

PET OF THE WEEK: Meet Diva & Ace



SCHOOLS Monson students enjoy Disney Page 3



SPORTS Theriault hits 1,000th points

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HEALTH & WELLNESS

QHSUA looks at ties between SDV and substance use

By Paula Ouimette pouimette@turley.com

The Quaboag 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 sub-

stance 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 profes-

sionals, 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 re-

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-

QHSUA | page 7



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

By Marcelo Gusmão Staff Writer mgusmao@turley.com

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 residents who stopped by. Bodbuilding 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

well 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 Kumpulanian-Hastings and Nick Zeo were present for the meeting.

By Harrison Giza Staff Writer hgiza@turley.com

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 lis-

tening 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 Kumpu-

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

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

Staff Writer hgiza@turley.com

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 Marciniec holding a plank with a puppy keeping her balance be-

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

neath her.

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," Dory 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 mgusmao@turley.com

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 Me- Watson, who serves as Chair of the morial 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

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

ART | page 2



DIVA & ACE

These would be Elizabeth Passy's friends, Diva and Ace. Diva is 7, and Ace is almost a year old. 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 rehome? All pets are welcome! Email a high-resolution jpg of your pet with a little information to mharrison@ turley.com.

M-Pact Corp. meeting Feb. 26

PALMER—The public is invited to attend the annual meeting of Municipal Public Access Cable Television, 1659 N. Main St., on Monday, Feb. 26 at 6 p.m. All residents of Monson and Palmer are eligible to be members of the M-Pact Corporation.

Membership is for one year, renewable annually. Members elect the Board of M-Pact and only members are eligible for nomination to the Board of Directors. Four Directors, two from Palmer and two from Monson will be elected for three-year terms.

Please join us and add ideas and energy to make the local Public Access Cable Station even more involved in the communities of Monson and Palmer. For more information, please call (413) 283-7373.

MFD recieves grant for safety equipment

MONSON— State Rep. Angelo J. Puppolo, Jr. (D- SPRINGFIELD) announces that the Massachusetts Executive Office of Public Safety & Security and the Department of Fire Services has awarded the Town of Monson's Fire Department an \$11,453.71 grant for the purchase of firefighter safety equipment. The grant will allow the department to obtain necessary personal protective and safety equipment that will make impactful improvements to the safety and long-term health of their personnel.

"I am pleased to support this funding which will help the Monson Fire Department keep our dedicated firefighters safer," stated Puppolo.

The grant program, now in its 4th year, reimburses Massachusetts fire departments for a wide variety of equipment to protect firefighter safety/health and bring fire departments into compliance with national standards as defined by the National Fire Protection Association and the Occupational Safety and Health Administration.

Hampden Senior Center to host Pie Sale

The Hampden Senior Center, 104 Allen St., is having another great Pie Sale. This year, the fundraiser is offering juicy Apple, delicious Fruit of the Forest and mouth-watering Blueberry. Orders for pies at \$19 each will be taken at the senior center starting March 1, paid in full in advance. Pies will be boxed and bagged and available for drive-up pick up at the center on Saturday, April 27 from Noon to 1:30 p.m. Call 413-566-8271 with any questions.



Photos by Marcelo Gusmão

Therese and Pat Arbour sat with John Perella to enjoy the show.

Music and lunch for seniors celebrating Valentine's Day

MONSON – Last Thursday, patrons at the senior center enjoyed lunch and a show, set up by the town's Council on Aging. Local singer and songwriter Faith

Rheault performed at the senior center on Feb. 8 to a crowd of residents and patrons during lunch as part of a special Valentine's Day celebration.

The center continues to put on

events to enrich the lives of local seniors. This week, it will host the monthly birthday celebration for local seniors, and on Feb. 22, they have a Lunch and Learn session scheduled.

For more information, the senior center can be reached by phone at 413-267-4121, or you can visit their address at 106 Main St.



Faith Rheault performed at the Senior Center for Valentine's Day.



The Senior Center was filled with town residents enjoying lunch and Rheault's per-

Irish Music Concert to be held at the Wilbraham library

WILBRAHAM – Dublin-born folk singer Tom O'Carroll will perform "From Tribe to Nation: A Musical Journey Through the History of Ireland" at the Wilbraham Public Library on Monday, March 4 at 6 p.m. Drawing on archaeological data and historical records as well as music and song, he will explore the broad social

and cultural themes of conflict and identity that occur throughout the island's history. To register, please contact the library at 413-596-6141 or visit the Events Calendar at www.wilbrahamlibrary.org. This free program is sponsored by the Wilbraham Friends of the Library.

Zonta Club is accepting scholarship applications

The Zonta Club of Quaboag Valley is now accepting applications for Zonta International's Young Women in Public Affairs Award.

This scholarship is open to a young woman (ages 16-19) who has demonstrated leadership skills and commitment to public service and civ-

Deadline is March 8.

The Zonta Club of Quaboag Valley is also accepting applications for Zonta International's Jane M. Klausman Women in Business Schol-

Women of any age, pursuing a business

program with major field of specialization in accounting, economics, finance, business management, business technology, information technology, marketing, operations management, human resources management, international business or entrepreneurship at an accredited university/ college/institute, who demonstrate outstanding potential in the field and are living or studying in a Zonta district/region, are eligible.

Deadline is June 15.

For details about either of these scholarships, visit the Zonta Club of Quaboag Valley's website at www.zontaqv.org/scholarships.

Palmer Town Council comes together to make future transportation plans

By Harrison Giza Staff Writer hgiza@turley.com

PALMER — The Town Council met this past week to discuss old and new business with both members and meeting attendees.

Barbara Barry, President of the Council, began the meeting by breaking down the rules and regulations of the town for visitors of the event. After a few speakers, Master Plan Implementation Committee member, Dave Golden, spoke.

'We spoke about the incoming train at the recent implementation committee," said Golden, speaking of the East-West Rail, "and since it might be a little while since we have a new Town Manager, I'd just like to suggest that the town council appoint a point person to be there to help us deal with

"We are poised without any unforeseen circumstances to get this train and I don't want us to fall behind," Golden said. "We need to be proactive, and whatever the state needs from us, and whatever we want from the state, more importantly." The next few moments of

the meeting were dedicated to John Latour, who spoke in detail about the Community Development Block Grant Program's development grant for Fiscal Year 2024. From work related to the domestic violence task force to local transportation grants, Latour gave examples of prior work he has helped out with before getting down to the nitty-gritty of this

new grant. 'The total budget that we would be applying for under FY24 is \$950,000," Latour said. "We are applying for a waiver because we do have money from that FY20 grant,

but it is from two or three housing rehab projects out of 17 units that are in the final stages of construction. Once that is complete, then we move on to FY21, which we have already met the standard for.'

We are about 83% spent on FY20, almost 81% spent on FY21, and we have all our prerequisites FY22 -23 to apply for text round," Latour said.

The meeting continued with reviews of street and sidewalk ordinance, discussions of a Local Inspector for the town, as well as the appointment of Sandra McConathy to Conversation Commission until a 2027 term.

The Palmer Town Council meets the second Monday of each month at 6:30 p.m. Times and dates of Town Council meetings may be changed by the Chair, based on availability of the council members or holidays.

ART I from page 1

tavern that night.

"They were all donated by artists," Coles said. "The call was put out to artists to create art pieces that depicted their feelings of Memorial Hall, and they created and donated those works of art for the silent auction.'

Coles said that the display started in the House of Art during the 18th century tea party, and then the pieces were moved to Monson Savings Bank for display for approximately a week and a half before being taken to the Tavern for the fundraising night that ended with the silent auction.

"The pieces have now, most of them, found their new homes," Coles said. "From the auction itself we raised \$475, and we also got donations totaling around \$275. The restaurant was so good, putting on these fundraising affairs, they tally up the proceeds from 4 p.m. to 8 p.m. and give 10% to whatever organization was having the fundraiser there."

That was our first fundraising event and it went very well, we were very pleased with the outcome," Watson said. "We raised money from the auction, Main Street Tavern 10% of proceeds is going toward Memorial Hall renovation and we got donations, we had a donation jar."

One priority that Coles mentioned was the need for handicapped access to the building. As it stands the building has no ramps, which can be a problem for elderly and disabled patrons of the building.

"You can't put an elevator in there," Coles said.

Perhaps the most daunting expense is the slate roof, which will be a particularly expensive project, but a necessary one, as Coles pointed out that problems with the roof often trickle down to affect other parts of the building.

