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Pathfinder plant sale a success

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SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

The Journal Register



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SPORTS

Town Council hears infrastructure concerns

By Matty Anderson
Staff Writer
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PALMER— Resident Steve Kosmider brought attention to the Church Street bridge at the Town Council meeting Monday night.

Kosmider informed the Town Council that the bridge has been shut down and without it operating it has caused a number of inconveniences to the community. The Town Council talked about potentially allocating over \$2 million to fix the bridge, but that would require a two thirds vote, and some members of the Council were not present, so they plan to vote on the matter at a later time.

Resident David Duncan of High Street shared concerns about a storm drain in his neighborhood. He said, "there is a deep pit marked with a cone that is a hazard and unfortunately the water has been running onto my land and deteriorating my farm land."

Duncan said he appreciates the fact that the Highway Department is addressing this matter.

"It's a deep pit and it's dangerous, they have always been good to me," Duncan added.

Duncan asked that the pit be fixed and for someone from the Conservation Commission take a look at the damages to his property.

Elections

The Council then reviewed the upcoming election, including the ballot and the new vote by mail system. With the vote by mail system, voters no longer need to physically come in to vote which has greatly

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Mikki Lessard (center) and her husband Barry worked a booth for their business, oHHo: Plants with Benefits, while brother-in-law Gary Spear photobombed.

Monson Wellness Fair promotes education and information

By Marcelo Gusmao
Staff Writer
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MONSON – This weekend's Wellness Fair provided resources for education and culture, and a great deal of information on how to avoid drug overdose.

Various businesses and organizations from the surrounding area had tables and booths at Memorial Hall for the event, such as the police and fire departments, and the library, which had a table manned by Director Hope Bodwell.

"We are really promoting all our programs, because in one way or another, they are all promoting wellness," said Bodwell. "Culture, education, it's all related."

At the table for the Quaboag Hills Substance Use Alliance, epidemiologist Maegan Boutot spoke about the services offered by the organization for the event.

"We're out here talking to people, trying to reduce the stigma around substance use and making sure that these things are available to everybody," Boutot said.

"We work across the spectrum of substance use and prevention, recovery, and treatment," said Boutot. "From the prevention side, we run surveys of schools and in the community," Boutot said, adding that there was a community survey going on at the time. We also put people in contact if they're looking for recovery services or harm-reduction services, like Narcan and Fentanyl strips."

QHSUA also provides resources on how to talk to teenagers about substance use, as well as how to prevent initiating use, according to Boutot. The organization's table at the Wellness Fair provided a number of resources to help prevent overdose.

Abigail Duda of QHSUA described some of the things the organization offers year round.

"We do a monthly free distribution of Narcan in Ware, and we also offer free Narcan training," Duda said.

The QHSUA serves 18 towns across Hampden, Hampshire, and Worcester counties, including Monson and Palmer. The organization supported the opening of a

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COMMUNITY

Local vendors and creators invited to Artisan Emporium



A crowd gathered to watch David Hebert of Hebee Pottery using the pottery wheel.

By Rebecca Wehner
Staff Writer
rwehner@turley.com

PALMER— The community came out to support small businesses on the sunny day of the Artisan Emporium, held at Olmsted Park with an array of vendor booths and live entertainment. The park, owned by the

Steaming Tender, was bustling with visitors on May 7 with the return of the emporium. Local business owners and crafters set up tables with their goods to sell their products and support the restaurant that hosted them.

Vendor fees were donated in their entirety towards the contin-

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SCHOOL



Liam Atkins and Jacob Morgan pondering the board.

Granite Valley School chess club attracts over 70 members

By Rebecca Wehner
Staff Writer
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MONSON— One teacher's passion for the game of chess

was transformed into a massive after-school club that allowed students to hone their skills and get excited about a new hobby.

GVS teacher Melissa Stello said she grew up playing chess as a child, and has since joined a chess league of her own in Southbridge. When Stello was approached by a few students showing an interest in learning more about chess, she

took the opportunity to put together a club at the school.

"I started playing with a couple of kids, and then more and more kids wanted to play against me," Stello. "I figured I could turn this into a club combining my own love of chess and the love of chess that was growing in these stu-

CHESS | page 8

SCHOOL

Monson Town Meeting votes not to change anything

By Marcelo Gusmao
Staff Writer
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MONSON – Only two articles did not pass Monday's Town Meeting, which were to expand the Select Board from three to five members, and to change the state flag.

A number of articles relating to raising, accepting, and releasing funds were combined into a Consent Agenda, which unanimously passed.

The meeting also voted to move a question concerning the building of a new Fire Department to the ballot for the annual town election on June 13. If the proposi-

tion passes the ballot, then the \$6.6 million project will succeed.

Debate became heated when the citizen petitions came up, and Town Moderator Peter Matrow was repeatedly heard asking the precinct members not to interrupt speakers.

"At the beginning of the evening, I said when a speaker is speaking, you need to be listening respectfully," Matrow said to the assembly. "Whether you agree with the gentleman or not, I don't care, but don't interrupt him with your cheers or jeers or whatever."

Precinct members discussed concerns about lack of transparency among the Select Board. Richard Smith, who served on Monson's Se-

lect Board for 12 years, said he was not in favor of the expansion.

"In a five-member board, two members may discuss things outside of board meetings and have back-door agreements," Smith said, voicing that he believed the town would lose transparency this way.

"I personally believe it's already happening," said precinct member Roxanne Gunther. "If you've been watching the Select Board meetings, sometimes it's like we're in a dictatorship."

Select Board Vice Chair John Morrell spoke against expanding the board, citing the town's low

MONSON | page 4

LOCAL GOVERNMENT

Cultural Council a conduit for local arts programming

By Michael Harrison
Correspondent

PALMER — If there's a free concert or festival in town, chances are it was sponsored at least in part by a Palmer Cultural Council grant.

The Cultural Council is part of a grassroots network of 329 area councils that serve every city and town in the commonwealth – the largest of its kind in the nation.

Each year, the statewide council sends towns thousands of dollars to award local applicants for a variety of public programming. The local council, which has been operating with less than half of its allotted seats filled, decides which applicants will receive funding.

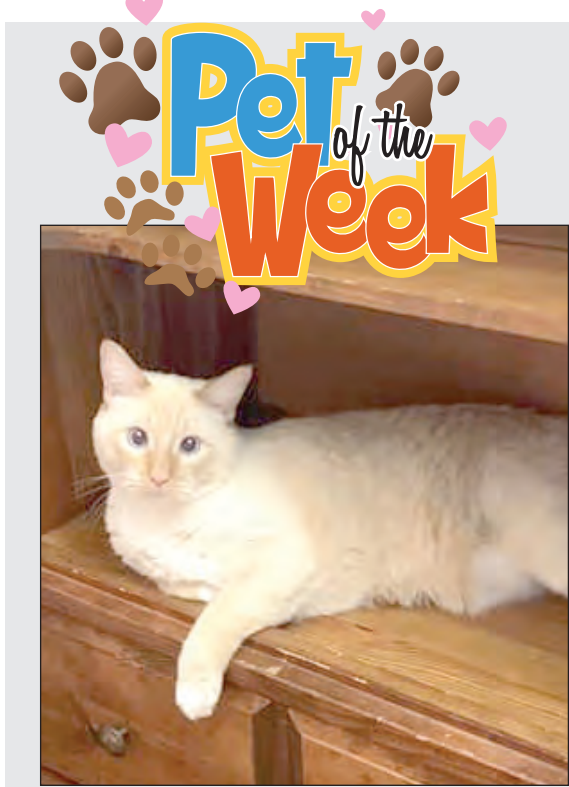
Palmer Cultural Council Chair Beth Zelazo said applications for fiscal year 2024 funding will be accepted in the fall and more exact

information will be released when it is available. In the meantime, Zelazo said residents are welcome to apply for council seats until all 22 are occupied.

Council terms are three years. Here is a cross section of current council members, including those recently appointed:

COUNCIL | page 3





WILLOW

This is Rebecca Gouvin's cat, Willow. He is four years old, and he is a big ham. Gouvin loves him so much. Is your fur friend a dog, cat, chicken, lizard, horse, bird, mouse... you get the point. Is there a pet you're fostering and trying to re-home? All pets are welcome! Email a high-resolution jpg of your pet with a little information to mharrison@turley.com.

Free memory screenings offered soon at the Senior Center

PALMER – Benchmark Senior Living is offering a free memory screening, key to early detection and treatment of Alzheimer's and dementia, from noon to 2 p.m. on Wednesday, May 31, in the Senior Center at 1029 Central Street.

Alzheimer's disease and dementia affects nearly 350,000 people in Massachusetts and numbers continue to grow, a press release from Benchmark states. According to the release, memory screenings are appropriate for anyone concerned about memory loss or experiencing symptoms of dementia or who believes they are at risk due to a family history.

They provide a safe and simple face-to-face way to check a person's memory, language, intellectual functions and other thinking skills using a series of questions and/or tasks. It can indicate if someone should consult with a medical provider in order to identify what is causing memory loss.

If dementia is the cause, early diagnosis can help both individuals and their family members learn about the disease, set realistic expectations and plan for their future together.

"Like any disease, early detection is key," said Cheryl Moran, executive director of The Atrium. "Over the past 25 plus years, we've seen that people and families affected by dementia often delay planning, which makes for a much more challenging situation later. By offering this to the community, we want to help ease the burden."

Register in advance by calling the Senior Center at 283-2670.

For more information, visit BenchmarkSeniorLiving.com.

Youth Fire Prevention at Monson Wellness Fair



Photo by Mya Walker

Fire safety themed "helmets", cups, pens, and more were available for you to take home to ensure a remembrance of fire safety.

By Mya Walker
Editorial Intern

Last weekend, the Monson Board of Health hosted a Wellness Fair at Memorial Hall, Main Street, Monson. It featured many exhibits, like one on Basic First Aid and another on the Monson Community Garden.

It also hosted the Monson Fire Department, which spoke of Youth Fire Prevention. Amber Duby, a Monson firefighter, stated many things that children could take action with to prevent a dangerous fire in their homes.

"Don't leave your oven on, don't leave things near the oven, make sure you have proper smoke detectors installed... have an emergency plan ready for if there was ever an emergency in your home!" she said.

The display also had pamphlets that spoke of fire safety with bright and colorful pictures to make learning about fire safety fun and engaging for children.

Duby has also stated that the fire department goes to schools and local communities to give the students more of a "hands-on" approach to learning about fire hazards and how to prevent them.

"We do these outreach programs with schools and the local communities to help the kids better understand safety things," Duby said.

To further involve the kids, they offered plastic take-home cups, "Are You Prepared?" bags, pens, plastic kid-sized fireman hats, and many other engaging but useful trinkets!

WELCOMED TO THE FOLD



Contributed photo

PALMER — Second Congregational Church welcomed four new members — Sue Vickers, Judith Tumusiime, Kevin Fox and Leo Riopel — during its April 30 service.

Celebrate new 'Blue Trail' on the Ware River

REGION — The Chicopee 4Rivers Watershed group, which promotes stewardship and safe enjoyment of the Ware, Quaboag, Swift and Chicopee rivers, invites the public to several upcoming events, including an opening day paddle of the lower Ware Blue Trail beginning at 9 a.m. on May 27.

Bring a boat to paddle the 8.5 miles from Robbins Road in Ware to Bennett Street in Palmer. The trip should take about 2.5 hours and is considered a smooth run with one minor drop. RSVP with an email to chicopeewatershed@gmail.com.

Prior to that, C4R will work on refinements to the landing at Ware River Park in Gilbertville off Route 32 just north of the village 9-11 a.m. on Saturday May 13. Anyone interested in helping should email Keith at chicopeewatershed@gmail.com.

'Night Out' at Villa Rose to help MJD

LUDLOW — Villa Rose Restaurant at 1428 Center Street is donating 20% of the proceeds for dine-in or take-out orders from noon to 9 p.m. on Wednesday, May 24, to the Michael J Dias Foundation.

MJD offers programs to those in recovery. The event is open to all. The patio will be open depending on the weather. Ample parking is available. For more information, call Karen at 413-304-0715 or call Villa Rose directly at 413-547-6667 for all takeout orders.

Standing Room Only at Pathfinder's Plant Sale

By Marcelo Gusmao
Staff Writer
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PALMER — Pathfinder Tech's annual plant sale drew huge crowds this past weekend, as the school's Horticulture Department raised funds for an upcoming field trip.

As Pathfinder was going through its accreditation process, as it does every ten years, the horticulture department was unable to hold the sale Wednesday through Friday as they usually do — which meant that Saturday was "crazy," according to Horticulture Instructor Lynn Dupuis.

"The parking lot was full, people were waiting in line," Dupuis said. "I'm thrilled everybody came out."

The horticulture department is currently planning to take 14 students on an overnight trip to Pennsylvania, which Dupuis said was partially funded by this weekend's sale.

"We're going to try and do that every year," said Dupuis. "They're going to be seeing gardens they might never see if they don't leave Massachusetts."



Residents came out to support the school on Saturday.

the plants, pruning the buds throughout the year to build up to the sale.

"I think the kids did a great job, they worked really hard," Dupuis said. "It was mostly freshmen and juniors that did most of the work this year, and they did a fantastic job. The kids have to water and fertilize the plants, they have to go in and take care of them and keep the greenhouse clean."

Dupuis described introducing bugs into the greenhouses to eat pests that might harm the plants. "The students do all that, they put up the little hangers for them."

Dupuis is one of two teachers in Pathfinder's horticulture department, with each teaching two grades. Dupuis said that the school is currently in the process of hiring a new teacher in the fall, replacing a previous teacher who had retired.

"When we get ready for the sale, the kids do a lot of the advertising," Dupuis said. "They get the signs made up and ready to go, so when people get here they're ready to help them. The younger kids aren't as knowledgeable about the plants as the older ones, so



Horticulture students (from left) Jack Mahan, Bryant Bressette, Nicholas Pfister, Anthony Clark, and Jacob Longo, pictured in the greenhouse. Horticulture students (from left) Jack Mahan, Bryant Bressette, Nicholas Pfister, Anthony Clark, and Jacob Longo, pictured in the greenhouse.



Submitted photos

Paraprofessional Jessica Clough (left) and MacKenzie Fulton work the register for the event.

they work together, which is nice."

The school often coordinates with local garden clubs so students can help them do flower arrangements. "They're learning to talk to people and to use their trade, and teaching people who come in that don't know plants. Some people come in and absolutely have no idea, but the kids do, so they explain it to them and tell them how they should be taking care of the plants."

Pathfinder students will often do horticulture projects around town as well, said Dupuis.

"We pick jobs according to what they're being taught, so we'll do jobs for community members as they put them through. We can't do a whole bunch of lawn cleanups, but we'll do different types of pruning," said Dupuis.

"I'm just really proud of them, they did an excellent job this year," said Dupuis. "They worked really hard."

"Next year we'll do things a little differently," Dupuis said, saying that the school plans to have two registers inside to speed up traffic.

