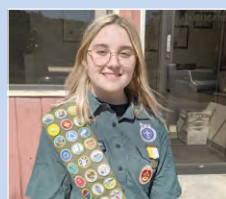


COMMUNITY
Pet of the week
Meet Whiskey
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COMMUNITY
Palmer's first
Female Eagle Scout
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The Journal Register



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SCHOOLS

Holly-Beth Riopel chosen as principal at Old Mill Pond School

By Rebecca Wehner
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PALMER— After receiving feedback from parents in the community and speaking with a board of teacher representatives, Holly-Beth Riopel, the interim principal of Old Mill Pond School was officially granted the permanent position due to her hard work and dedication to the students.

This decision was finalized and announced at the May 17 School Committee meeting, where Riopel received a round of applause from students, parents and teachers in attendance. Director of Student Services Colleen Culligan said that the process for selecting the new principal was extensive and contained no biases.

"We really appreciated the input of the representative panel," Culligan said. "It was made up of a cross-section of teachers from several grade levels, and also included members of the PTO."

Culligan said that the panel received many "astounding" applications for the position, which to her reflected the quality of the public school system given the amount of interest shown.

Riopel has served under several leadership roles in the Palmer public school system, including assistant principal of Old Mill Pond prior to becoming the interim principal.

OMP | page 5



Shawn Troche, Vanessa Baer, Gavin Baer, Nyela Dupre, Stone Visconti, Jordan Bigda, Sam Dean, and Grace Burke smile for the camera outside of Palmer High School while attending the Palmer High School Promenade on May 19.

PALMER HIGH SCHOOL

PALMER — The Palmer High School Promenade was held May 19 at the high school.

Prom has been a long-standing tradition for high schoolers across the country, and Palmer High seniors from the Class of '23 were treated to theirs last Friday. Students took photos outside of Palmer High

PROM | page 7



YOUTH SPOTLIGHT

13-year-old musician performs around Western Mass

By Rebecca Wehner
 Staff Writer
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MONSON— Jordyn Doyle has been singing for as long as she can remember, and for the past year and a half she has chosen to bring that passion to live audiences and showcase her love of music to the public. Inspired by Christian coun-



Turley Publications photo by Deanna Sloat
 Jordyn Doyle performs recently at an open mic night, as the highlight performer.

try artists like Carrie Underwood and Anne Wilson, middle schooler Doyle said she enjoys performing gospel music the most and is driven by her faith to sing. Doyle began taking guitar lessons a year and a

JORDYN | page 5

SCHOOLS

American Chestnut Trees planted at Flynt Park



The students from the Chestnut Club each read a section of a written essay on the history of American chestnut trees and the club's involvement with them.

By Marcelo Gusmao
 Staff Writer
 mgusmao@turley.com

MONSON — Last week, students from Tantasqua Junior High held a presentation to commemorate planting American chestnut

trees at Flynt Park.

According to the presentation prepared by the students, the American chestnut tree has been close to extinction due to a fungus called The Blight, or cryphonectria parasitica. Thanks to efforts by the Chestnut Club, The American Chestnut Foundation, and students and faculty from Tantasqua Junior High, American chestnut

CHESTNUTS | page 5

SCHOOLS



Pathfinder Senior Jenna Matthews snuggled a baby goat.

Cuddle Therapy for mental health at Pathfinder

By Marcelo Gusmao
 Staff Writer
 mgusmao@turley.com

PALMER — Last week, Pathfinder Technical School brought farm animals to the campus to play with the students as part of their observance of Mental Health Awareness Month.

Pathfinder has a group of teachers, administrators, and counselors known as the Social Emotional Learning Team, or FELT, whose

mission is to destigmatize talking about mental health and offer psychological and emotional support to students.

As May is Mental Health Awareness Month, the school has been offering a number of events, the most recent — and cutest — of which was called "Cuddle Therapy," which brought a number of barnyard animals to play and snuggle with the students.

Brenda Turner, the staff mem-

CUDDLE | page 15

Adventure Awaits



Seth P. shows off one of the eight fish he caught. Please see page 15, for more photos and story.



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WHISKEY

Whiskey lives with Joshua Griswold in Three Rivers, and enjoys golf cart rides and lounging on a float in the pool.

We feature your pets here. Is your fur friend a dog, cat, chicken, lizard, horse, bird, mouse... you get the point. Is there a pet you're fostering and trying to re-home? All pets are welcome! Email a high-resolution jpg of your pet with a little information to mharrison@turley.com.

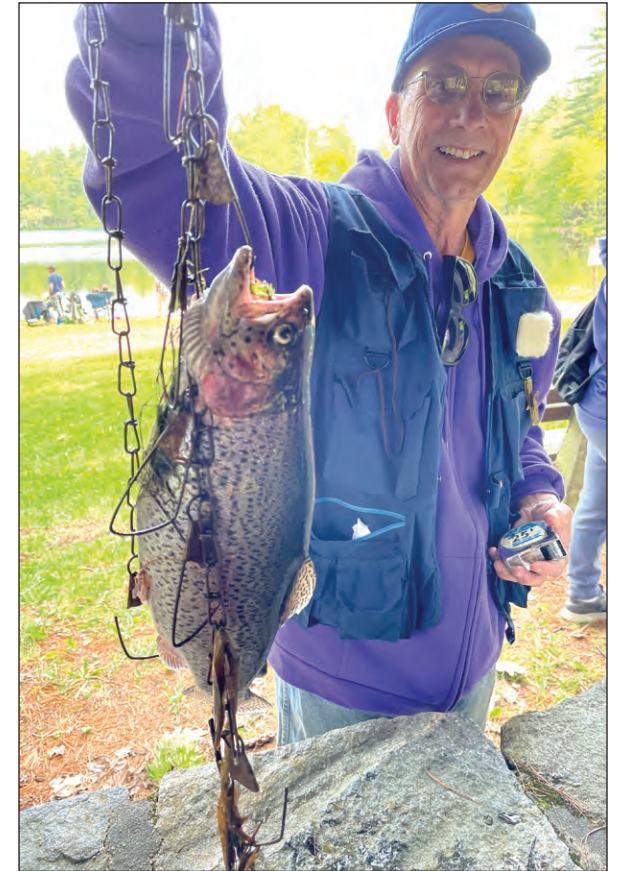
Monson lions? More like Monson fisher cats!



Lena Tiraboschi fishing with Luca Tiraboschi and Donald Meacham



Michael Denault fishing with Sue Denault and Bobby Denault



Ed Manley holding a fish, caught by Sawyer Sabourin, that was up for the Biggest Fish award

By Matty Anderson
Staff Writer
manderson@turley.com

MONSON— Surprisingly the Smallest Fish award was the most coveted trophy among aspiring fishermen.

On Sunday afternoon, the Monson Lions Club held their annual Kids Fishing Derby at Dean Pond in the Brimfield Forest. The Derby is a tradition that has been a staple in the community for about 13 years.

It was a sunny afternoon with temperatures ranging from the high 60's to low 70's with low humidity and a s'more scented breeze. Refreshments were available for the young competitors, and families flipped burgers on the free on-site grills, so seafood was off the menu... for now.

District Governor Elect, Curt Jamesen chuckled as he said, "the goal of the Monson Lions Fishing Derby is to replace Xboxes with tackle boxes." Kristine Duval, President of the Monson Lions Club, added "for me the Fishing Derby is great, it's the first big event of spring, which kicks off our busy season it gets kids outside, it's just a

great family event all around."

The Derby was free to enter, with a chance to win one of five fish-shaped trophies including "Biggest Fish" and "Smallest Fish. Between the two titles you may be surprised to learn that the kids battled fiercely to claim the "Smallest Fish" award.

District 33A Global Leadership Chairperson, Don Vacon has been a huge part of the Lions Club for 47 years, in that time he's held almost every position. Vacon said, "This event was born when Monson's Rod and Gun Club closed down. When I was young they used to host fishing derbies at Number One Pond, in their absence we decided to make our own because they make such nice community events and get kids out of the house."

Mickey Manley, the past president joked, "I'm the past president but I'm still alive," he explained, "the Lions are one of if not the biggest charitable organizations in the world, we are an international charity organization with 1.4 million members spread across over 200 countries."

Fun fact the Lions Club has worked with a number of celebrities over the years including President Jimmy Carter and Hellen Keller.



The trophies for the Derby

In 1925, Keller attended the Lions Clubs International Convention and challenged Lions to become "knights of the blind in the crusade against darkness."

Those words still have an impact to this day, since then the Lions have included a sight program, giving children eye exams and providing glasses all over the world. The Lions are always finding ways to help people in need and bring happiness to our communities.

Events like the Kids Fishing Derby do just that..

The Monson Annual Town Election June 13

MONSON- The Monson Annual Town Election will take place on Tues. June 13 from 8 a.m. to 8p.m. at Memorial Hall located at 198 Main St.

Early voting will begin the week of June 5 at the Town Office Building Public Meeting Room for the following dates and times:

- Monday June 5 from 8 a.m. to 4 p. m.
- Tuesday June 6 from 8 a.m. to 4 p. m.
- Wednesday June 7 from 8 a.m. to 6 p.m. (only date with evening hours)
- Thursday June 8 8 a.m. to 4 p. m.
- Friday June 9 8 a.m. to 4 p. m.

Applications for vote by mail ballots are available online at www.monson-ma.gov on the Town Clerk Department page or in the Town Clerk's Office.

The deadline to apply for a vote by mail ballot is Tuesday June 6. Applications must be received by 5 p.m.

For inquiries, please contact the Monson Town Clerk's office at 413-267-4115 or email us at: townclerk@monson-ma.gov

All Wheels Show returns May 31

PALMER – Palmer Motorsports Park, 58 West Ware Road, is hosting their annual All Wheel Show on Wednesday, May 31 from 4-7 p.m.

Gates open at 3 p.m. Proceeds from the show will benefit the Palmer Food Share and the Jubilee Cupboard Food Pantry of Ware. Entry fee is \$5 per person or a non-perishable food item.

All cars, trucks, motorcycles, tractors, or anything with wheels, can be entered in the show. There will be no burnouts, or excessively loud cars or motorcycles.

Lizak Bus will be providing on-track tours. There will be a donation bucket on the bus to benefit the food pantries.

Bruce Marshall of Classic Hits 97.7 will be on site with a remote broadcast and after the event, Sarat Lincoln will be delivering donations to the food pantries.

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The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

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

The other is a **Paid Obituary**, costing \$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.



Contributed photo

This portrait by Newell Murri of David Dupuis is included in the free exhibit opening June 3 at Monson's House of Art.

Monson Museum of Art features area artists in opening weekend

MONSON — The Monson Museum of Art will be open in Monson's House of Art, 200 Main Street, 1-4 p.m. Saturday and Sunday, June 3-4.

In addition to the many works in MMOA's permanent collection, this event will highlight the work of two area artists in the galleries. Newell Guy Murri and David A Dupuis possess over a century of experience in art creation between them.

Newell's visionary work has a unique style that is all his own. He creates art using a combination of lace and paint plus text to build an image on canvas.

David Dupuis offers art that is mostly figurative, with some abstractions. Portraits illuminate the subject's inner frailties as well as strengths. Young, middle age as well as end of life examples of people will be featured. Dave includes portraits of several local community leaders in his collection.

There is no charge for the exhibit and all are welcome to attend.

Palmer's first Female Eagle Scout talks about her experience with the Boy Scouts

By Marcelo Gusmao
Staff Writer
mgusmao@turley.com

PALMER — We recently interviewed a prospective female Eagle Scout. Last week, we spoke with Kathleen Day, who has been an Eagle Scout since April of this year.

"I was kind of the founding person of girls (in) troops in Palmer," Day said, "but I definitely wouldn't have been able to do it — it just wouldn't have gotten off the ground — without Bill Mullen.

"I signed up the very day that girls were allowed in, Feb. 1 2019," Day said proudly, "My parents and I got all the paperwork together, with the leaders of the troop's help."

Day said that she didn't really experience a lot of bullying from other Scouts. "There were a few boys who would kind of pick on us, but it really wasn't that bad," Day said.

"There was one kid in our first year of summer camp who would kind of just say stuff when he saw us," Day said, "Just saying how much he didn't like girls in Scouts, and 'Oh, they're ruining it for us.'"

Day added that, after the boy was reprimanded by Scout Leaders, she actually became friends with him. "He's doing really well right now," she said.

Day described being a



Kathleen Day proudly displays her Eagle Scout regalia.

member of the Girl Scouts, and said that "it wasn't that fun."

"I think Boy Scouts does a lot more fun activities," Day said. "They seem, in general, just more willing to do new

things, whereas — at least in my Girl Scout troop — we kind of just did the same stuff every meeting."

"Like, we made snacks and arts and crafts," Day said, "It

was just not really that engaging."

With a brother in Cub Scouts, and her dad as a leader, Day said she would often sit and watch the Scout meetings and do activities with them. After about a year of Explorer Scouts, Day said she and her family were pretty sure girls would be allowed into the Boy Scouts of America, and it was only a matter of when.

"I went to summer camp one year before girls were officially in and I did a few merit badges there, then I had to redo them once girls were official," Day said.

Once able to transition into a Troop, Day was elected Senior Patrol Leader, a role that's similar to a Board Chair, responsible for calling meetings to order and planning events.

"We took a trip to Washington D.C. in April of 2018. I was a pretty big part of planning that," Day recalled, "I researched some stuff to do while we were down there, besides regular stuff that everyone would do. I researched all the places to eat, and I made T-shirts for it, too."

