemed clean or not clean,” Smith said.

A former Mary Lane Hospital employee asked if the town could at least save the original brick building, which is a landmark on South Street.

Westmass Development’s President and CEO Jeff Daley said they are considering saving a building, but it would most likely the medical office building in the back of the property. He said there is a “significant investment” just to separate the building from the others and it would cost around \$400,000-500,000 to do that.

Daley said all of the buildings are physically and utility connected to each other.

“They’re structurally bound together,” Daley said.

Daley said he respects the historical significance of the buildings, but the buildings in the front of the property are “floor to ceiling, wall-to-wall, loaded with asbestos,” and he said re-development is almost impossible.

“Maybe you will find somebody...I’ve talked to many, many developers, I know Baystate has, nobody is interested, the finances just don’t work,” Daley said. “You will have to go wall by wall, floor by floor to redevelop those and its tens and hundreds of millions of dollars to do that.”

Daley said his professional opinion is that the buildings are not reusable, and he didn’t think a nine month moratorium would change that outcome.

“The market isn’t there to support those types of buildings anymore, unfortunately,” Daley said.

At the close of the meeting, Lak said the commission would have two weeks to notify Building Commissioner Anna Marques if they determine that the buildings are preferably preserved. If they are, no demolition can occur for nine months unless agreed upon by the commission.

According to the bylaw, the applicant or owner of the property shall work with the commission to develop plans or locate a purchaser to preserve, rehabilitate or restore the subject buildings.

QHSUA | from page 1

in its mission “to prevent and reduce substance misuse, especially among youth; to break down stigma associated with substance use disorder; to reduce health problems resulting from substance use disorder; to contribute to community efforts to expand access to treatment services, and to value all pathways to recovery.”

The QHSUA has also provided many training opportunities to its members which benefit the 18 towns of the Quaboag Hills region. All of these towns are rural, and the QHSUA has continued to advocate for the health needs of this overlooked and underserved area.

The QHSUA has also served to connect organizations to each other, and allow members to network.

Looking toward the future, QHSUA would like more opportunities for in-person gatherings, in addition to virtual meetings.

Members would also like to grow the QHSUA’s membership into other sectors, and hear from parents as well as members of the faith community. Drafting a chart to show how each group within the alliance collaborates and interacts with each other would also be helpful to members and the community.

Under the “what if” category, QHSUA members would like to see more involvement from local businesses and community members to help reduce the stigma of substance use. The members would also like to offer individual grants and grant making opportunities.

“What if” also included the need for extended training and public health development, and advocacy for a community health center, as well as more access to harm reduction.

Members would also like to remove barriers for treating substance use and look at broader health issues related to substance use that aren’t addressed due to stigma. A need for policy and legislation was also discussed.

Upcoming trainings and events

Community Engagement Coordinator for QHSUA Abigail Duda presented several upcoming trainings and events, including a

Palmer-focused meeting in the library of Palmer High School on Tuesday, Jan. 23 from 2:30-4 p.m.

Attendees at the group’s previous meeting held in November will continue discussion about substance use and related public health issues and how they apply to Palmer.

This meeting will be held in-person with virtual access as well. Register by visiting <https://forms.gle/7A588d1Mh1r2u4w79>.

Duda said the second part of the Positive Community Norms free training offered by the Montana Institute will be held Thursday, Jan. 25 from 2-4 p.m. via Zoom. This two-hour training will be part message development and part brainstorming session.

Registration is required by Tuesday, Jan. 23 by visiting <https://s.alcherner.com/s3/MIP2> or emailing aduda@townofware.com. The first part of the training can be viewed at <https://vimeo.com/853697015/6b5f65c88c?share=copy>.

Youth Mental Health First Aid training will be offered in two sessions. The first on Tuesday, Jan. 30 from 9 a.m.-3:30 p.m. and the second over two days, Mondays, Feb. 5 and 12 from 6-8:30 p.m. Register at <http://s.alcherner.com/s3/TTMHFA>.

Healthy Quaboag and The Rural Vaccine Equity Initiative will offer COVID-19 and flu vaccine clinics on Sunday, Jan. 21 from 11 a.m.-3 p.m. at the Town House, 32 Common St., Hardwick and Monday, Jan. 22 from 3-6 p.m. at Education to Employment, 79 Main St., Ware. Bring your ID, insurance card and vaccination card (you can still get vaccinated if you don’t have an insurance card).

All vaccinations are available at no cost. Walk-ins and families welcome.

The Quabbin Health District, QHSUA and Healthy Quaboag will host an opioids and opioids

rescue training led by Kirsten Krieger, RN, BSN, Public Health Nurse on Tuesday, Jan. 16 at 4:30 p.m. at E2E, 79 Main St. Register by Friday, Jan. 12 by emailing kkrieger@townofware.com.

Community Strong Wellness The Palmer Public Library, the Palmer Police Department’s Drug Addiction Recovery Team and a mental health CHD clinician will be available at the library on Wednesdays, Jan. 17, 31 and Feb. 14 from 1-4 p.m.

They will be assisting people with problematic substance use, mental health concerns, housing stability, financial assistance, health insurance questions and more.

Palmer Police Sergeant David Burns said the team will be using these events to assess the needs of the community, and find ways to offer support.

Recovery Center of HOPE Peer Recovery Coach Julie Lutz gave an update on the Recovery Center of HOPE’s Guiding Rides program.

Lutz said a van provides rides Monday through Friday morning to Springfield methadone clinics; rides to treatment, providers and other recovery supports; and more.

Rides can be provided for “anything that’s going to support somebody’s recovery,” she said.

Lutz said the second and fourth Tuesdays of the month will be for basic needs rides, including trips to Walmart, Big Y and pharmacies. A sign-up sheet is available at the center for community members to request rides.

Peer Community Resource Navigator Susan Daley said attendance at All Recovery meetings is growing, with a total of 121 participants in November and 163 in December.

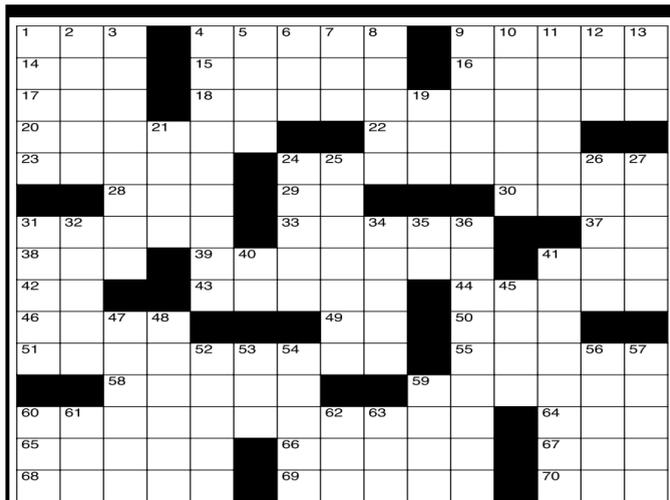
The Recovery Center of HOPE is now open five days a week, with hours Monday, Tuesday and Thursday from 11 a.m.-1:30 p.m., Wednesday from 10 a.m.-7 p.m. and Friday from 10 a.m.-2 p.m. All Recovery meetings are held daily at 11:30 a.m.

HEALing Communities Study

Maegan Boutot shared a link to get medication for opioid use disorder and Narcan (qhsua.org/resource-map/) at locations in Belchertown in Ware.

“We put together a map of all NaloxBoxes...there are movements to make that statewide, hopefully soon,” Boutot said.

Next meeting The next meeting of the QHSUA will be held on Monday, Feb. 12.



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|----------------------------------|------------------------------------|---|--------------------------------------|
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| 14. Last letter | 46. Computing architecture (abbr.) | 4. Views | 35. Lethal dose |
| 15. Cause to become less intense | 49. Of I | 5. Academic Bill of Rights | 36. Humorists |
| 16. Genus of tree bugs | 50. Journalist, activist Wells | 6. Automobile | 40. Midwestern US state (abbr.) |
| 17. Body art | 51. Takes apart | 7. When you anticipate arriving | 41. Frameworks |
| 18. Romance novelist | 55. Lists | 8. Beef or chicken intestine | 45. Rocker Billy |
| 20. Be filled with love for | 58. Positively charged electrode | 9. Conspiracy | 47. More than |
| 22. City | 59. Hard, colorless compound | 10. Blood disorder | 48. Dog |
| 23. Make vivid | 60. Inflammation of the peritoneum | 11. Long-time NBAer Shawn | 52. Habitual repetitions |
| 24. Horses | 64. Trent Reznor’s band | 12. Time zone | 53. State of fuss |
| 28. Mauna _____ Hawaiian volcano | 65. Simply dry fruit | 13. US, Latin America, Canada belong to | 54. Uneasy |
| 29. Atomic #18 | 66. “Ivanhoe” author | 19. Upton Sinclair novel | 56. Chemical compounds |
| 30. Shortly | 67. Google certification | 21. What a cow does | 57. More cognizant of reality |
| 31. A type of prejudice | 68. French commune | 24. Cavalry-sword | 59. A place to build |
| 33. Whirls | 69. Medieval circuit courts | 25. Ancient Greek war galley | 60. Exclamation that denotes disgust |
| 37. Six | 70. Soviet Socialist Republic | 26. Stars | 61. Supplement with difficulty |
| 38. Old world, new | | | 62. Very slick |
| 39. _____ Hess, oil company | | | 63. Hill or rocky peak |

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DEATH NOTICES

Carl Byoreck
Died Dec. 30, 2023
Services private
Beers & Story Funeral Home

Nancy A. Tassinari
Died Jan. 2, 2024
Services Jan. 16, 2024
Beers and Story Funeral Homes

Scott S. Czupryna, 53
Died Jan. 3, 2024
Services Jan. 12, 2024
Beers and Story Funeral Home

Colista A. Theodore, 91
Died Jan. 4, 2024.
Services Fri., Jan. 12.
from 10:00-11:00 a.m.
Beers & Story Palmer Funeral Home.

Anita M. Dewey
Died Dec. 30, 2023
Services were Jan. 5, 2023
Lombard Funeral Home

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

O B I T U A R I E S

Carl Byoreck

Carl Byoreck of Palmer passed away on Sat., Dec. 30. He was born on March 16, 1935. He resided in Palmer all of his life and attended Palmer schools. He was the son of late Karol and Jennie (Kochanek) Byoreck.

Carl worked for the former William E. Wright Co. and Al Govin's Motor Clinic. He was employed by the Department of Environmental Management at Brimfield State Forest for 28 years and retired in 1992. The Commonwealth of Massachusetts presented Carl with the Citation for Outstanding Performance in recognition of his contribution to

the goals of the Department of Environmental Management. After his retirement, Carl really enjoyed being manager of the Jane Aldens store in Palmer.

Carl will be missed by all who knew him. He was a very humble and kind person, and he had a wonderful sense of humor. He loved all animals, especially dogs. He even befriended a duck at the forest in Brimfield. He made the duck a raft to keep it safe at Dean Pond. Horse racing, football, baseball



and hockey were sports Carl enjoyed watching.

