



COMMUNITY
**Pet of the week:
 meet Jack O'Malley**
 Page 2



EDUCATION
**Campus notes
 for local students**
 Page 6



SPORTS
**Mustangs take
 win over Pioneers**
 Page 9

SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

The Journal Register

A TURLEY PUBLICATION | www.turley.com

January 30, 2025 | Vol. CLXXIV, No. 1 | \$1.00

www.journalregister.tu

PALMER

Steaming Tender discussed as potential site for passenger rail stop

By **Marcelo Gusmão**
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PALMER – On Monday, a presentation was hosted at Steaming Tender Restaurant to discuss the location of the train stop for the East/West passenger rail.

The presentation was held by Blake and Scarlet Lamothe and John McElduff, who discussed the benefits to using the restaurant as a train stop. An animated slideshow of photos, data, and potential designs was projected for the attendees to see, and as the presenters spoke, cargo trains passed behind them on the existing rails.

Blake Lamothe, owner of Steaming Tender, expressed his opinion that the Department of Transportation is “operating out of their jurisdiction on this line.”

“It’s called compass rail for a reason; north, south, east, west,” said Scarlet Lamothe. “However, MassDOT is ignoring the compass. They are ignoring the central corridor rail line that connects Brattleboro, VT, out to New London, CT.”

At the previous meeting with the public, representatives from DOT expressed that Steaming Tender could not accommodate the high-level platforms required by current project designs. However, Lamothe proposed accommodations for a low-level platform that would more easily fit into the current site.

“We could have low-level platforms with a handicapped lift, those are the requirements on this line as it exists,” Blake Lamothe said. “Or we could do a gauntlet track, which



Blake Lamothe advocated for Steaming Tender as the site for the train station for the upcoming East/West Passenger Rail stop.

has been done on many railroads, which supersedes the freight. Those are tracks that lay in a little bit, so that when the freight passes, it keeps it so the freight doesn’t hit the abutment.”

Lamothe was dismissive of concerns over the South Main Street bridge as an obstacle to construction, which he called a “false narrative.”

“It can be done at our location,” Lamothe said.

Blake’s daughter, Scarlet, mentioned during her presentation

that there’s ample space for five tracks beneath the bridge, and that the FRA had previously approved it.

The big concern of the community has been the distance from downtown. Scarlet Lamothe showed pictures of the stop installed in Windsor Locks, CT, which she compared to a bus stop. “You can hop on and off,” Lamothe said. “Engineering wise, it looks great on paper. Economic wise, not a smart move, and Connecticut is paying the price for it.

They were not receiving any additional revenue from the train stop.”

Lamothe emphasized that a small stop outside of town will not bring revenue to the town the way a train stop in a downtown location would. Attendees brought up the Department of Public Works site as one of the other proposed sites for the stop, and Lamothe mentioned a proposal to create a recreational facility there, in addition to using the historic site for the train stop.

RAIL | page 7



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EDUCATION

School Committee votes to partner with MASC for superintendent search

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

MONSON – At last week’s meeting, the School Committee discussed the search for a new superintendent, and reported on subcommittee meetings.

On Jan. 22, the committee held a discussion regarding the search for a permanent superintendent.

“We need to make sure that we’re getting good applicants in,” said Committee Chair Alison Morgan. “We want to make sure that the whole process is done fairly and equitably.”

Committee Member Karen Nothe-Valley had mentioned the use of the Massachusetts Association of School Committees to aid with the search, which will cost the district upwards of \$12,000. Morgan said that the committee had some ability to shift things around within the school budget to fund the search.

“We obviously don’t have a specific line item for something like this, this is an unexpected cost, so we’d have to be pulling that money from one of the open sources,”

Morgan said.

Interim Superintendent Roland Joyal said that, with an unexpected cost like this, the committee didn’t have much of a choice. Morgan opened the discussion up to the rest of the committee.

“What we discussed last meeting was thorough enough for me to understand that using MASC will be the best move forward,” said Committee Member Peter Wiggins.

Nothe-Valley agreed that, though she was confident the committee would do its due diligence to find the best fit for the district, that MASC has a pipeline that could ensure that the committee find a long-term match.

“Ultimately, we’re the deciders,” Nothe-Valley said. “We have the benefit of their expertise and their experience, and the creative tools that we would be able to have access to.”

Murphy said an added benefit would be the ability to create focus groups stakeholders, making use of surveys that the MASC already has in place rather than trying to create them in time to make an appoint-

SCHOOL | page 5

COMMUNITY

Swim Night family fun

High School opens pool to families and children with regular Swim Night

By **Marcelo Gusmão**
 Staff Writer
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PALMER – Last Friday, the High School opened its pool to students from Old Mill Pond for one of its regular Swim Nights.

“The Swim Night is for students at Old Mill Pond and their families,” said Kristine Camacho. “We try to offer them three or four times a year so students can come for free and swim for a couple of hours with their immediate families.”

Swim Nights are offered through the Parent Teacher Organization, and run from 6-8 p.m. Camacho said the school has been

opening the pool up for Swim Nights for a number of years.

“We started up again after COVID for the last two years, and I know they were doing it prior,” Camacho said.

The school works with staff from the school district to hire lifeguards, all of whom are high school students with the proper certification.

“I know they offered a lifeguard course to students this year, so we were able to get new lifeguards through that process,” Camacho said. “One student that was there had previously gotten her lifeguard certification, and all the lifeguards

SWIM | page 8



Isabelle, Dylan, and Tucker took off their goggles as they emerged from the pool.

Turley photos by Marcelo Gusmão

MONSON

Planning Board approves site plan for expanded fire station

By **Marcelo Gusmão**
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MONSON – At last week’s Planning Board meeting, the town voted to approve the site plan for improvements to the Fire Station, with conditions requiring approval through the Conservation Commission and a Special Permit for the Water Supply Protection District.

The Jan. 21 meeting began with a public hearing for site plan approval for improvements to the Fire Station. Planning Board Member Craig Sweitzer read the legal notice as published.

“The applicant proposes to enlarge the existing building and perform necessary site work to optimize the area by improving traffic flow which will ensure staff and pedestrian safety,” Sweitzer read. “The property is in the central commercial district at 200 Main Street, and owned by the town. A copy of the applicant is on file in the office of the Town Clerk, Planning Board office, and is available for viewing during normal office hours.”

Brian Phillips of Langan Engineering presented the project on behalf of the Fire Department.

“What we’re showing on this plan are two proposed additions on

PLANNING | page 5

DISTRICT NEWS

FROM PATHFINDER’S SUPERINTENDENT:

Remembering Dr. Gerald L. Paist

By **Eric Duda**
 Guest Column

REGION – It is with sadness that I share the news of the passing of our longtime superintendent, Dr. Gerald L. Paist, who passed away Friday evening.

Dr. Paist served as superintendent of Pathfinder Tech from shortly after the school opened in 1973 until 2021, when I had the honor of taking over the role. Throughout his

tenure, countless changes unfolded locally, regionally, and nationally, and Dr. Paist’s leadership was pivotal in navigating these challenges and ensuring our school remained a strong and thriving institution.

I was fortunate to have had Dr. Paist as my superintendent when I was a student here in the late ‘90s, and he even handed me my diploma at graduation. Over the years, I developed a close relationship with him, and I appreciated all he did for students, our school, and our communities.

In 2006, Dr. Paist hired me as

DR. PAIST | page 5

COMMUNITY

Tailgate Tavern to hold annual Soup Cook-Off fundraiser this weekend

By **Marcelo Gusmão**
 Staff Writer
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PALMER – This weekend, Tailgate Tavern will be holding its annual Soup Cook-Off fundraiser, with the money raised going to Light Up Palmer.

“As of right now, providing everybody shows up, we’ve got 30 soups,” announced Shelley Casey. “We charge people \$5 to sample them, and give each person three cards to vote on their top three soups. There are prizes

for first, second, and third place.”

The fundraiser also involves a raffle of baskets put together by Casey and donated by local businesses. There will also be a door prize.

“It’s a fun day,” Casey said. “It’s always very crowded, we really could use a whole ‘nother wing to the building, but people enjoy it.”

While the event originally raised money for cancer research, Casey has since decided to keep the funds local by donating to Light Up Palmer.

“Light Up Palmer is wonderful,” Casey said. “We started working with them when they were doing the Purple Heart Banners. My dad is a veteran, so that was a cool thing to get involved with. They’re a great group of people and they work really hard.”

Chris Smith of Light Up Palmer said that the event is put on entirely by the tavern, and the organization is very grateful for the fundraiser, which will support

SOUP | page 5



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JACK O'MALLEY

This is Jack O'Malley a wonderful rescue from Palmer. 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 journalregister@turley.com.

Tax bills due Feb. 3

PALMER—The Palmer Town Collector would like to remind all taxpayers of the following: Fiscal Year 2025 3rd quarter real estate and personal property tax bills are due and payable by February 3, 2025.

The Tax Collector's office is accepting credit and debit card payments for property taxes either on the town website at www.townofpalmer.com or at the tax office. There is a sliding scale fee for each bill paid which is passed on to the taxpayer. The fee structure can be viewed on the town website.

If you are making on-line payments through your bank (EFT's), please set it up to have the check mailed directly to our office, 4417 Main Street, Palmer, MA 01069. Do not use the Woburn lockbox address for this type of payment as no bill is included for processing.

Please call the Collector's office at (413) 283-2601 with any questions pertaining to tax payments. Office hours: Monday 8:30 a.m.-7 p.m., Tuesday - Thurs. 8:30 a.m. - 4:30 p.m., Friday - closed.

M-Pact annual Meeting to be held Feb. 10

PALMER/MONSON — The public is invited to attend the annual meeting of Municipal Public Access Cable Television on Monday, Feb. 10 at 5 p.m.

All residents of Monson and Palmer are eligible to be members of the M-Pact Corporation. Membership is for one year, renewable annually.

Members elect the Board of M-Pact and only members are eligible for nomination to the Board of Directors. Two Directors, both from Palmer will be elected for three-year terms.

Please join us and add your ideas and energy to make our local Public Access Cable Station even more involved in the communities of Monson and Palmer.

For more information, please call 413-283-7373.

Donate blood at Baystate Wing Hospital

PALMER—The community is invited to celebrate Valentine's Day and National Heart Month by giving the gift of life by donating blood at the Baystate Health blood drive held on Wednesday, Feb. 12, at Baystate Wing Hospital from 8:30 a.m. to 2 p.m.

Additionally, blood drives will be held every other month on Wednesday throughout the year in 2025, on April 16, June 11, Aug. 13, Oct. 15, and Dec. 17.

"There continues to be an urgent need for blood. When you donate blood to Baystate Health, your precious gift remains in our local communities," said Nicole VanZandt, MLT III, Supervisor, BRL Blood Donor Services. "Please help us to ensure a safe and adequate blood supply is available by donating blood with the Baystate Health Blood Donor Program.

"There is no substitute for human blood," said VanZandt. "Blood donations take approximately one hour to complete, including the interview, donation, and refreshments. To donate blood, you must be at least 17 years old; weigh at least 110 pounds, have a photo ID; be in good health (no colds, or sore throat); and have not donated blood within the past eight weeks."

Blood drives will be held at Baystate Wing Hospital, 40 Wright Street, Palmer, in Snow Conference Room C. In appreciation, all eligible donors will receive a \$10 gift card. For more information or to book an appointment to donate blood, please call the Blood Donor Center at 413-794-4600. Please be sure to note the Baystate Health hospital location where you would like to make your donation when you make your appointment.

Winter workshops at Hitchcock Academy

BRIMFIELD—Winter days can be cold and long, but they also offer an opportunity to dig into a creative project, or to learn a new craft. Hitchcock is offering three such opportunities in its ongoing series of hands-on workshops led by expert craftspeople. Beginners are welcome.

On Jan. 30, join The Art Lab and Gallery for a "delightful" workshop in creating an 10" illuminated sea glass heart wreath to warm your door or your wall. The instructor will assist you in navigating the steps from beginning to end and everything you need with be provided, including two string lights that run on batteries and an assortment of tumbled colored glass, mostly red and pink. Participants are also free to bring their own objects to add.