The interior is also in need of a new set of paint, as well as setting up new light and sound systems for productions held at the Hall. Coles also mentioned the balcony, which is currently unusable, but which the committee hopes to be able to re-

Coles said that this project will likely be ongoing for the next 10-15 years. However, he asserted that it's worth it, as the building is a historical land-

"We applied for a grant under the Mass Cultural Council with the state," Watson said. "We're seeking bids for renovations, so we will be applying for the CPC grant through the town, because the town has the Community Preservation Act, and then it's down to local fundraising.'

The Monson Arts Council is a non-profit organization whose mission is "to discover, promote and sustain an appreciation of and an involvement in art and culture in Monson."

If you would like to contact the council, you can fill out the contact form on their website, monsonartscouncil.org.

To donate to the council, mail a check to P.O. Box 306 in Monson, or send an email to reedcoles@gmail.com.

Corrections

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

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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 sub-

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 I 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 tor 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.



Rebecca Nareau (left) and Diana Gagne



Rebecca Nareau meets with a Disney





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 mgusmao@turley.com

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' a 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 ropedoff 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.

would inform us with historical facts about Disney and how storytelling was a huge part of it," Murphy said. The students also worked

"As we were going from

park to park, Miss Walker

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

"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-





March 16.... Frozen at P.P.A.C. May 4 Kennedy Library June 29...... Lake George Cruise & Lunch.......... \$175 Aug. 30...... 7-Night Nova Scotia Cruise.. from \$1499

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Viewpoints

SOCIAL SECURITY By Russell Gloor

How is my Social Security benefit calculated?

Dear Rusty

I appreciate your recent article dispelling the myth that politicians have stolen Social Security money

As a Certified Public Accountant, I dispel this myth repeatedly to clients, who falsely claim SS funds have been raided. But another thing I deal with often is how SS benefits are calculated. I know the formula for determining each person's benefit amount is complex, but I have had to explain numerous times that those, who put the most into Social Security get the lowest rate of return and those who put the least in get the highest return based on the way the benefit formula is structured.

I get tired of people complaining that monthly Social Security payments are higher for retired doctors and other highly paid individuals. Can you please explain how Social Security is weighted in favor of lower income

Signed Tired of the Misunderstandings

Dear Tired

Please don't be frustrated. Because of the program's complexity, Social Security is prone to misunderstanding and educating the misinformed is an important professional duty we share. Here's how each person's SS benefit is determined:

The first thing to know is that each person's SS retirement benefit is not based on their financial contributions to the program. Social Security's purpose is to provide a benefit, which replaces a portion of the person's pre-retirement income, so the SS benefit is based on actual lifetime earnings, not on the payroll taxes withheld from those earnings.

Social Security has your lifetime earnings record, obtained annually from the IRS and that record determines your "Primary Insurance Amount." Your "PIA" is initially determined in your eligibility year usually age 62 and is the amount you will get if you claim for benefits to start exactly at your Full Retirement Age.

To develop your PIA, Social Security first adjusts (indexes) each year of your lifetime earnings up to the annual payroll tax cap to account for inflation. They then select the 35 inflation-adjusted years in which you earned the most, from which they compute your average monthly earnings over your lifetime, this is called your Average Indexed Monthly Earnings. They then break your AIME into three segments, the first of which includes a majority of and possibly all of your AIME.

They then take a percentage of each segment and total those three amounts to determine your PIA. The first segment is the largest and 90% of that first segment contributes most of your PIA. Smaller percentages of the other two segments (32% and 15% respectively if your AIME is higher), are then added to the first computation to arrive at your full PIA - the amount you get if you start benefits in the month you reach your FRA. Note that since most of the PIA comes from the first large segment of each person's AIME, lower income workers get a higher percentage of their lifetime average monthly amount.

Since benefits are based on earnings, those with lower lifetime earnings do, indeed, get a smaller benefit than those with higher average lifetime earnings, but the percentage of pre-retirement replacement income lower income workers receive is higher than for those with higher monthly average lifetime earnings. The Social Security benefit for lower income workers is typically about 40% of their pre-retirement average monthly income, while those with higher lifetime average earnings may get a benefit as little as 20% of their average monthly pre-retirement earnings.

In that sense, the Social Security benefit formula is progressive and weighted in favor of lower income workers. Nevertheless, albeit a smaller replacement percentage, higher income workers receive a higher monthly SS benefit because of their higher lifetime earnings. Even so, those higher earners did, indeed, contribute more payroll taxes from their higher earnings.

So, each person's SS retirement benefit amount is a percentage of their pre-retirement income. Coincidently, those with higher pre-retirement income also contributed more to the Social Security program than did those with lower earnings. But their higher SS benefit amount is based on their higher pre-retirement earnings, not on payroll taxes paid from those higher earnings.

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.

60th Anniversary of Beatles invasion



Gardening questions that pose a challenge

A recent visit to mom's house prompted the following question about

Now, don't worry, I haven't forgotten what the date is. Sure, the poinsettia hasn't been in it's glory for a few weeks now, but that doesn't mean she is going to give up on it.

You see, my mother likes a challenge, especially when it comes to plants. She wanted some advice on how to encourage new healthy growth before trying to coax it into re-bloom next fall. Read on to learn how it's done:

In early April cut back the plant to eight inches. Fertilize with an all-purpose houseplant fertilizer once a month. New

growth should apthe end of May. After the danger

of frost has passed, move the plant outdoors. Continue water but increase fer-

tilization to every two weeks.

Pinch plants in late June or early July to promote bushy growth. At this time you may also wish to repot the poinsettia. Select a pot one size larger, filling around the root ball with a good potting

Bring the plant indoors as temperatures fall in late summer.

The poinsettia is photoperiodic, and long nights of uninterrupted darkness encourage it to bloom. In greenhouses, growers go to great lengths to withhold light, as even small amounts can delay or stop the plant from setting bud.

At home, putting the plant in the closet for 14 hours each night is your best bet. Setting a reminder alarm or making a note helps to keep on track.

Most people get on a 5 p.m.-8 a.m. schedule beginning Oct. 1 and continue it for eight-10 weeks until color shows on the bracts. Night temperatures should be no higher than 70 degrees or flowering may be delayed.

This all sounds fairly straight forward. I think the biggest frustration for her over the years has been missing a night of darkness, especially near the end of the routine.

Sometimes it works and sometimes it doesn't. Still fun to try, however.

A friend of mine recently asked what I thought of the cloth grow bags that are all the rage right now. Although I haven't used them myself, another friend, Chris, has been gardening up a storm the last few years using these bags.

She has an amazing flower border that you would think is growing in the ground, but it is a collection of dozens of bags in various sizes, holding everything from cannas to dahlias, zinnias and mari-

golds. She has great success with potatoes and other vegetables, too.

Read on to learn about the benefits of these bags. I guess the one benefit that I never

thought of is breathability. Because the fabric is permeable there is good air exchange, the roots grow to the edge, are air-pruned and branch out.

This is altogether different than plastic or glazed ceramic pots that don't breathe and encourage tangles of roots that encircle the pot eventually becoming bound. When a plant is root bound, it suffers until it is repotted; not so with grow bags!

Another pro would be drainage. The grow

bags hold only what moisture soil the hold can and the of rest it drains away. Sure, the flip side is that you will need water often in

times of drought, but it's nice to know that if we have another summer like we did last year, the plants won't rot, either. Other more obvious benefits include

portability, heat resistance and ease of storage. If you purchase bags with handles, you can move them around the yard much easier than you could if the plants were in heavy pots.

The bags weigh next to nothing compared to clay or ceramics. Grow bags also do not heat up the way glazed or plastic pots do; roots are cooler and the plants are happier.

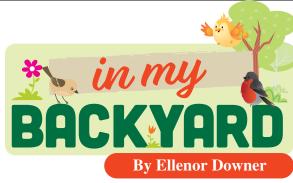
When the season is over, you can wash the bags and flatten to store. Most brands say that they last for four-five seasons or longer with good care.

Do some research to pair the size bag you use with the plants you are growing. A quick check gleaned that 10 gallon bags are good for three seed potatoes or a single indeterminate tomato plant. Bush type tomatoes would grow well in a seven gallon pot.

Also research the best potting soil or compost mixes to use; there are many out there. Chris uses a blend and uses organic fertilizers, crediting that to her success.

The apple may not fall far from the tree. Mom likes her challenges, and I like mine. I think trying out grow bags is in my near (gardening) future.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.





American Goldfinch winter plumage

received an email from a Brimfield resident who counted 36 plus American goldfinch in his yard Laduring a snow storm. The next day he saw about a

I also had about 20 plus goldfinch eating on the ground under my feeder. I had seen two or three mixed in with juncos and sparrows from time to time, but not this many. In winter, they are found in flocks that wander in search of food.

The American goldfinch is five inches long. The male during breeding season has a bright yellow body and black cap, wings and tail. The wings also have white bars. The female is yellowish, green overall with black wings and tail.