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The greenhouses of Pathfinder's horticulture department.

Growing for the plant sale began back as far as December, so the plants can start flowering in time for the sale. The students then had to take care of

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May 26, 2023

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All businesses, civic groups and individuals all welcome to place an remembrance ad today! Special ad rates for this edition.

Ad deadline is **May 18, 2023**

Contact Dan Flynn at: **dflynn@turley.com**

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 \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

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

DEADLINE

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

Residents 55+ eligible for free groceries

HOLLAND — Low-income residents who are 55 and older can apply for free, monthly grocery deliveries through a Food Bank of Western Massachusetts program run locally by the Community Center.

The Brown Bag program is available for people over the age of 55 who meet certain income eligibility guidelines. Residents who qualify for SSI, Medicaid, fuel assistance, veterans aid or have a documented disability to receive SSDI are likely eligible. Anyone who believes they could be eligible is encouraged to apply.

To apply, call 413-247-9738, ext. 3005; download a printable application at foodbankwma.org and mail to: The Food Bank of Western Massachusetts P.O. Box 160 Hatfield, MA 01038.

For more information, stop by the center at 40 Brimfield Rd. or call 413-245-3163.

Tri-Parish Church to hold plant and bake sale

HARDWICK — The Tri-Parish Community Church announces their 17th Annual Plant and Bake Sale, on the Hardwick Common, Saturday and Sunday, May 20 and 21 from 10 a.m.-3 p.m. each day.

This popular East Quabbin area event will feature traditional, favorite and connoisseur perennials, plus selected annuals, heirloom vegetable plants and herbs in time for spring planting. There is a wonderful variety in plants offered through Inishowen Farms of North Brookfield, Stillman's Farm of New Braintree, Chicken Feather Farm of New Braintree, as well as Howe's Farm of New Braintree, Tracie's Greenhouse of Ware, the Hardwick Farmers Co-op of Hardwick and private gardens.

The popular baked potato buffet is returning and a delicious assortment of home-baked desserts and breads will also be sold. The event is held rain or shine.

The church is also seeking vendors for their annual Tag and Craft sale to coincide with the Plant and Bake Sale. Spaces on the Common will be offered for \$35 each.

Applications may be obtained by emailing Marguerite at mcrevier1.mc@gmail.com or calling 413-477-6942. Vendors should reserve their space early.

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 mharrison@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.

CULTURAL COUNCIL MEMBERS

COUNCIL | from page 1



Beth Zelazo

Occupation: Retired from Palmer Public Schools

When did you begin your term on the Council and how did you find out about it?

Zelazo: June 2021 – I was invited to become a member. What motivated you to serve?

Zelazo: I have always been a volunteer since high school in various community organizations such as Boy and Girl Scouts, PTO's, PHS Pub Club, Palmer Finance Committee, Palmer Gravel Pit Study Committee, Second Congregational Church, St. Stan's Polish Club, to name a few. I am a firm believer in serving others, especially the community in which we live. Communities need the talents, opinions, expertise and commitment from its citizens. Once I retired in 2019, I had more time to give. Being an educator all my adult life, I felt I could be an asset to the Palmer Cultural Council.

What has been the most rewarding aspect of serving on the council?

Zelazo: Serving with very committed people is rewarding. You see immediate results. Working with like-minded people whose desire is to improve Palmer by providing field trips, performers, musicians, festivals and culture through the Mass Cultural Council and hearing positive and encouraging feedback from those who benefited from these programs is very gratifying.

Any words of advice to

those who might consider applying to serve on the council?

Zelazo: The saying "best bang for your buck" could be used in this case by saying "it's the best bang for minimal time required." It is an appointed position by the Town Council for a three year term.

The council's busiest time is from November until about February when we begin reviewing grant applications for approval. The council has some autonomy to decide how involved we want to be in the Mass Cultural program. Most of our current members are also volunteering in other capacities so we are able to decide at what level of involvement we want each year. Serving on the council is an opportunity to bring free or reduced priced quality programs into the community which helps our citizens to enjoy art and culture without having to travel.



Donald Blais Jr.

Years in Palmer: 34

When did you begin your term on the Council and how did you find out about it?

Blais: I began my term in 2017 and I was asked to serve by our now former Town Manager, Charlie Blanchard.

What motivated you to serve?

Blais: Wanting to continue serving the people of Palmer. I had never heard of the Cultural Council before I began serving on the council.

What has been the most rewarding aspect of serving on the council?

Blais: I would say being able to bring back some cultur-

ally life to the town of Palmer. I would also say helping our students in the schools with funding for field trips and in-school events to promote science and culture. For me it's been very rewarding to know that we as a council were able to do that.

Any words of advice to those who might consider applying to serve on the council?

Blais: I would say be prepared for some long meetings at times during the year. Otherwise it's a great way to serve the public. I'll miss it when my time is over next year.



Jan McCoy

Years in Palmer: I graduated from PHS in 1990. I moved away between 1995 and 2011 to accompany my husband in his career with the military. I returned with my children in 2011 and they both graduated from PHS as well. I have spent about 30 out of my 50 years of life in Palmer. They say you are a "townie" if you have grandparents in the cemetery; I have great-grandparents at Oak Knoll.

Occupation: Real estate agent

What motivated you to serve?

McCoy: As a longtime resident of Palmer, it has been my goal to help my community in any form that I am able. I was a board member for the Palmer Redevelopment Authority for 5 years and I am currently active with the Palmer Domestic Violence Task Force. I also teach a free crochet class at the Palmer Public Library every week and serve on the Executive Commit-

tee for the Quaboag Hills Chamber of Commerce, which was created in Palmer and currently has its central office in Three Rivers.

How did you find out about it?

McCoy: I saw the post on Facebook asking for council members. Knowing that Beth Zelazo was involved was a big draw for me. She is a well known volunteer in our community with a commitment to helping others.

How do you hope to make a difference?

McCoy: When school budgets tighten the arts are generally hit hard. If our villages can help children and young adults grow in a society that values individual expression and creativity, I would be delighted to be associated with such efforts.



Carol Holden

Occupation: Retired Librarian

Years in Palmer: Most of my life

When did you begin your term on the Council and how did you find out about it?

Holden: I came on the Council in the fall of 2017. It was composed of only five new members.

A friend whose term was expiring suggested I might be interested in serving.

What motivated you to serve?

Holden: A willingness to work on a committee that could help bring more cultural activities to our town.

What has been the most

rewarding aspect of serving on the council?

Holden: I was able to meet new people that had many of the same interests and were willing to

give their time to help broaden cultural activities in our town. I also learned more about

the Massachusetts Cultural Council and how they help to serve the communities in our state.

Any words of advice to those who might consider applying to serve on the council?

Holden: Our Palmer Cultural Council is an amazing group of people who dedicate their time and energy to promote the arts and humanities in our town. It's a great feeling to be able to award funds to deserving groups that apply and then attend the funded events and see results!

Want to know more?

The Palmer Cultural Council meets approximately six to eight times a year on a day and time convenient to most members. Anyone interested in serving on the council or who wants more information should email Zelazo at palmerculturalcouncil@gmail.com. More is available on the town's website and on the Cultural Council's page on Facebook.

Judi Bechard

Occupation: Retired, currently working a part-time, seasonal job

Years in Palmer: 40

When did you begin your term on the Council and how did you find out about it?

Bechard: I read an article in The Palmer Register that council members were needed so I contacted Beth, who advised me to send a letter of interest to the town manager.

What motivated you to serve?

Bechard: I have a very creative background which I felt would be beneficial to this volunteer position.

Crafters, history material needed for Zucchini Festival

HOLLAND — This year's town Zucchini Festival will be held from noon to 4 p.m. on Aug. 20, at the Community Center at 40 Brimfield Road.

Organizers are looking for crafts vendors, especially any that didn't participate last year. They also are hoping someone can contribute anything history related that helps tell the story of Holland that can be displayed. Last year, a painting by Lynn Wrona, that showed the old hotel that used to be in town that showed some of the Sichel property and more was the historical centerpiece.

There will be free table space for nonprofits

and "we will be looking for people who want to register their antique cars," according to a press release.

"We are bringing the zucchini cookoff competition back and the biggest zucchini winner. Lots of fun will be happening, so save the date.

To speak with the organizers and for more information, call 245-3163, email communitycenter@hollandma.org or stop by the center.

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Viewpoints

SOCIAL SECURITY Matters
By Russell Gloor

Survivor benefits and spousal benefits are not the same

Dear Rusty: I will be 70 in August and will file my application for benefits in May. I know I'll get my maximum possible amount at age 70, but I need you to clarify things I have read. Per an award-winning TV host, author, and host of a money podcast "if the higher-earning spouse delays until age 70 to claim Social Security, that guarantees the survivor the biggest possible benefit." But then I read in a different article that if a person delays beyond their full retirement age to obtain a higher personal benefit like I have, my spouse's benefit would still be based on my FRA benefit amount. I am confused about which statement is the correct version.

Signed: Confused About My Spouse's Benefit

Dear Confused: I'm not surprised that you are confused about these seemingly contradictory statements. It is, indeed, quite logical and common for a widow or widower to think they must apply for a "spousal benefit" from their deceased spouse.

While that's technically true, those of us who live in this often confusing world of Social Security jargon would say the widow or widower is applying for a survivor benefit, not a spousal benefit. What's the difference? Well, when you're speaking with a Social Security representative or an advisor, the term "spousal benefit" means something entirely different than the term "survivor benefit."

The two articles you mention are, I believe, referring to two different types of Social Security benefit. The term "survivor benefit" is typically used to describe benefits available to a surviving spouse when the higher earner dies, but the term "spousal benefit" is typically used to denote benefits available to a lower earning spouse when both partners are still living. I agree this is confusing and that distinction was apparently not clear in the articles you read. Therefore, to clear your confusion:

If the higher earning spouse dies and has delayed claiming until age 70, that does, indeed, "guarantee the surviving spouse the biggest possible benefit." The survivor's benefit is based on the full amount the deceased was receiving at death.

If both spouses are living and the higher-earning spouse delayed until age 70 to claim, their living spouse's benefit, when the higher-earning spouse claims, will be a maximum of 50% of the higher-earning spouse's Full Retirement Age amount. A living spouse's benefit is based on their partner's FRA amount, regardless of when their partner actually claimed.

So, in your case, your wife's spousal benefit from you while you are both living will be based on your FRA entitlement, even though you waited longer to claim. But if you die first, your wife's survivor benefit as your widow will be based on 100% of the amount you were receiving at your death.

In effect, both statements you referred to in your question are true considering that they refer to two different benefit types. It is a terminology distinction which frequently causes misunderstanding.

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To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvisor@amacfoundation.org.

Russell Gloor is a Social Security advisor for AMAC.

PEOPLE/MILESTONE NEWS

As a free service for our readers, we will print all births, weddings, engagements, milestone anniversaries, major birthdays, military achievements, honors and awards. We have a "people news" form available for you to submit these listings. This material is provided to us by our readers and local institutions and we do not charge to print this content.

For more information, or to submit people or milestone news for The Journal Register, please email mharrison@turley.com.

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Mid spring questions for the Garden Lady

Lisa, who has a beautiful daffodil collection in Palmer, wrote in with this question for the Garden Lady: "I planted a Rugosa rose bush that has encroached on a planting of 'Barrett Browning' Daffodils. For the first year in over a decade, I had no blossoms at all! I want to move them out of the way of the rose bush but I don't know if it is the right time or not. Can I lift and divide them now or should I wait?"

I love that you are sharing your love of gardening with your children! My mom did that with me and it shaped my career path, for sure.



I would so eagerly anticipate planting our garden every year! (Happy Mother's Day, mom!) Certainly it isn't too late to get a head start. I would recommend sowing

Thank you for your question! It is the perfect time to move your daffodils!

One thing to keep in mind, however, is that the bulbs will likely be in the ground deeper than you think. I actually use a spade when I have to dig mine up, so that is a straight, up and down slice.

I start four or five inches all the way around the clump and then carefully lift it out entirely, foliage intact.

Usually, it is pretty easy to tease the bulbs apart by hand, separating them by size. The biggest ones I replant at the same depth they were planted prior, with ground level at the point where the foliage turns pale.

The general rule of thumb for distance from one another is twice the width of the bulb apart. This can vary depending on the variety.

A sprinkling of balanced fertilizer mixed in with the soil in the planting hole and thorough watering will get them off to a great start, hopefully with flowers for many years to come!

A question about sowing annual flowers came in from Melinda, who is introducing her young daughters to flower gardening. "I have never had much luck planting flower seeds directly in the ground. Either the rain washes them away or they come up too close. Is it too late to start a few easy flowers indoors?"

I would so eagerly anticipate planting our garden every year! (Happy Mother's Day, mom!) Certainly it isn't too late to get a head start. I would recommend sowing easy to handle annuals, plants like zinnia, marigold, calendula and bachelor's button.

They don't take long to germinate and would be a manageable size by the end of the month, ready to be moved into the garden after the danger of frost has passed.

Generally, I fill up six-packs with moist potting soil and press two seeds per pack into the soil and cover slightly.

I like to keep them warm to start, but once the seeds sprout, I try to have them outside for most of the time, so that they don't get too leggy in the house. If both seeds sprout, I'll separate them at planting time.

One variety that does not need to be started indoors is the sunflower, if you try, usually the plants will end up spindly and tall and difficult to transplant. Simply sow these in place, thinning to at least a foot apart.

My friend would always allow the seeds to mature on the plant and let them fall where they may, creating a colorful and eye-catching vegetable patch!

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

MONSON | from page 1

population, and concerns over opening the possibility for back-door agreements. Though the vote was divided, precinct members voted not to expand the Board.

The second controversial issue was surrounding changing the state flag, seal, and motto, after a bipartisan Massachusetts State Legislature voted in support of creating a commission to review the symbol. The imagery on the seal has been described as reminiscent of white supremacist imagery, depicting an arm with a sword hovering over an image of a Native American stereotype.

Mary Farrin spoke in favor of changing the flag, saying that "Historically, we do our best (...), but we learn, and then we do better."

"I think what changing the flag and motto will do is show that we've learned and we're doing better, and that we're listening to all of our voices," Farrin said.

Precinct members recounted some of the grisly history surrounding the designing of the symbol, including digging up a grave to measure the dimensions.

"That's not just a solid Indian, that's parts of different people put together," said the member, "and the reason that they did that is because they wanted to get dimensions correct, because for some apparent reason, they thought the dimensions of indigenous people were somehow different than white people."

In spite of this, other members spoke in favor of keeping the symbol. "When you name something after someone, you're honoring them," said one precinct member, who compared the initiative to the renaming of baseball teams.

Finance Committee member Kenneth Parkes also spoke against changing the flag, saying "I don't want to change something because we can."

"We are changing our culture. We are changing the way we identify," said Parkes.

The results of the vote were 133 for the change, and 155 against. Regardless of Monson's vote, the deadline for the state to redesign the flag is scheduled for 2023.