He leaves his wife Barbara (Luszcz) Byoreck, several nieces and nephews, and many dear friends. Besides his parents, he was predeceased by his sister, Barbara Denno. There are no calling hours, and the burial will be at the convenience of the family. Funeral arrangements were entrusted to Beers & Story Funeral Home. For more information visit www.beersandstory.com

ing hours, and the burial will be at the convenience of the family. Funeral arrangements were entrusted to Beers & Story Funeral Home. For more information visit www.beersandstory.com

Scott S. Czupryna, 53,

Scott S. Czupryna, 53, of Stafford Springs, CT passed away Jan. 3, 2024, at St. Francis Hospital in Hartford after a long battle with complications due to kidney failure. He was born on Dec. 28, 1970, in Springfield MA. He will be forever loved and missed by his husband of 13 years, Scott Ginter and their fur babies Jack, Patsy and Edina. He is survived by and will be deeply missed by his mother Linda J. (Nunes) Ugraz and husband Ilhan of Three Rivers, MA. Father Stephen S. Czupryna and wife, Mary Jane of Belchertown, MA. Brother Chris Czupryna, and wife Christine of Three Rivers, MA. His godson and nephew Tyler Czupryna, and niece Corrine. His loving Aunt, Carolyn (Nunes) Zobka of Belchertown, MA. He will also be missed by

many extended family members and friends.

Scott was an artistic, talented and passionate cosmetician. The dream of owning a salon came true 20 years ago when he opened his own salon, Image Maker. His scissor sharp wit was adored by all and made him the life of any party. He often shared his creative talents by dressing in costume for holidays and parties. His all-inclusive zeal for food was overshadowed by his predominant love of Chinese food. Scott had a passion for animals, spending time at the Cape on the beach, shopping, and crafting. Scott and his family would like to extend a heartfelt thank you to the staff of St Fran-



cis hospital in Hartford CT, Hospital of Special Care in New Britain CT, and Riverside Health and Rehab in East Hartford CT, for their extraordinary care and compassion.

Calling hours will be held on Fri., Jan. 12 from 4 - 6 p.m., followed by a service of remembrance at 6 p.m. at the Beers and Story Palmer Funeral Home, 1475 N. Main St., Palmer, MA 01069. Burial will be held at a later date. In lieu of flowers, please donate in Scott's honor to the National Kidney Foundation at <https://support.kidney.org/> or the ASPCA at <https://secure.aspc.org/>. Please visit www.beersandstory.com to extend online condolences.

O B I T U A R I E S

Anita M. Dewey, 1927-2023

SPRINGFIELD/MONSON—Anita M. (Lawton) Dewey 96, passed away Sat., Dec. 30, 2023, surrounded by the love of her family. Anita was born in Springfield on Oct. 23, 1927 to the late Chester and Ida (Sawyer) Lawton. She retired from Monson Developmental Center after 23 years as a direct care supervisor.

For many years she and her husband lived in Florida, spending their summers traveling. Their greatest adventure was a road trip to Alaska. In her later years she tried skydiving, zip-lining, and tobogganing. She enjoyed her weekly games of canasta at the East Longmeadow Senior Center. Anita was a member of the Monson-Glen-

dale United Methodist Church and the Down to Earth Gardeners. She lived life to the fullest.

Anita was predeceased by her husband, Burton E. Dewey; a son, Theodore MacGovern III, a daughter, Denise (Cusson) Beaugard, a grandson, Ronald Deblois and her brother Ralph Lawton. She leaves her daughters, Deborah Mahar (Sean) of Monson and Dianne Cusson of Springfield; a son, Ralph Marceau (Bobi) of Florida, daughter-in-law Dot Fillmore of Monson, and her stepchildren, Sue Deslongchamps and Joe Dewey of Florida; eight



grandchildren, John, Theodore, Jeremiah, Tiffany, Dominique, Marion, Patrick, Erin, and many great grandchildren.

Arrangements have been entrusted to Lombard Funeral Home of Monson. A funeral service was held on Jan. 6, 2024, at the Monson-Glendale United Methodist Church. Burial followed at Hillcrest Cemetery in Monson.

In lieu of flowers please consider a memorial donation in Anita's memory to National Veterans Foundation ([nvf.org](http://www.nvf.org)). For online condolences/directions visit <http://www.lombardfuneralhome.com>

Nancy A. Tassinari, 65

PALMER — Nancy A. Tassinari, 65, passed away on Jan. 2, 2024. She was born on May 17, 1958 in Holyoke to the late Omer and Estelle (Fontaine) Lavoie. Nancy attended Brandford Hall Institute where she earned her certification as a medical assistant. After working at Cascade Diamond for many years, Nancy worked for New England Orthopedic Surgeons for 19 years and was very proud of her career there. Nancy had a heart of gold and would help anyone in every way possible. She enjoyed going to renaissance festivals, crocheting and crafts, and spending time with her son and puppies. Her

son was her best friend and she was a proud "Marine Mom". She was also an excellent baker and was well known for her delicious banana breads during the holidays.

Besides her parents, Nancy was predeceased by her brother, Edward Lavoie. She will be dearly missed by her son, Kyle Tassinari; sisters, Linda Taylor and husband Robert, and Karen Hansman; nephews, Robert Jr. and Eric Taylor, and Ryan Binette; and many extended family and friends.



Visitation will be held on Tues. Jan.16, 2024 from 5-6:30 p.m. with a service to begin at 6:30pm at the Beers & Story Palmer Funeral Home. Burial will be held at the convenience of the family. In lieu of flowers, donations in

Nancy's memory can be made to the D'Amour Cancer Center, 3350 Main St., Springfield MA 01107. Please visit www.beersandstory.com to extend online condolences.

CALENDAR OF EVENTS

E-mail items to journalregister@turley.com or mail to Calendar Editor, Journal Register, 24 Water St., Palmer, MA 01069, for receipt by Monday of week for publication.

The Journal Register encourages readers to contact event coordinators and organizers for updated event times. Have an event to promote? Email the information (in sentence form and as a Word doc or plain email text – no PDFs or flyers, please – to pressreleases@turley.com.

There are new crafts every Wednesday. For more information, call 413-245-3607.

KEEP HOMESTEAD MUSEUM: Located at 35 Ely Rd., Monson, nature trails are open daily until dusk for hiking, snowshoeing and cross-country skiing. Trail maps can be found in the parking lot. The Phillips Sculpture Garden is open year-round (handouts in box on one of the signposts). For more information call 413-267-4137, email khm@keephomesteadmuseum.org.

QUABOAG VALLEY QUILTERS GUILD: Members meet at 1 p.m. on the first and third Thursdays of the month in the Amvets post at 2150 Main St., Three Rivers. The Guild is a no-pressure group with varying degrees of accomplishments, from novice to Big E "Best In Show" winners. Dues are \$55 a year. For more information, contact Barbara Beaulieu at 267-4044 or Merry Mombourquette at 283-7577. Follow them on Facebook for more.

ONGOING

BINGO IS BACK at Amvets Post 74, 2150 Main St., Three Rivers, on Mondays. The kitchen opens at 4:30 p.m. Ear-

ly Bird starts at 6:25 p.m. Call the Post at 413-283-4518 for further information.

LINE DANCING CLASS: 3-5 p.m. and/or 6:30-8:30 p.m., every Thursday at the Monson Polish Club, 7 Bliss St, Monson. Rose's line dancing classes include absolute beginners and beginners, and participants get to dance to all types of music. \$10 per class. Please wear comfortable footwear, no sandals.

GAME NIGHT: 6-7:45 p.m. the second Tuesday of every month at Top Floor Learning (third floor of the Palmer Library at 1455 N. Main St.). Free and open to the public. Play available board and card games or bring your own. Must be 16 or older unless accompanied by an adult. No Registration Required – just show up! Questions? Call 283-2329, or 283-3691, or email palewis19@yahoo.com.

NOTCH VISITOR CENTER OPEN FOR WINTER SEASON: 9 a.m. to 4 p.m., Thursday-Monday. The center is located on Rt 116, at the center of the Holyoke Range State Park. DCR Interpretive staff will be available for visitors. Coming in January, programs will also be offered to highlight the Range's special nature in winter, see the park web site for details.

QI GONG: 6 p.m., every Tuesday night at Memorial Hall with Randy Emerson. Free, no registration. Presented by Monson Parks & Rec and the Monson Free Library,

COMING SOON

Sunday, Jan. 14, at 10 a.m. The Monson Unitarian Church will present a "Name That Tune" competition. Classic older songs will be played on the grand piano by Malita Brown and the audience is invited to name each tune. A winner will be determined. The prize is wine and dark chocolate.

INTERESTS

CRAFTERNOONS: Drop in 2-4 p.m. daily at the Holland Public Library, 23 Sturbridge Road to learn or practice different crafts.

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Journal Register

Health tips and more for 2024

Baystate Health caregivers weigh in on what's good for your health and soul

SPRINGFIELD – Did you include better health in your New Year's resolutions?

Health experts at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2024.

Some goals for your health and soul to consider as you continue on your journey include:

Improving your blood sugars

There are three important approaches to improve your blood sugar numbers as we start the new year. First, moderate your carbohydrate intake. No dramatic approach needed. If before you would take two scoops of potatoes, now consistently take one and fill the empty space with non-starchy vegetables. Second, increase your physical activity. Using our muscles will push sugar into our cells and out of our bloodstream. The more we move and be physically active, the better our numbers will look. Third, modest weight loss. Losing between 5-10% of our body weight will have a dramatic impact on how we metabolize sugar. Speak with your healthcare provider to personalize this approach for you. We have specialists for lifestyle approaches to improved metabolic health at Baystate called diabetes educators who can provide you with additional personalized information.

-Dr. Cecilia A. Lozier, chief, Division of Endocrinology and Diabetes, Baystate Health

Don't allow sleep problems to affect your health

Stress levels are higher today in the world we live in. While stress can make sleeping well more challenging, it is important to prioritize sleep, which is necessary for health and well-being. Most adults function best with seven to eight hours of sleep and teenagers need around nine hours. Good quality sleep is important for preventing infections and keeping your immune system working well. Studies have shown that sleep-deprived people don't mount the same immune response after vaccinations as good sleepers, so it is important to make sure you get a good night's sleep prior to getting a flu or COVID vaccine, for

example. Keeping a regular sleep schedule will allow your body's internal clock to help you get the best night's sleep. If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation at Baystate. Sleep studies are available by referral from your doctor, or for more information call 413-794-5600.

-Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory, Baystate Health

Staying safe from COVID-19 and seasonal respiratory infections

Staying up to date with vaccinations against COVID-19, flu, and RSV is important if you want to remain healthy in 2024. It is not too late to get these shots, particularly if you are 60 years old or older, have a weak immune system or have medical conditions that put you at risk of having severe respiratory infection. Talk with your healthcare provider if you have questions. It is prudent to wear your mask if you are in an indoor public setting or in any crowded area with poor ventilation.

-Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health

Keeping kids healthy

As we settle into the "new normal" of a post-pandemic world, our children have navigated many challenges that have impacted their well-being. Mental health struggles, including increased rates of depression, anxiety, and self-harm, highlight the importance of making sure that children have strong relationships with caring adults and peers. Let's focus on guiding our children towards continued healing and growth. In addition to daily expressions of love and assurance, encourage your children to explore creative outlets that bring joy and foster resilience. Real-world connections and mindful screen time are key to balancing the digital landscape. As families, we can prioritize age-appropriate approaches to wellness, whether through regular movement or fostering healthy eating habits. Adapting our approach ensures children are not just equipped to handle challenges they encounter but are empowered to thrive in an ever-evolving world.