In winter, the male looks more like the female with a yellowish brown, yellowish wash on the face and chin and black wings with white wing bars. The female in winter is grayish brown with a little yellow and dark brown wings with white wing bars.

Goldfinch feed on the ground, on weed stalks, thistles and foliage. At feeders, they prefer hulled sunflowers and thistle (Niger) seeds.

The female lays three to seven light, blue eggs in a nest of strands from weeds and vines, downy elements from wind-dispersed seeds such as thistles bound with caterpillar webbing placed in a shrub or tree.

Bluebirds

A flock of about eight male and female bluebirds continue to come to my raisin suet cake and the feeder with mealworms. I fill it once or twice during the day as I enjoy watching them as I work at my desk. During the snow on Tuesday, they visited the mealworm feeder and suet feeder frequently. The blue against the white snow was almost as striking as the red of the cardinal against fresh snow.

Bald eagles

I received a photo of a pair of bald eagles taken by a Palmer resident at Forest Lake in Palmer. They were in the top of a pine tree by the lake.

Brimfield birds

A Brimfield resident sends emails of the birds in his yard on a regular basis. He said, "One day last week a Carolina wren showed up for a day. The warm brown coloration of the bird caught my eye when I glanced out at the feeders. It was feeding on the suet cakes and the log' made of suet, berries and mealworms.'

He counted 36 plus goldfinch in the yard during a snow storm The next day there were over a dozen still about. Usually it is three or four goldfinch that show up.

He shared an email from a friend in Belchertown, "We had a female redwing at the seed trays today. It's unusual to get one here this early. We also had four bluebirds show up and munch on the suet. They seem to make a visit when the weather is crappy.

The Belcertown resident also said, "We're inundated with goldfinch. The thistle seed bag is covered with them. I had to fill the hearts feeder three times today due to the numbers of goldfinch around."

The Brimfield resident reported a large number of juncos, four white-throated sparrows and come house finch. He said, "A pileated woodpecker did a fly by the other day. That is how we most often see then although a few years ago a male was coming to our suet feeders. The female came close to the feeders but never feed that I saw." His wife drove past Wheeler Pond in town and was surprised to see the pond was not completely frozen and that there were two pair of hooded mergansers on the pond.

Birds on Feb. 13

The Brimfield resident observed ten species of birds in his yard during the snow on Tuesday, Feb. 13. He counted five mourning doves, one downy woodpecker, one hairy woodpecker, two black-capped chickadees, three tufted titmice, two house finches, one American goldfish and 80 dark-eyed juncos.

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.

The Journal Register

EDITORIAL



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Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of

Please send opinions to: **The Journal Register** Letter to the Editor 24 Water St., Palmer MA 01069, or by e-mail to: journalregister@turley.com

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 on the ballot or discussing campaigr issues should be sent to The Journa 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 ters will be printed. No letters writter 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 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

Happenings at the Holland Community Center

Wheels Up With Rc Car Excitement **Hobby & Race Complex**

Tuesday, Feb. 20 from 1-3 p.m. It will be nonstop fun when you get out on our mini crawler course at the Holland Community Center.

Join Holland Elementary School Alumni, Sam Hunter, from RC Car Excitement in Fitchburg as he leads us in a RC Monster Truck demonstration. There will be 5 Traxxas TRX4M Mini Crawlers for use.

*Adult assistance may be necessary for those unfamiliar with radio-controlled vehicles. All children must be accompanied and supervised by an adult. This event is FREE and open to the public.

Appropriate for ages 7+. RSVP Required by Thursday, February 15th **Singer - Faith Rheault**

Wednesday, Feb. 21 at 1 p.m. Back by popular demand! Join us for

an hour of song with singer-songwriter Faith Rheault (pronounced "Roe"). Check out her Facebook Page "Faith Rheault Music" for event listings and look for her music on Spotify, Apple Music, iTunes, and Amazon ... but catch here performance here first!

This event is free for all ages.

RSVP for our Chicken Salad lunch at 12 pm. It's only \$5 per person to eat at the Center for all ages.

EVENTS at the CENTER! MOVIE - Monday, Feb. 28 at 1 p.m.

- "Air" (2023) -Plot Synopsis: "From award winning director Ben Affleck, "AIR" reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and culture with the Air Jordan brand." Starring: Matt Damon, Ben Affleck, Jason Bateman, Chris Messina, Marlon Wayans, Chris Tucker, and Viola Davis; Rated: R; Runtime: 1 hr. 54 min.

The exterior of the Monson Free Library on High



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

LIBRARY I 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

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.



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

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

THREE RIVERS - Boy Scout 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 and challenging outdoor program for

pancake, and rescued one of their troop members who acted as a mock accident victim with a broken leg and hypother-

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

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

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-



Beverly Flamand of Ware shares her TAVR story.

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."

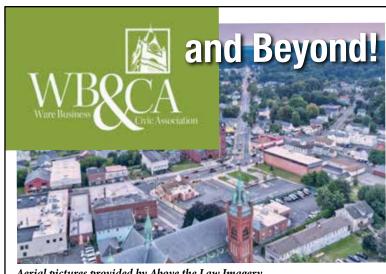
Many patients still undergo openheart surgery, often because their valve isn't anatomically suited for TAVR, and surgery remains an excellent option for some patients.

"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 Zichittella, 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.



Aerial pictures provided by Above the Law Imagery

Ware Business & Civic Association now includes the communities of Palmer, Belchertown, West Brookfield, Warren and Hardwick. **Businesses and organizations** from those towns are welcome to join!



Visit warebca.com email warebca@gmail.com





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 closeknit 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

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.



State awards HCC \$1.46M to build nursing workforce training program

HOLYOKE - Holyoke Community College and its partners have been awarded a state grant worth nearly \$1.46 million to create a certified nursing assistant to licensed practical nurse training program to help area hospitals meet their workforce needs.

Earlier this month, the Healey-Driscoll Administration announced a total of \$3.9 million in Senator Kenneth J. Donnelly Workforce Success grants for six initiatives A nursing student works on a "patient" during a representing employers and training exercise at the Holyoke Community College's collaborative organizations Center for Health Education & Simulation. across the Commonwealth.

The lion's share of that money - \$1,457,143 - will go to an HCC-led training program to assist 86 unemployed or underemployed individuals transition from jobs as nursing aides to positions as licensed practical

nurses. The grants, funded through the Workforce Competitiveness Trust Fund and distributed by the Common-Corporation, aim to increase sustainable wage career pathways for Massachusetts residents facing employment barriers and improve the competitiveness of Massachusetts businesses by enhancing worker skills and productivi-

HCC's partners in the grant include Baystate Medical Center, Baystate Wing Hospital, MassHire Hampden County, Springfield Works, and the National Fund for Workforce Solutions.

'We are delighted about the Commonwealth Corporation's award to HCC and our many partners in this unique and innovative career pathway in nursing," said HCC President George Timmons in a press release. "Healthcare is one of the largest industry sectors in our region, and it continues to grow. We hope that this pathway for licensed practical nurses will help create more family sustainable incomes for nursing assistants looking to advance in this exciting and rewarding career."

The multi-stage program will first train individuals as nursing aides, then help them obtain jobs at area hospitals while they continue their training in HCC's LPN program, all the while providing them with wrap-around support services. HCC already has an existing framework for CNA training through its Jump Start program, which is designed for individuals receiving public assis-

"Every individual in Massachusetts should have access to quality job training, and our employers should have access to the skilled talent they need to do business," said Governor Maura Healey. "Our workforce is our greatest competitive strength. The latest round of Workforce Success Grants is another example of our administration's commitment to expanding opportunities and expanding our lead.'

The grants were announced Dec. 18 by Labor and Workforce Develop-



Submitted Photo

ment Secretary Lauren Jones during a graduation event at the Boston-area African Bridge Network, which received

To help leverage the state grant for the HCC-led project, the National Fund for Workforce Solutions invested \$200,000 to incorporate the voices and lived experiences of participants in the design of the program to advance equitable employment outcomes.

"This is an amazing achievement," said Anne Kandilis, director of Springfield WORKS/Working Cities Challenge. "Sometimes we focus on the grant itself, but the 18 months of hard collaborative work that goes into proposing something this big is important to lift up

According to the Healey-Driscoll Administration, the grants are part of a strategic investment in the Massachusetts workforce to develop programs that support individuals facing barriers to employment, such as lack of formal schooling, language literacy, or past involvement with the criminal justice sys-

"Investing in our workforce and our businesses is investing in the Massachusetts economy and puts the state in a position to succeed," said Lieutenant Governor Kim Driscoll. "These grants help organizations attract workers who may be unemployed, underemployed, or experiencing barriers to employment and provide the necessary skills they need to thrive. These grants will help us achieve our workforce development goals, expand our skilled talent pool, and strengthen our competitiveness.'

