

# The Journal Register

SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

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**PALMER**

## 'LIGHT UP PALMER' returns

By Abigail McCoy  
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PALMER – Downtown Palmer at Depot Park and the surrounding block shimmered with holiday cheer this Saturday, Nov. 29, as residents gathered for the annual Light Up Palmer festival; an event that has grown steadily from a small grassroots effort into a major community tradition. Throughout the evening, volunteers, local businesses, and families filled the downtown area, transforming

it into a bustling, brightly lit celebration of the season.

At the center of the occasion stood longtime volunteer and spokesperson Chris Smith, who reflected on the event's origins in an interview before the lighting of the town's large spruce tree. The idea for Light Up Palmer began in 2018 when several residents, including Robin Lamothe and Smith, noticed the town lacked holiday decorations entirely. By January 2019, a small group gathered at the Steaming Tender and



Turley photos by Abigail McCoy  
Above, Leon Noel, age 4, meets with Santa Claus, portrayed this year by Wilbert Feltner. Left, everyone in the crowd cheered when the lighting of the large spruce tree illuminated Depot Park in a brilliant glow.



resolved to revive Palmer's festive spirit. Smith quickly joined the effort, explaining that the group initially operated under the Palmer Redevelopment Authority. PRA members, including Joe Turek and the late Al Lasota, provided the early financial

support the volunteers needed. However, limitations on fundraising under the PRA soon prompted the group to branch out and form its own nonprofit: the Palmer Business Partnership.

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**PALMER**

## From tragedy to triumph

Poet Laura Chagnon's shares her story

By Abigail McCoy  
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PALMER – On Wednesday, Nov. 12, the small chapel at My Father's House, 4058 Church Street in Thorndike, was filled with warmth, laughter, and the hum of gospel music on Wednesday evening as poet Laura Chagnon celebrated the release of her 13th book of poetry.

At least 25 to 30 people gathered for the event, where the mood was both joyous and reverent, a reflection of Chagnon herself. Guests enjoyed a generous spread of cheese, crackers, fresh vegetables and dip, cakes, pies, coffee, and water, laid out in a side room where friends, supporters, and residents mingled between the music and conversation.

It was a fitting celebration for a woman whose life, once marked by tragedy, has become a beacon of resilience and hope. Legally blind and quadriplegic since age 26, Chagnon has spent more than three decades transforming pain into poetry; a voice of

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**PALMER**

## Conservation Commission discussion trail maintenance, improvements

By Abigail McCoy  
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PALMER – The Palmer Conservation Commission met on Tuesday, Nov. 18 to address a few matters on its agenda, including a compliance certificate, trail conditions, and a request for determination.

### Request for Certificate of Compliance

The commission re-

viewed a Request for a Certificate of Compliance for DEP #256-037-199, tied to a garage addition completed two years ago at 199 Thompson Street. A recent site visit by Conservation Agent Jessica Ladin and several commissioners confirmed that the project met all conditions. Minor changes, including a larger pavement repair area, a rock wall installation, a paved turnaround, and relocated

propane and generator units, were noted but determined to be outside the wetland buffer zone. Commissioners described the project as well executed before unanimously approving the Certificate of Compliance, 7-0.

### Old/New Business

Trail conditions and maintenance were a central focus during general discussion. David Cotter reported ongoing work on the Blue

Trail at Sykes Street. Commissioners agreed that several older trails require attention, including loose or deteriorating boards on First Street and a broken kiosk glass panel at Madura. They discussed developing a comprehensive "punch list" identifying maintenance and repair needs across all conservation properties. This document will help guide work at the Dec. 8 session.

The town's riverfront parcel intended for a future kayak launch was also discussed, with DPW staff participating in recent site walks to identify potential landing locations. Remnants of an old swing set at Sykes Street prompted questions about the area's history, which the commission hopes to investigate further.

Two residents, Sally and Chris, attended to ex-

press interest in volunteering for trail maintenance. They praised the quality of trails in Sturbridge and asked how Palmer might replicate successful funding and volunteer coordination models. Commissioners welcomed their enthusiasm and noted that improved communication, clear task lists, and volunteer support could significantly

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**MONSON**

## School committee recognizes girls soccer

By Abigail McCoy  
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MONSON – The Monson School Committee's Nov. 19 meeting brought forward comprehensive updates on district operations, finances, literacy programs, state funding challenges, and policy revisions. Throughout the evening, committee members and administrators emphasized student achievement, transparent communication, and the district's ongoing need for stable state and federal support.

The meeting opened with a reaffirmation of the district's mission to "maximize learn-

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**PLANNING BOARD**

## Annual Craft Fair ushers in the holiday season with hand-crafted talent



Turley photo by Abigail McCoy  
Kelly Tardy of Pallets & Pinky Promises greets shoppers at her booth, where she displays colorful hand-crafted signs, tumblers, mugs, koozies, and personalized gifts.

By Abigail McCoy  
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MONSON – Monson's 46th Annual Craft Fair, organized by the Monson Arts Council and held over Thanksgiving weekend, once again transformed the heart of downtown into a sprawling marketplace of artistry, craftsmanship, and holiday cheer. Spanning four buildings: Memorial Hall, the Arts Council building, the Monson-Glendale United Methodist Church, and the Unitarian Universalist Parish, the fair maintained its long-standing tradition of accepting only hand-crafted work, a distinction vendors and attendees say is what makes Monson's event a regional favorite.

Throughout the weekend, shoppers wound their way through rooms overflowing with stained glass, pottery, jewelry, soft sculptures,

woodwork, bath and body products, fiber arts, holiday decorations, books, candles, quilts, greeting cards, and an extensive range of locally created gifts and collectibles. The fair also set the stage for Saturday's holiday festivities: at 4 p.m., Jordyn Doyle led the community in a caroling outside Memorial Hall, culminating in Santa's arrival by fire truck at 4:30 and the official lighting of the town's holiday displays. Children then followed Santa inside Memorial Hall for refreshments and photos.