-Dr. Amy J. Starker, MPH, chief, Division of General Pediatrics and Family Health

Addressing your mental health

As we come off the season of giving, the past months have been a time when it is customary for people to make an effort to be generous and compassionate to others. My tip for the new year is for people to save a measure of generosity and compassion for themselves. An example of being self-compassionate includes being patient and gentle with yourself when you make a mistake or when you're unable to achieve a goal. If you notice being angry, even hateful, towards yourself, or feeling ashamed about a shortcoming, ask yourself if you would have that same attitude towards a dear friend, or even a beloved child when they fail to live up to some ideal. If not, consider whether you deserve to treat yourself just as well. Compassion defies the laws of physics: when you save compassion for yourself, it doesn't reduce the amount of compassion left for other people-it actually increases it.

-Dr. Barry Sarvet, Harold Grinspoon Endowed Chair of Psychiatry, Baystate Health

Women's Health

Women's health is about more than Pap smears and mammograms. It is good to see your women's health provider on a regular (every one to two years) basis to talk about family planning, cancer screening, sexual wellness, and your menstrual cycle. It is normal for your menstrual cycle to change a little bit over time, and it is important to understand the difference between an expected, physiologic change and an atypical change. Your provider can help with menstrual suppression, heavy periods and pre-menstrual symptoms. The transition to menopause may be barely noticeable or may impact your sleeping and moods, but fortunately there are treatments available to help with these symptoms. Any bleeding after a year of no periods in menopause should be brought to the attention of your provider right away. If you are planning a pregnancy, it can be helpful to discuss screening tests and healthy lifestyle changes in advance, such as a reduction in nicotine and alcohol intake, exercise, and

healthy eating habits. Taking folic acid every day while trying to conceive may prevent certain kinds of birth defects. If you do not want to get pregnant and want contraception there are many options, with new methods becoming available every year. See your women's health provider if you notice any changes that concern you, such as abnormal vaginal bleeding, pain with intercourse or vaginal discharge. Your body may be telling you that something is wrong and your provider can help.

-Dr. Heather Z. Sankey, Burkman Endowed Chair of Obstetrics & Gynecology, Baystate Health

Controlling Your Weight

Is your New Year's resolution to eat healthier, exercise more, or achieve another health-related goal? The new year brings with it the opportunity to start on a path toward wellness or if you've already done so, to maintain healthy habits. However, it can be difficult to make these goals stick with all the challenges the year throws our way. What is the best way to be successful in achieving your health resolutions? Consider the following.

Be specific with your goals. Instead of "I will eat healthier," consider something like "I will replace 4 sodas per week with water." Setting a more specific goal can help you actually "check off" whether you have completed the goal each day and thus, be successful long term.

Make sure your goals are measurable. If your goal is weight loss, for example, set a measurable amount with a time frame to reach your goal by. For example, "I want to lose 10 pounds by April 2024" and "exercise for 30 minutes, three times per week" are more measurable goals than "lose weight this year."

Make your goals realistic for you. For example, if you travel daily for work, "no longer eat on the go" as a resolution may be unrealistic for your lifestyle. You may find yourself giving up by February if you have purchased any meals out. This hinders any progress you could have made in a longer period. Instead, try a more realistic and flexible goal such as "pack a healthy lunch to keep in a cooler four times

per week."

Set yourself up for success this year by making resolutions that will work for you, that are specific and measurable. Otherwise, you may find yourself quickly frustrated by your inability to stick to and achieve your goals.

-Eliana Terry, MS RD CSG LDN, Registered Dietitian, Baystate Noble Hospital

Be healthy in so many ways

RSV and flu are rampant in our community-sometimes co-infecting families at the same time. Be vigilant. Wash your hands, cover your coughs, consider wearing a mask, especially if traveling in crowded spaces or visiting a doctor's office. Prevention is key and it is still not too late to get vaccinated. Think of it as getting the next update on your favorite smart device. We need to keep our immune systems as strong and up-to-date as possible. Everyone 6 months and older should get an updated 2023-2024 COVID-19 vaccine and a 2023-2024 influenza vaccine. Those pregnant are included and should consider getting the RSV vaccine as well as for those over 60. There's also a new pneumonia vaccine, so for anyone who has received a pneumonia shot greater than 5 years ago, consider getting an update. If you do get sick, remember to get plenty of rest, fluff those pillows to prevent post-nasal drip, and stay hydrated. If it's a virus, antibiotics do not help and will only disrupt your GI system and cause resistance to serious infections in our community. For coughs and sore throats, honey is the #1 recommended treatment - just remember that you cannot give honey to children less than 1 year old and to always review over-the-counter medicines with your primary care provider. Most importantly, remember to be kind to yourself. If you need help, reach out. I always recommend families use 13cares.org.

-Dr. Nathan Macedo, Family Practice Physician, Baystate Family Medicine, Greenfield

many care appointment with your Baystate Primary Care Provider. Convenient Care offers same-day, walk-in care with extended hours to fit your schedule. Baystate Convenient Care provides high-quality, convenient, and affordable care for non-life-threatening injuries and illnesses that require timely medical attention. In contrast, Emergency Departments (ED) offer 24/7 care for acute conditions or severe medical emergencies with expert care. Convenient Care complements our primary care and multi-specialty services at our Baystate Health & Wellness Centers. As part of Baystate Health, our Convenient Care locations use the same electronic records database, coordinating care with your Baystate Health primary care provider. When deciding whether or not to head to Convenient Care, consider whether the illness or injury is life-threatening and requires comprehensive medical treatment. If so, the ED should be your first destination. However, some common symptoms and conditions do not require a trip to the Emergency Department. Convenient Care offers same-day, walk-in treatment for current patients, new patients, and community members seeking care for common medical conditions including:

- Sports injuries, sprains, and strains
- Minor cuts or burns
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- Earaches
- Rash, skin, and eye infections
- Stomach pain, nausea, diarrhea, and vomiting
- Urinary tract infections and much more.

Locations include Convenient Care at Baystate Wing Hospital, Baystate Convenient Care Longmeadow, Baystate Convenient Care Northampton, Baystate Convenient Care Springfield, and Baystate Convenient Care Westfield. For more information visit Baystate Convenient Care.

-Dr. Agnieszka Nicora, medical director, Baystate Convenient Care
For more information on Baystate Health, visit baystatehealth.org.

Where to seek care

If you are not feeling well and can't wait for a regular pri-

BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Journal Register, please email journalregister@turley.com.

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Winter wonderland



Main Street in Palmer after the storm on Monday morning.



Snow weighed down the tree branches during the storm



Magic show hosted by St. Paul's of Palmer

Illusionist Jeff Klempton to perform at Magic Time Magic Show January 27

Calling all young and young at heart. Illusions and Humor is Jeff Klempton's highly praised magic show to be held at St. Paul's of Palmer. Experience sleight-of-hand mysteries, and Jeff's original magic and comedy in an intimate setting on Saturday Jan. 27 at 2 p.m. TJ's Pop of Palmer will be offering fresh popped specialty pop corn during the performance. Drinks and snacks will also be offered by St. Paul's. Admission for children is free, with suggested \$5. for adults.

According to magician Jeff Klempton, "I fell in love with magic at a young age. At the age of 34 I decided to follow that love and become a professional magician! I bring my personality to the show. Lots of laughs and surprises. Memories that will last a lifetime.

According to Rev. Steven Sousa, minister of St. Paul's Church, "Magic Time!, this winter time family magic show, will be a great treat for us all during the heart of winter; a time to leave the harshness of wintry weather and enter into the glow and warmth of magical joy.

Magic Time! Magic Show will be held Saturday Jan. 27 at 2 p.m. at St. Paul's Fellowship Hall located at 1060 Central Street at the corner of Park and Central Streets in Palmer. Admission for children is free, with suggested \$5. for adults. For further information please call: 413 283-8185, or on the web at www.StPaulsPalmer.org.

About

Since 1937, St. Paul's has faithfully served the greater Palmer community through various outreach and spiritual avenues. At its heart is the message of grace, acceptance, and love. See the church's website at www.StPaulsPalmer.org for more information about St. Paul's.



Sun setting through the snow covered trees.



Snow coated tree branches making the area look magical.



Roads were still covered for Monday morning commuting.

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BASKETBALL

Palmer gives up late lead



Shawn Troche fakes and then heads for the layup.



Gavin Smola reaches high for a basket.

Taydem Haley looks to pass away from the paint after running into pressure.



Dylan Doherty makes his way up the court.

Photos by Gregory A. Scibelli

SOUTHWICK – Last Thursday night, despite having a big lead, Southwick was able to come all the way back and overcame Palmer boys basketball 56-55. The defeat was just the second of the season for Palmer. The Panthers had three double-digit performers with Taydem Haley leading with 15 points. Andrew Menard had 12 points and Gavin Smola had 10 points.



Andrew Menard makes a pass around the perimeter.

BASKETBALL



Megan Clark makes a pass on the run.

Early lead paces Pioneers to win



Greenly Lagimoniere makes her way down the court.

PALMER – Last Friday evening, Pathfinder girls basketball jumped out to a 9-2 lead, then more than doubled that while holding Westfield Tech to just four points in the first half. The Pioneers would go on to get the win 34-24 and improve to 4-3 on the season. Greenly Lagimoniere would lead Pathfinder with 11 points.



Turley photos by Gregory A. Scibelli
Addison Doktor lunges for a shot.

SWIM

Panthers compete against Agawam



Aksala Santos competes in the 200 individual medley.



Hannah Roy heads down the pool in the 200 freestyle.



Maddy Roy does a leg of the 200 medley relay.



Quinn Richardson does her part of the medley relay.

PALMER – Last Friday afternoon, Palmer girls swimming hosted Agawam. The Panthers, which are 2-3 entering the meet, did not report a score of the meet. They are next scheduled to face Amherst on Jan. 16 at 4:30 p.m.

Photos by David Henry www.sweetdogphotos.com

BASKETBALL

Second half surge hurts Monson boys

By Tim Peterson
Sports Correspondent

GRANBY—Granby boys' varsity basketball coach Dylan Dubuc wasn't very happy with how his five starters were performing against Bi-County West league rival Monson in the middle of the third quarter, so he decided to make a change. After the Mustangs took the lead for the first time, Dubuc inserted five reserve players into the game. The move worked out, as the Rams battled back in the fourth

quarter for a 62-51 victory at Sullivan Gymnasium, last Thursday night. "When I put the five bench guys into the game in the middle of the third quarter, it changed the energy," Dubuc said. "Those guys don't normally get a lot of minutes, but they played very hard in tonight's game. Basketball is a team sport, and every player on the team is very important." The Rams (7-1, 5-0), who are sitting in first place in the league standings, were co-champions of

the Bi-County West Division a year ago. "We lost at Monson at the end of last season, and we wound up having to share the league title with Belchertown," Dubuc said. "One of our goals every year is to win the league title. We also want to compete for the Western Mass. title and make a run in the Division 5 state tournament. We just want to keep getting better in every game." The Mustangs (4-3, 2-3), who celebrated a 52-46 home win versus Granby last February, haven't won

a league title during the past nine years. "Granby is a very good basketball team, and they deserve a lot of credit for battling back against us in the fourth quarter," said Monson head coach Zac Dreher. "We really needed to beat them if we want to win the league title this year." Granby, who lost a non-league home game against Gardner two night's earlier, held a slim 16-12 lead at the end of the opening quar-



Taylor Allen passes inside the arc.