Comments on CONGRESS
By Lee Hamilton

One of Congress's most important jobs has gotten much harder

In the pantheon of writings about Congress, California Rep. Katie Porter's new book will almost certainly draw attention for her unvarnished takes on the institution and her colleagues. In "I Swear: Politics is Messier Than My Minivan," Porter finds plenty of targets, including her fellow House members, staffers, lobbyists – and how a seat in Congress is increasingly out of reach for ordinary Americans.

"Congress is full of multimillionaires for the same reason that the NBA is full of tall people," Porter – a single working mother – writes.

"It's easier to get recruited and win with such advantages."

That's all good fodder for commentary, but the line that really drew my attention is one that probably won't get much notice. "As I see it," she writes, "the real work of Congress is civic education."

I agree. Nowhere in the Constitution does it say that the job of members of Congress is to educate their constituents, colleagues or Americans as a whole, but the plain truth is that they can't be effective as representatives or as politicians on Capitol Hill unless they do. Serving as trustworthy sources of facts and analysis ought to be a key part of every legislator's responsibilities, both in their chambers and at home.

There are any number of reasons for this. The issues Congress deals with are often complicated and full of nuance, but even on some of the most basic facts, there's widespread misunderstanding. No, foreign aid is not a significant part of the U.S. budget; it's less than 1%.

No, undocumented immigrants aren't disproportionately responsible for crimes, compared to native-born Americans. No, China doesn't own more than half of U.S. debt; in fact, the largest foreign holder of the debt, at least as of late last year, was Japan, but even it pales in comparison to the almost 22% of that debt held by the federal government itself (Social Security is a big player) and the 20% by the Federal Reserve system.

My point here is not to bombard you with facts, but to say that they matter when policy is being formulated. That's especially true in Congress, where the starting point for reaching some sort of compromise on any given issue is being able to agree on a common set of facts. To build consensus, you have to clear misperceptions out of the way – in such a politically diverse body it's hard enough to hammer out an agreement when everyone agrees on the basics, but it's impossible when the players can't even find common ground on the facts.

This holds equally true when members of Congress and political candidates try to explain their positions or build support for them with the public. Voters are inundated with "information" – some of it reliable, much of it not. Our system asks them to sort through it and arrive at conclusions about what's best for their communities and the country as a whole. Legislators have access to a broad array of trustworthy information and analysis, and in an ideal world would play a key part in helping ordinary Americans work through and understand the issues in front of them.

But, of course, we don't live in an ideal world. Lots of powerful groups – some legitimate, some malign – seek to manipulate public opinion and they're very good at it. Even worse, some members of Congress and of state legislatures in recent years have shown themselves less interested in purveying facts than politically convenient misinformation. For politicians who are dedicated to communicating the facts and what they mean for policy, the sheer cacophony of misleading information and trolling by their colleagues makes things much more difficult.

This does not mean, however, that they should just throw up their hands. In the end, representative democracy is a dialogue between citizens seeking to make good judgments and elected officials determined to help them do so.

Politicians who are devoted to understanding the facts that underlie complex issues and then to explaining them to the public perform a vital service in our democracy. Those are ones who deserve our respect and support.

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

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The submission deadline for consideration is Monday at noon.

Election letters to the editor welcome

The Journal Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to mharrison@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 editor Michael Harrison at 413-283-8393.

Campaign news

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

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

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Financial advisor welcomes you to Edward Jones Wealth Management

By **Matty Anderson**
Staff Writer
manderson@turley.com

PALMER—Friendly financial advisor and family man, Hunter Boody, is always ready to offer a helping hand to anyone struggling to manage their finances or needs backup facing their fiscal fears at Edward Jones Wealth Management, on North Main Street.

Having grown up as the oldest of six children in a humble home, Hunter Boody is no stranger to the harsh consequences of poor financing. For better or worse, his familiarity with financial insecurity has forged a deep passion to help others achieve their financial goals.

"Pursuing a career as a financial advisor has been one of the best decisions I've ever made," Boody said. He feels blessed to wake up every morning and do what he loves, he aims to help people achieve that same level of zen in their daily lives.

Boody's goal is to help clients navigate complex financial situations, avoid misinformation and develop a customized plan based on their individual goals and needs. He believes that financial advice isn't a one size fits all matter, and he promises to get to know each client and look out for their best interest.

He explained that the word "fiduciary" has been a huge buzz word in the industry lately, it means to put the client first.

Edward Jones was ahead of the game in this concept, Boody said.

"One thing about our firm is that we are a privately owned business, we actually believe in helping people, we're a lot less cut-throat than other businesses," he said.

Boody's passion for financial advising comes from a genuine and empathetic place, which made him a great fit to take over Edward Jones. In contrast, many businesses objective is to set up a, "whole life policy plan," which is more beneficial to the firm than the client in most cases.

For those who have complex financial situations, lack the time or resources to manage their finances effectively, or simply want advice and guidance, a good financial advisor is just what they need.

A financial advisor can help clients avoid emotional decision-making and focus on their long-term goals, even during periods of market volatility or economic uncertainty.

"One of my favorite clients is a lady whose husband passed away, he used to handle the finances so without him she felt lost, it feels really good to watch her regain financial confidence," said Boody.

In the next five years people will be looking for Chartered Financial Consultants, a title that Hunter Boody has achieved, awarded by The American College of Financial Services.

To achieve this title, you must complete a rigorous program of study, ChFC's are skilled in financial planning, including estate planning, retirement planning, income tax planning, investments, and insurance.

Edward Jones Wealth Management isn't new to North Main Street, and opening a shop where he was from was really important to Paul Dansereau, Boody's predecessor.

While setting up closer to Springfield would have been more lucrative, Dansereau wanted to help support those small mom and pop shops that he had grown to love.

In 2019, Dansereau passed the torch to Boody, knowing that Edward Jones Wealth Management would be in good hands.

Due to their shared values, he trusted Boody to carry on his legacy, managing his beloved business and faithful staff.

When Boody took over the business, he was pleasantly surprised with how smooth the transition was with the existing staff. One of those exceptional employees was Lillian Targonski, who worked for Edward Jones in the Palmer office since October 2013.

Prior to joining the Edward Jones team, Targonski was actually their customer for 30 years until one day Dansereau asked her if she would consider joining the team, despite her having no experience in the field. Without hesitating Targonski agreed and showed a huge willingness to learn.

On May 1, The Edward Jones family celebrated Targonski's retirement, coincidentally, on her birthday.

Everyone was happy for her but sad to see her go. Dansereau visited for the occasion, because she'd been a huge part of the team for 10 good years.

Targonski said, "the best thing I've ever had in a job is the fact that we're always learning, the field is always growing and changing, it kept my job interesting over the years."



Hunter Boody posing with Lillian Targonski and Paul Dansereau in celebration of Lillian's retirement.



Lillian Targonski sitting at her desk of 10 years one last time, celebrating her birthday and last day of work at Edward Jones.

When asked about how she felt about having Boody step in as her boss she smiled and said "I'll tell you what, being new I learned from Paul, younger generations are very different from old school except for Hunter. He worked hard to climb the ladder, he's very patient, goal oriented and he's been a great teacher in terms of technology he's very advanced."

Boody graduated from Brigham Young University, in Utah, then he worked in cyber security for a while. He eventually moved to Wilbraham to be closer to his wife's family in Sturbridge, which worked out well because her father happens to run a cyber security business.

Boody said when he's not in the office, he enjoys spending time with his wife Lauren and our three children Grayson who is 3 years old, Hazel who is 2 years old, and Cohen, 8 months old. "As a family we enjoy being outside, playing and watching sports, swimming, riding bikes and any wholesome family activities," Boody said.

Boody plans to work at Edward Jones for the rest of his career, out of the kindness of his heart he also occasionally does complementary seminars at libraries to educate people on the importance of financing.

In focus: A closer look at Quabbin Valley Eye Care

By **Matty Anderson**
Staff Writer
manderson@turley.com

PALMER – Optician Rebecca Maurer welcomes anyone in need of a one stop shop for all things optical, to check out the new and improved Quabbin Valley Eye Care located on North Main Street.

After spending 21 years in the optical field, helping many colleagues achieve the practice of their dreams, Maurer's husband said to her, "wherever you go, you make it more profitable, you make the patients happier and improve organization at each practice, so why aren't you doing this for yourself, I believe in you."

Hearing those words of encouragement was the final push she needed to pursue turning her daydreams into reality.

Maurer is not only a licensed dispensing optician but has experience in ophthalmic surgical assisting and is a refracting ophthalmic technician as well. With experience in low vision, vision therapy, contact lens fitting, and insurance billing, she is well versed in several aspects of the optical field, providing a wealth of knowledge that is clearly transferable to her direct care with patients.

She always wanted to run her own practice and that's exactly what she did, her first step was reaching out to local optometrists who were getting ready to retire.



Turley Publications Photos by Matty Anderson
The team posing in front of Quabbin Valley Eye Care's new home

that...patient, they've been so understanding."

When renovations were finally complete, the team celebrated with a ribbon cutting ceremony on April 10. They even welcomed a number of esteemed guests including state Sen. Jake Oliveira, state Rep. Todd Smola and Andrew Surprise, Chief Executive Officer of the Quabog Hills Chamber of Commerce.

Maurer specializes in complex eyeglass prescriptions, fitting pediatric eyewear, accommodating eyewear for patients with special needs, and troubleshooting eyewear issues and complaints with wonderful success (she likes a challenge). Whether it is a simple adjustment, repair of broken glasses or ordering new eyewear, Maurer will provide the time and attention that you need and deserve.

"No matter how cute a pair of glasses is, they are still a medical device, a great pair of glasses is built specifically for the wearer," Maurer said.

Quabbin Valley Eye Care is one of the few optometrists in the area that accepts EyeMed and MassHealth.

Maurer feels strongly on the morality of insurance discrimination.

"Regardless of what insurance you have everyone deserves to use the benefits available to them. Providing quality care is important and 100% what this practice stands for," she said.

Quabbin Valley Eye Care also offers exclusive brands including Fabulous Fanny's, which comes from a boutique in New York. Fabulous Fanny's glasses specialize in making replicas of iconic glasses worn by famous people including Marilyn Monroe, John Lennon and Winston Churchill.

Maurer lives in Ludlow with her husband, four children and their dog Rosie. When she isn't in the office, she can be found spending time with her family, supporting her kids in their various extracurricular activities, or tackling a new home renovation project with her husband.



Rebecca Maurer had an appointment with Donna Opper who said her experience was "fast, efficient and friendly."

Maurer struck gold when she contacted Dr. Gary Wolf, who is a distinguished past president of The Massachusetts Society of Optometry.

Wolf had sold his building on Thorndike Street, however he agreed to work part-time as an independent optometrist with Maurer.

The second step was finding the perfect place to set up shop. Maurer found a location at 1448 North Main St., a beautiful building with a rich history in a great location.

"This used to be the Palmer Inn, I still have clients come in who can point out exactly where everything was," Maurer shared.

Between Maurer, Wolf and staff members Cindy Zebrowski and Tammy Patrie, Quabbin Valley Eye Care has over 65 years of combined experience in optometry and quality care in a family friendly practice.

The Quabbin Valley Eye Care team goes above and beyond to provide exceptional eye care and eye wear to their patients.

After acquiring Quabbin Valley Eye Care's new home, the final step was to renovate the interior and create a more inviting atmosphere.

The last thing she wants is for her practice to feel like a doctors office, she laughed as she explained, "I want people to be able to spend about an hour here and not have it be the worst hour of their lives."

She added, "When taking over a practice that's been a staple in this area, caring for our loyal clients is imperative. Dr. Wolf did such a good job making patients feel welcome and we plan to continue that."

Maurer has worked hard to make this transition as graceful and seamless as possible. She has even been known for making home deliveries to help accommodate clients during the renovation.

She said, "Healthcare doesn't stop just because we are in the middle of a transition, thankfully the patients have been just

PALMER PUBLIC SCHOOLS SCHOOL CHOICE PROGRAM 2023-2024 SCHOOL YEAR

School Choice openings for the 2023-2024 school year:

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- Grade 12.....5 Seats

Applications for School Choice may be obtained online at www.palmerpublicschools.org

or by contacting the Office of the Superintendent of Schools, 4107 Main Street, Palmer, Massachusetts 01069, (413) 283-2650.

The fully completed application must then be returned to the Superintendent's Office. Deadline to submit applications is August 1, 2023.

Students will be selected on a random basis by a lottery process pursuant to Massachusetts General Law, Chapter 76, Section 12B, Paragraph J. A sibling of a child currently attending Palmer Public Schools under the School Choice Program will receive preference in the admissions lottery. Parents will be notified in writing of the lottery results.

WE'RE ALL EARS

Questions? Comments? Story Ideas? Let us know how we're doing.

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Health & Wellness

STROKE AWARENESS MONTH

Caffeinated energy drinks might be risky

SPRINGFIELD – Eat this, not that. Drink this, not that. What’s a person to think? One day coffee is good for you, then another study a year later says it is not.

Now caffeine, the popular stimulant in a person’s daily “cup of joe,” is under scrutiny again, but this time in relation to energy drinks and energy shots – and a risk for stroke. Energy shots are a concentrated form of energy drinks, which contain caffeine and other substances like energy drinks, but in smaller volumes.

May is National Stroke Awareness Month. A stroke, also known as transient ischemic attack or cerebrovascular accident, happens when blood flow to the brain is blocked, preventing the brain from getting oxygen and nutrients from the blood needed to keep brain cells alive.

“There is a paucity of research data on the topic of whether energy drinks can cause an ischemic stroke,” said Dr. Melissa Mercado of the Neurology Division at Baystate Health.

“While there is no definitive study offering proof to that effect, scientists have found possible links between the two. What we as doctors are certain of is that drinking excessive amounts of caffeine increases your heart rate and blood pressure, and that high blood pressure is the leading risk for stroke.

Caffeine is a stimulant which occurs naturally in the seeds, nuts and leaves of various plants, including coffee beans, tea leaves, cocoa beans, kola nuts and guarana seeds. Energy drinks contain large amounts of caffeine, the biggest culprit, as well as added sugars and other stimulants such as guarana, taurine and L-carnitine.

The National Institutes of Health notes that 70 to 240 milligrams of caffeine can be found in a 16-ounce drink and 113 to 200 milligrams in an energy shot.

For healthy adults, the Food and Drug Administration cites 400 milligrams a day – equal to about four or five cups of coffee – as relatively safe from deleterious health effects. And the American Academy of Pediatrics recommends that adolescents aged 12 to 18 should not exceed milligrams a day or an average cup of coffee.

They also go as far as to say that “caffeine and other stimulants contained in energy drinks have no place in the diet of children and adolescents.”

A sampling of published reports on the ill-effects of energy drinks include:

A story published by the Cleveland Clinic titled “Warning: Are You Aware That Energy Drinks Can Trigger Strokes?” noted that energy drinks can cause anxiety, high blood pressure, heart palpitation, and caffeine intoxication and withdrawal in young people, and while adolescents may use energy drinks to study, long-term mega-doses of caffeine are not good for the brain.