Across the four buildings, dozens of local artists, makers, and small businesses showcased their work and shared the stories behind their crafts. Inside Memorial Hall, Kelly Tardy of Pallets & Pinky Promises welcomed visitors with her colorful display of signs, tumblers, mugs, koozies and hand-crafted gifts. Just a few

tables over, renowned children's author and illustrator Ruth Sanderson signed books for families.

Bumble's Bees, led by Brian Lachance, drew steady traffic with honey items and bee-themed products, while the Friends of the Monson Free Library offered raffles for Majestic Theater tickets and other donated goods to support library programming. Nearby, resin artist Anne Pilecki exhibited shimmering crushed-glass pieces illuminated with soft backlighting, a display that drew frequent compliments from visitors.

In the woodworking aisle, Chris of D&D Fine Woodworking presented a variety of cutting boards,

CRAFT | page 13



# VOICE: Creating a way for veterans of Western Massachusetts

By Emily-Rose Pappas  
epappas@turley.com

REGION – The Veterans Outreach Into Community Engagement, or VOICE, is a group of members of Western Massachusetts dedicated to helping veterans.

Composed of Veterans Agents, veterans, nonprofits, small businesses, and beyond, VOICE is a group that prioritizes the veteran living in the Hampden, Hampshire, Franklin, and the Berkshires Counties.

“It started with a veteran employment and opportunity approach, and it’s really blossomed into something more for all veterans. It’s such an amazing network, and its intended for any program, whether a governmental department, business, or nonprofit that has a veteran program that they administer, and it’s to collaborate,” said Stephanie Shaw, Chair of VOICE and Director of Veterans Services in Chicopee.

VOICE has been going on for at least 20 years, focusing on cross-sharing resources

between veteran agencies, small businesses, and nonprofit organizations that work to serve the veteran in many different ways.

Shaw has been engaging with VOICE for the past fifteen years, since 2010, and has seen organizations like Encompass, Compassion Care, Veterans’ Inc., and Project New Hope come together to sit in person at their meetings to collaborate.

“It’s about ensuring that veterans are prioritized. We look at it as it’s about the veterans, and I think that really helps make us unique. There really is something unique about our cohesiveness and the bonds that these representatives have,” said Shaw. “These people are consistent and show up, and after doing this for so long, it’s invigorating to sit down once a month to collaborate and support one another.”

VOICE works hard to create ways to ensure that veterans across all four counties in Western Massachusetts can access care and resources like fuel assistance, employ-

ment help, connections to food pantries, and also enjoy events for veterans and coffee hours at different places in towns all over.

“It’s so that any veteran we come across can have access to more, and be able to access more from neighbors,” said Shaw.

75 to 80 different entities offer a full program or have specific offerings for veterans to access, and take part in working alongside VOICE so that all representatives of veterans can access this essential information.

“Not everyone in that room is a veteran, but they really care about veterans, and that’s what makes this perfect,” said Shaw.

Alongside their regular meetings, VOICE brings in a guest speaker, and this month, Loving Hands and its faithful leaders, Marie Francis and Margie Bacon, who work to sew with love hats, scarves, and mittens, and create blessing bags for the homeless and veterans.

The pair pray and are blessed with donations as

they believe in trusting in God to provide for them, as they have seen miracles happen left and right, a testimony of the power of faith, and a tight-knit community willing to help others in need.

The organization is in need of yarn, socks for both men and women, and mittens and gloves in order to put together the blessing bags they hand out to anyone in need.

“In the veterans sphere in western Mass, there is always something happening and we’re always working and we want the veterans to know they aren’t alone,” said Shaw.

For people who work with a veteran-centered mission and services, they can connect on Facebook or through their Gmail, voicewesternma@gmail.com

You can donate to veteran-centric food pantries which include The Barnes Air National Guard Wellness Center, Project New Hope at Hampden Pond Plaza in Westfield, Ludlow Veterans Services Center, and Belchertown Veterans Services Office.



Submitted photo  
A collection of the local agencies a part of VOICE that help it reach as many veterans as possible.

## Tree & Wreath Festival Kicks off this weekend

THREE RIVERS – We couldn’t be more excited to host our annual Tree and Wreath Festival again this year.

We ask for your support in making this event a success once again, by buying raffle tickets, adding to our Loved Ones Tree, or just coming to enjoy the spirit in Harmony Hall.

The Palmer Historical Cultural Center is located at 2072 Main Street in Three Rivers.

The festival hours are Friday, Dec. 5, 4 p.m. to 7 p.m.; Saturday, Dec. 6, 10 a.m. to 3 p.m.; Sunday, Dec. 7, 10 a.m. to 3 p.m.; Saturday, Dec. 13, 10 a.m. to 3 p.m.; Sunday, Dec. 14, 10 a.m. to 3 p.m.

## Mah Jongg Club open to all levels

PALMER – Have you ever wanted to learn Mah Jongg? Haven’t played in years and would like to? Drop in and join us at the Palmer Public Library for this newly formed, weekly club! Beginners will get help from Joyce, a local Mah Jongg enthusiast and teacher.

The club will primarily meet in the Community Room on Mondays from 12:30 to 3:30 p.m. If the

Community Room has another event, the club will relocate for that day to another area of the library. This club will play the American version of Mah Jongg and follow the National Mah Jongg League (NMJL) rules.

Mah Jongg is a 4-person game of strategy and skill that originated in China. There are many versions of this game, with the American version enjoying popularity in the U.S. today. Learning

to play involves getting familiar with the tiles, learning the specifics of dealing & play, and especially learning to decipher and become familiar with the official card of playable hands released annually by the NMJL.

Please bring your own Mah Jongg set and current NMJL card if you have them. The library is located at 1455 North Main Street. Questions? Call Amy at 413-283-3330, ext. 121.

## Tree of Love fundraiser

PALMER – The Tree of Love annual fundraiser honors a loved one with a wooden ornament to be put on our tree near the Baystate Wing Gift Shop from November thru December.

A single name ornament is \$5 and a family name is \$10. More information and forms are available in the Gift Shop or by our tree on the 1st floor.

## Keep offers Christmas tree decorating history

MONSON – Have you ever wondered about the history of the decorations you place on your Christmas tree? Plan to visit the Keep Homestead Museum located at 35 Ely Road in Monson, when Lorraine German presents her program “Dressing the Christmas Tree” on Sunday, Dec. 7, at 1:30 p.m. It examines the evolution of Christmas tree ornaments.

