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SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

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HEALTH & WELLNESS

QHSUA looks at ties between SDV and substance use

By Paula Ouimette
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The Quabog Hills Substance Use Alliance welcomed guest speaker JAC Patrissi, founder and principal of Growing a New Heart, a consortium of leaders in the healing arts helping to move people toward respectful and healthy relationships.

At the alliance's Feb. 12 meeting, Patrissi spoke about her work with the Department of Public Health to explore the intersection of sexual and domestic violence and substance use disorder.

"Public health allows us to look interpersonally and systemically," Patrissi said. "We explore the connection among sexual and domestic violence, a culture of dominance and white supremacy, compassionate accountable use of power in a workspace and recovery from substance use disorder."

The SDV + SUD Collaborative Project is an initiative that began in 2018 under the DPH's awarded Centers for Disease Control grant, Cooperative Agreement for Emergency Response: Opioid Public Health Crisis Response. Resources have been built by a team of professionals, including Patrissi.

Patrissi said those involved in the initiative help to sort the difference among sex work, trafficking and survival or transactional sex when working with survivors in recovery.

Starting in the winter of 2021, a small team of sexual and domestic violence providers and substance use disorder providers held three focus groups to learn what is needed to better serve people with SUD who are survivors of sexual or do-

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Library reopens after extensive improvements

A new paint job from the walls to the very high ceiling was applied to improve the reading room.

By Marcelo Gusmão
Staff Writer
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MONSON – Last week, the Monson Free Library reopened to the public after undergoing four months of improvements.

"We are so happy to see your

smiling faces come back into the building to see all the improvements that we have made over these past four months," Director Hope Bodwell said.

On Feb. 8 at 10 a.m., the library was able to fully open for the first time since October, offering apple cider and cookies to

residents who stopped by. Bodwell gave a tour of the library's new facilities, during which she pointed out areas that have seen improvement.

Throughout the time when the library was closed, staff continued to offer curbside pickup.

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COMMUNITY

Master Plan Committee discusses priorities



Meeting Members Dave Golden, Jessica Sizer, Patience Hartley, John Latour, Community Development Palmer, Amber Kumpulianian-Hastings and Nick Zeo were present for the meeting.

By Harrison Giza
Staff Writer
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PALMER - The Master Plan Implementation Committee met this past Wednesday at 6 p.m. to discuss developments in the town of Palmer.

The meeting was educational with each member sharing and listening to ideas for almost two hours.

When asked what he is envisioning, Community Developer John Latour, the guest speaker for the evening, was quick to express his point of view on the future potential of the Mill Reuse Overlay district in Thorndike.

"There are so many things that you can do there, you just have to have willing participants," Latour said. "It's been chopped up a little bit, but the structure itself is still in good shape."

"That would be great from the stand point of having that really nice playground we redid not too long ago and walking distance from housing like that, that's a nice thing to take into consideration," said board member Amber Kumpulianian.

This reassessment of the district has the potential to incorporate both commercial and light industrial activities and some residential uses to try and foster creativity growth. Much attention was brought to defining the term "ecodistrict," a neighborhood, urban area or region

whose planning aims to integrate objectives of sustainable development and social equity, and to reduce the district or area's ecological footprint.

Latour spoke with great favor towards the future of the location moving forward.

"There are so many things that you can do there, you just have to have willing participants."

— John Latour on the future potential of the Mill Reuse Overlay district in Thorndike.

"That opened the door for other great opportunities, for which we applied and received \$1.35 million instead of \$825,000. So, that is in infrastructure and one of your talking points here," he said.

When it came to pedestrian access for all, committee member, Nick Zeo, was intent on focusing

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COMMUNITY

Ardor partners with Second Chance Animal Shelter on fundraiser event

By Harrison Giza
Staff Writer
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PALMER - Ardor hosted a fundraiser workout event with Second Chance Animal Shelter over the weekend to much success.

This past Saturday, workout leaders put together a HITT (high-intensity interval training) style workout, with a variety of different puppies in attendance. The workout started at 9 a.m.

"The event went really well," said Lindsay Doray, development manager at Second Chance Animal Shelter. "It was very well received, and it sounds like they are interested in doing another one. I don't have a date yet for when that may or may not be, but it does sound like there might be some interest in bringing it back around again."

Some puppies were there just for petting while others were up for lifelong adoption. Second Chance Animal Services provides low-cost services in places like Springfield, Worcester and Southbridge, as well as going out to provide free



Submitted photos by Maureen Walker

Karyn Marciniac holding a plank with a puppy keeping her balance beneath her.

spays and great deals to people in the surrounding areas too.

The beginnings of the event started from Second Chance Animal Services wanting to help the community.

"It was actually a volunteer of ours who I believe does cross fit," Doray said. "She had asked about doing it because she had seen some of the other events we had

done in the community. She wanted to facilitate something about helping pets get adopted and help us with some supplies that we are very much in need."

When it comes too future collaborations, Doray is hopeful after this past one. "The woman asked if we were interested to make

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ARTS



Photos by Marcelo Gusmão

Reed and Sandra Coles auctioned art pieces to raise money for the repairs to Memorial Hall.

Years of repairs ahead to restore Memorial Hall

By Marcelo Gusmão
Staff Writer
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MONSON – On Feb. 8, Vice President of the Arts Council Reed Coles was at the Main Street Tavern to auction off a series of art pieces in the hopes of raising money to put toward renovating Memorial Hall.

The town has set up the Memorial Hall Renovation Committee to oversee these renovations, but finding funding has been the biggest challenge, as there are a number of improvements that will need to be made to the building.

"We don't have a set schedule, but we usually meet once or twice a month," said Town Clerk Mary

Watson, who serves as Chair of the committee. "It's always posted on the town website."

The auction at the Tavern was made up of pieces collected by committee and Arts Council members. Coles said that of the six pieces, five of them already had bids, but he hoped to see competitive bids at the

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The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

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

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

DEADLINE

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

Substance abuse meeting Feb. 27

PALMER— The next Palmer meeting to address substance use and related issues will be held on Tuesday, Feb. 27, at the Palmer High School Library from 2:30 to 4:00 p.m. and will be facilitated by Gail Gramarossa and Abaigeal Duda from the Quaboag Hills Substance Use Alliance.

Following the Drug Free Communities model, we have included representatives across 12 sectors to try to capture a variety of viewpoints and experiences: youth; parents; business; media; school; youth-serving organizations; law enforcement; religious or fraternal organizations; civic or volunteer groups; healthcare professional or organizations; state, local, and tribal government agencies; and other local organizations involved in reducing substance use.