On Feb. 18, Let's Cake Decorate brings its next installment in its popular series: a Woodland Cake. Sue Gaulin leads this fun workshop for adults (adult/child pairs age 8+ can also work together on one cake under one registration at no extra cost). Participants will learn to level, torte, and fill a cake with buttercream, pipe chocolate buttercream bark on the side of the 'tree stump', use premade edible moss to decorate, and then use fondant to create mushrooms, frogs, and gnomes as adornments. No decorating experience necessary, step-by-step instructions are provided, as are all supplies. Students will use Sue's decorating tools and an apron during class. A 6" vanilla cake, buttercream, fondant, cake board and carry home box will be provided.

On Feb. 19, join master stained glass artist Chris Lyons for a Mosaics workshop in which participants will each make their own tile.

Mosaics are one of the oldest art forms and can be made from just about any type of material including pebbles, seashells, gems, ivory, glass and ceramic tile. The workshop will include a quick look at the history of Mosaics and a walk through the construction process and then each participants will create a simple Mosaic coaster project using glass & ceramic tile.

Lyons also regularly offers Stained Glass Sun-catcher workshops at Hitchcock. Anyone interested is encouraged to follow Hitchcock for upcoming dates.

For more information or to register for any of the winter workshops mentioned, visit www.hitchcockacademy.org.

Hitchcock Academy is a community center located at 2 Brookfield Road in Brimfield serving the community with educational, recreational, and cultural programming. More information can be found at www.hitchcockacademy.org.

Be safe on the ice this winter


REGION - How thick is safe ice? Ice on moving waters in rivers, streams and brooks is generally not safe.

The thickness of ice on ponds depends on factors such as water currents, depth and natural objects like stumps or rocks. Daily changes in temperature can cause ice to expand and contract, which affects its stability.

Because of these factors, no one can declare the ice to be safe. The only safe ice is at a skating rink.

A message from fire and life safety educators of Wilbraham and Hampden.

journalregister.turley.com



COVID-19 Vaccine Clinic

Flu shot available!

Wednesday February 5, 2025

11 am - 3 pm

Located:
Holland Community Center
40 Brimfield Rd,
Holland, MA 01521

Pfizer & Moderna available.

Bring your ID, insurance card, and vaccination card (if you do not have an insurance card, you can still get the vaccine).

All vaccinations are no cost to you, walk-ins and families welcome!


Supported by Healthy Quaboag and The Rural Vaccine Equity Initiative

\$75 gift card with Vaccination! (12 years old or older)

Please use QR Code or the link to pre-register:

<https://tinyurl.com/mr3zxfm3>

Please direct any questions to Nisha Humayun at nhumayun@townofware.com, (413) 207-7698





Relay for Life looking for participants

BELCHERTOWN—Quaboag Valley Relay for Life is looking for more teams to join our Relay on May 31 on the Belchertown Common from 10 a.m. - 10 p.m.

Everyone has been affected by cancer so now is the time to form a few friends and family so you can fundraise and spread awareness of this dreaded disease.

You do not have to have a large team or lots of money collected.

A few new teams getting in some donations is a big help to the American Cancer Society.

After we are done doing all our fundraising, the Relay is a way to unwind and celebrate our accomplishments.

The teams can be in honor or in memory of a loved one or friend. Any questions please feel free to email ctellie@juno.com

A Kick-Off event will be held on Feb. 23 at Hope Church on Main Street in Belchertown from 1 to 3 p.m. This is an informative and fun event. Come and learn what Relay is all about.

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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 \$275, 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 space permitting, email Editor at journalregister@turley.com or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.

Scantic River Artisans Exhibit 2025

HAMPDEN—Join us for a celebration of creativity and inspiration. Scantic River Artisans will be holding a Big Art Show and Sale from 10 a.m. to 4 p.m. on Saturday, Feb. 8 and 11 a.m. to 3 p.m. on Sunday, Feb. 9. There will be a reception held on Sunday, Feb. 9 from noon to 2 p.m. The event will be held at the Hampden Senior Center at 104 Allen Street. Experience an enchanting showcase of breathtaking artworks created by talented local artists. From stunning paintings to captivating sculptures, there is something for every art lover to admire. The event is being sponsored by Affordable Waste Solutions and Blick Art Materials. Please email info@scanticriverartisans.com for more information or check out the website at www.scanticriverartisans.com.

Veterans eat lunch free at Ware Senior Center

WARE—Now through May 31, 2025, veterans of the U.S. armed services can enjoy a homemade lunch for free at the Ware Senior Center, 1 Robbins Road. This meals are provided by the generosity of former Ware Selectboard member John Morrin, the Ware Veteran Fund and the Ware Veterans Carnival. For veterans to take advantage of this offer they must call the Ware Senior Center 413-967-9645 by noon the business day before they wish to come for lunch and place their name on the list. Meals are served daily, Monday through Friday from 11:30 a.m.-noon. Menus and more information are available on the Council on Aging page of townofware.com or by stopping by the Ware Senior Center, 1 Robbins Road, Monday through Friday from 8 a.m.-4 p.m.

QHMA invites public to Bingo Night fundraiser Mar. 21

PALMER—The Quaboag Hills Chamber of Commerce, the non-profit organization that promotes business and development within surrounding communities of Hampden, Hampshire, and Worcester counties, has announced its Handbag & Hand Tool Bingo Night fundraiser. The event will take place on Friday, March 21 at AMVETS Post 74 in Three Rivers. The Chamber will produce 10 exciting bingo rounds, each with a grand prize featuring one of seven designer handbags or one of three premium tools up for grabs. "The Quaboag Hills Chamber of Commerce is thrilled to provide a fun filled and inclusive night out for all, while highlighting local businesses who sponsor the grand prizes," said James Przypek, Chief Executive Officer for the Quaboag Hills Chamber of Commerce. "The Chamber was poised to launch its first bingo event in 2020 until COVID related gathering restrictions caused the Chamber to postpone its plans, which has given us a chance to regroup and put together an even bigger and better event than originally planned." Tickets can be purchased on QHMA.com. The registration fee is \$40 per person and includes 10 bingo cards, bingo dauber, delicious snack platters, bonus raffle ticket and a cash bar. Proceeds from the bingo event will benefit the Quaboag Hills Chamber of Commerce and its on-going mission to assist its more than two-hundred member businesses succeed and grow with programs and initiatives throughout the year. **About the Quaboag Hills Chamber of Commerce** Established in 1978 and headquartered in Palmer, the Quaboag Hills Chamber of Commerce's purpose is to advance economic growth, interests and tourism for our members through policies, programs and development in the Quaboag Hills region, including the 15 towns of Belchertown, Brimfield, Brookfield, East Brookfield, Hardwick, Holland, Monson, New Braintree, North Brookfield, Palmer, Spencer, Wales, Ware, Warren and West Brookfield.

Over a Year in the Shelter, Beba is Still Waiting for Her Second Chance

EAST BROOKFIELD—Second Chance Animal Services is calling on the community to help find a forever home for Beba, a 3-year-old American Staffordshire Terrier mix who has been waiting for more than a year. Beba came to Second Chance after her family faced financial and housing challenges that made it impossible for them to continue caring for her, despite their love for her. Despite her long wait, the staff and volunteers at Second Chance have never given up on her, and they're hopeful that the right family is out there, ready to give Beba the second chance she deserves. Beba is a playful and adventurous dog who loves exploring the outdoors, going for walks, and riding in the car. She's happiest when she's with people and thrives on human companionship. While she previously lived with other pets, Beba would do best as the only pet in her new home, where she can soak up all the attention. Her ideal family is one that's active, patient, and ready to embrace her energetic personality. Although shelter life has been challenging, Beba has shown her resilience and spirit. Volunteers say she's fantastic on leash and highly responsive to commands. She loves durable toys and enjoys structured activities that keep her mind engaged. To help her adjust to life outside



Over a year of waiting hasn't dimmed Beba's hope for a forever home.

the shelter, Second Chance offers training support and resources to her future

BEBA | page 6



Palmer Senior Center

PALMER—The Palmer Senior Center, 1029 Central St., has many activities for seniors Monday through Friday from 8:30 a.m. to 4 p.m. For more information or to reserve a meal please call 413-283-2670.

Special events February:

- Monday, Feb. 3- 10:30 Therapy dog**
- Wednesday, Feb. 5- 1 p.m. Wii Bowling**
- Thursday, Feb. 6- 10 a.m. Tai Chi**
- Friday, Feb. 7- 10 a.m. Writing group**
- * new activity all welcome,*
- 12:30 p.m. Movie "The Fall Guy"**
- Monday, Feb. 10- 12:30 p.m.- Let's learn watercolor painting together**
- Tuesday, Feb. 11- Noon- Lunch Bunch- Russo's Lakeside and seafood restaurant**
- Wednesday, Feb. 12- 1 p.m. Cards with Marlene**
- Thursday, Feb. 13- 1 p.m. Sunshine village craft**
- Friday, Feb. 14- 1-3 p.m. Brown bag pick-up**
- Monday, Feb. 17- Closed for President's Day**
- Wednesday, Feb. 18- 1 p.m. Wii Bowling**
- Thursday, Feb. 20- 10 a.m. Tai Chi,**
- 11 a.m.- 1p.m. Memory Café sing a long**
- Friday, Feb. 21- 12:30 p.m. movie "Touch"**
- Monday, Feb. 24- 10:30 a.m. Marathon Bingo**
- Wednesday, Feb. 26- 12:30 p.m. Velvet coloring**
- Thursday, Feb. 27- 1 p.m. Sunshine Village paint**

MENU

Breakfast is served every Tuesday and Thursday at 9:15 a.m. and is \$3. Lunch is served every Monday, Wednesday and Thursday from 11 a.m. to noon and a suggested donation is \$2. Please call before 10 a.m. the day before to reserve a meal at 413-283-2670.

Individuals must sign up for breakfast, otherwise a meal will not be ordered for them.

- Monday, Feb. 3-** Pierogis, sauteed cabbage, parslid carrots, 12 grain bread and cookies
- Tuesday, Feb. 4-** Ham and Cheese roll
- Wednesday, Feb. 5-** Mediterranean turkey, marinated cucumber salad, couscous, oatnut bread and warmed applesauce.
- Thursday, Feb. 6-** Waffle and sausage
- Friday, Feb. 7-** Potato pollock fillet, coleslaw, steamed corn, WW bread and Jello with topping
- Monday, Feb. 10-** Turkey with Dijon sauce, steamed spinach, roasted red potatoes, WW bread and mixed fruit
- Tuesday, Feb. 11-** Ham and cheese croissant
- Wednesday, Feb. 12-** Shrimp scampi, tossed salad with Italian dressing, spaghetti noodles, garlic bread and cookie
- Thursday, Feb. 13-** Egg, sausage and cheese croissant
- Friday, Feb. 14-** Chicken cordon bleu, parslid carrots, garlic mashed potatoes, wheat dinner roll and chocolate dessert.
- Monday, Feb. 17-** Closed for President's Day
- Tuesday, Feb. 18-** Chef's choice
- Wednesday, Feb. 19-** Turkey with gravy, steamed peas, mashed potatoes, cranberry snack loaf, birthday cake
- Thursday, Feb. 20-** Chef's choice
- Friday, Feb. 21-** Hot dog with bun, potato salad, baked beans and mixed fruit
- Monday, Feb. 24-** Ham and swiss, minestrone soup, pickled beets, club roll and chilled applesauce
- Tuesday, Feb. 25-** Egg, sausage and cheese croissant
- Wednesday, Feb. 26-** Turkey Chili, green beans, baked potato, cornbread muffin and cookie
- Thursday, Feb. 27-** Egg, bacon, and cheese croissant
- Friday, Feb. 28-** Chicken parmesan, tossed salad with Italian, penne with sauce, garlic toast and Jello with topping.