Desiree Croteau makes a run inside the paint.

Hurricanes suffer first loss



Amherst's Ethan Nompoggi passes the puck away.



Cooper Beckwith makes his way up the ice.



Graham Arguin skates with the puck into the offensive zone.



Pathfinder's Ethan Mooney gets ready to shoot.

WEST SPRINGFIELD – Last Saturday, Amherst hockey, which co-ops with Pathfinder Regional, suffered a 3-1 loss to Ludlow at Olympia Ice Center. It was the first defeat of the season for the Hurricanes and the first time their offense struggled to score in a game. Only Jack Dyjach managed a first period goal. Ludlow would score twice in the second period to take the lead, and never relinquished it. The Hurricanes are 7-1.

Photos by David Henry
www.sweetdogphotos.com

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Turleysports

Athlete of the Week

Gavin Smola
Palmer High School



Smola turned in a good performance against Southwick last Thursday, scoring in double-digits with 10 points for the Panthers.

To nominate someone for Athlete of the Week, contact Managing Sports Editor Gregory A. Scibelli at 413-283-8393 ext. 258 or send an e-mail to gscibelli@turley.com.

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T-Birds suffer loss against rival Bruins

PROVIDENCE, R.I. -- The Springfield Thunderbirds (16-12-3-2) could not overcome an early blitz by the Providence Bruins (19-12-3-0) in a 6-3 loss on Sunday afternoon at Amica Mutual Pavilion.

It did not take the Bruins long to flex their offensive muscles, as John Farinacci slipped into an open area in front of the net, received a pass from Brett Harrison, and one-touched it past Vadim Zherenko to make it a 1-0 Bruins lead just 2:40 into the game.

Just 1:04 later, Justin Brazeau added to the advantage, taking a Georgii Merkulov pass and deking to the backhand past Zherenko on a point-blank opportunity. Anthony Richard added a third at 6:05, and before the T-Birds knew it, the home side had a 3-0 lead.

After a pair of matching minors put the game at 4-on-4 for the first time, the Bruins found another seam in the defense, as Frederic Brunet made a perfect diagonal pass to the right post, where Ian Mitchell guided it into the twine, ending a potent first period for the Bruins with the 4-0 goal at 17:05.

Malcolm Subban entered in relief of Zherenko to start the second period, but the Bruins were not done on the attack, as Jayson Megna beat Subban

on an odd-man rush from the slot, and the lead ballooned to 5-0 at 6:27 of the frame.

Despite the mountain of a deficit, the T-Birds showed tremendous character as Zach Bolduc and Adam Gaudette each found the back of the net behind Michael DiPietro in just a 2:12 span to bring the margin down to 5-2 at the 13:52 mark of the period. Bolduc's fifth of the season broke a personal 11-game drought, and Gaudette scored for a third straight game, becoming the first AHL player to reach 20 goals this season.

The third period went 11 minutes with relatively minimal offensive chances for each team. Springfield would get another one as MacKenzie MacEachern roofed a shot from the right of the crease at 11:54 to cut the margin down to 5-3 off a slick set-up from Wyatt Kalynuk, but the comeback effort would not get any closer. Richard's second goal of the afternoon, a power play marker into an empty net, ended the scoring at the 17:54 mark of the third.

The T-Birds continued their four-game road swing on Wednesday night when they visited the Bridgeport Islanders.

Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER – The Tuesday Night Commercial Elks League returned to Diamond Junction Bowling Lanes for their first night of league in 2024.

The standings as of Dec. 12 have Acres in first place with a record of 12-4. In second place, Life is Good has a record of 11-5; just one point behind Acres. In third place, The Champs R Here stand at 10-6. Tied for third place is Team BK at 10-6.

What breaks the tie is Champs R Here having a higher team high single of 439 to BK's 422. The team who won the first round Compression stands in fifth place at 7.5

wins and 8.5 losses. In sixth place, the Blue B's are at 7-9 and seventh place is Last in Line at 5.5 wins and 10.5 losses.

In one match, Blue B's bowled against Last in Line. In game one, Last in Line won the first game by a score of 317-307. In game two, Last in Line was victorious again by a score of 357-322. Vinny Navarro of Last in Line carried the team by bowling a 106.

In the last game, Blue B's won by a score of 357-344. Mike Zwirecki of the Blue B's finished the night breaking the century mark with a 102. Last in Line won total pinfall by a final score of 1018-986.

The #1 seed Acres bowled against the #4 seed Team BK. In game one, Team BK managed to stay ahead of the #1 seeded team by scoring 425 to Acres' 381.

Filling in for Team BK was Bryan Surprise and Ryan Drago.

Surprise started off with a 106 and Drago started off the night with a 136. Paul Tereso of Acres had a good start by bowling well over his league average with a 107.

In game two, Acres won by a score of 370-355. Drago stayed strong in game two by bowling a 122. In game three, BK won the last game of the evening by a score of 402-388. Three out of the four bowlers on Team BK were over 100 in game three.

Jeff Whyte finished with a 102, Surprise finished with a 104 and Drago finished with a 109. Tereso of Acres finished the night strong with a 116 and three-game series of 310. Surprise of Team BK finished with a series of 305 and Drago had a three-game series of 367.

Team BK won total pinfall with a final score of 1182-1139.

#2 seed Life is Good bowled against #3 seed Champs R Here. In

game one, The Champs started off strong with a 397-357 victory over Life is Good. The father and son duo of John and Taylor Colkos had a good start to their evening with Taylor starting with a 109 and John with a 112.

In game two, The Champs were victorious again by a score of 385-342. In game three, The Champs R Here won for a three game sweep over Life is Good by a score of 396-360. John Colkos finished with a 118 and three game series of 324. Steve Manolakis finished with a 110 and a three game series of 310.

The Champs R Here won total pinfall by a final score of 1178-1059.

Compression bowled against their average and won two out of three games. The team fell just one pin short against their averages in game three by a score of 346-345.

Railers fall to Mariners

PORTLAND, ME – The skate was on the other foot here Sunday afternoon, much to the Railers' dismay.

After spending a lot of the first part of this season crafting miraculous comebacks, Worcester had it happen in reverse, losing to the Maine Mariners, 4-2.

The Railers squandered a 2-1 lead as they allowed two goals by Alex Kile in the game's closing minutes, then an empty-netter by Curtis Hall at 19:59.

Kile's goals were his 19th and 20th of the season. The tying goal came with Maine on a power play at 17:09 of the third period. The winner was a 5 on 5 shot through a screen from about 55 feet at 19:33. It came after a Railers' mistake, an errant pass that led to an icing call and a faceoff in their own end.

Joey Cipollone and Anthony Callin scored the Worcester goals. Owen Pederson had the first Maine goal.

John Muse stopped 25 of 28 Maine shots. Brad Arvanitis was excellent for the Mariners with 34 saves.

Worcester had a chance to put things out of reach earlier in the third period but could not capitalize on more than three straight minutes of power play time, much of it skating 5 on 3.

The first period was a real trip for the Railers, but in the worst way.

Referee Michael Zyla did not call a penalty and missed a blatant trip that took down a Worcester player and it cost the Railers a goal.

It happened at 11:12, or just before that, as Riley Piercy controlled the puck along the right wing boards in the Worcester zone.

As Piercy began to move out he was tripped. The puck wound up on Pederson's stick. He carried it into the slot and popped a high backhander past Muse.

Otherwise, Muse and Arvanitis were equal to the task to make 18 combined saves.

It took Worcester a while to tie the game but Cipollone finally did at 5:02 of the second period. He entered the Maine zone with Piercy on his right and one Maine defender between them. Cipollone took the puck in deep and his wrist shot broke through Arvanitis to make it 1-1.

Worcester made it 2-1 about seven minutes later on Callin's power play goal. He was set up by Blade Jenkins and zipped a 40-foot wrist shot just under the crossbar for the go ahead goal. The goal snapped an 11-game drought without one for Callin, although he had seven assists in that time.

Jenkins continued a very productive run of games with the assist. He is 2-9-11 in the last eight.

The Railers' next game is Friday night at the DCU Center, the first in a three-in-three versus the Norfolk Admirals. Worcester and Norfolk are likely to jockey for playoff position for the rest of the season and the Admirals have been leading the series to date, winning four of the five meetings.

HoopHall Classic to be broadcast nationwide

The Naismith Basketball Hall of Fame announced today the broadcast schedule for the 2024 Spalding HoopHall Classic, an annual basketball showcase now in its 22nd year. Games will be played at Blake Arena from January 11-15 at Springfield College, the Birthplace of Basketball.

ESPN is returning as a broadcast partner, with 10 matchups broadcast nationally across Sunday and Monday's schedules. Coverage starts on Sunday with LaLumiere School, KY, vs. Prolific Prep, CA, at 1:30 p.m. Two matchups will be broadcast on ESPN2, five on ESPNU, and three on ESPN+.

Saturday's slate of eight games, which will tip off with Bishop Hendricken High School (RI) vs. Gulliver Prep (FL) at 9 a.m. and conclude with Grayson High School (GA) vs. Perry High School (AZ) at 9 p.m. will stream on the NBA App, with the first four games and last four games simulcast to NBA TV and NBA YouTube, respectively. Additionally, content and highlights from Saturday's games will be featured on NBA Future Starts Now. This marks the first time that HoopHall Classic games and content will be featured on NBA platforms.

BallerTV continues as a broadcast partner for the event and will stream 14 games throughout the weekend.

18 of ESPN's Top 25 High School basketball programs will be participating in the event: Montverde Academy (#1), Long Island Lutheran High School (#2), Paul VI High School (#3), Link Academy (#4), Christopher Columbus High School (#5), Prolific Prep (#7), Arizona Compass Prep (#8), Don Bosco Prep (#9), La Lumiere School (#11), Harvard-Westlake High School (#12), Brewster Academy (#13), IMG Academy (#14), Bishop O'Connell High School (#15), Gonzaga College High School (#16), Oak Hill Academy (#17), Archbishop Stepinac High School (#19), Grayson High School (#24), and McEachern High School (#25).

Ten of the last 12 No. 1 overall picks in the NBA Draft have played at the HoopHall Classic. This year, HoopHall Classic will feature 43 players in ESPN's Top 100 from the Class of 2024, 18 from the Class of 2025 Top 60, and five from the Class of 2026 Top 25.

The tournament will feature four women's games this year. Eight of the Class of 2024's HoopGurlz WESPN Top 100 recruits will be featured, five from the Class of 2025's Super 60, and two from the Class of 2026's Terrific 25.

MONSON | from page 9

ter.

The Rams, who were led offensively in the opening half by junior's Sawyer Clarke (4 points), Gavier Fernandez (8 points), and Colin Murdock (14 points), added three points to their lead in the second quarter. They held a 26-19 advantage at halftime.