A small study published in the Journal of the American Heart Association, the Open Access Journal of the American Heart Association/American Stroke Association, found that drinking 32 ounces of an energy drink in a short timespan may increase blood pressure and the

risk of electrical disturbances in the heart, which affects heart rhythm.

In an article in the American Journal of Emergency Medicine in 2012, “Do energy drinks cause epileptic seizures and ischemic stroke?”, the authors report a case where a patient had ischemic stroke and epileptic seizure after intake of energy drinks with alcohol. At the time it was believed to be the first reported case.

A paper published by Rutgers University called “Hazards to Caffeine in Energy Drinks and Healthy Alternatives” noted the death of a healthy Irish teenager before a basketball game because of cardiac arrest after consuming four cans of a popular energy drink led to a ban on energy drinks in some European countries. The paper also noted that although studies cannot prove that energy drinks directly cause such hazards as diabetes, seizures, cardiovascular issues and mood changes in consumers, they can correlate the energy drinks to each of those cases and to seizures and stroke.

According to the National Institutes of Health National Center for Complementary and Integrative Health, energy drinks are the most popular dietary supplement consumed by American teens and young adults. Men between the ages of 18-34 consume the most energy drinks and almost one-third of teens between the ages of 12-17 drink them regularly.

Consider the popular phrase “Everything in moderation.” “Since many Americans today are often known for their overconsumption of food and beverages, including energy drinks, doctors often recommend that adults drink no more than one can a day, with many pediatricians agreeing that even a single can may be too much for children and younger adults,” Mercado said.

The Baystate neurologist noted that chugging down too many energy drinks can lead to a condition called reversible cerebral vasoconstriction syndrome which can result in the risk of stroke, according to Mercaud.

“RCVS causes a narrowing of the blood vessels in the brain, which can restrict its blood supply. Its main symptom is a sudden, severe headache, often referred to as a ‘thunderclap headache,’ unlike you’ve never experienced,” she said.

“While many Americans, especially college students and athletes, turn to energy drinks to improve their concentration and reduce fatigue, as well as to enhance their physical performance, regular coffee is likely a safer alternative with less additives and sugar that could lead to other health problems.”

The acute stroke team at Baystate Medical Center provides care for more than 1,600 stroke patients each year, more than any other hospital in western Massachusetts. Treatment and rehabilitation services include inpatient stroke services, stroke emergency services, telestroke services, rehabilitation services after stroke, and stroke support services.

For more information on Baystate Health and its stroke services, visit baystatehealth.org/stroke, and follow on social media.

INTERNATIONAL NURSES MONTH

Baystate ‘proud of elbow-to-elbow support’

SPRINGFIELD — For an impressive 21st year in a row, nursing has been rated the most trusted profession in the annual Gallup Honesty and Ethics poll released earlier this year, a press release states.

“The honor comes as nurses throughout the country, including here at Baystate Health, continue to deal with the effects of a nationwide nursing shortage and the emotional impact that the COVID pandemic has had on nurses. I am proud to say that since the beginning of the pandemic, every nurse at Baystate Health has fulfilled our promise of advancing care and enhancing lives,” said Joanne Miller, DNP, RN, NEA-BC, chief nursing executive at Baystate Health and chief nursing officer at Baystate Medical Center.

“In 2022, our nurses continued to do what they do best by providing outstanding clinical, compassionate, and holistic care. With the ongoing shock our healthcare system faced in 2022 with new variants of the COVID-19 virus, we strove to not only heal our patients but heal the emotional impact on our nurses,” she added.

According to the news release, as part of National Nurses Month, nurses are being honored not only for their trustworthiness, but for their compassionate and skilled clinical care as the backbone of the American healthcare system. It states that 99% of people who responded to the Gallup survey ranked nurses’ honesty and ethics as high or very high, 17 percentage points higher than any other profession.

Medical doctors and pharmacists ranked second and third, further proof of the trust Americans place in healthcare professionals.

National Nurses Month at Baystate has as its theme “Lighting the Way with Resilience” because when clinical excellence meets compassionate care, our amazing nurses are illuminating and leading the journey for self-care and holistic nursing practice, Miller noted.



Nurse practitioner and RN Joanne Miller, DNP

Baystate Health is celebrating its nurses with a variety of events at locations around the health system during National Nurses Month.

The nearly 4.4 million registered nurses in the United States constitute the nation’s largest healthcare profession, one of the highest paying large occupations in the country, the release states. Nursing offers a tremendous range of opportunity to those considering a career in the highly-respected profession, including practicing as clinicians, administrators, researchers, educators and policymakers.

There is more than one educational pathway leading to eligibility to take the standardized National Council Licensure Examination. At the undergraduate level, the associate degree in nursing is

a two-year degree offered by community colleges and hospital-based schools of nursing, while the bachelor of science in nursing is a four-year degree offered at colleges and universities.

There are also various graduate degrees to advance the expertise of registered nurses, including the master’s degree, doctor of philosophy, and doctor of nursing practice.

In 2022, Baystate Health welcomed over 900 nursing students into clinical placements from nursing programs at American International College, Elms College, Bay Path University, UMass Amherst, Westfield State University, Holyoke Community College, Springfield Technical Community College and Greenfield Community College.

Baystate Health says it is committed to the success of all its nurses, including those newly graduated registered nurses (less than 12 months of clinical nursing experience) from an accredited school of nursing, who apply to its 10-month paid Nurse Residency Program. During that time, they work directly with a unit preceptor and nurse educator for clinical instruction combined with classroom-style seminars and skills/simulation sessions. The collaborative learning approach is designed to provide the knowledge base and skill set needed to successfully transition into the role of a professional nurse.

“Baystate Health is proud of the elbow-to-elbow support that we provide to our novice nurses,” Miller said.

“Nurses Month is a time to reflect on the great dedication of our nurses, not just why they became a nurse, but why they remain so incredibly dedicated to what they do – providing outstanding clinical, compassionate, and holistic care to our patients. Thank you for rekindling the art and science of nursing. I am truly humbled to work alongside you and for you,” Miller said.

According to the press release, Baystate Medical Center’s high quality nursing care has earned it prestigious status for an unprecedented fourth consecutive time in 2020, achieving Magnet recognition from the American Nurses Credentialing Center, a distinction that places the hospital’s nursing staff among the finest in the nation.

“We are growing the next generation of nurses at Baystate, which is a great place to begin and expand your nursing career,” Miller said.

“Our leaders are committed to ensuring that our nurses feel valued and appreciated all year long, but especially during Nurses Month.”

For more information on the Nurse Residency Program, visit <https://bit.ly/3wi0DtX>, where you will also find a link to Baystate Health’s nursing job listings.

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Friday, March 31, 2023

Volume 18, Number 20

Scouts BSA helps girls find their voice

Troop 163 closing in on five-year anniversary

By Paula Chinette, Editor

STURBRIDGE — One of the biggest challenges of self-defense isn't using your physical strength, it's finding your voice.

During one of their recent Sunday afternoon meetings, did just that, with the help of Sturbridge school district's school resource officer and Sturbridge Police Officer Nicholas Mardesian, and the high school's health educator Nicole Evanski.

Both Mardesian and Evanski are Rape Aggression Defense System trainers.

"Finding 'no' was something many of the Scouts felt hesitant to do, until they joined together to do the same. It's not just as they could."

Mardesian, who is also an Eagle Scout, explained the difference between screaming and yelling.

"Yelling projects confidence," he said. "And it is okay to be vocal... learn to love your voice."

Representing the same word on three over and over again while yelling can also help fend off an attack by startling others, and sending a strong message to any potential attackers.

Verbal communication is just one aspect of self-defense, Mardesian said.

"We only communicate verbally 20%," he said. "The rest is body language."

See TROOP 163 | PAGE 7

Chamber's Legislative Breakfast looks at region's needs

By Richard Murphy, Correspondent

WARREN — Last Thursday morning, people gathered in the dining room of the Quagoag Current at the Warren Chamber of Commerce for a legislative breakfast.

The event, however pleasant, was not the reason for attendance. Guests and members of the Chamber were there for a Legislative Breakfast, hosted by...

See CHAMBER | PAGE 8

New principal and IT director named at Quagoag

By Dallas Capron, Reporter

STURBRIDGE — The school district thought that we had a very exciting process for looking for a principal at St. Paul's. We're really looking for a principal to continue to carry on the good work," said Binda at the March 20 meeting.

Department heads, teachers and district representatives were involved in the committee.

Harfield will begin as principal in July.

A new IT director will be hired to support the district's technology needs.

Spooner was the first search.

Unlike Any Other Author shares story of Bathsheba Spooner

By Paula Chinette, Editor

STURBRIDGE — On what should have been a joyous celebration of love, Bathsheba Spooner took a vow which ultimately sealed her fate, earning her a place in history as one of our country's most notorious women.

Last Thursday evening at Sturbridge Historical Society's first event of the year, Warren author Ed Loveland, shared information about Bathsheba Spooner, the focus of his recent novel, "Unlike Any Other."

See LOVE | PAGE 10

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SJC overrules dismissal of Soldiers' Home case

By Gregory A. Scibelli
gscibelli@turley.com

HOLYOKE – In a huge ruling, the Massachusetts Supreme Judicial Court ruled 5-2 to throw out the dismissal of the Hampden Superior Court for criminal neglect charges against the former superintendent of the Holyoke Soldiers' Home and its chief physician.

Bennett Walsh and Dr. David Clinton were each charged with criminal neglect by then-Attorney General Maura Healey.

Healey's case against Walsh was dismissed in late 2021 by a Hampden Superior Court judge. The motion for dismissal was filed by Walsh's attorney, former Hampden District Attorney William Bennett.

Healey, who is now the governor of Massachusetts, filed an appeal before taking office.

According to court documents, Associate Justice Dalila Argaez Wendlandt wrote the ruling for the majority, stating the court's belief Walsh and Clinton did not properly handle the growing number of COVID-19 cases occurring in the home.

An independent attorney's investigation and subsequent report blamed Walsh and Clinton for their handling of the home when the COVID-19 pandemic began, which would eventually result in the deaths of 80 residents of the facility.

Wendlandt wrote the CEO of Holyoke Medical Center, Carl Cameron, expressed concern with the number of patients sent to the hospital. During the second full week of the pandemic, Cameron contacted Walsh twice to offer as-

sistance from the hospital. Walsh did not return those calls.

Cameron eventually spoke to Clinton, who confirmed the home was struggling with staff members getting COVID-19.

Wendlandt presented a grim scene following the deaths of many of the residents and noted how residents with COVID-19 were allowed to be near those who had not contracted the very contagious disease.

With the ruling, the charges are reinstated and newly-elected Attorney General Andrea Campbell will handle the case from this point.

"The Court's decision today is welcome and important news, and it affirms what we already knew: the leaders and managers of facilities like the Soldiers' Home share responsibility for the health and safety of their residents," Campbell said in a statement. "Today's decision allows us to focus once again on securing accountability for the tragic and preventable deaths at the Soldiers' Home in Holyoke."

The Soldiers' Home has since undergone a full change in management with a new superintendent and new board of trustees members.

In the dissenting statement, Associate Justice David Lowy contended there is insufficient evidence Walsh and Clinton acted wantonly and recklessly. Lowy claims those two factors need to be proven in order for the charges to stick.

The Soldiers' Home tragedy had one of the largest mass deaths from COVID-19 of any care facility in the country.

Grange offers gardening workshop May 19

WARE – Ware Grange’s first gardening workshop of the year, “Veggies A - Z: Tips for Growing Everything from Asparagus to Zucchini,” will be held on Friday, May 19 at 7 p.m. at the Grange Hall at 297 Belchertown Road.

The presenter will be Roberta McQuaid, author of the weekly “In the Garden” column for Turley Publications.

Come learn tips for growing a wide variety of vegetables. A door prize drawing will be held.

Visit Ware Grange on Facebook or at ware-grange.org for more information.



The vendor booth for Botanica.



Danny Erker and Evan Murphy of acoustic duo Kings of Ghost Town.



Author Gail Ward Olmsted.



The vendor booth for Veterans Hive and Farm.



Bryson Busiere of Bryson's Maple Syrup.



The vendor booth for Wicked Northern Candles.

Turley Publications photos by Rebecca Wehner

PALMER | from page 1

increased the number of citizens who vote.

The last day to register to vote is June 3.

Forklift replacement

Town Council received a request to replace a forklift at the Waste Water Treatment Plant. The current forklift is from the 1970s.

Jessica Sizer, who was presiding over the meeting said, “when you are dealing with equipment from the 70s there’s only so much you can do, after a certain point you can’t repair something that old.”

There was some debate over the fact that the request for replacement came in too late, and Council members discussed renting a forklift instead of replacing it for now. However renting out a forklift for five months would be more expensive than replacing it, and it would need to be replaced at some point anyways.

Matthew Lemieux said, “the forklift is leaking oil and the brakes are broken which sounds like a huge safety concern, it definitely shouldn’t be used, they can’t make do with that for five months.”

McNutt responded, “I will find out why this wasn’t reported sooner, but regardless, we need to replace the forklift.”

Sizer said, “I propose we allocate the money needed to replace the forklift,” which the Town Council voted to do.

Emergency repairs

The Palmer Public Library requires emergency repairs for a leak stemming from a flat roof and improper gutters installed to deal with drainage. \$15,200 was allocated to the library to make the necessary repairs.

Snow and ice

The Town Council approved a transfer from free cash to provide funds for the snow and ice deficit which according to Sizer, is a routine transfer that they approve every year.

New businesses

There are several new businesses coming to Palmer, a Chipotle, Jersey Mikes and Starbucks will be opening up near the Big Y.

Other news

McNutt’s report touched on the Duke Field Track proceedings, he said “it looks like they’re going to be starting right after school gets out.”

Lemieux wants to set up a meeting to discuss unreasonable fees for food truck vendors.

“We’re all one Palmer, we have been seeing more and more food trucks at events, they are a huge trend lately, we don’t want to keep beating these vendors up with fees,” said Lemieux, to which everyone agreed.

Sizer pointed out that it is currently Teacher Appreciation week, “the teachers are a huge part of our community, I know we aren’t the School Committee, but I want to show our appreciation.” Everyone was in agreement with that sentiment.

Philip J. Hebert also brought up making the recycling center more accessible.

EMPORIUM | from page 1

ued preservation and restoration of the park. Olmsted Park was designed by Frederick Olmsted, who is best known for designing NYC’s Central Park.

Steaming Tender owner and event organizer Scarlet Lamothe said that she hopes this event will bring more awareness to the historic park and encourage people to visit it, as it is open to the public. Olmsted’s relative Gail Ward Olmsted promoted and sold her books at the emporium, including one she wrote about Freder-

ick and his wife, “Landscape of a Marriage.”

