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SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

The Journal Register

A TURLEY PUBLICATION | www.turley.com

February 1, 2023 | Vol. CLXXXIII, No. 1 | \$1.00

www.journalregister.turley.com

MONSON

Budget discussions at Tri-Board Meeting

By Marcelo Gusmão
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MONSON – Last week, the Finance Committee, Select Board and School Committee convened for their regular Tri-Board Meeting.

The meeting started with Finance Director Jamie Farnum providing closing comments on the budget for Fiscal Year 2023.

“The town budget closed about \$600,000 at year end,” Farnum said. “Estimated receipts came in at about \$350,000 more than anticipated, so the FY 23 estimate versus actual was about \$350,000 more, which also closes to free cash at the end of the year for FY 23.”

Farnum then directed the boards to discuss updates to the fiscal year 2024 budget, particularly the tax rate.

“The finance team worked hard to get that set in November,” Farnum said. “We had the tax rate classification hearing and all the pieces leading up to that to get that completed.”

Farnum said she was excited to be able to submit the documents for the tax rate early, as preparation for it often lasts until December.

“I hear throughout the day a lot of questions about how the tax rate was determined, so I just wanted to kind of touch upon each of those questions,” Farnum said.

Farnum provided flow-charts to illustrate how fiscal year 2025’s tax rate is determined, which is primarily based on the role of town voters, and appropriations voted on at Town Meeting.

Much of the Tri-Board Meeting was dedicated to outlining what the town’s budget would look like, with

TRI-BOARD | page 3

SPORTS

Coach Eric Degnan shines on national stage



Coach Eric Degnan with the United State Soccer Coaches Association’s Small Public Schools Girls Coach award.

The longtime Monson girls soccer coach received national recognition earlier this month

By Gregory A. Scibelli and Tim Peterson
gscibelli@turley.com

MONSON – For Eric Degnan, the awards, championships, and accolades will never be about him. He always shifts the focus to his talented players.

But two weeks ago, the spotlight was entirely on the veteran coach as he received the United State Soccer Coaches Association’s Small Public Schools Girls Coach award.

Degnan went out to California to receive the honor. Just this week, Degnan was back in Monson, watching the 2023 state championship go on the banner inside the gymnasium at Monson High School.

Degnan has retired from coaching, saying he had decided last fall that the 2023 season would be his last season. The national honor was a fitting tribute for an accomplished coach who won countless sectional titles, along with the state championship.

During the last decade, his teams were particularly dominant, and he was able to lead his group to victories over much larger schools on many occasions. He often sought to play a division above Monson’s enrollment in order to challenge his team, and looked to play larger schools in the regular season to help ready his team for the challenges they would face in the new statewide tournament.

Through it all, Degnan always has maintained and even keel temper on the bench, and his teams play with composure and a great deal of precision, showing he gets the most from all of his players.

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“The program does not work unless you have really great kids to work with”

— Eric Degnan

PALMER

Council appoints three members to Screening Committee

By Marcelo Gusmão
Staff Writer
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PALMER – Town Council voted several residents and department heads onto the Manager Screening Committee.

The screening committee is meant to be made up of one department head, two residents and two members of Town Council. It will review candidates for the position of town manager, with finalists being invited to interview with the full Town Council.

The council appointed Police Chief Christopher Burns onto the committee along with residents Dave Golden and Roger Fortune.

Councilor Mark Caci immediately made a motion to nominate Burns, which passed with a unanimous vote.

“I think it should be someone who’s here the longest,” Councilor Karl Williams said. “That’s Chief Burns.”

Veterans Agent Tina Brohman and John Latour, from Community Development, both applied for the committee as well.

“I want to thank both John (Latour) and Tina (Brohman) for moving forward,” said Council President Barbara Barry. “I think that it’s important that all the employees reach out to the chief or members of the search committee to give feedback as to what they’re looking for in a manager.”

When nominating residents,

COMMITTEE | page 2

SCHOOLS

Fitness Room refurbished at Palmer High School



Submitted photos

Weight machines in the fitness room use a pulley system to keep the user safe from dropping weights.

By Marcelo Gusmão
Staff Writer
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PALMER – The fitness room at the high school has been fully refurbished with brand new exercise and weight machines.

“Right as school was starting, myself and Superintendent Matthew Francis had talked about seeing if we could make some tweaks to update the fitness room,” Matthew Marciniak said. “That way we could better utilize it for both our physical education classes and also after school with athletics or students that wanted to use it.”

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COMMUNITY



Turley Photo by Harrison Giza

This group of young individuals ranked the best and worst flavors of Oreos at the Palmer Public Library. Photo courtesy of the Palmer Public Library.

Oreo Experts Debate Best Cookie Flavor At Palmer Public Library

By Harrison Giza
Staff Writer
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PALMER – The Palmer Public Library held its first Rank That Snack night, beginning the series with the ever-popular Oreo.

There were 11 different flavors to try for the testers that attended, ranging from ages 10 to 14.

“I got inspiration from a YouTube channel I liked,” Tween Services Librarian Olivia Chartrand said, after putting together the event. “I was the youth services assistant for a long time, and now my job is specifically to cater to youths between those ages. It is a new thing for libraries in general. This is something that is starting to come up across the country, and Palmer is one of the first ones in Massachusetts

to do this.”

Chartrand proceeded to explain her perspective for the Palmer community with precise care, showcasing the amount of love she has for all involved.

“I’m really hoping that a program like this that is food oriented, that is very ‘have fun with it come and enjoy things’ is going to be a great way to really connect with these young in-betweens who maybe don’t want to come to the library to do story times anymore and who are not quite old enough to come and do some of the teen type programs. We are striving to do things specifically for them now,” Chartrand said.

After the Oreo ranking, Chartrand was happy to discuss the well-

LIBRARY | page 2

BUSINESS

Chamber breakfast embraces entrepreneurial spirit



Turley Photo by Paula Ouimette

Mychal “Myke” Connolly of Stand Out Truck shares his journey through creating his first business at age 9, to now, at the Quaboag Hills Chamber of Commerce breakfast held on Jan. 24 at Cedarbrook Village at Ware.

By Paula Ouimette
pouimette@turley.com

WARE – The Quaboag Hills Chamber of Commerce featured Holyoke-based entrepreneur Mychal “Myke” Connolly of Stand Out Truck as its speaker during the Jan. 24 breakfast meeting held at Cedarbrook Village at Ware.

Starting his first business selling his grandmother’s candies to his classmates at age 9, Connolly quickly discovered the key to success in any market, something he calls the “LBW,” or long, boring work.

“Dreams come true with LBW,” Connolly said.

As a child growing up in the Bahamas, Connolly would ac-

company his father to customer’s homes for his father’s pest control business, and it was there he started picking up and reading business magazines, which were often found in the homes of more affluent customers.

Connolly said when his mother moved to the U.S. to Florida, she was scared of flying, but had to find a job that would allow her to be in both countries. That job ended up being as a flight attendant.

She faced two fears in this job, one being flying and the other being swimming, as being able to swim was part of her training.

“She was terrified of swim-

CHAMBER | page 5





ROCCO

This is Rocco, his hobbies are laying in front of the air conditioner, not letting his friend Krystin get up, and getting his belly rubbed. His nickname is Kitty Rumpkins, which Krystin's daughter HATES. It doesn't make a difference; he ignores his family no matter what name they call him! We feature your pets here. Is your fur friend a dog, cat, chicken, lizard, horse, bird, mouse... you get the point. Is there a pet you're fostering and trying to re-home? All pets are welcome! Email a high-resolution jpg of your pet with a little information to mharrison@turley.com.

Railroad Hobby Show has successful weekend at Big E grounds

By Harrison Giza
Staff Writer
hgiza@turley.com

WEST SPRINGFIELD – The Amherst Railway Society had a great turnout at its latest Railroad Hobby Show this past weekend.

"It was a big success in many respects, especially the numbers," said Gregory Maas, director of Marketing & Communications for The Amherst Railway Society. "I don't have the final count but on Saturday we had over 15,600 people at the show, and I am guessing we had someone around half that on Sunday."

The Railroad Hobby Show is the largest railroad related trade show in the United States. Over the past year, the model railroad industry has been developing in some very nice ways according to Maas.

"The use of 3D printing is having a really positive impact on the hobby, and it is making parts and certain parts of the hobby more affordable," Maas added. "Things that you would not find before or things that you had to fabricate can now be done more easily and more inexpensively with 3D printing."

Maas continued expanding on his definitive railroad hobby developments of the past year.

"The use of microprocessors continuing to grow in locomotives is on the rise. So, stuff like sounds, light functions, the ability to operate trains very realistically just keeps getting better and better. I would say those are the things that stood out at the show this weekend."

Maas noted that he is quite excited for the technical advancements and future capabilities of railroad hobby trains, adding that next year should be even better.

"The intent is to expand on the experience so that it becomes a whole weekend event, not just going to the show one day and seeing these exhibits," he said.

Last year, Maas said they got a call from a woman in New York.

"She said she comes every year to the show with her husband and that she really has no interest in trains or model rail roads, but while



A higher quality train model making its way along the tracks.



Two young conductors embrace the national hobby with friends and family.

he is there every year, she goes shopping. She told us that when she goes out shopping, she bumps into numbers of people at different locations, all married or dating people who are at or are part of the train show," Maas said.

Mass was enamored by this. "She suggested if we could organize an event that would bring us together as shoppers, and we did! We developed the Off the Rails Shop Hop and were fortunate enough to have seven yarn and quilt fabric stores in the Northampton and Northern Connecticut area participating, all of them willing to

give discounts and prizes to anyone involved in the hobby shop," Mass said.

The Railway Society was formed in the 1950s on the campus of the University of Massachusetts. Today, the organization is based in Palmer, the historic home of seven railroads.

The Railroad Hobby Show took place this year in the Better Living Center and the Young, Stroh and Mallory buildings at The Eastern States Exposition Fairgrounds on 1305 Memorial Avenue, West Springfield.

AMERICAN RED CROSS

Spotlight on Service:

Michelle Sefchik's shows dedication and makes an impact

This month's spotlight shines on Michelle Sefchik, our dedicated MSW Intern. Michelle not only meets her internship requirements with unwavering dedication but actively participates in multiple programs, including Hero Care Casework/Contingency, Disaster Action, Hospital Outreach, and Red Cross Club/Youth Programs. In addition to her involvement, Michelle plays a crucial role in our office support, infusing every task with positivity and enthusiasm.



As a military spouse pursuing a master's in social work, Michelle works as an Activities Coordinator at a rehabilitation center for women with personality disorders in England. Her choice to intern with the American Red Cross is rooted in shared values and ethical standards. Michelle's commitment genuinely embodies the ethos of the ARC, enhancing her understanding of the services and needs of the military population through a community outreach perspective. We are truly thankful to have her as an essential member of our team!

Michelle's mother is Nancy Slowick married to Daniel Slowick of Palmer, MA. Father is Michael Dean married to Darlene of Brookfield, MA.

COMMITTEE | from page 1

Councilor Phillip Hebert described Fortune as "a person I've known my whole life" and mentioned that he's been a lifelong resident.

"He's been living in this town since 1958; he served his country," Hebert said. "The reason I picked him is also because he's more of just a regular resident, but he also has served his country for 24 years."

Hebert said that Fortune would bring some expertise as a member of the Armed Forces.

Vice President Jessica Sizer advocated for nominating Golden due to his involvement with the town government. Many council members pointed out that Golden was present for the meeting.

"It's not uncommon to see Dave in the audience; he's very involved in different parts of town," Sizer said.

The council unanimously voted to appoint Golden. Two members abstained from voting for Fortune, and the motion to appoint him passed with a three out of five vote.

The Committee also requires the inclusion of two councilors, but the selection for these roles was deferred to the next meeting, to include Councilors Robert Lavoie and Matthew Lemieux, who were absent for the meeting.

Friday Fish Fry returns to Swift River Sportsman's Club

BELCHERTOWN — The Swift River Sportsman's Club, 350 Cold Spring Road, is announcing their Friday fish fry is returning on Fridays, starting Feb. 16 and running through April 5. Prices range from \$14 for fish and chips to \$18 for a fish, shrimp and chip combo. Clam Chowder will also be available. Come out and enjoy one of the best fish dinners in the area with generous portions.

For more information, please call the club at 413-323-9387.

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Flyer courtesy of the Palmer Public Library. A recent flyer the Palmer Public Library provides for all, detailing their upcoming events.

LIBRARY | from page 1

planned event.

"Tonight was a success!" she said. "We used rank choice voting, and the best to worst flavors, according to the Palmer Public Library Tweens, are: Hazelnut, Chocolate Peanut Butter Pie, Lemon, Black and White Cookie (our only Limited Edition Flavor), Mint, Birthday Cake, Classic, Toffee, Crunch, Golden, Java Chip and Caramel Coconut."

Chartrand was shocked to see Lemon placed so high on the list, though no one should be surprised at this recent communal cookie success. The Palmer Public Library has been providing fun opportunities for kids of all ages, including those still young at heart for years and years.

"We are still getting a feel for what this particular age group is going to want," Chartrand said. "There are a few things that I definitely want to do, with Rank That Snack being a reoccurring one. There's a million other things that we could rank, from Pop-Tarts to ramen, and I'd really like to make a series out of them maybe every other month."

When asked why she became a voice for Palmer youth, Chartrand detailed her literary beginnings.

"I grew up in Ludlow and I

February Tween Programs!

Take and Make Garlic Potatoes
Pickup Starts: Wednesday, February 7th
For families and youth ages 10+. Please register.

Design a Chocolate Bar
Wednesday, February 14th
4pm - 5pm
For youth ages 10 - 14. Please register.

Library Closed
February 19th
President's Day.

Colorful Candle Making
Tuesday, February 20th
4:30pm - 5:30pm
For youth ages 10+. Please register.

DIY Neon Sign
Wednesday, February 28th
4pm - 5pm
For youth ages 10 - 14. Please register.

Registration for all programs opens the Wednesday before the program date.

SOUP COOK OFF

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

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

Spend a few hours together at the tavern, have a chance to win door prizes, and vote for your favorite soup... Prizes are awarded for the 1st, 2nd and 3rd place winners. Stop by the Tavern now and ask the Tailgate bartender for the sign-up sheet to enter a soup. Come, enjoy the fun!
Soup, Prizes and Monetary Donations are accepted.

Proceeds from the Soup Off will go toward additions and maintenance of Light Up Palmer's community programs; including the Purple Heart banner, American flag and flower display on Main Street, Depot Village, as well as the Xmas holiday decorations and event. LUP thanks the Tailgate Tavern, their employees, and patrons for their continued support of our efforts to honor resident Veterans who have received the Purple Heart medal.
If you, or someone you know is a recipient and does not currently have a banner recognition, please see the Town of Palmer's Veterans agent (Tina Brohman) to have their name added.

With Sincere Thanks to the Tailgate Tavern
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started volunteering at their library when I was 10," Chartrand said. "It was a place that I took a lot of comfort in. So, when I grew up, the library was there as a place for me when I started college, and I realized that I could connect with kids through this because everyone is always looking for a place that is cool, fun and free. You have to pay to go to a dance class, you have to pay to go to karate class, but here you can come in and enjoy and just have fun."

Chartrand continued with great excitement. "I'd like to do a graphic novel book club in the summer! I am really looking for guidance and hoping that the community will help direct me in what they are looking forward to and what they are interested in," Chartrand said.

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

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

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

DEADLINE

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

TRI-BOARD | from page 1

energy increases being a particularly daunting challenge.

"That is an anticipated increase of about \$865,000. Right now, our current capacity is projected to be about \$603,000," Farnum said. "A lot of those numbers are in flux, and we're waiting to hear, but (that's) just kind of as a precursor of going into the budget season on the town side."

The School Committee also provided information on the budget for the schools in FY 25. Superintendent Dr. Cheryl Clarke announced that there will be some staffing cuts to make up for the \$400,000 the schools will not be receiving through Elementary and Secondary School Emergency Relief funding.