The six grant-funded initiatives aim to train and hire 384 individuals over three years.

The Springfield-based Entrepreneurial & Business Collaborative also received a grant worth \$630,998 to prepare 90 individuals for jobs in the hospitality industry. The group is partnering with the Northampton Brewery, Granny's Baking Table, River Valley Market, Tandem Bagel Company, and Puerto Rico Bakery II.

Other grant recipients include the ining and Upgrading Fund in Quincy (\$717,220), Cambridge College, Inc., in Boston (\$436,062), and Cape Cod Regional Technical High School District in Harwich (\$225,425).

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CAMPUS

Avery Paradis graduates from Clarkson University

Avery Camryn Paradis of Monson, MA, received a master of science degree in environmental science and engineering from Clarkson University on December

American International College Fall Dean's List

American International College (AIC) in Springfield, MA, is pleased to announce that 451 students have been named to the Dean's List for the fall 2023 semester. Dean's List students attend full-time and have achieved a 3.3 to 4.0 GPA. AIC commends the efforts and accomplishments of these diligent and hard-working students.

MONSON Tyler LLoyd majoring in Nursing Ryan Nodel majoring in Health Science Alivia Skowyra majoring in Health Sci-

Gabriel Zippin majoring in Criminal Jus-

BONDSVILLE

Byron Peabody majoring in Exercise Science

WALES

Jessica Shiers majoring in Nursing

Clarkson University Presidential Scholars

Students have been named Presidential Scholars for the Fall 2023 semester at Clarkson University.

Logan Paradis of Monson Ty Sayball-Wimmer of Bondsville

Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

Dean College Dean's List

Dean College is pleased to announce that Elizabeth Perreault of Palmer has earned a place on the Dean's List for the Fall 2023 semester. Students named to the Dean's List have demonstrated a serious commitment to their studies while at Dean

East Stroudsburg University Fall 2023 Dean's List

Robert Burke, Business Management major from Palmer, Mass., was among the 1,494 students to be named to the Dean's List at East Stroudsburg University of Pennsylvania (ESU) for the Fall 2023 semester of the 2023-2024 academic year, according to Margaret Ball D.M.A., provost and vice president for academic

Students eligible for the Dean's List are those who have attained a 3.50 quality point average or better and are enrolled full-time. The letter grade "B" earns 3 quality points per credit, and the grade "A" earns 4 quality points per credit.

Springfield College Dean's List Students for the 2023 Fall Semester

Springfield College Recognizes Dean's List Students for academic excellence for the 2023 Fall Semester.

Caiden Bodak from Monson, MA was named to the dean's list. Bodak has a primary major of Finance.

Rylee Bonneau from Monson, MA was named to the dean's list. Bonneau has a primary major of Health Sci / Pre-PT.

Maegan Boucher from Monson, MA was named to the dean's list. Boucher has a primary major of English.

Aiden Casinghino from Brimfield, MA was named to the dean's list. Casinghino has a primary major of Applied Exer-

Cameron Daniels from Monson, MA was named to the dean's list. Daniels has a primary major of Sport Management.

Logan Fontaine from Palmer, MA was named to the dean's list. Fontaine has a primary major of History. Mia Krupczak from Monson, MA

was named to the dean's list. Krupczak has a primary major of Marketing. Dominique LaBranche from Am-

herst, MA was named to the dean's list. LaBranche has a primary major of Criminal Justice. Nathan Letendre from Palmer, MA

was named to the dean's list. Letendre has a primary major of English.

Kayla Yesu from Monson, MA was named to the dean's list. Yesu has a primary major of Psychology.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Stonehill College Fall 2023 Dean's List Announced

More than 1,000 students have been recognized for academic excellence. To qualify for this honor, students must have a semester grade point average of 3.50 or better and must have successfully completed all courses for which they were regis-

Allison Moloney of Brimfield (01010) **Jessica Kenyon** of Monson (01057)

University of Hartford President's List

The University of Hartford congratulates the students who have been named to the President's List for Fall 2023.

The President's List is made up of an extremely select group of students who earned a grade point average of 3.75 or higher in the semester.

Daniel Fiester of Monson Andrew Briere of Holland Katherine Roberts of Monson

University of **Hartford Dean's Lists**

The University of Hartford is pleased to announce the students who have been named to the Dean's List for Fall 2023.

> Courtney Haire of Brimfield **Andrew Briere** of Holland **Daniel Fiester** of Monson Katherine Roberts of Monson Joyce Woodard of Wales

Univ. Of New England Dean's List

The following students have been named to the Dean's List for the 2023 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

Meghan Leach, Monson, MA Julia Martinson, Palmer, MA

University of Rhode Island Fall 2023 Dean's List

The University of Rhode Island is pleased to announce the Fall 2023 Dean's List. Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries. They include:

Chris Ballou of Brimfield Emma Chafer of Monson Mary Godek of Wales Sage Hoschek of Wales Caitlin Lebel of Three Rivers Evan Murray of Palmer Miranda Sandoval of Palmer

University of Scranton Fall 2023 Dean's List

Gabriel M. Messier of Palmer was among more than 1,600 students named to The University of Scranton's Dean's List for the 2023 fall semester. The Dean's List recognizes students for academic excellence. A student must have a grade point average of 3.5 or better with a minimum number of credit hours during the semester to make the Dean's List. The list includes students from the Jesuit university's College of Arts and Sciences, Kania School of Management and Panuska College of Professional Studies.

Messier is a sophomore mechanical engineering major in the University's College of Arts and Sciences.

Worcester Polytechnic Institute Dean's List

A total of 2,299 undergraduate students achieved the criteria required for WPI's fall 2023 Dean's List. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

The following students were named to the fall 2023 Dean's List:

Patrick Hussey, from Brimfield, Massachusetts, class of 2024, majoring in Data Science

Catalina Mudgett, from Palmer, Massachusetts, class of 2026, majoring in Aerospace Engineering and Robotics Engineering



in next weeks Journal Register.

Western New England University President's List

Western New England University (WNE) takes immense pride in recognizing the outstanding academic achievements of over 500 students who have been named to the President's List for the Fall 2023 semester.

This prestigious honor is a testament to the commitment and dedication these students have demonstrated in their pursuit of academic excellence. The President's List acknowledges those who have achieved a semester GPA of 3.80 or higher, showcasing their remarkable scholastic accomplishments.

The diverse group of awardees represents various majors across WNE's Colleges of Arts and Sciences, Business, and Engineering. The University commends these students for their intellectual curiosity, leadership, and dedication to their educational journey. They are:

Domenick Romeo of Monson, MA majoring in Accounting.

Johnathan Ventura of Bondsville, MA majoring in Biology.

Stephen Ventura of Palmer, MA majoring in Business Analytics & Informa-

Ethan Griswold of Palmer, MA majoring in Computer Engineering. Taylor Mersfelder of Palmer, MA

majoring in Computer Science.

Matthew Sweet of Monson, MA majoring in Creative Writing. Emily Moran of Holland, MA major-

ing in Criminal Justice. Natalie Bruneau of Monson, MA majoring in Elementary Education/Psy-

chology Elizabeth Shvetsov of Palmer, MA majoring in General Business.

Jack Leland of Brimfield, MA majoring in History.

Haley Bronson of Monson, MA majoring in Neuroscience. Colton Santarelli of Palmer, MA ma-

joring in Psychology. Alexandra Riley of Palmer, MA ma-

ioring in Psychology. Cole Crosby of Brimfield, MA majoring in Sport Management.

WNEU Fall 2023 Dean's List

Western New England University (WNE) takes immense pride in recognizing the outstanding academic achievements of over 700 students who have been named to the Dean's List for the Fall 2023 semester.

This prestigious honor is a testament to the commitment and dedication these students have demonstrated in their pursuit of academic excellence. The Dean's List acknowledges those who have achieved a semester GPA of 3.30 or higher, showcasing their remarkable scholastic accomplishments.

The diverse group of awardees represents various majors across WNE's Colleges of Arts and Sciences, Business, and Engineering. The University commends these students for their intellectual curiosity, leadership, and dedication to their educational journey. They are:

Claire Hill of Brimfield, MA majoring in Actuarial Science.

Kaylin Tietz of Brimfield, MA major-

ing in Biology. Madison Cole of Palmer, MA majoring in Chemistry.

Mason Ahlman of Palmer, MA majoring in Computer Science.