If individuals are not able to attend in person, there will also be a zoom for a hybrid option:

<https://us02web.zoom.us/j/81495306554?pwd=cEdWNEJkTmJQdWxWZGRucjNjSFpPQT09>

To help plan for the number of people who will attend, please fill out this quick form. <https://forms.gle/1vGfW6bu6fj1wABU7>.

MASTER PLAN | from page 1

his energy towards the future of improving rail sites in the area and the potential of improving sites. "We often times think you know its just local use" Zeo said, "but I can't tell you the number of fishermen that come in, or kayakers, people from eastern Massachusetts or outside the area, that come here."

Later on in the meeting, committee member, Jessica Sizer was asked about the status of a designated storm water frequency position for the town.

"I think we are still trying to define what role roles for water plays in Palmer" Sizer said, "whether there was an ordinance that would create and enterprise fund to deal with storm water, and there have been these big permits that we have to fill that are quite costly. So, I think there have been a lot of layers to it and the town council has not come to an agreement on it."

The next meeting is scheduled to take place at Palmer Town Hall on March 27. All interested in attending are encouraged to do so.

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Staff and students describe unforgettable experience at Disney World



(L to r) Students Isabella Allard, Emma Alban, Kayla Murphy, Rebecca Nareau and Diana Gagne enjoyed their time in Disney World.



Students learned a lot at the Imagination Campus.

Submitted photos



Rebecca Nareau (left) and Diana Gagne (right)



Rebecca Nareau meets with a Disney princess.



Kayla Murphy, Emma Alban, and Isabella Allard in front of the Star Wars attraction.



Diana Gagne, Rebecca Nareau, Isabella Allard, Kayla Murphy, and Emma Alban take a photo in front of Cinderella's castle.

By Marcelo Gusmão
Staff Writer
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MONSON – At last week's school committee meeting, Caitlin Walker made a presentation on the trip to Disney World she chaperoned for the newly-established Disney Learning Through Experience Group.

Leading up to the trip, students had the option to attend biweekly group meetings to discuss Disney's storytelling through various modes of science, engineering, and the arts. These meetings were not mandatory to accommodate the students' after-school obligations, with slideshows and documents offering the same information provided to students who could not attend.

The students left for Disney World on Thursday, Jan. 25, and returned to Monson High School on Tuesday, Jan. 30. Caitlin Walker presented to the School Committee about the educational experiences that the students had during those six days and five nights.

"Students were asked to arrive at MHS between 2:30 and 2:45 a.m.," Walker said. "All students arrived before 2:30 a.m., allowing us to leave for the airport ahead of schedule."

Walker described passing through security at Logan International Airport as going smoothly.

"Our students remained together, respectful and extremely well-behaved," Walker said. "I was very proud to be their teacher through this and every step of this trip."

In Orlando, the students met with students from Blackstone Valley Regional Vocational Technical High School, with whom the school partnered for the trip. There were strict curfews and meeting points enforced, and students were instructed to keep in contact with chaperones at all times.

"The students' attention to following rules and expectations contributed to their safety during this trip," Walker said. "Students met curfew every single night, often meeting curfew hours ahead of time. I shared my location with students, and any time they felt they were done exploring the parks independently, they would find me easily by locating my phone."

On Thursday and Friday, the students were provided with sit-down meals at Planet Hollywood and the Rainforest Cafe, as part of their ticket price. Walker described watching Disney's water and fireworks

show, Fantasmic, from a roped-off VIP dining area, as well as a similar buffet on Sunday for EPCOT's fireworks show, "Luminous".

The big draw to the event was the educational portion, which included daily three-hour lessons at the start of each day and centered on Disney's Imagination Campus, where students worked with Disney cast members to go behind the scenes on their attractions, including a new ride based on the Pixar film, "Ratatouille".

"After starting with an introduction to Disney's use of tech in the parks, students were escorted into a backstage classroom where they watched the early models and creations of rides like Soarin' and Guardians of the Galaxy: Cosmic Rewind," Walker said.

One of the students who attended the trip, Kayla Murphy, made a presentation on the experience, during which she thanked Walker and the School Committee for the opportunity.

"This trip has been the best experience of my entire life," Murphy said. "I will never forget all of the memories that I made and the life lessons I've taken from it."

Murphy talked about the many things that the students

experienced at the park, from learning how the animatronics are made, to learning how the seatbelts work, seeing a cart get fixed and learning how Disney navigated obstacles in building their rides.

"As we were going from park to park, Miss Walker would inform us with historical facts about Disney and how storytelling was a huge part of it," Murphy said.

The students also worked in small groups to practice what they had learned about problem-solving during the trip.

"Students worked together in small groups to identify local, national or global problems and decide how they would fix the problem using what they've learned about technology," Walker said. "Our students identified possible structural issues and offered ideas in generating specialized adhesives to offer more efficient and effective solutions."

"Each group would get a different step, and we had to determine the order together," Murphy said. "Then we would create a problem of our own and create the diagrams and different steps to solve it as a group."

Walker went on to describe demonstrations showcasing different kinds of electronics,

comparing hydraulic and pneumatic animatronics. She talked about the ways that the students learned about sustainability practices at Disney World and concluded that the students had received a valuable educational experience.

"Our students are walking away with not only a richer education on real-world applications of the many contents and topics throughout the year, but with experiences and memories that go beyond what can be taught," Walker said. "From first flights, independence and navigation, overcoming fears, to finding new connections and friendships with students from the other end of our state, our students will certainly never forget this trip."

After the presentation, the school committee approved planning another trip to Disney in 2025.

The school is currently accepting sign-ups for the next trip, and invites students in grades 8-11 to sign up before April 29. Anyone who would like to receive a sign-up packet can contact Caitlin Walker by email at walkerc@monson-schools.com.

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The exterior of the Monson Free Library on High Street.



An opioid rescue kit was added to the reception area through collaboration with town departments.

LIBRARY | from page 1

"I was happy we could still serve the community," Bodwell said. Repairs to the front windows were among the most extensive endeavors. Bodwell described rotting wood and water seeping in through the old windows, all of which had to be replaced. Another big change in the library's setup is swapping the reading room with the children's area. Bodwell said this was done because the library faculty "wanted everyone to enjoy" the room that had previously been designated the children's area. Throughout the process, library staff kept the public informed through regular updates on social media, such as Facebook, Instagram and TikTok. A new screen has been added to the reception area, with new furniture and shelving purchased for the building's re-opening. The library has also received a new coat of paint, and Bodwell added that the library's stacks have been newly sorted to get rid of books and other materials that were old, irrelevant, out-of-date or in poor condition. The reading room has also been repainted, from the walls to the ceiling. Bodwell remembered seeing workers stack a ladder on scaffolding in order to reach the nooks and crannies at the top of the reading room. Bodwell also mentioned that this project was not funded by the taxpayers but instead through an endowment through the Library Association. "We will be doing a capital campaign to help fund this," Bodwell said. "Look in your mailboxes; there will be letters coming out soon." Bodwell thanked the staff for its patience and work behind the scenes, as well as the public for its patience as the library underwent this necessary face-lift. A grand opening is planned for later in the year, though dates are still being discussed. For information about what programs the library has to offer, visit their website at monsonlibrary.com.