"I can tell you there are no additional staffing requests that will be made in this budget. In fact, we are going to cut approximately six positions," Clarke said. "Some are based on ESSER because we lost our ESSER funding, and some are just to keep our numbers as low as possible."

Clarke estimated that upcoming contract negotiations would lead to a typical \$200,000 increase to staff salaries.

Select Board Chair Pat Oney said that the town is looking for sources of revenue to help offset these increases.

"We've been trying to regionalize some things, and that's been helpful," Oney said. "Every one of the things that (Farnum) mentioned as far as regional entities, we're saving money on."

Finance Committee Chair Peter Fimognari closed by saying, "With the projections (Farnum) gives us, and the information (Town Administrator Jennifer Wolowicz) gives us, we'll work through the year to give an informed, balanced budget when it comes to Town Meeting time and try to have informed recommendations for any questions that are on the warrant."

United Church hosts turkey dinner Feb. 5

WARE – The United Church of Ware, 49 Church St., will host a drive-up turkey dinner on Monday, Feb. 5 from 5-6 p.m.

This dinner is take-out only and reservations are not required.

Please park on Church Street (the same side of the street as the church) and stay in your car. A runner will come to take your order.

The cost is \$15 per meal; please pay with cash or check.

Food policy council participates in opioid rescue training

By Paula Ouimette
pouimette@turley.com

The Quaboag Valley Food Policy Council met to discuss food security and access within the communities it serves, and offer a free "Opioids and Opioid Rescue Training" in collaboration with the Quabbin Health District.

Opioids and Opioid Rescue Training

At the Jan. 25 meeting, Quabbin Health District's Public Health Nurse, Kirsten Krieger, presented a training about opioids, addiction and how to recognize signs of an opioid overdose.

"The biggest goal is to give people some basic information," she said.

Addiction, she said, is a treatable, chronic medical disease and that only one in 10 people with substance use disorders are getting treatment.

"It's finally being seen as more of a disease than a choice," Krieger said.

"Most people who are using, they feel euphoria, they feel high, it makes them feel better," she said. "They get to a point when it's not about the high; it's about not getting sick."

Krieger explained the neurobiology of addiction and how it affects the prefrontal cortex, which is responsible for impulse control and predicting consequences of actions. This part of the brain doesn't fully develop until a person is in their early-to-mid-20s, making adolescent substance use a great concern.

Addiction also impacts the basal ganglia, the part of the brain that controls the pleasurable/rewarding effects of substance use and is responsible for formation of habitual substance use. The external amygdala is also affected by addiction, and is where the "fight or flight" response comes from.

Krieger said stigma is something substance users face, both from themselves and from the world around them.

"There are three kinds of stigma," she said, including self-stigma, public stigma and structural stigma.

Krieger said language matters when it comes to reducing stigma, including using "person with a substance use disorder" instead of derogatory terms like "addict" or "junkie," and "had a setback" or "resumed use" rather than "relapsed." "Use person-centered language," she said, putting the emphasis on the individual, instead of the disease.

Krieger said there are three types of opioids: natural, such as morphine or codeine; semisynthetic, including heroin, hydrocodone, oxycodone, buprenorphine and oxycodone; and synthetic, fentanyl, methadone and tramadol.

Fentanyl is 50 times stronger than heroin and 100 times more powerful than morphine, binding faster than any other opioid. It is used to treat extreme pain.

"It's very addictive," Krieger said.

Fentanyl use has increased significantly since 2020 and continues to be the

biggest cause of overdoses in the commonwealth, surpassing heroin. It was responsible for 93% of fatal overdose cases in 2022, with heroin accounting for 6%.

Xylazine use started being reported in 2021, and is commonly known as "tranq" and "tranq dope." Although xylazine is a large animal tranquilizer and not an opioid, it is following a similar trend being trafficked into the U.S. that heroin did.

Overdoses from xylazine are usually fatal in humans. It's also unresponsive to naloxone or Narcan, which is used to treat opioid overdose.

Some people are at a greater risk for

Krieger cautioned people to always call 911 and give a detailed description of the location of the victim, and if possible, send someone to meet first responders at the door.

Administering naloxone via nasal spray is simple, Krieger said, by placing the nozzle inside one nostril and discharging. A second dose can be administered after about two-to-three minute if there has been no change.

"Even if the person is not breathing, Narcan is aerosolized and will get where it needs to go," she said.

Rescue breathing and CPR are also recommended, Krieger said, adding that

ply run low.

Council Coordinator Caitlin Geaghan said it's important to get input from people that live in the area and determine the support needed.

Council members also discussed the need for education around cooking, and how to make the most with the food you have available to you.

Funding and grants

Geaghan said the QVFC has applied for a second round of funding from the Massachusetts Department of Agricultural Resources. It was this initial funding that was used to create the council last year.

If awarded, the MDAR grant will be used to continue to sustain the council.

The QVFC has also applied for a mini grant through Baystate Health. If awarded, the council will receive \$5,000 which would be used for an older male-targeted cooking class that will address social isolation and nutritional knowledge.

This mini grant will also benefit area food pantries.

Community Food Assessment

Geaghan said the priority goal of a Community Food Assessment is "to create a picture of a community's food system through the collection of data."

The QVFC has subcontracted with Central Massachusetts Regional Planning Commission to conduct asset mapping to create a legend map of food resources in the region.

The QVFC is also working with the Collaborate for Educational Services to provide training for council members. The training will be available to about six-10 members.

"They will train interested council members on how to effectively and respectfully interview community members in relation to food access, both individually and in small groups," Geaghan said.

Through these interviews, members will create a spreadsheet to track data.

Geaghan said a form will be distributed to council members to express interest in receiving the training.

About QVFC

The Quaboag Valley Food Policy Council is funded through a grant received by the Town of Ware in partnership with Quaboag Valley Community Development Corporation, covering the towns of Ware, Belchertown, Palmer, Monson, Wales, Holland, Brimfield, Warren, Brookfield, West Brookfield, North Brookfield and East Brookfield.

The Council is open to all, and everyone is welcome to join in the discussion.

For more information, people may email Geaghan at cgeaghan@townofware.com.



opioid overdose, Krieger said, including people who have recently been released from prison.

"They have a 129 times greater risk of fatal overdose in the first two weeks after release from prison than the general population," she said.

Signs of an overdose include a death rattle (similar to snoring); infrequent or no breathing; heavy nod and not responding to stimulation (rubbing knuckles over sternum); slow heartbeat/pulse; and "wooden chest" syndrome (chest wall rigidity often associated with opioid use); and blue or gray skin (in dark skinned people, nailbeds will turn white).

Naloxone can reverse opioid overdose by blocking brain receptors and it takes about three-to-five minutes to take effect and more than one dose may be necessary. A dose of naloxone can last for 30-90 minutes.

Naloxone can be injected or administered through a nasal spray, and cannot cause harm to an individual, even if the person suspected of having an opioid overdose is not. Multiple doses are also safe.

making sure the scene is safe is also a priority. At the least, call 911 and administer a dose of naloxone if possible.

"Every human life is worth it," Krieger said. "A person who's deceased can't get to recovery."

Krieger has naloxone kits available to anyone in the community, and she may be reached by calling 413-967-9605 extension 112 or emailing kkrieger@townofware.com

Food access

Council members shared concerns about getting access to food and other resources, and how to better connect people to food pantries in their own towns.

One member mentioned that she saw someone asking for food in a Facebook community forum. Council members agreed that they could use social media to share hours and locations of area food pantries, as well as monthly drive-through distributions and other resources.

QVFC members discussed an increase in calls for help from senior citizens, especially near the end of the month when their income and food sup-

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Viewpoints

SOCIAL SECURITY Matters

By Russell Gloor

Will withdrawing from 401(k) affect my Social Security?

Dear Rusty

My full retirement age (FRA) is 66 and 8 months, which I'll reach in September 2024. I'm still working three days a week. I want to cash in my 401K and want to know if I have to wait until my FRA for IRS purposes or can cash it in anytime in 2024. I don't want to affect my Social Security or end up paying taxes on my benefits.

Signed: Seeking to Avoid Taxes

Dear Seeking

We're not experts on IRS matters here at the AMAC Foundation so I can't address 401(k) questions, but we can provide information on your Social Security circumstances and how 401(k) withdrawals may affect your SS. I assume from your question that you are now receiving early Social Security and wish to avoid any tax consequences thereto by cashing in your 401(k), as well as from working. Here's what you need to know:

Since you will reach your Full Retirement Age in 2024, your 2024 work earnings limit will be \$59,520 up to the month you reach FRA. If you were born in January 1958, you'll attain FRA in September 2024. After you have reached your FRA there is no longer a Social Security limit to how much you can earn from working, so your work earnings thereafter will not affect your monthly Social Security benefit regardless of how much you earn. If your part time work between January and August 2024 won't put you over the \$59,520 limit, your work earnings will not negatively affect your gross monthly Social Security benefit.

Assuming you are on Medicare, the premium for which is deducted from your Social Security payment, withdrawals from your 401(k) might affect your net monthly Social Security payment in two years hence. Medicare premiums are based upon your combined income from all sources, including 50% of the SS benefits you received during the tax year. If your 401(k) withdrawal(s) put you over an income threshold for your tax filing status, you may be required to pay an Income Related Monthly Adjustment Amount on top of the standard Medicare premium. That IRMAA supplement would be deducted from your Social Security, which would affect the net amount of your Social Security payment. Your Medicare premium for each coming year is determined by your combined income from two years prior, so if you "cash in" your 401(k) in 2024, it would affect your net Social Security payments in 2026.

Whether you will pay income tax on your Social Security benefits is determined by your combined income from everywhere, which the IRS calls your "Modified Adjusted Gross Income." MAGI is your income from all sources except ROTH IRA withdrawals and includes half of the SS benefits you received during the tax year.

If you file your taxes as a single, and your MAGI is over \$25,000 or if you file your taxes as "married-jointly" and your MAGI is over \$32,000 then 50% of the Social Security benefits received during the tax year becomes part of your overall income taxed by the IRS (at your normal IRS tax rate). But if your MAGI as a single filer is more than \$34,000 – or as a married/jointly filer over \$44,000 – then up to 85% of the SS benefits received during the tax year becomes part of your overall income taxed by the IRS.

So, to recap:

Your part time work earnings in 2024 won't affect your monthly Social Security benefit, unless your 2024 work earnings prior to September 2024 exceed \$59,520.

Depending on the amount of your 401(k) withdrawals, your 2026 net Social Security payments may be impacted by Medicare's IRMAA provision. But your 401(k) withdrawals will not affect your gross Social Security payments.

Depending on the amount of your 401(k) withdrawals, some of the Social Security benefits received during the 2024 tax year will likely be subject to income tax. That is, if your annual total income, including your 401(k) withdrawals, exceeds the MAGI thresholds described above.

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.



Re-blooming paper whites

I purchased some paper white bulbs early in December, figuring I'd need some flower power come January.

Four bulbs were planted in potting soil in an old tureen bowl that I found at the local recycling center swap shed. I covered the soil in moss I saved from my yard and honest to goodness when those bulbs burst into bloom about a month after planting, I felt pretty proud of myself for creating such a chic display.

Now what to do with it? Usually, when paper whites are forced in pebbles, or just plain water, they are a once and done kind of experiment. But because I planted them in decent potting soil, there may be hope for re-bloom.

Read on to see how it's done.

First, it's important to think about how bulbs work. They are a self-contained unit that has everything in that unit to bloom the first time no matter what, as long as basic environmental needs are met.

Pretty impressive.

For bulbs to bloom again, we have to make sure that unit gets re-charged. I read once to think of the bulb as a solar battery – that's not far off!

For typical daffodil bulbs that are planted in the ground that means removing spent flowers, keeping the foliage intact until it yellows, and giving the plant a little fertilizer or a compost top dressing if the soil isn't fertile. Now that we understand, we can use this information to re-charge our hyacinth bulbs.

The flowers are still on my chic display, but they are definitely gone by. I will snip off the spent blooms.

Next, I will put the tureen in a sunny window. To be honest, I had placed it in my pantry when it was in bloom.

My husband found the fragrance a little too overpowering and not to his liking. Over the years I have found that people either love it or hate it and sadly he leans toward the latter of the two.

But, because it was placed in the window of a cool room, it grew upright without falling over, and the flowers lasted close to three weeks! Now that I have the pot of foliage in a sunny window, I will sprinkle a little bulb fertilizer on the soil surface and water it in.

Choose one that has both nitrogen for the leaves and phosphorus for the bulb. The numbers on the fertilizer indicate NPK: Nitrogen, Phosphorus and Potassium.

We want to encourage those leaves to photosynthesize and make energy to build up the reserves in the bulb. Fertilization will happen monthly as long as the leaves are green.

The leaves will grow for longer than you might think, maybe even into late spring and summer. I'll put the pot outside in the sunshine once the weather warms up enough.

Eventually, though, the leaves will yellow and brown. Once they do it's time to cut them back and let the soil dry out completely, after which the bulbs can be removed.

Give them a couple of days in the sun to dry out further. The outer skin of the bulbs will get papery.

Now it is time to store them in a brown paper bag until planting. Old panty hose or onion bags would also work.

I will replant my paper white bulbs during Advent, and with any luck, all of my work will pay off with blooms when I need it the most – this time next year! And maybe every year thereafter!

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



Life Together

Rev. Dr. Randy Wilburn
Minister, Therapist, Consultant

James Baldwin wrote: "I imagine the reason so many people cling to their hate, is because, if they had to let it go, they would have to deal with their pain."

February is Black History Month. For some when reminded they say, "been there done that, they had their chance." Some states erase Black History lest it offend others.

Hateful rhetoric and acts of violence are born in pain, a pain ignored, buried, not allowed to be processed or healed. This pain, this trauma, is not an excuse for bad behavior; we are held accountable.

But, if we could find a way to meet "the other" whom we fear or fail to understand, we might break through the violence which creates fear and division. If we could break through the pain, we might find we have a lot in common.

When such pain dominates the thinking and feeling of a person, they will look for a scapegoat to blame and eliminate.

People of color, Jews, people of various sexual orientation, mentally ill people, and many developmentally delayed youth, are victims of this abuse born in pain.

What pain have you had which may have moved you to fear, judgment of others, and hate? How are you dealing with your pain?

Some self-medicate and live with addiction, which fosters anger and abuse. Some refuse to acknowledge their pain so are unavailable for a relationship. Some just say it is what it is and do not control their anger.

Many damaged individuals will find others with whom they can bond in their common pain and hate; remember the neo-Nazis in Charlottesville, Virginia, "Jews will not replace us".

Many young male school shooters are identified as disturbed, traumatized, and clearly dangerous, after-the-fact of the massacre. Again, he needs to be held accountable, and or his parents who aided him in preparation for such a violent act.

Yet, what if we could get to him before he acted out? One young man pleaded with his parents to get him a doctor and asked for help, and they laughed him off and said, "deal with it".

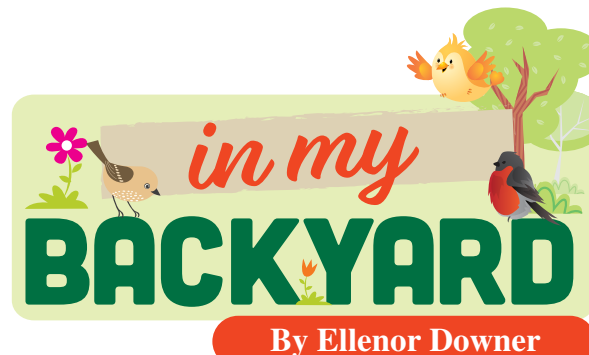
What pain are the parents failing to deal with that they would reject help for their son?

We cannot erase our common history; black or white, or whatever ethnic context. The beginning of change, renewal, and transformation, begins with me, with you, dealing with our pain, so we do not project it on others and hate or hurt them.

Black History Month is an opportunity to face history and ourselves.

I too imagine the reason many cling to our, their, hate, is because, if they let it go, they would have to deal with our, their, pain.

Life Together is written by Rev. Dr. Randall K. Wilburn. With over 54 years as a parish minister, Wilburn is also an experienced marriage and family counselor. Life Together will deal with topics such as stress, grief, anxiety, healing and hope.