Matthew Provost of Monson, MA majoring in Construction Management. Makenna Matczak of Wales, MA

majoring in Criminal Justice. Taylor Browne of Palmer, MA ma-

joring in Neuroscience. Austin Degnan of Palmer, MA major-

ing in General Business. Maxfield Phaneuf of Brimfield, MA

majoring in Civil Engineering/Environmental Engineering Concentration. Ethan Ahearn of Brimfield, MA ma-

joring in Electrical Engineering. Zackery Wysk of Monson, MA ma-

joring in Mechanical Engineering. Melissa Pereira of Palmer, MA ma-

joring in Engineering.

Eastern Connecticut State University 2023 Dean's List

Eastern Connecticut State University recently released its Dean's List for the fall 2023 semester, in which more than 1,300 students were recognized for maintaining high GPAs.

Among them is full-time student Hannah Johnson of Holland, a first-year student who majors in Physical Education.

To qualify for Dean's List, full-time students must complete a minimum of 12 credits in letter-graded courses with an average GPA of 3.5 or higher in the semester. Part-time students are eligible if they've accumulated 15 or more credits of letter-graded course work with an average GPA of 3.5 or higher.

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More campus notes to follow

QHSUA I from page 1

mestic violence.

"The key finding is there is an overwhelming overlap in SUD and SDV," Patrissi said. The majority of people (99%) in Bureau of Substance Addiction Services residential services have been impacted by sexual and domestic violence.

Another key finding during the focus groups was that while BSAS residential services used a trauma-informed approach, it did not address sexual or domestic violence directly out of concern that doing so could destabilize a person in early recovery.

Patrissi said the trauma-informed approach "is sensitive, but not addressing" sexual and domestic violence, and that providers shared that they don't have any tools to do so.

Patrissi said it is important to use the insights from the SDV field to look at relationships as a whole.

"Usually, we think of sexual domestic violence work as what happens with a couple. But this also applies to all relationships," she said.

Patrissi said there are eight fundamentally, deeply held beliefs that people have when they inflict dominance over

Believing that I can hurt or intimidate you or misuse my power or show contempt if I feel uncomfortable.

Believing that I am inherently superior, i.e., that males or White people are superior, or that traits culturally associated with "the feminine" are inferior (no matter your gender expression) or that identities "unlike my own" are inferior, such as nonbinary gender expression, age, race, (dis)ability, LGBTQ, etc.

Believing that it is your job to accept me as I am, no matter what I do.

Believing that I have the right to tear you down if you point out something about me that threatens my self-concept.

Believing that you must celebrate me, my self-perceived strengths, my growth and change, and not mention how little I have actually changed.

Believing that I can act disgusted and insulted and insulting if you point out significant things that I forget or do not know.

Believing that I can establish reality (fact patterns) to my liking.

Believing that I can be contemptuous or violent if you complain, because I should never be answerable to you.

"Any form of dominance uses this pattern, any at all," she said. "Abusive values impact us all. We're all in relationship to these."

Patrissi said no one is exempt from using these eight values and what makes you abusive is if someone shows you, 'and you double down and do it more."

"The trauma is the impact," she said. "Hurt people don't hurt people. Millions of people are hurt and don't inflict hurt on others. It's hurt people with untransformed abusive values that hurt people."

Recognizing this is what helps service providers be more responsive to the needs of survivors.

"We can validate all of the experiences and do them all. They're not separate," Patrissi said.

Patrissi said there are several trainings available, including Women's Residential Services that offers effective supports for survivors of sexual and domestic violence in recovery. This free, three-part, 12-hour training is skills based and will be held March 18-20 from 9 a.m.-1 p.m.

The training will look at nondominant ways to work with resident survivors in their process of navigating their relationship and experiences of sexual violence in ways that align with recovery work; how to approach safety; and people and programs who serve as your community resources.

Patrissi said there is also a one-hour training called "Can They Really Change? Can We?" that will be held during the months of April, May and June and on demand.

This training allows peer workers and practitioners to strengthen their ability to assess the impact of intimate partner violence on the people in recovery they work with.

For advocates work-

armer Matt

860 West Brookfield Rd., New Braintree, MA

ing with sexual violence survivors, the training, "Closing the Gap: Working with Survivors in Recovery," will demonstrate a noncoercive dialogue approach for advocates talking with survivors who may be thinking about recovery.

Learning Collaboratives meets monthly for two-hour sessions and Technical Assistance, helping supervisors and others in BSAS contracted services to learn about and adapt best practices, screening tools or supervisory approaches to addressing the challenges of the SDV and SUD intersection in their work.

Technical Assistance (60-90 minute sessions) is available to service providers when complex challenges arise related to the SDV and SUD intersection.

The Cabinet, which advised the SDV + SUD Collaborative Project as a whole, works toward referrals and skills, an integrated service model, systems uses of power and cultivating a shared

"Why we need to cultivate a shared lens," Patrissi said, when looking at SUD and SDV. "The substance use field grew up separately from the sexual and domestic violence field...progress has been made in substance use disorder but there is still a lot of work for sexual violence and domestic violence.'

For more information about this initiative, available trainings, or other resources, visit www.growinganewheart.

Retirement

QHSUA's Prevention Director Gail Gramarossa announced that she will be retiring from her position at the end of March. Resumes are being accepted to fill the vacancy.

"I have no doubt we'll be able to find someone to pick up the projects and go from there," Gramarossa said.

A celebration will be scheduled later this year to celebrate Gramarossa's retirement, and QHSUA's 10-year anniversary.

Upcoming events

An "Opioids and Opioid Rescue Training" will be offered by Kirsten Krieger, Public Health Nurse on Monday, Feb. 26 at 4:30 p.m. at Education to Employment, 79 Main St., Ware. RSVP to Krieger by Feb. 23 by emailing kkrieger@townofware.com.

The next Palmer-focused substance use meeting will be held on Tuesday, Feb. 27 from 2:30-4 p.m. in the Palmer High School library.

Drug Endangered Children Awareness Training will be held on Tuesday, Feb. 27 from 2-4 p.m. and Wednesday, Feb. 28 from 10 a.m.-noon. For more information, contact Ellen Miller at District Attorney Joseph D. Early's Office by emailing ellen.miller@mass.gov.

Q-DRUG, an organization that is also celebrating 10 years this year, will host inspirational speaker Chris Herren on Thursday, March 7 at 6 p.m. at Quabbin Regional High School, 800 South St., Barre.

"The Evolving Dynamics of the Polysubstance Use Crisis" will be presented by District Attorney Joseph D. Early's Office on Thursday, Marcy 7 from 5:30-6:30 p.m. at Worcester Technical High School, 1 Officer Manny Familia Way, Worcester. For more information, email luke.piers@mass.gov or caroline.root@mass.gov.

Next meeting The next meeting of the QHSUA will be Monday, March 11.

CALENDAR OF EVENTS

E-mail items to mharrison@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.

UPCOMING

The Town of Palmer will be having early presidential voting on Saturday, Feb. 24, from 8 a.m. to 2 p.m.; Monday, Feb. 26, from 8:30 a.m. to 7 p.m.; Tuesday, Feb. 27 through Thursday, Feb. 29, from 8:30 a.m. to 4:30 p.m. At the Town Clerk's office, 4417

Tickets for the 25th annual Second Chance Dinner Auction are now available for purchase. This significant fundraising event marks the kickoff of Second Chance's yearlong 25th-anniversary celebration. promising an evening of philanthropy and joy to benefit homeless shelter pets in need of veterinary care. The event is scheduled for Saturday, March 23, at the La Salle Reception Center in Southbridge. For individuals interested in sponsoring, donating items, or attending the event, complete information and tickets can be found at http://www.secondchanceanimals.org/dinner-auction.

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-

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.

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

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@ vahoo.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.

Patients sought for clinical trial investigating sleep apnea treatment

Researchers create pill to treat sleep apnea

SPRINGFIELD – If you are one of the approximately 39 million U.S. adults with sleep apnea, but cannot tolerate its treatment using a CPAP machine, there may be an answer to your problem.

Researchers at Baystate Medical Center are looking for patients to participate in a clinical trial to see whether a pill to treat sleep apnea is safe and effective.

years, re-For searchers have been trying to come up with a pill to treat sleep apnea.

While it is likely that medications will not fully treat obstructive sleep apnea, there is hope that it can lead

to at least a partial improvement medications that help stabilize of symptoms and less risks of untreated sleep apnea. So far, the most promising medications have been ones which reduce the relaxation of the tongue helping to keep the airway more open during sleep, but they work

best when combined with other

sleep," said Dr. Karin Johnson, director of the Baystate Health Sleep Program.

One possible drug is getting closer to becoming a reality. Late in 2022, Apnimed announced the results of their phase 2 randomized trial studying a new

drug combination, AD109, demonstrating initial success in decreasing the number of blockages in the airflow in patients with OSA and improving their fatigue scores. The drug combines atomoxetine, a medication

SLEEP APNEA | page 11

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The Southbridge Softball league is now enrolling teams and players for the 2024 season.