DCR offers February vacation program on tracks and scat

BELCHERTOWN—The Department of Conservation and Recreation will host a February Vacation Program "Tracks and Scat" on Monday, Feb. 17 from 10-11 a.m. Although we may not see them often, our native wildlife is all around us. Come learn to recognize some signs of wildlife through a fun and informative

indoor activity. Meet at the Les and Terry Campbell Quabbin Visitor Center in Belchertown. Great for all ages, children must be accompanied by an adult. For more information, call 413-323-7221. To register visit <https://app.smartsheet.com/b/form/250b6dcbeefc-4f30a4da5b0f86abc4f3>.

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Are you having difficulty communicating with your partner, struggling with boundaries, and healthy relationships?

We invite you to join us Friday afternoons from 1-2:30 pm to explore these topics and more.

This group will be held in zoom, is educational, confidential, and free. Please contact **Pat James 413-726-8661.**

Public Auction
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MORTGAGEE'S SALE OF REAL ESTATE • PALMER •

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• Public Water • Private Septic Required •
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Sale Per Order of Mortgagee Attorney Steven Weiss of the firm of Shatz, Schwartz and Fentin, P.C. 1441 Main Street, Springfield, MA Attorney for Mortgagee

Terms of Sale: \$15,000.00 Initial Deposit by Certified Funds. Deposit to be increased to 10% of Purchase Price within 5 Business Days. 5% Buyer's Premium Applies. Other Terms to be Announced at Time of Sale.

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• Total of (5) Rooms w/ (3) Bedrooms & (1) Bath •
• ±1.456 S/F of Living Area • Oil Baseboard Heat •
• Full Basement • Fireplace • Private Water • Private Septic •
• Parcel ID: 069-013 • Zoned: RR •

Sale Per Order of Mortgagee Attorney David A. Lavenburg of the firm of Bacon Wilson, P.C. 33 State Street Springfield MA Attorney for Mortgagee

Terms of Sale: \$10,000.00 Deposit Certified or Bank Funds. 5% Buyer's Premium Applies. Other Terms to be Announced at Time of Sale.

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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.

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Viewpoints

SOCIAL SECURITY Matters

By Russell Gloor

Reader seeks clarification of Medicare IRMAA and MAGI

Dear Rusty:

I am confused by an article in my local newspaper which said that Modified Adjusted Gross Income, on which my Medicare Part B premium is based, is my Adjusted Gross Income, plus any non-taxable interest, plus 50% of the social security I received.

The part that is confusing is the 50% part. When I look at my tax return my Adjusted Gross Income includes the taxable portion of my Social Security benefit which, in my case, is 85% of my total benefits. Why must 50% of benefits be added to my AGI if it is already included in my total AGI?

Signed: Confused

Dear Confused:

The article you refer to was misleading for stating that the Modified Adjusted Gross Income used to determine your Medicare premiums includes your normal Adjusted Gross Income from your income tax return, plus any non-taxable interest you may have had, plus 50% of the SS benefits you received during the tax year. What the article should have said was that the MAGI, which determines your Income-Related Monthly Adjustment Amount to your Medicare premiums consists of your normal AGI from your tax return, which includes the taxable portion of your Social Security benefits, plus any non-taxable interest you may have had.

For additional clarity, the Income-Related Monthly Adjustment Amount is a supplemental amount added to the standard Medicare premium for those with higher incomes. The thresholds at which the IRMAA supplements apply depend on your IRS filing status, and your MAGI determines the amount of supplement which will be added to the standard Medicare premium.

Single filers with MAGI over \$103,000 or married filers with MAGI over \$206,000 will see an IRMAA supplement added to their Medicare premium. Those whose MAGI is under the first IRMAA threshold pay the standard Medicare premium, but those whose MAGI exceeds the first IRMAA threshold above will pay more.

How much more depends on how much their MAGI exceeds the first IRMAA threshold by. The IRMAA supplement (the additional premium amount) could be anywhere from \$69.90 to \$419.30 per month for Medicare Part B (coverage for outpatient services) or an additional \$12.90 to \$81.00 per month to the Medicare Part D (prescription drug plan) premium - again dependent on how much over the initial MAGI threshold the person is for their IRS filing status. You can see the MAGI levels and corresponding IRMAA supplements by visiting this Medicare website at www.cms.gov/newsroom/fact-sheets/2024-medicare-parts-b-premiums-and-deductibles.

IRMAA and MAGI can be confusing. If people have questions about their Medicare premiums, help is available by emailing SSadvisor@amacfoundation.org or calling 1-888-750-2622.

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 ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

CALENDAR OF EVENTS



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



Creating a "wow" factor at home

This past week I've been hard at work trying to come up with new and exciting garden ideas for the entrance areas of Old Sturbridge Village.

It's a job I've done for decades now, and maybe I take for granted how cool it is to work for a place that many people visit each year. I want to give visitors something to rave about with my color combinations and plant selections!

Read on, straight from the archives, to bring some of this "wow factor" attitude home to your own landscape.

How often have you visited an outdoor museum, a museum park or resort and felt inspired by the gardens or container plantings used to adorn the property? Chances are you may have even used an especially delightful display as a backdrop for a family photo or two.

Tourist attractions such as these put "their best foot forward" each season of the year to awe their customers with spectacular combinations of unique plants, so that no matter when the visit is planned, the guest leaves with the feeling something special was done in their honor.

We can treat our home gardens in a similar fashion. Why not? Certainly we deserve to have exceptional plantings, for our own enjoyment and for the compliments they will elicit from our friends.

So instead of utilizing border plantings that provide only glimpses of color in the spring, summer and fall, devote entire beds to the showiest plants available for the time of year and change them with the seasons.

These types of gardens don't have to be very large, but they do have to be situated for optimal effect. Think "location, location, location!"

If you have a long driveway, consider placing a "welcome garden" just as you turn down the path. Since it will

be viewed from a distance, and from a single vantage point, make the bed more wide than narrow, and raise the height of the soil in the back of the bed a bit for a multidimensional appearance.

Utilize large, bold flowers, bright colors, and strong foliage forms- these will capture the eye en route.

Which door do you or guests normally use to enter and exit the house? Plant a small garden nearby, one that can be admired up close, each time you pass by it.

Here, the intricacies of color and form can be fully appreciated, whereas in the garden out front they would be lost. Experiment with a variety of flower and foliage shapes and color schemes.

Don't be afraid to use delicate or small flowers, or those that are mottled or two-tone. Likewise, variegated and cut-leaf foliage can make for interesting inspection if properly paired with surrounding plants.

Similar beds or container plantings can be planned for patio or pool-side, or for other areas within the landscape that might be suitable for entertaining. Simply tailor the gardens to the timeframe in which these locations are used most often, and choose your plants accordingly.

Next week we will get into the "nitty-gritty" of each of the three seasons: spring, summer and fall, and how to capture the essence of each in your plantings. You too can have museum quality gardens within your home landscape!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 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.



Bald eagle

I received an email from a Hampden resident on Dec. 6. She reported a bald eagle perched in tree in her backyard. She said, "The adult bald eagle sat in the tree for a while, then swooped over my house to the north. This was the first time I had a sighting of a bald eagle in my yard."

I saw an adult bald eagle perched in a tree by a field along Route 67 in New Braintree on Jan. 17. It is always a thrill to see an eagle.

The bald eagle is a large 31 inch long dark bird with a white head and white tail. Immature eagles have dark feathers with white mottling on the wings and tail and variable amounts of white on the belly. They keep their immature plumage for four years.

Eagles eat mostly fish and birds. They also will eat carrion and some mammals like rabbits. The female lays one to three bluish white eggs in a massive platform nest of sticks and vegetation lined with moss and grasses. These nests are placed on cliff ledge or in the fork of a tree.

Eagles congregate at feeding areas in late winter and early spring. They inhabit coasts, lakes and large rivers. The eagle has a repeated piercing scream given between a pair and a rapid series of chirps given at the nest. Eagle populations are recovering from series declines due to the use of DDT, which caused thinning of their egg shells.

Bluebirds

A North Brookfield resident had half a dozen bluebirds at his feeder on Jan. 9. Another Hampden resident reported the bluebirds were back in a Jan. 17 email. He said, "He puts out a container of warm water every morning and puts a scoop of critter food on the ground every morning."

Great blue heron

The same Hampden resident with the bluebirds said in Dec. 5 email a great blue heron "has been visiting my fish pond early mornings and late afternoons for the past couple of weeks. It has consumed over 20 goldfish in the three foot deep pond."

Pine warbler

A reader some time ago had a bird with a lot of yellow. She identified it as a pine warbler. She said she never had a pine warbler come to her nutter feeder before and she has lived there for 40 years. She also included a photo of a mocking bird sipping sap from a maple tree after the yellow bellied sapsucker made multiple holes in the bark.

Rescue of iced in loons

The Loon Preservation Committee reported, "On Dec. 14, [they] responded to a report from Weare Reservoir (aka Horace Lake) in Weare, New Hampshire. As the reservoir froze, a juvenile loon became trapped in a small (15 foot diameter) hole of open water. Fortunately, the opening was not far from shore and LPC Senior Biologist, John Cooley, was able to make his way out across the newly-formed ice to capture it. LPC staff then evaluated the loon, taking blood and x-rays. No problems were detected, and the loon was released onto the ocean that afternoon." The loon received two bands per leg in a unique color combination that will enable us to identify it if it returns to a New Hampshire lake in the future.

The LPC also reported, "That same night [Dec. 14], we received a call from volunteers on Franklin Pierce Lake. There, too, a juvenile loon was icing-in and with cold temperatures predicted overnight, its situation was not likely to improve. On Dec. 15, LPC staff headed to the lake. The loon was much further from shore than the loon on Weare Reservoir had been, but the ice was solid and we were able to capture the loon. The loon was given a physical examination on site and no obvious problems were detected. Because it was late in the day and we wanted to make sure the loon had plenty of daylight to explore and get acquainted with its new surroundings, we opted to have the loon stay overnight with wildlife rehabilitator Maria Colby of Wings Wildlife Rehabilitation Center. We banded it and released it onto the ocean at Odiorne Point the following morning."

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.

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Journal Register, please email journalregister@turley.com.

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The Journal Register (USPS 418-940) is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.
POSTMASTER: Send address changes to The Journal Register, 24 Water St., Palmer, Mass. 01069.

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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.

THIS WEEK IN History

Week in History Feb. 2

Nelson Mandela (left), pictured with then-wife, Winnie Madikizela-Mandela, was released from prison on Feb. 2, 1990.

This Week in History

REGION - A look back through history at the momentous anniversaries this week.

On Jan. 29, in 1845, American author Edgar Allan Poe published The Raven in the New York Mirror, which went on to become one of the best-known poems in American literature.

On Jan. 30, in 1948, Indian leader Mahatma Gandhi was assassinated.

On Jan. 31, in 1606, British provocateur Guy Fawkes, one of the Gunpowder Plot conspirators who sought to blow up Parliament and assassinate King James I for his repression of Roman Catholics, was executed in London.

On Feb. 1, in 2003, while returning to Earth from an orbital mission,

the U.S. space shuttle Columbia broke up at an altitude of about 40 miles over Texas, killing all seven crew members

On Feb. 2, in 1990, South African President F.W. de Klerk lifted the 30-year ban on the African National Congress, resulting in the release of Nelson Mandela from prison and marking the beginning of the end of apartheid.

On Feb. 3, in 1870, the Fifteenth Amendment to the Constitution of the United States was ratified, guaranteeing the right to vote regardless of race.

Finally, on Feb. 4, in 1787, Shays's Rebellion, an uprising in western Massachusetts in opposition to high taxes and stringent economic conditions, was defeated by the Springfield militia.

DR. PAIST | from page 1

a teacher, and 18 years later, I still reflect on his guidance and support throughout my journey. He also played a key role in my development as a leader.

As I advanced through roles as Vocational Director, Cooperative Education Director, and later as Assistant Superintendent and Principal, Dr. Paist mentored me and helped me grow as a leader. He encouraged me to pursue graduate studies and leadership training opportunities, always offering his wisdom and guidance along the way.

As an administrator for more than a decade, including as his Assistant Superintendent, I had the privilege of working side-by-side with him for many years before his retirement. Together, we navigated many town meetings and worked through political and economic challenges, always ensuring the school's budget was approved and our students received the resources they needed. The lessons I learned from Dr. Paist in leadership, school finance, and relationship-building continue to guide my work today.