Earning the rank of Eagle Scout has a couple of requirements, including serving six months as a Life Scout, the rank immediately under Eagle, to earn 23 merit badges, and complete a community project. For her community project, Day

installed a community library box in front of her church, Divine Mercy Parish on Main St. in Three Rivers.

"It took a good amount of help from scouts, I had a lot of help from a core group of people with building it, painting it, and installing it. My sister's boyfriend, Lou Tonelli, is a carpenter, and he gave me so much help, which was crucial."

Day is particularly proud of her Pillars of Faith badge, which she was awarded in 2021.

"It starts pretty young, around Kindergarten," Day said, "The younger ones do fun activities to get you thinking about faith and religion, and then the for the older ones, you start to do more thinking, like you learn more about the Bible and read passages from it."

Day mentioned that one of her best friends, Sarah Dee, joined the Boy Scouts shortly after her, and that as a girl who's made Eagle Rank in the Boy Scouts, "It can be pretty inspiring to younger female Scouts."

"I'm really proud of where I'm at, because I think I'm fortunate enough to do this," Day said. "I think a lot of girls don't have this opportunity, and it's becoming more widely known, and I hope that in the future, more girls will be able to do what I'm doing."

Professor from Palmer to lead HCC's 76th Commencement

HOLYOKE — Joseph Bruseo, professor of biology and recipient of the 2023 Elaine Marieb Faculty Chair for Teaching Excellence Award, will lead the procession of graduates and give the keynote address at the 76th Commencement of Holyoke Community College on Saturday, June 3.

Commencement exercises begin at 10 a.m. at the MassMutual Center in Springfield.

A resident of Palmer, Bruseo has been teaching biology at HCC since 2005.

"It is a big honor," Bruseo said.

"I know there's a lot of people that are up for this every year. I kind of see it as an award for just doing my job. I don't try to do anything special or above and beyond just to chase an award. Everything is student motivated. Their success is my success."

The Marieb Award, endowed by the late HCC professor emeritus Elaine Marieb ('80), recognizes a full-time member of the faculty for outstanding classroom teaching. Award recipients serve for one year, receive a small stipend for professional development, lead the procession at Commencement and give the keynote graduation speech.

Bruseo earned his bachelor's degree in biology from Rutgers University in his home state of New Jersey before going on for a master's degree in wildlife management from Frostburg State University in Maryland and a Ph.D. in biology from Bowling Green State University in Ohio.

Along the way, and before coming to HCC, he worked as a small mammal biologist at Wildlife International and a lab coordinator at Amherst College. In a preview of his speech, Bruseo shared that he had a rough start himself in college:



Submitted photo

A Palmer resident, biology professor Joseph Bruseo, is the keynote speaker at the 76th Commencement of Holyoke Community College on June 3.

"I always relate to students that, in my first undergrad year, I ended up withdrawing from my general bio course because I was gonna fail it. I took it again the next semester and got an A," he said.

"So, I tell them, you try your best. Not everyone is at the same point of readiness. Learning is a building process. You go step by step. Particularly at a community college, there's a wide diversity of learning styles, students with outside commitments. You're always juggling. Everyone is in a different spot. Some need more work. Others are a little more self-sufficient, but, in the end, you kind of get everybody going in the same direction."

And on June 3, he will certainly be getting everyone going in the same direction as he leads the procession into the MassMutual Center for Commence-

ment. This year, HCC will confer associate degrees and certificates to more than 600 graduates from the class of 2023.

A handful of students from this year's class will also be featured on stage. Environmental Science major Henry Zucco '23 of Holyoke will be the student orator; Latinx Studies major Mishie Serrano '23 of Westfield will deliver a spoken word performance of original poetry; Veterinary and Animal Science / Veterinary Technician major Kelandra Hurd '23 of Amherst, the

Student Senate president, will present the class gift; and Liberal Arts major Luis Pinto-Jimenez '23 of Holyoke will offer a recognition of student ornamentation.

For those who cannot attend in person, HCC will stream the Commencement ceremony live through a link on the main page of the college website, hcc.edu, where other details about this year's Commencement can also be found.

The ceremony will be American Sign Language interpreted.

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Viewpoints

Comments on
CONGRESS

By Lee Hamilton

The dialogue
of democracy
needs tending

There are so many things I worry about these days. Are we going to default on our debts? Can we adapt to the accumulating impact of climate change? How are we going to handle the dangers posed by China and Russia?

But bigger than all of those is this: Can we as a nation confront those challenges by arriving, together, at reasonable solutions? Or to put it another way, do we even know any more how to carry on a public dialogue about the issues we face and how to resolve them?

Because I worry – a lot – that we’re losing our ability to engage in the reasoned dialogue that democracy demands of us. The evidence surrounds us: the hot-tempered dogmatism that’s rampant on social media, the take-no-prisoners rhetoric of cable commentators, the shallow political debate carried on by everyone from pundits trying to gin up an audience to politicians who should know better, the widespread impatience with others’ viewpoints, the shrill and even offensive language that permeates public debate – you know the problem as well as I do.

And it is a problem.

If Americans lose faith that our democracy is up to the task of addressing our challenges because we’re incapable of holding a discussion that isn’t distorted by spin, misleading studies, grassroots manipulation, untrustworthy media and political leaders who wouldn’t publicly recognize a fact if it smacked them in the forehead, then the travails of the last few years will seem like a cakewalk.

So, I have some suggestions. Because in the end, if we want the quality of public dialogue to improve, then it’s up to us to improve it – and then let our political leaders know that we expect more than political posturing that produces inadequate solutions to difficult problems.

Living in a democracy takes work, and that applies to all of us, from voters who cast their ballot every few years to neighbors who roll up their sleeves and try to improve their communities to elected officials whose job it is to decide the course of their town or state or country.

Here are basic principles we need to keep in mind:

Don’t fear differences or dissent. They’re inevitable, and they are vital to looking at challenges from all sides.

Advocacy and even conflict have their place in a democracy, but in the end, we resolve differences and break gridlock through discussion and deliberation.

Which means that the goal is not to highlight or inflame our political differences, but to resolve and reconcile them. The highest good should be to search for compromise, where everyone is at least a partial winner.

Remember that political differences may be stark, but that doesn’t mean they’re irreconcilable.

Focus on facts. They’re the starting point for level-headed debate and effective policy. As citizens, it’s our job to find trustworthy sources of information, question our own biases, and discern when we’re being misled; as politicians, to strive always to seek the truth about the facts.

View one another as neighbors, fellow community members or colleagues who all want the same thing: what’s best for our country and for where we live. Find common ground and build trust from there.

It is always worth the time to understand others’ viewpoints – and to talk. You may not just find common ground, but ways to improve your own ideas. And when you do search for commonalities, talk about common concerns first and differences second.

Focus on the common good.

Do not speculate on rivals’ motivations or demonize them. Focus on their ideas – and see them as just as human as you are.

Sometimes drama can be effective, but always maintain civility and convey respect for people who think differently from you.

Finally, always keep in mind that you may be wrong. The world is complicated and solutions to its challenges are never perfect or straightforward.

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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Dazed for dahlias

Do you ever get sidetracked?

Well, last night I went into my mudroom to assess my dahlia collection in preparation for planting. Besides housing baskets and buckets of dahlia tubers, the mudroom contains a wood box, lots of coats and shoes, and when the temperatures dip into into the negative realm, it may house a chicken or two.

Our big, upright freezer is also in the mudroom. Why were the floorboards in front of the door wet?

Upon inspection, the freezer wasn’t at temperature and the contents had partially thawed. Just what I needed on a Saturday night.

After the mess was cleaned up and what could be salvaged was, I rewarded myself with some alone-time with my dahlias.

I chuckle when I think that the last time I wrote about dahlias I had four varieties. I’m at 10 in two short years – oops, make that 11 after the tuber I purchased at the plant sale yesterday.

It’s hard not to become a collector when they come in so very many flower types and sizes, from a mere couple of inches to the size of a dinner plate.

Read on for a refresher course on dahlia growing, and if you become inspired to purchase a tuber or two, rest easy with the cost; you’ll be giving the offspring away before you know it!

Plant dahlias in full sun, in fertile soil amended sparingly with compost and organic fertilizers. Most tubers are planted about 3 inches deep and 1-3 feet away from one another, depending on plant size. Providing enough air circulation between plants will help keep diseases at bay.

Most gardeners install a stake at planting time and attach the dahlia to it as it grows, beginning when it is a foot tall. Subsequent ties are made every 18 inches or so depending on variety. Without the use of stakes, large flowers will likely topple in the wind and rain, sometimes taking a good portion of the plant with it.

Pinching dahlias is another good practice. When the plant has three sets of leaves gently remove its growth tip.

This will encourage more branching and inevitably more flowers. Once blooming starts it is important to cut away spent blooms on a regular basis; tubers will grow stronger because of it.

Dahlias thrive on sufficient moisture,

especially since they are shallow rooted. Furnish them with one inch per week during active growth.

As the growing season draws to a close, hold back on water and any supplemental fertilization you have been providing. This will give the tubers a chance to harden off before they are removed from the ground.

Dig up dahlia tubers either just prior to or soon after frost hits. Leave a small portion of stem attached to the tubers – it is a great place to adhere a label.

Take it from me – it is easy to forget a name over the winter months!

Soil should be eased off the tubers with a spray of water before placing in storage. Choose a location to overwinter your tubers that maintain 40-50 degrees temps and 90% humidity. These conditions will keep them

dormant and healthy until it is time to replant. Many people have good luck using a cold basement or root cellar; small quantities of tubers can be stored in the crisper drawer of the refrigerator.

Placing tubers in damp peat moss, saw dust, shredded leaves, or even ventilated plastic bags will help to prevent shriveling. Be sure to check on your tubers every couple of weeks throughout the off-season.

Should you see shriveling, mist them with clean water and re-dampen the medium in which they were placed. If you see mold, bring down the temperature and humidity level.

Some dahlias like to get a jump-start on the season by prestarting dahlias indoors.

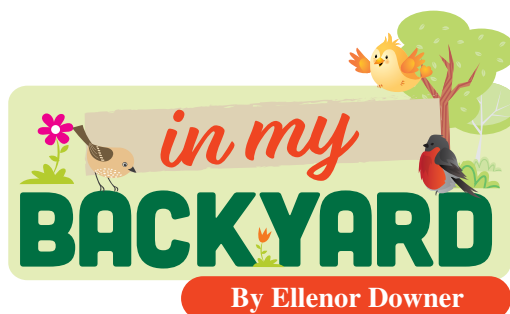
We have done this occasionally at Old Sturbridge Village and I am always amazed at just how fast the plants grow, and how quickly they outgrow their pots and become leggy. If you attempt it, four weeks prior to the last spring frost would be soon enough.

It’s my hope that you will venture into the land of dahlia growing and love it as much as I do!

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.



by Roberta McQuaid



By Ellenor Downer

I received an email from an Oakham resident last week, who had “three very raucous sandhill cranes” fly past his house, heading northeast.

He said he went to a web site to verify their call and he included the link in his email. To hear sandhill cranes visit <https://www.youtube.com/watch?v=DYnH19MqkE0>.

The sandhill crane is a 45 inches tall heron like bird. It is gray with a dark red patch on its forehead and a black bill. Some feathers on the back and wings are rusty-colored, possibly due to staining while preening from iron rich mud on its bill. They feed by picking or probing with the bill and eating weeds, agricultural grains and small animals.

A pair of sandhill cranes have nested in Hardwick for several years and successfully raised young. The cranes the Oakham resident heard flying over



Sandhill crane

might be those.

The sandhill crane makes a mound like nest of arch plants, grasses and weeds placed on the ground or in shallow water. The female lays one to three olive eggs with dark marks. There call is a low pitched “karoooo, karoooo karoooo.” Courtship displays are often seen during

IN MY BACKYARD | page 12

Letters to the Editor

Great job, Pathfinder Tech!

This evening, I had the opportunity to witness an awards ceremony at Pathfinder Vocational High School in Palmer. I was very, very impressed with how well it was organized.

After being treated to a beautifully displayed variety of delicious pastries made by the school’s culinary department, guests were ushered into the gymnasium for the ceremony, which started precisely at 6:30 p.m. as planned.

Many awards were presented to deserving students. I was amazed at how organized and well-orchestrated the ceremony was, which lasted one hour.

I wish to express my compliments and congratulations to both staff and students for their fine achievements.

Anne O’Shea

Proud grandmother of a Pathfinder student

Senior concerned
about Social
Security solvency

Dear Rusty: I retired at age 58. My husband and I worked 40 years of employment each. I had a 401K only...no other benefits.

We saved, we invested through our financial advisor and have done okay watching our investments grow (except for the last three years). Neither my husband nor I have taken Social Security; we were both waiting until age 70 to get full benefits.

Do you think this is still wise? I’m concerned there will not be any funds in five years when we both turn 70.

Signed: Concerned Senior

Dear Concerned Senior: Your question relates to Social Security solvency, no doubt inspired by the recent spate of media discussion on this topic.

Most articles I’ve read promote a “doomsday” scenario and, in fairness, Social Security’s financial issues are serious.

The latest report from the Trustees of Social Security warned Congress that the reserves now held in Social Security’s Trust Fund, which enable full benefits to be paid, will be depleted as early as 2033. What you may not know is that this is not new news – the Trustees have sounded the same warning for decades to multiple Congresses, which have neglected to enact corrective measures. Unfortunately, they are likely to continue to drag their feet for a while because the reform needed is not politically palatable and the impact is still a few years away.

Nevertheless, although Social Security’s looming financial issues are serious, they are not fatal. Congress already knows how to fix Social Security’s financial issues – they just currently lack the bipartisan spirit and political will needed to do so.