Troop 164 participates in Klondike Derby



Scouts from Troop 164 built a fire at the Scout Reservation in Russell, MA.



Submitted photos
Scouts rescued one of their fellows from a mock accident.



Submitted photos
Scouts pull a mushing-style sled in a sled race around the parade field.

THREE RIVERS – Boy Scout Troop 164, chartered by The Church of Divine Mercy, recently participated in a Klondike Derby at the H.A. Moses Scout Reservation in Russell. A Klondike Derby consists of several stations where patrols/units must test their Scoutcraft skills and leadership abilities. Some of the skills put to use

were pioneering, lashings, knot-tying, first aid, fire-building and leadership/teamwork. The Scouts transported their gear and supplies, including supplies for lunch in the field, on a mushing style sled pulled by the Scouts. The Troop successfully constructed an event gateway, built a fire in order to cook and consume a

pancake, and rescued one of their troop members who acted as a mock accident victim with a broken leg and hypothermia. The final event of the day was a sled race around the parade field with one lucky scout riding as the passenger. Scouts BSA Troop 164 has a fun and challenging outdoor program for

boys age 10.5 to 17, and always welcomes new members and visitors who would like to learn more about our troop and how to participate in our program. Troop 164 meets most Sunday evenings from 6-8 p.m. in the Divine Mercy Parish Center, and can be reached at troop164bulldogs@gmail.com.

Local woman shares her TAVR success story

PALMER— When Beverly Flamand of Ware visited her doctor about some shoulder pain she was experiencing, little did she know it would lead to two other potentially life-saving procedures. As part of a pre-op visit to have her shoulder repaired, her doctor referred her to a cardiologist to ensure she was healthy enough to undergo the anesthesia and surgery needed to repair her shoulder.



Submitted Photo
Beverly Flamand of Ware shares her TAVR story.

That visit to Grace LaValley, a cardiology nurse practitioner at Baystate Cardiology in Palmer, would help to ensure that she was healthy enough to undergo the anesthesia and surgery needed to repair her shoulder. It was during that pre-op visit that LaValley, a cardiology nurse practitioner at Baystate Cardiology in Palmer, ordered an echocardiogram, a test that uses sound waves to make a moving picture of her heart, due to a murmur heard on the exam. "Grace explained that because I occasionally experienced shortness of breath, the test was a safe way to see how well my heart was working," said Flamand. "It was the echocardiogram that showed that my heart valve was not working as well as it should. Grace explained that a TAVR procedure was recommended and that I was a good candi-

date for the procedure." Aortic stenosis is a heart valve disease where the aortic valve narrows, obstructing blood flow from the heart. It is often caused by age-related calcification or fusion of leaflets, congenital heart defects, or rheumatic fever. Common symptoms include chest pain, shortness of breath, fatigue, and fainting. "A Transcatheter Aortic Valve Replacement procedure is a minimally invasive alternative to open heart surgery in patients with severe aortic valve stenosis," said Flamand "This innovative

treatment option has revolutionized the field of cardiology, providing hope for patients who are not suitable candidates for surgery. The procedure involves a valve that is crimped on the end of a catheter. This catheter is placed in a blood vessel under x-ray. The calcified valve is pushed aside and the new TAVR valve becomes functional." "We are now doing more TAVR cases than traditional open-heart aortic valve surgery," said LaValley. "This is because TAVR has now been approved for low-risk patients as well, whereas traditionally it was originally designed for higher-risk and inoperable patients." Many patients still undergo open-heart surgery, often because their valve isn't anatomically suited for TAVR, and surgery remains an excellent option for some patients. "I liked that I was going to have a minimally invasive procedure instead of open-heart surgery," said LaValley. "I was scheduled for the TAVR procedure and was home just one day later feeling great. However, a few days later I experienced some lightheadedness and went to the emergency department to get checked out. The ED was very busy, but they took very good care of me, and my daughter was allowed to stay with

me. After a few tests, I was told that my heart was beating too slowly and that I needed a pacemaker. I trusted my doctors and later in the afternoon, I had the pacemaker procedure. Once again, I was back home in one day, feeling even better than before." "My recommendation to everyone reading my story would be to get checked out, and the sooner the better. I got the best care ever," LaValley said. "The doctors and nurses were unbelievable. They saved my life and have helped me to be able to continue doing the things I love to do, like be with my family and my six grandchildren!" LaValley, nurse practitioner, joins Dr. Brian Laliberte, chair of Baystate Palmer Cardiology, Dr. Zachry Zichitella, and Elizabeth Jarry, nurse practitioner, the team specializes in both invasive and non-invasive cardiology care, including the prevention, diagnosis, and treatment of a wide variety of cardiovascular diagnoses including hypertension, coronary artery disease, heart failure, and valve disease at Baystate Cardiology Palmer. For more information or to make an appointment at Baystate Cardiology in Palmer please call 413-370-7880.



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- 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.
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OSV Maple Days starts Feb. 21

STURBRIDGE— Old Sturbridge Village is open during the winter months with many seasonal programs and events each weekend with extended hours beginning Wednesday, Feb. 21, right before the start of Maple Days.

Included with standard daytime admission on select dates in February and March guests can see the entire sugar-making process, from tapping the trees to sugaring off, and learn why maple sugar was more commonly used than maple syrup in early New England. Costumed historians will also cook period foods made with maple products and the tinner and cooper will make maple-related items. Maple Days are Friday through Sunday, Feb. 23 through March 17 from 9:30 a.m. to 4:00 p.m. Guests are encouraged to reserve tickets online and in advance for their date of arrival. Tickets and more information can be found online: <https://www.osv.org/event/maple-days/>.

On Saturdays and Sundays during Maple Days, Ox & Yoke Café is offering a special Waffle Bar, featuring made-to-order waffles and a variety of scrumptious toppings to create your own delicious masterpiece. The Waffle Bar is open select days from 10 a.m. to 3 p.m.



Cara Caron was all smiles with puppy in hand.



Ardor owner Rebecca Casinghino, relaxing with one of her furry friends from this weekend.



Submitted photos
Eyes radiating with intensity, Noelle was one of the stand out dogs this weekend.

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this happen and we did. You know any time we get the opportunity to do these things I always love when we are able to participate.”

Donations were accepted, with most of what is collected going towards what is most needed, from helping furry friends with medical bills or the overall health of these sweet shelter pets. From paper towels, lint rollers, squeeze cheese or pill pockets, many items were given.