For many of you on staff, I'm sure you have your own memories and stories of Dr. Paist. Although he slowed down in his final years, he remained a steadfast and dedicated leader for decades, overseeing Pathfinder Tech through significant growth.

When he began his tenure, our district included just four towns; by the end of his career, it had grown to nine. Under his leadership, Pathfinder Tech underwent a building expansion in the late 1980s that we now know as the Math Wing and West Wing, which enabled enrollment to double in the late 1980s. Prior to these expansions, many of our technical programs were housed in rented spaces across multiple towns.

Dr. Paist was also deeply involved in many local, state, and national organizations, and I was fortunate to observe his leadership



Dr. Gerald L. Paist

beyond the walls of our school. Through him, I learned invaluable lessons about the political process, school funding, and the importance of relationships with local leaders.

Dr. Paist had a unique sense of humor that those who knew him well truly appreciated. He had a quiet, dry wit that could catch you off guard, often followed by a thoughtful pause before delivering a response. He would say things that, at first, might seem simple or even puzzling, but if you understood his style, they would always make you smile.

A few of his signature sayings that I'll always remember include, "I have this to say about that" and "'Tis a puzzlement." Of course, each of these would be followed by wisdom and guidance. His humor was one of the many qualities that made him so memorable.

I also remember him telling me many stories about his past, his love for music, the shows and performances he had seen, and many other experiences from his life. Some of these stories were shared when we went out for breakfast or lunch together at our local restaurants, moments I always cherished.

I also remember him reflecting on challenging times and tell-

ing me stories about events from his past.

One story that stood out to me was when he shared where he was when he heard that JFK was assassinated. He told me he was getting off the Massachusetts Turnpike at the Palmer exit and remembered sitting at the tollbooth when the toll collector asked him, "Is the president still alive?"

The toll collector had assumed he was listening to his car radio – long before cell phones and other methods of communication. He said he started crying as he spoke to the toll collector. He told me that he had never felt the same way again after that day, until Sept. 11. On 9/11, he said he felt that same profound sense of loss and shock, and he cried again.

He also shared many other significant memories from his personal experiences throughout history. There are so many things I reflect on from what I heard him share that had a profound effect on me.

Dr. Paist's nearly 50-year career as a superintendent is impossible to fully summarize. What I can say is this: he devoted his entire life to Pathfinder Tech and made it his mission to serve this school community. He didn't view his role as just a job; it was a calling, and we were incredibly fortunate to have him for so many years.

I have lost a friend, a mentor, and a guiding light in my career, and we, as a school district, have lost someone whose legacy will continue to shape us for years to come.

In his final years, Dr. Paist lived in an assisted living facility in Pennsylvania, near his only living relative, Susan Hubbell-Whyte. My thoughts and prayers are with her during this difficult time, and I would like to express my gratitude to her for being by his side in his final years.

Please join me in keeping Dr. Paist's memory alive as we honor the incredible impact he had on Pathfinder Tech and on all of us.

PLANNING | from page 1

the north and south side of the building, with some associated parking improvements, driveway, sidewalks, utility infrastructure as well," Phillips said. "We are adjacent to Chicopee Brook and there are a few things on this plan I want to note; we did have the limits of the riverfront area and those associated riverfront areas, the 100 foot and the 200-foot riverfront area."

Phillips said the project is in the process of securing the necessary permits with the Conservation Commission.

"Currently there is a drive which traverses around the existing station, that will be mostly maintained," Phillips said. "There are some parking spaces in the front currently existing and some paved areas in the rear. We will be consolidating and simplifying the vehicular and pedestrian movement throughout the site."

Phillips described this consolidation, including installing a new concrete sidewalk around the building's main entrance, as well as associated parking including two spaces for accessibility, and additional parking in the rear.

"This proposed addition upfront is mostly office-type spaces," Phillips said.

The site plans provided to the board included a selection of diagrams depicting turning movements for fire trucks and larger vehicles, to confirm that the large vehicles that service the department will be able to comfortably turn under the proposed design.

Phillips also noted that the project doesn't propose any additional encroachments toward the brook.

"We're holding approximately the existing limit of development and not encroaching any further into the brook," Phillips said. "We are, as a part of our conservation application, proposing some enhancements to the riverfront area."

The proposal also included a plan for grading and drainage to outline how the site will handle stormwater.

"Everything flows either overland directly to the brook, or is captured in a pipe culvert," Phillips said, "which then discharges directly into the brook."

Phillips compared this to the existing conditions, which he said has "no stormwater quality infrastructure."

"The stormwater is just sheet-flowing, untreated, to the brook," Phillips said. "We are proposing significant improvements, from a stormwater quality perspective."

Phillips said that the proposal maintains the site grades, without many cuts or fills proposed. He said that the site accommodates for the new buildings, and will be more or less within the same elevations as it currently has.

The project will also require a Special Permit for a Water Supply Protection District, which will be discussed at the next Planning Board meeting.

The board voted unanimously to approve the site plan, contingent on the Special Permit and Conservation Commission approval.

SOUP | from page 1

the various community events and decorations the group puts on every year.

"This weekend, we have another sponsor, and it's Tailgate," said Smith. "They're helping us out again so we can keep going with our Purple Heart program, our holiday community celebrations, and refurbish the decorations. None of that would be possible without people like Tailgate helping us out, along with our other dedicated sponsors."

Smith said the group has a lot of work ahead of it this year, as the harsh winter damaged many of the electronic decorations. Light Up Palmer is currently refurbishing and replacing the Purple Heart banners that have been damaged by the weather.

"I believe 2021 was the first year that we did the Purple Heart banners, and we now have 65 individuals that we recognize in that program," Smith said. "The Purple Heart recognition on Main Street adds to the definition of Palmer as a PH town."

Smith said that Light Up Palmer has received criticism for the way it recognizes the Purple Heart veterans, but that the method was decided so as not to overlap with American Legion's brick program.

"It's not that we're trying to place recognition only on Purple Heart veterans," Smith said. "It adds to our downtown, it makes us kind of unique to honor both Purple Heart and all veterans, and we don't have to do the same thing every other town does."

The group will start dressing up Main Street for Memorial Day, with banners and flags and flowers to spruce up the downtown area. Smith said that repairs to the decorations will begin sometime in the summer.

Though Light Up Palmer are the primary beneficiaries, Smith emphasized that the whole town is invited to join in on the fun.

"The boss brings in a generator," Casey said. "We tripped the breakers when we had 15 entries; now that we have double, we have to run a generator."

Casey added that Mike Wadas will, once again, be in charge of calling out raffle numbers, "because he has the loudest vocals."

The annual soup and chili competition will be held this Saturday, Feb. 1, at Tailgate Tavern at 1012 Central Street. Spoons fly at 1 p.m.

SCHOOL | from page 1

ment before the next academic year.

The committee voted unanimously to approve the motion to contact MASC for the superintendent search.

Subcommittee reports

Nothe-Valley said that the subcommittee had two agenda items when it last met on Jan. 16.

"One was just the fiscal year '26 budget updates," said Nothe-Valley. "Everybody has been pretty well-informed through Tri-Board and the prior subcommittee meetings, so we kind of just talked over the next steps that the administration is taking, and so forth."

Nothe-Valley said the other item was a general discussion about using MASC monies for the superintendent search. Murphy then went over the policy subcommittee's agenda, starting with the school's policy on crowdfunding.

"We are looking to look at our current policy for crowdfunding," Murphy said. "We're looking to actually revamp that a bit, creating a form for crowdfunding to open for a policy for the school, so we will prep that for our next policy subcommittee meeting and then move it on to first read."

Morgan asked if the policy would delineate the use of crowdfunding for expensive purchases from teachers soliciting donations of smaller classroom supplies, and Murphy said there would be, and the subcommittee is discussing best practices.

"As long as there's a way that it's clear," Morgan said, "I don't want the staff to be nervous about asking for donations without filling out the form or whatever."

Murphy said that the subcommittee also revisited the therapy dog policy and is awaiting finalization from the attorney before it proceeds at the next meeting.

"Then, the graduation requirement for MCAS," Murphy said. "We have created Monson High School graduation requirements, so that will go to first read for next meeting."

Morgan then reported on the curriculum subcommittee that met earlier that day, and explained that there have been some delays due to differing expectations from teachers at different grade levels.

"Some of the high school teachers may teach the same class multiple times a day, so there's less for them to plan," Morgan said, "as opposed to other teachers who might teach four to five different classes throughout the day. Obviously, it's going to take those staff much much longer to come up with the curriculum mapping for that course."

Morgan said the curriculum maps will be posted publicly, and that the subcommittee discussed releasing the grades separately when they're completed, rather than waiting for the entire district to finish.

Morgan talked about curriculum software, including a survey sent out by Director of Curriculum and Instruction Katherine Watts to determine what software is being utilized and what should be phased out.

"Also, she's going to look at the user reports to see if we have any overlap in any of the programs," Morgan added. "Maybe some aren't being used as much but others are, and if they have similar capabilities, maybe we can look at phasing out one but getting more staff on the board for another."

Lastly, Morgan reported on frameworks for the implementation process of comprehensive health and physical education.

"Right now, the subcommittee is looking at the 9th through 12th standards," Morgan said. "Literally line by line, (Watts and the health teachers have) delineated what they're already teaching in regards to those frameworks, what they think we should be implementing going forward, and what grades we think we should be implementing."

Morgan said there were several items that the committee had more questions about, and that Watts will take their questions back to the health teachers for clarification. Once the 9-12 grades' frameworks are ready to present to the full committee for discussion, the subcommittee will move on to the next few grades.

The School Committee will have its next meeting on Feb. 4.



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CAMPUS NOTES

URI names area students to Fall 2024 Dean's List

KINGSTON – The University of Rhode Island is pleased to announce that several area students have been named to its Fall 2024 Dean's List.

Among them are:

Leanna Craven of Monson
Mary Godek of Wales
Morgan Kowal of Monson
Caitlin Lebel of Three Rivers
Lizzy Maxfield of Brimfield
Evan Murray of Palmer
Aniah Myrie of Monson
Makena Pentoney of Holland
Vanessa Ricci of Brimfield
Miranda Sandoval of Palmer

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades, which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

SNHU Announces Fall 2024 Dean's List

MANCHESTER – It is with great pleasure that Southern New Hampshire University congratulates the following students on being named to the Fall 2024 Dean's List.

The fall terms run from September to December.

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

Matthew Brotherton of Three Rivers
Sydnie DeVries of Monson
Emma Keith of Brimfield
Diomar Vanessa Canas Medina
Noel Melnick of Thorndike
Joice Ortiz of Monson
Josslyn Seals of Bondsville
Brenna Severin of Monson
Rielle Wynn of Palmer

Local students earn Dean's List recognition at Norwich University

NORTHFIELD – The following students from your readership area have been recognized on the Dean's List at Norwich University for the Fall 2024 semester:

Scott Kustra, Monson
Madison Bonneau, Monson
William Burke, Palmer

Full-time undergraduate students, who earned a semester grade point average of at least 3.40 are awarded Dean's List honors.

Stonehill College dean's list

EASTON— Stonehill College proudly recognizes the students named to the fall 2024 dean's list. To qualify for this recognition, students must achieve a semester grade point average of 3.50 or better. They must also have successfully completed all courses for which they were registered during the term.

Allison Moloney of Brimfield and **Jordan Bigda** of Palmer.

East Stroudsburg University's fall 2024 dean's list

EAST STROUDSBURG, PA — A total of 1,771 students have been named to the dean's list at East Stroudsburg University for the fall 2024 semester of the 2024-2025 academic year, as announced by Margaret Ball D.M.A., the university's provost and vice president for academic affairs. Robert Burke, a Business Management major from Palmer, was among those named to the dean's list.

Dean's list fall 2024 Nichols College

DUDLEY, MA— **Julia Fearing** of Brimfield, has achieved dean's list honors for the fall 2024 semester at Nichols College.