The clock, however, is ticking and Congress will be forced to act soon, which we are confident will happen before the Trust Funds run dry. What motivates most politicians is getting reelected and allowing an across the board cut to all Social Security recipients, which would happen if the Trust Fund reserves were depleted, would be political suicide.

Therefore, I’m confident that reform will occur in time, and I don’t suggest changing your Social Security claiming strategy over worries about Social Security’s solvency.

Let me further allay your fears by explaining what would hypothetically happen in the worst case scenario, if Congress doesn’t act and Trust Funds are depleted. If that were to occur, when the reserves are depleted in about 2033, everyone would face an across-the-board benefit cut.

Social Security can’t go bankrupt because there would still be about 175 million workers contributing to the program but, since Social Security by law can only pay benefits from revenue received, everyone’s benefit would be reduced by about 23%, according to the Trustees.

Every beneficiary would still get benefits, but only to the extent available from income received. Which brings me to your specific question – whether it is still wise to wait until age 70 to claim or to claim your benefits now.

Ask yourself this question: which would result in a larger monthly payment, a 23% cut to your age 70 S.S. payment amount or a 23% cut to your current benefit amount? The answer, of course, is that your monthly payment would be more if you stay with your current strategy and wait until age 70 to claim a plan, which I assume you developed considering your current financial needs as well as your life expectancy, both of which are very important to that decision.

Again, I do not believe the worst case scenario will happen. Congress already knows how to restore Social Security to full solvency, and they will almost certainly act in time to avoid an across the board cut to everyone’s benefit.

The Association of Mature American Citizens has proposed legislation which would restore the Social Security program to full solvency for generations without raising payroll taxes, a summary of which people can review by visiting www.amac.us/social-security. AMAC has provided this proposal to various members of Congress for consideration.

SOCIAL SECURITY | page 5

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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.

JORDYN | from page 1

half ago, focusing now on learning the instrument after taking voice lessons for years prior.

"I began singing at family reunions and gatherings and that's when I started getting into it more," Doyle said. "Once I was able to play guitar, it was easier for me to sing in public places and accompany myself with an instrument."

Doyle's first live performance was last year at Mario's in East Longmeadow, accompanied by her guitar coach. Since then, Doyle has received more opportunities to perform in her area, including multiple gigs at Westview Farms Creamery here in town.

Doyle has continued to harness her singing abilities through participating in a worship group at her family's church, Bethlehem Church in Hampden, where she can combine her religious values and her musical skills into one.

"As I get more into performing, I want my whole focus to be on glorifying God through my music," Doyle said. "I consider my voice to be a gift from above, but I think I was also influenced a lot by my mom, who is a very good singer too."

Doyle's mother Angela said although she herself is not a performer, she feels incredibly proud of the steps her daughter has taken to go out of her comfort zone and sing for audiences of strangers.

"I'm just super proud of how brave Jordyn is," Angela Doyle said. "The endurance she has to get up there and perform for three hours straight is amazing, I could listen to her sing all day."

Doyle said that although she still gets nervous before her live performances, it has gotten easier and that she feels confident knowing that she is able to connect with people through her music. Doyle hopes to one day become a contemporary Christian singer herself and put out her own albums, and lead worship groups in song.

Doyle's upcoming performances include the Carol Rivest Memorial Fundraiser on June 24, and the Monson Food Truck Festival on September 16. Doyle also plans to perform over the summer at local venues such as The Apple Place in East Longmeadow.

If you know of a local youth with a special talent, please share it with us, they may be our next youth spotlight. Send information to dloat@turley.com.

Back row: Bo from Oklahoma, Joe from Tennessee, Tyler from Texas, 11th graders Nathan Dietz and Maddox Kennedy, eighth grader Lauren Anderson, ninth grader Noah Clark, and eighth graders Lukas Nash and Megan Holm. Middle row: Eighth grader Julianna McCarthy, seventh graders Olivia Donovan and Thomas Moore, and eighth graders Keenan Scherer and Liam Vosnakis. Front row: Seventh grader Roselyn Whyte, eighth graders Edith Simpson and Anya Couture, and seventh grader Ryder Arsenault. Up high on the rock is Tantasqua alumnus and Volunteer Chestnut Project Advisor Louis Desy.



Turley Publications photos by Marcelo Gusmao Members of the American Chestnut Foundation (from left) Tyler from Texas, Joe from Tennessee, Bo from Oklahoma, and 29-year-old Molly.



Ryder Arsenault speaking on behalf of Tantasqua Junior High's Chestnut Club.



Thomas Moore (center) holds up a prop for his presentation, in between (from left) Olivia Donovan, Lauren Anderson, and to his right, Keenan Scherer.



Bob Meachum said, "When I was a youngster, this was my playground. You cannot fathom how happy I am to see this being redeveloped."

OMP | from page

Riopel also worked in the special education office, which Culligan said has given her great experience dealing with students of all learning levels.

"She has managed curriculum, team meetings, instructional lead facilitation, budget development, and strategic planning," Culligan said. "Holly has successfully led her current school community through a significant period of comprehensive change."

Riopel was also recognized as congratulated for her new position during the Old Mill Pond student report by representative Robert Lovell, who will be graduating from the elementary school this summer and passing on his position as he moves on to middle school.

"I am beyond honored and excited for this opportunity, I can't thank everyone enough," Riopel said. "I received a lot of cards from the students, and I am so thankful for their kind words."

Riopel's term as permanent principal of Old Mill will begin on July 1.

School Committee meetings can be streamed at m-pact.tv.

CHESTNUTS | from page 1

trees are being reintroduced into the area.

"(Americans) imported this plant before regular importation laws were in place, so accidentally importing Chinese or Japanese chestnuts caused the Blight," said Lois Breault-Melican, former President of The American Chestnut Foundation. "As soon as they found the Blight, they decided to cut down all the chestnut trees, figuring this would prevent it from spreading any further."

Breault-Melican said that Tantasqua Junior High has had a Chestnut Club since about 2016, started by seventh grade teacher Jesse Green.

"It started right after the tornado," Breault-Melican recalled, "(Green) was walking up the hill one day and he said, 'Oh, my gosh, there's chestnut trees growing all over this place!'"

This served as the beginning of Tantasqua Junior High's Chestnut Club. After returning to bag the trees in order to prevent cross-pollina-

tion, members of the club removed and preserved the male flowers, and then returned when the female flowers were receptive with pollen from the TACF that was 15/16ths American, which they used to pollinate the trees.

"We took the kids up here on a hike in early spring, and we taught them to look for burrs on the ground," Breault-Melican said. "The kids were up ahead of us and all of a sudden, we heard everybody cheering and everything, and we came up and they were all happy because they found a burr. It was so funny."

As described by the junior high students, in order to breed immunity to The Blight, pollen from American chestnut trees was combined with pollen from Japanese and Chinese chestnut trees, which had developed an immunity before exposing their American cousins to the fungus.

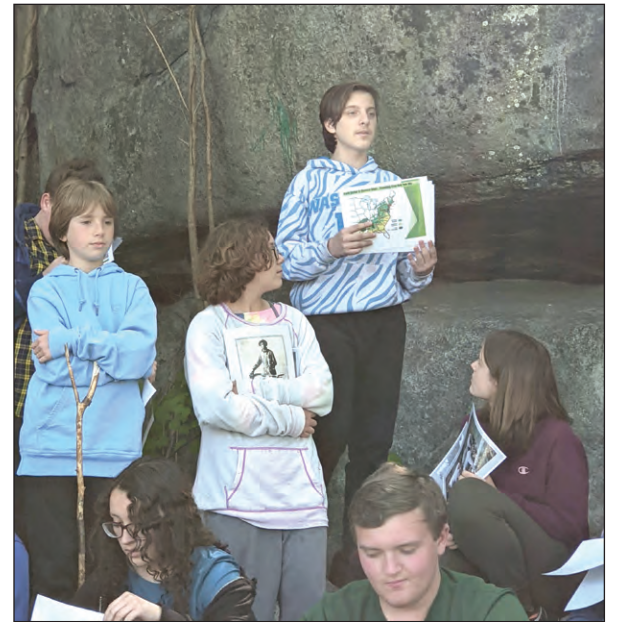
At the time, Breault-Melican was President of the Massachusetts and Rhode Island chapters of TACF, and after consulting with the main office, Breault-Melican was told to

"find out if those trees are flowering chestnuts; that means we could pollinate them and make our own crosses."

"In the fall, we came back and took the bags off, and sure enough, we had ripe nuts," Breault-Melican said, "So they took all the nuts, wintered them over at the school, and then planted them in the school orchard."

The students each read sections of a presentation that described the history of chestnut trees in America, the effects of the Blight, and how the Chestnut Club and the TACF were able to breed chestnut trees with an immunity to Chestnut Blight in order to plant them in Monson.

Breault-Melican said that every year, there is a seventh grade class on chestnut trees, which Green uses to teach "the effect that people can have on the Earth."



Liam Vosnakis (back) reads a section of the essay, with (from left) Lukas Nash, Anya Couture, Edith Simpson, Nathan Dietz, and Olivia Donovan in front.

SOCIAL SECURITY | from page 4

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

Russell Gloor is a Social Security advisor for AMAC.

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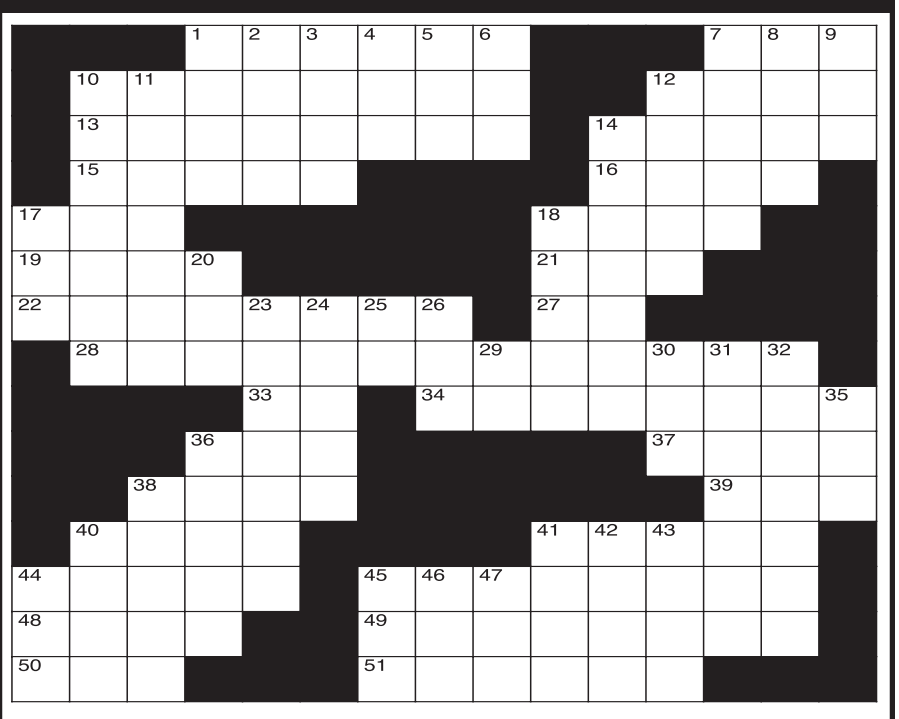
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District Scouting picnic held, awards given



Submitted Photos
Art Lobdell, council Assistant Scout Executive presents Heather with the National Exploring Volunteer of the Month award

PALMER – General Knox District of the Western Massachusetts Council, BSA held the annual District Picnic on May 21st at Szot Park in Chicopee. Many awards were presented to district and unit volunteers this year.

Heather MacInnes who is the New Member Coordinator for the Palmer Scouting units received the



Cheryl Izyk presents the District Award of Merit to Heather.

highest award given out at the district level, the District Award of Merit. Heather volunteers at the district and council level on membership helping start new units. Heather also received the National Explorer Leader of the Month, a national award for her work with the Exploring Aviation Post at Barnes Air National Guard Base. She is a resource for Exploring, a career based Scouting program, working with councils across the country.

Erin Chevalier, Cubmaster of Palmer Pack 164 and Monique Shipman, Scoutmaster of Palmer Troop 5164,



John Willemain, council Vice President of Program, presents the James E. West Fellowship Award to Peter and Cheryl Izyk.

both received the Spark Plug Award for putting the Spark in the Scouting program for both pack and troop.

Finally, Peter and Cheryl Izyk received the James E. West Fellowship Award for donating to the council endowment fund. Peter and Cheryl also received BSA Veterans Awards for service to the Western Massachusetts Council. Peter received the 40 year pin and Cheryl the 35 year pin. Peter is the Charter Organization Representative for the Scouting units chartered to the Second Congregational Church in Palmer and is on the council Conservation Committee. Cheryl is on the council Executive Board and is the Program Lead for the National Service Territory 11.

CAMPUS NOTES

UMass Amherst

John "JJ" Wilson of Monson is one of 10 graduating seniors who will each receive a \$1,000 21st Century Leaders Award from the UMass Amherst Alumni Association during commencement on Friday, May 26, at McGuirk Alumni Stadium.



John "JJ" Wilson

He earned a bachelor of science degree in nursing and has already made an extraordinary contribution toward saving lives.

According to the university, a recruitment ad prompted Wilson to sign up for the Gift of Life public bone marrow and blood stem cell registry. Excited by the life-saving potential of the registry, he then decided to motivate fellow students to sign up. To pull off his week-long campus drive in October 2022, he recruited 100 student volunteers and worked tirelessly with administration, the College of Nursing and the Amherst Fire Department.