Fernandez, who's a school-choice student from Holyoke, was the starting quarterback for the Amherst football team this past fall. Granby has had a co-op with Amherst in football during the past several years.

Monson was trailing, 28-21, with 5:10 remaining in the third quarter of last Thursday's contest.

Their comeback began with field goals by sophomore Austin Meacham (6 points), sophomore Jake Beaupre (5 points), and senior Sebastian Nava (8 points). Then eighth grader Trey Dillahun, who finished the contest with a team-high 19 points, buried a 3-pointer from the top of the key giving the visiting team a 30-28 lead with three minutes remaining in the third quarter.

That's when Dubuc took out his five starters and put in junior Brennan Dwyer, junior Raymond A. Colon (2 points), sophomore Raymond D. Colon (1 point), junior Gavin Moreno (2 points), and senior Ben Berger (4 points) into the game.

A Nava 3-pointer increased the Mustangs lead to 38-33 with 53 seconds left on the scoreboard clock.

It also capped off a 17-5 run.

"We were able to make a come-

back in the third quarter," Dreher said. "Then they made a couple of big shots in the fourth quarter, and we missed a couple, which turned out to be the difference."

The Rams closed the gap to one point (38-37) entering the final eight minutes following a Moreno jumper in the lane and an inside hoop at the buzzer by senior Colin Murdock, who's one of the Rams starters.

Murdock checked back into the game with a minute left in the third quarter and he wound up leading the Rams with a team-leading 19 points.

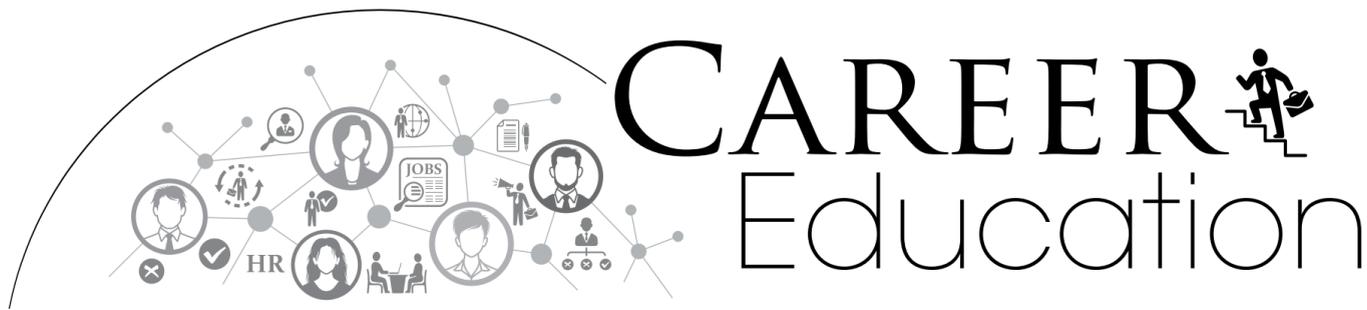
Less than two minutes into the fourth quarter, Murdock made a 3-pointer giving the Rams the lead back at 40-38. Berger followed with a lay-up.

With 5:50 left in regulation, a Dillahun 3-pointer made it a one point game (42-41).

Two minutes later, Dillahun made a pair of free throws tying the score for the final time at 45-45.

Following back-to-back field goals by Fernandez (15 points), junior Riley Goodhind (8 points) buried two 3-pointers from the right side giving the Rams a 56-46 lead with a minute remaining.

The Mustangs, who entered the game with a 3-1 road record, cut the deficit down to seven points before Clarke, who finished the game with eight points, sealed the deal for the home team by sinking four foul shots.



CAREER Education

HCC announces healthy cooking series for new year

If you've made a New Year's resolution to eat healthier in 2024, Holyoke Community College might have just what you need.

The college is running a series of noncredit cooking classes this spring focused on diabetes but geared toward anyone interested in learning how to prepare healthier, more nutritious meals.

Classes in the "Nutrition for Diabetes" series run either on Tuesday or Wednesday nights beginning Feb. 7. All classes are held at the HCC MGM Culinary Arts Institute, 164 Race St., and taught by Marissa Chiapperino, a registered dietician and instructor in HCC's Culinary Arts program.

"Certain foods can lower your risk

of heart disease and diabetes or help to manage it," Chiapperino said. "Making healthy adjustments to your daily meal plan does not have to be hard or boring. Oftentimes, adding in sources of healthy fats, whole grains, and high fiber fruits and vegetables can boost flavor and decrease the risk of chronic disease."

Each three-hour, stand-alone class will focus on a different theme. The first hour will be an education session with Chiapperino, followed by a two-hour hands-on cooking activity after which participants can take home leftovers and recipes that align with the nutritional topic of the evening.

Wed., Feb. 7, 6-9 p.m.: "What is a carbohydrate?" (white bean egg shakshuka, breakfast casserole, overnight oats, vanilla bean pancakes, salmon toast)

Tues., March 5, 6-9 p.m.: "What is a protein?" (grilled skirt steak with chickpea salad, fideo, raspberry chicken, tahini-baked cod)

Wed., March 20, 6-9 p.m.: "What is a fat?" (smoothie bar, zucchini fritters, roasted chickpeas, cheesy egg souffles, Vietnamese spring rolls with peanut sauce)

Wed., April 17, 6-9 p.m.: "How to read a food label" (grilled swordfish and pepper salad; chicken, lemon and olive bake; sweet potato berry muffins; easy breakfast salad; cheddar



and herb savory overnight oats)

Tues., April 30, 6-9 p.m.: "What is a carbohydrate?" (desserts for diabetes: chocolate date spread, oatmeal cookies, orange chamomile blondies, homemade popcorn four ways, caramelized spiced pears)

In addition, on Tues., April 2, from 6-9 p.m., Chiapperino will lead a similarly structured class on meal planning, "Building a balanced meal," featuring chilled avocado

and cucumber mint soup, eggplant and lentil meatballs, chili-stuffed spaghetti squash, kale and fava bean salad, and grain-free granola.

"Making dietary changes can feel overwhelming," she said. "In this class, we will talk about how meal planning can make or break your ability to lead a more nourishing life with food. The concepts discussed will be suitable for those with many different health concerns and also those who just want to get more comfortable in the kitchen."

Chiapperino holds a bachelor of science degree in dietetics from the State University of New York at Oneonta and a masters of public health from the University of Massachusetts Amherst. She specialized in medical nutrition therapy for critical care and oncology at Westchester Medical Center in New York and was the first bariatric dietician at Holyoke Medical Center, where she helped build their nutrition program.

She is a past president of the Western Massachusetts Dietetic Association and currently serves as executive secretary.

Each session is \$84. For more information, or to register for classes, please go to hcc.edu/healthy-cooking

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The school will be holding an Open House on Saturday, Jan. 27 from 9 a.m. - 12 p.m. (no appointment needed). Appointment only tours for families will be held on Tuesday, Jan. 30 and Thursday, Feb. 1 from 3 p.m. - 7 p.m. Please call Chris or Janine in the Business Office at 536-6038 for registration information or to make

an appointment.

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St. Michael's Academy to hold Open House



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St. Michael's Academy, located at 153 Eddywood Street in the East Forest Park section of Springfield, invites you to an Open House and Curriculum Fair on Sunday, Jan. 28, 2024. There will be a special presentation for prospective students and their families that will begin at noon. The event will include an information session, followed by a panel of students, teachers and parents for questions and finish with a full school tour. The full school will be open to visitors with teachers in each of the classrooms to accommodate questions.

Attend the Open House and learn what St. Michael's Academy can offer your child. St. Michael's Academy is not just books and papers. The educational process strives to form the entire child academically, spiritually, physically and emotionally. The dedicated teaching faculty truly care about their students and want them to learn, grow and succeed. The final result is a graduate who is well prepared for high school, college and beyond. Each student takes with them a solid foundation for continued growth and achievement, having learned the value of respect, kindness and community service.

Unable to attend the Open House on January 28th? Simply call the Admissions Office at (413) 782-5246, ext. 1208 and schedule an informational session and tour.

St. Michael's Academy is located off of Plumtree Road in Springfield, directly behind Holy Cross Church. The Academy educates students from preschool 3 years old, through grade 8. It is the largest Catholic elementary school in Western Mass and the only Catholic elementary school in Springfield.

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St. Michael's Academy will be hiring teachers for the 2024-2025 academic year. Interested? Send your resume to a.dougal@smaspringfield.org.



Looking for a new school for your child? Join us on **Sunday, January 28th** at noon for an **Open House**. Learn what St. Michael's Academy can offer YOUR child!

St. Michael's Academy, 153 Eddywood St., Springfield, MA
Check us out at smaspringfield.org



Apex Homecare

Turning your family's challenges into solutions

Deliver Excellent Care in a Safe & Supportive Environment

Apex Homecare has immediate Openings

Agawam Amherst Belchertown Bernardston Brookfield Chicopee East Longmeadow Easthampton Grafton Granby Granville Hadley Holyoke Longmeadow Ludlow	Monson North Brookfield Northampton Palmer Russell South Hadley Southwick Springfield Ware Warren West Brookfield West Springfield Westfield Wilbraham
--	---

Hiring experienced CNA's, HHA's and training new staff looking for a career in Home Care.

Also, online training in your own home at your own pace. <https://mahomecaretraining.org>

Hourly rates range \$17.00 to \$22.00.

Work Close to Home! Mother's Hours Available!
Great for Retirees Looking to Supplement Their Income.

Apply: Apexcares.com
Call 413-746-4663
or scan the QR code



Information aspiring nurses can include on their résumés

Regardless of what they chose to study, many students look forward to graduation and the next step, which typically involves finding work in their chosen professions. Nursing students are no exception to this, and many, upon completion of their studies, are excited to begin their careers.

A well-crafted résumé is essential for nurses throughout their careers, but especially important for those starting out. According to RegisteredNursing.org, nursing résumés typically include sections commonly found on résumés for professionals across all industries. These standard sections include objective, education and technical skills. But nurses also may want to expand their résumés to include information specific to the nursing profession.

Experience

Newly minted graduates with degrees in certain fields may not have much, if any, experience to list on their résumés. But some recent nursing school graduates may have relevant clinical experience that could help them land their first jobs. When applicable, this section should include the company name (such as the name of the hospital or clinic), the location of the job, the job title, the dates of employment, and a description of the tasks the applicant performed.

Licensure and certifications

RegisteredNursing.org advises aspiring nurses to include where they are now licensed as registered nurses as well as any information regarding certifications they earned during their nursing programs. Nurses who earned their Advanced Cardiac Life Support (ACLS) certification through their nursing program should note that on their résumés, as the RegisteredNursing.org notes that could make candidates appear more desirable in the eyes of prospective employers.

Education

Every résumé should include a section on an applicant's education history. But recent graduates from nursing school should include any relevant information about nursing programs they may have participated in while pursuing their degrees.

Résumés are vital when looking for work. Recent graduates from nursing school can use their résumés to highlight any unique experiences they might have that can help them stand out among crowded applicant pools.