Over 30 vendors were featured at the fair on Sunday, including Wicked Northern Candles, Botanica, Bryson’s Maple Syrup and The Veterans Hive and Farm. Hebee Pottery’s booth attracted a crowd when owner and US veteran David Hebert brought out his pottery wheel and created a vase in front of the audience.

“It’s great to come out on a nice day like this and share my

craft,” Hebert said. “This is definitely a season with a lot of fairs and festivals, so I’m happy to be a part of this one.”

The music at the event was provided by music duo Kings of Ghost Town, who played contemporary American songs throughout the event. The Steaming Tender was also open for outdoor seating on the patio to enjoy food and frozen drinks in between browsing.

Lamothe said she hopes that by hosting events for the public at the park, it will be able to grow and thrive once again. The park will eventually plan to have a garden and water features on its grounds.

For more information about upcoming events, visit the Steaming Tender Facebook page or steamingtender.com.

Production staff needed for ‘The Mousetrap’

MONSON — The Arts Council is putting out the call to all directors, stage managers and producers interested in helping pull together the fall show, Agatha Christie’s “The Mousetrap” – the longest running production in theater history since debuting in 1952.

The production will be presented in Memorial Hall.

The roles that need to be filled offer a stipend. According to a press release from the Monson Arts Council, “If you are the kind of dynamic person that can help make this production come alive (and get murdered on occasion), please send your resume to macdrama@monsonartscouncil.org. In the subject, please reference the role you are interested in.”

Brimming with intrigue, sophisticated humor and surprising twists, Agatha Christie’s iconic murder mystery – about a group of strangers trapped during a snowstorm – is the world’s most successful and longest-running play. After a local woman is murdered, the guests and staff at Monkswell Manor find themselves stranded during a snowstorm.

It soon becomes clear that the killer is among them and the seven strangers grow increasingly suspicious of one another. When a second murder takes place, tensions and fears escalate. This record-breaking murder mystery features a brilliant surprise finish from Dame Agatha Christie, the foremost mystery writer of her time.

The Arts Council encourages anyone with little or no experience to apply “when they feel they have a vision and the ability to meet the criteria described when clicking the links” at tinyurl.com/2k6ehmmk.



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Quaboag Country Club steeped in history and function for over 120 years

By Marcelo Gusmao
Staff Writer
mgusmao@turley.com

MONSON – The Quaboag Country Club, one of the oldest golf courses in the state, continues to offer tournaments and memberships after over 120 years of operation.

The Quaboag Country Club has been in town since the dawn of the 20th century. When it first opened back in 1900, the course only had six holes, before expanding to the standard nine.

“Golf in the United States was only a couple years old back then,” said Dale Swanson, General Manager. “There’s only three or four courses down by Boston that are older than we are.”

The club started out as a park, opened by two businessmen in 1898, officially becoming a country club two years later. The original clubhouse still stands, even after surviving a fire, though the club primarily runs out of a building built in the latter sixties.

The Club has been owned by Bill Plant for over 20 years, and Swanson has been General Manager since 2015, after retiring from owning his own business.

“I retired from my business when I was 62, and then I started up with golf. I didn’t have anything to do with golf,” Swanson said. “I’d been playing in a once-a-week league in Chicopee, and Tom DiRico was hired by Bill (Plant), so I followed Tom here.”

“I met the right people,” Swanson said, “I was hired here as a bartender, and now I’m the General Manager.”

Swanson runs a side business where he repairs golf clubs. The Country Club also has a banquet room that people can rent out for events, though its use hasn’t picked up since the pandemic.

“Being as we weren’t having anything during COVID, people haven’t gotten used to the fact, yet, that it’s rentable again.”

The room does have a few

events booked to use it, including a 50th High School Reunion that was booked in 2021, but hasn’t been able to meet yet. Swanson mentioned that the Club has limited resources to set up the room due to staffing issues.

“If we’re going to do anything there, I have to do it myself,” Swanson said. “I just can’t do 200 people anymore, because I need eight or 10 people to help me, and I don’t have anybody.”

Swanson said that members of the Club do sometimes volunteer to help with events.

As an alternative to the banquet room, there is also a pavilion on the property that’s available for rent.

“People just rent the pavilion,” Swanson said. “They bring



Turley Publications photos by Marcelo Gusmao
Dale Swanson, General Manager of the Quaboag Country Club, pictured with a view of the golf course.



Golfers (from left) Gary DePace, Don Plouffe, Terri Adams, Mark and Terry Whalen, Kevin O’Hara, and John Brehio celebrate O’Hara’s hole-in-one.

their own food, they do their own thing.”

Swanson described the Club as “a blue-collar golf course.”

“It’s all pretty much local people,” Swanson said. “This isn’t Heritage. (The owner, Bill Plant,) is over there by Worces-

ter and Auburn, and you get a different kind of people. We can’t raise the prices every time you want to, because they won’t pay for it.”

For non-members to play nine holes at the Quaboag Country Club, they would pay \$30 on a weekday, \$25 after 5 p.m., or

\$40 before lunch. On weekends, nine holes would cost \$40.

An individual seven-day membership for a year would cost \$899, going down to \$649 for ages 19-29, and \$749 for senior citizens.

Mary the Antelope’s journey ends in safe return

By Marcelo Gusmao
Staff Writer
mgusmao@turley.com

LUDLOW – As of this weekend, Mary the Antelope has safely returned to Lupa Zoo.

According to the Police Department and Joan Lupa, President of Lupa Zoo, the antelope that escaped on April 1 was found between Miller St. and Chapman St., and was captured by Wally Lupa, the Director of Facility Development and Animal Care for Lupa Zoo.

Zoo officials reported that they did not need to tranquilize Mary in order to capture her, and Lupa used only a 100-foot rope, a trailer, and a live camera.

“She walked right into the trailer and to say I was relieved would be an understatement,” Wally Lupa said.

“I’m incredibly pleased this story has a happy ending, and that is due to the entire Lupa Zoo staff

working tirelessly to bring her home safely,” said Sheriff Nick Cocchi.

Mary has been on the loose since April 1, when a tree fell on the antelope enclosure and broke the paddock during a storm. Mary’s companion stayed in captivity, while Mary took the opportunity to leave the enclosure and explore the surrounding area.

For the last month, town officials from Ludlow, Wilbraham, Palmer, and Belchertown have been searching for the antelope, with residents documenting sightings of the antelope on social media.

“I’m happy we didn’t have to tranquilize her, and she looks great,” said Joan Lupa, President of Lupa Zoo. “She was reunited with her mate this morning and they will slowly be getting back to normal.”

Wally Lupa described Mary’s reunion with her mate. “The first thing she did was go over to her mate,” Lupa said. “They rubbed noses, went around each other and then went to have their grain together. It’s like she never left.”



Photo submitted by Alexa Wurst
Mary the antelope, who has only one horn due to a birth defect, has been returned unharmed to Lupa Zoo.

“We wouldn’t have been able to get to this day without the help of Sheriff Cocchi and the other departments who jumped in to help,” Joan Lupa said. “I’m incredibly grateful for everyone I’ve met over the course of this journey.”



Turley Publications photos by Rebecca Wehner
Brandon Mushenko and Harrison Bohnet exclaiming about their game.



Calvin Ballou making his next move against Mariah Porth.



Skylar Dillahunt and Austin Vaillancourt focused on their match.

CHESS | from page 1

ments.”

Due to the widespread interest in the club from GVS students, Stello said the club was split into two groups, with the 1-3 graders playing after school and the 4-6 graders playing in the mornings. According to Stello, over 50 of these students are in the younger group and continue to show up consistently and with enthusiasm.

The club’s creation in March came during a time in which there was an increase in popularity of chess worldwide, due to competitive chess tournaments becoming more prominent on YouTube and TikTok algorithms. Chess.com stated that the more the videos are watched, the more likely they are to keep reappearing for viewers, and that the effect will snowball from there.

“The abilities of the kids have really blossomed,” Stello said. “I’ve gotten emails from parents saying that their kids are playing chess

against all their family members, and that it’s getting the whole family into it.”

Stello has met with the chess club every Tuesday, beginning the meeting with a lesson on different types of techniques while playing. Students are given an opportunity to play online chess puzzles to increase their knowledge, or to play their classmates on physical chess boards throughout the library.

“I will admit that some of the fourth through sixth graders have beaten me a couple times,” Stello said with a laugh. “Whenever they walk by me now, I can see the smiles and the pride on their faces.”

Stello said that during the final weeks of school in June, she plans to hold a bracketed tournament for the chess club students to compete against one another and receive prizes. From there, she hopes to get them involved in local competitions as they grow their skills.

For questions about the GVS chess club and how to get students involved, please contact stello@monsonschoools.com.

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LACROSEE



Mustangs bust losing streak

Haley Arventos makes a play near the opposing goal.



Lyla Strycharz tries to balance the ball.



Lilly Stebbins gets ready to shoot.



Julia Royce makes her way up the field.



Nevaeh Chiacchia surveys the offensive zone, looking to pass.



Photos by David Henry www.sweetdogphotos.com
Samantha Shrewsbury sprints toward the goal.

M O N - S O N – Last Saturday, Monson girls lacrosse defeated Central 16-5. In the win, Lyla Strycharz had five goals while Haley Arventos had three goals. The Mustangs improved to 4-8 for the season with the win and will face Lee on May 11.

SOFTBALL

Panthers win offensive show



Fallon Lynch makes solid contact with this swing.

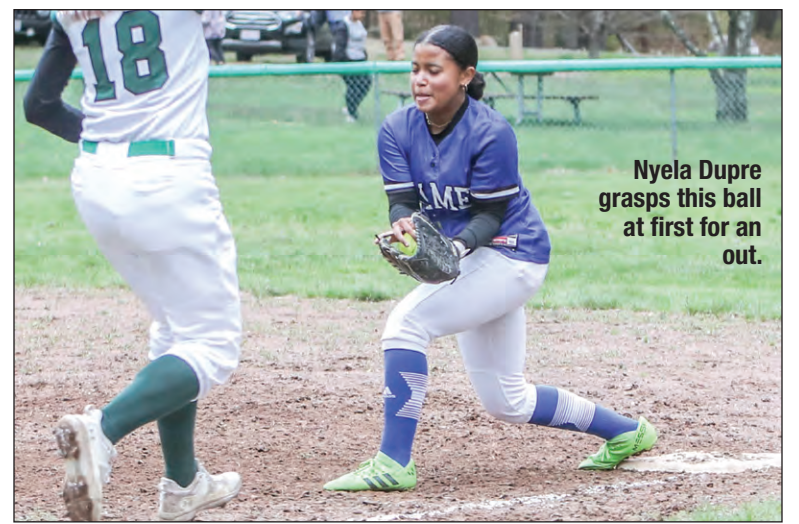
WARE – Last Wednesday afternoon, there was no shortage of runs as Palmer edged Ware 16-15. Between the two teams there were 27 hits. Hannah Roy had three hits and four RBI while Lily White had three hits and three runs scored. For Ware, Natalie Silverio had four hits, as did Cassandra Pendleton. Pendleton also drove in three runs and scored five times. Palmer is 6-8 while Ware is just 1-0.



Ella Peak readies to scoop up this ground ball.



Jordan Bigda puts away this deep fly.



Nyela Dupre grasps this ball at first for an out.

Photos by Jack Cascio NEAP.smugmug.com

Mustangs net first win in overtime



Josiah Lee picks up the loose ball in a lot of traffic.



Dominic Kierkla possesses the ball on a restart.



Brayden Pratt sprints up the field after making a recovery.



Aiden Colon maneuvers around a defender.



Players from both teams vie for the ball.

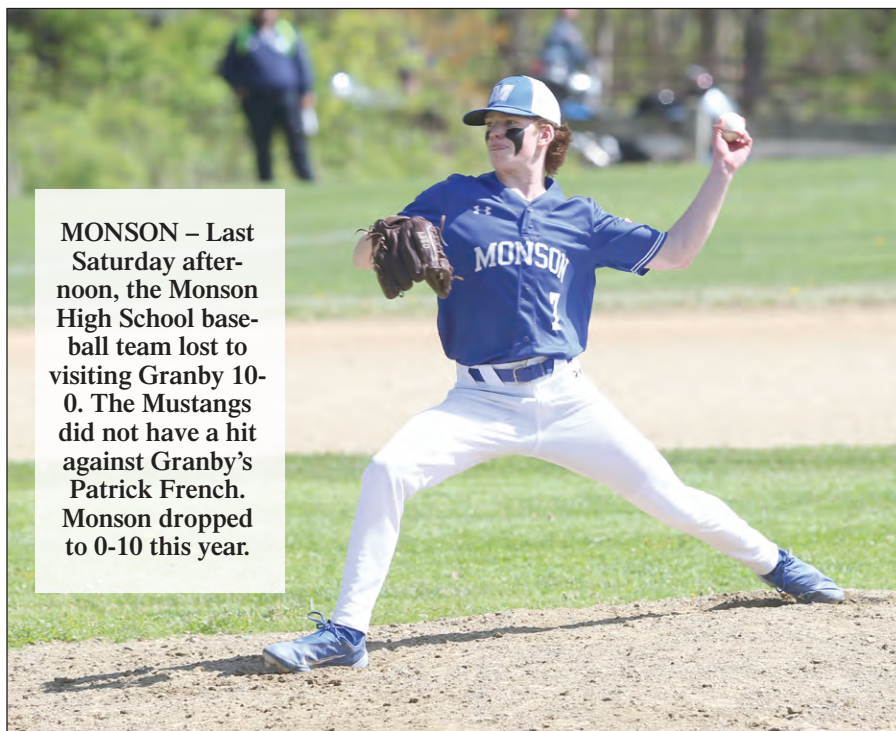
Photos by Gregory A. Scibelli

MONSON – After a 3-3 first half, the teams went to 5-5 in regulation, and an overtime goal sealed the first win of the season for Monson High School boys lacrosse. The Mustangs triumphed 6-5 over Central. Monson, which co-ops with Pathfinder, is now 1-11 this season.

Monson suffers shutout



Tyler Labonte smothering a ground ball.



MONSON – Last Saturday afternoon, the Monson High School baseball team lost to visiting Granby 10-0. The Mustangs did not have a hit against Granby's Patrick French. Monson dropped to 0-10 this year.

Colin Beaupre pitches in relief for Monson.



Caleb Drum makes a throw back to the infield.



Austin Meacham started for the Mustangs.

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Turleysports

Athlete of the Week

Hannah Roy
Palmer

In a one-run win over Ware, Roy had an impressive three hits and four RBI for Palmer. She had a double and scored twice.

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

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Emma Chevalier pitches for the Pioneers.



Jen Kinney fields a grounder.

Pathfinder handed loss by Pope Francis

PALMER – Last Thursday afternoon, Pope Francis gave Pathfinder another defeat 16-1. Pope beat Pathfinder earlier this season also. The Pioneers are now 5-3 on the season with a lot of games still remaining on their schedule.



Greenly Lagimoniere makes the catch in center.



Olivia Ward squeezes an out in left.



