

SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

The Journal Register

A TURLEY PUBLICATION | www.turley.com March 20, 2025 | Vol. CLXXIV, No. 8 | \$1.00 www.journalregister.turley.com

MONSON

Board discusses home occupation bylaw changes

By Marcelo Gusmão
Editor
mgusmao@turley.com

MONSON – This week, the Planning Board went over changes to the town’s zoning bylaws regarding home occupations in residential districts. The March 18 meeting began with the board voting to approve the petition by Clark Zelazo for a Special Permit for an Estate lot on Paradise Lake Road. It was approved by all attending members.

The board then opened a discussion regarding upcoming bylaw changes. There had been some discussion about amending the previous draft of the bylaws, with the interest of putting a cap on the size of home occupations within accessory buildings.

“The way zoning bylaws get changed is, somebody generates these bylaws and then once they get refined it goes for a public hearing that the Planning Board sponsors,” said Planning Board Chair Craig Sweitzer. “After hearing public input, the Planning Board votes either to approve or to recommend the Town Meeting approve the bylaw change, or recommend against the bylaw change, or make no recommendation.”

“Ultimately, after these

BYLAWS | page 5

Are you KIDding me?



Two women with goats in their laps before the class started watch the other goats playing.

Turley photos by Abigail McCoy

Goat yoga happens at local brewery

By Abigail McCoy
Staff Writer

PALMER—On Saturday, March 15, Seven Railroads Brewery in Palmer hosted a unique and delightful event, Baby Goat Yoga. Rachel Rosenbloom, one of the brewery’s owners, welcomed Ashley Bousquet from Beyond Yoga and Wellness, who led the class.

Attendees were invited to partake in a 50-minute all-levels Vinyasa flow guid-

ed yoga session, followed by 10 minutes of cuddling and taking pictures with adorable baby goats. The event offered two sessions, one from 11 a.m. to 12 p.m. and another from 12:30 p.m. to 1:30 p.m. The cost was \$33 per person, and the class was open to participants aged seven and up. At the end of the session, each age-eligible attendee received a free beer ticket to use at the brewery, with Rosenbloom encouraging guests to return during the brewery’s opening hours.

YOGA | page 6



The baby goat begins to jump from his perch on one of the attendees back who was all smiles at the cute little goat.

SCHOOL

PRVTHS proposes budget at annual dinner

By Marcelo Gusmão
Editor
mgusmao@turley.com

PALMER – Last week, Pathfinder Regional Vocational Technical High School presented its budget for fiscal year 2026 at an annual dinner.

On March 12, stakeholders from all nine towns serviced by Pathfinder were invited to attend the school’s annual budget presentation dinner. The towns were represented by School Board members, town Finance Committees, Town Administrators and Town Managers, and the budget was presented by Superintendent Eric Duda.

Duda opened the ceremony with highlights from the past year, including competitive grants and improvements to the school, such as the new gym floor, which was funded by the town of Palmer.

“We reviewed the competitive grants we’ve received,” Duda said, “one for \$1.25 million for the complete renovation of our horticulture and electrical programs, which was the largest we ever received.”

In addition to this grant, Duda highlighted a grant for \$100,000 that helped the

PRVTHS | page 3

COMMUNITY



Tim Dugas from The Clam Box throws a grey bean bag towards his opponents board.

Turley photos by Abigail McCoy

Cornhole Nights at Amvets 74

By Abigail McCoy
Staff Writer
amccoy@turley.com

PALMER—Every week, the Amvets 74 building becomes a hub for cornhole enthusiasts thanks to “We the People Cornhole,” a community league that invites anyone to come out and play.

Held every Wednesday

and every other Friday at 6 p.m. since August 2024, the league provides an opportunity for individuals to gather, enjoy music, play cornhole, and meet like-minded people for just \$20, which covers the entire night of play. The group is currently managed by Braden Peyman and Chris Santaeillo, who took over after the previous organizers left for various reasons.

Peyman and Santaeillo run the group with a clear mission: to provide a space for vet-

erans and others who enjoy playing cornhole to come together. They believe strongly in building a sense of community, particularly for veterans, and they are dedicated to connecting attendees with the resources and programs available at Amvets. In addition to hosting the cornhole games, the duo works to bring in companies that provide mini seminars, talks, and lectures, further enriching the experience for all participants.

CORNHOLE | page 8

PALMER

St. Stanislaus hosts live band for St. Patrick’s Day celebration

By Marcelo Gusmão
Editor
mgusmao@turley.com

PALMER – This St. Patrick’s Day weekend, the St. Stanislaus Polish Lyceum was the place to be, offering live music and good food for club members and the public.

“The club is really kind of about trying to build community,” said Melissa Burns,

the club’s Sergeant-at-Arms. “So around this time of year, it’s always nice, with the weather getting warmer, we’re able to do more things.

Burns, who is part of the club’s Board of Directors, said that the club usually offers raffle baskets, along with a reuben and fries. This year, the music was provided by the local band, Malarkey, who have been spotted recently at Scantic River

Brewery in Wilbraham and the Brookside Grill in Ludlow.

“We had several events in the last couple weeks, which is typical during St. Patrick’s Day season,” said Marc Graveline, singer for Malarkey. “We play a diverse selection of traditional Irish music, reels and jigs, and then some more contem-

ST. STANS | page 2



Turley Publications photos by Marcelo Gusmão

The staff at St. Stan’s were dressed up with Irish hats and commemorative accessories, (from left) Sharon Candonnet, Melissa Burns, and Liz Perry.



This remains an ongoing investigation by the Hampden District Attorney's Office in conjunction with the State Police Detective Unit assigned to the Worcester District Attorney's Office, Sturbridge Police and Holland Police.

Nomination papers may be obtained in the Town Clerk's office located at 110 Main St. Office hours are Monday, Tuesday, Thursday & Friday 8 a.m. to 4 p.m., Wednesdays closed to public but available by phone

The following slate of offices will appear on the ballot (1 SEAT):

SELECT BOARD-3 years
MODERATOR-3 years
BOARD OF ASSESSORS-3
years
WATER/SEWER
COMMISSION-3 years
CEMETERY

COMMISSION-3 years
PARKS & RECREATION
COMMISSION-3 years
SCHOOL COMMITTEE-3
years (2 SEATS)
HOUSING AUTHORITY-5
years

Memorial Hall located
at 198 Main St. from 8 a.m.
to 8 p.m.

PALMER—The Town Clerk of Palmer will have nomination papers ready for pickup the week of March 10th. The available seats on the June 10, 2025 town election are as follows.

COUNCILOR AT LARGE
3 year term
DISTRICT #4 Three Rivers
COUNCILOR-3 year
term
PLANNING BOARD 3
year term-2 seats
SCHOOL COMMITTEE-

3 year term. (2 seats)

If you have any questions regarding filing requirements on above seats please reach out to the Palmer Town Clerk's office.

REGION — The Brimfield Democratic Committee encourages all interested farmers to attend the "Rural Farming Forum" hosted by West Brookfield on Monday, April 14 from 5 to 7:30 pm.

Quaboag Valley Food Policy Council, The Carrot Project, East Quabbin Land Trust, Massachusetts Department of Agricultural Resources, Hardwick Farmer's Coop, and more.

The keynote speaker is Anne Gobi, Massachusetts Director of Rural Affairs.

The forum will be held at the Grand Room, second floor, West Brookfield Town Hall.

For more information, contact Eric von Bleicken, chair of the West Brookfield Board of Selectmen, at evonbleicken@wbrookfield.com.

porary Irish songs that seem to get the crowd going.”

Among the more contemporary music that Malarkey played, Graveline named "Shipping Up to Boston" by the Dropkick Murphys and "Wild Rover" by the Dubliners.

"There was a good response," Graveline said. "The crowd grew over the course of the evening until it was standing room only."

Graveline praised St. Stan's for providing events for the general public, both at the lyceum and at Pulaski

Park, saying it's "very beneficial to the community that St Stan's is active."

Joe Pimento, the club's Vice President, said the club has been holding these celebrations annually for approximately 14 years, offering more or less the same arrangement every year. He said that on average, as many as 65 to 70 people will attend the club and order the meals.

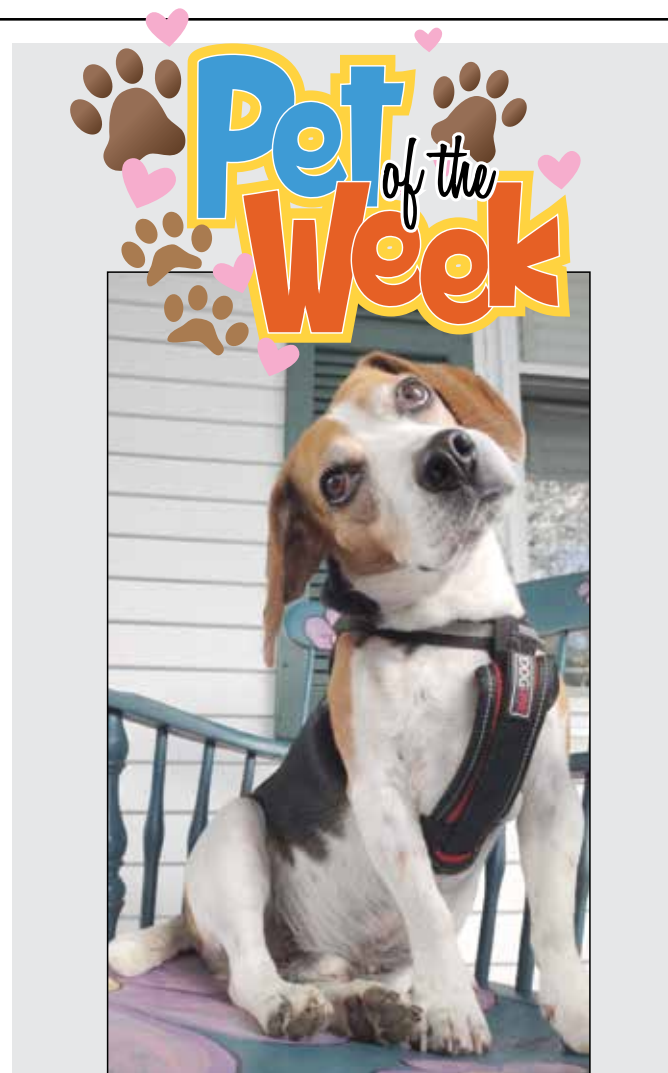
"We try to do it for the residents around the area and for our members," Pimento said. "They appreciate that very much."

Pimento said that the club primarily caters the

event to local customers,
along with its 180 members.

"We have this space and the kitchen, so we always try and do things to bring the community together," Burns said. "We play a diverse selection of traditional Irish music, reels and jigs, and then some more contemporary Irish songs that seem to get the crowd going."

The St. Stanislaus Polish Lyceum is located at 2114 Main Street in Three Rivers. If you'd like to contact the club, you can call their number at 413-283-4596.



This is Barney. At 13 years old, Barney is a trouble-making Beagle who loves to bark at everything. We feature your pets here. Is your fur friend a dog, cat, chicken, lizard, horse, bird, mouse...you get the point. Is there a pet you're fostering and trying to re-home? All pets are welcome! Email a high-resolution jpg of your pet with a little information to journalregister@turlev.com.



Malarkey performed a variety of traditional and contemporary Irish music at the St. Stanislaus Polish Club.

HANNOUSH

JEWELERS®

CHICOPEE

"A Family Business You Can Trust"

704 Memorial Dr., Chicopee

WE BUY GOLD!



GOLD

Is At An All-Time High!

10%

Extra Cash

When Cashing In
Your **GOLD**

25% Extra

When You Use Your
GOLD Towards
A New Purchase

Offers Valid at Hannoush Jewelers Chicopee ONLY



Adventure tours of Warren

Share the Adventure with us!

Portugal & Its Islands!

September 12-26, 2025



May 23	7-Night Bermuda Cruise	from \$1699
June 10-12....	Hampton Beach Getaway	\$529
June 28.....	Boston Harbor Lunch Cruise.....	\$175
July 12	Escape to Rockport.....	\$110
July 26	Perkins Cove for a Day.....	\$110

Share the Adventure with us soon!

For further information call Randall at (413) 436-5357
or email adventuretours@att.net
or go to www.adventuretoursofwarren.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.