Lorraine is the owner of Mad River Antiques in North Granby, CT and she will discuss the history of adorning the Christmas tree in America, and she will provide examples of tree decorations from her own collection. Her antique Christmas collection began

with an early 20th century German Santa and sleigh inherited from her grandparents.

This program starts at 1:30 p.m. in the barn and is open to the public free of charge though donations are welcome. Visitors are welcome to tour the festive museum from 1 to 3:30 p.m. to view Christmas button displays courtesy of the Monson Button Club and to enjoy light refreshments. Visit the gift shop where handmade note cards featuring buttons are for sale.

Join us outside for hot roasted chestnuts compliments of Replanting Monson Tree Committee and students from the Tantasqua Chestnut Club.



## Community Cupboard open for those in need

MONSON – Monson Community Cupboard abounds in holiday spirit. The cupboard has been open since September 1 and has been frequented by more than 80 families. Our goal is to help alleviate cases of food insecurity throughout our town.

The Monson Community Cupboard, located at 24 Green St. is currently open on Tuesdays from 3 to 7 p.m., Fridays from noon - 4 p.m and Saturday from 9 a.m. to noon, and can be opened by appointment if you can’t make those times.

“We are grateful for the citizens who have made both food and monetary donations because they want to help members

of our community in need. If there’s a need we will feed,” stated director, Karen Davis.

One customer declared that she “went to the food pantry on Green Street and the ladies in there are so sweet, kind helpful. Nobody makes you feel bad about needing help... We are blessed to have them. Karen and team - thank you so much for what you do. It was amazing. The shopping experience is so phenomenal.”

Donations of food may be dropped off at 24 Green St. when open. Monetary donations may be dropped off or mailed to Monson Community Cupboard 24 Green St. Monson, MA 01057.

## Hitchcock and Rick’s Place partner to offer grief gathering for families

BRIMFIELD – Hitchcock Academy, in partnership with Rick’s Place, is hosting a Grief Gathering on Sunday, Dec. 7, from 3 to 4 p.m. at Hitchcock Academy 2 Brookfield Rd., Brimfield, MA.

This program is open to all community members with children ages 5-18 who have experienced the death of a loved one. This program is free of charge, but registration is required.

Grief cannot be fixed, but connection and community can help ease its weight. Grief Gatherings provide a supportive space for children, teens, and their caregivers to find understanding, share experiences, and honor the person who has died. No one should have

to grieve alone.

Families attending the December 7 Gathering will have the opportunity to take part in conversation, receive compassionate support, and engage in a simple, yet meaningful activity designed to acknowledge both their grief and the memory of their loved one. Youth and adults will remain together throughout the program in a safe, welcoming environment. Light refreshments will be available.

Hitchcock Academy is a community center dedicated to providing inclusive, enriching programs that connect, support, and strengthen the community through educational, recreational, and cultural programming.

### DEADLINE

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

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

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## EARLY DEADLINES FOR ADS & LEGAL NOTICES

Christmas will bring early deadlines for all ads & legal notices to run in TURLEY PUBLICATIONS the week of December 22-26, 2025:

**Wednesday, December 17 at 2 PM for December 25 issue**

- Country Journal • The Register • Wilbraham-Hampden Times

**Thursday, December 18 at 2 PM for December 25 Issue**

- Agawam Advertiser News
- Sentinel • Quaboag Current • The Journal Register

**Friday, December 19 at 2 PM for December 25 Issue**

- Ware River News • Barre Gazette

**Monday, December 22 at 2 PM for December 26 Issue**

- Town Reminder • The Holyoke Sun • Chicopee Register

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## Musical delights of handbells Dec. 7

MONSON – Join “Chime In” for a magical experience, enveloped in the musical delights of handbells hosted by St. Patrick’s Church located at 22 Green Street, Monson at 3 p.m. on Dec. 7, 2025. This concert is FREE.

Ring, revel, and rejoice throughout this concert. Chime In! Music with a Mission is a truly magical experience for friends and family, enveloped in the musical delights of handbells. They offer a wide range of dynamic music, be it a collection of beloved carols, a singular arrangement of a traditional tune, or a riotous cacophony of boom-whackers and organ pipes reclaimed as chimes. One hundred twenty-five handbells plus chimes and gongs are sure to warm your hearts during this joyous season.

Chime In! Music With a Mission brings joy and fun to their handbell performances.

Their concerts of secular and sacred music embrace audience participation.

Where else do you get the opportunity to mingle with the performers and their instruments?

Guests will be encouraged to try their hands at playing bells, chimes, and even some of their more unusual instruments after the concert when they might try out the handbells themselves. Children are often encouraged to try their hands on the bells.

The choirs of Chime In! have been sharing their love of music with the community for more than 20 years, at multiple venues – from New Haven’s International Festival of Arts and Ideas, to the Bethlehem Fair, UMass, Carnegie Hall, and now right here in Monson.

Light refreshments will be served after the concert at the Parish Hall (Columbia Hall) across the street.

## Drive in support of food pantry

PALMER – In the wake of the holidays around the corner, Palmer High School and St. Paul’s Church invites you to spread the holiday cheer by donating non-perishable foods, hygiene products, and monetary donations from Nov. 30 through Dec. 7, all of which will be distributed to the Palmer Food Share food pantry! Palmer Food Share is made up of dedicated volunteers who provide resources for insecure families who lack basic necessities every Tuesday and Friday. Following Thanksgiving, our community is encouraged to support our helping heroes restock food pantry shelves to prepare for the months ahead.

This season of giving, has unfortunately become a

season of struggle for many low-income families who make up our broader community, because of the temporary shut down of SNAP EBT benefits. Although these governmental aids are accessible again, they’ve come with immediate restrictions causing millions of children, elderly, veterans, and SNAP recipient families to lose the assistance they need to thrive. Fortunately, Project 351 Alumni Jannat Khan, Palmer High School Student Council, and Rev. Steven Sousa of St. Paul’s Church have taken action to ensure that our neighbors have consistent access to healthy food, not just for celebrating but for the cold winter months to come.