Games are played at Henry Street Field (located off Rt. 169) in Southbridge.

We have 3 levels of Mens Leagues (A, B & C) that play weeknights starting @ 6:30 PM, a Mens JB draft league (for players age 39 by Sept. 30th) that plays Sunday AM starting at 9 AM and a COED league (5 & 5) that plays Sat & Sun evenings starting @ 6 PM.

The potential for a Women's league or a weekday COED league (6 & 4) exists depending on the number of teams we receive a minimum of 4 teams would be required for either to be considered.

THE FEES FOR 2024 ARE AS FOLLOWS:

\$425 team roster fee and a \$125 forfeit fee for a total of \$550. If your roster is turned in on or before 3/5 the fee is \$550. If your roster is turned in between 3/5 + 3/12, the fee is \$600.

No rosters will be accepted after 3/12/24. Player fees for 2024 will be \$55 and a \$5 additional fee will be charged to those players playing on (2) or more teams.

Please email info@southbridgesoftball.org or check out our Southbridge Softball Association Facebook page for more information.

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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.

ANIMALS I from page 1

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.

Opioids and Opioid Rescue Training



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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

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

PALMER | page 10



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.

share the moment with Charlotte. She's an outstanding basketball

BASKETBALL



Greenly Lagimoniere passes on the



Desiree Croteau is pushed out of bounds.



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



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



Victoria Stephens looks for a teammate to

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.



Warriors handle Lancers

FISKDALE – 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



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.

points.

"Colin has improved his skills a lot both offensively and defensively," Dreher said. "He's a threesport 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

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

Laferriere dropped a pass in the left circle for Keean Washkurak, who curled the puck to a better shooting lane and snapped a wrister through Stevenson's five-hole to make it a 2-1

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 backhander 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

began just 2:55 into the second, as Mathias a much-needed reply with a one-time shorthanded 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 backhander 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 Car-



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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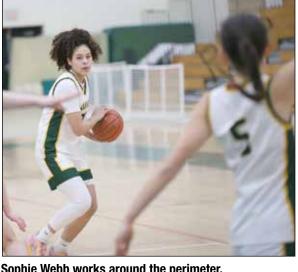
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Sophie Webb works around the perimeter.



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

Warriors handle Lancers



Maggie Johnson looks to pass the ball away.

Jayda Pardo starts a play on offense.



Jordan Bigda shoots for the Panthers.



Madison Rathbone drives to the hoop.

PALMER I 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

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

"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 team-

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

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

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 fastbreak 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 sea-



Osvaldo Nieves takes a long shot.



Austin Meacham gets the jump shot.

MUSTANGS I 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 tourna-

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 Giovanny 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

"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.

DEATH NOTICES

Debbie Dupre, 72 Died Feb. 11, 2024 No Services Beers and Story Funeral

Mary A. (Flint) Papineau Died Jan. 30, 2024 Service Feb. 24, 2024 Beers and Story Funeral

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.

Debbie Dupre, 72

PALMER — Debbie Dupre, 72, passed away at home on Feb. 11, 2024, surrounded by her loving family. "Lifes journey is not

to arrive safely at the graves in a Good Ride! No Services - Deb. well-preserved body but rather to skid in sideways totally worn out please visitwww.beersandstory. shouting holy crap what a ride".

To sign an online guest register

Mary A. (Flint) Papineau

PALMER — Mary A. (Flint) Papineau, 93, of Palmer died Jan. 30, 2024 at Baystate Wing Hospital, with her loving family by her side.

Born in Palmer on Jan. 29, 1931, Mary attended Palmer High School and later worked as a switchboard operator for New England Tel. & Tel. where she met the love of her life, Gene. Together they built a home and raised two children. Mary's passion was her family; she was their heart and the proverbial glue that held all together. In her leisure time, she enjoyed travel, visiting family and friends, gardening, and sewing. She was active in her church, serving as Sunday School Superintendent for many years and working on the rummage sales. She especially enjoyed German festivals and the fest friends she and Gene made over the years. She will be missed for her kindness, humor, generosity, and 'gift of gab.'

She will be deeply missed by her daughter Karen Papineau and her husband Jim Keydel, and their daughter

Eleanor, of Groton; her son John Papineau of Palmer and his partner Carol Murray and her daughter and son-in-law Sara and Joe Couture; along with her devoted sister June Bacon of Palmer and Mary's life-long friend, Marilyn Hill of FL. She leaves three generations of nieces and nephews. Besides her parents, James and Myrtle Flint, she was predeceased by her husband of 63 years, Gene Papineau, by her



sisters Joan Belliveau and Shirley Flint, and brothers John Flint, James Flint, and Robert Flint.

A Memorial Service will be held Sat., Feb. 24 at 11 a.m. at St. Paul's Church of Palmer Unitarian Universalist.

To honor her memory, donations may be made to St. Paul's Church of Palmer Unitarian Universalist, PO Box 307, Palmer, 01069; or Greater Springfield Senior Services, Inc., 66 Industry Avenue, Suite 9 Springfield, MA 01104 (Meals on Wheels program) or https://gsssi.org/donate; or a charity of your choice. For more information, please visitwww.beersandstory.com

MSB announces giving initiative recipients

MONSON— In late 2023 Monson Savings Bank asked its community members to cast their votes for their favorite, local non-profit. Monson Savings Bank is now announcing the 2024 Monson Savings Bank Community Giving Initiative Recipients.

Community Giving Initiative poll. The public's excitement to cast their vote has grown throughout the years. This year, nearly 7,000 votes were received.

"Everyone's passion for our annual Community Giving Initiative is always so exciting." said Michael Rouette, EVP and chief operating officer of Monson Savings Bank. "As a locally operated bank, Monson Savings has a great desire to support the residents, businesses, and non-profits, of the communities that we work in and live in. Our Community Giving Initiative offers an opportunity for

their voice heard and decide the non-profits they would like to us support. Because our neighbors voted for these charities, we know that these charities can make a difference for our neighbors."

This was the fourteenth year calculated, Monson Savings Bank field; Friends of Hampden Se-Monson Savings Bank ran its is preparing to donate a generous niors, Hampden; Women's Emtotal of \$15,000 among the top ten vote recipients. Monetary donations are one of the ways the local bank fulfills their enduring mission of supporting Western Massachusetts communities.

"These organizations are worthy non-profits that supply important resources to our communities. It is clear why they were chosen by our community members to receive support from Monson Savings," said Dan Moriarty, president and CEO of Monson Savings Bank. "On behalf of Monson Savings Bank, I congratulate the top ten recipients of the 2024 Commu-

ity. Some patients aren't bothered by symp-

toms, but their OSA can increase blood pres-

sure, make it harder to control their diabetes,

and increase their risk of heart attacks, strokes

for many patients is continuous positive air-

way pressure, or CPAP. It uses pressurized

air to blow the tongue and upper

airway open to prevent collapse that

leads to snoring and blockages in

the airflow in obstructive sleep ap-

nea. While CPAP has improved con-

siderably over the years with silent

equipment, better fitting and more

comfortable masks, it is still not for

everyone. Some patients can bene-

fit from other treatments including

mandibular advancement devices,

mouth guards that hold the lower

jaw forward, or surgical treatments

including Inspire, an implanted stim-

forward as you breathe at night.

ulator that causes the tongue to move

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our community members to have nity Giving Initiative and I thank you for making Western Mass a better place to live."

2024 Monson Savings Bank Community Giving Initiative recipients are: I Found Light Against All Odds, Springfield; Shriners Now that the votes have been Children's New England, Springpowerment Scholarship Greater Springfield; Whip City Animal Sanctuary, Westfield; Monson Free Library, Monson; Miracle League of Western MA, Springfield; Halfway Home Cat Rescue, Chicopee; Scantic Valley YMCA, Wilbraham; ClubOh!, Springfield.

To learn more about Monson Savings Bank's Annual Community Giving Initiative, please visit: https://www.monsonsavings.bank/ connect/our-community/community-giving-initiative.html.

Police/Fire

Police Logs

Palmer

The Palmer Police Department reported 461 incidents on its logs for Jan. 30 - Feb. 5.

Jan. 30

At 12:04 p.m. police responded to a hit and run accident on Main

At 12:49 p.m. police responded to a hit and run accident on Main

At 3:58 p.m. police arrested Christopher Schuelke, 35, unhoused, on two warrants.

At 7:30 p.m. police responded to an accident with property damage on S. Main Street.