3 EASY WAYS TO REACH US

PHONE
413.283.8393
Fax: 413.283.7107
Subscriptions: 413.283.8393

EMAIL
Advertising Sales
Dan Flynn
dflynn@turley.com

Staff Writer
Marcello Gusmao
mgusmao@turley.com

Subscriptions
www.turley.com

WEB
www.journalregister.turley.com

 @ The Journal Register

**The Journal Register is published by
Turley Publications, Inc. • www.turley.com**

**LOWER PRICES
TO BOOST
YOUR BUDGET!**

INFLATION

**PRICE
BUSTERS**

**PRICES IN RED
ARE AT OR BELOW
LAST YEAR'S PRICES!**

**USDA INSP. FRESH
COUNTRY STYLE
PORK RIBS.....**

\$1⁸⁹
lb

**USDA INSP. FRESH BONELESS
CENTER CUT
PORK LOIN CUT FREE**

\$2²²
lb

**USDA INSP. FRESH
PORK BUTTS.....**

\$1⁹¹
lb

**USDA INSP. SLICED IN OUR DELI
DOMESTIC HAM.....**

\$3⁹⁹
lb

**USDA INSP. SLICED IN OUR DELI
MONTEREY JACK CHEESE.....**

\$3⁹⁹
lb

**USDA INSP.
FRESH BONELESS
BEEF TENDERLOIN**

CUT
FREE **\$9⁸⁹**
lb

**USDA INSP.
FRESH BONE-IN
BEEF CHUCK ROAST
or STEAK**

\$5⁴⁹
lb

**USDA INSP.
GROUND FRESH DAILY
DIET LEAN
GROUND BEEF**

\$4⁹⁹
lb

**USDA INSP. FRESH
CHICKEN DRUMSTICKS 10 LB BAG ,**

77[¢] lb

Denten Specials

**USDA INSP. FROZEN AT SEA
TALAPIA FILLETS.....**

\$2⁹⁹
lb

**USDA INSP. FROZEN
OCTOPUS**

\$5⁹⁹
lb

**USDA INSP. FROZEN
CRAWFISH COOKED 3 LB BAG.....**

\$9⁹⁹
ea

**USDA INSP. FROZEN
BATTERED
MAC & CHEESE BITES**

\$3⁹⁹
lb


SOUP'S ON!

**USDA INSP. FROZEN
PIG FEET**

\$2⁴⁹
lb

**USDA INSP. FRESH
BEEF CUT SHINS.....**

\$3⁹⁹
lb



90 Meat Outlet

HOURS: Mon. - Wed. 8-4
Thurs. 8-6 • Fri. 8-6 • Sat. 8-3

**90 Avocado St.
Springfield
413-737-1288
www.90meat.com**

*We reserve the right
to limit quantities.*

**SALE DATES:
3/20/25 • 3/26/25**

BUY DIRECT FOR

SAVINGS • SELECTION • SERVICE

DEADLINE

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

CALENDAR OF EVENTS

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

MARCH 26

HEARTS WILLING CLUB will be offering a program entitled “Missionary Work to Benefit Children in India” on Wednesday, March 26, 2025 at 7 p.m., at the First Church of Monson. It will be presented by Joel Jette, carpenter, personal missionary and a member of the Wales Baptist Church. The program is free, all are welcome and light refreshments will follow.

MARCH 28

FRIDAY NIGHT ROCKS at PHCC from 8:30 to 11:30 p.m. - Torie Jock & Damage Control are hosting FRIDAY NIGHT ROCKS! A rock band series occurring at PHCC, ID’s required, \$10 entry fee, doors open at 8 p.m. Bands for March 28 are Eyrie House Ruins and Torie Jock & Damage Control, Special Guest: Dan Richards. Email toriejockmusic@gmail.com for more info and for band booking.

MARCH 30

C4R SPRING KICK OFF EVENT from 2 to 4 p.m. at PHCC. Come discover what C4R will be up to in 2025 and how you can participate and help. Come to discover details of our plans: Water Quality Sampling, River restoration/clean ups, NEW Blue Trail Plans ... Lower Quaboag Establishing trail crews and MORE!

APRIL 5

STEAMPUNKINETICS - Hands-on workshop transforming an antique wood shoe mold into a kinetic Steampunk Car with rider. At the end of the workshop — each participant will take home their own creation. Bruce Steampunkinetics workshops educate others on not only how to do Steampunk art and design, but how repurposing and the ‘combination of opposites’ creative problem solving can help repurpose and transform our own lives with meaningful connections to the past, present and future. \$80 per participant – includes EVERYTHING! Limit 8-12 participants! Contact: bruce@modvic.com for info or to register!

APRIL 27

PATSY CLINE TRIBUTE - Join us for an unforgettable afternoon as Donna Lee and her band, Crooked Ledge, bring the timeless music of Patsy Cline to life at 2 p.m. at PHCC. \$18 advance tickets and \$23 at the door,

ONGOING

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

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

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

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

Town made of granite

MONSON—Did you ever wonder why so many buildings and house foundations in Monson are made of granite? Memorial Hall, Monson Free Library, Unitarian-Universalist Church, and St. Patrick’s Church all showcase Monson’s beautiful granite from Flynt Quarry.

To learn more about the workings of the quarry - plan to come to the Keep Homestead Museum, 35 Ely Road in Monson, when it opens for the season on Sunday, April 6, 2025 with the program STORIES FROM THE QUARRY.

Several generations of the Pascale family will share stories of the work in the quarry. They will demonstrate the techniques involved in stone cutting and carving using the original tools of master stone mason Ezio DeSantis.

This program starts at 1:30 pm and is open to the public free of charge though donations are welcome. The museum is open for viewing of new displays from 1 – 3:30 p.m.

PRVTHS | from page 1

school upgrade its HVAC program. The school also qualified for two competitive grants, including \$280,000 for the past year, and a grant of \$420,000 that was designated for fiscal years 2025 and 2026.

Duda said that these grants have been used toward building up Career Technical Initiatives, the school’s Adult Continuing Education program.

“Those two grants are paying for training opportunities for the unemployed and underemployed and paying for staffing and for the Director of Programing,” Duda said, and mentioned that the program will be starting programs in groundskeeping and carpentry, after previously running courses on electrical and plumbing.

“On top of that, there’s a list of a dozen offerings from puppy training to art classes,” Duda said, describing these short courses as “low-cost, local interest types of classes.”

“One of the things of high importance that we shared with the towns was that we’re seeing a five year trend of increased enrollment,” Duda said, and provided graphs showing a 14% increase in in-district students.

The overall budget that Pathfinder proposed will represent a 3.92% increase to the overall budget, though only 2.23% will be municipally funded, after factoring in state aid and other local revenue sources. The proposed

budget for 2026 amounts to \$17,302,239.

Duda enumerated a number of costs that schools and municipal districts alike have been facing, including contract increases, rising health insurance costs, and the cost of busing. He said that the proposed budget does not reflect level service funding, and anticipates that some staffing cuts may have to be made to meet the budget.

“There are challenges in many of the nine towns this

year that the towns are facing, either with other school districts they belong to or with other budgetary concerns,” said Duda. “We’re dealing with the same challenges.”

To find out more about Pathfinder Technical Community College, visit PathfinderTech.org.

FOR RENT

Quabbin Estates

41 Church Lane, Wheelwright, MA 01094

Accepting applications for wait list.
The apartment features - w/w carpeting, kitchen appliances, maintenance coverage, laundry facilities. We specialize in Senior Housing and “Barrier Free” accessible units. Rent is \$810/mo. or 30% of income, whichever is lower. RD regulations. Handicap Accessible apartments when available.

CALL FOR AN APPOINTMENT
413-477-6496
TDD (800)439-2379



New Owners



Units & Sizes Available:
Climate Controlled 5x10/10x10
Regular Units 5x10/10x10/10x15/10x20/10x30



Climate Controlled Units Available

COMPLETE STORAGE

COMPLETESTORAGEDBA.COM

413-308-6904

148 Carmelinas Circle Ludlow, MA



Outside Parking Spaces Also Available for Boats, RVs, Trailers, Etc.

The Palmer Water District #1 is seeking a Part-time Administrative Assistant

to join their team in Palmer, MA for day-to-day office operations including receptionist duties and general administrative support.

Job Type:

Part-time 19 hours per week.

How to apply:

Please email a cover letter and resume.

Email:

achesnes@palmerwaterdistrict.org or

Mail to:

Palmer Water District #1 at 10 Walnut St Palmer, MA 01069

This job posting will remain open until it is filled.

Please use the link below to see full listing or view on indeed.com.
https://www.townofpalmer.com/vertical/sites/%7B034F9CAE-5196-4551-90C2-FBFD76374BDB%7D/uploads/Administrative_Assistant_Posting.docx



RICHARD R. GREEN

Insurance Agency, Inc.

• AUTO • HOME • BUSINESS • LIFE

- Great Locations • Registry Service
- Quotes Gladly Given • We Make Housecalls

Please Visit Our Website For an
Auto, Homeowners, or Life Insurance Quotes

Two Locations:



128 Main St.
Monson, MA
267-3495

32 Somers Rd.
Hampden, MA
566-0028



Fax: 413-267-3496

Email: richardgreenins@gmail.com

www.richardgreeninsurance.com



Viewpoints

SOCIAL SECURITY Matters

By Russell Gloor

Can I avoid paying the Medicare premium?

Dear Rusty:

Is there any way I can get out of paying the \$185 I am told will be taken out of my Social Security for Medicare Part B when I turn 65?

We pay for Medicare all our working lives, and now I have to pay a monthly premium for insurance that only covers 80%.

Signed: Disheartened Senior

Dear Disheartened:

For clarification, the money you paid into Medicare while working during your lifetime was for Medicare Part A, inpatient hospitalization coverage. The Medicare taxes paid while working entitled you to free Medicare coverage for Part A, inpatient hospitalization coverage, but they do not entitle you to Medicare coverage for outpatient services coverage for doctors, medical tests, etc.. For that coverage from Medicare, you must enroll in Medicare Part B, for which there is a monthly premium (\$185 per month for 2025). If you wish to have Medicare Part B coverage, you must enroll in Medicare Part B at age 65, unless you have other "creditable" healthcare coverage from an employer.

The Medicare Part B premium will be automatically deducted from your Social Security payment when you enroll in Medicare and there is no way to avoid it if you wish to have Medicare healthcare coverage for outpatient medical services. But, if you currently have "creditable" healthcare coverage from an employer, you can delay enrolling in Medicare Part B (thus avoiding the premium) until your employer coverage ends.

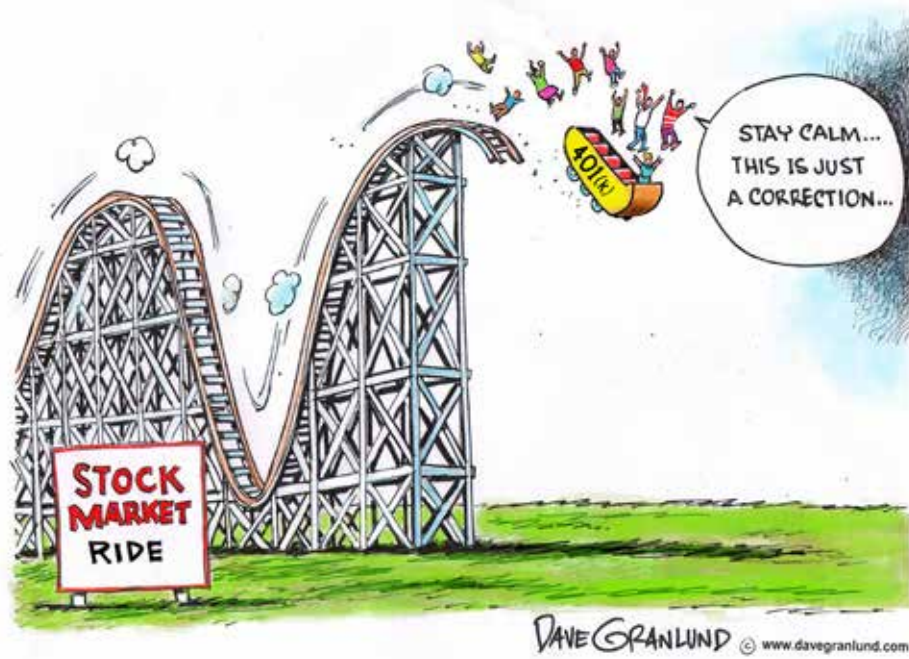
If you don't enroll in Medicare Part B during your initial enrollment period at 65 or in a Special Enrollment Period following the end of your creditable employer healthcare coverage, then you will incur a penalty for enrolling in Medicare Part B outside of

the prescribed enrollment periods. That penalty is a permanent increase in your Medicare Part B premium. FYI, "creditable" is an employer group plan with at least 20 participants.

We do not advise going without outpatient healthcare coverage, so you should carefully consider enrolling in Medicare Part B when you turn 65. If you are already collecting Social Security benefits, you will be automatically enrolled, but you can opt out of Part B if you wish – it's just not advisable, unless you have current creditable healthcare coverage from an employer.