President's list honors at Nichols College for fall

DUDLEY— Nichols College is proud to recognize the academic accomplishments of students on the fall 2024 president's list.

The following local students have achieved president's list honors:

Michael Bachand of Three Rivers,
Lydia Julian of Holland
Michael Pelozo of Brimfield
Karissa Wood of Three Rivers

AIC dean's list fall 2024

SPRINGFIELD— American International College in Springfield is proud to announce that 473 students have earned a place on the dean's list for the fall 2024 semester. These full-time students have attained GPAs ranging from 3.3 to 4.0. AIC applauds the dedication and achievements of these enterprising students.

Jason Angelica of Monson, majoring in Nursing

Ryan Nodell of Monson, majoring in Exercise Science

Byron Peabody of Bondsville, majoring in Exercise Science

Mariah Thomas of Palmer, majoring in Nursing

Tanner Wenzel of Palmer, majoring in Nursing

Morgan Wesson of Monson, majoring in Accounting

Gabriel Zippin of Monson, majoring in Criminal Justice

Holyoke Community College scholarship season opened Jan. 21

HOLYOKE – The Holyoke Community College Foundation began accepting scholarship applications for the 2025-2026 academic year on Tuesday, Jan. 21.

The application deadline is Friday, March 14, 2025.

Last year, the HCC Foundation awarded 388 scholarships worth about \$350,000 to 323 incoming, current, and transferring HCC students. Some students received multiple scholarship awards. The average scholarship award is typically around \$900.

"Awarding scholarships to deserving students has been a cornerstone of the work of the HCC Foundation since its founding," said Amanda Sbriscia, Vice President of Institutional Advancement and executive director of the HCC Foundation. "Scholarships established by donors celebrate academic achievement, community service, and civic engagement, and, most importantly, these funds ensure hundreds of students have the resources they need to complete their college degrees."

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships.

"While the recent launch of MassEducate, the state's free-community-college-for-all program, has made HCC accessible to more individuals, that only means we have a greater responsibility to ensure students make it to the finish line," Sbriscia said. "Tuition and fees represent only a portion of the cost of being a college student today, and, oftentimes, a donor scholarship can truly change a student's life."

Applicants need only to fill out a single online form to be automatically matched with the scholarships they are most qualified to receive. There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for students in specific majors, scholarships for residents of certain communities, and scholarships that recognize academic achievement.

To view scholarship opportunities and begin the application process, please go to: HCC.EDU/scholarships.

Last January, HCC opened a dedicated Scholarship Resource Center to help current and incoming students navigate the process of

applying for scholarships and filling out the Free Application for Federal Student Aid. The office, located on the first floor of the Donahue Building (Room 158) is open Monday through Friday, 9 a.m. to 5 p.m.

The HCC Foundation is a 501(c)(3) that works to advance the college's mission, vision, and values. Founded in 1968 as the Friends of Holyoke Community College, in response to a devastating fire that forced the college to rebuild on a new campus, the Foundation now manages assets of more than \$20 million, the largest community college foundation endowment in Massachusetts.

Questions should be directed to the HCC Foundation office at 413-552-2182, or by email to scholarships@HCC.EDU.

The Commonwealth's oldest community college, Holyoke Community College opened its doors in 1946 as the first two-year college in Massachusetts. In the decades since, the college has paved the way for generations of learners from western Massachusetts and beyond, a beacon of hope and opportunity for people seeking better lives. Please visit us at HCC.EDU.

MGH and Matthew Perry Foundation announce fellowship in addiction medicine

The Matthew Perry Foundation Fellowship will honor Matthew Perry's vision of increasing education on the disease and combating stigma.

BOSTON — The Matthew Perry Foundation and Massachusetts General Hospital, a founding member of the Mass General Brigham healthcare system, today announced the establishment of the Matthew Perry Foundation Fellowship in Addiction Medicine for the 2025/2026 academic year.

The fellow will join a highly competitive Addiction Medicine fellowship program, which is one of only 105 available in the United States and trains physicians who have completed an accredited residency program to become specialists and leaders in Addiction Medicine. The fellowship focuses on developing clinical expertise, leadership skills, and training on effective systems of care.

The goal is for graduating fellows to be trained to provide much-needed access to high quality treatment and provide guidance and mentorship in the communities where they ultimately practice.

Sarah "SK" Kler, MD, the inaugural fellow, was selected from a pool of more than 60 applicants and will receive comprehensive training in the delivery of high-quality addiction care to a diverse population of patients.

"The Matthew Perry Foundation is honored to be in collaboration with Massachusetts General Hospital's Addiction Medicine Fellowship program. Matthew believed deeply in eliminating the stigma surrounding the disease of addiction and, with that in mind, we are proud to lend our name to this important work," said Doug Chapin, the Foundation's Chairman of the Board and Lisa Kasteler Calio, its Executive Director.

Nearly 50 million Americans struggle with substance use disorders and hundreds of thousands of Americans die from alcohol and drug use each year despite evidence that addiction is a chronic, treatable health condition.

"Continuing to silo addiction care outside the rest of medical care and marginalize addiction as a social problem outside of the domain of physicians will only exacerbate stigma and inequities and increase the deadly impact of this epidemic," said Sarah Wakeman, MD, Senior Medical Director for Substance Use Disorder at Mass General Brigham and program director of the MGH fellowship. "It is vitally important for the medical community to address substance use disorder using effective, holistic, wraparound services across medical settings. The training provided through the MGH fellowship will allow the next generation of physicians to provide and continually improve this care."

The Matthew Perry Foundation was established to honor Matthew Perry's unwavering commitment to helping those struggling with the disease of addiction. Drawing inspiration from Mr. Perry's life, words, and personal experiences, the Foundation works to raise awareness and foster understanding about the nature of addiction and eliminate stigma and the barriers that prevent people from seeking and receiving care.

Dr. Kler's training will commence on June 30, 2025. She received her medical training at The Warren Alpert Medical School of Brown University and currently serves as the Chief Medical Resident in Internal Medicine at MGH.

Dr. Kler worked with Boston Healthcare for the Homeless during her residency and, prior to medical school, she was a case manager in White River Junction, Vermont, providing case management to older adults who were homeless, insecurely housed, or living in subsidized housing. A compassionate and skilled clinician, Dr. Kler is known for her steadfast advocacy for her patients.

With the support of the Matthew Perry Foundation, coupled with continued funding from the Health Resources and Services Administration, Mass General will welcome three candidates into the 2025/26 program. Over the course of a year, the fellows rotate throughout various departments across MGH, as well as Mass General Brigham's regional partnerships, allowing them to gain the necessary skills needed to be-

come expert clinicians and leaders in the field of Addiction Medicine.

While curriculum is tailored to each individual fellow's interests, core clinical rotations for all fellows include the full range of innovative clinical programs developed at Mass General Brigham, such as the inpatient Addiction Consult Team, the Bridge Clinic, the HOPE clinic for pregnant patients and families, the alcohol-related liver disease clinic, and working in integrated addiction teams in primary care.

"Mass General will work in close collaboration with the Matthew Perry Foundation to raise awareness, reduce stigma, and, most importantly, offer hope to those of every age, background and experience who are struggling with substance use disorder," said Dr. Wakeman.

Mass General Brigham is an integrated academic health care system, uniting great minds to solve the hardest problems in medicine for our communities and the world. Mass General Brigham connects a full continuum of care across a system of academic medical centers, community and specialty hospitals, a health insurance plan, physician networks, community health centers, home care, and long-term care services.

Mass General Brigham is a nonprofit organization committed to patient care, research, teaching, and service to the community. In addition, Mass General Brigham is one of the nation's leading biomedical research organizations with several Harvard Medical School teaching hospitals. For more information, please visit MassGeneralBrigham.org

The Matthew Perry Foundation is the realization of Matthew's enduring commitment to helping others struggling with the disease of addiction. The Foundation is guided by his words and experiences and inspired by his passion for making a difference in as many lives as possible.

With an emphasis on maximizing access to recovery in underserved communities, prioritizing youth prevention and early intervention programs, and providing nonjudgmental support, the Foundation is committed to building a community where every individual has the opportunity to thrive. Please join us at MathewPerryFoundation.org.

BEBA | from page 3

adopters.

For those who can't adopt Beba, sharing her story is just as important. A simple post on social media or a conversation with a friend could help her find her perfect match. Beba's journey is a reminder that every pet deserves a loving home, and it only takes one person to change her life forever.

Second Chance is encouraging the community to support pets like Beba by making a donation. As a no-kill shelter, Second Chance never gives up on shelter pets, providing food, medical care, and love to every animal in their care for as long as it takes to find them a home. Donations ensure that pets like Beba have the resources they need to thrive while they wait for their

second chance at a happy, healthy future.

Beba's story is one of hope, resilience, and the power of community. Second Chance believes in every pet's potential to find a loving home, and with the help of adopters, advocates, and donors, Beba's forever family could be just around the corner.

To learn more about Beba, visit SecondChanceAnimals.org/Adoptable-Dogs or meet her in person at the Second Chance Adoption Center, located at 111 Young Road, East Brookfield.

Adoption hours are Monday through Friday from 10 a.m. to 3 p.m., Thursday evenings from 5-7 p.m., and Saturdays from 10 a.m. to 4 p.m. Donations to support pets

in need can be made online at SecondChanceAnimals.org/donate or checks can be mailed to Second Chance, PO Box 136, East Brookfield, MA 01515.

Second Chance Animal Services is a nonprofit animal welfare organization founded in 1999. Second Chance began as an animal shelter and grew to help more pets in need.

Today Second Chance operates Community Veterinary Hospitals in North Brookfield, Southbridge, Springfield, and Worcester providing access to the highest-quality veterinary care for all. Subsidized rates are provided to underserved communities to ensure access to care for all pets in need.

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Part of the proposal for the Steaming Tender train station would be to reopen the sealed accessway on Bridge Street.



Scarlet Lamothe talked about the need to put the train stop close to downtown in order to bolster economic growth.

Turley Publications photos by Marcelo Gusmão



John McElduff, an investor in town with a background in civil engineering, talked about what happened in his hometown.



The presenters for Monday's discussion displayed a map of the town, (from left) John McElduff, Scarlet Lamothe, and Blake Lamothe.



The restaurant was full of attendees eating complimentary food while they listened to the presentation.



Posters around the room showcased what a stop at the historic location of Steaming Tender might look like.



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RAIL | from page 1

"It's not about leaving Palmer, it's about bringing people into Palmer and creating economic growth for us," Lamothe said.

Blake Lamothe said that the previous initiatives had factored in these concerns when dealing with the Federal Rail Association. During McElduff's presentation, he talked about the ways that are being pursued to convince DOT to reconsider, including political action, legal action, and local engagement.

"This would be a possible non-binding vote on where we should put the station," McElduff said. "Should we put it here, in the central business district, or out on the edge of town?"

By a show of hands, McElduff confirmed that the majority of the attendees preferred the station being placed downtown.

"We have a letter that's been sent to the new administration's Secretary of

Transportation Sean Duffy, and we're looking forward to an appointment in Washington," Lamothe said.

In addition to these methods, McElduff said there will also be collaborations with state legislators and the governor's office.

"We can't settle for the short end of the stick here, and they're not making it any better for Palmer," Blake Lamothe said. "North/South is as important as East/West. Let's get back to common sense here; let's build a robust town again with hotels, trade schools, shops and restaurants, and create commerce here."

"Let Palmer take advantage of the railroads as it once did before," Lamothe said.

If you'd like to get involved with the Citizens for a Palmer Rail Stop group, you can check out their Facebook page.

EVERYONE IS INVITED TO JOIN!

PALMER PUBLIC LIBRARY PRESENTS:

PALMER FOR TOMORROW

Gathering

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Palmer has received funding in a settlement between Massachusetts and pharmaceutical companies, placing them at blame for the current opioid crisis.

Now we must decide how to best use the money to support our community, and we want to hear from YOU!

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- Creating a Community Survey
- How to Support Those With Substance Use
- Preventative Measures
- After Care

WE ARE LOOKING FOR:

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- Individuals in recovery
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To Join Our Group!