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WELCOME SATURDAYS

11:00 AM - 1:00PM

January 20th
February 3rd
February 10th
March 2nd

VISIT: WWW.HAMPDENCHARTER.ORG

APPLY NOW / DEADLINE ▶ **MARCH 3, 2024**





CAREER Education

Come and see what great things are happening at St. Stanislaus

St. Stanislaus School in Chicopee is under the new leadership of Principal Katherine Rorrio, who fully appreciates the Franciscan values and long-standing traditions of the school. Mrs. Rorrio is a graduate of the school, was a teacher at the school for 20 years, and is now Principal.

This year the school's theme is "For it is in giving that we receive", an inspirational quote from St. Francis about the value of giving back. Students are focusing on a different Corporal Work of Mercy each month. Some of the Corporal Works of Mercy that have been covered are - Feeding the Hungry and Working for Peace. The most recent Work of Mercy was Shelter the Homeless. Students and families collected 100 blankets, 50 hats, coats, and many undergarments that were donated to a local homeless shelter to help those in the community. Service projects are done throughout the year to help teach students the value of giving back.

The school will be holding an Open House on Sunday, Jan. 21 from 11 a.m. - 1 p.m. (no appointment needed).

If you would like to schedule a private tour for another time, please call the school to schedule an appointment at (413) 592-5135.

St. Stanislaus School is a Roman Catholic, Franciscan, co-educational Pre-K through 8th grade school. Students are assisted in developing their potential spiritually, physically, and socially within a safe and diverse community. A foundation of academic excellence is created to prepare students to become contributing members of a global society. The school has a welcoming Franciscan environment, modern air-conditioned facility, strong core curriculum, enrichment classes, certified faculty, full-day preschool (PreK3 and 4) and Kindergarten, free breakfast and hot lunch, before & after school program, and one to one use and integration of iPads and Chromebooks into curriculum. Financial Aid is available. Interested students are invited to "spend a day with us". To learn more please visit www.saintstansschool.org. We can't wait to meet you!

Apex Homecare expands programs and staffing to meet growing needs in the elder care arena

Direct Support Professionals at Apex Homecare of Springfield provides home care aides to increase independence for the people with disabilities and seniors, every day.

Caregivers and students pursuing a degree in the healthcare field are encouraged to contact the agency to take advantage of Apex's Direct Support Professional (DSP's) training program. To attract top quality Aide's, the agency provides attractive benefits and a career path.

The direct care worker shortage is a global issue, stretching well beyond Massachusetts. In the U.S., 3 out of every 4 agency providers has a wait list for caregiving services. According to the Global Coalition on Aging Report, 70% of Americans who reach age 65 will need long-term services and support. If nothing changes, the report predicts there will be a national shortage of 151,000 care workers by 2030, and a 355,000-caregiver shortfall by 2040.

Pew Research states that one in four Americans live with a disability that interferes with activities of daily living and a recent national survey reports 90% of Americans age 50 and over want to 'age in place'.

To compound the situation, demand in the family caregiving market is increasing as well. Currently, 53 million Americans serve as family caregivers and the number is growing.

An Executive Order from the White House signed in April 2023 offers new resources to remedy the caregiver shortage crisis to meet increased need. It is the most sweeping set of executive actions to improve care in the nation's history and takes immediate action to enhance job quality for the direct care workforce. Like many of Apex's services, the Executive Order also provides resources for family caregivers that foster emotional well-being and stems the financial and health strain that caregiving has on a family.

About Apex Homecare

Apex provides a safe, compassionate and friendly atmosphere to enable the client to enjoy and maximize the excellence of life in the comfort of his or her home. If you or a loved one needs services, contact Cheryl Rumley RN at Apexhealth01@verizon.net. If you are seeking a career in the caregiving, disability or healthcare field, visit the Apex career page.

ST. STANISLAUS SCHOOL

SERVANT LEADERS FOR TODAY AND TOMORROW

OPEN HOUSE
SUNDAY, JAN. 21, 2024
11AM-1PM

- Welcoming Franciscan environment
- Strong core curriculum
- Enrichment classes
- Certified faculty
- Full day Preschool & Kindergarten
- Free breakfast and hot lunch
- Before & After school program
- One to one use and integration of iPads & Chromebooks into curriculum

PREK - 8TH GRADE SCHOOL
PHYSICAL, SPIRITUAL, AND SOCIAL DEVELOPMENT

To learn more →

Call us for more information and to schedule a tour. We welcome the opportunity for you to experience St. Stanislaus School! Interested students are invited to "spend a day with us."

www.saintstansschool.org
534 Front Street, Chicopee, MA 01013
413-592-5135

A NEW YEAR! A NEW CAREER! A NEW ADVENTURE!

EXPAND YOUR HORIZONS IN 2024

TO LEARN MORE ABOUT THE OPPORTUNITIES AT GÁNDARA, CONTACT THE RECRUITERS DIRECTLY!

↓ ↓ ↓
KIRSY SEGARRA -
KSEGARRA@GANDARACENTER.ORG

↓ ↓ ↓
LUIS COLON -
LCOLON@GANDARACENTER.ORG

Explore Your Passions. Be a Leader. Choose MacDuffie.

THE MACDUFFIE SCHOOL

OPEN HOUSES

Saturday, February 3, 9:30 a.m. - 12:30 p.m.
Saturday, April 6, 9:30 a.m. - 12:30 p.m.

The MacDuffie School is a special place, and it all begins with our mission:
To foster in all students the intellectual habits of mind, high ethical standards, and respect for diversity required for becoming effective individuals in their personal and work lives, and moral and responsible participants in the world beyond.

There's no better way to get a feel for The MacDuffie School than spending time with us!

Please register for our Open House at www.macduffie.org or contact the Admissions Office at (413) 255-0000 to reserve your spot.

Come Be A Part Of Our Community!

66 School Street Granby, Massachusetts www.MacDuffie.org For Students in Grades 6 through 12

Teaching the Next Generation

Are you passionate about making a positive impact on young minds within a dynamic public school environment? Springfield Public Schools is seeking knowledgeable, highly effective, diverse educators, to join our K-12 district!

Be part of a school system that is thriving in *A Culture of Equity and Proficiency* serving over 26,000 students.

TO APPLY Visit our website or scan the QR Code!

Join Our Team!

WE'RE HIRING!

springfieldpublicschools.com

[springfieldk12](https://www.facebook.com/springfieldk12)

Public notices

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103

(413)748-7758
Docket No. HD24P0031 EA
Estate of:
Ronald Beauregard
Date of Death: 11/17/2023
CITATION ON PETITION FOR

FORMAL ADJUDICATION
To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has

been filed by Linda Lindsay of Brimfield, 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: Linda Lindsay of Brimfield, 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 02/02/2024.

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. Barbara M Hyland, First Justice of this Court.
Date: January 05, 2024

Rosemary A. Saccomani
Register of Probate
01/11/2024

(SEAL)
COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT
23 SM 004800
ORDER OF NOTICE TO:

John R Ebersold and to all persons entitled to the benefit of the Servicemembers Civil Relief Act: 50 U.S.C. e. 50 § 3901 (et seq):

U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for RCF 2 Acquisition Trust claiming to have an interest in a Mortgage covering real property in Holland, numbered 33 Brimfield Rd,

given by John R Ebersold to TD Banknorth, N.A., dated February 8, 2008, and registered at Hampden County Registry District of the Land Court as Document No. 175628 and noted on Certificate of Title No. 30201, 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 **February 12th, 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 December 28th, 2023.

Attest:
Deborah J. Patterson
Recorder
01/11/2024

COMMUNITY OUTREACH MEETING
Notice is hereby given

by Green Gold Group, Inc that a Community Outreach Meeting for a proposed Marijuana Establishment is scheduled for **January 25, 2024 at 5:15 PM at 1455 N Main St, Palmer, MA 01069 (Palmer Public Library)**. The proposed Medical Marijuana Treatment Center (Retail dispensary only, no cultivation, manufacturing, or onsite use) is anticipated to be located at 1140 Thorndike Street, Palmer, MA 01069. This will be collocated with Green Gold Group's previously approved adult-use marijuana retail establishment at that address. There will be an opportunity for the public to ask questions.
01/11/2024

TOWN OF PALMER LICENSING COMMISSION PUBLIC HEARING LIQUOR LICENSE

Notice is hereby given to all parties interested that the Licensing Commission will hold a public hearing in the Meeting Room of the Palmer Town Building 4417 Main Street, Palmer, MA on **Tuesday, January 16, 2023, at 6:00 P. M.** on the application from Turtle Pond Tavern located at 349 Wilbraham St. Palmer, for a transfer of license from Karl Benware to Maria Donato.

Licensing Commission,
Town of Palmer
01/04, 01/11/2024

TOWN OF PALMER LICENSING COMMISSION PUBLIC HEARING LIQUOR LICENSE

Notice is hereby given to all parties interested that the Licensing Commission will hold a public hearing in the Meeting Room of the Palmer Town Building 4417 Main Street, Palmer, MA on **Tuesday, January 16, 2023, at 6:00 P. M.** on the application from MB's Taste of The Sea located at 2052 Main St. Three Rivers, for a transfer of license from Kenneth Stacy to Sam Paixao.

Licensing Commission,
Town of Palmer
01/04, 01/11/2024

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

Job Connection

HELPING YOU FIND HELP

TOWN OF WARREN - JOB POSTING

POLICE OFFICER Full/Part Time Openings

The Warren Police Department is accepting applications for the position of full time and part time Police Officer. Applicants are preferred to be academy trained and must be willing to work weekends, nights, and holidays.

Responsibilities include responding to emergency and non-emergency calls for Police, Fire and Ambulance services. It is preferred that applicants currently possess valid certification as a Police Officer. Candidates must have strong interpersonal, verbal, and written communication skills. Preferences include an associate degree or higher in criminal justice, serve in the US military, or experience as a Police Officer.

The Patrolman's contract provides an education incentive and a candidate with prior experience may also be considered to start at a higher step rate of pay.

Resumes and cover letters must be returned no later than Friday, January 26th, 2024, to the attention of Lt. James Early, WPD PO Box 606, Warren, MA 01083 or early@warren-ma.gov.

The Town of Warren is an EOE

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Fresh cut & split \$200.00
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Tree length available
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WANTED TO BUY

ANTIQUES AND OLD STUFF WANTED **BUYING** Bottles, Crocks, Jugs, Pottery, Costume Jewelry, Toys, Games, coins, sterling, Glassware, Silver-plated items, watches, Musical instruments, typewriters, sewing machines, tools, radios, clocks, lanterns, lamps, kitchenware, cookware, knives, military, automotive, fire department, masonic, license plates, beer-cans, banware, books, oil cans, advertising tins, hunting, fishing, signs, and more Donald Roy (860) 874-8396

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Junk, Appliance, Cleanouts.
We load it & take it.
413-531-1936
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SERVICES

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DRYWALL AND CEILINGS, plaster repair. Drywall hanging. Taping & complete finishing. All ceiling textures. Fully insured. Jason at Great Walls. (413)563-0487

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HOME IMPROVEMENTS. REMODELING Kitchens, baths. Ceramic tile, windows, painting, wallpapering, siding, decks. Insurance work. Fully insured. Free estimates. (413)246-2783 Ron.