So, to recap: the Medicare taxes you paid while working only entitled you to free Medicare Part A inpatient hospitalization coverage. You must enroll in Medicare Part B (for which there is a monthly premium) to have Medicare healthcare coverage for outpatient healthcare services. Both Medicare Part A and Part B have deductibles and copayments, for which you may wish to consider getting either a supplemental insurance plan or a Medicare Advantage plan. But, in either case, you must still have both Medicare Part A and Part B to obtain such additional healthcare coverage.

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



Grateful for the March garden

I don't know about you, but those first few warmer days do something to my brain. I begin to expect that we are in for nice weather all the time.

It's easy to start dreaming and scheming, but alas, we are not exactly on a fast track to summer just yet, nor should we be. There is much to enjoy about this time of year.

Here are just a few of my favorite things about March.

First on the list is that my however-many-year-old Gerber daisy houseplant gave me a flower, with a couple more on the way. I had three of these plants last year. I gave a two away in one of my "less is more" moods.

Do they bloom as well as they did when they were a year old? No, but that bright and cheery daisy in seashell pink was just the pick-me-up I needed last week.

Soon, you will see Gerber daisies for sale in the grocery stores and plant nurseries. Try overwintering one in a bright but cool window next winter for your own dose of pre-spring happiness.

After the size 10 footprint landed on the corner of my front border, in exactly the spot that I planted some tulip bulbs last fall, I made a fence out of apple tree prunings. What a fun March activity!

I bent each long piece into a U shape and plunged the ends into the ground, starting the next one in the middle of the one prior. That outta keep my husband off the bulbs; I hope at least.

Speaking of prunings, I have started to accumulate "pea brush." I'll be sowing pea seeds in the next few weeks, and although I typically plant the seeds right up against the

garden's fence, I am going to need more room this year, and these leftover prunings will be perfect for the tendrils to grab hold of.

I make a wide bed the

most often there is just one flower. You'll notice three white outer petals first and upon closer inspection you'll see green tipped inner petals.

The flowers are held on the stem in a nodding fashion and in my experience they stay in bloom for upwards of three weeks. Reportedly they are well adapted for bees, at least those that are brave enough to venture out of the hive in search of pollen during the warmest days of late winter!

Snowdrops will naturalize if happy, increasing in numbers both above and below the ground! Although we "deadhead" most bulbs, keeping spent flower heads of this genus in place will allow seeds to ripen and new plants to form.

It is interesting to observe the process of a snowdrop self-sowing. Once the flower has gone by a large seed will form; because of its weight, the stem will bend toward the ground dropping its ripe seed at a perfect distance from the mother plant.

Under no circumstances should the foliage of a bulb be removed until it is brown and dry. It may not be the most beautiful to look at, but all the while that it is green it is making and storing food for next year's flowers.

Enjoy these early days in and around the garden.

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.



length of the garden row, insert the prunings in the middle of the row and plant pea seeds four deep up against the branches. In addition to my old stand by, shelling peas, I am going to be sowing sugar snap and snow peas.

My first experience with sugar snap peas came from harvesting some pods while on a weekend getaway at bed and breakfast. It was a cool little place in southern New Hampshire where you could pick the vegetables from the kitchen garden and eat them for dinner.

It'll be fun to grow my own for fresh eating.

"Pea brush" can also be used to support annual or perennial flowers that tend to have weak or floppy stems. The brush blends into the scenery a little better than stakes and twine, and it's easily dismantled when the time comes.

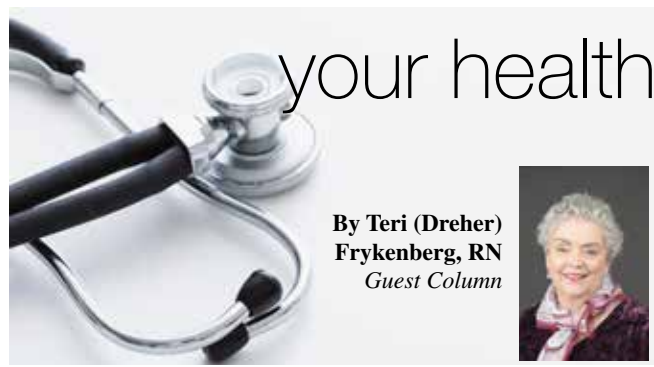
My favorite March bulb is a harbinger of all harbingers, the Snowdrop (*Galanthus nivalis*). Toughened points on the leaf tips make it possible for the snowdrop to push through the crusty soil of late winter.

Two or three strappy leaves grow from each bulb;

March is about

Giving a toss to the clutter;
Take care of the messes, tho' the house looks bare.
Time to get out, to rejoin the near and far;
Go as you are – the light-footed as air.

Cool the lung-chambers, – almost could fly -
How far to go? and, what then for society;
Cleanse the heart, with a cold dash of cheer –
Take it for once, to help the matter.
Leave the mouse standing by – it's small hat – a flutter –
It can get out anytime, down the drain pipe or gutter;
The wind brings these lines – only so much you can win –
It all opens wide - the doors at the Spring;
A new road in sight, at the promised beginning –
And the wheel can spin wild – in Marches hand.
– Ch. Barnes



By Teri (Dreher) Frykenberg, RN
Guest Column

Health care 5 years after COVID

In March 2020, we were bracing for upheavals in our daily lives. COVID-19 had come to our shores, and doctors were at a loss at how to treat it, let alone prevent it from spreading.

And spread it did. COVID became the third leading cause of death after cancer and heart disease. Not only was COVID a serious threat, it kept us from going to doctors for routine health care, which made chronic conditions, such as type 2 diabetes, worse.

Today, COVID-19 is better understood and most of us

have resumed our normal routines. Five years later, though, we are still living with its legacies, both positive and negative, as it pertains to health care.

Here are a few of the ways COVID is still changing your health care.

Telehealth became widely accepted

Online medical services were very limited before COVID and rarely, if ever, covered by Medicare and private insurance. That changed with the pandemic, and it's been all to the good.

Reduced regulation and insurance coverage made telehealth more accessible and affordable, particularly for those in rural areas and seniors unable to travel to a doctor's office. Studies have found that outcomes are comparable to those obtained through in-person care. Technology has continued to improve as well.

There's a big however, here.

The emergency order covering telehealth was issued during the first Trump administration, and it was extended twice under the Biden administration. The last emergency extension for telehealth coverage expires March 31, which means that starting April 1, coverage for telehealth services will be sharply limited.

Some in Congress are hopeful that a bipartisan measure to keep telehealth going will be enacted, so I recommend you contact your representatives and urge them support it.

Remote medical care is routine

In response to COVID and the need to keep people

from sitting in doctors' offices, tech companies raced to create RMDs – remote medical devices. Today, you can take your blood pressure at home and the readings can be sent to your doctor's office. Same for monitoring of other chronic conditions, such as diabetes and heart disease.

This not only benefited patients, but also doctors and those tech companies. Doctors are allowed to bill Medicare for every patient being remotely monitored, whether or not they personally reviewed the data. Some unscrupulous marketers, meanwhile, are trying to sign up seniors for remote monitoring without their doctors' knowledge.

"It's the Wild West out there," says an attorney who advises health providers. So this is a decidedly mixed bag: some good, some not so good.

Vaccine development sped up

The discovery that an effective vaccine could be developed using the structure of the virus (messenger RNA, or mRNA) let scientists come

The Journal Register TEAM

EDITORIAL

journalregister@turley.com



STAFF WRITER
Marcelo Gusmao
mgusmao@turley.com



STAFF WRITER
Abigail McCoy
amccoy@turley.com



ADVERTISING SALES
Dan Flynn
dfflynn@turley.com



SPORTS EDITOR
Greg Scibelli
sports@turley.com

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



@ Journal Register

WEB

www.journalregister.turley.com

PATRICK H. TURLEY
CEO

KEITH TURLEY
President

DEANNA SLOAT
Graphics Manager



www.turley.com

Turley Publications, Inc. cannot assume liability for the loss of photographs

Letters to the editor policy

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 character.

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

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

Campaign news

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

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



One goat rearing up to headbutt another goat.



A young woman hoarding 3 goats as her friend takes a picture.



A young girl laughs while a baby goat takes its spot on her back, a kid on a kid.

McNeely Tree Service

Insured • References

- Hazardous Tree Removal
- Stump Grinding
- Bobcat Work
- Lot Clearing • Storm work
- Furnace Wood
- Firewood \$275/cord
- 101 ft Aerial Lift Rental POR
- Credit Cards, Cash & Venmo Accepted

H: 508-867-6119 • C: 978-888-1693



Group Photo of all the members of the class after spending the hour with the goats.



The moment after a baby goat nipped this person's chin.



An exhausted baby goat taking a nap on one of the participants.



Turley photos by Abigail McCoy
The goats enjoyed their perches on the backs of those in attendance.



Ashley Bousquet with a goat on her back.

YOGA from page 1

Ashley Bousquet, a 200-hour certified yoga instructor with Yoga Alliance, is known for her trauma-informed approach and a variety of specialized certifications, including in Yoga Nidra, Yin Yoga, and paddleboard yoga. She frequently travels the state to offer yoga classes and seminars, often collaborating with Cloverbrook Farm to provide baby goats for her popular Baby Goat Yoga sessions. In addition to her yoga work, Ashley is preparing to host her first Wellness Expo on April 13. The event will run from 9 a.m. to 6 p.m. and feature various classes and workshops aimed at promoting holistic health and wellness.

The baby goats, affectionately known as kids, were brought to the event by Chris Gallagher from Cloverbrook Farm, who shared that most of the goats were named after different types of candy. “Jolly for Jolly Ranchers, Carmello, and Charleston for Charleston Chew,” Gallagher said, as he proudly pointed out the little collars on each

goat with their unique names. Cloverbrook Farm, which partners with Ashley for baby goat yoga sessions, also hosts a variety of other events, including birthday parties. The farm is home to numerous animals, including 14 horses, 9 chickens, 19 goats (10 of which are kids), and 2 pigs. In addition to its many animals, Cloverbrook Farm also hosts art events and sells fresh eggs.

Chris and his helpers had their hands full during the yoga class, gently placing the baby goats on participants in various poses. As the goats wandered from person to person, they often stayed on their human counterparts for a while, comfortably napping or simply enjoying the attention. Even Rachel Rosenbloom, the brewery’s owner, had a moment with one of the goats, who settled onto her shoulder for a 20-minute nap.

The class saw a large turnout, and it appeared everyone was enjoying the experience. Participants were not only able to stretch and relax through yoga but also bond with the playful baby goats. The event was a hit, and Seven Railroads Brewery is already looking forward to hosting more baby goat yoga sessions in the future. This event marked the brewery’s fifth Baby Goat Yoga class since its first session in July 2024.

For more content, Cloverbrook Farm has even created a TikTok account for one of its most beloved baby goats, Moo, who is also the family’s house goat. The account, @Moo_the_goat, features a variety of cute videos showcasing Moo’s antics.

Baby Goat Yoga can offer a unique and cherished experience for both the participants and the “goats,” and Palmer’s Seven Railroads Brewery looks forward to welcoming even more guests for future sessions.

“Join the team that does more by 9am than some do all day!”

Train now to a new career in 6 weeks. High hourly wages and generous bonus program. Van work available too!

Call or text 774-200-6762 or email jobs@mccarthybus.com to apply

J.P. McCarthy & Sons
WWW.MCCARTHYBUS.COM

FIVE ISLANDS

Georgetown, Maine

2 Bedrooms, 2 Bathroom
Washer/Dryer, Fully Equipped

- Walk to Five Islands Wharf and Ledgewood Preserve Beach
- Close to Reid State Park

\$1200/week
207-607-9333

	1	2	3	4			5	6	7	8	
9					10			11			12
13					14			15			
16				17			18				
19			20		21					22	
	23			24		25				26	
		27			28		29			30	
			31			32		33			
		34					35		36		37
	38				39			40		41	42
43					44			45		46	47
48			49	50				51		52	
53							54		55		
56								57			
	58								59		

CLUES ACROSS

1. Take heed
5. One's superior
9. Prepped meat
11. Tighten anew
13. Type of textile fiber
15. Animalistic
16. When you hope to get somewhere
17. Offender
19. Former NYC mayor Ed
21. Type of cryptocurrency
22. Mauna _____, Hawaiian volcano
23. Herring-like fish
25. Popular PBS program
26. Congressman (abbr.)
27. Flightless Australian birds
29. Defrosted

31. Prior Yankee sensation Kevin
33. Nasal mucus
34. Some are southern
36. A place to construct
38. Popular beer brand
39. Shouts of farewell
41. Network of nerves
43. Make a mistake
44. Showed old movie
46. Body parts
48. A divisor
52. Congressional investigatory body
53. Papers
54. Most unnatural
56. Judge the worth of something
57. Makes sounds while sleeping
58. Which
59. Hungarian Violinist

CLUES DOWN

1. Pages
2. Head pain
3. A loud utterance
4. Large brown seaweed
5. Hulu's chef Carmine
6. Greek mountain
7. Made final
8. Bar
9. Tai subgroup
10. What you eat
11. Teaches again
12. Small constellation
14. Type of berry
15. Cows fattened for meat
18. A way to hoof it
20. Exaggerated a role
24. About two
26. Long upholstered seat

28. What employees earn
30. Fiber from a coconut husk
32. Digits
34. Polish by rubbing
35. Liquid body substances
37. Furniture with open shelves
38. Edible part of a chicken
40. Satisfy
42. Tool used to remove
43. Icelandic poems
45. Swiss village
47. Drunks
49. Evergreen plant genus
50. Light precipitation
51. Ribosomal ribonucleic acid
55. An informal debt instrument



Chris Gallagher with a goat on his shoulder.