Megan Bly catches an out at first.

Pioneers U19, U15 take part in tournament

By Tim Peterson
Sports Correspondent

LUDLOW—Two girls soccer teams representing the Western United Pioneers had the opportunity to compete in the third annual USL Academy Cup, which was held at the Tournament Sportsplex in Tampa Bay, Florida, from March 30-April 2.

It was the first time that the Western United Pioneers participated in the event.

"The tournament was run very well, and it was a great experience for our girls," said Joe Ferrara, who's the Director of Soccer Operations for the Western United Pioneers. "I've received a lot of positive feedback from both the parents and the players."

The Western United Pioneers U19 and U15 soccer teams took part in this year's Academy Cup matches because the Western Mass. Pioneers, which is a semi-pro men's team, is a member of the USL (United Soccer League).

"The USL Academy is a youth platform for professional teams within in the USL system," said Ferrara, who's also the Pioneers General Manager. "Having the Pioneers gives us the rights to have the USL Academy teams."

Federico Molinari coached both the U19 and the U15 teams at the USL Academy Cup. He has been coaching the Pioneers men's soccer team for the past ten years. He's also the club's Director of Coaching.

"It was a great experience coaching the two soccer teams. The players worked very hard at the Academy Cup," Molinari said. "It was also the first time that we combined two age groups together. We really didn't know how the other teams down there were going to be, but both of our teams competed very well against them."

The U-19 girls' team, which was made up of players born in 2006 and 2007, finished with a 1-2-1 record.

"Players who were born in 2004, 2005, 2006, and 2007 were eligible to play for the U19 team," Ferrara said. "Our U19 team was one of youngest teams down there. We played mostly against 05 players. Our club currently doesn't have a 05 team and the majority of the 04 players are in college and they would be ineligible to play in the tournament."

The U19 team lost their first two matches 1-0 against teams from West Virginia and Tennessee. "We hit the post three times in our first two games," Molinari said. "The other team had a shot hit off the post, but the ball went into the net."

After playing a 1-1 tie against a team from Miami, Florida, the Western United Pioneers finished the tournament by posting a 4-3 victory over a team from New Jersey.

"Overall, the U19 team had a very good showing," Ferrara added. "We played against older teams from the south, who have been playing together for a few years. Our two teams only had five or six training sessions."

Twelve of the U19 players attend a high school located in the region.

Those players are Mia Carvalho (Ludlow), Sophia Scyocurka (Ludlow), Calleigh Foley (Ludlow), Emma Ellis (Ludlow), Brianna Ribeiro (Belchertown), Fallon Clancy (Belchertown), Brooke Burrows (Belchertown), Christina Ritter (Agawam), Ava Chevalier (Tantasqua Regional), Tess Chevalier (Tantasqua Regional), Claire Poindexter (Minnechaug Regional), and McKenzie Murray (Minnechaug Regional).

The U15 team, which was made up of players born in 2008 and 2009, finished the tournament with a 0-1-3 record. All three of their draws were scoreless.

Twelve members of the U15 squad also live in the Turley Publications coverage area.

They are Audrey Afonso

(Ludlow), Aneysa Donais (Ludlow), Kacie Klimek (Ludlow), Valentina Molinari (Ludlow), Payton Dersarkisian (Ludlow), Ava Friese (Ludlow), Zariah Wray (Minnechaug Regional), Madison Boulanger (Chicopee), Maeve Carter (Chicopee), Makenna Sacco (Hampden), Carson Humphries (Hampden), and Isabel Moreau (Belchertown).

"I've coached the 09 players in the past," Molinari said. "The 09 players had to adapt to playing with the 08 players. It was also the first time that the U15 team played in a tournament outside of New England. They got to see a different style of soccer."

Because the Academy Cup matches took place in the afternoon, the Western United Pioneers players didn't have a lot of time for sightseeing while they were down in Florida.

"Our games were in the middle of the day, which made it difficult to do anything else," Ferrara said. "We did go out to eat together as a team a couple of nights. It was a fun experience for the players."

Ferrara is also the League Commissioner of United Women's Soccer and is the owner of the New England Mutiny.

Both the Pioneers and the Mutiny play their home matches at historic Lusitano Stadium in Ludlow.

Ferrara is hoping a few of the Western United Pioneers girls' soccer players join the Mutiny in the coming years.

"That's our plan," he said. "I'm always looking for the local soccer players to play for the Mutiny."

Rich Friese, who's from Ludlow, was also a member of the coaching staff at this year's Academy Cup.

Ferrara is looking forward to having several of the Western United Pioneers teams compete in the 2024 USL Academy Cup.

Run for Rice's 5K Road Race set for June 3

WILBRAHAM – The 11th annual "Run for Rice's 5K Road Race" will be held on Saturday, June 3 at 9 a.m. This popular, family-friendly 5K road race begins at Christ the King – Epiphany Church, 758 Main Street, Wilbraham, and winds through a flat, fast course in surrounding neighborhoods, ending at Rice Fruit Farm across the street from the start. Pre-registration fee for runners and

walkers is \$20, while day-of-race registration is \$25. Ages 18 and under registration is \$15 including day-of registration. The first 150 registered runners by May 20 will receive our famous race t-shirt featuring the "Running Apple" logo, and all registered runners will receive a free Rice Fruit Farm ice cream with their bib number on day of race only. Cash prizes will be awarded in several categories,

and all proceeds benefit the Rice Nature Preserve maintenance fund of the Minnechaug Land Trust. Race day registration will be open from 7:30 a.m. until 8:45 a.m. On-line registration now available at RunSignUp.com, and paper registration forms can be downloaded at the Minnechaug Land Trust website www.minnechauglandtrust.org.

DEATH NOTICES

Judkins, Rev. Guy M.
Died April 29, 2023
Memorial Service May 21, 2023

Nelson, Shari Ann
Died May 6, 2023
Services May 12, 2023

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 \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

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

O B I T U A R I E S

Rev. Guy M. Judkins, age 95



SOUTHBRIDGE: Rev. Guy M. Judkins, age 95 of Southbridge passed away on April 29, 2023, at his home with family by his side.

He leaves his two sons, Richard Judkins of Monson, Craig Judkins of Brimfield; and his two daughters Cindy Bash of Westfield and Karen Francis of Brimfield. He also leaves his six nieces and nephews Anna Brown, Scott Longfellow, Wayne Longfellow, Alice, Lorraine (Dee), and Dan from the Longfellow family.

Guy was born in Belgrade Lakes, Maine, son to the late Roland and Margaret (Tozier) Judkins. He was predeceased by his sister Mavis Longfellow and her husband Lawrence Longfellow of Longfellow Greenhouses in Maine.

Guy served in the Air Force at Kimpco Air Force Base as a Buck Sargent, working in electronic communications during the Korean War (1947-1949). He attended Basic Training at Lackland Air Force Base, Texas (known as The Gateway to the Air Force).

He earned his Master's degree at Gordon College and then went on to Gordon-Conwell

Seminary. Guy's first position as a pastor was in Brentwood New Hampshire. From there he became a pastor at Second Baptist Church in Palmer as well as a mental health Chaplain at Monson State Hospital for 25 years.

He also ministered at First Baptist Church in Stafford, CT, and Wales Baptist Church. After his positions in Palmer, Guy became senior pastor at Central Baptist Church in Southbridge. In retirement, he became interim minister at South Woodstock Baptist Church in Woodstock, CT for 3 years, and then attended there regularly until his passing.

Vacations in Maine were very important to Guy every summer. He took his family to Great Pond in Belgrade Lakes where they went camping, boating, water, skiing, and swimming as they camped out together in a large tent.

Guy was skilled in a variety of trades. He loved finished carpentry work, woodworking and auto mechanics. He also restored bicycles for his children. He was



a Rotarian in Palmer and chairman of the Palmer Housing Authority for 20 years. In his last days, he frequently said "I had a good life."

Throughout his years in ministry, Rev. Judkins performed numerous weddings, funerals, baptisms and counseling services wherever he lived. He was a true servant and we will deeply miss him.

Calling hours will be held on Friday May 19th from 6-8PM at Belanger Bullard Funeral Home, 51 Marcy St. Southbridge, MA 01550.

Burial will be private. A Memorial Service will be held on Sunday May 21st at 3:00PM at the South Woodstock Baptist Church, 23 Roseland Park Rd. Woodstock, CT 06281

An online guestbook and video tribute are available at www.BelangerFuneralHome.com

Memorial donations can be made to South Woodstock Baptist Church 23 Roseland Park Rd., P.O. Box 86, Woodstock, CT 06281 www.southwoodstockbaptist.org

Shari Ann Nelson, 64,

Shari Ann Nelson, 64, of Three Rivers, passed away on May 6th, 2023 peacefully in her home in the hands of her beloved family. Shari was born January 16th, 1959 to Joan and Donald Roy, and was the eldest daughter of three.

Shari is survived by her loving husband of 42 years, Stanley Nelson; her beautiful mother, Joan Roy; passionate sister, Penny Fernandes; three devoted daughters, Jessica Garfield, Melissa Singer, and Ashley Nelson; her 7 grandchildren will miss their "Nina"; Richard Garfield, Alexis Davis, Hunter Labarron, Kourtney Nelson, Tyler Nelson, Ryder Pietrowski,

and Jacob Pietrowski; 3 great grandchildren, Alexandria Davis, Gregory Davis III, and Lukas Miller; nieces and nephews, Elizabeth Seibold, Brandy Douville, Armand Fernandes, Justin Besette, Donald Francis, Anthony Francis, Jennifer Jerome; her cherished dog Negan, and numerous other dear family members & friends!

Shari will be remembered for her fiery spirit and strength! She was the most amazing woman, so full of love and joy, and always found a way to make everyone around her smile and

laugh! Eternal rest, grant unto them, O Lord, and let perpetual light shine upon them. May the soul of the faithful departed, through the mercy of God rest in peace. Amen.

Relatives and friends are invited to join the family in celebrating Shari's life on Friday, May 12, from 3-6pm at Nowak Funeral & Cremation Services, 15 Ludlow Ave., Springfield.

To leave Shari's family an online condolence, please visit www.nowakfuneral.com.

Police/Fire

Police Logs

Palmer

The Palmer Police Department reported 1,102 incidents on its logs for April 25-May 9, including:

April 25

Jennifer L. Jerome, 37, of 21 Otis Ave. Apt. B in Ware, was arrested on a warrant at Baystate Wing Hospital. No other details were provided.

April 26

Amber Campbell Reilly, 31, of 47 Lyman Barnes Rd. in Brimfield, was arrested in the vicinity of Shearer and Thorndike Streets and charged with OUI liquor, negligent operation of a motor vehicle and a marked lanes violation.

Nichole A. LeBlanc, 33, of 57 Ware Street in West Brookfield, was arrested on Thorndike Street and charged with OUI drugs.

April 29

Felix M. Peguero, 53, of 12 Stewart Street in Bondsville, was arrested and charged with possession of a Class B drug, crack. No other details were provided.

Pedro Luis Torres Maldonado, 55, of 4012 Center Street in Thorndike, was arrested and charged with assault with a dangerous weapon, domestic assault and battery and presenting false identification. No other details were provided.

May 1

Jason Thomas Ross, 24, of 18 T. Peck Rd. in Monson, was arrested

on a warrant after police responded to a complaint of a disturbance on Pleasant Street in Palmer. No other details were provided.

Also that day, police responded to a complaint about a vehicle being broken into and burglarized on Chudy Street in Three Rivers.

May 2

Bryan K. Lamont, 49, of 164 Bourne Street in Three Rivers was arrested and charged with OUI liquor, second offense, and negligent operation of a motor vehicle without an inspection sticker.

Also that day, police reported an incident involving a drug/narcotics violation at the Walnut Street Cafe. No other details were provided.

May 3

Colleen D. Kenny, 43, and Isaac James Spencer, 43, both of 1047 Pleasant Street, Apt. 205 in Palmer, each received a summons for possession of a firearm or ammunition without a firearm ID card.

May 5

Police responded to a complaint about breaking and entering and burglary at the intersection of Springfield Street and New Hampshire Avenue in Three Rivers.

May 6

Laura L. Rosario, 37, of 1 Bliss Street, Apt. E in Monson, was arrested and charged at Cumberland Farms on North Main Street with

OUI liquor, second offense, failure to stop or yield for police, negligent operation of a motor vehicle without an inspection sticker and a marked lanes violation.

Hannah E. Roberts, 22, of 3159 High Street in Bondsville, was arrested near the intersection of Main and Springfield streets and charged with OUI liquor.

May 9

Levon Shaundale Johnson, 41, of 81 Cleveland Street in Springfield, was arrested and charged with receiving stolen property valued at \$1,200 or more and unauthorized use of a motor vehicle.

Monson

The Monson Police Department's log for April 30-May 6 included the following incidents:

May 1

Police arrested a juvenile after a threat to commit a crime. No other details were provided.

Also that day, police investigated three defraud/deception complaints. No other details were provided.

May 2

Ariel Oleg Belyshev, 19, of 74 Manor Court in Springfield, was arrested and charged with OUI liquor, underage possession of liquor, negligent operation of a motor vehicle and driving in excess of the speed limit.

Student loan borrowers in Mass approved for Public Service Loan Forgiveness

According to a press release from the U.S. Department of Education dated May 8, to mark the Public Service Recognition Week, the U.S. Department of Education (Department) announced it has approved nearly 616,000 borrowers nationwide for approximately \$42 billion in Public Service Loan Forgiveness (PSLF) since October 2021. PSLF covers public employees-such as teachers, firefighters, and members of law enforcement, as well as those who work for a non-profit organization-in a variety of fields by forgiving the remaining federal student loan balance for those who make the required 120 qualifying monthly payments.

In fact, PSLF is making an incredible difference for public servants in Massachusetts:

Between October 2021 and May 2023, the Department has approved more than 13,200 borrowers in Massachusetts for nearly \$859 million in loan forgiveness under temporary changes the Biden-Harris Administration made to the PSLF Program. That's more than \$64,000 per borrower! While hundreds of thousands of Massachusetts borrowers already have benefited from PSLF, more will benefit as the program continues.

"Since Day One, the Biden-Harris Administration has worked relentlessly to fix a broken student loan

system, including by making sure we fulfill the promise of Public Service Loan Forgiveness for those who have spent a decade or more serving our communities and our country," said U.S. Secretary of Education Miguel Cardona. "To date, the Biden-Harris team has kept that promise for more than 615,000 teachers, nurses, social workers, service members, and other public servants by approving a combined \$42 billion in student loan debt forgiveness. The difference that Public Service Loan Forgiveness is making in the lives of hundreds of thousands of Americans reminds us why we must continue doing everything we can to fight for borrowers and why families cannot afford to have progress derailed by partisan politicians. During Public Service Recognition Week-and every week-we thank all those who serve our communities."

Public Service Recognition Week celebrates individuals who serve the United States and local communities as employees of federal, state, local, or tribal government.