At the drive's conclusion, more than 3,100 people had been swabbed- by far the largest-ever collegiate drive for Gift of Life. The drive has resulted in one successful transplant and 24 preliminary matches to date. Wilson is working with a fellow nursing student to make the drive an annual campus event and increase the registry's diversity.

Described as "an exceptionally hard worker and selfless leader," Wilson served as an EMS captain in the Amherst Fire Department Student Force and as a firefighter and EMT for the Monson Fire Department. He graduated from the Massachusetts Fire Academy during the pandemic and worked as a campus COVID-19 vaccinator.

Wilson plans to work in the pediatric emergency room at Baystate Medical Center in Springfield, pursue his paramedic license and continue his service as a firefighter.

Southern New Hampshire University

The following local students have been named to the Dean's List at Southern New Hampshire University for the 2023 winter term that runs from January to May:

Joseph Marek of Palmer, Jordan Brassard of Palmer, Trinity Sunderlin of Monson, Layne Shuron of Monson and Amanda Waugh of Brimfield.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired eight-week terms grouped in fall, winter/spring and summer.

Western New England University

Kathryn Henry of Palmer was welcomed into Delta Delta Epsilon National Honor Society on May 2 at the Western New England University chapter's annual induction ceremony in the Center for Science and Pharmacy building. Henry is working toward a BS in Forensic Chemistry.

Delta Delta Epsilon is an international honor society that is dedicated to stimulating academic achievement, promoting community understanding, and advancing the fields of forensic science wherever possible.

Holyoke Community College

The following local residents were among the Holyoke Community College students who were celebrated for earning honors and awards for their outstanding achievements during the 2022-2023 academic year:

Bianca Roncarati of Monson; Matthew Johnson, Christopher Muldrew of Palmer; Angela Tindell-Gula of Three Rivers

Awardees were honored May 17 during a ceremony at the HCC Bartley Center for Athletics and Recreation.

Regis College

Sara Gallant of Holland graduated with a Doctor of Nursing Practice - Family Nurse Practitioner from Regis College during the May 6 commencement exercises. Gallant was among more than 1,300 students who received degrees ranging from associate to doctoral levels.

Members of the Class of 2023 celebrated their accomplishments with an inspirational commencement ceremony at the Leader Bank Pavilion in Boston featuring WHDH's 7NEWS Today in New England anchor Amaka Ubaka, who delivered the commencement address and received an honorary degree.

Quinsigamond Community College

The following local students received their degrees from Quinsigamond Community College during the 58th commencement ceremony at the DCU Center on May 19: Jillian Pourmand of Monson, Keila Rivera of Palmer, Hunter Boudreau, Stephanie Bray and Robert Smith of Holland and Morgan Bacon, Alexis Coville, Janelle VanHook and Bethany Wright of Wales.

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PALMER HIGH SCHOOL

Promenade



Jarielys Colon-Bonilla, photographed in front of Palmer High School.



Turley Publications photos by Marcelo Gusmao

On the steps of Palmer High, (from left) Hannah Hoang, Alex Jaworski, Ella Pear, and Grace Mega.



Orion Flowers (left) and Briley Labossiere showed off their tuxes.



Palmer students (from left) Andrew Menard, Jessica Sychtysz, Madison Houle, and Lizzy Miller attend their prom.



Andy Robare (left) pictured with his date, Michelle Childs.

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To our family member and friend
Charles W. Smith
 who we sadly lost on 8 FEB 2023.
 Charlie was in the US Army and served as a Combat Medic in Vietnam. Everyone knows how much we loved him, and now miss him.

He was a great person who was totally unselfish as a person could ever be.

Love from his brothers Rodney, and Pete, and Pete's wife Gayle, his daughter Amy and her husband Todd, his son Scott and his wife Laura and from his long-time friend, Rick Smith.

PROM | from page 1

before going to the Log Cabin in Holyoke, which hosted this year's prom.

"We were so excited that our students enjoyed an amazing and fun night at the Log Cabin for their prom. It will be a night for them to remember forever," said Principal Susan North.

Final concerts of the season



The Old Post Road Orchestra will be holding its final concerts of the season titled "Tales As Olde As Time". Conductor Alexandria Black will delight audiences with selections from well loved Disney movies, classic Looney Tunes, and Studio Ghibli. Rounding out the program will be tried and true patriotic favorites. Concerts will be held on Friday, June 16, 7:30 p.m., Memorial Hall, 198 Main St., Monson and on Sunday, June 18, 3:00 p.m., Loomis Lakeside at Reed's Landing, 807 Wilbraham Rd, Springfield.

Funding for the Monson concert provided in part by a grant from the Town of Monson Regional Economic Development Organization (REDO) and a grant from the Monson Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.

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Town to hold Memorial Day Services Sunday

Special emphasis on those from area killed in Vietnam

BRIMFIELD — The town will hold its annual Memorial Day Services at 2 p.m. on Sunday, May 28, on the Town Common.

The committee extends an invitation to everyone, especially all area veterans, enlisted service members and reservists to join Brimfield in honoring the town's war dead.

Brimfield has held services for Memorial Day as a town tradition that goes back beyond the memories of its oldest residents.

"As a committee we believe it is important to take time to honor those who sacrificed everything," said committee Chair Cindy Skow-

yra. Brimfield has a proud history of sending its citizens to fight for our country and is home to many brave military members who have served our country since the Civil War. This year marks the 50th anniversary of the U.S. withdrawal from Vietnam. In recognition of that, local author Dennis McCurdy will talk about Brimfield residents Marine Lance Cpl. Norman "Bumpy" Howlett, killed in action at the age of 21 and U.S. Marine Walter "Wally" Waite. Both served in Vietnam and McCurdy will also speak about some facts of that war.

State Sen. Ryan Fattman and State Rep. Todd Smola will be present and share remarks.

Ceremonies will begin with the drum roll and the veterans call to order. The ceremony will feature

music and readings reflecting on the day as well as the remembrance of current and former town residents who have passed away in the last year and the ringing of the historic Town Hall bell.

A parade immediately follows the ceremony, and all are invited to participate. A wagon is available for veterans and others who want to join the parade but are unable to march courtesy of Village Green Campgrounds. Children are encouraged to decorate their bikes and doll carriages in patriotic themes.

The parade stops at the cemetery and war monuments in town to pay respects with an invocation, ceremonial gun salute, the laying of wreaths donated by Green Thumb Florist, raising the flag and the playing of "Taps."

In remembrance of a tradition



Contributed photo

Brimfield will hold its annual Memorial Day Services at 2 p.m. on Sunday, May 28. Everyone is invited to participate in the services and the parade that will follow.

that began during the American Civil War when citizens placed flowers on the graves of those who had been killed in battle, geraniums have been planted at the town monuments with help from the girl scouts. During the parade red carnations will be given out to place on veterans' graves that are marked with flags previously placed by the boy scouts and additional volunteers.

The committee wishes to thank all who worked behind the scenes to make this possible and extends a special thank you to the Champeau-Vilandre American Legion Post 109 for their support.

Following the parade all who marched can enjoy complimentary Hoodsie ice cream cups.

In case of rain, services will be held in Town Hall.



MONSON

MONSON

On Saturday, May 27th

9 am to 11 am, we welcome Monson Families and Friends of the community to pay tribute to and honor our Service Members and Veterans by placing flags at their eternal place of rest. Please meet at one of the listed cemeteries of their choosing:

- Bethany Cemetery, located on Bethany Road
- Hillside Cemetery, located on the corner of Mill and Main Street
- Hillcrest Cemetery, located on Wilbraham Road
- Brimfield Road Cemetery on the corner of Aldrich and Brimfield Roads



HOLLAND

On Monday, May 29th
Monson Parade 11 a.m.

Monson Families and Friends are welcome to line Main Street as American Legion Post 241 will lead the parade procession down Main Street from the Monson Animal Clinic to Memorial Hall. Legionnaires will be stopping at respective cemeteries along the parade route to render military honors to pay tribute to and honor the Service Members and Veterans who have made the ultimate sacrifice or have passed on before us. The parade will conclude at Memorial Hall.

Annual Memorial Day Ceremony
12 p.m. (upon conclusion of the parade)

The ceremony will be held at Memorial Hall in downtown Monson. This year's events will be highlighted by the beautifully fabulous voice of Ms. Jordyn Doyle, of Monson High School, who will sing the National Anthem; the Granite Valley Middle School Chorus, led by Mr. Jacob Nichols, will be sharing their musical talents; Bella Lara of Monson Cub Scout Pack 168 will lead the Pledge of Allegiance; Massachusetts State Representative's Brian Ashe and

PALMER PARADE Monday May 29th

Meet at Lawrence Street/Thorndike Street at 10:30 if you plan to march. The parade will kick off at 11am. Down Thorndike Street to Central Street and then up to the book memorial at Converse School.



PALMER



BRIMFIELD



BRIMFIELD



BONDSVILLE

Angelo Puppulo will share their reflections of Memorial Day; and so very much more.

The Town of Monson's Families and Friend of the Community are encouraged to join us this Me-

memorial Day Weekend, as we pay tribute to and honor the brave Service Members who have laid down their lives and to those Veterans who have passed on before us, so that we may live free in the greatest nation on earth.



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SOFTBALL



Photos by David Henry www.sweetdogphotos.com

Chelsea Hull backhands an out at first

Monson falls in another close one with Tigers

By Tim Peterson
Sports Correspondent

MONSON—Not only did the South Hadley varsity softball team sweep the season series with Suburban West League rival Monson, but they also made a little bit of history along the way.

The Lady Tigers won the league title for the first time since 2006 with a 3-0 road victory over the Lady Mustangs, last Monday afternoon (May 15).

“We haven’t won a league title in a very long time, so this is a very big accomplishment for us,” said South Hadley sophomore righthander Isabella Schaffer, who struck out 19 Lady Mustangs batters. “Our two games against Monson were very challenging. It feels amazing to beat them again.”

The Lady Tigers (17-1, 14-0) entered Tuesday night’s Western Mass. Class B quarterfinal game at Wahconah Regional riding a 17 game winning streak. Their only regular season loss was a 12-3 home loss to Amherst Regional in

the season opener. Schaffer didn’t pitch in that game.

“Our number one goal coming into the season was to win a league title,” said first-year South Hadley head coach Junior Perez. “We do have an outstanding young starting pitcher, but everyone else needed to do their job for us to have a successful season. We beat a very good Monson team today.”

The Lady Mustangs (15-2, 12-2), who are the defending league champions, also lost to the Lady Tigers, 3-0, at the end of April. If they had defeated the Lady Tigers in the second meeting, both teams would’ve shared the league title.

“After losing to South Hadley earlier in the season, we were really looking forward to today’s game,” said Monson head coach Jill Carneglia. “It was another pitching duel. We did have a couple of scoring chances, but we couldn’t score any runs against their pitcher.”

MONSON | page 11

BASEBALL

Panthers fall to Tigers

PALMER – Last Wednesday afternoon, Palmer baseball was shut out in league action against South Hadley. The Tigers scored four runs in the first two innings to pace their offense, and Palmer’s bats could not get going. The Panthers fell to 2-13 on the season.

Sebastian Mayberry gets the tag out at second.



Brendan Hess pitches for Palmer.



Theo Haley fires over to first.

Photos by David Henry www.sweetdogphotos.com



Dom Allen slides back to first safely.



Gavin Smolg gets the high throw.

BASEBALL

Mustangs edged by Rams



Niko Matthieu fields a grounder.

Photos by David Henry www.sweetdogphotos.com



Jake Beaupre makes a soft throw to first base.



Right fielder Charlie Wahlund throws back to the infield.



GRANBY – After a tough matchup that saw the Mustangs get mercied by rival Granby, Monson was able to come back and Tyler Labonte limited the Rams to just two runs in six innings in a 2-1 loss. Monson’s only run was scored by Jack Beaupre, who also had two hits in the game.

Tyler Labonte throws a pitch for the Mustangs.



Austin Meacham makes the play on a tough grounder.

BASEBALL

Warriors renew rivalry with Falcons

By Tim Peterson
Sports Correspondent

FISKDALE—The Minnechaug varsity baseball team outscored Tantasqua, 65-13, in the four games that they played against each other on the diamond between 2016 and 2019.

When the two regional high school’s renewed acquaintances after a four year hiatus last Sunday after-

noon, the Falcons could have used a few of those runs.

The sophomore duo Miles Blake and Lucas MacNevin combined to hurl a one-hitter, as the Warriors wrapped up the regular season with a 4-0 victory over the Falcons on a beautiful spring afternoon at Emrich Field in Fiskdale.

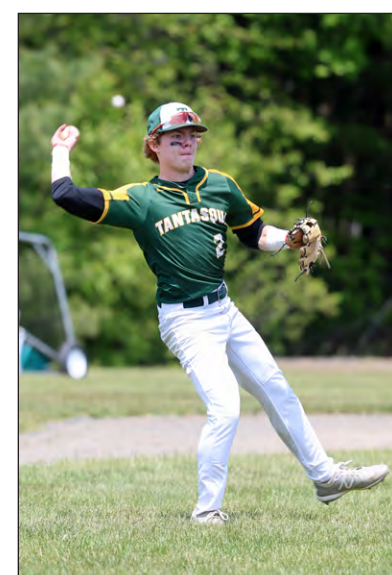
“We haven’t faced Minnechaug in baseball since before the pandemic started, but prior to that, they would always beat us badly,” said Tantasqua head coach Jon Leroux. “We haven’t beaten them in a very long time, so this is a very good win for us.”

Both baseball teams began their postseason journey this week.