Raffaello the goat stays on this person's mat for 15 minutes.



Two baby goats butting heads before the class started.



The baby goat tugging strand of the woman's hair while on her back.

Polish Plate dinner coming up

INDIAN ORCHARD – A Polish Plate Dinner—four Pierogi, one Golabek, Kielbasa, Kapusta and Rye Bread—will be held on Saturday, March 22, 2025 from 1 to 4 p.m. at Immaculate Conception Church Hall, 25 Parker St. Indian Orchard, MA.

Eat In or Take Out. Tickets at \$20 per plate are available by calling:

Maria Kowalski at 413-222-6229, Irena Wurszt at 413-427-5846 or the Parish Office Monday through Wednesday, 3 to 6 p.m. at 413-543-3627

There are also options for the following:

Frozen Polish Food Sale (Golabki (3) \$12, Kapusta (Large) \$10.

Pierogi (Cabbage & Potato & Cheese) \$14, (Sweet Cheese, Blueberry) \$15.

Raising awareness for Long COVID

By Kristin Rivers
krivers@turley.com

REGION - Kevin Welsh is raising awareness for Long COVID, letting others know they are not alone.

Welsh, 33, is a lifelong resident of Wilbraham and got COVID for the first time on October 1, 2023. He was an academic advisor and professor at Southern New Hampshire University at the time and, before the pandemic, was a teacher at Minnechaug Regional High School.

“I went the whole time without getting it. We had been keeping up with our vaccinations, we were doing everything we were supposed to be doing, but it gets ya. It gets everybody at some point, so I got it,” Welsh said. “I wasn’t hospitalized, but I was mostly really sick and it just never got better. Usually people with a COVID infection, a week to 10 days they’re back on their feet. We got three, four, five weeks down the line and the only thing that was better was I wasn’t testing positive anymore.”

Welsh still had all the symptoms, including loss of taste and smell, fever, body aches, debilitating fatigue, cough and respiratory and cognitive problems. He, also, experiences vocal problems as due to the inflammation from the virus, the vocal folds in his throat “are actively closing off my airway covering my voice box.”

“I’ve had three rounds of Botox injections into my throat to try to help and they haven’t helped. I have another one set for the end of the month and that’s the maximum they can do,” Welsh said.

He elaborated on the debilitating fatigue he experiences.

“I now get what is called nonrestorative sleep which means I’m asleep but

my body does not recharge its batteries essentially. In order to get through the day I have to take several naps and there is almost a narcolepsy aspect to it as I will fall asleep mid-conversation, mid-bite of food or really any random time,” Welsh said. “I went from someone that just needed a few hours sleep to have a great day, to someone that would sleep 24 hours a day if I could. Since I’ve been battling Long COVID I crave sleep like people crave food.”

Other symptoms include developing blood problems he never had before, high blood pressure and becoming B12 anemic.

After many visits to his primary care, Welsh said it got to the point where they said “We can’t really help you,” sending him to a Long COVID clinic in Hartford, CT. There, he tried medications and nebulizers, physical therapy, speech therapy and cognitive therapy, which didn’t work.

“So I started there around December 2023 and then--and now--it’s still so new that there’s still not, really, a ton that’s known about Long COVID. It’s mostly just trying to treat symptomatically and it doesn’t really work,” Welsh said.

He later got a phone call from the physical therapy that the clinic in was closing after “the doctor put in her resignation and didn’t tell any of the patients.”

After searching throughout Connecticut, New York, Rhode Island and the Boston area, Welsh went to Massachusetts General Hospital where he’s been ever since, with a team of seven or eight doctors who are heads of their departments. He now goes there several times a



Photos courtesy of Kevin Welsh

Kevin Welsh, pictured right, stands with his father outside Gillette Stadium, the home of the New England Patriots, with a sign reading “I’m Fighting Long COVID. Pats Inspire Me!” that was signed by numerous players. Welsh is raising awareness for Long COVID.

month to try to find answers, taking part in studies and experimental trials.

“Once we got into Boston with these doctors, they were very clear from day one that if I was not fully vaccinated and boosted, then my infection would have killed me,” Welsh said.

After getting Long COVID, Welsh shared he had to resign from his job at SNHU and could no longer do things such as going out to a restaurant.

“Life has paused. Everybody, the world, has gone back to normal. My world has not and we don’t know

when it will. There’s a good chance these are things I deal with for the rest of my life,” Welsh said.

Another difficult thing for Welsh is when he wears a mask when going to the grocery store, sharing the reactions he and others experienced.

“The looks, comments, that I get for wearing a mask in public and coughing and being winded. COVID is still so politicized that people--anyone who goes out in public with a mask--whether it’s me, my family, other

LONG COVID | page 14



Professional - Reliable - Fully Insured

Tree Trimming and Removal
Emergency Tree Work • Stump Grinding
Crane Service • Firewood Delivery

All Major Credit Cards Accepted
100% Financing Available

162 Sturbridge Road, Brimfield, MA 01010
508-641-5249 • office@robinsontreeservice.net
www.robinsontreeservice.net

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.



UNDER NEW MANAGEMENT

Enjoy your old favorites with
some new touches

Open extended hours Tues.-Sun. 7am-1pm
Check our Facebook & Instagram pages for updates

Bay Road & Rt. 9, Belchertown
413.323.6175
www.roadhouse.cafe.net

The Library Loft

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.

HOURS:
Tues. 10am - 4pm • Wed. 10am - 4pm
Thurs. 10am - 4pm • Fri. 10am-4pm • Sat. 10am-2pm

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.
We accept books only in good, clean condition.

For more information call 283-3330 ext. 100



Proceeds To Benefit the Palmer Public Library



**SKILLED TRADES CAREER
EXPLORATION DAY**

Whether you're curious or ready to dive into
a career in the skilled trades, this is your
chance to explore and connect!



**APRIL 9 | 2025
WEDNESDAY**



9:00AM - 1:00PM



**WHERE
BASKETBALL HALL OF FAME
100 HALL OF FAME AVE.
SPRINGFIELD, MA**



**REGISTER
BY MARCH 21**

- Explore hands-on demonstrations in healthcare, plumbing, construction, electrical, HVAC, tech, & more!
- Speak with industry professionals and learn about in-demand and high-paying skilled trade careers.
- Learn how to kick start your journey into rewarding careers that match your skills and interests.
- Plan your pathway to success with advice on training programs, apprenticeships, and certifications.
- Giveaways and chances to win prizes.

DON'T MISS IT!

SIGNED PERMISSION SLIP REQUIRED TO ATTEND

For full list of participating schools, or more info, visit rivereaststc.org/wtrade



Chris (left) and Braden (Right) pose behind the sign up desk.



Braden plays against his usual partner Chris.



Former professional cornhole player throws the orange bean bag.



A wide shot of the cornhole area where players are setting up their initial games.



The tablets used at each cornhole station to keep score.



Here is a mid throw action shot of a cornhole game during the first four initial rounds.



Custom bean bags made by 430 Bags.



Custom cornhole boards set at every station.

CORNHOLE | from page 1

The league’s origins date back to when the original organizers stepped down. As long-time cornhole partners, Peyman and Santaello saw an opportunity to keep the game alive and offer a space for their friends to continue playing. One of their first initiatives was a “Let’s buy a veteran a beer” fund. The response was so overwhelming on that first night that the veterans at the bar a couple rooms over had to be cut off from all the free alcohol. Building on this momentum, the group later expanded the initiative to buying meals for veterans, culminating in a recent steak tip dinner for veterans, sponsored by The Clambox, which provided the food. Tim Dugas, one of the owners of The Clambox, even regularly attends the cornhole

nights to show his support. As part of their ongoing efforts to give back, Braden and Chris now make a point to stop by the bar every time they set up for the games and buy a drink for any veterans who are there. Looking ahead, they are planning an event for June 7, which will feature food vendors, music, cornhole obviously, and even a bounce house. To make the event even more special, they have created a poker chip featuring their logo and the words “serving those who served us” on one side, and “good for one free meal” on the other. Veterans who attend the cornhole nights will receive a chip, which they can exchange for a free meal at the June 7 event from any of the available vendors.

The group’s ultimate goal is to foster a sense of connection within the community and to create a fun, engaging environment for people of all backgrounds. To make the cornhole experience even more seamless, they use an app called “Scoreholio,” which notifies players when it’s their turn and keeps track of their scores and standings. Each evening starts with everyone playing four rounds, where players are paired with a random partner generated by the app. This gives participants a handicap, ensuring that no one has an unfair advantage. Players track their points and shots on tablets at each station, and after the initial rounds, a computer program ranks the players based on their points per person (PPP), placing them into tiers according to their performance.

After the tiers are set, players are paired with others of similar skill levels for a double-elimination tournament. If a player loses twice, their night ends, but there’s also a special event between the rounds and the tournament: the Airmail raffle. Players can buy tickets for the raffle, 10 for \$20 or 5 for \$10, and add their ticket to a pool for a chance to participate in a “trickshot” competition. The jackpot continues to grow as more tickets are sold, and the lucky winner gets four chances to make a shot and win a portion of the pot. Depending on the container chosen, the participant must throw a beanbag into one of three options: an airmail box, a pipe, or a backwards cornhole board.

On March 14, Joshua Raffa was the lucky winner of the Airmail raffle. He spun the wheel and landed on the pipe, but despite three near misses, he managed to get one bag in, earning him a payout of \$130. The largest pot the league has ever had reached \$360 per bag, providing the potential for significant prizes.

Braden and Chris encourage anyone who enjoys cornhole or is simply looking for a welcoming and vibrant community to join the league. With their ongoing efforts to bring people together, provide support for veterans, and offer exciting opportunities for fun and friendly competition, the Amvets 74 building has become a cherished gathering place for many.

EVERYONE IS INVITED TO JOIN!

PALMER PUBLIC LIBRARY PRESENTS:

PALMER FOR TOMORROW

Gathering

WHAT IS IT?

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

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

COME JOIN US TO DISCUSS THE NEXT STEPS IN THE PROCESS AS WE TALK ABOUT:

• Creating a Community Survey

• How to Support Those With Substance Use

• Preventative Measures

• After Care

WHEN & WHERE

The Second Wednesday of Every Month

3:00pm-4:30pm

at The Palmer Public Library

For any questions reach out to:

(413)283-2606 or ngauthier@townofpalmer.com

WE ARE LOOKING FOR:

• People with lived experience

• Individuals in recovery

■ Family/friends of those with substance use disorder

To Join Our Group!

FREE FOOD WILL BE PROVIDED!