Second Chance Animal Rescue Society is a no kill, non-profit animal rescue organization always looking for help with pet events.

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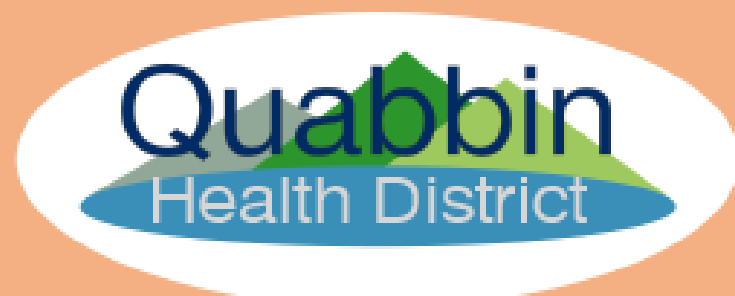
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BASKETBALL

Theriault hits 1,000 points in Palmer girls basketball win

By Tim Peterson
Sports Correspondent

PALMER—The walls of the Palmer High School gymnasium were covered with posters honoring seniors Vanessa Baer and Jordan Bigda during last Friday night's girls' varsity basketball game against Franklin North rival Greenfield.

Baer and Bigda, who are cousins, celebrated their senior night game with a 52-25 victory over the Green Wave, who had won the first meeting of the regular season by two points.

"We lost to Greenfield by a basket the first time that we played them, but we worked very hard in tonight's game," Bigda said. "Everyone played very well for all four quarters in tonight's game."



Vanessa Baer goes for the put-back.

One of the posters hanging on the wall behind the Lady Panthers bench said "Congratulations Seniors. Thanks for the Memories."

It was a very memorable evening for Palmer sophomore Charlotte Theriault, who became the tenth member of the Palmer girls' basketball team to score 1,000 career points since 1990.

The milestone moment took place with 28.6 seconds remaining in the third quarter when Theriault buried a 3-pointer from in front of the packed home bleachers.

"This is a very special night for me, and my teammates," said Theriault, who's the third member of her family to achieve the elite milestone. "I missed a couple of 3-pointers in the first half, but I heard my older sister telling me just to shoot the ball. I'm glad that it went in. It was just an amazing feeling, and my teammates were very excited for me."

At that point, the game was stopped for several minutes.

After being congratulated by her teammates, Theriault, who entered the game needing to score 27 points to reach the milestone, took pictures with her family. She also received the game ball.

"I've been playing sports with my cousin for a long time, so it's a special night for us," Baer said. "It was also very special that we got to share the moment with Charlotte. She's an outstanding basketball player."

Theriault, who has scored more than 400 points this season, also



Turley photos by David Henry www.sweetdogphotos.com
Charlotte Theriault goes for a basket during Palmer's matchup last week with Greenfield. Theriault scored her 1,000th career point in the game.

BASKETBALL



Turley photos by David Henry www.sweetdogphotos.com
Jake Beaupre goes up for the shot.

Mustangs break away in second half, beat Ludlow

By Tim Peterson
Sports Correspondent

MONSON—The first 16 minutes of the boys varsity basketball game between Ludlow and Monson was a very close affair. The non-league contest turned into a one-sided affair in the second half.

The Mustangs scored the first 13 points of the third quarter and celebrated a 77-54 senior night victory over the Lions at Michael J. Kane Gymnasium, last Wednesday night.

"I told the guys in the locker room at halftime that we needed to use our transition game a little bit more during the second half and that's exactly what we did," said Monson head coach Zac Dreher. "We might not be a very tall team, but our guards are very quick."

One of the Mustangs starting guards is senior Colin Beaupre, who finished with a game-high 20 points.

"Colin has improved his skills a lot both offensively and defensively," Dreher said. "He's a three-sport athlete, so he's naturally athletic. He's also a vocal leader. Sometimes when I call a time-out, he takes over in the huddle because he knows what we need to do on the court. I rely on him a lot and we're really going to miss him next year."

Beaupre was honored during a pregame ceremony, along with classmates Sebastian Nava, and Ozzy Nieves.

"The three seniors are very special to me," said Dreher, who lives in Ludlow. "I was the j.v. coach five years ago before becoming the varsity coach. We kind of grew up together as a group."



Trey Dillahunt fakes and send a pass away.

It has been a lot of fun coaching them."

Nava (3 points) and Nieves (2 points), who are normally reserve players, started on senior night in place of junior Shane Szado and eighth grader Trey Dillahunt, who scored 17 of his 19 points during the second half. The other two Mustangs starters were sophomore's Jake Beaupre (16 points), who's Colin's younger brother, and Austin Meacham (14 points).

"Sebastian and Ozzy aren't normally starters, so it was nice being on the court with them at the start of tonight's game," Colin Beaupre said. "It's also a lot of fun playing basketball with my younger brother Austin, Shane, and Trey. I wouldn't want to play for any other basketball team."

The Mustangs (13-4) should be one of the eight teams competing in the upcoming Western

MUSTANGS | page 10

BASKETBALL



Greenly Lagimoniere passes on the run.



Turley photos by Gregory A. Scibelli
Megan Clark approaches the hoop from the side.



Victoria Stephens looks for a teammate to make a pass.



Desiree Croteau is pushed out of bounds.



Addison Doktor makes a rebound and looks for another approach to the hoop.

Offense struggles for Pathfinder

PALMER – Last Tuesday night, the Pathfinder Regional girls basketball team suffered a tough defeat against St. Mary's 39-30. The Pioneers struggled in the middle of the game, limited to just 10 points in the second and third quarters. The defense did a good job holding St. Mary's to under 40 points, but the offense could not catch up. Addison Doktor had 11 points and Greenly Lagimoniere had 10 points in the loss. Pathfinder is 8-7 and needs at least one more win to qualify for the state tournament.

BASKETBALL

Warriors handle Lancers

FIKSDALE – Last Tuesday evening, Tantasqua Regional girls basketball entertained another Western Mass. opponent, facing Longmeadow High School. The Warriors picked up the win 52-47 to improve to 11-4 on the season. Tantasqua has also faced Minnechaug and Holyoke from Western Mass. Sophie Webb had 17 points to lead the Warriors while Nicki Vejak contributed 15 points.



Nicki Vejak goes for a layup. More photos on page 10.



Turley photos by Gregory A. Scibelli
Gabby Scanlon holds the ball high, looking to pass under pressure.

BASKETBALL

Panthers fall to Athol

PALMER – The Palmer High School boys basketball team is headed for the state tournament thanks to a 10-7 record, but their final two games have not been determined as of press time.

The Panthers would lose to Athol in their regular season final following a 10-day layoff to finish off their regular season at 10-7.