Food security is not a privilege, but a human right, which is why at Project 351 we aspire to: “Make Hunger History!”

This motto is more than a hope, it’s a mission that may seem impossible, yet is achievable through contributions made by a hopeful society. So let’s make hunger history together and assure that none of our families and friends go hungry without the care they deserve!

Project 351 is a statewide, nonprofit organization which unites ambassadors from all 351 cities and towns across Massachusetts for years of unison, action, and leadership through services elevating our communities.

### DRIVE DETAILS:

**WHEN:**  
Nov. 30 to Dec. 7

**WHERE:**  
St. Paul’s Church  
1060 Central Street

Palmer High School  
During School Hours

Palmer High School  
Craft Fair  
9 a.m. to 2 p.m.

Walmart, Ware  
Nov. 22 to 23  
11 a.m. to 2 p.m.

## Lotto calendars available

PALMER – Baystate Wing Gift Shop Annual January Lotto Calendars are now available through Jan. 30, 2026. The drawing will be held Feb. 3, 2026.

The price is \$5 for one calendar with 31 chances to win and \$10 for three calendars with 93 chance to win. The winner need not be present.

Funds are used for scholarship awards for seven local high school graduates and towards the gift shop’s pledge of \$200,000 (in installments) to Baystate Wing to a specific department.

These make great stocking stuffers/gifts or recognition of someone in your daily life.

## Free holiday fun for everyone at Hitchcock

BRIMFIELD – Christmas at Hitchcock returns on Saturday, Dec. 13 from 1 to 5 p.m. The popular all ages event will include live music, cookie decorating & crafting, games, face painting, and more. The event is free of charge and there is no registration required. Attendees should dress warmly as the event is held both indoors and outdoors.

Live music will be performed from the building’s balcony by The Voice’s Noah Lis and seasoned musician and Hitchcock’s new guitar and piano instructor Jim Perry. Listeners can keep warm sipping from free pours of

delicious hot chocolate and coffee. Chestnuts and marshmallows will also be roasted to share with attendees.

Ice carver Mike Rondeau will be doing a live ice carving during the event. 4-H will be bringing Phoenix the pony for attendees to greet and pet. There will be a station set up for making holiday swags with local greens donated by the newly reopened Hollow Brook Farm.

Inside, attendees can decorate cookies, make Christmas crafts, play “reindeer games”, and visit with Santa (photos are welcome). “Christmas at Hitchcock

feels like a family Christmas party combined with a larger scale holiday event,” says Executive Director Cindy Skowyra. “Our space is so much like a home, yet we have all the festivities of an event – it’s the best of both.”

Attendees can also bring a donation to a toy collection through the Brimfield Police Stuff-the-Cruiser initiative supporting local children in need. For information on how to donate, contact Brimfieldpoliceassociation@gmail.com. Donations to Hitchcock’s 2025 Friends Campaign, which aims to raise \$15,000 toward operating expenses through in-

dividual donations, are also warmly welcomed.

For complete details and schedule, visit [www.hitchcockacademy.org](http://www.hitchcockacademy.org).

The event is generously sponsored by Hitchcock Pool Water. Additional sponsors include Superior Plus Propane, Hollow Brook Farm, and Dave Loos KW Pioneer Valley.

Hitchcock Academy is a community center located at 2 Brookfield Road in Brimfield serving the community with educational, recreational, and cultural programming. More information can be found at [www.hitchcockacademy.org](http://www.hitchcockacademy.org).

## MAC to present ‘It’s A Wonderful Life’

MONSON – The Monson Arts Council is proud to present “It’s A Wonderful Life: A Live Radio Play” on Friday, Dec. 5 and Saturday, Dec. 6 at Granite Valley Middle School.

“When financial ruin threatens, George Bailey is wrought for a way out. As his options close in on him, a guardian angel is sent to show him that it truly is a wonderful life,” said director Amos Lake. “We’re excited to have you join this star-studded cast

of talent as they transport you via the airways of WBOR to Bedford Falls in this classic radio play.”

Performances will be held at 7pm. Tickets are priced at \$20, available online and at the door.

This show marks the first collaboration between Granite Valley and the Monson Arts Council theater committee. It is the group’s second radio play-style performance, and the Arts Council is proud to partner with independent local

radio station 97.7 FM to bring the radio-play experience to life.

“The story is one we can all relate to right now,” Lake said. “We may feel defeated, we may feel fear for the future, but this story also reminds us there is hope, and together we can overcome what seems impossible.”

A full cast list, ticket purchase link, and additional information is available at the Monson Arts Council’s website, [MonsonArtsCouncil.org](http://MonsonArtsCouncil.org).

## MSB Community Giving Initiative underway

MONSON – There’s still time to make your voice heard! Monson Savings Bank’s 2026 Community Giving Initiative is in full swing, and they are inviting YOU to help decide which local non-profit organizations will receive donations in the coming year.

Voting is open now and runs through Dec. 31, 2025 at 3 p.m. Every vote counts, so don’t miss your chance to support the organizations that matter most to you and your

community.

Visit [www.monsonsavings.bank/CGI](http://www.monsonsavings.bank/CGI) and submit the name of one non-profit organization you’d like Monson Savings Bank to support in 2026. Organizations must be non-profit and serve within the Bank’s geographic area. Each person may vote once.

The top ten organizations with the most votes will receive donations from Monson Savings Bank. Winners will be announced in mid-January 2026.

“By participating in our Community Giving Initiative, you help ensure that the charitable organizations most important to our community receive support,” said Dan Moriarty, President and CEO of Monson Savings Bank. “We are grateful for your involvement and look forward to continuing this tradition together.”

Voting Ends Dec. 31, 2025 – Don’t Wait! Cast your vote today at [www.monsonsavings.bank/CGI](http://www.monsonsavings.bank/CGI).

## The Library Loft

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*We are celebrating our  
20th year at the Schoolhouse Commons.*

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# Viewpoints

## SOCIAL SECURITY Matters

By Russell Gloor

### Is Social Security really a “good deal?”

Dear Rusty:

You've said in the past that most people recoup their SS contributions within five years of starting benefits, thus Social Security "is an exceptionally good deal."