*You will always be able to stay completely anonymous at Palmer for Tomorrow, we will never ask or share your name or your story.

sports@turley.com

@turleysports

facebook.com/turleysports

SPORTS

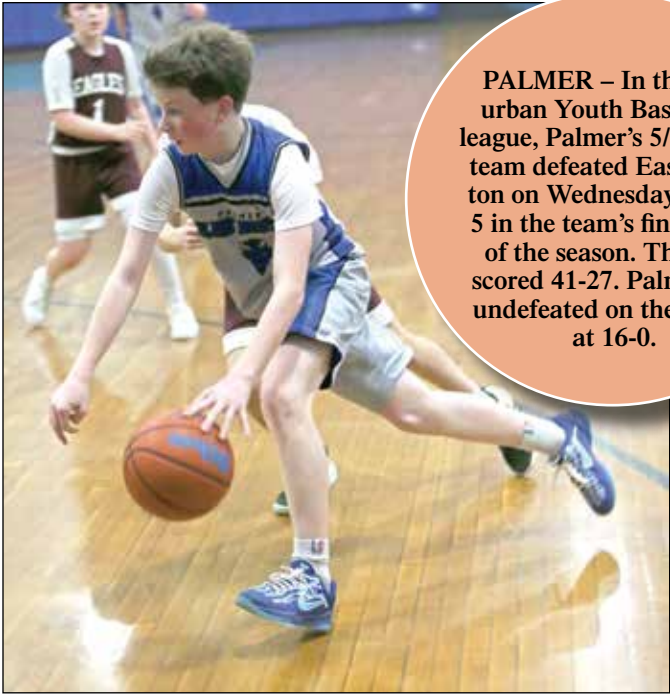
A TURLEY PUBLICATION | www.turley.com

SEND | SUBSCRIPTIONS

www.sports.turley.com

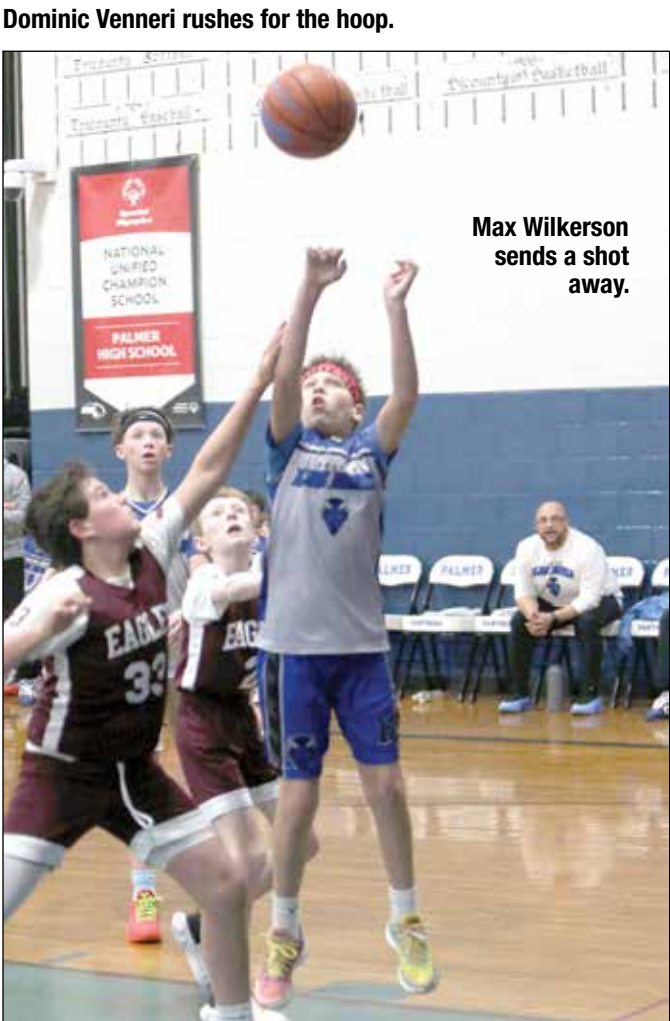
YOUTH BASKETBALL

Palmer wins final game



PALMER – In the Sub-urban Youth Basketball league, Palmer's 5/6 McKee team defeated Easthampton on Wednesday, March 5 in the team's final game of the season. The final scored 41-27. Palmer was undefeated on the season at 16-0.

Henry Musoke heads down the court.



Max Wilkerson sends a shot away.



Brennan Babinski tries the hook shot.



Gunnar Paradiso holds the ball away from the defender.



Jase Daley gets a free throw.

BASKETBALL



Turley photos by David Henry www.sweetdogphotos.com

Olivia Chrzan will represent Monson girls basketball in this year's Senior All-Star Game.

Hall of Fame names senior all-stars

SPRINGFIELD – The Naismith Basketball Hall of Fame announced the team rosters for the 2025 Western Massachusetts Senior High School All-Star Games. On Thursday, March 20, the Hall of Fame will host the 2025 All-Star event on the Jerry Colangelo Court of Dreams at the Hall of Fame. A total of 60 players were selected from different divisions within the region to participate in three games that will showcase the top seniors in their final high school contest.

“We are proud to host the top high school basketball players from Western Massachusetts at our 14th annual All-Star celebration at the Basketball Hall of Fame,” said John L. Doleva, President and CEO of the Naismith Basketball Hall of Fame. “Residents of Western Mass.

are encouraged to join us as we honor these exceptional seniors as they play the final game of their high school careers.”

A committee of local coaches and media members who represent each division on the boys’ and girls’ sides selected the teams. Using the designated classes for the PVIAC Tournament, the players will be divided into six teams: two girls’ teams, two boys’ teams of Class A and B players, and two boys’ teams of Class C and D players. Only graduating seniors are eligible for the All-Star Games. Rosters can be found on the next page.

For the 14th year, the Naismith Basketball Hall of Fame will recognize one boy and one girl as the Western

ALL-STAR | page 10

BOWLING

Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER – The Commercial Elks League at Diamond Junction Bowling Lanes is halfway finished with their third round.

On league night on March 11, The Daft Kings bowled against Team BK. Daft Kings have already qualified for the playoffs and Team BK is currently in the running to win the third round.

In game one, Team BK dominated Daft Kings by a score of 435-374. Three out of four bowlers from Team BK broke the century mark with scores of 128, 111 and 104.

In game two, Daft Kings were the winners by a score of 398-386. Ken Trudel bowled a 111 to help his team get a victory.

In game three, Daft Kings bowled a 419 to win the last game and Team BK bowled a team score of 375. Trudel and his teammate, Matt Bertelli,

BOWLING | page 10

Lusitano awards and scholarships return for soccer players

By Tim Peterson
Sports Correspondent

LUDLOW—More than 3,400 high school soccer players from throughout Western Massachusetts have been honored at the Lusitano Alumni and Fans (LAF) Awards Banquet during the

past 35 years. Because of the COVID 19 pandemic, the soccer banquet has been a lot smaller, but it's always a very special event.

Six scholarship winners were honored at this year's LAF banquet, which was held at the Gremio Lusitano Club

in Ludlow on March 9.

The six award recipients are Thomas Wadas (Ludlow High School), Gabriella Fialho (Pope Francis/Ludlow), Samantha Lowe (Pathfinder Tech), Kylee Gamache (Franklin County Tech), Kennady Marino (East Longmeadow High School), and

Burke Warchol (Longmeadow High School).

Wadas, who's ranked seventh in the senior class academically with a 4.5 G.P.A., will be playing college soccer at UMass Amherst. He's also a member of the National Honor Society.

“I'm going to be playing

soccer at UMass, which was my top college choice,” Wadas said. “Staying close to home was really important to me.”

A year ago, UMass lost at third-seeded Denver, 3-0, in the Elite 8 of the NCAA Division 1 tournament. The Minutemen finished with a

13-4-5 overall record.

“UMass had an outstanding season last year,” Wadas said. “I'm just going to try my best to make an impact as a freshman. I'm really looking forward to playing soccer at the next level. The college

AWARDS | page 10

Obituaries

DEATH NOTICES

Genevieve “Genny” Mary Baldyga
Died March 11, 2025
Service March 22, 2025
Beers & Story Funeral Home

James B. Hobbs
Died March 15, 2025
Services March 21, 2025
Lombard Funeral Home

Norman J. Lloyd Sr.
Died March 10, 2025
Services March 28, 2025
Beers & Story Funeral Home

Barry G. Muldrew
Died March 12, 2025
Service April 11, 2025
Lombard Funeral Home

Barbara A. Sauve
Died March 8, 2025
Services March 15, 2025
Cebula Funeral Home

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

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

Genevieve “Genny” Mary Baldyga

PALMER—Genevieve “Genny” Mary Baldyga, 83, passed away March 11, 2025. She was born on July 27, 1941 in Palmer, MA, to the late Frederick and Wanda (Czepiel) Guzik. Genny formerly worked at Tambrands and Wrights for many years before retiring. Genny was a parishioner of Divine Mercy Parish, formerly St. Peter and Paul. Genny’s family was her greatest joy. She was a natural caregiver and her family’s health and well-being came before all else. She will always be remembered as an excellent cook, specializing in delicious polish foods.

She will be forever

missed by her loving husband, Frank Baldyga, Sr.; her son, Frank Baldyga and wife, Vicki, of Bondsville; and her cherished grandson, Jacob Baldyga, of Palmer. She also leaves her three brothers, Fred Guzik and wife Wanda of Bondsville, Micheal Guzik and wife Julie of Hardwick, and Richard Guzik of Palmer.

Genny was preceded in death by her sister, Carol Cavanaugh, formerly of Three Rivers, who was her lifelong best friend. It gives our family great solace knowing they



are together again, probably causing mischief somewhere. We would also like to give a special thanks to the staff at Life Care Center of Wilbraham for the compassionate care they provided to Genny.

Services will be held on Saturday, March 22, 2025, with visitation from 8 to 9:30 a.m. at the Beers & Story Palmer Funeral Home, followed by a funeral mass at Divine Mercy Parish at 10 a.m. Burial will immediately follow.

James B. Hobbs

James B. Hobbs of Monson, MA, 78, passed away on March 15, 2025, at Baystate Wing Hospital in Palmer, MA. He was born in Rochester, NY, to Russell and Helen (Moran) Hobbs on Nov. 12, 1946. He grew up in Springfield, MA. He was a graduate of Cambridge College and held a Master of Arts in Education Management. He began his career in human services as a direct care worker at Monson State Hospital and retired as the Revenue Operations Manager for the University of Massachusetts Medical School. James volunteered actively in the town of Monson, serving as a member and former co-chair of the Council on Aging, and was a founding member of the Friends of the Senior Center. He was also a communicant of St. Patrick’s

Parish in Monson.

He is survived by his wife of 44 years, Sandra (Szado) Hobbs of Monson; his daughter, Caitlyn, and her husband, Dominic Torchia, and grandsons, Luca and Nicola, all of Easton, CT; sister-in-law, Michele Szado of Monson; brother-in-law, Ronald Siok of Sebring, FL; and many nieces and nephews. He was predeceased by his sisters, Judith Goodhand of North Carolina and Gretchen Hebert of Easthampton, MA; brother in-law, Edward Szado of Monson; and sister in-law, Lynne Siok of Sebring, FL.

Visiting hours will be held Friday, March 21, 2025 from 5 to 7 p.m. at Lombard Funeral Home, 3 Bridge St.,



Monson. A Funeral Mass will be held Saturday, March 22 at 10 a.m. in St Patrick’s Church at 22 Green St., Monson, MA. Please gather directly at the Church. Burial will follow at Bethany Cemetery also in Monson.

Floral tributes may be sent to the funeral home or memorial contributions may be graciously made in his memory to the Monson Senior Center, 106 Main Street, Monson, MA 01057; the American Cancer Society; or the Massachusetts Audubon Society.

For on-line condolences please visit www.lombardfuneralhome.com

Norman J. Lloyd Sr.

Norman J. Lloyd Sr., 72, of Palmer, MA, passed away suddenly on March 10, 2025, at Baystate Medical Center in Springfield, MA, surrounded by his loving family.

Born on May 20, 1952, in Syracuse, NY, Norman was the son of the late Donald and Helen (Kmiecik) Lloyd, and brother of Catherine Walton, Deborah Forbes, and the late Gary Lloyd.

Norman grew up in Westfield, MA. In his youth he worked at the family blueberry farm in Blandford, and the nearby tobacco farms. After graduating Westfield High School in 1970, he joined the United States Marine Corps and proudly served his country during the Vietnam War as a member of the HMM-165 White Knights Marine Medium Helicopter Squadron before his honorable discharge in 1974 at the rank of Sergeant. Service to his country was something he held dear throughout his life. After the military, Norman worked as a truck driver for 40 years. For most of his career, he owned and operated T.A.K. Trucking, which he named after his daughters. Prior to retiring in 2016, he worked for Maple Leaf Distributors. His work ethic and determination were

evident in everything he did, from his business to his personal passions.

A devoted New England sports fan, Norman was a proud season ticket holder of the New England Patriots for 31 years, witnessing six Super Bowl victories during his tenure. He attended countless games and events, always with a cold beer in hand, enjoying the camaraderie of family and friends. His love of sports extended to his family and community. He coached and sponsored Palmer youth baseball, softball, basketball, and football teams. He cherished watching his children and grandchildren play and was a fixture at their games.

In his free time, Norman enjoyed hunting, fishing, cooking, and spending time with family at their cottage in New Hampshire. These quiet moments were a source of peace and joy for him. He was known for his humor and called “Happy” by those close to him.

Norman was predeceased by his loving wife of 44 years, Linda Mae (Squires) Lloyd. He is sur-



vived by his five children: Tracey Applebee-Cole, April Montanez, Kristy Lagimodiere, Norman Lloyd Jr., and Russell Lloyd; eight grandchildren, two great-grandchildren, nieces and nephews,

and his favorite sister-in-law Christine (Squires) Wheeler of Belchertown. Norman’s enduring legacy of love, unwavering service, and deep commitment to his family, friends, and community will forever remain in our hearts.