Following the end of the regular season and the compilation of power rankings, Palmer will learn if it makes the Western Mass. tournament, or if it will play non-playoff games next week. Regardless, the Panthers will be participants in the Division 5 state tournament at the end of the month.

T-Birds wins on 'Ice-O-Topes' Night

SPRINGFIELD – The Springfield Ice-O-Topes (22-19-3-2) rebounded from a 1-0 deficit to knock off the Hershey Bears (37-9-0-2) by a 6-3 score before a sold-out MassMutual Center crowd of 6,793 on Saturday night.

Neither team could find a firm offensive footing in the opening half of the first period, with both squads going 0-for-2 on their first two power play chances. 20 seconds after Hershey's second man-advantage expired, the visitors finally got the game's opening goal as veteran Garrett Roe crashed the top of the crease to jam a rebound through Malcolm Subban at 14:02 to make it 1-0 for the Bears.

The Ice-O-Topes' second power play came and went, but like the Bears, continuous offensive pressure paid off less than 30 seconds after the advantage concluded. Adam Gaudette made a quick change of direction at the top of the slot area before funneling a shot toward the goal. Zach Bolduc made himself available for a deflection at the edge of the crease, and the rookie executed to perfection, squeezing it past Clay Stevenson to tie the score at 17:48.

With the game tied at 1 after 20 minutes, the 'Topes parlayed Bolduc's goal into a firestorm of offense in the middle frame. It

began just 2:55 into the second, as Mathias Laferriere dropped a pass in the left circle for Kean Washkurak, who curled the puck to a better shooting lane and snapped a wrist through Stevenson's five-hole to make it a 2-1 game.

1:35 later, Gaudette was in the middle of the action once again. After Hunter Skinner whipped a pass off Gaudette's foot deep in the left-wing corner, Matthew Peca pushed a second-chance shot wide of the goal. With Stevenson still trying to recover back in front of the net, Gaudette used the opportunity to bank it off Stevenson's pants and into the twine to extend the lead to 3-1. With the tally, Gaudette vaulted himself back to the top of the AHL goal-scoring race with his 25th of the season.

After a quiet stretch of play yielded nothing on the scoreboard, Hugh McGing changed things with a determined rush deep in the Hershey zone. McGing's pressure caused a mishandle between Stevenson and Dylan McIlrath, and McGing was there to jab a backhand through Stevenson, making it a 4-1 game at 15:24. The pesky winger now has seven points over his last seven games.

Former T-Bird Jake Massie gave Hershey

a much-needed reply with a one-time short-handed goal at 17:42, set up by Jimmy Huntington, and the defending champs were back within two heading into the third.

Chances heavily favored the Bears in the third to the tune of an 18-5 shot discrepancy, but Subban and the defense bent without breaking, and Will Bitten added some extra insurance, beating Stevenson on a breakaway backhand through the wickets at 10:54 to make it 5-2.


The Bears' power play would not allow the game to end quietly, as Alex Limoges redirected a Mike Vecchione shot through Subban at 13:30 to cut the lead to 5-3. However, in the end, the visitors ran out of time, and Dylan Coghlan snapped a 15-game goal drought by drilling an empty net with 48.6 seconds to play to make it four consecutive wins on Ice-O-Topes Night for Springfield.

Springfield next takes its game down to Charlotte for a two-game set against the Checkers inside Bojangles' Coliseum next Saturday and Sunday, Feb. 17-18. Puck drop for both games is set for 4 p.m. in North Carolina.

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Turleysports

Athlete of the Week



NAME: Charlotte Theriault
SCHOOL: Palmer
In her sophomore year, Theriault would notch her 1,000th career point with Palmer girls basketball last Friday night against Greenfield.

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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Sophie Webb works around the perimeter.



Riley West sends a pass toward the corner of the court.



Maggie Johnson looks to pass the ball away.

Warriors handle Lancers



Jayda Pardo starts a play on offense.



Jordan Bigda shoots for the Panthers.



Madison Rathbone drives to the hoop.

PALMER | from page 9

made another 3-pointer at the start of the fourth quarter before watching the final five minutes of the game from the bench. She finished with a game-high of 30 points. It was the third time this season that Theriault scored 30 or more points in a game. She's scored 20 or more points in 14 games.

The coaching staff didn't make a big deal about Theriault's quest to score 1,000 career points. "It was something that we didn't talk about. We just kept it quiet," said Palmer co-head coach Denise Levasseur, who graduated from Palmer High School. "I don't think Charlotte really knew how many points she needed coming into tonight's game. She didn't look very nervous out there. It was also our senior night, so it was very nice to win Vanessa's and Jordan's final regular season home game."

Charlotte's mother, Amanda, is the other co-head coach of the Lady Panthers varsity basketball team.

"I'm very proud of Charlotte," Amanda Theriault said. "She's a very good basketball player, but she wouldn't have been able to reach this milestone without the help of her teammates."

Charlotte's older sister, Maddy graduated from Palmer High School in 2022. She scored her 1,000th career point as a senior in a Western Mass. Class C quarterfinal home game against St. Mary's as a senior.

Charlotte's next goal is to pass her older sister's career point total at Palmer High School, which she should be able to accomplish before the end of this season.

They're the first sisters to score 1,000 career points at Palmer High School.

"I'm so happy for Charlotte. She's worked very hard to reach

this milestone," said Maddy Theriault, who didn't arrive at the game until the third quarter. "I'm glad that my sister did it in tonight's game because I wouldn't have been able to comeback for their next game. It's going to be very rewarding seeing my sister's name underneath mine on the 1,000-point banner."

If everything goes according to plan, Charlotte Theriault, who also plays soccer, could become the Lady Panthers all-time leading scorer before she graduates from Palmer High School in June of 2026.

Baer and Bigda were honored during a ceremony held prior to the start of last Friday's home game.

"Vanessa and Jordan are both very important players on our basketball team," Charlotte Theriault said. "I've known both of them for a very long time."

Baer, who has more than 450 career rebounds, scored seven points in the second half against

the Green Wave.

With 3:15 left in the third quarter, Theriault delivered a pass from the top of the key to Bigda, who finished the play by scoring an inside hoop.

Theriault scored 18 points during the first half on mostly lay-ups.

Junior Maddy Rathbone helped offensively by making a field goal in the first quarter and junior Jayda Pardo (5 points) hit a 3-pointer from the right corner at the end of the second quarter, which gave the home team a 23-12 halftime lead.

With two minutes left in the third quarter, a Theriault fast-break lay-up gave the Lady Panthers a 35-17 lead.

After Theriault made a little bit of history, the Lady Panthers coasted home during the final eight minutes of the contest for their tenth win of the regular season.



Osvaldo Nieves takes a long shot.



Austin Meacham gets the jump shot.