At 8:08 p.m. police pulled over and gave summons to Emeka Julius Jacintho-Horton, 22, of 1299 S. Main St., Palmer for operating a motor vehicle with a suspended registration, uninsured motor vehicle and motor vehicle not meeting RMV safety standards.

Jan. 31

At 2:07 p.m. police responded to a hit and run accident on Main

At 3:54 p.m. police responded to an accident with property damage on Highland Street.

At 4:28 p.m. police received sex offender registration.

At 6:58 p.m. police arrested Mark Anthony Williams, 25, of 70 Charles St., Three Rivers, on a war-

Feb. 1

At 4:48 a.m. police responded to a hit and run accident on I-90 at exit 63 East.

At 1:06 p.m. police responded to an accident with property damage on N. Main Street.

At 2:16 p.m. police responded to an accident with personal injury

on Thorndike Street. At 6:34 p.m. police received sex offender registration.

Feb. 2

At 8:35 a.m. police responded to an accident on the corner of Fairview Street and Shearer Street with property damage.

At 10:08 a.m. police responded to an accident with property damage on Sykes Street.

At 3:14 p.m. police responded to an accident with personal injury on the corner of Boston Road and Old Warren Road.

At 5:26 p.m. police pulled over and gave summons to Kouadio Maurice Nguessan, 54, of 30 W. School St., West Springfield, for operating a motor vehicle with a suspended license.

At 5:48 p.m. police responded to an accident on S. Main Street with property damage.

At 6:18 p.m. police pulled over and arrested Dayquin Lamar Cumby, 27, of 63 Pleasant St., Ware on a warrant.

At 6:35 p.m. police responded to a hit and run accident on Peterson Road.

Feb. 3

At 7:43 a.m. police responded to a threat report and gave summons to Aaron K. Caldwell, 33, unhoused, Ware, for disorderly conduct and threat to commit crime.

At 10:02 a.m. police responded to an accident with property damage on Main Street.

At 1:14 p.m. police responded to a request for a well being check and arrested Angela Adorno Navarro, 34, of 2096 Palmer Road, Three Rivers, for assault and battery on family/household member.

At 3:01 p.m. police arrested Wayne R. Meurisse, 61, of 1047 Pleasant Street, Palmer, on 4 counts of vandalism of property, breaking and entering in the daytime for a Felony and trespass.

At 5:15 p.m. police gave summons to Wayne R. Meurisse, 61, of 1047 Pleasant Street, Palmer, for larceny under \$1200.

At 8:25 p.m. police received sex offender registration. Feb. 4

At 8:57 p.m. police gave a summons to Gianisse Chanel Serrano, 20, of 4048 Church St., Thorndike, for assault with a dangerous weapon and assault and battery on family/household member.

Feb. 5

At 1:29 p.m. police gave summons to Wayne R. Meurisse, 61, of 1047 Pleasant Street, Palmer, for larceny under \$1200.

Fire Logs

BONDSVILLE

The Bondsville Fire Department responded to no calls from the period of Jan. 30-Feb. 5.

MONSON

The Monson Fire Department responded to five fire calls and 19 emergency medical service calls from Feb. 5-11.

to Lakeshore Drive for an animal rescue. Returned to service at 9:54 Feb. 8 at 10:36 p.m. Respond-

Feb. 5 at 8 a.m. Responded

ed to Mill Street to assist EMS. Returned to service at 11:03 p.m. Feb. 9 at 7:54 p.m. Responded

to Green Street for a smoke investigation. Returned to service at 8:17 Feb. 10 at 10:27 a.m. Respond-

ed to Bumstead Road for a public assist with a flooded basement. Returned to service at 10:27 a.m. Feb. 10 at 6:24 p.m. Respond-

ed to Main Street for a fire alarm sounding. Returned to service at 6:31 p.m.



PALMER

The Palmer Fire Department responded to nine fire calls and seven medical assist calls from Feb.

Feb. 7 at 7:47 a.m. Responded with mutual aid to Dudley Road in Wilbraham for a structure fire. Returned to service at 9:52 a.m.

Feb. 7 at 5:19 p.m. Responded to Thorndike Street for excessive heat/scorch burns with no ignition. Returned to service at 5:40 p.m. Feb. 8 at 5:45 p.m. Responded

to South Main Street for an unauthorized burning. Returned to service at 6 p.m. Feb. 8 at 10:46 p.m. Responded to Stimson Street for a motor

vehicle accident with no injury. Returned to service at 11:40 p.m. Feb. 9 at 11:20 a.m. Responded

with mutual aid to Sykes Street in Three Rivers for a detector activation. Returned to service at 11:46

Feb. 9 at 3:18 p.m. Responded to Wilbraham Street for a gas leak. Returned to service at 4:10 p.m. Feb. 10 at 8:52 a.m. Responded

to North Main Street for an alarm activation. Returned to service at 9:05 a.m. Feb. 11 at 10:07 a.m. Respond-

ed to North Main Street for a CO detector activation. Returned to service at 10:20 a.m.

Feb. 11 at 4:34 p.m. Responded

to Beacon Street for a smoke scare.

Returned to service at 4:49 p.m.

THREE RIVERS

The Three Rivers Fire Department responded to 11 calls from Jan. 28-Feb. 10.

Jan. 28. Responded to Ford Street for an extrication/rescue.

Jan. 30. Responded to Three Rivers Road for a water evacuation.

Jan. 30. Responded to Overlook Drive for a motor vehicle accident with injury.

Feb. 2. Responded to Norbell Street for a medical assist to EMS

Feb. 3. Responded to Main

Street for a motor vehicle accident with injuries. Feb. 4. Responded to Oak

Street for emergency medical ser-

Feb. 6. Responded to Springfield Street for emergency medical

Feb. 6. Responded to Oak Street for a motor vehicle accident

with injury. Feb. 7. Responded to South Street for a motor vehicle accident

with injury. Feb. 9. Responded to Sykes Street for a smoke detector activation with no fire.

Feb. 9. Responded to Prospect Street for a cooking fire confined to container.



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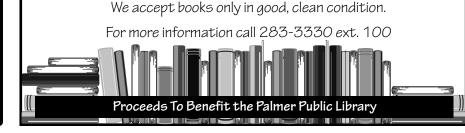
Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

We are celebrating our 20th year at the Schoolhouse Commons. Thanks to our wonderful "friends," volunteers and patrons.

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HOPE TO SEE YOU THERE

Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours. Please, no magazines or Reader's Digest Condensed Books.



SLEEP APNEA I from page 7

that has been used for many years for ADHD, with aroxybutynin, a new formulation of oxybutynin, a medication that is used to treat overactive bladder.

Apnimed recently opened their phase 3 trial, LunAIRo, which is currently enrolling patients into a one-year study to confirm the safety and efficacy of thismedication. LunAI-Ro is a placebo-controlled trial, meaning active medication in some patients will be compared to a sugar pill.

"Baystate Medical Center is excited to be part of this study that will hopefully bring a new treatment option to our patients with OSA. By taking part in this research, patients have the opportunity to be the first to try this potential treatment and help advance science. No insurance coverage is needed, and all study costs are covered," said Dr. Johnson, the site's primary investigator.

Obstructive sleep apnea is a highly prevalent disorder and millions of Americans are still underdiagnosed. There is a wide range of

ways that patients can present with OSA. Patients with OSA often have nighttime symptoms that include loud snoring, pauses in their breathing, gasping or choking, difficulty maintaining sleep, urinating multiple times per night, and waking unrefreshed or with headaches. Daytime symptoms can include sleepiness or fatigue, difficulty concentrating or remembering, poorer mood or irritabil-

with OSA who have not used CPAP *Are you having difficulty communicating*

with your partner, struggling with

boundaries, and healthy relationships? We invite you to join us Friday afternoons from 1-2:30 pm

to explore these topics and more. This group will be held in zoom, is

educational, confidential, and free. Please contact Pat James 413-726-8661. for at least three months or no longer have a CPAP machine at home and have sleepiness or fatigue related to their OSA. The trial will involve several sleep studies and assessments

throughout the year. Patients who are interested in learning more about participating in the study can visit www.BaystateHealth.org/SleepStudy.