Fox sparrow

I received an email from a birder in Brimfield, who sends bird updates on a regular basis. He reported an acquaintance in Hardwick have five fox sparrows visiting their yard this winter. He said, "Lucky them, I only see one or two fox sparrows in the yard during migration and didn't see any this year."

The fox sparrow is a large sparrow about 7 inches in length. It has rufous streaking and a gray head and back. The tail and rump are reddish brown and the underparts whitish with brown streaking. There is a central, irregular shaped dot on the breast.

Like many sparrows, it feeds on the ground eating seeds, fruits and insects. It jumps forward and back pulling up ground debris to uncover food beneath. It may come to feeders where seed is scattered on the ground.

Fox sparrows inhabit deciduous or coniferous woods, brushy areas and wood edges. Their song is a short series of clear, melodious whistles.

The female lays four to six light blue green eggs in a cup like nest of grasses, lichens and leaves lined with hair fur and rootlets. The nest is placed on the ground under a small tree or shrub.

Brimfield birds

I received an email from a Brimfield resident. He said, "[I] wanted to pass on some of my backyard action this winter. I was surprised to see five or six cowbirds along with a solitary red wing blackbird last week." He has a lot more juncos around with the white throated sparrows. He said chickadees and nuthatches and the titmice population is down a bit He had a few starlings that stop by now and then along with cedar waxwings. He has not seen as many wild turkeys this year.

Golden crowned kinglet

A Brookfield resident emailed two photos of a golden crowned kinglet he took on Saturday, Jan. 27. He said, "Walking into my home, I spotted this tiny bird at the door." Tiny is an apt description of this bird as it is only 3 1/2 inches long.

More Brimfield birds

A frequent emailer said he read about the sighting of bluebirds and grackles in this column. He wrote, "Coincidentally we had a lone grackle in the yard last week. It showed up for a couple of days. I thought it was unusual to see just one grackle, they are most often seen in a group especially this time of year."

The Brimfield resident said, "When I mentioned to a friend from Belchertown that I had seen a grackle at the feeders he mentioned that he had a group of about 30 grackles visit his feeder briefly one day last week."

He said three days ago "I noticed a male bluebird at the feeders. It has visited daily since first being seen. The bird is feeding on suet cakes and a 'log' that is made of seeds, fruit and meal worms."

He counted over 70 juncos and four white-throated sparrows in the yard. He recently had three starlings, who seemed to like a feeder containing suet pellets. He said he rarely sees starlings at his feeders. He removed the feeder to deter the voracious eating starlings.

Bluebirds

This seems to be the year for flocks of bluebirds showing up at feeders. On Friday, Jan. 26 six or eight male and female bluebirds were at my suet cake, which contained fruits. I removed the ice from a small dish like feeder, I use for mealworms, grape jelly or orange halves. The bluebirds ate all the mealworms and I filled it again. They have been hanging around daily and I put out mealworms twice a day.

Tuesday, I looked out the window and saw several bluebirds perched on my car. One occupied a side mirror, another was on the roof and two on the hood by the windshield wipers. I think they may have been drinking the water from the melting snow on the car.

Later, when I looked to see if they were still there, a mourning dove was perched by the wiper blade.

Large flock of robins

A North Brookfield resident, who lives on Lake Lashaway, emailed on Friday, Jan. 17 she had a flock of 30 or more robins zoom in to the neighborhood.

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

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The 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.
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The submission deadline for consideration is Monday at noon.

Election letters to the editor welcome

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

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

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

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

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CHAMBER | from page 1

ming and had to pass a swim test to get the job," he said. Seeing her determination and drive to support her family, even if it scared her, inspired him.

Connolly moved to the U.S. with "just \$20 and a dream," knowing that he wanted to attend college. He asked his father and grandfather for \$400 each, in order to start school.

Now, Connolly has created a scholarship in that same amount of \$800, that is available to students at Holyoke Community College.

Connolly was unsuccessful getting hired by marketing firms after college, so he decided to venture into making diaper cakes for baby showers, with the launch of "Stinky Cakes." He would deliver the elaborate "cakes" formed using diapers and various other baby-related items in his pink van, wearing an apron and chef's hat.

After getting sick, Connolly took a job with Job Corps as a residential advisor, finding his love for teaching and mentoring.

"Every night they had 'accountability,'" Connolly said, where the students would check in about their day and talk about the highs and lows. Students were inspired by Connolly's positive outlook, and always came to him for advice.

Connolly then decided to write a book, and soon after started his digital marketing agency.

"I absolutely fell in love with billboards," he said. "I said to myself, 'when I get healthy, I'll buy a billboard.'"

As he searched for billboards to buy, Connolly also began researching digital mobile billboards. Ultimately, he decided this was the way to go.

He bought his truck to launch Stand Out Truck on March 9, 2020, just days prior to the devastating COVID-19 shutdown.

Connolly said like most people, he was "not worried about COVID at first," but soon realized that its impact would spread beyond public health, and could put the brakes on his new venture.

Always one to think outside the box, Connolly sold truck space for families of high school graduates, at an affordable rate.

"Just focus on five-star experiences," he said, emphasizing the importance of giving each customer a high-quality experience. "If you give enough five-star experiences, you're good."

Connolly then published a story book called "Lemonade", geared toward children; started a podcast and published a magazine called "Marketing and Cupcakes".

Connolly credits his success to the talent of his team and having a "dope" mindset, while avoiding the "suckas."

He explains that "dope" means "deliver others positive energy experiences," stressing the importance of making people feel good. "Suckas" are those that are critical without being constructive, and drain you of your energy.

"Stay sucka free...avoid the energy drains," Connolly said. "Surround yourself with people way better than you, build teams."

Connolly said teamwork brings diversity of thoughts, mutual respect and helps to form creative solutions. He said to put in the LBW and "stay unbothered," in your journey toward continued growth.

For more information about Connolly and his businesses, visit standouttruck.com and marketingandcupcakes.com, or find both on social media.

About the Chamber

The Quabog Hills Chamber of Commerce was established in 1978 to assist businesses in the Quabog Hills region, serving the towns of Belchertown, Brimfield, Brookfield, East Brookfield, Hardwick, Holland, Monson, New Braintree, North Brookfield, Palmer, Spencer, Wales, Ware, Warren and West Brookfield.

Its mission is to advance economic growth and tourism in the region, to be an advocate for policies that achieve the development goals of the communities, and to advance the interests of its members.

The Quabog Hills Chamber of Commerce offers more than just networking opportunities. It helps the business community from the smallest entrepreneurs to the largest corporations; through trainings, seminars and more.

The Quabog Hills Chamber of Commerce is located at 4 Springfield St., Suite 525, Three Rivers. For more information, visit qhmc.com, call 413-283-2418 or email info@qhmc.com.

Two local men arrested for explosions

STOW—A joint investigation into a series of explosions last month has led to charges against two men for possessing and/or using destructive devices. The suspects were identified in the course of an investigation by the Monson Police Department, Brook-

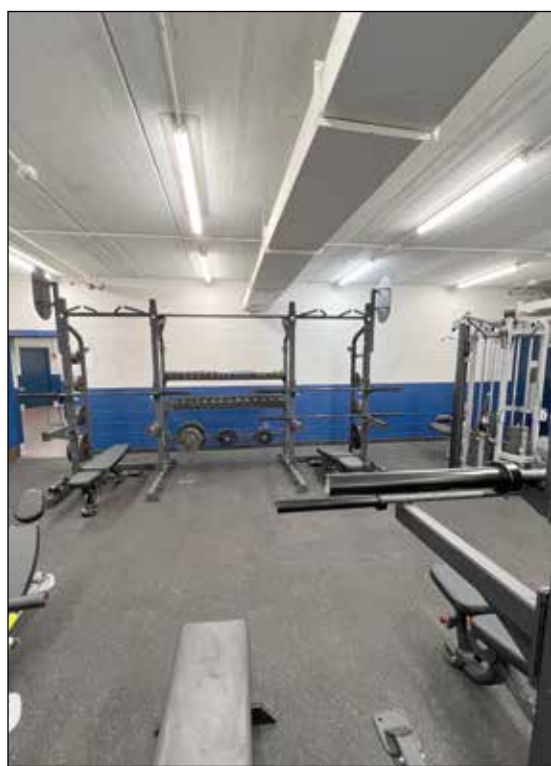
field Police Department, Holland Police Department, Sturbridge Police Department, and State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal's office.

Nathan Asselin, 19, of Sturbridge and Camron LaMarche, 19, of South-

bridge were arrested today on warrants charging them with four counts of possession of an destructive device, placing an explosive device, vandalism, and other offenses. The joint investigation stems from explosions in mailboxes and other outdoor sites in the area of Town

Farm Road in Brookfield, Sturbridge Road in Holland, Boston Road E in Monson, and New Boston Road in Sturbridge in late December 2023.

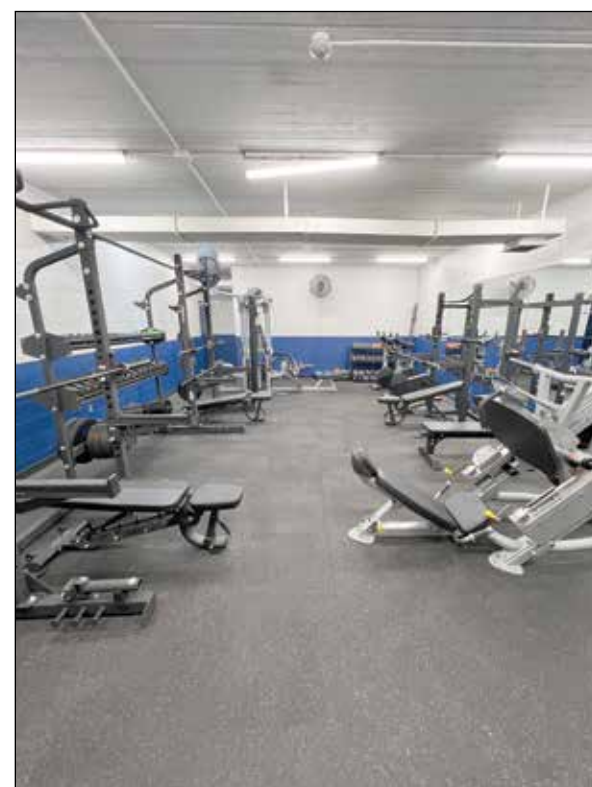
Asselin and Lamarche were arraigned in Dudley District Court on Jan. 24.



The new fitness equipment will provide students with an outlet to work on their physical and mental health.



Dumbbells of various weights are part of the newly refurbished weight room.



The revamped weight room will provide a great space for students to exercise.

PHS | from page 1

In addition to coaching football, Marciniac teaches Physical Education and Health at the high school and has been the athletic director for approximately five years.

"Over the years, most of the equipment was donated, and some of the equipment was original to the building, 1991. Needless to say, it was time," Francis said.

The project involved removing the outdated machines and adding brand new machines to better utilize the space. "There's been a few updates," Marciniac said. "A lot of the equipment was pretty old. We basically had a few benches and a few areas to do squats."

Marciniac said that the new setup designates spots for an inclined bench, two stationary bikes for cardio and what he described as a "Nautilus machine."

"It's a pulley system, with pins in the weights," Marciniac explained, "it takes a lot of the hesitation that some new people to weightlifting might have by taking away a little of the danger from dropping weights."

Francis said it is used as a regular rotation in the Physical Education and Health Department.

"Staff can use it before or after school for their own health and fitness needs or wants," Francis said. "We have a faculty and staff class that meets every Thursday after hours."

Marciniac said that since the improvements, there's been a lot of talk amongst the students about using it.

"I know the physical education classes are able to implement it in a more productive way than the old one was, and after school we have 10-15 kids whenever we have it open," Marciniac said.

During the day, the weight room is primarily used for seventh and eighth-grade P.E. classes, as well as some sixth-grade classes as well.

"Obviously (they're) not using everything, but they use a lot of the pulley system, and free weights like dumbbells are going to be a little bit safer," Marciniac said.

Marciniac added that though all the equipment is safe, the younger students are encouraged to prioritize the equipment that has more safeguards.

"Upperclassmen from grades eight to 12 are using it for physical education," Marciniac said. "A lot of the after-school use comes from more of the older kids, the ninth through 12th graders who are choosing to stay and do a little lifting after school."

Since the weight room's opening, Francis said that the school has elected to keep it open three days a week to keep up with the demand.

Marciniac talked about the ways that the well-stocked weight room can help students not only with their physical health but their mental health as well. "The more they're able to get a taste of it when they're in high school, they'll be better able to use it for lifelong physical fitness," Marciniac said. "I know from speaking to other P.E. teachers that setting them up with what they can do for their health when they might not be able to play football or baseball, and showing how to use some of those skills in the weight room, will benefit them physically and mentally."

Marciniac admitted that in the second semester since the revamp, it's still too early to observe any improvement among the students, but he was confident that it's having a positive effect.

"I know the kids are happy about the change," Marciniac said. "I definite-

ly see new, different faces after school. There's a little bit of a buzz behind the weight room."

Marciniac was very happy with Francis' support for the improvements, describing him as "open to bringing in new things for all aspects of the school system."

"(Francis) has been awesome," Marciniac said. "He's very open and easy to talk to, and he listens to the needs of the kids. I think that's in his forefront, which is definitely what you want in a superintendent."

"The room turned out spectacular," Francis said. "It was something I saw that needed to be addressed, due to the fact that it reaches more than just athletes."

"Kids or adults, they like to see new things, and having the ability to go in there and have fun with the equipment is going to show some benefits," Marciniac said. "We hope to see a big benefit for the kids."

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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.

February events always on Mondays- Zumba at 8:30 a.m., Chair Yoga at 10 a.m., Lunch 11:30 and Pool table at 12:15 p.m. Always on Tuesdays- Knit/crochet group at 9 a.m., walking group at 9 a.m., Breakfast at 9:30 a.m. Arthritis/ROM at 10 a.m., Pitch at 12:30 p.m. and painting group at 1 p.m. Always on Wednesdays- Strength training at 10 a.m. and 11:30 a.m. Lunch. Always on Thursdays- Walking group at 9 a.m., breakfast at 9:30 a.m., Tai Chi at 10 a.m., pool table at 12:15 p.m. and Big Y at 1 p.m. Always on Fridays - Gentle stretch at 10 a.m. and Lunch at 11:30 a.m.

Special events for February:

- Friday, Feb. 1-** showing the movie "About Fate"
- Monday, Feb. 5-** Betty Boop therapy dog from 10:30 to 11:30 a.m., 1 p.m. take and bake.
- Tuesday, Feb. 6-** Noon Lunch Bunch "The Local", this is a self-pay event.
- Wednesday, Feb. 7-** Wii bowling at 1 p.m.
- Thursday, Feb. 8-** 10 a.m. to 1 p.m. massage by appt. and 1 p.m. Sunshine village craft.
- Friday, Feb. 9** – from 1 to 3 p.m. brown bag pickup.
- Monday, Feb. 12-** Betty Boop therapy dog from 10:30 to 11:30 a.m., 1 p.m. craft. There will be no yoga this week.
- Wednesday, Feb. 14-** Valentine Day lunch with entertainment by Irv Lewis at 11 a.m.
- Thursday, Feb. 15-** Top floor learning, cost is \$5.
- Friday, Feb. 16** - Showing the movie "The 24th" at 1 p.m. and from 8:30 a.m. to 2 p.m. Foot care by appointment.
- Monday, Feb. 19-** Closed for President's Day.
- Thursday, Feb. 22-** Massage by appt from 10 a.m. to 1 p.m., Memory Café from 11 a.m. to noon, Sunshine village paint at 11:30 a.m.
- Friday, Feb. 23-** Powerback Rehab at 10 a.m. and Balance clinic at 10 a.m., rescheduled chair yoga at 9 a.m.
- Monday, Feb. 26-** Marathon Bingo at 10 a.m. and Betty Boop therapy dog from 10:30 to 11:30 a.m.
- Wednesday, Feb. 28-** Wii bowling at 1 p.m.
- Thursday, Feb. 29-** Soup Lunch

from 11:30 a.m. to 12:30 p.m. and Cards with Marlene at 1 p.m.