The fifth-seeded Falcons (9-9) were scheduled to face fourth-seeded Westfield in a Western Mass. Class A quarterfinal game at Bullens Field in Westfield the following afternoon.

“It’s not an easy spot for us to be in, but we haven’t played a game since last Tuesday,” said Minnechaug head coach Mike Netkovick. “We should have enough pitching for the Western Mass. tournament.”

Sophomore righthander Ethan Purcell was slated to be the Falcons starting pitcher in the quarterfinal



Colm McGrath makes an off-balance throw to first.

Photos by David Henry www.sweetdogphotos.com

WARRIORS | page 10



Photos by David Henry www.sweetdogphotos.com
Goalie Gianluca Cerosimo kicks the ball away.



Nicholas Obberauch gets the throw-in.



Alec Hughes runs up for free kick.

Pioneers open regular campaign with win

By Tim Peterson
Sports Correspondent

LUDLOW— Alec Hughes scored ten goals for the UMass men's soccer team as a junior. The forward has netted almost half that many goals in the Western Mass. Pioneers first two regular season matches.

Hughes scored a pair of goals in the season opening shutout victory at the Boston Bolts on May 16. He added two more goals to his stat sheet in the home opener, as the Pioneers celebrated a 3-0 win over Pathfinder FC on a miserable, rainy night at Lusitano Stadium last Saturday.

"I had never played a match at this stadium before last week's friendly, so scoring two goals in the home opener is very special for me," said Hughes, who's from Glastonbury, Connecticut. "Despite the rain, we still had a very good crowd here tonight. I can't wait to see the atmosphere at this stadium on a nice night. I just want to do anything that I can to help me team win."

Ben Brewster, who's the associate head coach of the UMass men's soccer team, recommended Hughes to Pioneers head coach Federico Molinari. Brewster, who's a former Pioneers player, also coaches the club's USL Academy boys' team.

"I was very impressed with Alec when I watched him play for UMass last year," Molinari said. "He's a key player for us, but we

need everyone to contribute in order to have a successful team."

Hughes, who played for Hartford City a year ago, thinks playing for the Pioneers will help him prepare for his senior season at UMass.

"We have several players from several different countries on this team," Hughes added. "It's also a little bit higher level than the Hartford team that I played for last summer."

The Pioneers, who are looking to qualify for the USL League Two playoffs for the fourth time since 2019, had several scoring chances during the first 45 minutes, but the contest was still scoreless at half-time.

"It was a little bit frustrating not scoring any goals during the first half," said Hughes, one of the first-year players listed on the Pioneers roster. "We had some good scoring opportunities, but we finally scored in the second half."

A little more than ten minutes into the opening half, Western Mass. midfielder Khalid Rose sent a pass into the box from the right side. A shot attempt from Tomas Duben, who's also a forward, was deflected away by Pathfinder FC goalkeeper Eirik Elvestad, who made the diving save.

Hughes also had a couple of headers during the first twenty minutes, but they either sailed wide or were saved by Elvestad, who finished the match with a total of five saves.

Pathfinder FC, who played

their first match of the season, are from the Poughkeepsie, New York area.

Down at the other end of the field, first-year Western Mass. starting goalie Gianluca Cerosimo didn't see very much action on the rainy and windy night.

Cerosimo, who was a grad student on the L.I.U men's soccer team last fall, made a kick save late in the first half. It wound up being his only save of the match.

Cerosimo received plenty of support from his defense, which was led by Rodrigo Saraiva de Castro, Gabriel Pacheco, Jared Smith, and Nicholas Obberauch, who's the Pioneers captain.

Connor Hicks, who helped the Monson boys' varsity soccer team win two state titles and three Western Mass. titles during his memorable high school career, is another Pioneers defender. After sitting out the season opening match with an injury, Hicks entered last Saturday's contest during the second half.

Another Monson resident listed on the Pioneers roster is Jonathan Murphy, who'll be a junior on the Boston College men's soccer team in the fall. Frankie D'Agostino, who's also a former Pioneers player, is the Eagles associate head coach.

Ten minutes into the second half, a shot attempt from Pioneers forward Augustine Boadi deflected off the far post.

Another shot by Hughes was saved by Elvestad.

The home team finally gave

their faithful supporters something to cheer about during the 67th minute. Rose was tripped up in the box by a Pathfinder defender resulting in a penalty kick.

Hughes stepped up to the line and blasted a shot into the back of the net giving his team a 1-0 lead.

"I just booted the ball as hard as I could down the middle into the back of the net. It's always a good feeling whenever you score a goal and your teammates are happy for you," Hughes said. "I also made a P.K. at UMass last year at Central Connecticut."

The Pioneers took a 2-0 lead six minutes later.

After receiving a pass from Rose, Boadi fired a low shot that skipped on the wet turf into the right corner of the net.

Rose, who's one of the Pioneers elder statesmen, was also credited with the assist on the second goal scored by Hughes during the 77th minute.

"The rain made it very difficult to see, so it was nice to score those three goals in the second half," Rose said. "We didn't have very many fans here tonight, but you could still hear them on the field. It's always an amazing feeling whenever we win a match at this stadium."

The Pioneers are scheduled to play a couple of road matches before returning to the friendly confines of Lusitano Stadium to face Black Rock FC at 7 p.m. on June 3.

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Athlete of the Week

NAME: Jake Beaupre
SCHOOL: Monson
Beaupre had two hits and scored the lone run for Monson in a close game against Granby last week.

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

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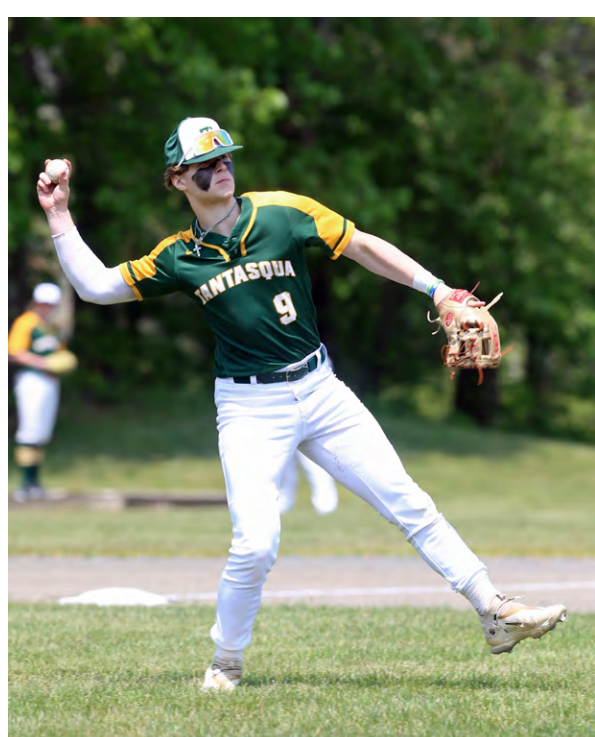
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Photos by David Henry www.sweetdogphotos.com
Devin Krochmalnyck fires over to second.

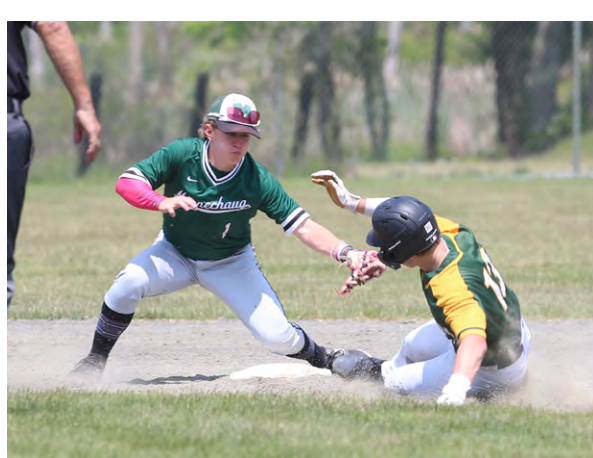
WARRIORS | from page 9

game.

Junior righty Jake Lowe did a very good job of saving the Falcons pitching staff by going the distance against Tantasqua.

"Jake gave us a huge boast today," Netkovick said. "He was able to keep us in the game, but the defense made a couple of costly errors behind him."

Lowe allowed four runs (two earned) on six base hits. He only had two strikeouts.



Lucas MacNevin slides into second safely.

The Warriors (16-2), who scored all four of their runs against Minnechaug during the first three innings, entered the Central Mass. Athletic Directors Association tournament as

the third seed. They were scheduled to host sixth-seeded Westborough in a Class A quarterfinal game on Wednesday afternoon.

"This was a very good way for us to end our regular season," Leroux said. "We're now looking forward to playing in the Central Mass. tournament on Wednesday."

Blake, who was the Warriors starter and winning pitcher against the Falcons, wasn't eligible to start Wednesday's quarterfinal game.

"Miles won't be available to

start on Wednesday, but if we have a rainout, he could start on Thursday," Leroux said. "Winning today's game was the only thing that matters. We do have a very good pitching staff."

The hard throwing lefty threw a total of 66 pitches in 4 1/3 innings without allowing any runs or base hits. He struck out 11 of the 17 Falcons batters that he faced. He walked one and he hit a couple of batters.

Blake's teammates gave him an early lead to protect.

"The boys helped me out by putting some early runs on the board," said Blake, who hasn't lost a game so far this season. "I just went out there and threw strikes."

Tantasqua junior third baseman Colm McGrath, who walked leading off the bottom of the first, scored the first run following a throwing error. Senior Devin Krochmalnyck, who wound up at second base on the error, scored when senior catcher Henry Blake delivered an RBI single into right field.

Sophomore right fielder Chace Fredette also



Lefty Miles Blake delivers a pitch.

had a two-out RBI single in the second giving the home team a 3-0 advantage.

Henry Blake, who's planning to play college baseball at MCLA next year, drove home another run in the following frame with a ground ball out to the pitcher.

Miles Blake has enjoyed having his older brother be his catcher the past two seasons.

"Henry is a great catcher and it's awesome having him back there," Miles said. "He has really helped me out a lot during the last couple of years."

Henry's younger brother, who



Chad Montiverdi throws to first for an out.

struck out 10 of the first 11 batters that he faced, experienced a little bit of control trouble with two outs in the top of the fourth inning.

Minnechaug junior catcher Vince Chiarizio and junior third baseman Matt Nordstrom were both hit by pitches. Then senior first baseman Owen Gasteyer drew a walk, which loaded the bases.

Following a mound visit by Tantasqua pitching coach Sam Knox, the next batter hit a foul pop up caught by Henry Blake ending the Falcons rally.

"We weren't able to execute at the plate in today's game," Netkov-

ick said. "We just didn't put the ball in play enough. We didn't make the adjustments against their pitchers."

Miles Blake has verbally committed to join the Northeastern University baseball team in a couple of years. The Huskies head coach is Mike Glavine, whose brother, Tom, is a member of the Baseball Hall of Fame in Cooperstown, New York.

MacNevin, who had a pair of hits at the plate, replaced Blake on the mound with one out in the fifth.

After MacNevin, who's a righty, struck out five of the first seven batters that he faced, junior Ryan Atkin, who was a defensive replacement in the previous inning,

ended the Warriors no-hit bid with a single into right field with two outs in the seventh. Then senior Frankie Graziano, who was also a defensive replacement, walked before the next batter grounded out to third ending the ballgame.

Both baseball teams will be playing in the state tournament, which begins next week."

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Ailis Kealy throws to second.

MONSON | from page 9

The Lady Mustangs entered the home contest with a seven game winning streak. Their only other loss was against Wahconah, 12-5 in the second game of the regular season. They were scheduled to host Lenox High School in the Western Mass. Class D quarterfinals.

Last Monday's contest was also Monson's senior day.

The only senior listed on the Lady Mustangs varsity roster is Ailis Kealy, who started in rightfield.

"Ailis is our only senior, so the spotlight was only on her today," Carneglia said. "She played for the junior varsity team in the seventh grade and joined the varsity team as a sophomore. She always has a positive outlook and we're really going to miss her a lot next year."

Kealy will be attending Bridgewater State University in the fall, but she isn't planning to play softball.

Both South Hadley and Monson had several chances to take the lead early in the game, but the contest remained scoreless until the fourth inning.

South Hadley junior shortstop Jenna Bobrowski was hit-by-a-pitch in the back thrown by Monson sophomore righty Molly Szado leading off the top of the first. After Bobrowski stole second base with one out, Szado struck out the next two batters ending the threat.



Molly Szado pitches for the Mustangs.

Szado, who's also a very talented young pitcher, finished the game with eleven strikeouts.

She got out of another jam in the second inning without giving up a run.

Junior catcher Ara Powers drew a leadoff walk before stealing second and third. Sophomore centerfielder Karli Carmody also walked with one-out before stealing second. Szado struck out the next batter and ended the inning with a ground ball out.

With one-out in the bottom of the second, Monson junior third baseman Carlee Meacham was safe at first base following a bunt hit, which ended Schaffer's no-hit bid. Meacham advanced to third base on a couple of passed balls. She was stranded there as Schaffer struck out the next two batters.

After Monson eighth grade first baseman Chelsea Hull ended the top of the third inning with an unassisted double play, she smacked a two-out double to left field, which was the home team's final base hit of the game. The next batter struck out.

Schaffer, who hurled nine shutouts during the regular season, struck out nine of the first eleven Lady Mustangs batters that she faced.

Powers, who joined the varsity softball team as a freshman, gave her team a 1-0 lead with one-out in the top of the fourth inning following an inside the park home run, which was a line drive to right field.

"It was the best feeling in the world after I hit the home run," Powers said. "I never ran that fast before in a game. I thought it would only be a triple."