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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 7:10 P.M. at the Monson Town Hall 110 Main St. Monson, Ma 01057 on the application of JEJ Holding, Inc. 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 operating a heavy equipment, construction, tractor, trailer, and truck repair service,

The property is zoned General Commercial and located at 360 Boston Road West, Map 21 Parcel 15. 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 02/08, 02/15/2024

TOWN OF MONSON
Public Hearing
Tuesday, February 27, 2024
7:00 PM
Public Meeting Room

Public Meeting Room 110 Main Street, Monson, MA Proposed FY 2024 CDBG Application

The Monson Select board will conduct a Public Hearing on February 27, 2024 at 7:00 PM at Public Meeting Room, Town Office Building, 110 Main Street, Monson, MA. In the event the meeting is cancelled due to inclement weather, the hearing will take place during the next rescheduled Board of Selectmen meeting.

to attend this hearing to discuss the town's FY24 application to the Massachusetts Executive Office Of Housing and Livable Communities for up to \$950,000 in available Community Development Block Grant Funds. All persons with questions or comments regarding the

The public is encouraged

grant application will have an opportunity to be heard. Those unable to attend can send written comments to the Monson Town Administrator, 110 Main Street, Monson, Ma 01057, Attn: Jennifer Wolowicz or jwolowicz@monson-ma.gov.

The Town is encouraging input on community needs and projects which would benefit from grant funding. The project currently being considered is the Housing Rehabilitation Assistance Program. Additional projects may be discussed and may be included in the grant application.

The Public Meeting Room is handicapped accessible. Persons who require special accommodations for the hearing should contact the town at least one week prior to the hearing date at (413)-267-4100. For further information contact John O'Leary at PVPC at (413) 781-6045 or joleary@pvpc. org. 02/15/2024

TOWN OF PALMER PUBLIC HEARING NOTICE

FY2024 Community Development Block Grant

The Palmer Community Development Department will conduct a Public Hearing on Monday, March 4, 2024, at 5:30 PM in the meeting room of the Palmer Town Building, 4417 Main Street, Palmer, MA. If the building is closed due to inclement weather or for any other reason on that date, the Public Hearing will be held on the night of Wednesday, March 6, 2024, at the same time and location.

The purpose of this Public Hearing is to solicit input relative to the development and submission of a grant application under the FY 24 CDBG Program. The CDBG Program is funded by the Massachusetts Executive Office of Housing and Livable Communities (EOHLC) through the use of federal funds under the Housing & Community Development Act of 1974 as amended.

Projects currently under consideration for inclusion in Palmer's FY 24 application include public works improvements to Maple Terrace, within the Three Rivers section of the town. Public social services will also be considered as part of the grant application and may include domestic violence prevention services and transportation assistance.

All persons and organizations with questions or comments will have an opportunity to be heard. Persons unable to attend the hearing may mail written comments to the Town of Palmer, Community Development Director, 4417 Main Street, Palmer, MA 01069, or may be emailed to communitydevelopment@townofpalmer.com. Written comments must be received no later than March 11, 2024. For further information, contact John Latour Palmer Community Development Director (413) 283-2614 or email, ilatour@townofpalmer.com. Persons who require accommodation

to participate in the public meeting should contact the Town of Palmer Community Development Office at least two business days before the hearing. 02/15/2024

TOWN OF PALMER LICENSING COMMISSION PUBLIC HEARING LIQUOR LICENSE

Notice is hereby given to all parties interested that the Licensing Commission will hold a public hearing in the Meeting Room of the Palmer Town Building 4417 Main Street, Palmer, MA on Tuesday, February 20, 2024, at 6:00 P. M. on the application from MB's Taste of The Sea located at 2052 Main St. Three Rivers, for a transfer of license from Kenneth Stacy to Sam Paixao.

Licensing Commission, Town of Palmer 02/08, 02/15/2024 COMMONWEALTH OF MASSACHUSETTS LAND COURT

DEPARTMENT OF THE TRIAL COURT Docket No. 24 SM 000483 ORDER OF NOTICE

TO: **David Noyes** and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901(et seq):

Rocket Mortgage, LLC f/k/a Quicken Loans, LLC

claiming to have an interest in a Mortgage covering real property in Holland, numbered 5 Roberts Park Road, given by David Noyes to Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Quicken Loans, LLC., its successors and assigns, dated December 18, 2020, and recorded in Hampden **County Registry of Deeds** in Book 23599, Page 67, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above -mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 03/18/2024 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the

Witness, GORDON H.
PIPER Chief Justice of this
Court on 2/2/2024
Attest:

Deborah J. Patterson Recorder 02/15/2024

More public notices on page 16

Classifieds

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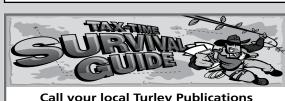


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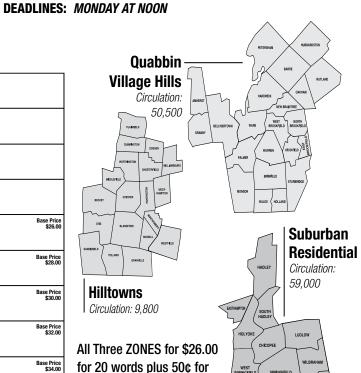
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PV Financial Group takes a refreshing departure from the transactional norms of the financial industry. Instead of focusing solely on transactions, the firm's financial advisors prioritize cultivating strong relationships with their clients. This commitment ensures that every interaction is characterized by a delicate balance of care, skill, diligence, and objectivity.

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vice. Through continuous training, the stays well-informed and equipped to navigate the complexities of the financial landscape. courteous approach reflects firm's commitment to treating clients with respect and professionalism.

Comprehensive and

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

Meticulous Approach

The firm's comprehensive process involves a meticulous examination of each client's financial needs and aspirations. Financial advisors exercise balance, care, and skill in crafting personalized financial plans, considering factors such as risk tolerance, financial goals, and market conditions. Diligence is a hallmark of PV Financial Group's

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client-centric approach, aims to be a reliable partner on the journey toward financial success for every client. With a focus on trust, effective communication, and a team of dedi-

mitment ensures that recommenda- 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 Finan-PV Financial Group, through its cial Group stands out as a beacon of personalized and trustworthy financial guidance, dedicated to building a secure and prosperous future for its clients.





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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 I 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
- 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.

MATTERS

Financial mistakes anyone can avoid

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 financially flexible and secure over the long haul.

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

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.

Earnings go a long way toward determining an individual's fi-recommends. The most recent Consumer Expenditure Survey from nancial security. However, high wages do not guarantee long-term 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 finan-

Avoiding some common mistakes can help individuals be more



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\$50 million to be invested in EVs

BOSTON— The Healey-Driscoll Admintious greenhouse gas emissions targets." istration 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-

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 Tibbits-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 re-

spond 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

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-ofsale 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 elecplans necessary to deploy electric vehicle tric vehicles; and increased rebates for certain light-duty pickup trucks.

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structure 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 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."

"Investing in EV infra-

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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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

Public Notices

Lois E. Pepper Also Known As: Lois Elaine Pepper, Lois E. Echard Date of Death: November 03, 2008 INFORMAL PROBATE PUBLICATION NOTICE

estate, by Petition of Petitioner William W. Pepper of Dover, DE a Will has been admitted

William W. Pepper of

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

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.

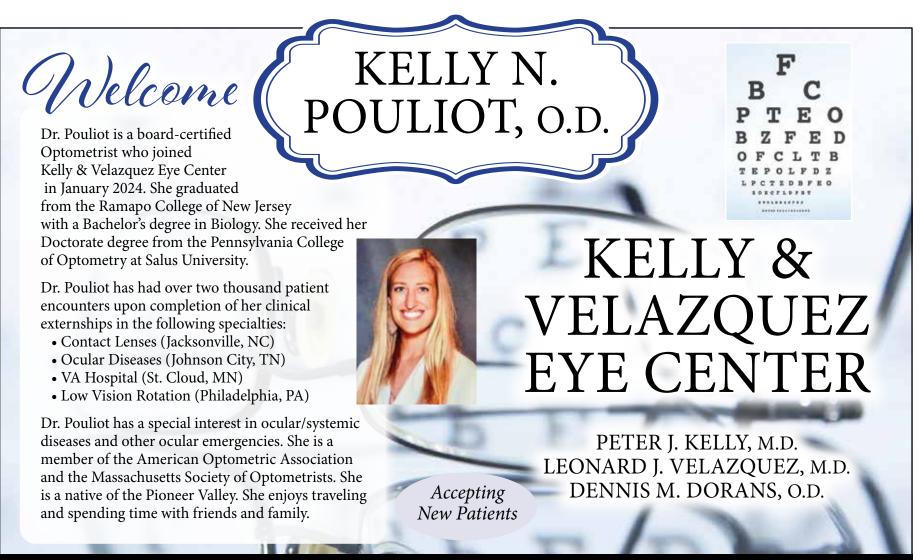
submitted to the Palmer **Community Development** Office, 4417 Main Street, Palmer, MA 01069 by Thursday, February 29, 2024, at 11:00 AM. 02/15/2024

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



1504 North Main St., Palmer, MA 01069 • 413.283.3511 • fax 413.283.5396 • 362 Sewall St., Ludlow, MA 01056 • 413-589.7308 • fax 413.547.8933