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HOME REPAIR & REMODELING for all your interior & exterior needs. Carpentry, woodworking, porches, patios, windows, doors, painting, drywall, siding, landscaping, clean-outs. Competitive pricing. References. Please call Brendan (413) 687-5552

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HOUSE CLEANING
Also cleaning/organizing of basement, garage, shed and finished attics. Charge according to job. Free estimates. Call 413-536-3697, David.

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Overgrown property? Extreme Brush Cutting! Shrub, Stump, Tree Removal
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Small Demolition/Junk Removal Insured
Josh Rozell 413-636-5957

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All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call (413)569-1611, (413)374-5377

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DL & G STUMP GRINDING Grinding stumps of all sizes, insured & certified. Senior discounts. Call Dave 413-478-4212

AUTO

CASH FOR JUNK AND REPAIRABLE CARS
FREE TOWING FAST SERVICE CASH PAID AS IS CALL OR TEXT 413-219-6839

HELP WANTED

DATA ENTRY CLERK and Quickbooks for local company. Call for more details 413-519-3321.

HELP WANTED

The Town of Huntington is seeking an **INTERIM TOWN CLERK**. This is a salaried position for approximately 18 hours per week. Application and complete job description are available online at www.huntingtonma.us or by emailing admin@huntingtonma.us. Applications are due by January 26, 2024.
Town of Huntington is an Equal Opportunity Employer.

TOWN OF WILBRAHAM

P/T ADMINISTRATIVE CLERK - ASSESSORS
Looking for a reliable P/T Administrative Clerk for our Assessor's Office. For application and more information please visit www.wilbraham-ma.gov. Open until filled. EOE

Find archives of this local newspaper at www.newspapers.turley.com

HELP WANTED

TOWN OF PALMER - INSPECTOR OF BUILDINGS/ BUILDING COMMISSIONER

The Town of Palmer is seeking qualified applicants for the full-time position of Inspector of Buildings/ Building Commissioner. Must have certification as a local inspector by the State Board of Building Regulations and Standards and obtain Certification as an Inspector of Buildings/ Building Commissioner within the time limit allotted in Massachusetts State Building Code 780 CMP Section 110.R7. For a full job description please visit www.townofpalmer.com/jobs. Qualified and interested applicants should submit their cover letter and resume to Robert Reed reed@townofpalmer.com.

HELP WANTED

TOWN OF WILBRAHAM POLICE OFFICER

For application and more information please visit www.wilbraham-ma.gov. Review of applications begins immediately. Open until filled. EOE



Post your job openings in our classifieds.

We get results! Call 413-283-8393

REAL ESTATE

FOR RENT



ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

FOR RENT

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, number of children and or pregnancy, national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069
or call: 413-283-8393

DEADLINES: MONDAY AT NOON

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	Base Price \$26.50	22	Base Price \$27.00
23	Base Price \$27.50	24	Base Price \$28.00
25	Base Price \$28.50	26	Base Price \$29.00
27	Base Price \$29.50	28	Base Price \$30.00
29	Base Price \$30.50	30	Base Price \$31.00
31	Base Price \$31.50	32	Base Price \$32.00
33	Base Price \$32.50	34	Base Price \$33.00
35	Base Price \$33.50	36	Base Price \$34.00
37	Base Price \$34.50	38	Base Price \$35.00
39	Base Price \$35.50	40	Base Price \$36.00

Name: _____ Phone: _____
Address: _____
Town: _____ State: _____ Zip: _____
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Circulation: 59,000

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Circulation: 59,000

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Public notices

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
50 State Street
Springfield, MA 01103
Docket No. HD23P2642PM**
In the matter of:
**Julian Harvey
Of: Palmer, MA
RESPONDENT
(Person to be Protected/
Minor)**

**CITATION GIVING
NOTICE OF PETITION
FOR APPOINTMENT
OF CONSERVATOR OR
OTHER PROTECTIVE
ORDER PURSUANT TO
G.L. c. 190B,
§5-304 & §5-405**

To the named Respondent and all other interested persons, a petition has been filed by **Julie Sakran** of Monson, MA in the above captioned matter alleging that **Julian Harvey** is in need of a Conservator or other protective order and requesting that **Julie Sakran** of Monson, MA (or some other suitable person) be appointed as Conservator to serve **With Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **01/24/2024**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

Witness, Hon. **Barbara M. Hyland**, First Justice of this Court.
Date: Decembr 27, 2023
Rosemary A. Saccomani
Register of Probate
01/11/2024

**Monson Housing Authority
DHW Heater Replacement
Project #191065
Section 00 11 13
ADVERTISEMENT
TO BID**

MGL c.149 Over \$150K
The **MONSON HOUSING AUTHORITY**, the Awarding Authority, invites sealed bids from Contractors for the DHW Heater Replacement at State Aided Development:
Colonial Village (667-2)
31 State Street,
Monson, MA 01057
Colonial Village (667-1)
31 State Street,
Monson, MA 01057

in accordance with the documents prepared by **BOWMAN ENGINEERING, INC.**
The Project consists of but not limited to:
Replacing a total of 23 electric DHW Heaters and performing a supporting electrical upgrade.

The work is estimated to cost **\$208,000.00**.
All bidding Requests for Information (RFIs) shall be submitted online by 01/24/2024 at 3:00PM EST for filed sub-bids and by 02/07/2024 at 3:00PM EST for general bids.

Bids are subject to M.G.L. c.149 §44A-J & to minimum wage rates as required by M.G.L. c.149 §26 to 27H inclusive.

THIS PROJECT IS BEING ELECTRONICALLY BID AND HARD COPY BIDS WILL NOT BE ACCEPTED. Please review the instructions in

the bid documents on how to register as an electronic bidder. All Bids shall be submitted online at bids.com and received no later than the date and time specified.

General bidders must be certified by the Division of Capital Asset Management and Maintenance (DCAMM) in the following category of work, Plumbing, and must submit a current DCAMM Certificate of Eligibility and signed DCAMM Prime/General Contractor Update Statement.

General Bids will be received until **14 February 2024** on **3:00PM EST** and publicly opened online, forthwith.

Filed Sub-bids for the trades listed below will be received until **31 January 2024** on **3:00PM EST** and publicly opened online, forthwith.

Filed sub-bidders must be DCAMM certified for the trades listed below and bidders must

include a current DCAMM Sub-Bidder Certificate of Eligibility and a signed DCAMM Sub-Bidder's Update Statement.

TRADES
Electrical Work/EST

General bids and sub-bids shall be accompanied by a bid deposit that is not less than five (5%) of the greatest possible bid amount (including all alternates) and made payable to the **MONSON HOUSING AUTHORITY**. Note: A bid deposit is not required for Projects advertised under \$50,000.

Bid Forms and Contract Documents will be available for review at bids.com (may be viewed and downloaded electronically at no cost).

General bidders must agree to contract with minority and women business enterprises as certified by the Supplier Diversity Office (SDO), formerly known as SOMWBA. The combined participation benchmark reserved for such enterprises shall not be less than 13% of the final contract price including accepted alternates. **Request for waivers must be sent to EOHLIC** (david.mcclave@mass.gov) **5 calendar days prior to the General**

Bid date. NO WAIVERS WILL BE GRANTED AFTER THE GENERAL BIDS ARE OPENED.
PRE-BID CONFERENCE / SITE VISIT:
Scheduled
Date and Time: 01/17/2024 at 10:00AM EST
Address: 31 State Street, Monson, MA 01057
Instructions: Meet in Community Room
The hard copy Contract Documents may be seen at:

Nashoba Blue Inc.
433 Main Street
Hudson, MA 01749
978-568-1167

Monson Housing Authority
31 State Street
Suite 50
Monson, MA 01057
01/11, 01/18/2024

**Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758**

Docket No. HD24P0010EA
Estate of:
Candace J Young
Date of Death: 10/25/2023
CITATION ON PETITION FOR FORMAL ADJUDICATION
To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Christian Young of Monson, 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: **Christian Young of Monson, MA** be appointed as Personal Representative(s) of said estate to serve 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 02/02/2024.**

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. **Barbara M Hyland**, First Justice of this Court.
Date: January 03, 2024

Rosemary A. Saccomani
Register of Probate
01/11/2024

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue of the Power of Sale contained in a certain mortgage given by Laurie A. Bessette to Mortgage Electronic Registration Systems, Inc., as nominee for Quicken Loans Inc., dated September 26, 2019 and recorded in the Hampden County Registry of Deeds in Book 22874, Page 307, of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc. as mortgagee, as nominee for Quicken Loans Inc., its successors and assigns to Rocket Mortgage, LLC f/k/a Quicken Loans, LLC f/k/a Quicken Loans Inc., recorded on October 3, 2023, in Book No. 25179, at Page 8 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at **4:00 PM on February 14, 2024**, on the mortgaged premises located at 1026 Chestnut Street, Palmer, Hampden County, Massachusetts, all and singular the premises described in said mortgage, TO WIT:

A certain parcel of land on the southeasterly side of Chestnut Street, Palmer, Hampden County, Massachusetts bounded and described as follows:
Beginning at an iron pin at the intersection of the southeasterly side of said Chestnut Street and the southwesterly side of Arch Street;
thence S 69° 12' 00" W along said Chestnut Street, 178.86 feet to an iron pin at land now or formerly of J. S. Holden;
thence S 19° 02' 00" E along last named land, 69.03 feet to a point at Parcel 50-A as shown on plan at Book of Plans 284, Page 69;
thence N 69° 12' 00" E along last named land, 120.99 feet to a point;
thence S 20° 48' 00" E along last named land, 6.82 feet to an iron pin at Lot 30B as shown on plan at Book of Plans 272, Page 93;
thence N 67° 05' 45" E along last named land, 60.04 feet to an iron pin in the southwesterly line of Arch Street;
thence N 20° 48' 00" W along said Arch Street to the iron pin at the point of beginning.

Meaning and intending to describe and convey as a single parcel, Lot 30A on said plan at Book of Plans 272, Page 93 and Parcel 50 on said plan at Book of Plans 284, Page 69. Said Lot 30A being a portion of premises described in deed recorded in Hampden County Registry of Deeds Book 7493, Page 335 and said Parcel 50 being the same premises described in deed at Hampden County Registry of Deeds Book 8381, Page 14. For mortgagee's title see deed recorded with Hampden County Registry of Deeds in Book 22874, Page 304.

These premises will be

sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE: A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale.

**ROCKET MORTGAGE, LLC
F/K/A QUICKEN LOANS, LLC
F/K/A QUICKEN LOANS INC.**
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
24512
01/11, 01/18, 01/25/2024

Police/Fire

Fire Logs

Palmer

Palmer Fire Department also responded to five Medical Assist calls for the week.

Jan. 2

4:26 p.m. Smoke scare (odor of smoke), Park Street, Back in service at 4:44 p.m.

Jan. 3

10:23 p.m. Motor vehicle accident (with injuries), Mass Pike, 11:04 p.m.

Jan. 4

1:05 p.m. Alarm system activation (no fire – unintentional), Sykes Street, Back in service at 1:50 p.m.

Jan. 5

4:36 a.m. Motor vehicle accident (with injuries), North Main Street, Back in service at 5:10 a.m.

2:01 p.m. Municipal alarm system (malicious false alarm), Thorndike Street, Back in service at 2:15 p.m.

8:35 p.m. Chimney or flue fire (confined to chimney or flue), Ware Street, Back in service at 9:24 p.m.