Calling hours will be on Friday, March 28, 2025, from 4 to 7 p.m. at Beers & Story Funeral Home in Palmer. Funeral services will be Saturday, March 29, 2025, beginning at 8 a.m. in the funeral home, followed by a 9 a.m. Mass at St. Thomas Church in Palmer, and burial at South Cemetery in Belchertown.

In lieu of flowers, donations may be made to the Michael J. Fox Foundation. For more information please visit <https://www.afterall.com/funeral-cremation/brands/beers-and-story/>



Barbara A. Sauve ~ 1939 - 2025

WARE—Barbara Anne (McCoubrey) Sauve age 86, passed away on Saturday, March 8, 2025 at Baystate Wing Hospital in Palmer. Barbara was born on Jan. 25, 1939 in Nashua, New Hampshire, daughter of the late John A. McCoubrey and Frances (Porusta) McCoubrey. She was raised and educated in Nashua, and on June 7, 1958 she entered into Holy Matrimony with Paul Joseph Sauve. Together they have been happily married for 66 years. Paul and Barbara lived for many years in North Attleborough, 17 years in Palmer, and recently at Cedarbrook Village in

Ware. Barbara was employed for many years as the bookkeeper for her and Paul’s Liquor Store, Douglas Liquors in the Shaws Triboro Plaza in North Attleboro. She was also a stock broker prior to her retirement. She was a faithful Roman Catholic and was a communicant of St. Mary’s Church in Ware. Barbara leaves behind her beloved husband of 66 years, Paul Joseph Sauve, her children; daughter, Deborah Sauve, son, Michael John Sauve, her grandsons; Johna-



than and Nicholas, and great-grandson, Cooper John. Barbara also leaves behind her sisters; Gayle Dean and Joy Clyde. A Funeral Mass was offered on Saturday, March 15, 2025 at 11 a.m. in St. Mary’s Church, 57 South St., Ware. Burial will take place at the convenience of her family. Cebula Funeral Home of Ware is in charge of the funeral service. For more information and an online guest book, please visit: www.cebulafuneralhome.com

Barry G. Muldrew



MONSON—Barry George Muldrew, 77, died on March 12 at the Soldiers Home in Holyoke after a 10-year battle with frontal-temporal lobe dementia, with his wife, Janice, by his side. He was born on May 6, 1947 in Springfield to William and Frances (West) Muldrew. He was raised in Springfield and graduated from the High School of Commerce in 1965. He was a Navy veteran, serving on the USS Boxer, and was trained as a corpsman. He later attended Putnam Vocational School, attaining LPN status. Barry held numerous nursing jobs and spent his last 20 years of employment working for the Department of Veterans Affairs in Leeds and Springfield Outpatient Clinic, retiring in 2010. Barry was an active member of Alcoholics Anonymous, and one day at a time was able to achieve 36 years of sobriety. He helped numerous others follow this path to a better life. Barry was a member of the First Church of Monson, UCC. Prior to his illness, he served as a deacon, and sang in the choir. He and his wife enjoyed almost 30 years of marriage, and kept busy by fostering (and often keeping) retired Greyhounds, and embarking on many cross-country trips, either by car or by train. Barry got along with everyone, in part because he accepted everyone exactly as they were – no judgement.

He leaves many friends from near and far. Barry leaves his wife Janice (Wood) of Monson; five step

children, Tara Whiting -Wells(-Peter) of W. Tisbury; Daniel Whiting (Katie) of Manchester, England; Jeremy O’Brien (Suzanne) of Brooklyn, NY; Beverly Kennedy (Patrick) of Northampton; Ben O’Brien (Maggie) of S. Berwick, ME; his sister in law, Barbara Muldrew of Wilbraham; niece, Becky Moriarty of E Longmeadow and nephew, Ben Muldrew (Ulli) of Larchmont, NY; seven grandchildren; David and Emma Whiting, Tait and Jack Kennedy, and August, Erin and Molly O’Brien. He was predeceased by his parents and his brother Bill Muldrew of Wilbraham.

The family would like to thank the staff at the Veterans Home in Holyoke for their consistent, compassionate and loving care, especially during the weeks preceding Barry’s death.

Visiting hours will be held Friday, April 11 from 5-7 p.m. at Lombard Funeral Home, 3 Bridge Street, Monson. A Celebration of Life service will be held Saturday, April 12 at the First Church of Monson 5 High St. Monson at 11 a.m. Burial will be held privately at a later date.

Donations in Barry’s name can be sent to Greyhound Options, 43 Sczygiel Road, Ware, MA 01082 or the Veterans Home at Holyoke, 110 Cherry Street, Holyoke MA 01040. A donation form is online at Mass.gov website.

For online condolences please visit www.lombardfuneralhome.com

NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

Haluch's
MEMORIALS
haluchsmemorials.com

Cemetery Memorials + Markers
Granite Benches
Religious Statuary + Outdoor Display
RAY HALUCH INC.
1014 Center St | Ludlow, MA | 583-6508

Top Floor
LEARNING

Low cost tutoring & scholarships are available!

We’re a private, non-profit organization at the Palmer Public Library, here to help you meet your educational and professional goals.

1455 N. Main St
3rd Floor
Palmer, MA
01069

We're on Facebook!



TUTORING AVAILABLE

Meet Your
Professional And Educational Goals

TUTORS NEEDED

For English Language Learners,
HiSet Tutors:
English, Writing & Math

Computer Security Class

- Basic Computer Use —
- Resumé Building & Updating
- English Language Learning
- GED/HiSET Preparation
- Reading, Writing, Math
- Citizenship Exam
- SAT, TOEFL, etc. Test Prep

Contact Us
For More Information

NEW PHONE NUMBER

413-544-6600

email: info@topfloorlearning.org

Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

FOR SALE

CANAMS 1973 MX1, 125, complete minus frame. Unused factory created engine 175cc. 1975 TNT 250 frame/parts, \$2000. 1947 Crosby Coupe frame off restoration, \$7500. 165 milk crates, colonial thru 1920 bottle cache. Historic colonial hand-tooled redstones; Benches, Wells, Ballards, Yankee Cobbles, Darby Marble, Italian Travertine, much more. **413-262-4775**.

MAXIMUM EFFICIENCY. EXTRAORDINARY performance. Central Boiler certified Classic Edge Titanium HDX OUTDOOR WOOD FURNACE. Call today **413-296-4320**.

FIREWOOD

FIREWOOD
Fresh cut & split \$200.00
Seasoned cut & split \$300.00
All hardwood.
Tree length available
*Also have seasoned softwood for outdoor boilers (Cheap).
Quality & volumes **guaranteed!!**
New England Forest Products
(413)477-0083

MORE HEAT LESS WOOD. Central Boiler Classic Edge HDX Outdoor Wood Furnace. EPA Certified. Titanium Stainless Steel. 26% Tax Credit. Call **(508)882-0178**

WANTED

WANTED TO BUY

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

JUNK REMOVAL

ARA JUNK FURNITURE REMOVAL
Full house cleanouts, attics, basements, garages, pools, hot tubs, sheds, decks. Same day service. 8am-9pm. Credit cards accepted. Free estimates on phone.
Fully insured.
Call Pete 413-433-0356.

A Call We Haul FAST REMOVAL
Junk, Appliance, Cleanouts.
We load it & take it.
413-531-1936
CREDIT CARDS ACCEPTED

SERVICES

A B Hauling and Removal Service
2***A & B HOUSEHOLD REMOVAL SERVICE*******
Cellars, attics, garages cleaned, yard debris. Barns & sheds demolished. Swimming pools removed. Cheaper than dumpster fees and we do all the work. Lowest rates. Fully insured. **(413)283-6512, cell (413)222-8868.**

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

WATER IN YOUR BASEMENT?
Sump pump repairs & installations, and other draining solutions!
Call **Gary Guertin Excavating (413)531-3538.**

CLASSIFIED DEADLINES
FRIDAY AT 2 PM

SERVICES

ELECTRICIAN

NEED AN ELECTRICIAN?
Look no further!
PJ's Electrical offers fast and reliable electrical services for your home or business. Call now for a FREE estimate!
(413) 366-1703
LICENSED & INSURED

HEATING & AIR COND.

KELLUM HEATING & COOLING LLC. Licensed, insured HVAC Technician, 30 years experience, repairs, full and 24 hour emergency service. **413-275-4408.**

HOME IMPROVEMENT

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

WALKER HOME IMPROVEMENT
Interior and exterior – Finish carpentry, framing, window & door replacement, drywall, painting and decks. Competitive pricing. Insured.
Call Brendan at **413-687-5552.**

LANDSCAPING

A+ ROZELL'S LANDSCAPING & BOBCAT SERVICE
Excavator Services
Overgrown property?
Extreme Brush Cutting!
Shrub, Stump, Tree Removal
Lawn/Arboretum Installed
Loam, Stone, Mulch, Sand
Storm Clean-up
Small Demolition/ Junk Removal
Insured
Josh Rozell 413-636-5957

SERVICES

MATT GUERTIN LANDSCAPING
Weekly Mowing
Landscape design and installation
Paver Patios, Walkways
For more services visit
mattguertinlandscaping.com
Call or text **413-266-9975**
Insured - Commercial - Residential

MASONRY

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

PAINTING

DUTCH TOUCH PAINTING
Interior only \$199.00 for average 12x16 room. Very neat, references, prompt service call **(508)867-2550**

PLUMBING

GREG LAFOUNTAIN PLUMBING & HEATING Lic #19196 Repairs & Replacement of fixtures, water heater installations, steam/HW boiler replacement. Kitchen & Bath remodeling. 30 years experience. Fully insured. \$10 Gift Card With Work Performed. Call Greg **(413)592-1505**

RUBBISH REMOVAL

BOB ROBILLARD'S RUBBISH REMOVAL Attics, Cellars, Garages cleaned, Pools/Hot Tubs Removed. Family owned/ operated since 1950 **(413)537-5090**

Read your local newspaper online at
www.newspapers.turley.com

SERVICES

TREE WORK

AAA-TROM'S TREE SERVICE PROFESSIONAL SERVICE. Residential removal of trees. Free estimates, Fully insured W/Workman's Comp. Remove them before the wind takes them down. Cordwood, stump grinding. Call **413-283-6374.**

DL & G TREE SERVICE- Everything from tree pruning, tree removal, stump grinding, storm damage and brush chipping. Honest and Dependable. Fully insured. Now offering a Senior Citizen and Veteran discount. Call today for free estimate **(413)478-4212.**

TUNE-UPS

LAWN TRACTOR & MOWER TUNE UP & REPAIR
A&M TUNE-UPS
Push Lawnmowers, Riding Mowers and Small Engine Repair.
Work done at your home.
STUMP GRINDING
FREE PICKUP OF UNWANTED LAWN EQUIPMENT
Call Mike **(413) 348-7967**

STUMP GRINDING

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

SAW STUMP Grinding
Call for a Free Estimate, Veteran Owned, Fully Insured
WWW.SAWSTUMPGRINDING.COM
413-213-5470

AUTO

CANAMS 1973 MX1, 125, complete minus frame. Unused factory created engine 175cc. 1975 TNT 250 frame/parts, \$2000. 1947 Crosby Coupe frame off restoration, \$7500. **413-262-4775.**

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

HELP WANTED

Executive Director for Community Survival Center
in Indian Orchard
Resume and references to **survivalcenterio@gmail.com**
Need experience in Management, Public Outreach, and Social Media
Four-day work week; 5 weeks vacation; 5 days sick/personal time; holidays \$60,000 salary

LOCAL TREE SERVICE looking for climber and ground person. Must have driver's license in good standing. Call **413-507-1949.**

The Town of Huntington is seeking a full-time **Highway Truck Driver/Equipment Operator/Laborer.** Applicants must possess a Massachusetts Class B CDL with Air Brake Endorsement and possess or be able to obtain 2B or higher & 4G Hoisting Engineer's licenses within 6 months of hire. \$27.50 to \$28.79 per hour based on qualifications. Application and complete job description are available online at **www.huntingtonma.us** or by emailing **admin@huntingtonma.us**. Position is open until filled. Town of Huntington is an Equal Opportunity Employer.

REAL ESTATE

FOR RENT



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

NEWLY REMODELED 2 BR., 15 Vigeant St., Ware. Close to center of town, off-street parking, coin-op laundry. \$1250/mo. plus utilities. No pets. **413-323-8707.**

FOR RENT

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.
This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

CLASSIFIED DEADLINES
FRIDAY AT 2 PM

STAY ON TOP OF IT ALL!
Subscribe Today!