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.

- Thursday, Feb. 1-** Banana Chocolate chip French Toast.
- Friday, Feb. 2-** Cheeseburger with lettuce, tomato, wheat bun, Sun Chips and chilled pineapples.
- Monday, Feb 5-** Breakfast sausage, spiced apples, potatoes O'Brien, French toast bites, fresh fruit and maple syrup.
- Tuesday, Feb. 6-** Ham, egg and cheese croissant.
- Wednesday, Feb. 7-** Pork with gravy, collard greens, mashed sweet potatoes, buttermilk biscuit and regular/diet cookies.
- Thursday, Feb. 8-** Ham and cheese roll.
- Friday, Feb. 9-** Chicken pot pie, California blend vegetables, biscuit with pear topping.
- Monday, Feb. 12-** Beef Stroganoff, brussels sprouts, egg noodles, multigrain bread, regular/diet pudding with topping.
- Tuesday, Feb. 13-** Egg, bacon, and cheese croissant.
- Wednesday, Feb. 14-** Mac and cheese, stewed tomatoes, ww bread, cranberry juice, and regular/diet cookies.
- Thursday, Feb. 15-** Blueberry French toast.
- Friday, Feb. 16-** Eggplant Parmesan, tossed salad with Italian dressing, Penne with sauce, garlic bread, and Jello with topping.
- Monday, Feb. 19-** Closed for President's Day.
- Tuesday, Feb. 20-** Breakfast TBA
- Wednesday, Feb. 21-** Chicken Fajitas, Fajitas blend veggies, yellow rice, flour tortilla and regular/diet Jello.
- Thursday, Feb. 22-** Breakfast TBA
- Friday, Feb. 23-** Crab cake with tartar sauce, steamed corn, coleslaw, ww bread and fresh fruit.
- Monday, Feb. 26-** American Chop Suey, roman blend veggies, wheat roll and Rice Krispy treat.
- Tuesday, Feb. 27-** Cinnamon buns.
- Wednesday, Feb. 28-** Braised pork with apple gravy, steamed peas, mashed potatoes, ww bread and fresh fruit.
- Thursday, Feb. 29-** Ham and cheese roll.

Nonmedical home care can provide support to those with Alzheimer's

Certified dementia care professionals share safety, support strategies for Alzheimer's Awareness Month



CHESHIRE, CT -- There are currently more than 6 million Americans living with Alzheimer's Disease with that number expected to increase to 13.8 million by 2060. While some families may opt for care at a facility, Connecticut-based nonmedical home care agency Assisted Living Services, Inc. has developed new solutions in combination with technological devices to ensure the right supportive care at home.

"We know from experience that an Alzheimer's diagnosis and other memory related disorders pose real challenges for the entire family," explains Mario D'Aquila, MBA, Chief Operating Officer of Assisted Living Services, Inc. and Senior VP of Assisted Living Technologies, Inc. "It may seem overwhelming, but we can offer support since more than half of our clients have some degree of dementia or memory impairment. D'Aquila notes that if families want to keep their loved one living at home, they need to be prepared for the responsibilities, which include managing medications, monitoring every-day activities, ensuring home safety, and addressing loneliness and isolation.

First on the list of priorities is being evaluated by your primary care physician or specialist. Although there is no cure for Alzheimer's, there are new medications that can slow pro-

gression and lesson symptoms. Accordingly, Alzheimer's patients in mild to moderate stages of the disease can significantly improve medication compliance with today's technology. Automated medication dispensers provide both a visual and auditory alert and can even send a call to the patient as a reminder, as well as notify caregivers if a regimen is not being followed. ALS has experienced compliance near 95% with clients across Connecticut who use these dispensers that typically cost only \$2 per day.

"Families should partner with a trusted provider who can create a strong plan for day-to-day care management and ensure it is continually implemented," said D'Aquila. "Even better, is an agency like ALS that has management staff who are Certified Dementia Care Practitioners (CDP®)."

Administered through the National Council of Certified Dementia Care Practitioners, the full-day 8-hour CDP® certification represents that the front line management staff have received comprehensive knowledge in the area of dementia care and completed the Alzheimer's Disease and Dementia Care course/sem-

inar. The CDP® commits to ongoing professional development and re-certification every two years. The certification reflects a deep personal commitment to maintaining the dementia patient's quality of life physically, emotionally and socially.

Although the agency provides solely nonmedical care, it has focused on staff development that will ensure appropriate support from its team of Homemakers that assist clients with personal care - to its Live-in Companions that provide around-the-clock support. Caregivers receive approximately two hours of training and education on how to work with individuals experiencing memory difficulties due to Alzheimer or Dementia related disorders. This includes reading materials, testing, and time for dialog with instructor(s). They also benefit from supervisors that have the CDP training to help with managing care as problems arise.

In addition to quality of care, families also need to compare the cost of a facility versus in-home care. If the client qualifies for Medicaid, they may be eligible for the CT Homecare Program for Elders which pays for in home care. This program

can benefit those with cognitive disabilities and memory impairment brought on by Alzheimer's Disease, Parkinson's Disease and other dementia related disorders. ALS is also a credentialed provider of the CT Homecare Program for Elders which also requires specific training for staff.

In conjunction with personal care, the sister company of ALS, Assisted Living Technologies, Inc., offers a wide variety of primarily wireless, sensor-based technologies for a second layer of security. Stove-top fire prevention devices, personal body worn GPS locators, automatic fall detection sensors, video-visit systems and more provide constant monitoring.

"Wandering is one of the most dangerous behaviors of Alzheimer's and may happen earlier in the disease than families expect," said D'Aquila. "Today's technology allows us to set up a virtual safety net inside and outside a home to ensure the wellbeing of a loved one."

D'Aquila explains that discreet wireless sensors placed throughout a home can detect motion, activity from room-to-room, exiting, sleep patterns, and even moisture to help caregivers address an issue before it leads to something more serious.

D'Aquila encourages family caregivers to visit the ALT Technology Arts Gallery in Cheshire to view and experience all of the latest devices that can assist with every aspect of caring for an Alzheimer's patient. All of the products are available online as well.

"Families need to know that they don't have to go it alone when caring for a loved one," concluded D'Aquila. "There are countless resources and support to ease the stress."

Baystate Health offers free virtual programs

SPRINGFIELD – Baystate Health's Loyalty Programs will offer four free virtual events in February beginning with "Navigating the Menopause Transition" on Feb. 5.

All events are open to the general public.

The road to menopause can be long and winding, with many women experiencing hot flashes and other bothersome symptoms for seven-10 years or more during the perimenopausal period. After menopause, some symptoms related to hormonal changes may persist for life.

During "Navigating the Menopause Transition" at 6 p.m., Vanessa Ross, CNM, Menopause Society Certified Provider, Baystate Midwifery and Women's Health, will discuss what menopause is, what to expect and how to manage your symptoms.

Medications continue to revolutionize medicine. But starting new medications, taking over-the-counter medications, or managing ongoing medications can sometimes be challenging.

During "Medication Tips from the Pharmacist" on Feb. 7 at 6 p.m., Mark Heelon, Pharm.D., Medication Safety Officer, Baystate Health, will discuss

questions to ask your pharmacist, going to the hospital with medications, parents administering medications to their children and other helpful medication management tips.

A cough is a natural reflex to help clear and protect the airway. An occasional cough is normal, and typically a cough will go away on its own, but what if a cough lingers and lasts for weeks?

During "Persistent Coughing" on Feb. 13 at 6 p.m., Dr. Sybilie Liautaud and Dr. O'Neil Green, Pulmonary Critical Care, Baystate Pulmonary, Non-CF Bronchiectasis Clinic, will discuss coughs that are the result of damaged airways, non-cystic fibrosis bronchiectasis, and non-tuberculosis mycobacteria and how they are treated.

During "Do This, Not That, To Avoid Falls" on Feb. 29 from 2-3 p.m., the team from Baystate Rehabilitation Care including Courtney Brown, PT; Michelle Lantaigue, OT; Erin Jarosz, OT; and Diana Edwards-Chung, MSN, RN, who is Injury Prevention Coordinator, will discuss the do's and don'ts as well as practical home safety guidelines for preventing falls in the home.

Registration is required for each session at BaystateHealth.org/events.

Legislation helps access to medically necessary formulas

WASHINGTON, D.C. – Representatives James P. McGovern (D-MA), Ranking Member of the House Rules Committee and co-chair of the Cystic Fibrosis Caucus, and John Rutherford (R-FL), co-chair of the Crohn's and Colitis caucus, led their colleagues in introducing legislation to remove barriers to access for all Americans who require medically necessary foods to lead healthy lives.

The Medical Nutrition Equity Act would require coverage of specialized formulas, vitamins, individual amino acids, or other medically necessary foods under Medicaid, the Children's Health Insurance Program, Medicare, the Federal Employee Health Benefit Program, and private insurance for patients with specific gastrointestinal and inherited metabolic diseases and disorders.

It is narrowly drafted to focus on individuals for whom medically necessary nutrition is the treatment for their diseases.

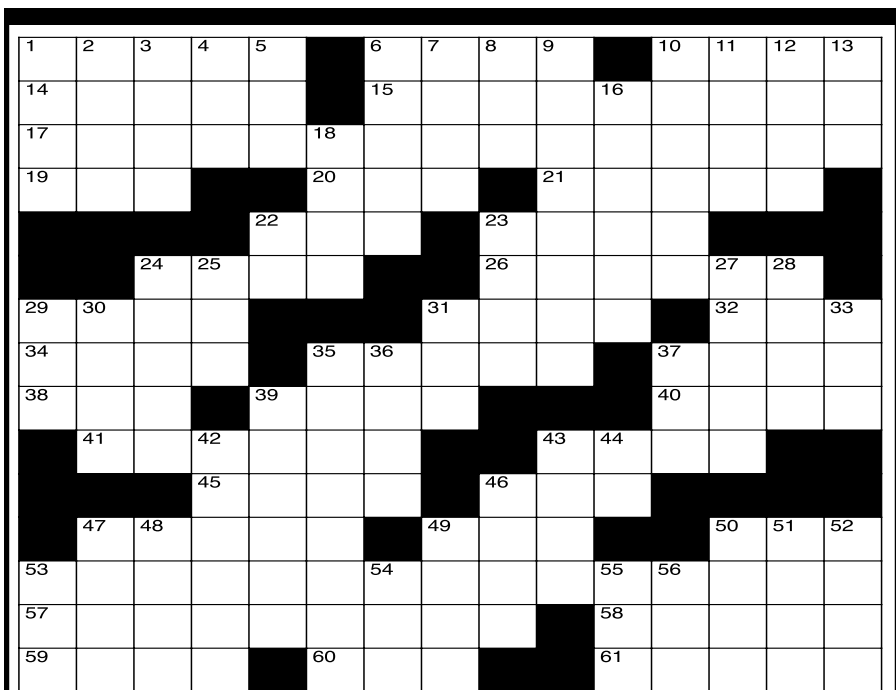
"I've heard devastating stories from constituents struggling to access medically necessary foods to keep themselves or their child healthy," said McGovern in a press release. "As a dad and husband, I can't imagine not being able to access the food your child or your partner depends on to live. To me this is simple: no one should struggle getting medically necessary food, and insurance companies shouldn't be creating more barriers to receiving proper care. Our bill cuts through the red tape and ensures those with inherited metabolic diseases or gastrointestinal conditions can access the nutrition they need."

"Our health systems must be structured to support innovative treatments," said Rutherford. "As co-chair of the Crohn's and Colitis Caucus, where I advocate for those living with digestive diseases, I am excited to join Rep. McGovern to introduce this important legislation that would make medically necessary nutrition more easily accessible to patients across our nation."

Approximately 2,000 infants every year are diagnosed with an inherited metabolic disorder. When left untreated, inherited metabolic diseases or gastrointestinal conditions can cause the body to fail to absorb necessary nutrients and food can even become toxic.

An inability to access specialty formulas forces patients to go without adequate nutrition or seek hospitalization to maintain nutrition levels. Already, 40 states require coverage of medically necessary nutrition, but coverage is highly variable from state-to-state and does not apply to patients covered by private sector health plans governed by the Employee Retirement Income Security Act.

This bill builds on the precedent of the 2016 National Defense Authorization Act which improved coverage for medical nutrition for military families enrolled in TRICARE, so more Americans can access medically necessary nutrition.



CLUES ACROSS

- 1. Become less intense
- 6. Variety of pear
- 10. Religion native to China
- 14. Type of tooth
- 15. Fitted out
- 17. Make every effort
- 19. Autonomic nervous system
- 20. Complete
- 21. Alternate name
- 22. River in France and Belgium
- 23. Miami's mascot is one
- 24. Turfs
- 26. Most cognizant of reality
- 29. Broad volcanic crater
- 31. Canadian surname
- 32. Satisfaction
- 34. Traitorous Greek mythological prince
- 35. Collide
- 37. Immune response
- 38. Feline
- 39. High opinion of one's own appearance
- 40. Thin strip to align parts
- 41. Containers
- 43. Convicted American spy
- 45. Breathe noisily
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Swiss river
- 50. I.M., architect
- 53. Have surgery
- 57. Formal withdrawal
- 58. Dutch and German surname
- 59. Square measures 60, 2,000 lbs.
- 61. Degrade someone
- 7. Gemstone
- 8. A place ships dock (abbr.)
- 9. Evergreen tropical tree
- 10. Reality TV star Richards
- 11. Nonflowering aquatic plant
- 12. Stakes
- 13. Antidiuretic hormone
- 16. Make warm again
- 18. Light beams
- 22. Lethal dose
- 23. Terrorist group
- 24. Kids love him
- 25. Naturally occurring solid
- 27. German surname meaning "man from Saxony"
- 28. Popular cuisine
- 29. Partner to cheese
- 30. Type of horse
- 31. Diego
- 33. Defensive nuclear weapon
- 35. Most shrewd
- 36. It may be for shopping
- 37. Midway between south and southeast
- 39. A stock of foods
- 42. The bindings of books
- 43. Swiss river
- 44. Megabyte
- 46. Sammy, songwriter
- 47. Dutch colonist
- 48. Clare Booth, American writer
- 49. Sun or solar disk
- 50. Popular type of bread
- 51. Transfers of money (abbr.)
- 52. Association of engineering professionals
- 53. Young women's association
- 54. City
- 55. Niger-Congo branch of languages
- 56. Pointed end of a pen

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Magic show captivates audience at St. Paul's Church



The "Magician at Work" sign cautioned the audience as Jeff Kempton sorted through his unruly wands.



Kempton tried to have his assistant hold the wand, but it kept dividing itself.



This volunteer hammed it up as she tried to figure out where Kempton was pulling his coins from.

Photos by Marcelo Gusmão



This brave volunteer felt no pain as Kempton passed his sword through the collar and out the other side.



Kempton opened the two chalkboards to reveal the chalk had written out the correct card.



Kempton tried to pull a card out of his wallet, but the wallet caught on fire.



A volunteer from the audience holds up a card with an animal for Kempton to guess.



Three volunteers were astonished as Kempton unfolded a piece of paper bearing the cards each of them chose at random.



Reverend Steve Sousa ripped up a card, which Kempton then cut out of a real orange.

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

PALMER – Last weekend, St. Paul's Church of Palmer invited Jeff "The Magic Man" Kempton to perform a magic show for all ages.

"Coming out of COVID, attendance was pretty low," Sousa said. "No one was doing anything as far as activities, so to get the church back in gear, over the past year and a half they've done a number of functions."

Some of these functions include St. Paul's first ever Christmas Bazaar this past December and things like the Blessing of the Motorcycles in the spring, the Blessing of the Animals and a teen dance last

spring. "We're doing events to kind of let people in the community know we're here and we're interested in providing things of interest," Sousa said.

Kempton is a local magician who's been performing for about 15 years.

"I fell in love with magic, as most do, at a young age," Kempton said on his website. "At the age of 34, I decided to follow that love and become a professional magician. That was in 2006."