MUSTANGS | from page 9

Mass. Class D tournament. They've already clinched a berth in the Division 5 state tournament. The last time that Monson qualified for the postseason tournament was in 2020.

"This is the first time that we're going to be playing in both the Western Mass. and state tournaments," Dreher said. "The guys are very excited about it. We're hoping to play a couple of home games in the postseason tournament."

Ludlow (5-11), who defeated Monson, 52-43, at home last February, needed to win their final five games to clinch a berth in the Division 3 state tournament.

Ludlow head coach C.W. Zimmer, who's a Monson resident, is hoping his squad can move from the Tri-County North League into the Bi-County West, which is Monson's league, next year.

"The Bi-County West would be an ideal spot for us," Zimmer said. "We took one on the chin tonight, but I think we can compete with the teams in that league. We're losing six seniors, but we'll have a bunch of returning players next year."

The Lions six seniors—Dan McKenney Jr. (12 points), Mathis Fitzgerald (5 points), Stephen Goodreau (4 points), Daniel Krutka (2 points), Andrew Provost, and Luca Martins, were also recognized during the ceremony.

Ludlow sophomore Giovanni Acevedo scored 10 of his 12 points against Monson during the first half.

With the help of a foul-line jumper and driving lay-up from Jake Beaupre, along with another lay-up from Meacham, the Mustangs scored the first six points of the game.

The home team also held a 10-4 lead before the Lions battled back.

Ludlow closed the gap to 14-13 following back-to-back 3-pointers from the left side by sophomore guard's Cam Lyman (5 points) and Jackson Mateus (8 points).

The Lions, who were trailing 20-13 after the first eight minutes, outscored the Mustangs, 20-14, during the second quarter.

With 3:30 remaining in the first half, Acevedo buried a 3-pointer tying the score for the second time at 27-27.

Then Colin Beaupre made a baseline jumper and Dillahunt followed with a lay-up.

Acevedo scored the Lions next six points. He was fouled while making an inside basket. His bonus free throw gave the Lions a 33-31 lead for the first time with 1:06 left.

In the final seconds of the first half, Colin Beaupre made a 3-pointer which gave his team a slim 34-33 halftime lead.

"I thought my team competed very hard in the first half. Then we struggled in the second half," Zimmer said. "Monson put on their track shoes after halftime. They just beat us up and down the court."

Dillahunt made three fastbreak lay-ups and a 3-pointer, as the home team built a 47-33 lead during the first three minutes of the third quarter. Jake Beaupre also scored a lay-up hoop during that span and his older brother made a pair of free throws.

The Mustangs, who led by as many as 21 points, outscored the Lions, 29-11, in the third quarter.

Holding a 60-44 lead at the start of the fourth quarter, the home team continued to pull away during the final eight minutes.

MONEY MATTERS

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cated professionals, the firm is making waves in the financial landscape by prioritizing relationships over transactions. As we navigate the intricate world of finance, PV Financial Group stands out as a beacon of personalized and trustworthy financial guidance, dedicated to building a secure and prosperous future for its clients.



Tips to educate young adults to be smart about credit

Credit is a necessary component of doing business in the modern world. The credit reporting agency Experian defines credit as the ability to borrow money or access goods or services with the understanding that a person will pay later. Various creditors grant credit based on their confidence that a borrower will repay what is owed.

Many adults learn about credit through trial and error. Financial literacy is not taught in many schools, although lots of people feel it merits space alongside literature, math, science, and other subjects. A recent NextGen study found only one in six high school students are required to take a personal finance class in the United States. In addition, a survey conducted in 2018 by Chase bank found only one-third of Americans were taught what a credit score is by their parents.

It is essential that guardians share information about credit with young adults to help them be financially solvent and successful later in life. Here are some ways to help young adults learn about credit.

Start with credit basics

Speak generally about credit and how it is used. Then explain credit scores, credit bureaus and credit reports. A credit history and credit score is important information for young adults to have early on and check frequently, as having good credit improves the chances they will qualify for loans and earn acceptable terms in the future.

Help them build credit

Having one or more credit accounts can help a person establish and build credit by making payments on time. Credit card companies often advertise student and secured credit card accounts that come with small or managed credit limits. Making purchases on the cards and paying them in full every month is the

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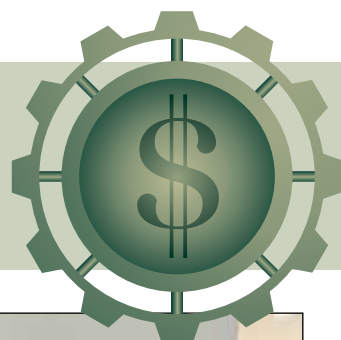


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MONEY MATTERS



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THE ROAD TO Financial Wellness

The Benefits of Using a Financial Planner

In today's complex financial world, many investors seek out financial planners to help them navigate the intricacies of personal finance. The benefits of having expert financial help are manifold, including investment advice, retirement planning, tax strategies and estate planning.

Most financial planners collaborate with their clients to choose an asset allocation that melds the client's risk tolerance with their goals. After investments are chosen, often the advisor plays the role of cheerleader. Keeping clients from making rash decisions and veering off course from their financial plan may be one of the most important roles an advisor plays. All advisors have seen clients panic and try to make changes to portfolios in response to political or economic events that soon pass.

Retirement planning may be one of the most important acts that an advisor can perform. Everyone would love a stress-free retirement. A good planner can help calculate how much you will need to save to retire. He or she will also create a strategy for claiming social security and any pensions in order to meet retirement spending needs.

An often-overlooked benefit of having a good financial expert is tax planning. Should you invest in a traditional 401k or a Roth? When should you begin withdrawing from your taxable accounts? Do you have to pay taxes on social security? When do you need to take Required Minimum Distributions and are you taking the correct amount?

In addition to all the above, proper estate planning is imperative to make sure that your assets end up where you would like them to, with the least amount of hassle. Do you need trust or is your will sufficient? Is your house protected from Medicaid in the future? Hiring a good financial expert can greatly enhance your financial life.

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TIPS | from page 13x

best way to improve a credit score or maintain a good one, says the Consumer Financial Protection Bureau. Another way teens can build credit is through their student loans. Making small payments on the principal while in school can help establish a strong credit history.

Check their credit reports

The Federal Trade Commission recommends checking a child's credit score around the age of 16 or 17. This will help families figure out if there are any anomalies that may indicate identity theft or inaccurate credit issues.

Know the formula for good credit

Forbes says there are five categories that add up to good credit:

1. Payment history (35 percent): Always pay bills on time.
2. Amounts owed (30 percent): Borrow a low amount compared to the total lines of credit. This also is known as credit utilization.
3. Length of credit history (15 percent): Keeping accounts open for a long time is a win.
4. New credit (10 percent): Do not apply for too much new credit too often.
5. Credit mix (10 percent): Having a balance of different types of credit, such as car loans, credit cards and other types of debt, is advantageous.