Turley Publications, Inc.
12 HOMETOWN NEWSPAPERS
413.283.8393
www.turley.com
24 Water Street
Palmer, MA 01069



CHANTEL BLEAU ACCOUNTING SERVICES
For Full Accounting & Tax Service
Registered Tax Return Preparer
228 West St., Ware, MA 01082
413-967-8364
Call For An Appointment
The IRS does not endorse any particular individual tax return preparer. For more information on tax preparers go to irs.gov.

Personal & Small Business
FAST TAX USA
TAX PREPARATION SERVICE
413-348-2279
IRS Certified Tax Preparers
Independently owned and operated. Over 25 years experience.
1622 B North Main Street, Palmer, MA 01069
www.FastTax-MA.com
Free E-File & Direct Deposit

Federal & All States

Call Your Local Turley Publications Sales Representative For Information And Rates On Advertising Your Tax Service Here
CALL 413-283-8393 TO PLACE YOUR AD TODAY!

FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069 DEADLINES: **FRIDAY AT NOON**
or call: 413-283-8393

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

Name: _____ Phone: _____
Address: _____
Town: _____ State: _____ Zip: _____
Number of Weeks: _____ X per week rate = \$ _____
Credit Card: ☐ MasterCard ☐ VISA ☐ Discover ☐ Cash ☐ Check# _____
Card #: _____ Exp. Date _____ CVV _____
Amount of charge: _____ Date: _____

OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

Quabbin Village Hills
Circulation: 50,500

Hilltowns
Circulation: 9,800

Suburban Residential
Circulation: 59,000

All Three ZONES for \$26.00 for 20 words plus 50¢ for each additional word.

GREAT VALUE!
ALL 3 ZONES NOW FOR THE PRICE OF ONE!

Public notices

**LEGAL NOTICE
MONSON
CONSERVATION
COMMISSION**
Under the requirements of M.G.L. Chapter 131 § 40, the Monson Conservation Commission will hold a public hearing on **Wednesday, April 2, 2025 at 7:20 PM** in the Large Meeting Room, Town Office Building, 110 Main Street. Under consideration is a Notice of Intent for the work associated with the construction of a driveway including grading within the buffer zone for the property located at 56 Munn Road, identified as Assessors Map 137, Parcel 004. The applicant and property owner is Craig Baskin.
Submitted by: Monson Conservation Commission
03/20/2025

**PALMER
PLANNING BOARD
PUBLIC HEARING NOTICE**
In accordance with the provisions of Chapter 40A, Section 11 M.G.L., the Planning Board will hold a public hearing on **Monday, April 7th, 2025, at 7:00 PM in the Town Administration Building, 4417 Main Street, Palmer, MA.**
The applicant, Ruport Realty, Inc., is seeking a Site Plan Approval as allowed under section 171.29 to construct a commercial building with multiple rental spaces available for vehicle and equipment service, maintenance and repair, and retail or office space on the property located at 1524 Park Street, Palmer. These parcels are also known as Assessor's Map 2, Lots 60 & 60-5.
A copy of the application may be inspected at the Planning Department office in the Town Administration Building from 8:30 AM to 4:30 PM Monday through Thursday.
Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.
This notice shall also be posted on the Massachusetts Newspaper Publishers Association's (MNPA) website (<http://mass-publicnotices.org>).
Michael Marciniac, Chairman
03/20, 03/27/2025

**(SEAL)
THE COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF
THE TRIAL COURT
Docket Number:
25 SM 000688
ORDER OF NOTICE**
To: **Barbara A. Bren**
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (*et seq*):
Longbridge Financial LLC
claiming to have an interest in a Mortgage covering real property in Palmer, numbered 3 Green Street, given by Barbara A. Bren to Mortgage Electronic Registration Systems, Inc., as nominee for Longbridge Financial, LLC, dated November 17, 2018, and recorded in the Hampden County Registry of Deeds in Book 22458, Page 372, 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 **April 21, 2025**, or you may lose the opportunity to challenge the foreclosure on the ground of non-compliance with the Act.
Witness, Gordon H. Piper, Chief Justice of this Court on March 10, 2025.
Attest: **Deborah J. Patterson**
Recorder
27430
03/20/2025

**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No.
HD25P0551EA
Estate of:
Robert Oliver Johnson
Date of Death:
January 31, 2025
INFORMAL PROBATE
PUBLICATION NOTICE**
To all persons interested in the above captioned estate, by Petition of Petitioner **Cynthia H. Walker of Hampden, MA.**
Cynthia H. Walker of Hampden, MA
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.
03/20/2025

LEGAL NOTICE
Pursuant to the provisions of MA Gen. Laws, Chap. 255, Sec. 39A, the following vehicles will be sold at public auction for towing and storage charges due: NISSAN VIN:1N4AL11D06C268613 Christopher Serra 14 Duggan Cir Springfield, MA; HONDA VIN:3ZCRU6H39JG701186 Losto Properties 99 Chandler ST Worcester, MA; JEEP VIN:1J8H-G48K17C588598 Dawn Dawicki 315 Lower Hampden RD Apt A Monson, MA; NISSAN VIN:3N1CN7AP7CL910175 Jodi Membrino 77 Chestnut Hill RD Millville, MA; NISSAN VIN:3N1BC13E99L377944 Loni Otto 70 West Main ST Ware, MA; CHRYSLER VIN:3CF8Y68B62T270186 Alice Suprenant 316 Amherst RD Pelham, MA; SIERRA VIN:1TT1126B6P1008571 Angie Campos 129 Main St #872 Ashaway, RI; NISSAN VIN:JN1BJ1CR9KW327845 Amanda Brown 44 Gage St Apt 2 Augusta, ME; ACURA VIN:19VDE1F3TDE020455 Eliezer Rodriguez 2175 Plank RD Cheshire, CT; LINCOLN VIN:5LMEU88H74ZJ30175 Edward Libera 39 Bourne St Three Rivers, MA; CHEVY VIN:1GCHK29U93E197403 Gregory Rozkuszka 255 West St Ludlow, MA; CHEVY VIN:2G1WT57K091181374 Ruben Suarez 751 Fairbanks Ave Cincinnati, OH; SUBARU VIN:4S3BMB69A3246926 Elizabeth Lund 12 Norbell St Three Rivers, MA; MORITZ VIN:4WXBD1721P1046879 Owner: Unknown; DODGE VIN:2B3KA43G76H174241 Gabriel Morales 119 Stafford St Apt 1 Springfield, MA; CHEVY VIN:KL8CA6S98DC594049 John Walt 48 Smithfield Ct Springfield, MA; CHEVY VIN:2GCEK19TX41131357 Raymond Lavalley 3123 Main St Bondsville, MA; NISSAN VIN:1N4BA41E36C812803 Tammy Castagnaro 1021 Baptist Hill Rd Palmer, MA.
This auction is to take place on March 21, 2025 10:00 A.M. at LaBontes & Son LLC, 241 Wilbraham St., Palmer, MA 01069
03/06, 03/13, 03/20/2025

**Legal Advertisement
TOWN OF MONSON
Monson Memorial Town Hall
Plaster Repair,
Restoration & Painting**
The Town of Monson invites sealed Bids for the Monson Memorial Town Hall Plaster Repair, Restoration and Painting project. The project includes the furnishing of all labor, equipment and materials required to complete interior plaster repair, restoration, and painting with compatible

historic colors of the ceiling and walls of the Monson Memorial Town Hall Main Gallery to preserve and restore the historic appearance.
This project is being funded by the U.S. National Parks Service (NPS), Paul Bruhn Historic Revitalization Grant Program and through the Town's Community Preservation Act (CPA) funding.
Contract documents, including specifications, may be obtained electronically beginning March 17, 2025 at 9:00 AM by contacting Penny Gustafson Pgustafson@monson-ma.gov at the Town of Monson.
All bids for this project are subject to the provisions and minimum wage rates required by M.G.L. c.149, §§26 to 27H, inclusive. All applicable Federal minimum wage rates and applicable Federal labor standards shall also apply pursuant to the Davis-Bacon Act. When both State and Federal wage rates are applicable, the higher rate must be paid.
The Awarding Authority encourages, to the extent feasible, the use of minority-, women- and disadvantaged-owned businesses for work under this contract. Bidders on the work shall make a good faith effort to achieve the goals of the Federal Minority and Women's Business Enterprise (MBE/WBE) policy regarding utilization of MBEs and WBEs in order to be deemed a responsible bidder.
Bid security in the form of a bid bond, certified or cashier's check, payable to the Town of Monson, is required in a dollar amount of not less than five percent (5%) of the total bid amount. A performance bond and labor and materials bond for 100% of the total contract price, issued by a satisfactory surety company shall be required by the successful bidder.
The Town of Monson reserves the right to reject any and all bids, to accept proposals deemed to be in the best interest of the Town, and to waive any informalities or irregularities in the bids received. Bids may not be withdrawn within 30 days of the bid opening.
The Town of Monson, through its Selectboard, reserves the right to waive any informality in the bidding or to reject any and all bids in total or in part as may be deemed to serve the best interest of the Town. The lowest qualified, responsible bidder shall be awarded the contract subject to the continued availability of funds through the National Parks Service and Monson Community Preservation Act.
The Town of Monson will not be responsible for any costs incurred by a bidder in preparing and submitting a bid in response to this IFB.
The Town of Monson Selectboard is the Awarding and Contracting Authority.
Bids may be changed or withdrawn prior to the bid opening, but not within the sixty (6) days subsequent to the bid opening, by submission of such a change in writing in a sealed envelope, identifying the submitting party and indicating that it contains a correction of the bid for the Monson Memorial Town Hall Plaster Repair, Restoration and Painting project.
The submission and review of bids must comply with 2 CFR Part 200, MGL Chapter 149, U.S. National Parks Service (NPS), Paul Bruhn Historic Revitalization Grant Program policies and other laws and regulations of the Commonwealth.
A pre-bid site walkthrough will be held at Monson Memorial Town Hall, 198 Main Street, Monson, Massachusetts on March 20, 2025, 9:00am. The building will be available for inspection at that time.
Questions regarding this procurement directed to Jennifer Wolowicz at jwolowicz@monson-ma.gov.
Hard copy bids for the Monson Memorial Town Hall Plaster Repair, Restoration and Painting project for the Town of Monson, Massachusetts, must be received by the Town of Monson, 110 Main Street, Monson, MA 01057, Office of Building Department 4:00 PM prevailing time, on Wednesday, April 2, 2025.
03/20, 03/27/2025

**Town of Wales
Planning Board**
In accordance with the provisions of M.G.L. Ch 40A §11, the Wales Planning Board will hold

a Public Hearing on **March 31st, 2025, at the Wales Senior Center (85 Main St.) at 6:00pm**, regarding the acceptance of a new table of contents and numbering system throughout the Town of Wales Zoning Bylaws. Additionally, the public hearing will also address the acceptance of amendments made within the following sections of the Wales Zoning Bylaws; 1.0, 2.0, 3.0, 4.1, 4.2, 7.0, 7.1.1, 7.4, 7.9, 8.4, 9. A copy is available on the Town of Wales website and is on file with the Town Clerk where it is available for inspection during regular business hours. Any person interested and wishing to be heard on the acceptance of these amend-

ments should refer to the town website (www.townofwales.net) under Planning Board agenda. If you have any questions or concerns, please email planning@townofwales.net.
03/13, 03/20/2025

**TOWN OF PALMER
LICENSING COMMISSION
NOTICE OF
PUBLIC HEARING**
The Palmer Licensing Commission will hold a public hearing on **Monday, March 31, 2025 at 1:00 PM** at the Palmer Town Building, 4417 Main Street, Palmer on the application for a

transfer of license from American Pride Pamer Inc. D/B/A One Stop Liquors located at 1458 N. Main Street Palmer to Vakratund Inc. D/B/A Liquor Town to be transferred to and operated at 1010 Park St Palmer, and an application to pledge said license to Greenfield Savings Bank. Any persons interested in being heard should appear at the time and place above stated.
Town of Palmer
Licensing Commission
03/20/2025

Monson Athletic Hall of Fame request for nominations

MONSON—We are excited to announce the 12th Hall of Fame quest for Inductees. The Banquet will be held in the Fall of 2025. Nominations are due by May 3, 2025.
The Monson Athletic Hall of Fame was created with the following Rationale: To preserve the history of and the great athletic traditions of Monson High School. To recognize and acknowl-

edge former athletes, teams, coaches and others associated with Monson High School Athletic programs that have distinguished themselves, either by virtue of their performance or by meritorious effort on behalf of athletics.
Nomination forms for an individual athlete, athletic staff, faculty and other and the nomination form for a team can be found at Monson High School, by visiting:

<https://sites.google.com/view/monsonathlethichalloffame/nomination-info> You will need a google account to access these forms. Submit all forms via mail to: James Duggan, 5 Wayne Road, Monson MA 01057 or email to: jamesduggan@comcast.net. You can also email James to request the form emailed to you.