Recent Improvements to the PSLF Application Process

In addition to record approvals, the Department is also announcing that for the first time, borrowers can now sign and submit their PSLF forms digitally and closely track their status through the process. These significant changes to the PSLF application process create a faster, more

straightforward, and more transparent process for borrowers. The changes also improve the experience for public service employers, who now can confirm a borrower's employment digitally via DocuSign.

Background Information about the PSLF Program

Visit StudentAid.gov/publicservice to learn more about:

- Qualifying Employment
- Eligible Loans
- Qualifying Payments
- Qualifying Repayment Plans
- The PSLF Process
- The PSLF Help Tool

A resource you can share with your readers, viewers, and followers:

Federal Student Aid's Become a Public Loan Forgiveness (PSLF) Help Tool Ninja article

Will you help the Department spread the word about PSLF to Massachusetts federal student loan borrowers? Your audience may not be aware of this program and would find it valuable to know about it and understand how they could benefit from it. Encourage public servants in Massachusetts to visit StudentAid.gov/publicservice to learn more. The national press release for this announcement is at U.S. Department of Education Announces \$42 Billion in Approved Public Service Loan Forgiveness for More Than 615,000 Borrowers Since October 2021 | U.S. Department of Education.



Metabolic syndrome can lead to other health risks

SPRINGFIELD – About 1 in 3 adults have it - an unwanted health risk.

The good news is that it is largely preventable.

It's called metabolic syndrome, also called insulin resistance syndrome, which is a group of conditions that together raise your risk for coronary heart disease, diabetes and stroke.

"It is important for everyone to know their risk for heart disease, and the combination of these conditions significantly raise your risk for heart disease. People with metabolic syndrome have 50-60% higher cardiovascular risk than those without the syndrome," said Elizabeth Jarry, CNP at Baystate Cardiology in a press release.

Anyone with at least three of the following risk factors is considered to have metabolic syndrome:

A large waistline, also called abdominal obesity or "having an apple shape." Too much fat around the stomach is a greater risk factor for heart disease than too much fat in other parts of the

body. Having a high triglyceride level. Triglycerides are a type of fat found in the blood.

Having a low HDL cholesterol level. HDL is sometimes called the "good" cholesterol because it helps remove cholesterol from your arteries.

Having high blood pressure. If your blood pressure stays high over time, it can damage your heart and lead to other health problems.

Having a high fasting blood sugar. Mildly high blood sugar may be an early sign of diabetes.

Several causes acting together can lead to metabolic syndrome including being overweight and obese, an inactive lifestyle, insulin resistance, age and genetics.

"The good news is that most heart disease is 80% preventable and adopting a heart-healthy lifestyle can reduce your risk of developing metabolic syndrome and overall cardiovascular disease," Jarry said.

She cited the American Heart Association Life's Essential 8,

also supported by the American College of Cardiology, as health behaviors and factors to address heart disease risks and metabolic syndrome.

"The components of Life's Essential 8 include eating better, being more active, quitting smoking (this includes vaping), getting healthy sleep, managing your weight, controlling your cholesterol, managing blood sugar, and keeping your blood pressure in check," Jarry said.

"Losing weight, especially if you are obese, alongside exercise will provide you with the greatest benefit in reducing many of your risks including high blood pressure, high cholesterol and diabetes," she added.

There are times, however, when lifestyle changes need to be augmented with medical interventions such as medications to lower your cholesterol or blood pressure or even weight-loss surgery.

While your risk for metabolic syndrome goes up as you get older, Jarry said clinicians are starting to see evidence of

all five factors in the adolescent population.

"I suspect that this is largely due to the typical teenage diet of pizza, chips, soda and ice cream. Unfortunately, processed foods tend to also be less expensive and are created to be more addictive. As a result, we can expect to see a rise in heart disease over the next few years in younger age groups," she said.

February was American Heart Month - a time to shine a spotlight on heart disease, the number one killer of Americans, when all people can focus on their cardiovascular health and address their risk factors for the disease.

"Now is the time to have a discussion with your primary care provider about reducing your risks and setting strategies to achieving your goal of being heart healthy," Jarry said.

To learn more about Baystate Medical Center's life-saving cardiac capabilities, visit baystatehealth.org/heart.

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Celebration Of Life for
Donald E Constantino
who passed away December 6th, 2022
An inurnment will take place at
Bethany Cemetery in Monson, MA
Saturday, May 20th 11:30 to 12:00
Rev. John Brennan presiding

CALENDAR OF EVENTS

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

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

THIS WEEK

SPRING PROGRAMS AT HFA: Hitchcock Academy 2 Brookfield Road in Brimfield continues to host a vibrant line-up of classes for all ages and interests. Spring classes currently enrolling include Let's Cake Decorate's Cupcake Flower Basket on May 11, High Fitness which starts May 16 and Intro to Mosaics on May 17. Along with ongoing sessions of a variety of fitness classes, a new session of Discover The Artist Within: A Watercolor Class, begins on June 1. Learn more and sign up at hitchcockacademy.org.

PLANT SALE: The Monson Garden Club will hold its annual plant sale at 9 a.m. on Saturday, May 13, at Dave Grieve Park Gazebo on Main Street. A wide selection of perennials in addition to wildflowers, vegetables, shrubs, house plants, bulbs and herbs will be available starting at \$3. Rain date is May 20.

NEXT WEEK:

Ware Grange's first gardening workshop of the year, "Veggies A - Z: Tips for Growing Everything from Asparagus to Zucchini," will be held on Friday, May 19 at 7pm at the Grange Hall at 297 Belchertown Road in Ware. Our presenter will be Roberta McQuaid, author of the weekly "In the Garden" column for Turley Publications. Come learn tips for growing a wide variety of vegetables. A door prize drawing will be held. Visit us on Facebook or at ware-grange.org for more information.

PLANT SALE: Down To Earth Gardeners holds its 25th annual Plant Sale 9 a.m. to noon on Saturday, May 20, at the United Methodist Church, 162 Main Street Monson (across from Dunkin' Donuts). There will be a large selection of plants for shade or for sun, including perennials, ground cover, shrubs, herbs and more. For more information, call Debi at 267-5207.

DINNER AND CONCERT: The Music Committee of First Church of Monson, 5 High Street, will host a dinner and concert on Saturday, May 20. Dinner, at 5 p.m., will consist of chicken parmigiana, pasta, salad, Italian bread and dessert. At 7 p.m., West Mass Brass will present a concert featuring its all-volunteer brass band performing in the British tradition. Tickets for the dinner

and concert are \$20 and can be purchased by calling Gail at 413-267-4818. Concert tickets only are \$5 and will be available at the door.

UPCOMING

PADDLE TO PALMER: Chicopee 4Rivers Watershed invites the public to an opening day paddle of the lower Ware Blue Trail beginning at 9 a.m. on May 27. Bring a boat to paddle the 8.5 miles from Robbins Road in Ware to Bennett Street in Palmer. The trip should take about 2.5 hours and is considered a smooth run with one minor drop. RSVP with an email to Chicopeewatershed@gmail.com.

FREE MEMORY SCREENING: Benchmark Senior Living is offering a free memory screening, key to early detection and treatment of Alzheimer's and dementia, from noon to 2 p.m. on Wednesday, May 31, in the Palmer Senior Center at 1029 Central Street.

INTERESTS

CRAFTERNOONS: Drop in 2-4 p.m. daily at the Holland Public Library, 23 Sturbridge Rd. to learn or practice different crafts. 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 sign posts). For more information call 413-267-4137, email khm@keephomesteadmuseum.org or visit keephomesteadmuseum.org.

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

ONGOING

LINE DANCING CLASS: 3-5 p.m. and/or 6:30-8:30 p.m., every Thursday at the Monson Polish Club, 7 Bliss St, Monson. Rose's line dancing classes include absolute beginners and beginners, and participants get to dance to all types of music.

\$10 per class. Please wear comfortable footwear, no sandals.

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

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

BINGO: 6:25 p.m., Mondays. Kitchen opens at 4:30 p.m. At Amvets Post 74, 2150 Main St., Three Rivers.

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

Annual fireworks at HCC

HOLYOKE — The City of Holyoke will be hosting the annual 4th of July fireworks on Friday, June 30 (with a rain-date of July 7). The event will take place on the grounds of Holyoke Community College, at 303 Homestead Avenue.

Vendors interested in taking part in the event should contact the Parks and Recreation Department before June 16, for a permit application at 413-322-5620.

We encourage everyone to come early to enjoy the music and food from a variety of vendors as well as many children's activities. The event begins at 6 p.m., with the fireworks display scheduled to start at dusk.

If you have any questions, please call the Mayor's Office at 413-561-1600.

Lifeguard classes offered in May

HOLYOKE – The Holyoke Parks & Recreation Department is offering a lifeguard Red Cross certification training course at the Holyoke Boys and Girls Club (70 Nick Cosmos Way). The session will take place May 20 and 21 from 8 a.m. to 5 p.m. Applicants must be 16 years of age. Strong swimmers are encouraged to apply. Participants must pass a pre-skills test at the start of class. The cost \$150 for Holyoke residents and \$250 for non-residents.

A Lifeguard Re-Certification Class will also be offered on May 21. The class will run from 8 a.m. to 5 p.m. at the Holyoke Boys and Girls Club (70 Nick Cosmos Way). Update your skills while also extending your certification for another two years. The cost is \$100 for Holyoke residents and \$200 for non-residents.

Please register at the Holyoke Parks and Recreation Department, 413-322-5620.

Participants must register and be paid in full before attending the class. Limited space available.

Car show to raise funds for 'Kids for Wish Kids' initiative

HOLYOKE – Calling all cars. Calling all car enthusiasts, too! And anyone who wants to help make a wish come true for a child with a life-threatening illness.

On Saturday, May 6, the students and staff of HHS Dean Campus will be helping to organize a car show that could feature 100 or more vehicles in the school's main parking lot as part of a Make-A-Wish Massachusetts and Rhode Island fund-raising event. Participating students will help in a variety of ways: Auto Collision and Diesel students will serve as judges, for example, while students involved in Student Government will assist with event registration and welcoming attendees.

Registration runs from 9 a.m. - 12 noon on May 6; the registration fee is \$10 per vehicle. Participants can register any car of their choosing, from vintage automobiles to modern cars that have just rolled off of a dealer's showroom floor,

or anything in between. Organizers are hoping for a wide range of vehicles to pique the interest of people of all ages.

The car show is open to the public from 1-5 p.m. Admission is free. Funds will be raised for Make-A-Wish through car registration fees, donations, raffle tickets, and tabling fees paid by local organizations and businesses to be represented during the event. There will also be fun activities, including face painting by Dean cosmetology students and much more.

Make-A-Wish Massachusetts and Rhode Island believes that the hope, strength, and joy offered by a wish is vital to the treatment process of critical illness and can give a child an edge in their fight. A wish helps to care for the whole child—mind, body, and spirit—and also supports the community of caregivers, family, and friends around them.

Monson Road Hill Climb Event

Parking Restrictions and Road Closures

(Courtesy of the Wilbraham Police Department)

WILBRAHAM – On Saturday, May 13, between 7:30 a.m. and 3:30 p.m., a parking ban will be in effect on the following streets due to the Monson Road Hill Climb event. Vehicles parked while attending the town-wide tag sale may temporarily park on these streets but tag sale parking will be limited to 20 minutes:

1. Main Street Between Tinkham Road and Faculty Street
2. Springfield Street Between Main Street and Ripley Street
3. Burt Lane
4. Crane Park Drive
5. Bolles Road
6. Pomeroy Street

7. Hunting Lane
8. Miles Morgan Court
9. Willowbrook Lane
10. Woodland Dell Road
11. Brookmont Drive between Main Street and Hilltop Drive
12. Mountain Road between Main Street and 509 Mountain Road
13. Ridge Road Between Monson Road and 200 feet north on Ridge Road
14. Peak Road Between Monson Road and 200 feet south on Peak Road

Road Closures

On May 13, between 7 a.m. and 3:30 p.m., the northbound lane of Main Street between Tinkham Road and Burt Lane will be closed. The southbound lane of Main Street will remain completely open at all times.

On May 13 between 7 a.m. and 3 p.m. Monson Road will be closed to all traffic between Main Street and Ridge Road.

Garden Club seeks donated plants

HAMPDEN – The Hampden Garden Club is looking for donated plants for their upcoming Memorial Day Plant Sale. They will dig those plants that need to be thinned out or need a new home.

Please contact Lil Fedora at 413-566-1137 or email her at Stonemeadowfarm@charter.net. Please call before May 20.

journalregister.turley.com

Community Newspaper EDITOR WANTED

Turley Publications is looking for a "hands on" energetic candidate who loves telling stories to be the editor for two weekly publications. This position will include managing and coaching a small news staff that will provide the community with a great local newspaper.

The editor will need to cover local government and events while representing the newspaper at public venues.

The successful candidate will have strong community journalism skills and is also expected to gather news and write stories for the two papers as well as for other occasional companywide publications.

This is a job for a self-starter who has a vision for growing and connecting with our valued readers, and who thoroughly enjoys community journalism.

This full-time position with flexible schedule is based in our Palmer office at 24 Water St., this is not a remote position.

Qualifications should include:

- Bachelor's degree or equivalent experience
- Willingness to mentor a staff writer and correspondents
- Editing experience and ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style
- Management experience and/or experience managing content for a print publication.

Please send resume and writing examples to:

Eileen Kennedy, Executive Editor
24 Water St., Palmer, MA 01069
or email directly to ekennedy@turley.com

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Mon. - Fri. 8 a.m. - 4 p.m.
Closed Holidays; By Appointment only!
106 Main Street, Monson, MA 01057
413-267-4121
www.monson-ma.gov

- MAY 15**
Strength Training 10:00; Art Class 1:00
Card Class 1:00
- MAY 16**
Reflexology 9:00; Brown Bag Canasta 12:30
Line Dancing 4:00
- MAY 17**
Strength Training 10:00; Crafts & Laughs 6:00
- MAY 18**
Friends Meeting 10:00; Chair Massage 11:00
Yoga 4:30
- MAY 19**
Strength Training 10:00; Wii Bowling 12:30
Pitch 6:00



Palmer Senior Center

1029 Central Street, Palmer, MA 01069,
(413) 283-2670
Open Monday through Friday 8:30 AM to 4:00 PM

- May 15**
Mac & Cheese, Stewed Tomatoes, WW Bread,
Cran-berry Juice, Reg/Dt Cookie
 - May 16**
Breakfast TBD
 - May 17**
BBQ Pulled Pork, Spinach, 1/2 Baked Sweet Pot-
ato, WW Burger Bun, Pound Cake/Dt. Cookie
 - May 18**
Breakfast TBD
 - May 19**
Rose Chicken, California Blend Veggies, Penne
Pasta w/Sauce, WW Bread, Fresh Fruit
- All Breakfast are served with Coffee, Milk and
Juice \$3.00, Lunch: suggested donation \$2.00
Menu subject to change without notice*

ACTIVITIES

- May 15**
Marathon Bingo 10 a.m.
- May 16**
Trip to Atkins & Target 10:30 a.m.
- May 17**
Wii Bowling 1 p.m.
- May 18**
Craft - Flower Art 1 p.m.
- May 19**
Andrew Noone, Book reading "Bathsheba Spoon-
er A Revolutionary Murder Conspiracy 1 p.m.