Share your own experiences

Sometimes the best way to teach about credit is to be honest about what a parent or another adult did wrong with his or her finances, and use that as a "what not to do" scenario.

It is important for young adults to learn about credit so they can make smart choices that will positively affect their future. Although talking finances may be uncomfortable, it is vital for families to have these discussions.



MONEY MATTERS

Financial mistakes anyone can avoid

Earnings go a long way toward determining an individual's financial security. However, high wages do not guarantee long-term financial security any more than lower wages ensure a future marked by a lack of financial flexibility. Individuals are a unique variable in any financial equation, and those who can exercise and maintain some fiscal discipline are more likely to secure long-term security than those who cannot.

One way anyone can improve their chances at a secure and flexible financial future is to identify and avoid some common mistakes. Avoiding the following mistakes can increase the chances individuals at various income levels enjoy a secure financial future.

- **Delay saving for retirement:** Conventional wisdom says it's never too early to begin saving for retirement. Despite that, surveys indicate many adults are behind on saving. A 2022 survey from Bankrate found that 55 percent of respondents indicated they were behind on their retirement savings, while 35 percent reported being "significantly behind." Though laws governing retirement contributions have made it easier for people to catch up, it's still better to begin saving once you enter the professional arena, which for most peo-



ple is some time in their early to mid-twenties. The longer you delay saving for retirement, the more precarious your financial future becomes.

- **Spending beyond your means:** The post-pandemic increase in cost-of-living has garnered considerable attention in recent years, when inflation has driven up the cost of just about everything. There's little consumers can do about the rising cost of living, but making a concerted effort to curtail spending is one way to combat the spike. However, surveys indicate many people earning significant salaries are living paycheck-to-paycheck. For example, a 2021 report from LendingClub Corporation found that nearly 40 percent of individuals with annual incomes greater than \$100,000 live paycheck to paycheck, with 12 percent reporting they are struggling to pay their bills. An assortment of variables undoubtedly contribute to that stark reality, and one might be a tendency for consumers to spend beyond their means. Individuals who are struggling to curtail their spending are urged to seek the help of a certified financial planner who can help them devise a budget and alleviate some of the stress and pressure associated with overspending or living paycheck to paycheck.

- **Poor use of credit:** Credit cards can be a financial safety blanket, but that blanket can soon smother consumers who don't know how and when to utilize credit. Reserve credit cards for emergency situations and resist the temptation to use them for daily expenses, such as groceries and gas. Credit card interest rates tend to be in the double digits, so unless card holders can pay their balances in full each month, they're only exacerbating the already high cost of living by using credit for daily expenses.

- **Buying too much house:** Overspending on housing is another financial mistake, and arguably the one that's the most difficult to avoid. It can be hard to walk away from a dream home, but such a decision could secure your financial future. Unfortunately, data indicates far too many individuals are spending more on housing than conventional financial wisdom

recommends. The most recent Consumer Expenditure Survey from the U.S. Bureau of Labor Statistics found that spending on housing accounted for 33 percent of the average household's monthly expenses and that the average household spent 88 percent of its after-tax income each month. That latter figure is especially troubling, as conventional financial wisdom recommends a saving rate of 20 percent. Overspending on housing greatly affects a person's ability to save and invest, so resisting the temptation to buy that expensive dream home could be the difference between a secure or scary financial future.

Avoiding some common mistakes can help individuals be more financially flexible and secure over the long haul.

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When you choose our Estate Settlement Professionals as your Personal Representative (formerly called an *executor* or *executrix*), you can rest easy that your estate will be settled following your instructions and in a timely and efficient manner. More importantly, it will avoid the emotionally charged disputes that often form between siblings, other family members and beneficiaries, when *one of them* is put in charge of the estate.

A Personal Representative of an estate will have to navigate a daunting list of responsibilities and tasks. For an inexperienced family member, this can result in missed deadlines, increased tax liabilities, and long delays that can draw the ire of other family beneficiaries. In some cases, the situation can end up in costly, wasteful legal battles between family members over the disposition of the estate.

As impartial and independent professionals, our GSB Estate Settlement and Trust Services consultants will make sure that your estate is managed efficiently, according to your wishes without adding to your family's emotional upheaval. Call us today to learn more.

Estate Settlement Tasks

- Entering the Will into probate, and handling other legal requirements.
- Gathering all of the personal property and arranging for support of the family.
- Obtaining appraisals of required property for tax purposes.
- Reviewing real estate records to assure timely payment of taxes and collection of rents.
- Evaluating contracts and leases to comply with all requirements, including giving necessary notices.
- Investigating and handling all claims against the estate.
- Collecting all life insurance, rents, and other amounts due to the estate.
- Preparing and filing estate and inheritance federal and state tax returns.
- Paying related estate and inheritance taxes.
- Preparing a final accounting of the estate.
- Distributing the estate to the beneficiaries as directed by the Will.

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& Trust Services

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Did you know?

Interest rates have been headline news for well over a year. In an effort to tame inflation, the Federal Reserve has increased mortgage interest rates with regularity over the last year-plus. While the cost to borrow money has increased, individuals likely noticed that the reward for saving money has not increased along with it, as interest rates for savings accounts have remained low. In fact, the annual percentage yield (APY) as of February 2023 was 0.24 percent, while the average fixed mortgage rate in September 2023 remained well north of 6 percent. An assortment of variables have combined to lower savings account interest rates, but numerous analysts point to banks having more deposits than they require to issue loans. When that happens, banks do not need to attract additional deposits, which they typically do by offering higher savings account interest rates. Without that incentive, savings account interest rates have remained low, meaning account holders will continue to pay considerably more to borrow money than they will earn when they save it.

\$50 million to be invested in EVs

BOSTON— The Healey-Driscoll Administration today announced an investment of \$50 million in initiatives to build out electric vehicle charging infrastructure across Massachusetts. The American Rescue Plan Act funds will increase access to charging infrastructure for more residents, electrify the state fleet, improve operation of public charging stations, manage the impact of charging infrastructure on the electric grid, and provide charging solutions for difficult to electrify vehicle types.

“State and rideshare vehicles contribute a disproportionate amount of transportation emissions, so by investing in the electrification of these vehicles, we can have a much more cost-effective impact on emissions,” said Gov. Maura Healey. “Our administration is committed to leading by example in addressing climate change, and we are pleased that these funds will also allow Massachusetts to more quickly electrify its fleet.”