Powers, who wasn't a catcher before this spring, hit her first home run in another road game against Springfield Central, which doesn't have an outfield fence.

Powers developed a very good relationship with one of the best softball pitchers in Western Mass. during the regular season.

"I've never been a catcher before this year and I was terrified to catch Ella's pitches at first," Powers said. "Her fastball coming at your face is very scary. I'm used to it now, and we have a much better relationship on the field."

The Lady Tigers put another run on the brand new scoreboard located in centerfield with two outs in the top of the fifth.

Junior second baseman Erin Bullough drove home pinch runner Ruth Pietrzykowski, who's a senior, with a ground ball single, which just snuck past the Lady Mustangs shortstop into centerfield.

Pietrzykowski replaced senior leftfielder Rachel Guin.

Two innings later, Pietrzykowski put down a perfect sacrifice bunt scoring Carmody, who drew a leadoff walk before stealing two bases.

Szado also walked leading off the bottom of the seventh inning, but Schaffer struck out the next two batters. She then fielded a ground ball before tossing it to sophomore first baseman Sophia Butler for the final out of the ballgame, which locked up the Lady Tigers first league title in 17 years.

It was the final meeting of the season between the two rivals.

Hall of Fame Classic teams announced

SPRINGFIELD – The Naismith Basketball Hall of Fame announced the field of teams for the Basketball Hall of Fame Classic at the MassMutual Center on Saturday, Dec. 16. Florida Atlantic, whose 2022-23 season culminated in a Final Four berth, will join UMass, West Virginia, and St. Bonaventure in an exciting doubleheader.

Saturday, Dec. 16
UMass vs. West Virginia
Florida Atlantic vs. St. Bonaventure

"We are thrilled to welcome these four teams to Springfield in December for what is sure to be an exciting doubleheader," said John L. Doleva, President and CEO of the Naismith Basketball Hall of Fame. "Since the City of Springfield is the birthplace of basketball, we look forward to providing a unique experience to the teams and

their fans which will include a visit to the Hall of Fame."

The Basketball Hall of Fame Classic is one event in the Hall of Fame's series of collegiate events, which continues to grow in an effort to celebrate the game outside the museum walls. The Naismith Basketball Hall of Fame is proud to continue its relationship with LEARFIELD for sponsorship representation of its portfolio of collegiate events and Position Sports in an event operations, content and communications capacity.

Tickets for the 2023 Basketball Hall of Fame Classic will go on sale Friday, June 2 via massmutualcenter.com and the MassMutual Center Box Office. Game times and television broadcast details will be released at a later date. For more information, please visit hoopball.com.

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.

Registration open for 2023 Bay State Games

WOBURN – Registration for the 41st annual Bay State Summer Games is now open. The 2023 Summer Games will include thirty sports with competitions from June 3 to July 29 at venues throughout eastern and central Massachusetts including Game On in Fitchburg, Boston Sports Institute in Wellesley, Union Point Sports Complex in Weymouth, and New England Sports Center in Marlborough. Bay State Games participants range in age from 5 to over age 75 and represent more than 300 Massachusetts communities as well as surrounding New England States in some sports. From grassroots participants to accomplished amateur athletes, the Bay State Games provide opportunities for the athlete in all of us.

Eight high school showcase sports will take place for a variety of sports, including baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball, and volleyball. Athletes currently in grade 8-11 who live or go to school in Massachusetts are eligible to attend regional tryouts during the month of June. These tryouts will determine teams representing the various regions of the Commonwealth that will compete against each other in July. Check each sport page for specific eligibility requirements.

The Summer Games include a wide variety of individual sports including swimming, track & field, figure skating, pickleball, wrestling, weightlifting, archery, judo, badminton, and more. These sports are open to a wide range of ages and skill levels from youth participants to masters-aged athletes. Adaptive sport divisions in archery, swimming, and track & field are offered, as well. Bay State Games also organizes tournaments for pre-existing teams in girls lacrosse, rugby, and 6v6 field hockey.

The 2023 Summer Games will feature Game On in Fitchburg as the host venue for 8 sports. Bay State Games expects 1,500 athletes and their families to attend competitions at Game On during the second week of July. "We are excited to expand the roster of sports being held at Game On this year," said Kevin Cummings, Executive

Director of the Bay State Games. "This state-of-the-art facility allows us to enhance the athlete and spectator experience and provide a true Olympic-style multi-sport atmosphere for our participants."

An additional feature in 2023 is that in over a dozen sports, athletes who win a gold, silver, or bronze medal at the 2023 Bay State Games will qualify to participate in the 2024 State Games of America in San Diego, California. The State Games of America feature more than 8,000 athletes from over 30 different state games programs nationwide. To see the list of qualifying sports, please visit www.stategamesofamerica.com.

In addition to sports programming, Bay State Games offer college scholarships, a sportsmanship initiative, college internship opportunities, and a High School Ambassador program.

For more information on all sports in the 2023 Summer Games, links to online registration, and information on other programs, go to www.baystategames.org.

For questions, email info@bay-stategames.org or call 781-932-6555.



Submitted photo

Justin Bonsignore scored a modified win at Riverhead Raceway last weekend.

Bonsignore gets the checkered flag at Riverhead

RIVERHEAD, N.Y. – A classic short-track battle between two of the veterans of the NASCAR Whelen Modified Tour ended with Justin Bonsignore's 10th career Riverhead Raceway win on Sunday afternoon in the Buzz Chew 200. Bonsignore started from the top spot after scoring his 25th career pole in qualifying and ran second for much of the race, but was able to roll the outside lane by Ron Silk on a late restart to get back to Victory Lane.

Silk led much of the race – but a caution late stacked the field up and gave Bonsignore another shot. The two battled side-by-side, beating and banging during a short-track battle in New York. Off turn four, Bonsignore was sideways on the outside lane, but a caution flew for a multiple-car accident and Bonsignore was out front, holding the advantage for the final restart of the 200-lap race.

Bonsignore drove off turn four to the checkered flag. The victory places Bonsignore just one short of the Whelen Modified Tour wins record at Riverhead – 11 – held by Mike Ewanitsko. Bonsignore will have a chance to tie when the series returns to Riverhead on June 24.

The win was also Bonsignore's

36th career – giving him sole possession of fourth place on the all-time wins list on the Whelen Modified Tour. He now sits just seven wins short of Ted Christopher for the top-three.

"Ron and I have been beating the heck out of each other all year," Bonsignore said. "The caution towards the end was good for us. You just have to keep yourself in these races and it fell our way today. It's unbelievable to get number 10 at Riverhead. I can't thank everyone on this team enough. It's a cool way to get to Victory Lane. All of these are special. Tying Mike has been a goal of ours for a long time and to get this close to the record is special. These races never get any easier to win."

In just six days, Justin Bonsignore will return to the track with the next race on the NASCAR Whelen Modified Tour schedule – the Granite State Derby at Lee USA Speedway – on Saturday, May 27. For more information and tickets for the race, visit JDVProductions.com.

For more information on Justin Bonsignore and the Kenneth Massa Motorsports team, visit JustinBonsignore.com and follow his Athlete page on Facebook for the latest news and updates.

Blue Sox in need of host families

HOLYOKE – The Valley Blue Sox is still searching for a few host families for the 2023 season.

To be a host family, all you need is a private room for the player to stay in, food options, and access to a kitchen.

In return, 2023 volunteer host families will receive:

- Free general admission to all Valley Blue Sox home and away games
- Food vouchers for every home game
- Transportation and ticket free to the Boston Red Sox game on June 12

- Free clinics for any household member ages 6-13
- Special Host Family recognition event
- 40% discount on all merchandise

- Season-long access to our live-game radio
- Access to our fan bus to an away game to be determined

If you are interested in being a host family, please contact matt@valleybluesox.com for more information.

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

McNeely Tree Service

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The Library Loft

Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

We are celebrating our
20th year at the Schoolhouse Commons.
Thanks to our wonderful "friends," volunteers and patrons.
HOURS:
Tues. 10am - 4pm • Wed. 10am - 4pm
Thurs. 10am - 4pm • Fri. 10am-4pm • Sat. 10am-2pm
HOPE TO SEE YOU THERE

Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours.
Please, no magazines or Reader's Digest Condensed Books.
We accept books only in good, clean condition.

For more information call 283-3330 ext. 100



Proceeds To Benefit the Palmer Public Library

HCC offers new free programs in human services

HOLYOKE – Holyoke Community College is now recruiting students for a new free certificate and internship program intended to help address a shortage of workers in the human services industry.

HCC received a \$1.28 million grant to be able to offer the programs.

The grant, from the Massachusetts Executive Office of Health & Human Services, will cover the full cost of tuition, fees, books, and supplies for students who want to earn a certificate in human services coupled with a paid internship at one of four local social service agencies.

The two-semester Social Service Internship Program will begin in the 2023-2024 academic year, with up to 30 students starting this fall and another 30 in spring. Recruiting for those two classes

is now underway.

The human services industry presents a wide variety of career options for people who are interested in providing care to children, seniors, adolescents, the homeless, or individuals dealing with substance abuse or mental health issues.

The 24-credit human services certificate students earn can also be “stacked” or applied toward an associate degree in human services, which could then lead to a bachelor’s degree in social work.

The total savings on attendance is estimated to be \$5,384 per semester for full-time students. During their second-semester internship, students will receive a stipend of \$2,500, which equates to roughly \$20 an hour for 10 hours a week.

The HCC Social Service Internship Program is modeled after other success-

ful, grant-funded certificate/internship programs HCC has developed in the areas of community health and engineering.

Additionally, the grant provides for the creation of two new full-time positions, a human services certificate coordinator to focus on recruiting, planning, and academic support, and a social-services coordinator to coordinate the internships and help students with any non-academic issues that might interfere with their education.

Partnering with HCC on the grant are the Gandara Center, ServiceNet, Mental Health Association, and Jewish Family Services.

For more information or to complete a general interest form, please go to: hcc.edu/hsv-grant.

IN MY BACKYARD | from page 4

migration and involve graceful jumps off the ground in a dance like manner.

Years ago, a Barre resident saw a pair doing their courtship antics while they were in a field in Barre. This was years before the nesting pair appeared in Hardwick, so I assume they were in route to their summer breeding grounds further north.

Sandhill cranes form huge flocks in winter and during migration. They are often seen in agricultural fields and roost at night in the center of shallow lakes or large shallow rivers.

Nesting bluebirds

An Oakham resident said she has nesting bluebirds again this year. She said usually the bluebirds and swallows squabble over the nest box, but she has not seen the swallows this year. She was wondering if anyone else has seen swallows.

I have seen them in my hayfield and I also saw some flying over Long Pond in Rutland.

Nesting ospreys

I received another email this week about

the nesting pair of ospreys in Wilbraham. He said the pair were on or near the nest. If the eggs hatched, the young were too small to be seen. He will make a return trip later.

In a previous column he said for anyone wanting to go see this nest the best place to view the nest is from the Wilbraham Senior Center parking lot and park on the side of the lot facing the playing fields. There are stick nests on three light poles.

Hummingbirds

An Oakham couple reported lots of hummingbirds at their feeder. They keep busy filling the nectar feeders. People may make their own nectar by adding 1/4 cup white sugar to 1 cup water and bring to a boil. I make extra nectar, which I keep in the refrigerator. It will keep up to a week, but I am refilling every two to three days so it never gets past the one week mark.

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

Public Notice

Town of Wales Zoning Board of Appeals Notice of Public Hearing

In accordance with the provisions of M.G.L. Ch 40A §10 & §11, the Wales Zoning Board of Appeals will hold a Public Hearing on **June 12, 2023**, at the Wales Town Offices at **5:30 PM**, on the application of Joel Jette (contractor) for project located at 66 Union Rd. in Wales. The applicant is seeking a special permit in terms of the Town of Wales Zoning By-law Sec. 4. 2.. The Town of Wales Zoning By-Law Sec. 4.2.2 states “A pre-existing non-conforming use or structure may not be extended, altered or changed except by a special permit from the Zoning Board of Appeals.” Specifically, the applicant wishes to construct an 8’X16’ porch onto the existing structure. Any person interested and wishing to be heard on this application should refer to the town website (www.townofwales.net) under zoning board agenda for the above date. If you have any questions or concerns, please email planning@townofwales.net 05/18, 05/25/2023

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 11 Flynt Street, Palmer, Massachusetts

By virtue 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 running 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 Mortgages' 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

Request for Price Quotes Depot Park Pavilion Improvements

The Town of Palmer invites price quotes for the above-named project through the Community Development Office, 4417 Main St Palmer, MA 01069.

The project involves the removal of existing roofing material and installation of a new asphalt 30-year architectural shingles, installation of storage room door and other minor repairs.

The project will be administered by Palmer's Community Development Department and is funded by the Town of Palmer FY21 Massachusetts Department of Housing Community Development Block Grant (CDBG). A completion time of sixty (60) days has been established. The total value of this contract inclusive of alternates has been estimated at roughly \$30,000.

Price Quotes will be received until **4:30 PM, Monday, June 12, 2023.**

Request for Price Quote (RFQ) documents will be available electronically through John LaTour of the Community Development Office, (413)283-2614, or jlatour@townofpalmer.com.

A required pre-quote conference will be held at Depot Park Pavilion site 3-7 Walnut Street, Palmer, at 4:30 PM, June 5, 2023.

All quotes for this project are subject to the provisions of M.G.L. c. 149 sections 44A-M and minimum wage rates required by M.G.L. c. 149 sections 26-27H inclusive. Federal prevailing wages under the Davis-Bacon and Related Acts also apply. Quotes may be changed or withdrawn prior to the deadline.