Your calculation is correct but misleading: if it were not, SS would have been insolvent long ago. I will, in fact, get "my" contributions back in about five years, but my employer's contributions will take another five years and that is money that my employer could have been paying me, so they are really "my" contributions. But even that ignores the time value of money.

I did a calculation as if my contributions, along with those of my employer, were invested in an account earning 5% per year. That would provide me the equivalent of SS income for 24 years, approximately what my life expectancy was when I retired. So, it's not a bad deal, but it is hardly exceptional. It is roughly the equivalent of me investing that money throughout my career and using the total to buy an annuity.

Of course, Social Security does have the advantage of certainty, at least until it goes broke. My portfolio would not earn a steady 5% every year, though that is at the low end of what financial managers would expect over a long period. And it does force people to save, many of whom would otherwise make no provision for retirement.

Signed: Realistic Senior

Dear Realistic:

Thanks very much for your feedback on my previous article. I think it's important to draw a distinction for SS contributions made by an employer, because that is not money the individual personally pays, but rather an obligation for employers to help fund the Social Security program.

Without that federal obligation, it is doubtful that employers would,

instead, provide employees with equivalent additional compensation, so the thought that these are really your contributions is not a fair assessment. Indeed, they are contributions which happen to be tied to your earnings level (to a cap), for which employers receive relief on their corporate income tax and likely would not make if not required by law.

As you have noted, Social Security has the advantage of certainty, something which is lacking when it comes to investing the equivalent amounts in the financial markets. And, as you have hinted, there exists a substantial failure by future American retirees to save adequately for their retirement, a problem well known in most financial circles. Thus, the certainty of Social Security makes it a crucial part of everyone's retirement planning and it will be there.

Despite all the angst attributed to the current financial issues facing the program, there is little doubt that Social Security is here to stay. The question is what reform is needed to make the program fully solvent for generations of future Americans? The Association of Mature American Citizens has developed a proposal to sensibly reform Social Security and avoid the currently projected 2033 date that the SS Trust Funds are expected to be depleted, which will necessitate an across-the-board cut for everyone.

We have little doubt that the reform needed will happen; it would be political suicide for Congress if it did not and hopefully soon. You can read about AMAC's proposed solution at this link by visiting [www.amac.us/social-security-guarantee](http://www.amac.us/social-security-guarantee).

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

Again, thank you for SECURITY | page 5



### Wreaths and swags for one and all

For the last two weeks we've been busy decorating Old Sturbridge Village for their Christmas by Candlelight program. The garland, wreaths, bows and swags are all up, and the planters have been filled with greens. It was fast-paced fun, and oh so rewarding. The museum looks absolutely magical.

I filled planters side by side with a coworker who, in her 30 plus years, has never done this part of the job with me. As we stuck greens and stood back to assess our work, it occurred to me that I've grown up making all of these decorations, like my parents before me!

I had assumed everyone else had too, but here we had Nina, who in her 60s, was at it for the first time. If you find yourself ready to make your own decorations, here are a few pointers from the archives.

My Dad was the wreath-maker in the family, and usually a post Thanksgiving walk in the woods would yield his raw materials. The wreaths he made would be taken back to decorate a college dorm or whatever apartment my older siblings would return to after Thanksgiving break some 40 plus years ago. One wreath would also make its way to the front door of our little red house, too. Decorated with a red ribbon and a few pine cones, it really was something so simple and so beautiful in the same right.

His approach is the same

many you want to make, then set up an assembly-line of sorts. Choose a sturdy green for the base of the swag- extra Christmas tree boughs would be perfect for this as well. I cut however many I need to the same size, and I lay them out pretty side up. Next, I choose another type of green a bit smaller and put it on top. I repeat the process six or seven times until I have a nice upside-down "fan."

Here too, varying texture is nice, although Mom's feathery white pine and pine cone swags are pretty by themselves. To complete your swag, wrap wire around the stems four or five inches down from the top, leaving a loop on the back for a hanger. You can cover the wire with a bow. I have often wired two swags together horizontally.

Place a bow in the middle, where the two intersect and hang your creation over a window or door, or even underneath a window for a different take on decorating. Whether this is your first attempt at wreath and swag making or you've been at it for years, enjoy this holiday ritual, just as my mom and dad did.

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



A Brimfield resident sent an email to report seeing a golden-crowned kinglet on Nov. 17 in a dwarf Alberta spruce tree in front of his house.

He said, "[It was] very active, but I got to see the bright yellow crown patch."

Golden-crowned kinglets are a small bird, not much larger than a hummingbird. The male is boldly marked with a black eyebrow stripe and flashy lemon-yellow crest.

They spend much of their time high up in dense



By Ellenor Downer

spruce or fir foliage and that is the place to find them.

Their high, thin call notes and song is often heard before catching sight of them.

They breed in the far north and montane west and visit most of North America during winter. Although it used to nest almost exclusively in boreal spruce-fir forests, the golden-crowned kinglet has expanded its breeding range southward into conifer stands of the Midwest and Appalachians.

They usually raises two large broods of young, despite the short nesting season of the northern boreal forest. The female feeds her first brood only up until the day after they leave the nest. She then starts laying the second set of eggs while the male takes care of the first brood. The male manages to feed eight or nine nestlings himself and he occasionally feeds the incubating female too.

An interesting fact about golden-crowned kinglet's is each nostril is covered by a single, tiny feather.

The oldest golden-crowned kinglet on record was a male and at least 6 years, 4 months old when it was recaptured and re-released by a Minnesota bird bander in 1976.

Other Brimfield birds This month the Brimfield resident saw a Carolina wren flipping over leaves in his garden. He said, "'We joined the 'leave the leaves' movement and don't do a major fall cleanup to benefit the critters that survive the winter under the leave and in the other material left in the garden."

He also noticed robins and cedar waxwings in the crab apple tree in his yard. He said, "We don't usually see these species eating the crab apples until later in the winter. Fortunately there is a bumper crop of fruit on the trees this year. A couple of robins were also on the ground searching for food and I saw one robin at some pokeberry aka, pokeweed, eating the fruit. He has not seen any water fowl at the local ponds he visits regularly.