It was mostly happenstance that the church was able to meet Kempton, as Sousa described a maintenance worker at the church meeting Kempton and striking up a conversation, which led to the dis-

covery that he did magic. Admission to the show was free for kids, with adults charged \$5.

"There were a bunch of kids seated on the floor right under the stage, and the kids were just really very engaged, calling out and laughing. He was very good at asking kids to come forward to volunteer for his different acts and everything," Sousa said. "It wasn't just the kids either; I looked around and saw adults laughing, too."

Sousa was even brought onstage as Kempton's last volunteer.

"That was completely unexpected," Sousa said. "It was pretty impressive because that last trick was one of the most sophisticated. He had me tear up a playing card, a random card chosen out of a deck,

rip that card into four pieces and put it into his hat, and then what came up was one piece out of the four. So, he took this orange out of his bag – I was wondering if it was real or a prop – and when he cut it up, rolled up and stuck in the middle of it were the other three quarters of the card that I'd ripped up. It was very well done, a lot of fun."

Kempton said he truly feels magic is his calling.

"I bring my personality to the show. Lots of laughs and surprises. Memories that will last a lifetime," Kempton said.

Sousa said Kempton is not a magician that does "real high-falutin'" acts like sawing people in half.

"It's more card tricks, and things with magic wands, handker-

chiefs and balls," Sousa said. "He adds a lot of humor to it too. He brought out the kids in all of us."

If you're interested in hiring Kempton for a magic show, the best way to get in contact with Kempton is through the "Contact" tab on his website, at jeffkemptonmagic.com.

"Check your spam if you don't see a response, I usually respond quickly," Kempton said. "However, the best way to contact me is my phone number."

Kempton can be reached by phone at 413-777-8373 or via email at magicmanjeff@yahoo.com.

St. Paul's Church also has numerous events coming up. On March 2, they will hold a fundraising dinner for an outside organization called Kids of the Congo,

which raises money for the building of school classrooms and well-digging projects for villages in the Democratic Republic of the Congo. There will also be the Blessing of the Motorcycles coming up in the spring, and the Church is planning a Sator Dinner to celebrate the Jewish holiday of Passover.

"Our church doesn't have a strict doctrine or makeup but rather is kind of interested in what alternate faiths and religions are about," Sousa said.

For more information about St. Paul's Church of Palmer, you can visit their website at stpaulspalmer.org.

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QUABOAG REGIONAL MIDDLE HIGH SCHOOL STUDENT COUNCIL

Craft/Small Business Fair
February 10th, 9am-3 pm

Vendors include handmade woodcrafts, candles, soaps, seasonal decor, pottery, jewelry, and many more!

Enjoy a fun day of shopping and make this your one stop shop for Valentine's Day, or shop early for Mother's Day and Father's Day!

80+ vendors participating in the fair, there will also be a huge raffle table, so please be sure to bring cash

There will be no ATM on site. Venmo / Cashapp / etc. accepted at the discretion of vendors.

Fair Location is at the Quaboag Regional Middle High School, 284 Old West Brookfield Road, Warren, MA

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CALENDAR OF EVENTS

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

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

ONGOING

The Swift River Sportsman's Club, 350 Cold Spring Road, is announcing their Friday fish fry is returning on Fridays, starting Feb. 16 and running through April 5. Prices range from \$14 for fish and chips to \$18 for a fish, shrimp and chip combo. Clam Chowder will also be available. Come out and enjoy one of the best fish dinners in the area with generous portions. For more information, please call the club at 413-323-9387.

INTERESTS

CRAFTERNOONS: Drop in 2-4 p.m. daily at the Holland Public Library, 23 Sturbridge Road to learn or practice different crafts. There are new crafts every Wednesday. For more information, call 413-245-3607.

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

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

ONGOING

BINGO IS BACK at Amvets Post 74, 2150 Main St., Three Rivers, on Mondays. The kitchen opens at 4:30 p.m. Early Bird starts at 6:25 p.m. Call the Post at 413-283-4518 for further information.

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

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

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

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

Opioids and Opioid Rescue Training

- Understand what opioids are and why people become addicted.
- Address the stigma of addiction.
- How to recognize and respond to an overdose
- How to use Narcan (naloxone) safely and effectively
- Resources for help
- Narcan kit (free!)
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- Can be individual or small groups by appointment.



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On: February 26, 2024, at 4:30 pm

Presented By:

Kirsten L. Krieger RN, BSN

Public Health Nurse

(413) 967-9615

Email: kkrieger@townofware.com

Website: www.quabbinhealthdistrict.com

Please RSVP by 2/23/2024 to:

kkrieger@townofware.com

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BASKETBALL

Panthers pull out pair of wins



Adddy Petraschewicz sends a pass to Jordan Bigda.

PALMER – Last week, Palmer girls basketball rose above .500 with a pair of wins, defeating Mahar and Hopkins Academy. Last Wednesday night, Palmer defeated Mahar 51-47 at home. Charlotte Theriault had a big night with 27 points while Vanessa Baer and Jordan Bigda had seven points each. In a 64-25 win over Hopkins the following night, Theriault had 23 points while Baer and Jayda Pardo had 10 points each. Palmer is 7-5.



Turley photos by Sofia DiGrande
Loretta Petraschewicz looks to get out from under the hoop.



Aubrey Boucher gets ready to shoot.



Maddie Rathbone guards her area on defense.



Jayda Pardo sends a pass deep into the offensive end.

BASKETBALL

Panthers fall behind in first half, lose to Rams



Taydem Haley looks to drive into the paint.



Stephen Fredette gets a shot right under the hoop.



PALMER – Southwick's shooting picked up in the second quarter to help the Rams build a lead, and Palmer's shooters could not keep up as the Panthers fell at home 74-60 last Tuesday night. Taydem Haley scored 20 points for Palmer while Andrew Menard added 12 points in the defeat. Palmer is now 6-5 on the season.

Dylan Doherty points as he calls out a play on his way down the court.



Andrew Menard eyes a three-point attempt.

BASKETBALL



Trey Dillahunt lines up his shot.

Pioneers suffer tough loss at Monson



Hunter Griswold reaches out for the layup.

Turley photos by David Henry www.sweetdogphotos.com

By Tim Peterson
Sports Correspondent

MONSON—Colin Beaupre, who's a three-sport athlete, is writing the final chapter of his brilliant athletic career at Monson High School. He has been a member of the Mustangs boys varsity basketball team since the eighth grade.

Beaupre, who's one of the three seniors listed on the Mustangs varsity hoop roster, will have an opportunity to play in the Division 5 state tournament and most likely the Western Mass. Class D tournament in February.

The Mustangs (10-4) clinched a berth in the state tournament following an 84-57 non-league victory over the Pathfinder Tech Pioneers before a large crowd at Michael J. Kane Gymnasium, last Friday night.

"I was in the eighth grade the last time that we qualified for the postseason tournament. We've had a couple of rough seasons since then," said Beaupre, who scored 10 of his 13 points against the Pioneers during the first half. "I wouldn't want to be a member of another basketball team. We're hoping to finish the regular season strong and we're looking forward

to playing in the postseason tournament."

Monson, who won their fourth consecutive game, were ranked 12th in the MIAA Division 5 state power rankings. They were also ranked fourth in the Western Mass. Class D. power rankings. The top eight teams in each of the four classes will qualify for the Western Mass. tournament.

The Mustangs just missed qualifying for the state tournament a year ago, as they finished with an 8-12 overall record.

"We put ourselves in a good position to make the postseason tournament last year, but we lost our last two games," said Monson head coach Zac Dreher. "It does feel very good to clinch a berth in the state tournament, especially this early in the regular season. We'll probably be playing in the Western Mass. tournament as well."

Monson eighth grade guard Trey Dillahunt scored a game-high 24 points against Pathfinder Tech. Sophomore guard Jake Beaupre, who's Colin's younger brother, contributed with 21 points.

"Jake and I have been teammates on the varsity basketball

Fast start for Mustangs leads to win



Trey Dillahunt makes his way around the arc, looking for an opening to drive to the hoop.



Jake Beaupre calls out a play as he crosses midcourt.



Colin Beaupre fakes before making a pass in a different direction.



Shane Szado attempts a three-pointer.



Austin Meacham makes his way around the perimeter.



Osvaldo Nieves looks to shoot a three.

MONSON — Despite a lot of success this season, Granby boys basketball ran into a fast-moving Monson team, which jumped out to a big lead and lost on the road 60-37. Granby defeated Monson earlier this season. Monson got great performances from their start-

ers, with Austin Meacham scoring 21 points, Colin Beaupre getting 17 points and Trey Dillahunt turning in 14 points. Granby was led by Cody White with 10 points. Granby is 9-3 this season while Monson is at a solid 9-4 this year.

Turley photos by Gregory A. Scibelli

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Athlete of the Week

NAME: Jayda Pardo
 SCHOOL: Palmer
 Pardo helped Palmer to a big win over Hopkins Academy last Thursday night, putting in 10 points for the Panthers.

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

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Warriors gets past Millbury

By Tim Peterson
 Sports Correspondent

MILLBURY—The Tantasqua boys' varsity basketball team experienced the agony of defeat and the thrill of victory in back-to-back games against SWCL-A league rivals.

After suffering a heartbreaking double overtime home loss to the Auburn Rockets on January 19, the Warriors celebrated an exciting 55-49 road victory over the Millbury Woolies, who entered last Monday night's contest with a perfect 5-0 league record.

"I'm very proud of my team," said Tantasqua head coach Scott Dion. "We were outworked and outcoached in the double overtime home loss to Auburn the other night. We didn't play very well in that game. I thought we executed the game plan and played outstanding in tonight's game against the best team in our league. My players are unselfish, and nobody really cares who the leading scorer is."

The last time that the Warriors (6-5, 4-3) defeated the Woolies (8-3, 5-1) on the hardwood was a 47-41 victory in the second meeting of the 2021-22 regular season, which was also held at Martin J. Roach Gymnasium.

The Woolies have only lost two other home games since that time. The pep band and the loud student section makes the gym feel like a college atmosphere.

"This is the first time that I played a varsity basketball game in this gym," said Tantasqua senior guard Jack Rapose, who missed his junior season recovering from an ACL injury. "It's a cool environment. When you're standing on the court, it feels like the fans are right on top of you."

The Warriors leading scorer in the second meeting of the 2023-24 regular season against the Woolies was sophomore forward Sam Pieczynski, who scored ten of his team-high 13 points during the second half. Pieczynski, who came off the bench, didn't play in the first meeting against Millbury, which was a 54-44 home loss on December 18.

Junior forward Elijah Webb scored eight of his 10 points before halftime and junior guard James Sciaraffa added nine points.

Rapose chipped in with eight points, but his main responsibility was guarding Millbury senior Kenny Donnelly, who's the leading scorer in SWCL-A. Donnelly scored 14 of his game-high 22 points during the second half, but the Warriors never trailed after the first quarter.

"It was very difficult guarding him because he's 6-foot-6 and shoots the ball over his head," said Rapose, who's an outstanding three-sport athlete. "I did everything that I could to try to stop him from scoring. This is a huge win for us, especially after losing at home to Au-

burn in double overtime."

Sophomore Jimmer Donnelly scored 11 points for the home team. While the Donnelly brothers combined to score 33 points against Tantasqua, no other Millbury player scored more than six points.

It's a family affair for the Donnelly's. Their father, Jim, is the Woolies head coach and he's approaching his 400th career victory.

The lead changed sides a couple of times during the first quarter.

Following a Webb 3-pointer from the left side and a Sciaraffa lay-up with ten seconds remaining in the opening quarter, the Warriors entered the second stanza holding a slim 9-8 lead.

At the start of the second quarter, a fastbreak lay-up by Jimmer Donnelly gave the home team the lead for the final time.

Then Pieczynski and senior guard Colm McGrath (7 points) hit back-to-back 3-pointers, which started a 17-5 Tantasqua run.

"After we took the lead early in the second quarter, we never trailed again," Dion said. "We showed what we're capable of doing when we have a common mission, and when we play well as a team."

Late in the first half, Rapose was fouled while making an inside hoop. He made the bonus free throw completing the old fashion three point play. McGrath knocked down another 3-pointer from the left corner, which pushed the Warriors lead into double digits (26-15) for the first time.

Tantasqua, who made five 3-pointers in the first half, continued playing well at the start of the second half, as they outscored Millbury, 10-6, during the first five minutes of the third quarter.

Pieczynski made a pair of lay-ups and an inside hoop during that stretch giving the Warriors a 36-23 advantage. The Woolies responded with a 10-2 run closing the gap to 38-33 with a little more than a minute remaining in the third quarter.

A put-back hoop by junior forward Noah Wotton, which was his only field goal of the game, and a Pieczynski baseline jumper pushed the Warriors lead to 42-33 entering the final eight minutes of the contest.

With 5:40 left in regulation, Rapose made a jumper in the lane giving the visitors a 48-36 lead.

The Woolies cut the deficit down to four points a couple of times, but Sciaraffa sealed the Warriors victory by making a pair of free throws with 11 seconds on the scoreboard clock.

Tantasqua and Millbury play in different Divisions in the state tournament, but they could possibly meet for a third time this winter at the Clark Tournament, which is scheduled to be held during the February school vacation week.

T-Birds offense scores big over Checkers

SPRINGFIELD — The Springfield Thunderbirds (20-17-3-2) dominated for much of the night in a 6-1 win over the Charlotte Checkers (20-17-4-0) on Saturday night before a sellout crowd of 6,793 at the Mass-Mutual Center.

The T-Birds jumped to a first-period lead for a second straight evening, this time just 3:37 into game action. Mathias Laferriere spun away from a defender to gain entry on the right-wing side. Mikhail Abramov raced up the middle of the ice, catching a perfect pass from Laferriere and lifting a shot into the top shelf behind Charlotte netminder Ludovic Waeber, making it 1-0 on his eighth goal of the season.

After not facing much action in the opening half of the period, Springfield goaltender Malcolm Subban got infinitely busier in the closing minutes, as the T-Birds killed off two Charlotte power plays, including 28 seconds' worth of 5-on-3 time. Subban shined, with point-blank saves off Gerry Mayhew and Rasmus Asplund sticking out in a 10-save opening frame.

After the goal by Abramov, Waeber also settled in, and the Checkers' third-ranked pen-

alty kill also denied Springfield on two power plays as the two clubs' man-advantage units continued to scuffle.

For a second consecutive evening, Charlotte got an equalizer in the early stages of period two. Patrick Khodorenko approached the net and bashed home a rebound through Subban's legs after Patrick Giles had his initial try denied by the goaltender. The goal came just 44 seconds into the period to tie the score, 1-1.

However, like Friday night, the tie score would be short-lived. A Matt Kierstedt penalty sent Springfield's power play back to work, and just 32 seconds after the Khodorenko tally, Hugh McGing got his first goal since Nov. 24, ramming home a wide shot from Laferriere that skipped off the end boards right in front of the goal on the left side.

With the lead back in their possession, the T-Birds would not relinquish it. Subban made a crucial 2-on-1 save on Checkers captain Zac Dalpe, and moments after another Springfield penalty kill, at 10:22 of the period, Hunter Skinner stepped into a one-time drop pass from Zach Bolduc and saw it ricochet off a Charlotte stick and behind Waeber

to make it 3-1. It was Skinner's first goal as a Thunderbird.

Laferriere's night was far from over, as he stepped over the left-wing side and roofed a heavy snap shot through Waeber at 14:00, and in less than four minutes, the lead grew to 4-1.

Things would not get any better for the Checkers in the third. Ryan Suzuki pounced on a loose puck in the slot after a Jakub Vrana pass to Bolduc caromed off Waeber's pad right into the slot area. Suzuki also found the top corner, advancing the lead to 5-1 on his third goal of the season.

Will Bitten would round out the scoring with his second point of the night, cashing in on a 2-on-1 after an initial shot from Bolduc bounced off Waeber's left pad and right onto Bitten's tape. Subban got himself back into the win column, making 29 saves in securing his ninth win of the year.