Jan. 6

11:13 p.m. Overpressure rupture of air or gas pipe/pipeline, North Main Street, Back in service at 11:36 p.m.

Jan. 7

9:48 a.m. Alarm system activation (no fire – unintentional), Pine Street, Back in service at 10:05 a.m.

2:44 p.m. Motor vehicle accident (general cleanup) Mass Pike, Back in service at 5:15 p.m.

5:15 p.m. Smoke detector

activation (no fire unintentional), Homestead Street, Back in serve at 6 p.m.

Jan. 8

10:42 a.m. Alarm system activation (no fire – unintentional), Wilbraham Street, Back in service at 11:04 a.m.

12:55 p.m. Public service, Peterson Road, Back in service at 1:17 p.m.

Jan. 9

10:48 a.m. Smoke detector activation (due to malfunction), Shearer Street Extension, Back in service at 11:21 a.m.

1:33 p.m. Dispatched and cancelled en route, Mass Pike, Back in service at 2:13 p.m.

State Fire Marshal urges to check CO alarms and keep vents clear

With the season's first significant snow in Massachusetts, State Fire Marshal Jon M. Davine reminds residents to test their carbon monoxide alarms and keep dryer, furnace and other exhaust vents clear of snow.

"Carbon monoxide is a leading cause of fatal poisoning, and home heating equipment is the primary source of carbon monoxide in the home," Davine said in a press release. "As part of your storm planning, check your CO alarms to be sure they're working properly, and if an alarm is past the manufacturer's recommended lifespan, replace it."

Residents should also be sure to keep outside vents clear of falling, drifting or shoveled snow.

In January 2005, 7-year-old Nicole Garofalo died when a heat-

ing vent was blocked by snow drifts outside, allowing carbon monoxide to accumulate inside her Plymouth home. This tragedy led to Nicole's Law, which requires CO alarms on every habitable level of a Massachusetts residence.

"Fuel-fired heating appliances like dryers, furnaces, boilers, and fireplaces are all sources of carbon monoxide," Davine said. "If the vent or flue is blocked, this poisonous gas can reach deadly levels inside the home. Know where the vents on your home are, be sure to clear them when shoveling and be careful not to blow snow onto them if using a snowblower."

Massachusetts fire departments detected CO at nearly 5,000 incidents in 2022, officials said and 90% of these calls were at res-

idential settings.

The poison gas can cause headache, fatigue, dizziness and/or nausea at lower concentrations and death at higher concentrations. Exposure while asleep is particularly dangerous.

Children, older adults and people with lung or heart disease are especially vulnerable.

"We can't see, smell, or taste carbon monoxide, but we can detect it with working CO alarms," Davine said. "If your alarm sounds, get outside and call 9-1-1."

For more information on carbon monoxide and CO alarms, people may visit the Department of Fire Services website, <https://www.mass.gov/orgs/depart-ment-of-fire-services>.

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Wales Resident Joins Project Bread's Inaugural Council of Experts

WALES – Resident Yesenia Arroyo has joined Project Bread's new Council of Experts with Lived Experience, which is designed to engage people who have experiences with food insecurity in conversations to shape the resources and policies that directly impact them.

Arroyo will be among eight inaugural council members who will bring their expertise and co-create programs and policies that make it easier for others living in Massachusetts to access and afford food with dignity.

Project Bread is the leading statewide food security organization in Massachusetts with a radical approach to ending hunger. The nonprofit engages residents, elected officials, and businesses to act against hunger so everyone in the Commonwealth has reliable access to food, using the key lever of policy, prevention and partnerships to implement sustainable solutions to hunger.

Through this inaugural 10-month program, Council Members like Arroyo will have the opportunity to be part of strategy development, planning, and decision-making that will strengthen their leadership skills, build their expertise as a community leader and advocate, and provide significant value in co-creating impactful and effective solutions to food insecurity.

"We firmly believe that hunger can be resolved when we collectively share our strategies, and we work together towards solutions informed by the experiences of the people we aim to serve," says Project Bread Vice President of Engagement, Catalina López-Ospina, a Colombian immigrant who's seen food insecurity in her own family and made it a mission in her work.

"Our vision is for Massachusetts to become the first hunger-free state in the nation. The Council of Experts will play a vital role in helping us to achieve our vision. With their knowledge, input, and ideas, we are confident that we will make significant progress toward impactful, sustainable, and systemic solutions to end hunger in Massachusetts," López-Ospina said.

Arroyo has been a caretaker for those she loves since the age of nine. She has since dedicated her life to supporting and validating vulnerable populations and the needs of those who systematically fall between the cracks.

She will be working closely with Project Bread's Child Nutrition Outreach Program on various projects this year. Arroyo is a Co-Founder and Treasurer of The Well-Storm, Inc., a volunteer organization based

in Southbridge that engages the community in building connections, mutual aid, and support for people experiencing homelessness, mental health struggles and food insecurity.

Arroyo experienced homelessness with her own family in her junior year of high school and lived in a family shelter within the Interfaith Hospitality Network. As a child, Arroyo experienced hunger with little access to healthy and nutritious foods, often running out of food items toward the end of the month.

"One of my core memories regarding food insecurity was receiving Christmas money from my grandmother and walking 1.3 miles to our local Walmart with my younger brother to purchase food because we had no food in our home," says Arroyo. "Food and housing insecurity has taken a toll throughout my life. It has motivated me to dedicate my life to social service. I'm looking forward to helping facilitate structural changes by working with the Council and leaving my community better than the way I found it."

The Council of Experts with Lived Experience was curated through a self-nomination system. Individuals who speak English, Spanish, Portuguese, Chinese, Vietnamese, and Haitian Creole were encouraged to apply.

Experts are serving from Oct. through July, and have committed 10 hours of engagement per month.

During their term, council members will not only actively contribute to Project Bread's key organizational projects but also have the opportunity to enhance their community and civic leadership. This will enable them to advocate for their priorities and those of their communities. The nonprofit's goal is to empower the community to advocate for effective solutions that meet the needs of all.

This past year, Project Bread led the Feed Kids Coalition in successfully campaigning for the passage of permanent free school meals in Massachusetts, and the nonprofit's work in schools to expand school breakfast programs and food quality continues.

Project Bread is also leading nationally on addressing hunger through the healthcare system, partnering with health care centers statewide for referrals to their FoodSource Hotline, and individual case management for patients with complex diagnoses facing food insecurity. The Council of Experts will advise on these programs and policies, and more, to increase food security statewide.



Yesenia Arroyo

Habitat breaks the mold, offers affordable homeownership despite rising costs

By Brandice J. O'Brien

SPRINGFIELD – Yes, Greater Springfield Habitat for Humanity builds houses. But, there's so much more to the nonprofit organization. Simply put, Greater Springfield Habitat offers the limited-income population of Hampden County an opportunity to create better lives and generational wealth for their families. GSHFH operates using a three-pronged approach as a construction company, social service agency, and mortgage provider. In fact, Greater Springfield Habitat's construction projects are built despite the rise of inflation, financial challenges, and changes in the local housing market.

GSHFH primarily constructs three- and four-bedroom single-family homes that measure approximately 1,500 square feet. GSHFH helps families purchase homes that they construct in partnership with the organization, by requiring sweat equity contribution in lieu of down payment from partner families and providing low-to-zero-interest mortgages and subsidies to purchase homes at below market rate. Greater Springfield Habitat mortgages are based on the family's income and set to not exceed 43% of their total household debt when combined with all financial obligations.

"GSHFH works with families that earn 45% to 60% of the area median income level. For a family of four, that's a household income of \$35,000 to \$59,000 per year," said Aimee Giroux, GSHFH executive director. "Traditional first-time home buyer programs require a minimum income of 80% or \$80,000 AMI and the family must have 3% to 10% down payment to qualify."

By comparison, Aimee said, imagine a family of four earning \$50,000 (50% AMI) is trying to secure a \$150,000 mortgage. They have a current debt of \$700 per month for a student loan, credit card and car loan. By partnering with GSHFH, they can afford up to a 2.5% interest loan. Their maximum payment with escrow would be \$993 per month with an overall debt to income of 40%. At the current 6.5% interest rate, their payment would be \$1,348 per month, and their debt to income would be 53%, which would make them ineligible for traditional funding.

Juan Gonzalez said just before he and his wife showed up to the January 2023 closing of his new home in Holyoke, he ran the numbers one last time to make sure the home was within their financial means. Looking over the math, he was worried. Unnecessarily so. Juan

applied and were accepted. "It was such a blessing for us," Lori said. The couple has five children, four of whom are now adults. "We pay for mortgage what a lot of people pay for rent. Habitat helped our family a lot."

Kim Rivera, who experienced homelessness, on and off since her 18th birthday before owning a Habitat home, said she appreciates what Habitat has done for her. Kim purchased her home in December 2009.

"Habitat gave people like me the ability to get the American dream. I have stability. My children and grandchildren have a safe haven," Kim said. "I'm never selling this house. I'm going to keep it in the family. I want other generations to know they won't be homeless. I have three kids, and they've all seen the benefits of having a home."

Studies have shown children of limited-income homeowners are 11% more likely to graduate from high school and are 4.5% more likely to complete post-secondary education than

children of low-income renters, Aimee said.

Since its inception in 1987, GSHFH has constructed 74 homes throughout Hampden County.

Habitat chooses partner families based on need, their willingness to partner with us, and their ability to repay a mortgage for the purchase of their home. In many instances, a family's current living situation is less than ideal with issues of rodents, limited electricity, no heat, and/or the apartment is in a dangerous location. For many families, gunfire, drugs and vandalism are frequent. Families who face these realities often have challenges breaking the cycle for their children.

To ensure selected families understand the "hand up" versus a "hand out" ideology, prospective and have tools to manage the responsibility of homeownership, Habitat partner families must also attend first-time homebuyer education, financial literacy classes, good neighbor and home maintenance classes.

To keep the mission moving forward, GSHFH relies on donations. Most funding comes from individual donations, local businesses, and grants.

To learn more about Greater Springfield Habitat and its mission, visit habitatsspringfield.org.



Photos submitted by Brandice J. O'Brien
New homeowner Ireydiza accepts the keys to her new home.

forgot the loan was interest-free. When he heard that he exhaled a big breath and said, "Disregard my math. Thank you, Lord. This home is more affordable."

"Habitat made the process easy and with a no-interest loan in this economy, we couldn't have asked for anything better," said Karina Dise, Habitat homeowner in Monson, who with her husband, purchased their home in November 2007. "We are blessed to own a house and have land that goes with it. We can enjoy the outside when the weather is nice and we don't have to hear our noisy neighbors who used to live right next door to us. My husband likes to grill outside too, so that's definitely a plus."

Greater Springfield Habitat realizes everyone deserves simple, decent, affordable housing. Period. Habitat aims to close the racial wealth disparities by providing subsidies and affordable mortgages to help families break the cycle.

"We had debt, we cleaned it up and went to the bank to see if we qualified for a mortgage. We were told we didn't have enough money," said Lori Holt, who with her husband purchased a Springfield Habitat home in May 2014. "Our daughter told us about Habitat and encouraged us to apply. I didn't think we had a chance."

Eventually, Lori and her husband



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