The Town of Palmer encourages, to the extent feasible, the use of minority-, women- and disadvantaged-owned businesses for work under this contract and likewise encourages, to the greatest extent possible, that all bidders take affirmative steps to ensure training and employment for lower-income project area residents and award of subcontracts to HUD-defined Section 3 businesses.

The lowest qualified responsible bidder shall be awarded the contract subject to the availability of local funds through the FY21 CDBG program. The Town of Palmer, the awarding and contracting authority, may cancel this RFQ, at any time that such act is deemed in its best interest. The Town will not be responsible for any costs incurred by a bidder in preparing and submitting a bid in response to this IFB.

Questions regarding quote package and specifications should be directed to John LaTour.

The Town of Palmer is an Equal Opportunity Employer. Woman and Minority-Owned businesses are encouraged to bid. 05/25/2023

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD23P1053EA

Estate of: Elizabeth Faichney Also known as: Elizabeth L Faichney Date of Death: 04/23/2023 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Emile A Four of Springfield PA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Emile A Four of Springfield PA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 06/16/2023.

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.

Date: May 19, 2023 Rosemary A. Saccomani Register of Probate 05/25/2023

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Division Docket No. HD23P0905EA

Estate of: Fredericka Ann Garreffa Date of Death: December 28, 2022 INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by the Petition of Petitioner Ryann Garreffa of Somers, CT

a Will has been admitted to informal probate. Ryann Garreffa of Somers, CT has been informally appointed as the Personal Representative of the estate to serve with surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. 05/25/2023

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758 Docket No. HD23P1005EA

Estate of: Jeremy Louis Harvey Also known as: Jeremy L Harvey Date of Death: 07/18/2022 CITATION ON PETITION FOR FORMAL ADJUDICATION

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

The Petitioner requests that: Julie Sakran of Monson, MA be appointed as Personal Representative(s) of said estate to serve With Personal Surety on the bond in unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner

or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 06/13/2023.

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

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

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.

Date: May 15, 2023 Rosemary A. Saccomani Register of Probate 05/25/2023

Commonwealth of Massachusetts The Trial Court Probate and Family Court Middlesex Probate and Family Court 10-U Commerce Way Woburn, MA 01801 (781)865-4000 Docket No. M123A0603AD

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 TAFDC, 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

Commonwealth of Massachusetts The Trial Court Probate and Family Court Middlesex Probate and Family Court 10-U Commerce Way Woburn, MA 01801 (781)865-4000 Docket No. M123A0603AD

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Date: April 27, 2023 Tara E. DeCristofaro Register of Probate 05/11, 05/18, 05/25/2023

PALMER CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, and the Town of Palmer Wetlands Ordinance, Chapter 143, the Palmer Conservation Commission will hold a public hearing on **Tuesday, June 6th, 2023, at 7:00 PM** on the application of David Huot c/o Cold Spring Environmental, of 350 Old Enfield Road, Belchertown, MA 01007.

The applicant has submitted a Request for Determination of Applicability for activities associated with the proposed construction of a garage. Work is proposed to occur within the 100-foot Buffer Zone to Bordering Vegetated Wetland (BVW) and Intermittent Stream. No work is proposed to occur within the 50-foot No Disturb Zone to any wetland resource area.

The project site is located at 72 Jim Ash Road, Palmer, MA 01069. Assessor's Map 89 Lot 4.

Any interested persons wishing to be heard on the application should appear at the time and place designated. A copy of the application and plan may be inspected at the Palmer Town Hall in the Conservation Commission Office, 4417 Main Street, Palmer, MA 01069 or contact the office at 413-283-2687.

Donald Blais, Jr. Chair, Palmer Conservation Commission 05/25/2023

PALMER CONSERVATION COMMISSION PUBLIC HEARING NOTICE

In accordance with the Wetland Protection Act of the General Laws of the Commonwealth of Massachusetts, Chapter 131, Section 40, and the Town of Palmer Wetlands Ordinance, Chapter 143, the Palmer Conservation Commission will hold a public hearing on **Tuesday, June 6, 2023, at 7:15 PM** on the application of MA Department of Fish and Game office of Fishing and Boating Access c/o the Town of Palmer of 4417 Main Street, Palmer, MA 01069.

The applicant is requesting to amend the existing Order of Conditions for activities associated with the proposed construction of an elevated fishing platform with an ADA accessible pathway approach along the Swift River. Work is proposed to occur within the Riverfront Area and Bordering Land Subject to Flooding.

The project site is located on First Street, Bondsville MA 01009. Assessor's Map 34 Lot 1-1.

Any interested persons wishing to be heard on the application should appear at the time and place designated. A copy of the application and plan may be inspected at the Palmer Town Hall in the Conservation Commission Office, 4417 Main Street, Palmer, MA 01069 or contact the office at 413-283-2687.

Donald Blais, Jr., Chair Palmer Conservation Commission 05/25/2023

Health & Wellness

SPORTS MEDICINE

Free seminar focuses on athlete injury prevention and care

HOLYOKE – No athlete wants to be sidelined with an injury preventing them from playing their favorite sport whether baseball, football, basketball, hockey or any other.

Sports medicine physicians from Baystate Rehabilitation Care, along with other area experts, will provide an informative look at the latest care and injury prevention in sports medicine during “Keeping Your Athlete in the Game - The Sports Medicine Perspective,” presented on June 14 at the Baystate Health Education Center located on 361 Whitney Avenue in Holyoke.

The free event, which includes speakers, vendors, raffles and giveaways, will be held from 4:30 to 7:30 p.m.

Speakers will include Dr. Julio Martinez-Silvestrini, medical director, Baystate Rehabilitation Care, on “A Basketball Player with Knee Pain: The Sports Medicine Physician Perspective;” Dr. Zachary L. Schepart of Baystate Physical Medicine and Rehabilitation, on “Signs and Symptoms of Sports Exercise Related Injuries;”

Dr. Christopher Keroack, sports nutrition and functional medicine specialist, New England Center for Functional Medicine, on “Fueling Peak Performance: The Impact of Nutrition on Training and Sports;” Christian Ferrara, CSCS, head of Strength and Conditioning at Western New England University, on “A Basketball Player with Knee Pain: The Strength and Conditioning Perspective;” and Tim Murphy, PT, CSCS, supervisor, Baystate Rehabilitation Care, on “A Basketball Player with Knee Pain: The Physical Therapist Perspective.”

Among the participating vendors at the event will be Springfield Thunderbirds with mascot Boomer, Westfield Starfires with mascot Stanley Starfire, Donjoy/Surgicare, Team Feit TF Performance, Boys and Girls Club of Springfield, Lady Ballers/Springfield FC, Excel Sports Academy, and Roots Athletic Center.

Advance registration required at tinyurl.com/2p864yej.

For more information on Baystate Health, visit baystatehealth.org.



Dr. Zachary L. Schepart



Dr. Julio Martinez-Silvestrini

EDUCATION

HCC, Westfield State sign dual-degree nursing agreement

Concurrent program first of its kind in Massachusetts

HOLYOKE — Holyoke Community College and Westfield State University recently signed an agreement creating a new pathway for students to earn both an associate’s degree and bachelor’s degree in nursing by being simultaneously enrolled in both schools.

The concurrent enrollment program is the first of its kind in the commonwealth and designed to help address nursing shortages by increasing the number of students accepted into a bachelor of nursing degree program and allowing them to earn their degrees faster.

“I think that what we are able to accomplish here will be the standard in the future,” Sharale Mathis, HCC vice president of Academic and Student Affairs, said during a signing ceremony today at HCC.

“Through this partnership, we will be able to feed that nursing pipeline and make sure we are putting forward the strongest educated workforce in nursing. This kind of collaboration is needed between associate degree programs and university programs to help fill those critical vacancies in the workforce for baccalaureate prepared nurses.”

The way it works is simple, she said: When students enroll at HCC for nursing, all they need to do is check a box on their application to indicate they are interested in the concurrent program with Westfield State.

“At that point, they’re in,” Mathis said.



Westfield State University President Linda Thompson (left) and Holyoke Community College President Christina Royal shake hands after signing a dual enrollment nursing degree program agreement.

“No additional application is needed for Westfield State.”

During their first year at HCC, students will complete their general education courses and health science prerequisites; during their second and third years they will take classes both at HCC and Westfield State to complete their associate’s degree in nursing. Then, as registered nurses, they will complete their fourth year at Westfield on the way to a bachelor’s degree in nursing.

“I think this is the way of the future,” Westfield State University President Linda Thompson said.

“We really have to look at ways that we educate young people without causing them to feel like they have a burden when they graduate.”

According to a Massachusetts Health Policy Commission report, registered nurse vacancy rates in acute-care hospitals doubled from 6.4 percent in 2019 to 13.6 percent in 2022, and employment in nursing and residential care facilities has not recovered since the pandemic and remains below 2018 levels.

Thompson, herself a nurse, noted that she sits on the board for Baystate Health and understands firsthand the industry needs.

“We are not just desperate for nurses,” Thompson said.

“We’re desperate for every type of profession to work in the health-care sector, so I do hope this is the first of many opportunities for us.”

HCC President Christina Royal agreed.

“This truly is an impressive program,” Royal said.

“We’re so excited to be able to work together to create more ease of access for students. We know that sometimes just the transfer process alone can create extra hurdles for students. I have found in my experience working with Westfield State and President Thompson that Westfield is just as committed to access and equity as HCC, and looking for ways that we can help streamline the process for students and get them onto a full pathway so they can have a tremendous career is what this partnership is going to do.”

STROKE AWARENESS MONTH

Doctors looking at poor sleep in relation to risk

SPRINGFIELD – Not getting enough sleep? Feeling tired and devoid of energy as a result?

According to a recent press release from Baystate Health, that may not be all you have to worry about. There are various epidemiologic studies associating stroke with poor sleep, the latest being a study published in the April 5, 2023, edition of the journal “Neurology” which associates poor sleep with stroke risk.

The study author, Christine McCarthy of the University of Galway in Ireland, noted having five of the following sleep symptoms could raise your risk of stroke: snoring, snorting, tossing and turning, napping for a long time during the day, waking up during the night and sleeping too little – or even too much.

Baystate Health neurologist Dr. Karin Johnson, medical director of Baystate Health Regional Sleep Program and Sleep Section chair of the American Academy of Neurology, who has conducted her own sleep research, agrees with the findings that have also been identified in previous research, according to the release.

The sleep specialist said when patients see her for possible sleep disorders, she explains to them that the dangers of not getting enough sleep or poor-quality sleep can lead to not only stroke, but many chronic health problems such as high blood pressure, diabetes, heart disease, kidney disease, obesity, and depression.

“When it comes to sleep and stroke risk, too little, too much sleep, or poor quality sleep from disorders like obstructive sleep apnea are all factors,” Johnson said.

The most common type of stroke occurs when blood vessels to the brain are blocked. Poor sleep increases risk factors for stroke including obesity, high blood pressure, high cholesterol, inflammation and diabetes and increases the chance of blood clots forming. Poor sleep also affects the clearance of toxins from our brain through the glymphatic system, which is also associated with Alzheimer dementia.

In her own research dating back to 2010 in the Journal of Clinical Sleep Medicine, Dr. Johnson’s data showed that obstructive sleep

apnea is found in 72% of all stroke patients, including those with mini-strokes, otherwise known as transient ischemic attacks, which can be a warning of a larger stroke to come.

During sleep a person’s airways narrow, which in patients with OSA leads to blocked or disrupted airflow to the lungs. This can cause drops in oxygen levels or sleep disruptions throughout the night that can raise our heart rate and blood pressure and cause inflammation. Other studies have shown that even after adjusting for other risk factors, people with OSA have about double the risk of having a stroke.

Treatments for OSA include using a machine that delivers air pressure through a mask to keep your upper airway passages open, as well as other air pressure devices and special oral appliances available from some dentists. Baystate also offers a new alternative to CPAP that works inside your body while you sleep. Called Inspire, the implantable device when turned on each night with a remote opens your airway, allowing you to breathe normally and sleep peacefully.

Johnson noted that adults who sleep less than seven hours per night are more likely to have a stroke, but the risk increases as average sleep time shortens. Making sure to prioritize sleep and allow enough time to get the right amount of sleep before you need to get up in the morning is important. Some people want to sleep longer, but just can’t due to insomnia.

For those with racing thoughts, cognitive behavioral therapy for insomnia can be very helpful. Middle of the night awakenings may be due to OSA or another untreated sleep disorder.

A 2019 study in the journal Neurology also found that sleeping nine or more hours each night had a 23% higher risk of stroke than those sleeping less than eight hours each night. Stroke risk was 25% higher among those who took midday naps for at least 90 minutes compared with those napping for less than 30 minutes.

This is likely because sleeping too much often is a sign of an untreated sleep disorder like OSA.

May is National Stroke Awareness

Month and a time to consider your many risks for strokes, including sleep problems, which have been the subject of increasing concern among neurologists. 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.

Johnson and the American Academy of Sleep Medicine offer the following additional tips on how to get a good night’s sleep:

Avoid nicotine, alcohol, food or drinks that contain caffeine, and any medicine that has a stimulant prior to bedtime.

Follow a consistent bedtime routine.

Establish a relaxing setting at bedtime.

Avoid any rigorous exercise within two hours of your bedtime.

Make your bedroom quiet, dark and a little bit cool.

Don’t watch the clock at night, but use an alarm to help wake you up.

Get up at the same time every morning.

Avoid electronics and bright lights in the evening.