Including the postseason, Springfield is now 10-1-0-0 in its last 11 games against Charlotte inside the Thunderdome, and with the two-game sweep, the T-Birds leaped ahead of Charlotte in the Atlantic Division standings.

Loss puts Railers in fifth place

WORCESTER — The Railers fell 4-2 to the Trois-Rivieres Lions to wrap up a home three-in-three weekend.

The Railers found themselves in an early hole. They were behind, 1-0, less than four minutes after the opening faceoff and never led.

Lions goaltender Zachary

Emond, facing Worcester for the first time in his career, was excellent in net with 34 stops. Several were very timely, too. But, the Railers just did not finish well.

"It was a combination of both," is how coach Jordan Smotherman described his team's lack of goals. "He made some good saves but often times we

don't find those pucks laying around the net. There were a lot of rebounds and the drive has not been there this year to put those in the back of the net."

The two pucks that did find the back of the net were shot by Jack Quinlivan and Blade Jenkins. The Lions got goals from Nolan Yaremko, Nicolas Guay,

Jakov Novak — his 19th of the season — and Cedric Montminy into an empty net.

Ken Appleby stopped 31 of 34 shots on the night for Worcester.

Yaremko scored at 3:43 of the first period. Quinlivan tied

DEGNAN | from page 1

In many cases, even “rebuilding” years, where he has graduated many seniors the previous season, have been widely successful.

“The program does not work unless you have really great kids to work with,” Degnan said.

The reason Degnan puts the onus on the athletes themselves is a philosophical approach by Monson High School and himself.

“You have to embrace student athletes, allow them to feel like they are a big part of process,” Degnan said. “None of this happens without quality kids. I have been so fortunate to have kids come through. They have a great work ethic and skill level.”

He then said continuing the cycle is important. He emphasizes good leadership and that is always why rising juniors step right into that leadership role when they become seniors, and the cycle of success has continued for so many years.

And Degnan’s work is not just recognized in Monson, but by the other coaches in the girls soccer community.

One of his rivalries was with South Hadley, which has built a strong program in the past six years. Their coach, Rich Marjanski, praised Degnan’s work.

“Since I have been coaching in 2017, Eric has coached one of the strongest programs in Western Mass. year in and year out,” Marjanski said. “They are a Division 5 team but every coach in Western Mass. knows they are a Division 1 program. We have had some great



Submitted photos
Degnan attended the awards ceremony in Anaheim, CA with his wife, Kim, and son Austin.

games and playoff games. Every time we played, it was a battle.

“He has actually taught me to instill the winning environment in your program,” Marjanski said.

Like a lot of success, it comes with a lot of practice. Successful practices have been a big part of the process in building his program, Degnan says.

“You have to have a good atmosphere in practice,” he said. “You work hard and have fun. It’s okay

to expect to be successful if you’re willing to work hard and back up your teammates.”

Degnan spent his first 11 years as a junior varsity coach under Andy Kozikowski, who started the girls soccer varsity program at Monson. Following Kozikowski, Degnan was varsity coach for the past 19 years. He won two state titles, and his teams competed in four more. He won eight Western Mass. titles and 14 league titles.



Turley photos by David Henry www.sweetdogphotos.com
Degnan stands with his 2023 state championship team on Monday night when the banner was raised for their title.

But he is most proud of the team’s nine sportsmanship awards from the soccer officials association. He believes the sportsmanship awards reflect the true success of his program.

When Degnan received the call about the national award, he expressed shock and said he was “taken aback.”

“I was shocked when I received a phone call from a gentleman from the United Soccer Coaches Association telling me that I’ve been selected as the Coach of the Year,” Degnan said. “It’s a tremendous honor, but it’s also a team award. I’m sure that our outstanding season played a major role in me being selected for the coach of the year award.”

A couple of weeks ago, Degnan, who was also selected as the Massachusetts and New England Coaches of the Year, attended an awards banquet held in Anaheim, California, along with his wife, Kim, and son, Austin.

“My wife, son, and I attended the awards ceremony in California,”

Degnan said. “It was a tremendous couple of days for us. They held a breakfast for the regional Coaches of the Year. There was also a banquet for the National Coaches of the Year. I’m very appreciative of the United Soccer Coaches Association for everything that they did for us. It was a great experience.”

Degnan also expressed his thanks to the Monson School Committee and the Booster Club for making the trip possible for him and his family.

The Monson Soccer players and coaches had a police escort down Main Street following the state final game.

The players and coaching staff also made a trip to the State House in Boston.

“This was the first time that the girls’ soccer team was invited to visit the State House and it was a great experience for our kids,” Degnan said. “We were given a tour of the building by State Representative Brian Ashe and Senator Ryan Fattman for a couple of hours. They

couldn’t have been more welcoming. They pointed out all the different historical things. They also provided lunch for us. It was a very cool experience. The school’s bus company didn’t charge us to rent a bus for our State House trip. It was an incredibly nice gesture by them.”

The girls’ soccer team also unveiled the Western Mass and state title banners during halftime of the girls’ basketball game against Agawam on Monday night.

But Degnan said now was also a great time to step away from the game.

“I thought 30 years was a good number,” Degnan said. “I know I will definitely miss it. But I also definitely have a lot of other things I’d like to do as well.”

Most importantly, Degnan feels a great sense of pride in his body of work coaching.

“I was ‘all in’ during the season,” Degnan said. “I have no regrets and I have the best memories.”

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Quaboag Student Council hosts craft fair

WARREN – Quaboag Regional Middle High School Student Council is hosting a Craft/Small Business Fair on Saturday, Feb. 10, from 9 a.m.-3 p.m. at Quaboag Regional Middle High School, 284 Old West Brookfield Road.

Vendors include handmade woodcrafts, candles, soaps, seasonal decor, pottery, jewelry, and many more.

Enjoy a fun day of shopping and make this your one stop shop for Valentine’s Day, or shop early for Mother’s Day and Father’s Day.

In addition to the 80+ vendors participating in the fair, there will also be a huge raffle table, so please be sure to bring cash.

Vendor fees and proceeds from the raffle will go to the Student Council members attending their annual state conference in Hyannis. Thank you in advance for your kind support.

There will be no ATM on site. Venmo/Cashapp/etc. accepted at the discretion of vendors.

Rotary scholarships now available

WESTERN MA— Rotary District 7890 is inviting applications from qualified candidates for a \$30,000 scholarship to study at the master’s level outside the USA in a Rotary country in one of Rotary’s areas of focus. Candidates must have permanent residency in one of the towns covered by Rotary District 7890. Eligibility criteria and the Application are available at RotaryDistrict7890.Org under DUNN Endowed Scholarship.

Rotary District 7890 is also inviting applications for a two year fully paid graduate level Peace Scholarship program by

the Rotary Foundation for candidates who are working preferably in the humanitarian service-related areas for at least three years. The Rotary Foundation will place the selected candidates in one of the seven designated Universities in different parts of the world including the United States. Details are available at www.rotary.org/en/peace-fellowships.

Family members of current and former Rotarians are not eligible to apply.

Questions may be directed to heathergoetz@me.com or menon7890@gmail.com

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Benefits of Fixed-Income Investments

When many people think about investing, the first thing that comes to mind is the stock market. And that’s not surprising, as the rise and fall of stock prices is constantly in the news. But if you’re going to achieve your financial goals, you may well need to look beyond stocks and include fixed-income investments in your portfolio.

Fixed-income investments offer three important benefits:

- **Income** – When you invest in fixed-income vehicles, such as bonds, Treasury securities and certificates of deposit (CDs), you receive regular income in the form of interest payments. And you continue to receive this income until your investment matures or you sell it, no matter what’s happening in the financial markets. Of course, the income you can receive from fixed-income investments will always depend on the interest rates at which these investments were issued. But if you own a mix of long-term and short-term fixed-income investments, you can gain some protection against fluctuating rates. When market rates are low, you can get greater income from your longer-term bonds, which typically — although not always — pay higher rates. And when market rates rise, you can benefit by reinvesting the proceeds from your shorter-term bonds.

- **Diversification** – If you were only to own stocks, or stock-based mutual funds, your portfolio would be susceptible to higher risks, especially with market downturns. But you may be able to reduce the impact of market volatility by adding fixed-income investments to your holdings. Bond prices often move in a different direction from stocks, so if stock prices are falling, you might find that the value of your bonds is rising. You can also diversify within the fixed-income portion of your portfolio by owning a mix of corporate and Treasury bonds, as well as CDs, just to name a few.

- **Stability** – As mentioned, you will always receive interest payments from your bonds if you hold them until maturity. But if you wanted to sell your bonds before they mature, you could get more, or less, than what you originally paid for them. When market interest rates rise, the price of your current bonds will likely fall, as no one will pay you the full price for them when they get newer ones that pay more — this is what’s known as interest-rate risk. Conversely, when market rates fall, the prices of your current bonds will probably rise. But here’s the key point to remember: Bond prices generally don’t fluctuate as much as stock prices. In other words, bonds are typically less volatile than stocks. Consequently, owning bonds can add diversification to your portfolio. And to maximize the stabilizing effects of bonds, you may want to stick with high-quality bonds rated as “investment grade” by independent bond-rating agencies.

How much of your portfolio should consist of fixed-income investments? There’s no one right answer for everyone. And over time, your interest in these types of investments may well change — for example, as you near retirement, you may want to consider shifting some of your growth-oriented investments into income-producing ones, though you’ll still need some growth potential to keep up with inflation. In any case, the combination of income, diversification and stability provided by bonds and similar securities should be compelling enough for you to find a place for them in your investment mix.

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MAKING SENSE OF INVESTING

Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER — The Tuesday Night Commercial Elks League returned to bowling after missing games on Jan. 16 due to weather.

The standings as of Jan. 9, The Champs R Here are in first place with a record of 17.5 wins and 6.5 losses. Team BK is in second place with a record of 17-7. Acres are in third place with a record of 15-9. In fourth place, Life is Good has a record of 14-10.

The winners of round one, Compression, are in fifth place with a record of 13.5-10.5. Last in Line and the Blue B's are tied for last place at 9-15.

Acres bowled against Last in Line. In game one, Acres won the first game by a score of 384-354. Kenny Trudel of Acres led the team and scored 118 the first game. In game two, Acres won again by a

score of 386-356. Trudel continued bowling above his league average and bowled a 108 in game two.

In game three, Last in Line won the last game 388-381. Acres won total pinfall by a final score of 1151-1098. Trudel finished with evening with a 96 and three-game series of 322.

Compression bowled against the Blue B's. In game one, the Blue B's won the first game 353-347. In game two, The Blue B's won again by a score of 371-362. Thai Bui of Blue B's had a great game well over his league average (78) by bowling a 120.

In game three, Compression won the last game 356-349. Jason Dominick of Compression led his team the last game by finishing up the evening with a 104 game. The Blue B's won total pinfall by a final score of 1073-1065.

Thursday Night Mixed League
The Thursday Night Mixed League bowled their last league night in the month of January.

In one match, Team Four bowled against Team Two. In

game one, Team Four was the victor by a score of 390-365. In game two, Team Two won by a score of 381-362. Game three was a close game between the two teams, but Team Two prevailed in a two point victory, 403-401.

Nicholas Maslon of Team Four finished the evening with a 104. Team Four won total pinfall by a final score of 1193-1189.

Another match was between Team Three and Team Six. In game one, Team Six was the victor by a score of 402-393. Jesse Danek of Team Three started off the evening with a 107. In game two, Team Six won again 414-382.

In game three, Team Six won the last game 422-370 for a three-game sweep. Dan Mahoney of Team Six finished the night with a 122 game. Mahoney also bowled a 92 in the first and a 105 in the second to score a 319 series.

Team Six won total pinfall by a final score of 1238-1145.

Western Mass. Baseball Hall announces new class

HOLYOKE — The Western Massachusetts Baseball Hall of Fame has announced the 11th annual class to be inducted on March 7, 2024 at Twin Hills Country Club:

Jeff Reardon: Reardon is a 16-year MLB relief pitcher, four-time All-Star, and 1987 World Series champion (Twins). He notched 367 saves over the course of his career, ranking 12th on the MLB all-time saves list. He pitched for five different teams during his big league career (Mets, Expos, Twins, Red Sox, and Yankees). Reardon grew up in Western Massachusetts, graduating from Wahconah High School in Dalton.

Mark Simeone: Entering his 28th season as Head Coach of Springfield College's baseball team, Simeone has compiled 484 victories during his tenure. He grew up in Northampton, graduating from Northampton High School in 1982. In addition to coaching at Springfield College, Simeone played outfield from 1982-87 under Charles Roys (Class of 2022

Western Massachusetts Baseball Hall of Fame inductee).

Bob Taylor: A current and longtime resident of Springfield, Taylor played 16 professional baseball seasons. He reached the major leagues in 1970, where he appeared in 63 games for the San Francisco Giants alongside Willie Mays and Willie McCovey. Taylor played for San Francisco's Double-A affiliate, the Springfield Giants, in 1965.

Don Strange: Strange, a Springfield native, played college baseball at UMass Amherst from 1987-89. He then enjoyed an eight-year professional baseball career, reaching Triple-A while with the Atlanta Braves system. Don joins his brother, Pat (Class of 2021) in the Western Massachusetts Baseball Hall of Fame.

Earl Lorden: Lorden served as Head Coach at Turners Falls before taking the helm as Head Coach at UMass Amherst from 1948-1966. He won 189 games during this span, ranking third on UMass's all-time wins list. Lorden

was a continuous supporter of UMass baseball until his passing in 1984 at the age of 87.

1942 Turners Falls State Championship Team: A true underdog team of 15 players that won the 1942 Massachusetts State Championship well before population-based divisions were instituted. Their undefeated regular season was shortened by gas rationing during World War II before defeating Arlington in the championship game at Fenway Park by a score of 5-4. The team induction coincides with the individual induction of their head coach, Earl Lorden.

Ron Chimelis (Garry Brown Sports Media Award): A long time columnist and sports reporter for the Springfield Republican, Chimelis served as Red Sox beat reporter during their 2004, 2007, and 2013 World Series championship seasons. He will be the second recipient of the Garry Brown Award, the first of which was posthumously awarded to Garry Brown in 2023.



Shane Szado shoots close to the hoop.



Austin Meacham lets his shot go.



Cayden Bousquet makes his way down the court.



Seth Mitchell drives to the hoop.



Richie Gula looks for a shot.



Adam Slonka tries to get a shot off.

Local Newspapers are **IMPORTANT**
Any Way You Look At It

RAILERS

from page 10

it at 7:12 of the second on a rebound of a play he set up with hard work down the left wing. It was his first goal of the season, third as a pro and first at the DCU Center.

Guay converted a 4 on 3 power play at 1:33 of the third then Jenkins tied it again with a wraparound at 4:53. Novak scored a scramble goal for what proved to be the winner at 11:10.

The opposition seems to be getting more scramble goals than Worcester these days.

"Those are earned over time," Smotherman said, "when you dissect them you realize they're self-inflicted."

The game was a lively one that featured 51 minutes worth of penalties including a fighting major to Artyom Kulakov and a game misconduct for abuse of officials to Zach White.

The loss dropped Worcester into fifth place in the North Division, at least in terms of points. The Railers are fourth in winning percentage but can't see to find the traction to get themselves a little breathing room.

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DEATH NOTICES

Helen O. (Plante) McDonald
Died Jan. 21, 2024
Services are private
Lombard Funeral Home

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

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

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

O B I T U A R I E S

Helen O. (Plante) McDonald

PALMER — Helen O. (Plante) McDonald entered into God's Promise on Jan. 21, 2024. Born Dec. 20, 1934, to the late Arthur J. Jr. and Louise M. (Hetu) Plante, she was a life-long resident of Palmer, MA until 2016 when she relocated to Waterford, CT with her daughter. She was predeceased by her husband of forty-seven years, Neil M. McDonald (2002) and their daughter Mary Ann McDonald (1991).