WHEN & WHERE
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For any questions reach out to:
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Ware Library hosts puzzle swap on Feb. 1

WARE — As we make our way through the cold winter months, you may be thinking of indoor activities; and puzzles are a great way to stay entertained.

If you are looking at your stack of puzzles thinking “I could use some new puzzles,” you are in luck. The Ware Library, 37 Main St., is hosting a Puzzle Swap in the Reading Room on Saturday, Feb. 1 from 9 a.m.-12:30 p.m.

Simply bring a puzzle you’ve already conquered and swap it out for a new-to-you puzzle. The Puzzle Swap is free to the public and there is no registration required; just drop in.

The library also has puzzles and games you can check out with a library card at any time. Follow the library on Facebook for updates, call 413-967-5491, or email warelibrary1881@gmail.com with any questions.

Swim Night family fun



Dominic, age 8, and Luke, age 7, climbed out of the pool on Friday's Swim Night. Turley photos by Marcelo Gusmão



Waving from the pool, (back row) David Kenny and Ava, age 4, and (front row) Dominic, age 8, and Luke, age 7.



Kayla and Grace, both aged 5, wore swim floaties to play and swim in the pool at the High School.



Regular swim nights at Palmer High School provide the public with an opportunity to enjoy the school's pool facilities.

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SWIM | from page 1
are certified.”

Teachers are on-site to welcome families and make sure everyone signs in, but Camacho said that the collaborative effort is between the PTO and the central office, and the school's main priority is getting information out to the families.

“We hope it provides families with a fun night out for themselves and their children,” Camacho said. “We hope the kids have a good night out with their friends and enjoy utilizing the pool, because it's not open a lot for swim opportunities, so we hope families can come in and utilize this resource that we have in town.”

The next Swim Night at the high school will be on Feb. 28. For more information, you can call the school's offices at 413-283-6511, or visit their website at Palmer-Schools.org.

You're Invited!

The Scantic River Artisans Art Exhibit and Sale
Join us for a celebration of creativity and inspiration.
Experience an enchanting showcase of breathtaking artworks created by talented local artists. From stunning paintings to captivating sculptures, there is something for every art lover to admire.

Special Opportunity:

Bring this invitation with you for a chance to win an award-winning painting! Simply fill out the section below and drop it off during our show hours at our Welcome Table for your chance to be the lucky winner.

NAME: _____
PHONE: _____
EMAIL: _____

(The winner will be selected on February 10, 2025, and notified for pick-up. By providing your email, you agree to receive show updates. We respect your privacy and do not share your information.)

Bring to: 104 Allen Street (Hampden Senior Center), Hampden, MA on February 8 or 9, 2025, during show hours.

Artists needed for Women's History Month

REGION—All submissions must be submitted by Feb. 7. Wistariahurst Museum is seeking artist submissions for the Third Annual Women's History Month juried art showcase for the month of March.

This year, the theme is Love, in all forms. Love, in all forms, aims for artists to consider how love impacts lives. Love can be painful, a process, joyful, romantic, platonic, a feeling, an object, a memory; love, in all its forms, is beautiful.

Any medium for submission is encouraged. Submissions are open to anyone who identifies as a woman and non-binary artists of any age.

Submissions should include 3 to 4 quality images with information (title, date, medium, and size), an artist statement (approximately 300 words about your art and its relationship to the theme), and an artist bio (approximately 150 words about you as an artist) in one PDF.

Wistariahurst is an artist-friendly space that encourages creativity and supports the growth of this region's artists. All questions are welcome and encouraged.

Five artists will be selected and awarded a \$100 stipend. Submissions are due Feb. 7, please send them to info@wistariahurst.org.

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BASKETBALL



Jake Beaupre looks to pass.

By Tim Peterson
Sports Correspondent

PALMER— In their only meeting of the regular season against Pathfinder Tech, the Monson boys' basketball team played very well both offensively and defensively, especially in the first half. Holding a 40-12 halftime lead, the Mustangs put it into cruise control during the second half leading to a 58-38 road victory over the Pioneers, last Friday night.

"We normally don't get to use the press defense very often in our league games, but we felt like we would be able to use it in tonight's game," said Monson head coach Zach Dreher. "We were able to create some turnovers in the first half, which helped us build a large lead. We also had the chance to play our reserve players in the second half. It was a good opportunity for those guys to get some experience playing in a varsity game."



Cayden Bousquet heads into the paint.

Turley photos by David Henry www.sweetdogphotos.com

Mustangs score big win over Pioneers

Three years ago, Monson lost a home game to Pathfinder Tech, 43-39, at the end of the regular season.

The Mustangs defeated the Pioneers, 84-57, last year, which was also played at Michael J. Kane Gymnasium.

Seven of the ten players listed on this year's Mustangs varsity roster scored at least two points in last Friday night's non-league game.

Leading the way offensively for the Mustangs was freshman Trey Dillahunt, who scored 16 of his game-high 20 points before

halftime.

Dillahunt, who has been a member of the varsity basketball team since he was in the seventh grade, entered the road game with 956 career points. The plan is for him to score his 1,000th career points at home against Hampshire Regional on Wednesday night.

"Trey only needs 24 more points to reach 1,000," Dreher said. "We'll be playing another road game against Baystate Academy on Tuesday night, but we're hoping MUSTANGS | page 10

Chrzan shines in loss for Mustangs

Lylia Ellis changes sides of the court.



Olivia Chrzan gets full extension as she approaches the hoop.



Cali Zielinski hustles down the court.

MONSON— Last Wednesday night, Monson High School girls basketball suffered another loss, this one coming against league rival South Hadley 57-34. The Mustangs fell to 3-7 on the regular season. Olivia Chrzan, who is continuing to score points for the Mustangs, scored 31 of Monson's 34 points in the game. South Hadley continued to see a balanced scoring attack. In this matchup, 12 different players got into the

game, and all registered points for the Tigers, led by Olivia Athas with 10 points. The Tigers are now 11-1 on the season and have scored a spot in the state tournament and are likely for the Western Mass. Tournament. Despite the below .500 record, Monson is currently ranked No. 14 in the Division 5 power rankings, and would make the state tournament if it stays that way.



Grace Berry takes a long shot.

Turley photos by David Henry www.sweetdogphotos.com

BASKETBALL

Panthers fall on the road at B-Town

BELCHERTOWN— Last Thursday night, Palmer High School girls basketball's struggled continued in an independent match-up with Belchertown.

Belchertown was able to put up 61 points in a big effort as they took down the Panthers 61-29. Addyson Petraszewicz had 11 points to lead the Panthers while Anabelle Ladue turned in nine points.

The Panthers are just 1-9 this season.

BASKETBALL

Warriors suffer loss against Agawam

By Tim Peterson
Sports Correspondent

FISKDALE—Playing a game inside a fieldhouse for the first time this season really didn't bother the members of the Agawam girls' basketball team very much, especially in the first half.

The Brownies, who held a 15-point halftime lead in last Tuesday night's game at the Tantasqua Fieldhouse, coasted to a 41-22 non-league victory over the Lady War-

WARRIORS | page 10

ICE HOCKEY



Ethan Mooney tries to steal the puck away.

Hurricanes suffer rare blowout loss



Goalie Jason Kim corral the puck.



Stephen Rich tries to settle the bouncing puck.

WESTFIELD— Last Thursday evening, Amherst hockey, which co-ops with Pathfinder Regional, had a tough shutout loss 10-0 against Westfield. The Bombers, which play in a higher division and are having an excellent year, took the Hurricanes out of the matchup from the very beginning, taking a 5-0 lead very early,

and never stopping the pressure. The previous day, the Hurricanes got an overtime goal from Ethan Mooney for a 4-3 win over McCann Tech. Mooney scored a hat trick in the win while Joshua Feldman had the other goal. Amherst is 6-4-1 and next faces Southwick on Feb. 1 at 6 p.m. at Amelia Park Arena in Westfield.



Silas Villegas recovers a loose puck.

Turley photos by Gregory A. Scibelli



Sawyer Ferro tries to break up a Westfield player's progress.



Dustyn Cook flies for a shot.



Mason Rollet attempts to shoot.



Nikolas Matthieu takes the shot.

Turley photos by David Henry www.sweetdogphotos.com



Kyle Beaudry readies a jump shot.



Matthew Vanasse and Shane Szado go for the tip-off.



Cassian Kowalik holds the ball back before taking a shot.

MUSTANGS | from page 9

that he does it at home the following night against Hampshire. I've talked to Trey about it, I think it's going to be a little more special for him if it does take place in a home game. He's a very special basketball player."

Dillahunt, who scored a game-high 24 points in last season's meeting against the Pioneers, didn't make any 3-pointers in this year's contest. He was aided by junior Jake Beaupre, who scored 10 of his 16 points before halftime with the help of four 3-pointers. Beaupre scored a career-high 30 points in an 85-69 win at Southwick three days earlier.

The junior duo of Austin Meacham and Shane Szado chipped in with eight points apiece.

The other three Mustangs scorers were sophomore Kyle Beaudry (3 points), sophomore

Brennan Peterson (2 points), and senior Tyler Labonte (1 point).

While the Mustangs, who are members of the Bi-County West Division, had a 7-4 overall record following the road win, the Pathfinder Tech had a 1-9 record.

The Pioneers played very well during the final 16 minutes of the contest, as they outscored the Mustangs, 26-18.

Pathfinder Tech junior Aiden Girard scored eight of his 11 points during the first half, while sophomore Cayden Bousquet netted all 11 of his points in the second half.

Junior Dustyn Cook added eight points for the home team, while freshman Cassian Kowalik scored five points, and freshman Jordan Mbi made a 3-pointer with less than a minute remaining in the game for his only points.

Kowalik, along with sophomore Ian Sauri-Nieves, and freshman Grayson Griswold, are from Monson.

"We do have a couple of players from Monson," said Path-

finder head coach Ethan Ortyl. "They were very excited to play against their hometown high school tonight."

The score was tied 2-2 before the Mustangs pulled away with the help of a 24-2 run.

Dillahunt and Beaupre combined to score 15 of those points.

Meacham contributed five points with a 3-pointer and a put-back hoop.

The Mustangs were leading 26-4 after Szado made a pair of free throws with 56.9 seconds left in the first quarter.

The Pioneers closed out the opening quarter with Girard sinking a 3-pointer from the top of the key and a lay-up from Cook.

The Mustangs outscored the Pioneers, 14-3, in the second quarter.

Trailing by 28 points at the start of the second half, the Pioneers played very well in the second half.

"Monson is one of the best teams that we've this season. We did make some adjustments at

halftime, and we executed a lot better during the second half," Ortyl said. "These guys always play hard no matter what the score in the game might be."

Kowalik and Bousquet began the second half with back-to-back lay-ups.

A couple of minutes later, Girard hit a 3-pointer from the left corner, which closed the gap to 42-19.

The Mustangs finished the third quarter with a 13-4 run, and they entered the final quarter holding a comfortable 55-23 lead.

Dillahunt came out of the game with three minutes left in the third quarter and Labonte was the only Monson starter who played during the fourth quarter.

Bousquet scored nine of the Pioneers 15 fourth quarter points.

The only points scored by Monson during the final eight minutes of the contest was a Beaudry 3-pointer from the left corner.

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Turleysports

Athlete of the Week

Jake Beaupre Monson

In a win over Pathfinder last Friday night, Beaupre finished the game with 16 points scored.

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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Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER - The Commercial Elks League at Diamond Junction Bowling Lanes are several weeks away from completing round two.

As of Jan. 14, the Daft Kings are in first place with 19.5 wins and 8.5 losses. Team BK is in second place with 15.5 wins and 12.5 losses, just four points behind the first place Daft Kings.

Last in Line is in third place with a record of 15-13, followed by Compression with a record of 14-14. The Mailmen at 12-16 and the first session winner Gutter Mounds at 8-20.

Last in Line bowled against Team BK to secure second place in the final weeks of round two. In game one, Team BK defeated Last in Line by a score of 359-349. Paul Nothe of BK broke the century mark with a 102.