According to the article “Sleep and Stroke” published in the May 2, 2019, issue of the journal “Stroke,” despite estimates of greater than 50% prevalence of sleep disorders after stroke, only about 6% of stroke survivors are offered formal sleep testing and an estimated 2% complete such testing in the three-month post-stroke period. Johnson noted the importance of sleep health was endorsed by the American Heart Association who in 2022 added sleep health as one of Life’s Essential 8 to prevent stroke and heart disease along with nutrition, exercise, smoking cessation, blood pressure, cholesterol and glucose control and weight loss.

Because poor sleep affects all these other pillars of health, sleep is really the “bed”-rock.

For more information on Baystate Health and its stroke services, visit baystatehealth.org/stroke and for more information on Sleep Medicine at Baystate, visit baystatehealth.org/services/sleep.

Business



Monson Savings Bank Donates \$4,000 to Arts Council

MONSON - Monson Savings Bank made a \$4,000 donation to the Monson Arts Council in support of the local arts. Monson Savings Bank is known for frequently displaying their support to the communities that they serve.

David Dupuis of the Monson Arts Council expressed his gratitude to the community Bank.

“Monson Savings Bank is very generous in their support of the Monson Arts Council and the local arts,” said Dupuis. “We are very grateful for their longtime support.”

Susan James, also of the Monson Arts Council, was very thankful for the donation from Monson Savings.

“The Monson Arts Council is so fortunate to have a community partner like Monson Savings,” said Solomon. “The Bank has been a longtime supporter of the Monson

Arts Council. It is because of loyal supporters like them that we can continue our mission.”

The \$4,000 donation will help the Arts Council put on their annual Spring Art Exhibition and Sale.

“Monson Savings is always happy to lend our support to community organizations in any way that we can,” said Dan Moriarty,

Monson Savings Bank President and CEO. “The Monson Arts Council does so much to bring the Town of Monson and the surrounding communities together through the arts. As a lifelong resident of Monson, I am

always so impressed by the events and workshops the Council puts together.”

To learn more about Monson Savings Bank please visit monson-savings.bank

To learn more about the Monson Arts Council please visit <https://monsonartscouncil.org/>

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Police/Fire

Police Logs

Palmer Police Dept.

The Palmer Police Department reported 511 incidents on its logs for May 16-23 including:

May 16

David F. Fratini Jr., 35, no address, was arrested at Cumberland Farms on N. Main Street and charged with possession of a Class A drug (heroin) and possession of a Class B drug (crack cocaine), OUI drugs and distribution of crack cocaine.

Edward R. Libera III, 42, of 39 Bourne Street in Three Rivers, was arrested on a warrant. No other details were provided.

May 18

Shawn W. Byrne, 49, no address, was arrested on three warrants at Depot Plaza on N. Main Street. No other details were provided.

May 20

Christopher John Dore Jr., 41, of 570 Plainfield Street in Springfield,

was arrested and charged with OUI liquor, negligent operation of a motor vehicle with no inspection sticker and a marked lanes violation following a traffic stop in the vicinity of Dunkin' on N. Main Street.

May 21

Sean Duhamel, 27, of 150 Boston Road in Palmer, was arrested and charged with OUI liquor and negligent operation of a motor vehicle following a traffic stop in the vicinity of Walgreens on Park Street.

Monson Police Dept.

The Monson Police Department's log for May 14-20 included the following incidents:

May 20

Joseph Charles O'sullivan, 66, of 39321 Mountain Park Drive East in Roy, Washington, was arrested and charged with OUI liquor, negligent operation of a motor vehicle and exceeding the posted speed limit.

Fire Logs

BONDSDVILLE

The Bondsville Fire Department responded to three calls from May 16-22.

May 16 at 5:40 a.m. Responded with mutual aid for Palmer to Park Street for a structure fire. Returned to service at 6:48 p.m.

May 18 at 7:48 a.m. Responded to South High Street for a medical assist. Returned to service at 8:10 a.m.

May 22 at 1:33 a.m. A duty officer responded to Thorndike Street for an alarm issue. Returned to service at 2:05 p.m.

MONSON

The Monson Fire Department responded to four two calls from May 16-22.

May 16 at 6:22 p.m. Responded to Cushman Street for a public assist. Returned to service at 6:39 p.m.

May 18 at 2:12 p.m. Responded to Boston Road West for a brush fire. Returned to service at 3:19 p.m.

PALMER

The Palmer Fire Department responded to ten fire calls and five medical assist calls from May 16-22:

May 16 at 11:58 a.m. Responded to Thorndike Street for a brush fire. Returned to service at 12:19 p.m.

May 16 at 1:03 p.m. Responded to Baptist Hill Road for a brush fire. Returned to service at 1:26 p.m.

May 16 at 5:26 p.m. Responded

to Park Street for a structure fire. Returned to service at 7:57 p.m.

May 18 at 8:34 a.m. Responded to Wilbraham St for an alarm activation. Returned to service at 8:47 p.m.

May 18 at 2:08 p.m. Responded to Wilbraham Street for a brush fire. Returned to service at 3:26 p.m.

May 18 at 3:41 p.m. Responded to Main Street for a furnace malfunction. Returned to service at 4:24 p.m.

May 19 at 2:32 p.m. Responded to Thorndike Street for a motor vehicle accident with fluid spill. Returned to service at 3:07 p.m.

May 20 at 10:48 a.m. Responded to Michael Drive for a detector activation. Returned to service at 11:40 a.m.

May 22 at 12:14 p.m. Responded to Michael Drive for a public service. Returned to service at 12:47 p.m.

May 22 at 5:29 p.m. Responded to Woodland Heights for a CO detector activation. Returned to service at 6:04 p.m.

THREE RIVERS

The Three Rivers Fire Department logged eight calls from May 16-21:

May 16 at 5:50 p.m. Responded with mutual aid to Palmer Fire Department for a building fire. Returned to service at 7:10 p.m.

May 16 at 5:52 p.m. Responded to Sasur Street for an EMS incident. Returned to service at 6:01 p.m.

May 21 at 6:53 p.m. Responded to Laviolette Field for a false alarm. Returned to service at 7:00 p.m.

Town wide tag sale is June 17

WARE – Getting ready for spring? Time to clean out the garage and have a tag sale!

You can do it and help raise funds to support the restoration of the Ware Center Meeting House at the same time by calling Marty at 413-512-9258.

To get your address on the map, write a check for \$15, payable to the Ware Center Meeting House and send

it by June 14 to P.O. Box 1401 in Ware, MA 01082.

They will make a map with all the addresses on it, advertise, and tack up critical signs on the day of the event. You will just need to set up and get ready for the customers.

The tag sale will be held on Saturday, June 17 from 8:30 a.m.-3 p.m.

Job Connection

HELPING YOU FIND HELP

TOWN OF WARREN POLICE DEPARTMENT JOB OPPORTUNITY

Full Time Police Officer and Part Time Police Officer

The Warren Police Department is accepting applications for the position of full time and part time Police Officer. Applicants are preferred to be academy trained and must be willing to work weekends, nights, and holidays.

Responsibilities include responding to emergency and non-emergency calls for Police, Fire and Ambulance services. It is preferred that applicants currently possess valid certification as a Police Officer. Candidates must have strong interpersonal, verbal, and written communication skills. Preferences include an associate degree or higher in criminal justice, serve in the US military, or experience as a Police Officer.

The Patrolmen's contract provides an education incentive and a candidate with prior experience may also be considered to start at a higher step rate of pay.

Resumes and cover letters must be returned no later than Friday June 2nd, 2023, to the attention of Lt. James Early, WPD PO Box 606, Warren, MA 01083 or early@warren-ma.gov.

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Adventure Awaits With Pack 164



James J and his dad show off one of his nine fish caught.



Zach C. is patiently waiting for a fish to take the bait.



The brave Cub Scouts weathered the rain and downpours at the spring fishing derby.

Photos submitted by Erin Chevalier



Katerina K shows off her Council Wolf 3rd Place Trophy and Pinewood Derby car.



Lawrence T and his family celebrate his and his brother's first place wins in the Council Derby's

Cub Scout Pack 164 in Palmer is always up for adventure!

PALMER – This past Saturday, the Cub Scouts and families braved downpours during their annual spring fishing derby.

The total number of fish caught was 34 during the two-hour derby. Many different types of fish were caught including pickerel, pumpkinseed, and bass.

The Most Fish Caught award went to James J. for nine fish. The Largest Fish Awards went to Sonny M. with a 17-inch long and 1lb 6oz pickerel, and to Myles G. for a 16-inch long and 1.5lb bass. The smallest fish award went to Ryan A. with a 7-inch and 6oz pumpkinseed. All winners received a new fishing pole.

On Sunday, racers who qualified in the District Pinewood Derby Race moved on and raced in the Council Pinewood Derby Race. The Council Derby has racers from all over Western Massachusetts competing against other racers in their ranks to see who has the fastest cars.

Every racer from Pack 164 who raced walked away with a trophy. For the Wolf Den, racers

Lawrence T. and Katerina K. won 1st and 3rd place, respectively. For the Webelos Den, racers Dimitri K. and Seth P. won 2nd and 3rd place, respectively. For the Open Class, racer Kenjamin T. topped the leaderboard with first place.

The Pack is looking forward to many more adventures over the summer, including hiking, camping, Raingutter Regatta, a family fun day, swimming, and more.

Pack 164 would like to invite any families interested in learning more about Cub Scouting to our Glow Hike on June 16th at 7pm at Burleigh Park in Palmer. Parents and children will be playing games, completing a scavenger hunt and hiking while exploring the sounds of the night.

Cub Scout Pack 164 welcomes children in

grades Kindergarten through 5th grade. The Pack is chartered by Second Congregational Church in Palmer.

If you would like to learn more about us, please email our recruiter at bsarecruiter164@gmail.com or visit us on our facebook page: Cub Scout Pack 164 Palmer.

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Share the Adventure with us soon!
For further information call Randall at (413) 436-5357 or email adventuretours@att.net or go to www.adventuretoursforwarren.com



CC the Alpaca, pictured with sophomore Nevaeh Apraham (left) and senior Jackie Aldrich.



Pathfinder Junior Brianna Beynor cooed as she held a baby goat close.



Sophomores Abigail Mudgett (left) and Kasney Bibeau, pictured with a goat from On The Road Again Farm.



Sophomore Derek Rivera holds a baby goat from On The Road Again Farm.



Kids climb all over the students during Cuddle Therapy.



Two kids butt heads while playing with Pathfinder students.



Submitted Photos

One of the kids from On The Road Again Farm.



CC the Alpaca, sporting a bright blue lei.

CUDDLE | from page 1

ber responsible for coordinating the event, described “excitement and buzz” at the school during the whole event.

“I’ve not seen such a solid group of smiles in a while now,” Turner said, “Everybody that was there was happy and enjoying themselves and participating. We had zero issues with any behaviors.”

The animals were provided by regional farms through coordination with the school. On The Road

Again Farm in Springfield brought over the baby goats, including two week-old newborns, as well as a number of older goats, who were still kids.

CC the Alpaca came from Windy Crow Farm in Stafford Springs, something of a local celebrity known for doing visits all over the community.

“Something like ‘Cuddle Therapy’ encourages students to maintain their own wellbeing by doing

things that they enjoy,” Turner said. “Helping others, even touching animal fur can lead to a sense of belonging and purpose.”

According to Psychology Today, “Animals can help combat loneliness and boost social support, both through interactions with the animal and interactions that involve other people. Animals can lead people to get more physical activity than they would otherwise.”

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The red, white and blue flying high at Palmer Senior Center



Pictured here are (State Senator Jake Oliveira, Marlene Johnson, Executive Director; Cindy Jasak, Outreach Coordinator; Lisa Jacques, Program Coordinator and State Representative Todd Smola.



Crews raise the new flag up the pole at the senior center.



Submitted photos

A new flag that State Representative Todd Smola and State Senator Jake Olivier delivered on May 17 to the Council of Aging at the Palmer Senior Center flies high above.



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Sen. Anne Gobi announced as Director of Rural Affairs

BOSTON - Gov. Maura Healey and Lt. Gov. Kim Driscoll announced today that Massachusetts Sen. Anne Gobi will join their administration as the new director of rural affairs in the executive office of economic development.

Gobi will start in her new role June 5. She will be tasked with conducting a review of all state grant opportunities, including the Community One Stop for Growth, to ensure that barriers for rural and small towns are mitigated and will host dedicated office hours for rural towns to receive technical assistance to identify and explore grant opportunities. She will also serve as a member of the Rural Policy Commission, which advocates for the vitality of rural communities as well as legislative and policy solutions that address rural needs.

"We are building an economy that benefits all communities, businesses, and people in Massachusetts, particular those that are too often overlooked and underrepresented like rural and small towns," said Healey. "Senator Gobi's fierce advocacy of rural equity, agricultural and small businesses, and conservation initiatives makes her the ideal candidate to help our rural towns across the state succeed."

"Senator Gobi brings to this new role deep knowledge of the challenges that rural and small-town economies face and decades of experience serving the people of our state," said Lieutenant Governor Kim Driscoll. "We are excited to welcome her to our administration and look forward to working with her to better reach rural communities and help them grow."

"Massachusetts' rural and small towns have such an important role to play in our state's economy and I'm excited to have a true champion of these communities join Team Massachusetts," said Economic Development Secretary Yvonne Hao. "Senator Gobi has the knowledge, experience, and passion required to connect with the needs of rural towns and plug these municipalities into our state's many economic development resources."

"I am thrilled to take on this important role and grateful to the Healey-Driscoll Administration for elevating our rural communities," said Gobi. "While I will miss the Legislature, I look forward to continuing to work for the needs of small towns throughout the Commonwealth as their advocate in state government."