A graduate of Palmer High School, Class of '52, Helen entertained audiences with her dramatic presentations, musical talents, and leadership. Well into her eighties, Helen recalled with glee her role as Miss Brooks and the elocution and delivery of her words. Her leadership and willingness to speak out against injustice shown when, as senior class president, she led classmates and teachers to cancel hotel reservations during their senior trip as it became apparent that hotel enforced segregation, so a classmate would be barred from entering. After graduation, Helen worked for the New England Tel. and Tel. phone company and as a bookkeeper in the Palmer National Bank.

Education was a magnet to her, and she pursued her dream to further her education after raising the family. After completing her studies at Gough Business School in Springfield, MA., Helen was awarded Distinguished Person Certification by the Springfield Business and Professional Women's Club for her pursuit of excellence in education. For a time, she was a charge nurse at Wing Memorial Hospital and Ring Nursing Homes as well as Monson State Hospital where she gave care and love to those so often forgotten and overlooked. She graduated from Holyoke Community College where she was inducted into the Phi Beta Kappa Society and served as its secretary. Soon af-

ter, Helen attended and graduated from The College of Our Lady of the Elms with a bachelor's degree, Magna Cum Laude, earning a place in the Alpha Sigma Lambda Society. Upon graduating from The Elms with a Master's Degree in Applied Theology, Helen was the recipient of the Monsignor O'Neil Award for excellence in Religious Studies and went on to use her gifts to minister to others throughout the Springfield Diocese while completing the studies necessary to profess commitment as an Associate of the Sisters of St. Joseph.

Throughout her life, Helen served the Dioceses of Springfield, Hartford, and Worcester in the capacity of Minister of Music. There, she blended her love for music and ministry and people. Whether it was through her membership in the Choristers' Guide specializing in children's choirs or utilizing her membership with the New London and Springfield Chapters of the American Guild for Organist, Helen's reputation as a compassionate musician who found "just the right pieces" preceded her, and she was often mentioned in sermons for her outstanding service to the church and community, coming to be known as the "Funeral Organist" for the empathy and compassion shown when selecting music for grieving families. She entertained individuals at the Little Sisters of the Poor nursing home in Enfield, CT and served as Eucharistic Minister to outlying areas of the diocese, treasuring her time with the homebound elderly. A woman ahead of her time, Helen continued her deep commitment to the Church, ecumenism, and community often being a guest soloist/organist for both Catholic and non-Catholic places of worship between Worcester and the Berk-



shires and into Connecticut and working to serve the needs of the elderly as Outreach Coordinator for the town of Brimfield.

Above all, family was at the core of Helen's being. She taught her children the importance of faith and their responsibility to care and work for others. Helen is survived by her daughter Erin McDonald of Waterford, CT, with whom she made her home; her son Michael Shawn McDonald and his wife Lynn of Graniteville, SC; four granddaughters: Jessica Fenner of Branford, CT; Nicole and husband Zachary Rawson of Roanoke, VA; Stephanie and husband Alastair Yonkauskuski of West Point, UT, and Caitlin Mary McDonald of Windsor, CT. She also leaves her great-granddaughters Marin Yonkauskuski and Virginia (Gigi) Rawson. Helen was predeceased by her sister Joan Brothers of Monson with whom she shared a treasure trove of memories. Helen will be missed by her beloved nephew Timothy Brothers who always looked after his Aunt Helen, her friends Phyllis and Peter Wysocinski and members of the St. Luke's Episcopal Church, and her furry friends, Clover and Finnigan.

A celebration of life ceremony will take place at a future date. If you are so moved, a donation can be made in Helen's name to The Mary Ann McDonald Memorial Scholarship, c/o The College of Our Lady of the Elms, 291 Springfield Street, Chicopee, MA 10103.

Lombard Funeral Home is assisting the family at this time. All services will be private and at the convenience of the family. For online condolences, please visit www.lombardfuneralhome.com.

Police/Fire

Police Logs

Palmer Police Department

The Palmer Police Department reported 450 incidents on its logs for Jan. 23 – Jan. 29.

Jan. 23

At 10:08 a.m. police responded to an accident on the Mass Turnpike with personal injury.

At 10:43 a.m. police arrested Paul Richard Nash, 78, of 1588 N. Main St., Palmer on a warrant. Police also arrested James W. Hasselman Jr., 36, of 28 Cottage St., West Warren, on a warrant.

At 3:29 p.m. police arrested Abigail Gallagher, 30, of 100 Mill St., Hopedale on charges of violating a prevention order and silent/false 911 call.

At 5:40 p.m. police responded to assist the Hopedale Police department in arresting Abigail Gallagher, 30, of 100 Mill St., Hopedale on charges of violating a prevention order and silent/false 911 call.

Jan. 24

At 11:43 a.m. police arrested William Steele, 59, of 182 Mt. Road, Wilbraham, on a warrant.

At 1:37 p.m. police responded to an accident on Thorndike Street with property damage.

At 2:15 p.m. police responded to an accident on Third Street with property damage.

At 11:27 p.m. police responded to an accident on Thorndike Street with personal injury.

Jan. 25

At 8:02 a.m. police responded to an accident on the corner of Main Street and State Street and issued a summons to Ramon Matos, 25, of 133 Margin St., Lawrence, for leaving the scene of property damage.

At 9:24 a.m. police responded to an accident on Thorndike Street with property damage.

At 11:31 p.m. police pulled over and arrested John Hugh Mcelduff, 60, of 46 Lafayette Road, Newton, on charges of OUI liquor, negligent operation of a motor vehicle and marked lanes violation.

Jan. 26

At 9:04 a.m. police responded to a hit and run on Main Street.

At 2:48 p.m. police responded to a hit and run on Main Street.

At 6:14 p.m. police received sex offender registration.

At 6:26 p.m. police received sex offender registration.

Jan. 27

At 5:39 p.m. police responded to an accident on the corner of Ware

Street and Breckenridge Street with personal injury.

Jan. 28

At 9 a.m. police responded to an accident on Ware Street with property damage.

At 10:37 a.m. police responded to a hit and run accident on the corner of State Street and High Street.

At 4:42 p.m. police received sex offender registration.

At 4:56 p.m. police received sex offender registration.

At 8:54 p.m. police responded to an accident on the Mass Turnpike with personal injury.

Jan. 29

At 12:03 p.m. police responded to an accident on Thorndike Street with property damage.

At 12:04 p.m. police responded to an accident on the Mass Turnpike with property damage.

At 3:27 p.m. police responded to an accident on N. Main Street with personal injury.

At 4:41 p.m. police received sex offender registration.

At 7:54 p.m. police pulled over and issued a summons to Katharine Jean LaFlamme, 36, of 4018 Church Street, Thorndike, for operating a motor vehicle without registration and uninsured motor vehicle.

Fire Logs

Bondsville

For the period Jan. 16 through Jan. 22, Bondsville fire responded to 5 calls.

On Tuesday, Jan. 16 at 7:26 p.m., the department responded mutual aid to High Street in Thorndike for the medical assist. The department returned to service at 7:43 p.m.

On Saturday, Jan. 20 at 3:21 p.m., the department responded to State Street for a motor vehicle accident. The department returned to service at 3:33 p.m.

On Saturday, Jan. 20 at 3:25 p.m., the department responded to another motor vehicle accident on State Street. The department returned to service at 3:33 p.m.

On Monday, Jan. 22 at 2:45 p.m., the department responded to Third Street for an alarm activation. The department returned to service at 3 p.m.

On Monday, Jan. 22 at 10:02 p.m., the department responded to High St for a sprinkler and alarm activation. The department returned to service at 10:58 p.m.

MONSON

The Monson Fire Department responded to three fire calls and 33 emergency medical service calls from Jan. 22-28.

Jan. 23 at 11:08 p.m. Responded with mutual aid to Holland for a structure fire. Returned to service at 2:36 a.m.

Jan. 25 at 6:33 p.m. Responded to Main Street for a sprinkler malfunction. Returned to service at 7:13 p.m.

Jan. 28 at 11:13 a.m. Responded to Wales Road for a motor vehicle accident. Returned to service at 12:46 p.m.

Three Rivers

The Three Rivers Fire Department responded to five calls for the week of Jan. 21-27

On Sunday, Jan. 21, the Department responded to a motor vehicle accident on Palmer Street.

That same day, the Department provided a medical assist to EMS crew on Palmer Street.

On Monday, Jan. 22, the Department assisted police/other government agency on Springfield Street.

On Friday, Jan. 26, the Department responded to a carbon monoxide incident on Sasur Street.

That same day, the Department provided a medical assist to EMS crew on Wriqth Street in Palmer.

HEALING FROM THE INSIDE OUT

Holistic nursing becoming a way of life for nurses at Baystate Health

SPRINGFIELD — Holistic nursing is becoming a way of life for many nurses providing care at Baystate Health, where some patients have been benefiting from a holistic approach to nursing practice.

"The nurses of Baystate Health are dedicated to the co-creation of a caring and healing environment for the health and well-being, care, and comfort of our patients, team members, families, and community," said Cidalia Vital, RN, program director, Nursing Research and Holistic Nursing at Baystate Health.

"With the challenging and difficult times healthcare has seen over the past three years, nurses are looking to get back to the basics of nursing that includes healing the whole person," she added.

Yet it is not everyone who is familiar with the term "holistic nursing."

Holistic nursing is defined as "all nursing practice that has healing the whole person as its goal," according to the American Holistic Nurses' Association. Florence Nightingale, who is considered to be the founder of holistic nursing, taught nurses to focus on the principles of holism: unity, wellness and the interrelationship of human beings and their environment.

"Holistic nursing is not merely something we do. It is also an attitude, a philosophy and a way of being that requires nurses to integrate self-care, self-responsibility, spirituality, and reflection in their lives. This often leads the nurse to greater awareness of the interconnectedness of self, others, nature, spirit and relationship with the global community," said Vital.

"Baystate Health has spent the last six years on a holistic journey to improve holistic care at the bedside as well as improve staff resilience

and promote self-care," she added. And their efforts are being recognized.

Baystate Medical Center holistic nurses attending the recent American Holistic Nurses Conference in Orlando, Florida, accepted the Institution Excellence in Holistic Nursing Practice Award. The award recognizes an organization for incorporating holistic nursing practice and demonstrating the core values of holistic nursing.

"Holistic nursing is the artful blend of the art and science of nursing. Thanks to the extraordinary support from the Baystate Health Foundation and our generous donors, Baystate Health now has a total of 1,170 team members trained in holistic modalities. I am proud of our extraordinary nurses and caregivers for their commitment to lifelong learning, nursing excellence and for creating a healing environment for themselves, each other, and for our patients and their loved ones," said Joanne Miller, DNP, RN, NEA-BC, Chief Nurse Executive, Baystate Health and Chief Nursing Officer, Baystate Medical Center.

The Baystate Medical Center Nursing Model of Care, founded on Swanson's Caring Theory, utilizes a holistic approach to promote quality care to nurture the body, mind, and spirit. The journey to incorporating holistic nursing into practice started in 2017 with the training of staff on M technique®. M technique® is a form of gentle touch performed on the hands and feet of recipients using a set sequence of varying pressure and completed in three to five minutes. The "M" in M technique® stands for "mindful" and is appropriate for the most fragile patients, including terminally ill cancer patients, the elderly, critically ill, and surgical patients.



"One of our nurses, Magdalena "Leny" Barranda, RN, has performed M technique® on many of her coworkers. The nurses who received M technique® from Leny reported feeling relaxed, a release of tension, and overall reduction in stress. Additionally, Leny kept a log of patients with whom she provided M technique®, and overwhelmingly, patients reported a decrease in anxiety, a sense of relaxation, and the ability to sleep. Both our patients and our caregivers, nurses, patient care technicians and operations associates, receive the therapeutic benefits of M technique®," said Vital.

She noted as an organization, Baystate is striving for all nurses to understand how holistic nursing is a foundational element of their profession. The holistic approach draws on nursing practice, knowledge, and expertise to facilitate healing. Baystate has trained nurses in its holistic model of care, including training on M technique®, aromatherapy,

and foundational elements of holistic nursing through the Integrative Healing Arts Academy by the BirchTree Center, and Reiki.

"Holistic nursing is a way of being and many nurses at Baystate may be practicing holistic nursing without even realizing it. We have a dedicated committee of holistic nurses who have further defined for

to expand their own sense of faith/hope."

"From authentic presence, one can provide a caring presence which is caring for another person and it is the essence of our clinical practice. It begins with being fully present in compassion, gentleness and kindness with ourselves, our colleagues and the patients we serve.

to expand their own sense of faith/hope."

"From authentic presence, one can provide a caring presence which is caring for another person and it is the essence of our clinical practice. It begins with being fully present in compassion, gentleness and kindness with ourselves, our colleagues and the patients we serve.

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Country Bank appoints new president and COO

PALMER—The Board of Trustees of Country Bank announced the appointment of Mary McGovern as president and chief operating officer, effective April 1. In her new role, McGovern will oversee the bank's operations and drive its strategic growth initiatives. Paul Scully who has been the president and chief executive officer will remain as the CEO.

McGovern brings over thirty years of experience in the banking industry, making her a valuable asset to Country Bank. She holds degrees from Emmanuel College and Babson College, and her extensive knowledge and expertise have been instrumental in the bank's success. McGovern joined Country Bank in 2011 as its chief financial officer and has since been an esteemed member of the Bank's Leadership Group.

McGovern recently attended the American Bankers Association Wharton Leadership Lab at the University of Pennsylvania, earning an ABA Wharton Leadership Certificate. This accomplishment further solidifies her com-



Submitted photo

The Board of Trustees of Country Bank announced the appointment of Mary McGovern as president and chief operating officer

mitment to excellence and continuous professional development.

"We are thrilled to announce Mary's appointment as the next President of

Country Bank," said James Phaneuf, chair of the board. "Mary's proven track record, dedication, and strategic vision make her the ideal candidate for this role. We are especially proud to break the proverbial glass ceiling by appointing the first female president in Country Bank's 174-year history." Phaneuf said "The Board is confident that Mary's leadership will drive the bank's continued success and growth. With her extensive experience, strategic mindset, and dedication to excellence, Mary is poised to lead the bank into a new era of innovation, and customer satisfaction while maintaining its position as one of the most highly capitalized financial institutions in the region."

Mary, a resident of Wilbraham, is married to Stephen, and they have two children, Abigail and Aidan. Her deep roots in the community and passion for serving others makes her an exceptional fit for Country Bank's customer-centric approach.

Public notices

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD24P0139EA
Estate of:
Steven J. Webster
Date of Death:
November 27, 2023
INFORMAL PROBATE
PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Paul R. Webster of Ojai, CA.**

The estate is being administered under informal procedure by the Personal Representative under the

Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
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The Norcross Wildlife Foundation in Wales is looking for a part-time (16 hours/week) **Administrative Assistant** to assist with operations and office management duties. For a full job description, please visit www.norcrosswildlife.org or email dgugiotti@norcrosswildlife.org.


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Public notices

Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance with M.G.L. Chapter 40A the Monson Zoning Board of Appeals will hold a Public Hearing, **Thursday, February 22, 2024 at 7:00 P.M.** at the Monson Town Hall 110 Main St. Monson, MA 01057 on the application of Ryan & Lindsay Richard. The applicant is seeking a Special Permit as provided by § 7.3 and the Schedule of Use Regulations (Table 1) Monson Zoning Bylaws. The applicant proposes to use the existing building for the purpose of a child-care facility. The property is zoned General Commercial and located at 17 Palmer Road, Map 112 Parcel 92A. A copy of the application is on file in the Office of the Town Clerk, Zoning Board of Appeals and available for viewing during regular office hours.