Lots of bluebirds I received an email from a reader, who said his wife saw approximately 40 bluebirds on the causeway stone-wall at Quabbin Reservoir.

Bald eagles My daughter, Paula,



Golden-crowned kinglet adult males flash their orange crown when excited; otherwise it is usually concealed.

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

Please send opinions to: The Journal Register Letter to the Editor 24 Water St., Palmer MA 01069, or by e-mail to: [journalregister@turley.com](mailto:journalregister@turley.com) The submission deadline for consideration is Monday at noon.

### Election letters to the editor welcome

The Journal Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to [journalregister@turley.com](mailto:journalregister@turley.com). Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

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

Campaign news As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers. Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Journal Register.

# Not all mountains we climb are the same



When life and mountains meet

By Julie Midura  
Guest Columnist

With wind chills in the negative single digits, it was a blustery and viewless day on Mt. Pierce in the White Mountains of New Hampshire last Saturday. But our hike wasn't about the views.

It was about rising to meet the mountain. Feeling our legs burn and our hearts race. Experiencing a rush of adrenaline as we fought the intense wind above tree line. Finding our way to the very top in a cloud so dense that the snowy ground and white sky seemed as one.

Last weekend was about allowing ourselves a distraction in the face of unimag-

inable pain. Accepting the peace and strength that the mountains impart. Granting ourselves permission to feel joy... and not feel guilty for doing so.

It was a weekend of letting go. Allowing the mountain peaks to captivate us. Inspire us. Humble us.

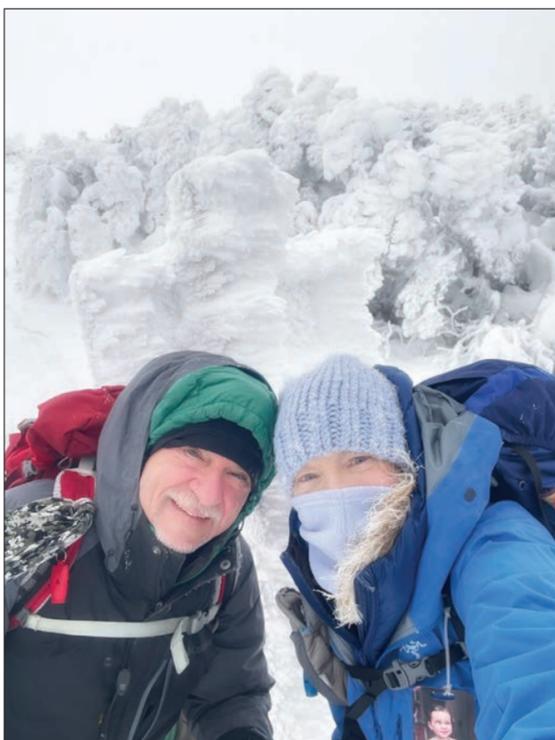
After Saturday's adrenaline-racing adventure on Mt. Pierce, I was excited to see snow in the forecast for our hike on Sunday. For someone who will never stop believing that snow is magical, I felt like an excited 6-year old.

Which is why I was disappointed when we awoke on Sunday morning, looked out the window of the motel room, and saw rain rather than snow. "Maybe it will stop raining by the time we get to the trailhead," I said hopefully.

There was a heavy overcast when we arrived at the trailhead, but at least it had stopped raining. With no illusions that we'd get a view from the summit of Mt. Cube, upward we went. And as expected, the summit was encased in a cloud. No matter. At least it wasn't raining.

We had just started making our way down from the summit when Tom said, "Well it looks like you're getting your wish!"

I was so focused on foot placement as I carefully navigated the steep, ice-covered ledges, that I didn't notice it had started snowing! I stopped, looked up to the heavens, and felt the soft cold kisses of dozens of snowflakes landing on my upturned face.



Intent on lingering, Tom and I found a relatively flat ledge and laid out our sit pad.

For half an hour, we sat with our legs stretched out on the wet granite, sipping steaming hot cider from our old green Stanley thermos. Staring at the snow and ice-covered trees against the backdrop of a ghostly sky. Watching the snow swirl and dance with each gust of wind. Feeling cold flakes lick our eyelashes. Hearing the faint whisper of flakes landing on snow-laden branches.

This moment was in stark contrast to the adrenaline rush

we had experienced on Mt. Pierce the previous day... when the wind raged angrily in ragged gusts and the cold was so harsh it stung.

This was softer. Calmer. It was a reminder that, in life, we are handed both. The smooth and the rough. The quiet and the loud. The raging and the calm. And each one can hold sadness and joy at exactly the same time.

If I'm being honest, it feels wrong to find joy in these mountains when our 2-year-old granddaughter is in the fight of her life against the single deadliest form of



pediatric brain cancer. But sometimes we need time to exhale. To physically distance ourselves from the pain... while still holding it in our hearts.

We're living in a season of extremes. Of conflicting emotions that are confusing to process. From the highest of highs to the lowest of lows. And it's hard to validate one, at what seems like the expense of the other.

But if this cancer journey is teaching me anything, it's that a heart can hold deep despair-and equally-deep joy at precisely the same moment.

I can be crippled by sad-

ness one minute and smiling with joy the next. I can be consumed with fear one minute and filled with hope the next. And I'm learning that that's okay.

I'm learning to accept that peace CAN exist in the middle of chaos. We just need to open our eyes wide enough to find it.

For those who have asked about Charlotte, thank you. The monthly immunotherapy treatments are keeping her tumor stable. She is fighting like a warrior, and we are grateful for every precious moment that we get to be with her. Onward.

## SECURITY | from page 4

your feedback and commentary. Please know that we very much appreciate your thoughts and are always willing to discuss these issues.

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## BIRDS | from page 4

took photos of a bald eagle in a field along the Ware River, on Church Street in Ware recently. I saw a bald eagle perched in a tree on the shore of the Ware River not far from the Gilbertville line. It may have been the same eagle.

### Migrating geese

I saw a large flock of Canada geese in a small, pond along Route 32 in

Ware on Nov. 15. They covered over half the pond.