YOUR HEALTH | from page 4

up with safe and effective COVID vaccines in a matter of months rather than years.
This technique was also used to create the RSV vaccine and is the basis for a whole raft of vaccines under development or in clinical trials to treat everything from the flu to HIV to cancer to Alzheimer's.

Patients still struggle with long COVID
The Kaiser Family Foundation reported, "As the nation moves further from the COVID-19 pandemic, rates of long COVID remain steady and 7 percent of all adults -- roughly 17 million people -- reported currently having long COVID in March 2024."
This suggests that the condition may persist indefinitely for some people, unless new treatment and prevention options are found. Long COVID is also difficult to diagnose because its

symptoms (fatigue, "brain fog," muscle pain, shortness of breath, to name a few) could be almost anything.
The people most vulnerable to long COVID include seniors, those with underlying health conditions, those who had severe COVID infections and the unvaccinated.
The health-care system cracked under pressure
The pandemic brought about an unprecedented exodus of doctors, nurses and other medical professionals from the field because of burnout and PTSD. A study in the Journal of the American Medical Association noted that turnover remains high and "the pandemic may have long-lasting implications for workers' willingness to remain in health care jobs."
In my view from the front lines, I have seen patients bear the unfortunate

consequences: delayed care, more infections, higher rate of complications and mortality, higher risk of errors and decreased satisfaction. This level of frustration is why patients are turning to private patient advocates in ever increasing numbers.
COVID-19 seemingly came out of nowhere in early 2020. Hopefully the lessons COVID taught will help us through the next pandemic.
Teri (Dreher) Frykenberg, is a registered nurse and board certified patient advocate and founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to Turley Newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com

THE JOURNAL REGISTER & WARE RIVER NEWS

is offering our local businesses an opportunity to advertise at a **reduced rate!**

- Business profile - 250 words
- Photo - yourself, employees or building
- Advertisement - 3 x 6

ALL FOR ONLY \$275

This special section will run in the April 24th issue of The Journal Register & The Ware River News.

Ad deadline: April 9, 2025

Quarter page ad with story (4.75x8) \$275
Half page ad with story (9.75x8) \$460
Full page ad with story (9.75x15.75) \$650

Contact Dan Flynn to reserve your space today
413-297-5886 or dflynn@turley.com

Nat Falk offers best men's clothing for 88 years

Nat Falk has been in business for more than 88 years, offering the best in men's clothing along with personalized service at competitive prices.

The business was started on Main Street by Nat Falk in 1936, with Joe Lusk becoming the owner in 1977, and his son, Charlie, buying the business in 1996. Since then, Charlie has continued the hallmark of the store, offering free alterations (with some exceptions) to the store with prices at or below its competitors for the same service.

Nat Falk offers customer service that is second to none while still offering prices that cater to working people. "In today's market of competitors inflating their prices and then running the same sales week after week, Nat Falk offers everyday great values. We don't play the pricing game," Charlie said. "We offer the best in personalized service at workday prices."

Nat Falk carries name brands such as Calvert, Levi's, Huggo, Hordstern, Jod, Van Heusen, Arrow and Carleton, just to name a few. They carry big and tall sizes and are a proud boy Scout supplier. Nat Falk is the place to go for formal wear with a full selection of suits and rentals for that all important day.

Come in today and enjoy the best in service at substantial prices. It is what Nat Falk has been about since 1936.

Customer Service The Way It Should Be for 88 Years

All at Prices Below What You'll Pay in a Department Store

FORMALWEAR SALES & RENTALS

YOUR DESTINATION FOR WEDDING, PROM OR ANY FORMAL OCCASION.

Top Brand Clothing from head to toe
VAN HEUSEN SHIRTS TO FLORESHEIM SHOES

YOUR CARHARTT WORKMAN HEADQUARTERS AT EVERYDAY GREAT PRICES!

KNOWLEDGABLE SALES HELP ALTERATIONS AT FREE OR LITTLE COST

NAT FALK
64 Main Street, Ware • 967-6721

JIM'S FORMALWEAR SUPPLIER BIG & TALLS
80% genuine genuine suits

Turley Publications, Inc.
- A TURLEY PUBLICATION -
WWW.TURLEY.COM

Spring Into Something New at Hitchcock

Homesteading Workshops in Canning, Seed Starting, and Beekeeping, “Peep” Cake Decorating & More

BRIMFIELD—After a long winter, you may be itching to get outside and experience the rejuvenating offerings of spring. Want to learn from an expert about seed starting, canning, or beekeeping? Maybe you’d like to celebrate spring with a talk about native plants or with a festive spring-themed cake decorating workshop? Whatever your interests, the line-up at your local community center

boasts many opportunities to spring into something new.
MARCH 26
Ever wonder how skunk cabbage manages to bloom through the snow, sometimes as early as February? Join Opacum Land Trust President Leslie Duthie to discover the wide variety of native plants that herald spring’s arrival in south-central Massachusetts. From the heat-generating skunk cabbage to the delicate bluets and mayflower carpeting the forest floor, learn when to expect different wildflowers and explore the critical role that these plants play in our ecosystem. “Celebrating Spring” is the latest installation in Hitchcock’s recently reinstated Brown Bag Speaker Series. It will take place on Wednesday, March 26 at 12 p.m.

MARCH 29
Hitchcock is excited to announce a partnership with Petrie Family Farm in a series of homesteading workshops, kicking off on March 29 with a session on seed starting: a beginner class for starting your garden seeds and up-potting with guidance on planting times, plant care, companion planting, and seed saving. Each participant will leave with a tray of planted seeds to care for until planted. Participants will choose from many varieties of cucumbers, heirloom tomatoes, squash, lettuce, beans and pollinator plants. A canning workshop has already sold out and a new date will soon be added.
APRIL 15 & 29
For those interested in Beekeeping, Master Bee-

keeper Mary Duane will share a Basics of Beekeeping introductory seminar on April 15 and 29. The two-night program will cover the importance of honeybees in the environment and economy, what is involved in managing a honeybee hive, and what you can do to help our state’s pollinators. Designed for those who are new to beekeeping, those who are looking into becoming a beekeeper, and those who simply want to learn more about honeybees, come to learn about this fascinating hobby.
APRIL 17
Let’s Cake Decorate offers a spring-themed cake decorating class on April 17 with an Easter Peep Cake. Participants will learn piping and smoothing skills while

decorating a cake with buttercream and piping buttercream swirls and flowers on top. A beak and feet will be made from fondant. All supplies are provided with the use of decorating tools during class. Registrants go home with a decorated 6” vanilla cake, carry home box included.
For more information or to register, visit www.hitchcockacademy.org. Hitchcock Academy is a community center located at 2 Brookfield Road in Brimfield serving the community with educational, recreational, and cultural programming.
MAY 6
Opacum Land Trust is also offering a Native Plant Container Garden Workshop for families on May 6 at 6 p.m.

PHS Class of 1975 Reunion

PALMER—Hey 1975 PHS classmates! It’s time to reconnect reminisce and make new memories.
Come catch up with old friends, share stories and celebrate the journey we’ve all been on since graduation.
We are planning a fall reunion. The venue is yet to be determined according to response.
Email Cindy at: CColburn172@comcast.net or visit our Facebook page at: Palmer High Class of 75 Reunion Page



LONG COVID | from page 7

people, we get criticized for it and it’s terrible. It shouldn’t be that way. At the end of the day, how does somebody doing something to protect themselves impact somebody else’s everyday life?” Welsh said.
Welsh added he kept this to himself “for a long time,” but decided to share his story to raise awareness.
“There’s 30 million people in the country dealing with Long COVID. Some people have been sick since COVID began in 2020. So, it’s something that needs to be talked about more, researched more, supported more,” Welsh said.
Since sharing his story, people have reached out to Welsh with their own stories and wristbands in the gray and teal LONG COVID colors that read, “Team Welsh” on one side with a ribbon and “Fight Long COVID” on the other side, were created by him and his former team at SNHU to stay connected and

garner support. His doctors at MassGeneral also wear the wristbands and have had people reach out to them to learn more.
They are also sponsored by a local insurance agency owned by his father.
“It means the world to me that people want them, that people want to wear them, people want to show me the support in what I’ve done,” Welsh said. “Everybody that’s gotten one has taken a picture of themselves wearing it, so I have a collage at home full of pictures that shows me I’m not doing this alone.”
This support has also expanded to the New England Patriots, who partnered with Team Welsh last summer after Welsh reached out to the team about his story and wanting to do something for his father’s 70th birthday. The team hosted the family during training camp “and went above and beyond to make sure I was safe” from a personal valet

to a special roped-off area so people weren’t around him.
After the practice, the players came over to Welsh, who had a sign saying, “I’m fighting Long COVID. Patriots Inspire Me!” Numerous players signed it and also gave him a signed football, later spending time talking with him.
When Welsh reached out to the team again to thank them and shared about the wristbands, they responded within an hour asking for 50 to 75 wristbands for the players and staff.
“So, the entire Patriots roster, the coaching staff, the Kraft Family--the owners--all have these wristbands and a letter from me expressing my appreciation for their support and telling them my story so everyone there knows my story,” Welsh said. “In the next week or so, we’re sending out enough for the roster of the Celtics.”
To date, Welsh added,

almost 300 of these wristbands have been distributed, with more sought as people learn his story. The prior and current presidential administrations have, also, received these wristbands.
“It has nothing to do with politics. It’s about the position in the country, to have the most powerful person in the country aware of Long COVID and the fight that goes along with it. I don’t care what party you’re on. Just to have that support is incredible,” Welsh said.
He, also, has a goal of doing a fundraising event with the wristbands and community to support Long COVID research, expressing gratitude to his family—including his parents--the community and supporters for their love and support.
One thing Welsh wishes people knew about Long COVID was this: the impact on every person is different.
“I have met many peo-

ple through this that have developed things like Type 1 Diabetes from Long COVID. I’ve met people that had to get pacemakers because of Long COVID, but they don’t have the cognitive issue, they don’t have the vocal issue, they don’t have the blood problem. So, it’s going to present itself differently to every person that has it, which is why it’s so hard for people to diagnose it,” Welsh said.
He also encouraged people to keep pushing for support from their doctors or to seek a specialist to get the support and help they need.
“It’s going to take you time to find the doctors, but there are doctors out that will believe you, what you’re fighting and they will. They will help you,” Welsh said.
His message for the community was this: to be kind and to remember the kindness that was shown during the pandemic “to everyone that was putting their lives

in jeopardy for us” from the Amazon and UPS drivers to the grocery store workers.
Also, remember and support those struggling with COVID or Long COVID today and not to leave them behind.
“COVID has impacted our lives forever, and personally, for the community, I just know what this community is capable of. I’ve lived here my whole life. I’ve seen this community rally behind any number of great people and worthy causes and to know that there’s some people already who now know the story are now getting my story out,” Welsh said. “I know that once it’s read and out there, that I’m going to have the whole community supporting someone who’s been raised and lived here for my entire life.”
To get your own Team Welsh wristband and learn more, email teamwelshlong-covid@gmail.com.

CALL YOUR TURLEY REP TODAY! 283-8393

YOUR LOCAL TRUSTED RELIABLE DEPENDABLE

HOMIE PROs

1 LOGGING

Park Saw Shop

LOGGING • ARBORIST • SAFETY
Shipping Can Be Arranged • Rentals Available
413-544-9027 • 1-800-232-6132
1292 Park Street, Palmer, MA 01069
Mon.-Fri. 6:30am-4pm • Sat. 7am-Noon
STIHL Husqvarna

2 ROOFING

Roberts Roofs

SPECIALIZING IN
Slate • Copper • Architectural Shingles
Gutters • Historical Restoration
Flat Roofs • SNOW REMOVAL
A Trusted Name Since 1982
413-283-4395 • Cell 413-237-9434
www.RobertsRoofsInc.com

3 HOME, YARD, GARAGE

HARDWICK FARMERS CO-OP

ESTABLISHED 1914
Rt. 32, 444 Lower Road, Gilbertville, MA 01031
413-477-6913 • www.hardwickfarmers.net
Open: Mon-Fri 8AM-5PM; Sat 8AM-4PM, Sun 9AM-3PM
For All Your Yard, Garden & Garage Needs
Become A Member & Save Money!

4 INSURANCE

Moulton Insurance Agency

www.moultoninsurance.com
BUSINESS • AUTO • HOME • LIFE
Very Competitive Rates • Experienced Professional Staff
99% Customer Satisfaction Rate • On-site Registry Processing
ARBELLA INSURANCE
Ware 143 West Street 413-967-3327
Belchertown 45 N. Main Street 413-323-7229