Ronald Fussell, Chairman
02/01, 02/08/2024

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P0175EA

Estate of: Gary J Boniface Also known as: Gary Boniface Date of Death: 01/01/2024 CITATION ON FORMAL ADJUDICATION

To all interested persons: A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Linda J Misiaszek of Southbridge, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Linda J Misiaszek of Southbridge, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/22/2024**

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: January 25, 2024
Rosemary A. Saccomani
Register of Probate
02/01/2024

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 4 Stewart Avenue, Monson, MA 01057
By virtue of the Power of Sale contained in a certain mortgage given by Norma M. Germain to Financial Freedom Senior Funding Corporation, A Subsidiary of IndyMac Bank, F.S.B., and now held by Longbridge Financial, LLC, said mortgage dated January 18, 2007

and recorded in the Hampden County Registry of Deeds in Book 16462, Page 218, said mortgage was assigned from Financial Freedom Senior Funding Corporation to Mortgage Electronic Registration Systems, Inc. as nominee for Financial Freedom Acquisition LLC by assignment dated September 29, 2009 and recorded with said Registry of Deeds in Book 18009, Page 593; said mortgage was assigned from Mortgage Electronic Registration Systems, Inc. as nominee for Financial Freedom Acquisition LLC to Reverse Mortgage Funding LLC by assignment dated April 3, 2019 and recorded with said Registry of Deeds in Book 22632, Page 35; said mortgage was assigned from Reverse Mortgage Funding LLC to Longbridge Financial, LLC by assignment dated August 18, 2023 and recorded with said Registry of Deeds in Book 25145, Page 44; for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at **Public Auction on March 7, 2024 at 02:00 PM** Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

4 STEWART AVENUE, MONSON, MASSACHUSETTS

Certain real estate situate in Monson, Hampden County, Massachusetts on the Northerly side of Stewart Avenue, bounded and described as follows:

Beginning at a point in the Northerly line of Stewart Avenue at the Southeast corner of land of one Davey and running thence NORTHERLY along said Davey land 5 rods to a corner; thence turning and running EASTERLY and in a line parallel with the North line of Stewart Avenue 275 feet more or less to Wayne Road; thence turning and running SOUTHERLY along the Westerly line of Wayne Road 5 rods to Stewart Avenue; thence turning and running WESTERLY along the Northerly line of Stewart Avenue 275 feet more or less to the first mentioned point. The Southerly portion of the within described tract does not include any of the land over which a right of way was established by one Hynes as referred to in Book 1408, Page 298.

For Grantor's title see Deed recorded in Book 2779, Page 497.

The mortgagor(s) expressly reserve my/our rights of Homestead and do not wish to terminate my/our Homestead by granting the within conveyance notwithstanding my/our waiver of such Homestead in Paragraph 24 of the within mortgage.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated November 16, 1960 and recorded in the Hampden County Registry of Deeds in Book 2779, Page 497.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC
23 Messenger Street
2nd Floor
Plainville, MA 02762
Attorney for
Longbridge Financial, LLC
Present Holder of the
Mortgage
(401) 217-8701
01/18, 01/25, 02/01/2024

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P0170EA

Estate of: Lawrence E Lamontagne Date of Death: 12/26/2023 CITATION ON FORMAL ADJUDICATION

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Mark L Lamontagne of Holland, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Mark L Lamontagne of Holland, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/22/2024**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may

be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: January 25, 2024
Rosemary A. Saccomani
Register of Probate
02/01/2024

(SEAL) THE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket Number: 24 SM 000373 ORDER OF NOTICE To: Timothy Lomme and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): PennyMac Loan Services, LLC

claiming to have an interest in a Mortgage covering real property in Monson, numbered 3 Highland Avenue, given by Timothy Lomme to Mortgage Electronic Registration Systems, Inc., as nominee for JG Wentworth Home Lending, LLC, dated February 27, 2018, and recorded in the Hampden County Registry of Deeds in Book 22076, Page 570, now held by the Plaintiff by assignment, has/has filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **March 11, 2024**, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on January 29, 2024.

Attest:
Deborah J. Patterson
Recorder 25270
02/01/2024

Commonwealth of Massachusetts

The Trial Court Probate and Family Court Hampden Division Docket No. HD24P0106EA Estate of:

Laura Ann Mawaka Date of Death: December 05, 2023 INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Paul F. Mawaka of Enfield CT**

a Will has been admitted to informal probate. **Paul F. Mawaka of Enfield CT** has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can

be obtained from the Petitioner.
02/01/2024

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD24P0144EA Estate of:

George F Taylor, Jr. Also known as: George F Taylor Date of Death: 10/06/2023 CITATION ON FORMAL ADJUDICATION

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Bruce W. Taylor of Belchertown, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Bruce W. Taylor of Belchertown, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

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

attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/20/2024**.

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.
Date: January 23, 2024
Rosemary A. Saccomani
Register of Probate
02/01/2024

Massachusetts Dept. of Developmental Services

Direct Care & LPN Hiring Event

The Department of Developmental Services is looking for Direct Care Workers and Licensed Practical Nurses to join their team in Central MA

JOIN OUR TEAM

Thursday 2/8/24
10:30am-2pm

Rutland Public Library
280 Main Street
Rutland MA 01543

RSVP Recommended
<http://tinyurl.com/mrxe73wj>

STARTING PAY RATES:
Direct Care Worker I: \$21.44/hr
Direct Care Worker II: \$22.95/hr
Direct Care Worker III: \$24.94/hr
Direct Care Worker IV: \$27.72/hr
LICENSED PRACTICAL NURSE: \$34.16/HR
**Rates do not include potential differentials of \$1.25-\$4.00/hr.

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Greater Springfield Habitat for Humanity embraces energy-savings initiatives

By Brandice J. O'Brien
Marketing and Communications
Manager, Greater Springfield
Habitat for Humanity

WEST SPRINGFIELD—Energy savings and green products are all the rage right now. Greater Springfield Habitat for Humanity, or GSHFH, is working tirelessly to provide their homeowners and prospective partner families with environmentally-friendly products that help them save on utility costs, while keeping expenses low. That's not an easy feat considering inflation and limited resources. Yet, the nonprofit organization is able to accomplish this achievement through fundraisers, donations and grants.

Sometimes, it's the small changes that make the biggest difference. GSHFH is now incorporating electric mini split heating, ventilation, and air conditioning systems to avoid using fossil fuels. In some instances, based on location and home design, tankless water heaters or air-sourced water heaters are installed.

"Our goal is to provide our partner families with an energy-friendly home that will allow them to save money, while protecting their investment for many years to come," said Aimee Giroux, GSHFH executive director. "We want them to pass their home to the next generation of family members and provide them with a solid foundation for a better, more stable future."

Energy-friendly products range from solar panel installation, the use of Low-E glass windows, to a plant-based fiber insulation called HempWool;

light-emitting diode (LED) fixtures, and the affiliate's first-ever insulated concrete form (ICF) home.

Solar panel installation can help a family significantly cut their electric bill and the use of Low-E glass windows lets in natural light while reflecting inside heat back into the home during the winter months. During the summer, outside heat is reflected away from the home.

LED fixtures reduce energy usage and programmable thermostats provide heating and cooling only during the times it was most needed. Plus, Energy-Star appliances, which are rated for maximum energy efficiency and cost savings, are used.

HempWool is a US Department of Agriculture-certified bio-based insulation that is naturally mold and pest resistant. It's also resistant of volatile organic compounds and toxins. It's easy to install, doesn't sag, and like the Low-E glass, lowers the energy bills for heat in the winter, cooling in the summer, and general comfort.

"It's a lot less itchy to handle," said Tom Eisenman, GSHFH volunteer.

Additionally, new construction projects are built to meet the Specialized Opt-in Energy Code of Massachusetts Stretch Energy Code. The code sets significantly higher requirements for heating and cooling loads, which can be responsible for 60% of a building's energy use.

In November 2022, GSHFH began its most notable energy-efficient project yet: an ICF home. A dedication ceremony celebrat-

ing the completion of construction will be held at 11am on Wednesday, Feb. 14, at 360 Chestnut St. in Holyoke. The project is a collaboration between the National Ready Mixed Concrete Association and Habitat for Humanity International to build 50 ICF homes across the country.

The insulated concrete forms are hollow foam blocks that are stacked into the shape of exterior walls of a building, reinforced with steel rebar, and filled with concrete.

"Doing something different in construction is not easy," said Gregg Lewis, chief communications officer at NRMCA. "Construction is hard enough when you're doing the same thing day in and day out. Try to take on a new way of building and it's really a huge deal."

ICF combines one of the finest insulating materials – expanded polystyrene (EPS) with one of the strongest structural building materials – steel reinforced concrete. The result is a wall system of unmatched comfort, energy efficiency and noise reduction.

"The house will be quiet, even when it's windy and stormy outside and it'll stay nice and toasty inside," said Steve Bogle, an Integraspec local distributor.

Integraspec is the brand name of the foam blocks. Steve and his wife Cheryl, also an Integraspec distributor, worked with GSHFH in the early stages.

Unlike a traditional wood frame house with sheathing, an

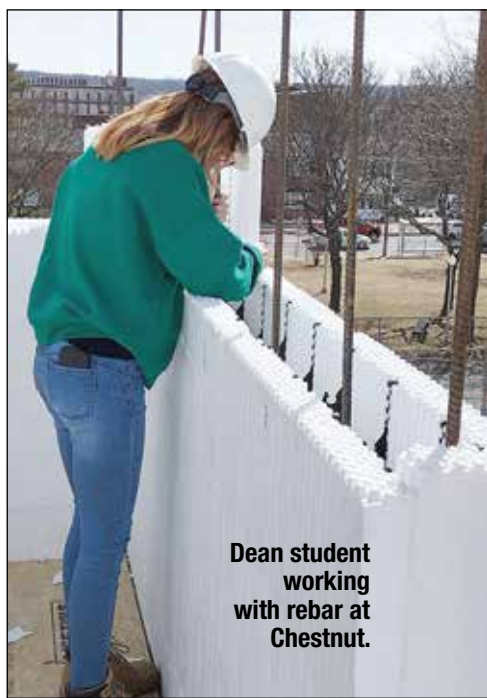
ICF home offers several additional benefits to the builder and homeowner. The foam panels are made from recycled material. ICF walls do not off-gas, whereas conventional walls sheathed with oriented strand board (OSB) off-gas through glues and resin. ICF walls are resistant to mold and rot, which provides a better living environment for those suffering from allergens or asthma. Also, due to the rising cost of lumber, this method significantly reduces the need for wood for framing and sheathing the exterior and less trees are cut down.

"We're excited to have built a more energy-efficient, affordable home for one of our Habitat families," Aimee said.

To see pictures from the construction phase of the ICF build, visit habitatspringfield.org/Holyoke.



WNEU Pharm Club putting in HempWool at Holyoke.



Dean student working with rebar at Chestnut.

Wilbraham author to present new book

Tim Symington will discuss 'Huzza! Toasting a New Nation, 1760-1815'

By Dalton Zbierski
Editor
dzbierski@turley.com

WILBRAHAM – Wilbraham author Tim Symington is excited to present his new book, "Huzza! Toasting a New Nation, 1760-1815" at the Wilbraham Public Library on Monday, Feb. 12 at 6:30 p.m.

Symington completed the book last year. It goes into great detail discussing the history of raising a glass to toast, which was a carefully orchestrated ritual in the late 18th Century and early 19th Century.

Symington noted that the toasts offer glimpses into what Americans honored at specific moments in the years ranging from the beginning of the American Revolution to the end of the War of 1812. He completed extensive research to compile his findings.

"Basically, the book is a continuation of my master's thesis; I got my master's in 2018," Symington said. "I studied the political drinking toasts of the Commonwealth of Massachusetts. I heard a lecture by one of my professors; he read over a list of toasts, and I never heard toasts presented that way, so it really intrigued me."

Symington received his master's degree from Adams State University in Colorado through an online program with the Gilder Lehrman Institute. While the class was virtual, Symington was required to travel to Colorado to defend the thesis.

"The course that gave me the idea regarding toasts was on the American Revolution," he said. "I started looking at the toasts printed in the newspapers or in people's letters in Massachusetts to better my thesis, and I just felt I wasn't done. People suggested, 'Why don't you look at all the other states,' so I started researching all the toasts I could find from all the states that were colonies in 1760 up to after the War of 1812."

It took about three years for Symington to complete the process and release "Huzza! Toasting a New Nation, 1760-1815". Due to the COVID-19 pandemic, Symington found that many resources were digitized, making it relatively easy for him to access the

materials. During that time, Symington looked through archives of newspapers and read books, looking for a mention of a text in a footnote that would reveal where it came from.

"Then, I would end up getting another book and looking that up. There were a lot of places I actually found these things," he said.

Symington said that many toasts were printed in newspapers; he analyzed lists of toasts to discover what people considered to be important, what events were significant and what people were outstanding at that time.

"It changed from month to month, year to year," Symington said. "Whenever there was a big event like a banquet or a dinner, people wrote toasts with the purpose to print them and publish them. So, the toast would go before a committee. It would be reviewed and edited for publication."

Symington took time to see if something was said differently in Virginia as opposed to Connecticut or Georgia, for example. Surprisingly, he said there were not a lot of differences.

"I think what the toasts kind of did was created one union of states, which was very interesting," he said.

Symington said the biggest challenge he experienced during the process was that a lot of newspapers reprinted other papers' toasts and a lot of papers copied each other.

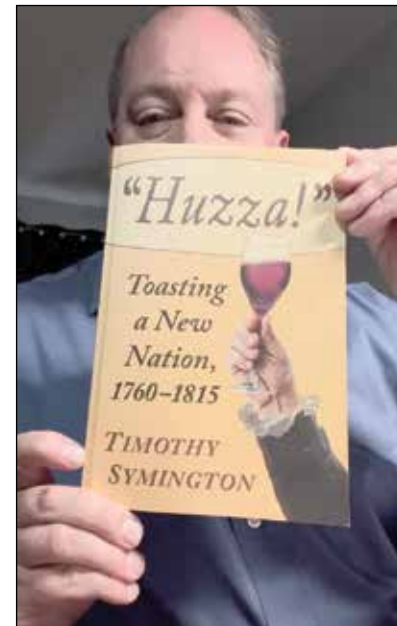
"I'd look up 40 toast lists and only end up with five original ones. I think that was the biggest issue," Symington said. "Another issue I came into was just finding out who was being talked about and what was the subject. At one point I ended up abandoning the work altogether so I could take some online classes just so I would know more about the history of some of the things I was talking about."

Symington, a former adult services librarian in Wilbraham, is excited to return to the library. Although he is admittedly nervous for his presentation, he looks forward to educating an audience about his unique research.

"I tried to think (what to do) if I only have 45 minutes to talk about what's important in my book," Symington said. "I just sat down and started going through the chapters and trying to present the book as a brief overview and putting together a PowerPoint presentation to show the people who are being talked about."

Symington said originality is the book's selling point. He invites residents to learn about history in a different way on Feb. 12.

"No one has presented history this way. It's just an original lens to look at historical events and find out what was said about people. These were the original tweets," he said.



Submitted photo
Wilbraham author Tim Symington will present at the Wilbraham Public Library on the evening of Feb. 12.

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email warebca@gmail.com

Ready to take your business to new heights while having a blast? Join us on this exciting ride! Let's be partners in growth and partners in fun.

Join Our Small-Town Business Development Adventure!

Are you a small business owner looking to boost your community presence and connect with fellow entrepreneurs? Look no further! Welcome to the heart of our towns' growth and success - the Ware Business & Civic Association...and Beyond!

Our Mission

We're not just any organization – we're a community catalyst! Our mission is clear: foster camaraderie among local businesses, creating a vibrant hub that transforms our town into a must-visit destination for all. We're here to ignite connections, inspire growth, and spark innovation.

Why Join Us?

Referrals are just the beginning! As a member, you'll enjoy the spotlight on your business within our close-knit community. Think of us as your business's ultimate cheerleaders, making sure your unique offerings shine bright.

A Legacy of Achievement

Since 2011, our committee has been making waves. We're not just about meetings – we're about momentum. From securing endorsements for local businesses to orchestrating events that turn visitors into regulars, we've been shaping our towns' destiny, one success story at a time.

Events that Sparkle

Who says business can't be fun? Picture this: quarterly membership nights that blend networking with laughter. We're all about community, after all – and a little friendly competition in the bowling alley or at the axe throwing yard never hurt anyone.

Network that Expands

With a sprawling member base, joining us means getting in on the action. Your business won't just get noticed; it'll become a star in our constellation of local talent.

An Investment in Success

For just \$120 per year, you're securing your spot in our thriving business ecosystem.

Seamless Entry

Embrace Uniqueness



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