Public Notices

TOWN OF WALES Conservation Commission Notice of Public Hearing

In accordance with the Wetland Protection Act, Chapter 131, Section 40, a Public Hearing will be held by the Wales Conservation Commission on **May 18, 2023**, at the Wales Senior Center (Old Stafford Rd. Wales, MA) at **6:00 PM**, for a Request for Determination of filed by the owners representative Joel Jette, with a project location of 66 Union Rd., Wales, MA 01081. Please go to www.townofwales.net under Conservation Commission for all information regarding this hearing or email conservation@townof-wales.net 05/11/2023

Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance M.G.L. Chapter 40A § 11 the Monson Zoning Board of Appeals will hold a Public Hearing, **Thursday May 25, 2023, at 7:10 P.M.**, at the Monson Town Hall 110 Main St. Monson, Ma 01057, on the application of Ronald Griswold Jr. for a variance from the requirements of §3.2, Table 2, Dimensional & Density Regulations, of the Monson Zoning Bylaws. The applicant seeks to install a 24ft. x 25ft. carport that will violate the required setbacks. The property is located at 106 Fenton Road, Map 146 and Parcel 007, zoned Rural Residential. A copy of

the application is available for review with the Monson Zoning Board of Appeals. David Beaudoin, Chairman 05/04, 05/11/2023

The Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance with Chapter 40A M.G.L. §.11, the Monson Zoning Board of Appeals will hold a Public Hearing **Thursday May 25, 2023 at 7:00 P.M.** on the application of Amanda & William Skinner for a Special Permit as provided by §6.7 of the Monson Zoning Bylaws. The applicant seeks a special permit to construct an addition with a 417 sq ft in-law accessory unit on property located at 218 Wilbraham Road, Map 028 and Parcel 024, zoned Rural Residential. A copy of the application is on file with the Zoning Board of Appeals. David Beaudoin, Chairman 05/04, 05/11/2023

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 11 Flynt Street, Palmer, Massachusetts
By virtue and in execution of the Power of Sale contained in a certain mortgage given by Lance Bokowski and Lindsay Bokowski a/k/a Lindsey A. Bokowski to Mortgage Electronic Registration Systems, Inc., as nominee for E*Trade Wholesale Lending Corp., said mortgage dated July 23, 2007, and recorded in the Hampden County Registry of Deeds, in Book 16831 at Page 511 and now held by IslandCap LLC by virtue of an assignment from Gulf Harbour Investments Corporation to IslandCap LLC dated November 26, 2018 and recorded in Plymouth County Registry of Deeds, in Book 22627 at Page 477; previously assigned by Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for E-Loan Wholesale Lending Corp., its successors to Gulf Harbour Investments Corporation, by virtue of an assignment, dated October 31, 2018 and recorded in Hampden County Registry of Deeds, in Book 22433 at Page 479, for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at **Public Auction on June 12, 2023 at 2:00 PM Local Time** upon the premises, subject to all encumbrances and prior liens, including the senior mortgage recorded on July 27, 2007 in Book 16831, Page 497 of the Hampden County Registry of Deeds, all and singular the premises described in said mortgage, to wit:

Property Address: 11 Flynt Street, Palmer, MA
That Certain real estate situated on the southeasterly side of the highway leading from Palmer Center to Warren known as Warren Street and the Southwesterly side of Flynt Street, in Palmer, Hampden County, Massachusetts, bounded and described as follows:
Beginning at an iron pin set in the line of row of stone posts on the Southeasterly side of Warren Street between Breckenridge Street and Flynt Street; thence running N. 60 degrees 40' East, one hundred forty two (142) feet along the southeasterly side of said Warren Street to an iron pin and in the same course about six (6) feet to the southwesterly side of said Flynt Street to a point about twenty nine (29) feet easterly from an iron pin set by a stone post near a retaining wall; thence turning and run-

ning S. 57 degrees, 46' W. about one hundred seventy eight and 06/100 (178.06) feet along land now or formerly of Edward J. Pikul to an iron pin; and thence turning and running N. 29 degrees 20' W., one hundred thirty five (135.00) feet along last named land to the place of beginning.

Bearings used on the foregoing description indicate angular relation of the various courses to approximately magnetic north.

For our title see Deed recorded with the Hampden County Registry of Deeds at Book 15287 Page 576.

The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication.

For Mortgagors' Title see deed dated August 25, 2005, and recorded in Book 15287 at Page 576 with the Hampden County Registry of Deeds.

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

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale.

Other terms to be announced at the sale.

BENDETT & MCHUGH, PC
270 Farmington Avenue
Farmington, CT 06032
Attorney for IslandCap LLC
Present Holder of the Mortgage
(860) 677-2868
05/11, 05/18, 05/25/2023

(SEAL) COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket 22 SM 001923 ORDER OF NOTICE

To: Heirs, Devisees and Legal Representatives of the Estate of Nicholas J. DiGregorio, Sr., a/k/a Nicholas J. DiGregorio, Sr., a/k/a Nicholas J. DeGregory; Nicholas DiGregorio Jr.; Vicki Finnegan; Nickole DiGregorio.

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

U.S. Bank National Association, As Trustee, For Residential Asset Mortgage Products, Inc., Mortgage Asset-Backed Pass-Through Certificates, Series 2006-EFC2,

claiming to have an interest in a Mortgage covering real property in **Brimfield**, numbered **1477 Dunhamtown-Brimfield Road a/k/a 1477 Dunhamtown Road**, given by Nicholas J. DiGregorio Sr. aka Nicholas J. DiGregorio Sr. to Mortgage Electronic Registration Systems, Inc., as nominee for EquiFirst Corporation, its successors and assigns, dated August 21, 2006, and recorded in Hampden County Registry of Deeds in Book **16144**, Page **324**, and now held by 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 **June 12, 2023**, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, GORDON H. PIPER, Chief Justice of this Court on May 1, 2023.

Attest:
Deborah J. Patterson
Recorder
21-003151
05/11/2023

MORTGAGEE'S NOTICE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Scott Duncan to USAlliance Federal Credit Union dated April 25, 2005 and recorded with the Hampden County Registry of Deeds at Book 14966, Page 401 of which Mortgage the undersigned is the present holder, for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at **Public Auction at 11:00 AM, on the 31st day of May, 2023** at 14 Paige Hill Road, Brimfield, Massachusetts 01010, all and singular the premises described in said Mortgage, to wit:

A certain parcel of land located in Brimfield, Hampden County, Massachusetts on the westerly side of Paige Hill Road together with the buildings thereon and all privileges and appurtenances there- to belonging, and shown as Parcel D and Parcel E on a plan of land entitled "Plan of Land in Brimfield, Mass., Surveyed for Joseph H. and Carla M. Gelinias," said plan being recorded with Hampden County Registry of Deeds in Book of Plans 286, Page 4, and to which plan reference may be had for a more particular description. Containing approximately 10.2 acres.

For Mortgagor's title see said Registry Book 14966 Page 399 and Book 15345 Page 28.
The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:
A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) shall be required to be paid to the mortgagee in cash, by certified or bank's cashier check at the time and place of the sale. The balance of the purchase price is to be paid in cash, by certified check or by bank cashier's check in or within 30 days from the date of the sale. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

USAlliance Federal Credit Union
Present Holder of said Mortgage,
By Its Attorney,
Edward P. McCarthy
McCarthy Law Office, LLC
303 Wyman Street, Suite 300
Waltham, MA 02451
(781) 577-6686
05/04 05/11, 05/18/2023

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Public Notices

Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance M.G. L. Chapter 40A the Monson Zoning Board of Appeals will hold a Public Hearing, **Thursday, May 25, 2023 at 7:20 P.M.** at the Monson Town Hall 110 Main St. Monson, Ma 01057 on the application of Francis Fijal for a variance from the requirements outlined in Section 3, Table 2, of the Monson Zoning Bylaws and a Special Permit to construct a 1,404 sq. ft. single-family home with a garage in the basement level on a pre-existing non-conforming lot. The property is located at Hilltop Drive Map 75 and Parcel 71 and is zoned Rural Residential. A copy of the application is on file with the Zoning Board of Appeals and can be viewed during office hours by appointment.

David Beaudoin, 05/11, 05/18/2023

NOTICE OF PUBLIC HEARING NATIONAL GRID/ VERIZON MAY 22, 2023 AT 2:00P.M.

In accordance with the provisions of Section 22, Chapter 166 of the Massachusetts General Laws, you are hereby notified that a public hearing will be held at the Palmer Town Administration Building, 4417 Main St. Palmer, MA on the **22nd of May, 2023 at 2:00 PM** on the petition of

National Grid/Verizon New England request permission to locate, poles, wires, and fixtures including the necessary sustaining and protecting fixtures along and across a public way: Maple Terrace-NG to install 1 JO Pole on Maple Terrace beginning at a point approximately 407 feet southeast of the centerline of intersection of Maple St. Install 1 new JO Pole to be numbered P3-50 on Maple Terrace approximately 407 feet southeast of the intersection with Maple St.

Ryan McNutt, Town Manager 05/11/2023

(SEAL) COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Docket Number: 23 SM 001885 ORDER OF NOTICE TO: Randall E. Paxton

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

U.S. Bank National Association claiming to have an interest in a Mortgage covering real property in Palmer numbered 11 Christine Street, given by Randall E. Paxton to Mortgage Electronic Registration Systems, Inc., as nominee for First Federal Savings Bank of Boston, dated September 12, 2014,

and recorded in Hampden County Registry of Deeds in Book 20424, Page 171, and now held by Plaintiff by assignment, has filed with this court a complaint for determination of Defendant's 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 **6/19/2023** or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on 5/4/2023

Attest: **Deborah J. Patterson** Recorder 05/11/2023

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD23C0134CA In the matter of: Melissa Jane Santos CITATION ON PETITION TO CHANGE NAME

A Petition to Change Name of Adult has been filed by **Melissa Jane Santos of Palmer, MA** requesting that the court enter a Decree changing their name to: **Melissa Jkmm Santos Gloster**

IMPORTANT NOTICE Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court before 10:00 a.m. on the return day of 05/30/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court. Date: May 02, 2023

Rosemary A Saccomani Register of Probate 05/11/2023

Commonwealth of Massachusetts The Trial Court Middlesex Probate and Family Court 10-U Commerce Way Woburn, MA 01801 (781)865-4000 Docket No. MI23A0603AD In the matter of: Talan Joseph Serena CITATION G.L. c. 210, §6 TO: Joseph Lovely and persons interested in a petition for the adoption of said child and to the Department of Children

and Families of said Commonwealth.

A petition has been presented to said court by:

Krista Barter of Malden, MA Earl Barter of Malden, MA

requesting for leave to adopt said child and that the name of the child be changed to

Talan Joseph Barter If you object to this adoption you are entitled to the appointment of an attorney if you are an indigent person.

An indigent person is defined by SJC Rule 3.10. The definition includes but is not limited to persons receiving TAFCDC, EACDC, poverty related veteran's benefits, Medicaid, and SSI. The Court will determine if you are indigent. Contact an Assistant Judicial Case Manager or Adoption Clerk of the Court on or before the date listed below to obtain the necessary forms.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT **Woburn ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00 AM) ON: 06/27/2023.**

WITNESS, Hon. **Maureen H Monks**, First Justice of this Court. Date: April 27, 2023

Tara E. DeCristofaro Register of Probate 05/11, 05/18, 05/25/2023

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FOOD CONCESSION SEEKS HELP May 10-13, cleaning, sandwich making, serving. Position requires long days standing, walking, email Ellen for more information @ realm4712@aol.com

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The Quaboag Hills Substance Use Alliance table was covered by Abigail Duda (left) and Maegan Boutot.



Select Board member Mary Hull (center) and Joan Watson provided composters to visitors outside Memorial Hall.



Nick Gasperini of the Police Department (left) taunts R.J. Woodman of the Fire Department for losing the Smoke-Off trophy to the police.



Hope Bodwell advertises programs to promote culture and education from the Monson Free Library.



On leaving Memorial Hall, resident Christa Senecal said the fair was "Good for young parents."

WELLNESS | from page 1

new recovery center, and has been involved in preparing for Lights of Hope in September.

One of the resources the table provided was Narcan spray, which is used to prevent opioid overdose.

"Narcan is the brand name, the drug itself is galaxone," said Boutot. "It's pretty easy to use. The one we give out is a nasal spray, there are other ways to administer it but for the community it's a nasal spray."

Boutot gave instructions on how and when to administer Narcan.

"First, you should always call 9-1-1," Boutot said. "If you think someone is having an overdose, you try to rouse them; if you can't rouse them and you have the signs, you can administer narcan in the nose and often provide breathing support along with it."

Galoxone only works for an opioid overdose, but Boutot said that it doesn't hurt to administer to a person overdosing on another substance.

"When I was first learning, I was like, 'will I know if it's a cocaine overdose versus something else?'" Boutot said, since cocaine is not an opioid. "But even if it's not, there's no harm, so it's better to have on you and use it, even if you're unsure."

One opioid that appears in the news a lot is fentanyl. Boutot was willing to provide some information on the drug to help dispel some popular myths.

"Fentanyl is stronger than heroin, in the sense that the amount you need to experience similar highs is much lower," said Boutot. "It's a very strong opioid agonist, you don't need a lot to have an overdose, especially if you don't have any tolerance to it."

Though the drug is very dangerous to ingest, Boutot said that the idea of overdosing from touching or breathing it is mostly a creation of television dramas.

"If you see someone overdosing and you're concerned about fentanyl exposure, under 99% of normal circumstances, you should not be worried about experiencing an overdose yourself," Boutot said.

"I would not personally be nervous about even giving mouth-to-mouth to someone who's having a fentanyl overdose," said Boutot.

Given the region's recent struggles with opioids, this event served as a great opportunity for the community to prepare and educate members on how to live healthily and to take care of themselves in the event of a crisis.

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5K for Play fundraiser is May 13

WARE - St. Aloysius Catholic School PTO is hosting a 5K for Play and Food Truck Festival at Grenville Park, 73 Church St. on Saturday, May 13 from 9 a.m.-1 p.m.

This is a community event to help fund the playground equipment for St. Aloysius Catholic School in Gilbertville.

All are welcome to walk or run the 5K at Grenville Park. The cost is \$5 for ages 4-8 and \$10 for ages 9-100. Children ages 2 and under are free.

Registration deadline is May 12, and people may register at rnsignup.com/race/ma/ware/5kforplay.

There will also be games, prizes, raffle baskets, food trucks and music by DJ Brian.

Business sponsors for the event include Pioneer Valley Environmental and Environmental Equipment Repair Services.