In game two, Team BK were victorious again with a score of 356-335. Nothe bested his first game by one, 103 and his teammate Mark Fitzpatrick joined him with a 100 of his own.

In game three, Last in Line salvaged a victory over Team BK, 358-337. Vinny Navarro of Last in Line finished the match with a 106. Team BK won three points and total pinfall by a final score of

1052-1042.

The Daft Kings bowled against Gutter Mounds on the league night of Jan. 21. In game one, Gutter Mounds defeated Daft Kings by a score of 360-351. In game two, Gutter Mounds were victorious again with a score of 400 over Daft Kings' 342. Stephen Manolakis of Gutter Mounds had a good game with a 114 to increase the lead for his team going into the final game.

In game three, The Daft Kings got the win over Gutter Mounds, 403-355. Ken Trudel of daft Kings finished with 111 and his teammate Dave Cobleigh finished with 106.

Gutter Mounds still won total pinfall with a final score of 1115-1096.

Compression bowled against the Mailmen on Jan. 21. In game one, The Mailmen defeated Compression by a score of 382-369. David Bowman of Compression began the match with a 114. Bryan Surprise of Mailmen had a 114 of his own.

In game two, Mailmen were the winners again with a score of 370 to Compression's 322. Surprise bested his first game with a 137 to get the consecutive win for his team.

In game three, The Mailmen won 384-358 for a three-game sweep over Compression. Surprise finished with a 101 and a series of 352.

The Mailmen won total pinfall by a final score of 1136-1049.



Sophia Ezzo tries to grab a rebound.



Tessa Sheldon attempts a layup.



Maggie Johnson holds the ball in the paint.



Mady Vejack sends a pass away.

Turley photos by Gregory A. Scibelli

WARRIORS | from page 9

riors. "We've never played a game here before and it's a very interesting place," said Agawam senior co-captain Mia Canavan. "There isn't any fieldhouses in Western Mass., but the size of the court is about the same as our home gym."

It was the first ever meeting on the hardwood between the two squads.

While the road victory improved Agawam's overall season record to 11-2, Tantasqua's record fell to 3-7, as they lost their seventh consecutive game.

"We were looking to end our losing streak in tonight's game," said Tantasqua head coach Andy Haley. "We just had too many turnovers. We only have one senior, so this is a rebuilding season for us. We just need to keep improving in every game."

Tantasqua, who's a Division

3 team, has several other Western Mass. opponents listed on their regular season schedule. They lost to Minnechaug Regional at home earlier in the season. They'll be playing at Longmeadow on February 5 before hosting Holyoke in the regular season finale a week later.

The Lady Warriors are the only Central Mass. opponent listed on the Brownies schedule.

"It's nice playing a team that we normally don't play against," said Agawam head coach Tim Murphy. "Tantasqua has been a very good basketball team during the past couple of years."

During the first half, Agawam, who's a Division 2 team, was shooting at the basket that has a large curtain hanging from the ceiling behind it. The background behind the basket at the other end of the court is wide open.

"We did have a very good shooting background in the first half, which

really helped us a lot," Canavan said. "It was a little more difficult in the second half when we were shooting the ball at the end of the court where there wasn't any background."

Canavan, who's planning to play college basketball next year, scored nine of her game-high 13 points in the first half. She made five field goals and three foul shots.

Canavan was helped offensively by junior Isabella Laprise, who finished the game with 11 points. Isabella's twin sister, Sophia, checked in with seven points and senior co-captain Katelyn Cleavall added five points.

Another Agawam senior is Marlee Montagna, who suffered a season ending ACL injury a couple of weeks ago. She kept the scorebook and cheered on her teammates during the road game.

"Marlee is one of our best players and it's been difficult not having her on the court with us," Canav-

an said. "It's been an adjustment, but she's still supporting us at every game. We just need to find different people to fill her role. This is a very special team, and we get along with each other very well."

The Lady Warriors leading scorer was sophomore Tessa Sheldon, who scored eight of her 10 points during the first quarter. No other Tantasqua player scored more than four points.

The Brownies raced out to an early 6-0 lead as Isabella Laprise made a wide open lay-up which was followed by a pair of Canavan's inside hoops.

"We made some shots at the beginning of the game, which helped us build a lead," Murphy said. "Even when we were struggling offensively in the second half, it didn't affect us very much because we had a large lead."

After making a driving lay-up, Sheldon knocked down two 3-pointers from both the left and right cor-

ners giving the Lady Warriors an 8-7 lead with 4:15 left in the first quarter.

The home fans didn't have very much else to cheer about during the rest of the game.

The Brownies closed out the opening quarter with a 7-0 run and they entered the second stanza holding a 14-10 lead.

An inside basket by senior Maggie Johnson (4 points) did slice the deficit to 14-10 a minute into the second quarter, but the Lady Warriors wouldn't get any closer than that.

Isabella Laprise hit a 3-pointer from the left side and a lay-up. Then Canavan made another inside hoop before Sophia Laprise buried a 3-pointer from the left corner, which gave the Brownies a 24-10 lead with three minutes remaining in the first half.

Agawam's largest lead of the first half was 28-11 before a Sheldon inside hoop sent her team into the locker room trailing, 28-13 at halftime.

The Brownies held a 36-13 lead after scoring the first eight points of the third quarter.

Canavan scored half of those points. The other four points were scored by senior Emma LaCresse (3 points) and Isabella Laprise.

The Lady Warriors did put-together a 9-0 run at the end of the third quarter and the start of the fourth quarter.

A Johnson put-back basket and a 3-pointer from freshman Violet Spooner (3 points) made the score 36-18 entering the final eight minutes.

Freshman Liv Kearns also made another 3-pointer for the home team at the beginning of the fourth quarter before junior Abbie Wotton made a foul shot with 3:55 left in the game.

Agawam, who was leading 36-22, scored the final five points of the contest. Cleavall and sophomore Maya Gingeruha each made a field goal, while LaCresse added a free throw.

DEATH NOTICES

Manuel "Manny" R. DaSilva Jr.
Died Jan. 20, 2025
Services Jan. 31, 2025
Beers & Story Funeral Home

Patrick J. Haley
Died Jan. 25, 2025
Service Feb. 3, 2025 11 a.m.
St. Thomas the Apostle
1076 Thorndike St.,
Palmer, MA
Beers & Story Funeral Home

Judith M. Kelley
Died Jan. 21, 2025
Services are private
Lombard Funeral Home

Dr. Gerald LaVerne Paist
Died Jan. 24, 2025
Services are private
Neill Funeral Home

O B I T U A R I E S

Manuel "Manny" R. DaSilva Jr.

With immeasurable sadness, wife, Cher, announces the passing of her beloved husband, Manuel "Manny" R. DaSilva Jr. into eternal life on Jan. 20, 2025. Born on May 11, 1953, in Chicopee, MA, Manny grew up in Ludlow and moved to Palmer in 1996. Manny was the beloved son of the late Manuel and Armanda "Mimi" (Mendes) DaSilva. He is survived by his devoted wife, Cher (Fearn), with whom he shared 50 wonderful years of marriage. He is also survived by a brother Joseph DaSilva (Barbara), and was an uncle to one niece and two nephews. He also leaves behind his dear aunt, Beaty Jorge, several cousins, many close friends, and sister-in-law, Debbie DaSilva. Besides his parents, he was predeceased by his

brother, John DaSilva. After graduating from Ludlow High School, Class of 1971, he attended automotive school, receiving his certificate in automotive repair. For 43 years, Manny dedicated himself to his career at Country Club Landscape, working alongside Bob Sousa. His passion for the outdoors did not end with his professional life. Manny was an esteemed Western Massachusetts Fly Fisherman Tying Instructor, sharing his skills and love of the sport for over three decades. Known far and wide as the man who "never met a stranger," Manny's warmth and generosity won him countless



lifelong friendships. Many thanks to all the doctors and caregivers that supported Manny and his wife through the last few years. A Mass honoring Manny's life will be held at St. Thomas Church at 11 a.m. following a visitation at Beers & Story Palmer Funeral Home from 9-10:30 a.m. on Jan. 31, 2025. Burial will take place in the spring. In lieu of flowers, the family requests that donations be made to Western MA Fisherman, c/o John Lawor, 7 Fox Hill Dr, Wilbraham, MA 01095, or to St. Thomas the Apostle, 1076 Thorndike St., Palmer, MA 01069.

Judith M. Kelley ~ 1940-2025

Judith M. (Tourville) Kelley, 84, of Palmer, passed away peacefully after a short illness on Tuesday, Jan. 21, 2025 with her loving daughters by her side.

Judy's outgoing spirit and infectious laughter filled every room she entered. She had a unique ability to bring joy to those around her, always offering a kind word and her beautiful smile. As a devoted grandmother to her 10 grandchildren, she cherished every moment she spent with them, creating lasting memories filled with love and laughter. Her love extended further to her 12 great-grandchildren, and she eagerly anticipated the arrival of her 13th

great-grandchild.

Judy leaves her daughter, Donna M. Suter, (Gary), son George J. Mack, (Stacey), and daughter Debbie Kortekamp, (Bryan). She also leaves her siblings, Jeanne Nothe, (Charles), Richard Tourville, (Betty), Michael Tourville, (Donna) and Joanne Hunt. Judy was predeceased by her parents, Richard C. and Virginia M. (Kellough) Tourville and her sister Janice Tourville.

Judy will be deeply missed by all who knew and loved her. Her loving presence and un-



wavering support will forever be cherished. May her memory be a blessing. Love you more.

Lombard Funeral Home of Monson has been entrusted with the arrangements. Services will be private. In lieu of flowers please consider a memorial donation in memory of Judith to the American Heart Association or Second Chance Animal Shelter. For online condolences please visit www.lombardfuneralhome.com

O B I T U A R I E S

Dr. Gerald LaVerne Paist

Dr. Gerald LaVerne Paist ("Gerry") passed away peacefully at Harrisburg Hospital on January 24, 2025. He was a resident of Country Meadows Mechanicsburg since April 2024.

Born in Williamsport, PA, Gerry was the son of Thomas Holland Paist, Jr. and Ethel Ann (Hubbell) Paist. He grew up in Willow Grove, PA and attended the Upper Moreland School District, where he graduated Valedictorian of the class of 1957.

Gerry was very active in Scouting and attained the rank of Eagle Scout. During his senior year, Gerry was selected to tour Europe with the World Friendship Organization. While there, he visited 18 European countries and received the Queen's Scout Badge, the highest award in English Scouting.

Following high school graduation, Gerry earned a B.S. in

Mathematics from Lafayette College and Masters and Doctoral Degrees in Educational Administration from Harvard University.

After teaching Mathematics at Stoneham and Framingham School Districts, Gerry served as Assistant Dean of Westfield University in Massachusetts. He then became the Superintendent/Director of Pathfinder Regional Vocational Technical High School, where he served for 47 years. Currently he is the longest running School Superintendent in the United States.

Gerry will be remembered lovingly by his sister, Susan Hubbell Whyte (Howard) of Carlisle, niece, Kimberly Eshbach Barger (Chad) of Mechanicsburg and grand nephews, Alec



Barger and Chase Barger. Burial will be private at West Laurel Hill Cemetery in Bala Cynwyd, PA.

The family would like to thank Country Meadows Mechanicsburg and UPMC Harrisburg for the excellent care given to Gerry. Also, the family would like to express their gratitude to Greg Salois, Eric Duda, Jim Jyz, Dan Whaley, Scott Moynihan, Mark Moynihan and Tim Moriarty for their ongoing support and friendship.

Memorial donations can be sent to: Pathfinder Vocational Technical High School, 240 Sykes Street, Palmer, MA 01069.

Services will be private and at the convenience of the family.

Fathers Grief Support Group Starting Jan. 30

WILBRAHAM – Rick's Place is pleased to announce the launch of a free, peer-based Fathers Grief Support Group designed specifically for fathers grieving the loss of a partner or child.

This unique group recognizes the distinct challenges fathers face in their grief journey and aims to create a safe, understanding community to help navigate a difficult time.