### Helping birds

When it is time to take the Christmas tree down, place it outside to offer shelter to birds and other critters. Some people hang peanut butter filled pine cones rolled in birdseed or pieces of suet to provide some high energy food. Planting evergreen trees especially spruce and firs

are away to attract the golden-crowned kinglets and offer a living shelter year round.

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](mailto:mybackyard88@aol.com) or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.

## Dementia patients may find peace, connection through music



your health

By Teri (Dreher) Frykenberg, RN  
Guest Column



Elaine Lebar became a TikTok sensation at age 92 when her

daughter Randi posted a video of her playing "Moonlight Sonata" at her senior-living

facility on the Massachusetts coast. At the time, Elaine had been living with dementia for nearly 10 years.

Randi Lebar said her mother had lost many parts of herself, but the music she began learning at age 3 was still there. "When she wasn't playing, she was lost and confused, but at the piano, she was happy and grounded," Randi said. Elaine passed away in September at age 97.

Randi, a retired orthopedic surgeon who lives in Sagamore, told us about her mom at the New England Pa-

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## Palmer Senior Center

### Friday Movie Matinee

at 12:30 p.m.  
with drinks and popcorn

**Dec. 12** - "A Christmas Carol" - A Christmas classic by Charles Dickens.

**Dec. 19** - "The Butter Cream Gang" - Scott, Pete, Eldon and Lanny share fun and friendship as the "Butter Cream Gang" in the small town of Elk Ridge. The group is temporarily separated when Pete moves to Chicago for the school year and falls under the influence of a local gang. When he returns to Elk Ridge unexpectedly, his friends notice he has changed. As Pete struggles, old friendships are challenged and the boys learn the true meaning of uncondi-

tional love.

**Jan. 2** - "Cruella" - Set in 1970's London during the punk rock revolution, the film follows, Estella Miller, a creative and ambitious young woman with a unique sense of style. Orphaned at a young age, Estella befriends two street urchins, Jasper and Horace, and together they navigate life as petty thieves while honing her fashion skills. Estella's flair for design eventually catches the attention of the ruthless fashion icon Baroness von Hellman, leading her down a dark path of ambition and revenge.

**Upcoming Events**  
Evening Programs  
4:30 to 7:30 p.m.

**Dec. 15** - Wreath mak-

ing - 4:30-7:30, come make a beautiful wreath with Kim Keeton, supplies and instruction included. Cost is \$5.00 due at sign up, non-refundable.

**Dec. 17** - Christmas Celebration - Neil Diamond (Charlie Lask) will be the entertainment. Call to sign up.

**Dec. 29** - Colby Academy of Dance Holiday Program - Come enjoy a local dance studio perform a holiday medley

**Jan. 5** - Monday evening program - Candle Holder Craft Class. Betty Koss is teaching this class, sample will be displayed at the center.

**Jan. 14** - Lighted Snowman Jar - Kim Keeton instructor, sample will be displayed at the center.

## Christmas Eve by Candlelight church service at St. Paul's

PALMER - St. Paul's Church of Palmer warmly invites the community to its annual Christmas Eve by Candlelight Service on Wednesday, Dec. 24, at 5:30 p.m. This cherished holiday tradition will bring together music, scripture, and the gentle glow of candlelight in a service that celebrates the timeless story of hope and love at the heart of Christmas.

The evening will feature beautiful carols, readings, prayers, and candle lighting, creating a space for both joy and quiet reflection. Guests will hear the story of Jesus' birth retold through word and song, along with a reading of The Night Before Christ-

mas and other inspirational selections for the season. The service concludes with the beloved singing of "Silent Night" as the sanctuary fills with candlelight — a moment of peace and unity shared by all who gather.

Reverend Steven Sousa, minister of St. Paul's, shares: "Christmas Eve invites us to pause in the midst of the season's busyness, to let the light of faith and love rekindle something gentle within us. Whether this is your first time visiting St. Paul's or a return to a familiar place, you are welcome here — just as you are. We look forward to celebrating the wonder of Christmas together."

The Christmas Eve by Candlelight Service will be held in the Fellowship Hall of St. Paul's Church, located at 1060 Central Street in Palmer.

About St. Paul's Church of Palmer:

Since 1937, St. Paul's has been a spiritual home for the greater Palmer community, offering outreach, worship, and connection rooted in grace, acceptance, and love. Regular worship services are held each Sunday at 10 a.m., with special programs and community events throughout the year.

For more information, please contact St. Paul's Church of Palmer at 413-283-8185 or email StPaulsUUChurch@gmail.com.

## Holiday Toy Drive in partnership with The Gray House Institution

PALMER - It's the most wonderful time of the year and at Palmer High School, you can indulge in the holiday spirit at the Winter Craft Fair by getting your crafts and presents and giving the gift of joy to the community at our holiday toy drive.

The holiday toy drive

will take place at Palmer High School located at 4105 Main St., in Palmer on Dec. 6, from 9 a.m. to 2 p.m.

New and unwrapped toys will be gifted to The Gray House in Springfield for children who otherwise can't fill their wishlists. The Gray House is a private non-profit

institution with a mission:

"to help its neighbors facing hardships to meet their immediate and transitional needs by providing food, clothing, and educational services in a safe, positive environment."

Santa Claus is coming to town, delivering presents to children who have been nice

instead of naughty, but are the kids who can't afford to get presents also naughty? Does Santa favor some kids more than others? This is the unfortunate outcome for families who need to prioritize basic needs over joys like these, and foster kids who are often overlooked even though they are

deserving of dignity like any other kid.

Although not all children celebrate the holidays this time of year, at Project 351 we believe that every child deserves to experience childhood cheer because toys are more than just inanimate objects, but apart of child development, a gateway

for children's imaginations to run wild, and

Project 351 is a statewide, nonprofit organization which unites ambassadors from all 351 cities and towns across Massachusetts for years of unison, action, and leadership through services elevating our communities.

## In the classroom

### DA's office educates MHS students on dangers of drug experimentation

MONSON - Continuing its commitment to youth substance abuse prevention, the Hampden District Attorney's Office recently presented "Just Once," an impactful presentation addressing the dangers of experimenting with drugs and the risks associated with prescription medication misuse, to students in grades 7-12 at Monson High School.