“Many Massachusetts drivers want to make the switch to electric vehicles, but worry about access to charging,” said Lt. Gov. Kim Driscoll. “This investment will break down barriers to widespread electric vehicle adoption and help Massachusetts meet its ambi-

tious greenhouse gas emissions targets.”

The \$50 million in ARPA funds will support innovative EV technology programs at the Massachusetts Clean Energy Center, charging infrastructure investments for the state fleet through Division of Capital Asset Management and Maintenance and the Department of Energy Resources, testing equipment and staff at the Division of Standards to conduct inspections of public charging stations, and future analysis of EV charging needs by the Electric Vehicle Infrastructure Coordinating Council.

“This funding will help make a bigger impact in the lives of our residents across the state as it relates to the future of transportation,” said Transportation Secretary and CEO Monica Tibbitts-Nutt. “Taking the steps to increase measures like fast-charging stations and decarbonization will position us to offer better choices to residents that will be good for the environment and for us as we all work to respond to climate change.”

The EVICC was authorized by “An Act Driving Clean Energy and Offshore Wind” in 2022. The Climate Law requires that the EVICC assess and report on strategies and plans necessary to deploy electric vehicle

charging infrastructure to establish an equitable, interconnected, accessible and reliable electric vehicle charging network. Since convening in May, the EVICC has held 10 public meetings on state EV infrastructure strategy.

In August 2023, the EVICC submitted an Initial Assessment to the Legislature which found that approximately 10,000 publicly accessible fast charging ports will be necessary to support the light-duty vehicle fleet by 2030, in addition to 35,000 publicly accessible Level 2 stations and more than 700,000 residential and workplace charging stations.

Earlier this year, the Administration expanded the Massachusetts Offers Rebates for Electric Vehicles Program, which provides rebates for the purchase or lease of light, medium, and heavy-duty battery electric and fuel cell electric vehicles. In addition to the existing \$3,500 rebates for EVs, the new MOR-EV program includes the rebates at the point-of-sale with participating dealers, a \$3,500 rebate for used EVs for income-qualifying residents, a \$1,500 rebate adder for income-qualifying residents called MOR-EV+ that is in addition to the standard rebate for new or used electric vehicles; and increased rebates for certain light-duty pickup trucks.

“Investing in EV infrastructure could not be more critical at this juncture to address the range and charging anxiety that makes drivers hesitate when deciding whether to purchase an electric vehicle,” said State Rep. Jeffrey N. Roy (D-Franklin), House Chair of the Joint Committee on Telecommunications, Utilities, and Energy. “I thank the Administration for building on the Legislature’s work in creating the charging infrastructure fund by developing targeted investments in curbside charging, fleet charging, medium- and heavy-duty mobile charging, and other innovation solutions to help Massachusetts drivers get into EVs.”

Making a splash . . .



On Duty: Lifeguards Beverly Williams, Rachel McNally, and Aaliyah O’Dean, seen here poolside during Swim Night.

PALMER - This past Friday, Old Mill Pond School held their swim night at the Palmer High School pool.

For two hours, over 30 kids from different grades came together to swim with their friends and classmates.

“I can say that the PTO does a lot of events for our school” said Old Mill Pond principal Holly-Beth Riopel, “and we are very fortunate to have them.”

While many other places would usually require a fee for a gathering like this, Old Mill Pond School was able to make the event completely free for anyone interested in attending, thanks to the sponsorship of the event by Demore’s Automotive.

However, donations were considered to offset the cost of future programs and student events.



Parents and guardians watch as their kids swim at the Palmer High School pool.

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Public Notices

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD24P0115EA
Estate of:
Lois E. Pepper
Also Known As:
Lois Elaine Pepper,
Lois E. Echard
Date of Death:
November 03, 2008
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **William W. Pepper of Dover, DE** a Will has been admitted to informal probate

William W. Pepper of Dover, DE 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.
02/15/2024

**TOWN OF PALMER
COMMUNITY
DEVELOPMENT BLOCK
GRANT**

**Request For Proposals
for Public Social Service
Programs**

The Town of Palmer is seeking proposals from qualified public social service organizations that need funding assistance to provide needed services to Palmer residents. Proposals may be included as part of an application through the FY24 Massachusetts Executive Office of Housing and Livable Communities (EOHLC), Community Development Block Grant Program (CDBG). Eligible activities include a wide range of public social services that build economic security and self-sufficiency as well as activities that address homelessness and workforce development and seek to build social capital, increase economic mobility, and enhance civic engagement. Any proposed project or activity must also primarily benefit low to moderate-income residents of the town.

Palmer may choose to fund all, any, or none of the proposals submitted and only review the most responsive and responsible proposals. The Town reserves the right to reject any proposal that is not in the best interest of the Town or the CDBG program. Agencies or organizations identified for inclusion in the grant will be required to submit additional information as part of

the full FY24 CDBG application to be submitted by March 25, 2024. Programs funded by the MA EOHLC are anticipated to begin in the fall of 2024. For more information or to receive a proposal request form, please contact John LaTour at (413) 283-2614 or email, jlatour@townofpalmer.com.

Proposals must be submitted to the Palmer Community Development Office, 4417 Main Street, Palmer, MA 01069 by Thursday, February 29, 2024, at 11:00 AM.
02/15/2024

**PUBLIC HEARING
ON FY25 WALES
ELEMENTARY
SCHOOL BUDGET**

A public hearing on the proposed Wales Elementary School budget for 2024-2025 will be held on **Wednesday, March 06, 2024 at 6:30 p.m. at the Wales Elementary School**, in accordance with M.G. L., Chapter 71, S. 38N. Copies of the proposed budget are available from the Office of the Principal, Wales Elementary School.

The regular school committee meeting will begin at 6:00 p.m.
02/15/2024

More public notices on page 12

Welcome

KELLY N. POULIOT, O.D.



KELLY & VELAZQUEZ EYE CENTER

PETER J. KELLY, M.D.
LEONARD J. VELAZQUEZ, M.D.
DENNIS M. DORANS, O.D.

Accepting
New Patients

Dr. Pouliot is a board-certified Optometrist who joined Kelly & Velazquez Eye Center in January 2024. She graduated from the Ramapo College of New Jersey with a Bachelor’s degree in Biology. She received her Doctorate degree from the Pennsylvania College of Optometry at Salus University.

Dr. Pouliot has had over two thousand patient encounters upon completion of her clinical externships in the following specialties:

- Contact Lenses (Jacksonville, NC)
- Ocular Diseases (Johnson City, TN)
- VA Hospital (St. Cloud, MN)
- Low Vision Rotation (Philadelphia, PA)

Dr. Pouliot has a special interest in ocular/systemic diseases and other ocular emergencies. She is a member of the American Optometric Association and the Massachusetts Society of Optometrists. She is a native of the Pioneer Valley. She enjoys traveling and spending time with friends and family.

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