The group will meet weekly for six consecutive weeks at our Wilbraham location, beginning Jan. 30. Facilitated by Rob Zucker, a highly

skilled grief counselor and author of "The Journey Through Grief and Loss: Helping Yourself and Your Child When Grief Is Shared," the evening sessions will provide fathers with tools and strategies to cope with their loss while connecting them with others who share similar experiences.

"We know that grief can feel isolating, and fathers often face unique pressures in coping after a death," says Rick's Place Executive Director, Therese Ross. "This group offers a space where they can connect and find support with peers

who truly understand."

Rick's Place is committed to fostering grief-informed communities and providing accessible resources for those navigating loss. This new support group is an important step in expanding these efforts to ensure that no one grieves alone.

For more information or to register for the Fathers Grief Support Group, please contact Rick's Place at info@RicksPlaceMA.org or call Program Director Betsy Flores, at 413-279-2010.

Outbreak of viruses and "bugs" spreading through schools, offices and homes

Symptoms to watch out for and tips for prevention of norovirus and flu

SPRINGFIELD – It's a stomach bug known for moving fast and furiously, and this year norovirus is putting a damper on people's spirits just as they were hoping to get a fresh start on the new year. It's also keeping medical providers busy at American Family Care in Massachusetts.

"There are a lot of different illnesses hitting people especially hard this month," said Dr. Andrew Koslow, associate medical director of AFC. "And holiday gatherings, unfortunately, mean increased ex-

posure to these illnesses." Norovirus is a highly contagious gastrointestinal illness known to show up during winter months. This year, the Centers for Disease Control reports the number of outbreaks has jumped significantly. This virus causes inflammation of the stomach and intestines leading to vomiting, diarrhea and stomach cramps.

To make matters worse, influenza is also spreading through New England, along with other respiratory illnesses causing fever, cough, sore throat and other flu-like symptoms.

AFC healthcare providers advise people to seek treatment if they experience symptoms and follow preventative steps:

- Wash hands
- Wash and cook food thor-

oughly

- Disinfect contaminated surfaces
- Wash laundry in hot water
- Stay home for 48 hours after symptoms stop
- Stay hydrated

"Often people don't realize how contagious they might be, even for a period of time after symptoms end," said Dr. Koslow. "That's one reason why these illnesses are spreading so fast. It's also why it's so important to stay home when you're sick."

The medical providers at AFC Springfield, AFC North Springfield and AFC West Springfield offer convenient, walk-in care seven days a week for patients of all ages, including flu vaccines and testing, diagnostic rapid tests and antigen tests for COVID-19, urgent care, physicals, stitches for cuts and lacerations and on-site x-rays.

Founded in 1982, AFC pioneered the concept of convenient and effective urgent care services, delivered through a nationwide network of nearly 400 walk-in clinics. Today, AFC is the nation's largest provider of urgent care, generating more than \$1 billion in system-wide sales annually, with 3,500 highly trained healthcare professionals treating over 4 million patients each year.

AFC continues to be a leader in accessible healthcare, providing treatments for flu, allergies, and everyday injuries, along with a comprehensive range of lab tests, x-rays, and occupational medicine services. Ranked #47 on the Entrepreneur Franchise 500, AFC is one of the most admired brands in urgent care and franchising. For more information, visit AmericanFamilyCare.com.

Names sought of craftswomen who made 1991 town quilt

WARREN – The Warren Town Quilt has come out of its resting place and is now hanging in

a brand new case on a wall at the Shepard Municipal Building.

A celebration of its being hung in this beautifully crafted case will be scheduled in a few weeks.

A plaque is planned to list all the craftswomen who worked on the quilt to

celebrate the Town's 250th Anniversary in 1991. If you, or someone you know (or knew), worked on the Warren Town Quilt in 1991, please contact Historical Commission Chair, Sylvia G. Buck sgbuck37@verizon.net and include a telephone number at which you can be reached. Use "Warren Town Quilt" in the subject line to verify your intent.

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BBB SCAM ALERT:

Watch out for phony personalized products on social media

By Paula Fleming

CMSO & Chief Spokesperson
pfleming@boston.bbb.org

A personalized item might seem perfect; however, last-minute shoppers should look out for misleading ads on Instagram, Facebook, and TikTok promoting customized gifts.

BBB Scam Tracker has gotten numerous reports from people whose purchases were far different from what they thought - if they arrived.

How the scam works

While scrolling through social media, an ad comes up for the cutest personalized product. It could be a clothing item with a loved one's name on it, a key-chain with a favorite pet's face, or a paint-by-numbers kit made from a provided photograph. Whatever the case, you click the link to the company's website. Everything looks legitimate, so you purchase with great anticipation.

However, when the order arrives (if it arrives at all), it's not the expected or imagined quality.

The personalization might contain errors, or the product may differ completely from the website's description.

The contact for customer service doesn't respond, or if you speak with someone via phone or email, they assure you they will fix the issue-but never do. Ultimately, you are left with an undesirable product or no way to get your money back.

In a recent BBB Scam Tracker report, one consumer reported, "I saw an ad on Facebook advertising GOING OUT OF BUSINESS SALE for Big Lots. I placed an order on biglotsonsaling.com on my bank debit card and a separate order on my credit card. Then learned it's a scam. Big Lots knows about it. My roommate looked it up. I wish I had more more info but that's all I know."

Another shopper reported this experience buying a custom hoodie online: "After 5 days, I hadn't received a shipping notification and got curious. Returning to the site, I used their

tracking option, but there was no result. I called the phone number on the site, which connected to a garage door company."

How to avoid social media ad scams

Research the company before making a purchase. Before entering any personal information into a website, research the company thoroughly. Examine the website. Poor quality images, images found on other websites, and spelling and grammatical errors are all red flags. A real business should have valid contact information (i.e., a working phone number and customer service email address). If the business has a physical address, research it on Google or Apple Maps. Look to see if they have a profile on BBB.org.

Be skeptical of too-good-to-be-true ads. Ads promising extreme discounts, free products, or "limited-time offers" may be bait to lure you into a scam.

Inspect the ad and website. Look for red flags. Poor grammar, blurry images, or ge-

neric product descriptions can indicate a scam. You should also verify the URL. Scammers often create fake websites with slightly misspelled domain names. Also, check for HTTPS. Ensure the website URL starts with «https://» for secure transactions.

Look up reviews on other websites. Read as many reviews as possible from websites besides the company selling the product. Keep a close eye out for customer complaints. Search the business name in a trusted search engine along with the word «scam» to see if others have reported the business as a fake.

Beware of "sponsored" ads. Just because an ad is labeled «sponsored» doesn't mean it's legitimate. Social media platforms don't always verify the authenticity of advertisers.

Pay with a credit card. Ideally, use a credit card instead of a debit card since it's easier to dispute fraudulent charges with a credit card, and there is a better chance of getting a refund.

Job Connection

HELPING YOU FIND HELP

FULL TIME POLICE OFFICER

The Warren Police Department is accepting applications for the position of full 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 Patrolmen'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 **Thursday, January 30th, 2025**, to the attention of **Lt. Kyle Whitcomb**, **WPD PO Box 606, Warren, MA 01083** or **Whitcomb@warren-ma.gov**.
The Town of Warren is an EOE.

Public notices

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Bridget K. Sloan and Joseph C. Sloan to Mortgage Electronic Registration Systems, Inc., as nominee for The Federal Savings Bank, its successors and assigns, dated November 16, 2018 and recorded with the Hampden County Registry of Deeds at Book 23042, Page 332 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at **1:00 PM on February 20, 2025** at 92 Wales Road, Brimfield, MA, all and singular the premises described in said Mortgage, to wit:

a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE. Other terms, if any, to be announced at the sale. U.S. BANK NATIONAL ASSOCIATION Present Holder of said Mortgage, By Its Attorneys, ORLANS LAW GROUP PLLC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 22-003513 01/30, 02/06, 02/13/2025

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD25P0069GD In the interests of Carter Joseph Stanikmas of Palmer, MA Minor

NOTICE AND ORDER: Petition for Appointment of Guardian of a Minor NOTICE TO ALL INTERESTED PARTIES

1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor filed on **01/15/2025** by **Ashley M Stanikmas** of Palmer, MA will be held **02/12/2025 08:30 AM**. Located: **Hampden Probate & Family Court, 50 State Street 4th Floor, Springfield MA 01103.**

2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response, you need to: File the original with the Court; and Mail a copy to all interested parties at least five (5) business days before the hearing.

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

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

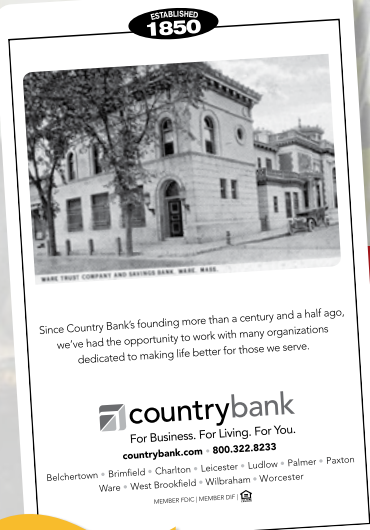
5. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests. Date: January 22, 2025
Rosemary A. Saccomani Register of Probate 01/30/2025

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PUBLISHES FEBRUARY 27, 2025

When is a good time for Roth conversion?

In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

- **Tax-free withdrawals** — You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.
- **No RMDs** — With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.
- **Tax-free legacy for your heirs** — When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the account has been open at least five years, they can also withdraw earnings tax free.

But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life. For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is based on the percentage of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by stretching out your Roth IRA conversions over several years, rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

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LUDLOW—Sheriff Nick Cocchi and the Hampden County Sheriff's Office (HCSO) were proud to have a team of 10 officers, led by Law Enforcement Division Chief Frank Ott, participate in the historic 60th Presidential Inauguration in Washington, D.C., on Jan. 20. The HCSO team was part of a massive security effort that included about 4,000 law enforcement officers from across the nation working to ensure a safe and secure environment for the event.

"We were honored to have our officers represent Hampden County at this momentous event," said Sheriff Nick Cocchi. "I couldn't be more proud of Chief Ott and his team for their hard work and professionalism in such frigid conditions. Their dedication to keeping the public safe during this important day was truly remarkable."

The team arrived in Washington on Saturday, Jan. 18, and participated in a briefing and training session on Sunday before being sworn in and deputized under the U.S. Marshal Service. On Inauguration Day, the HCSO officers were assigned to the area outside Capital One Arena, where they supported the Presidential Inaugural Task Force for 17 hours, starting at 4 a.m.

The weather was particularly challenging as the team worked in freezing temperatures, but the HCSO officers maintained their focus on ensuring public safety and order. When the Inauguration moved indoors, the team's efforts shifted to crowd control along H Street, between 4th and 12th streets and managing the flow of people heading to Capital One Arena.

Chief Ott, who served as commander of one of seven Task Force elements under the leadership of Pequea Township (Pennsylvania) Police Chief John Michener, and other element leaders were commended for their teams' adaptability in quickly adjusting to changing circumstances and large, unfamiliar geographical areas. Minor disturbances were quickly addressed, and the teams received praise from both their commanders and officials from the Metropolitan Police for their effectiveness in managing the situation.

"This event was a prime example of the professionalism and teamwork that makes our department so strong," said Chief Ott. "Despite the difficult conditions, our team performed flawlessly, and it was truly a privilege to be part of such a critical security operation."

In addition to Chief Ott, the Hampden County Sheriff's Office officers who participated were Capt. Jeff Anger, Lt. Nichole Sady, Lt. Marcus Edmonds, Deputy Leonel Marques, Cpl. Rey Santa, Cpl. Jorge Delgado, Lt. Mario Cardinale, Capt. Chris Seriol, and Capt. Stephen Rose. They were joined by Tolland Police Chief Scott Bergeron and Sgt. Robert Spiegler, as well as Granville Police Chief Rick Rindels, Sgt. Brian Moore, Lt. Patrick Winslow, and Officers John Stone and Cindi Muszynski.

This year's Inauguration, which coincided with Martin Luther King Jr. Day for only the third time in history, marked a special moment for the nation, and the HCSO team was proud to play a role in ensuring its success.

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