The program, presented by the Hampden District Attorney's Community Safety and Outreach unit (CSO), features a 24-minute documenta-

ry with powerful testimonies from former local high school students, their parents and addiction experts who share their experiences with substance use disorder and recovery. The film delivers a stark warning: trying a drug "just once" can lead to devastating consequences.

In addition to the documentary, students heard from guest speaker Bradley Bodenstein who shared his personal story of addiction, loss, and recovery, reinforcing the real-life consequences of substance

use. Bodenstein now works as program coordinator for the Hampden County Addiction Task Force for the Hampden County Sheriff's Office.

Hampden District Attorney Anthony D. Gulluni emphasized the importance of early intervention and education, "Our goal with 'Just Once' is to prevent tragedies before they happen. By sharing real stories from our own community, we hope to equip students with the knowledge and resilience to make informed, life-saving choices."

The "Just Once" presentation is part of the Hampden District Attorney's ongoing efforts to combat substance abuse and the opioid crisis through education, prevention, and community engagement. Schools, parent organizations and community groups interested in hosting a presentation can contact the CSO unit at gina.anselmo@mass.gov.



Program Coordinator for the Hampden County Addiction Taskforce (HCAT) for the Hampden County Sheriff's Office Bradley Bodenstein shared his personal story of addiction with students from Monson High School for the Hampden DA's Office's "Just Once" presentation.

## Is this a good year for tax-loss harvesting?

Thanks to market swings, evolving tax laws and new technology, it may be a good year to consider tax-loss harvesting — a strategy that can help reduce taxes and improve long-term returns.

What is tax-loss harvesting? When you sell an investment for less than you paid, you may be able to use that loss to offset gains from other investments, potentially reducing your overall tax bill.

If your total capital losses exceed your gains, you can use up to \$3,000 of those losses to reduce ordinary income each year. You can carry any remaining losses forward to future tax years. The strategy doesn't eliminate taxes altogether; it simply defers them, which can free up money to reinvest elsewhere.

How it works. Imagine an investor who sold one stock for a \$10,000 gain and another for a \$10,000 loss. The two transactions cancel each other out, meaning no capital gains tax is owed for that year. The investor can then reinvest the proceeds while following the IRS's "wash-sale rule." This rule prevents you from claiming a loss if you, or your spouse or a related party, repurchase the same or a "substantially identical" investment within 30 days before or after the sale.

Because of this rule, you should consider how tax-loss harvesting will affect your investment strategy, as the benefit of holding on to that investment (and letting it grow over time) may outweigh the benefit of lowering your capital gains tax bill for a given year.

Good candidates for tax-loss harvesting include investments that no longer fit your strategy (when rebalancing your portfolio, for example), have poor investment potential or can be easily substituted with other investments.

Why 2025 may be favorable. Several factors suggest 2025 may be a good time to consider tax-loss harvesting.

First, market volatility has created more opportunities to realize losses. The first half of the year saw sharp market swings that left some portfolios uneven. Many large asset managers have already harvested billions in losses, using them to help lower clients' tax liability while keeping investment strategies on track.

Second, tax law changes are on the horizon. With major tax reform provisions scheduled to expire in the coming years, many investors are motivated to manage their gains and losses proactively. Those in higher tax brackets stand to benefit most, as the savings increase with your tax rate.

Finally, technology has made the process more efficient. In the past, investors typically harvested losses near year-end. Today, automation and direct indexing allow for continuous monitoring and harvesting throughout the year, capturing losses as they appear.

Putting it into practice. Tax-loss harvesting isn't right for everyone, and it's not a reason to overhaul your investment strategy. The approach works best for investors with taxable accounts, current or expected capital gains and a long-term perspective.

Consult your financial advisor and a tax professional before making decisions. When used thoughtfully, tax-loss harvesting can help you navigate a volatile market, reduce taxes and keep more of your money working toward your future goals.



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**POET** | from page 1

survival that has now filled 13 published collections and more than 6,000 poems.

"I was bullied horribly in school... the lower grades and then into the upper grades," said poet Laura Chagnon, reflecting on a childhood that first led her to writing. "I wrote poetry as a teenager to escape that."

Chagnon described herself as "a shy, quiet type," which, she said, "are the people who get bullied." By age 16, she had dropped out of high school, saying, "The bullying was so bad, I dropped out of high school."

Despite that setback, she pursued her education. "Yes, I got my GED," she said. "My score for the GED was really high. Especially in English. I did very well there."

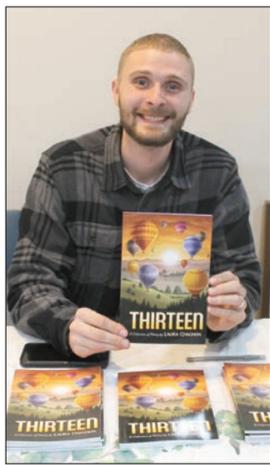
Her life partner, Tom Damoulakis, who joined her for the interview, noted, "She was in the top 96 percentile. She really excelled. She loved to read and to write."

Lacking the finances for college, Chagnon turned to the U.S. Army. "She knew that if she enlisted in the military, if she completed basic training, the GI Bill would pay for four years of college," Damoulakis explained.

Chagnon went through basic training at Fort Jackson, South Carolina, but her time there was cut short. "Because of the bullying in her youth and teenage years, Laura had trouble sleeping at night," Damoulakis said. "She developed insomnia and that carried over her entire life. While in basic training, she went through a stretch of about six days without sleeping. Her drill instructor noticed she was lagging behind, and talked with her. Laura explained her insomnia and the drill instructor said, 'We can't have that in the military. I'm going to give you a medical discharge, honorary discharge, but you are not going to be allowed to reenlist.'"

"It was," Chagnon said quietly when asked if that was a difficult time for her. "Yeah."

After leaving the military, she attended Springfield Technical Community College, hoping to become a medical assistant. "I did very well there," she recalled. "I did a lot of writing there too."



Connor Yanginski ran the booth where you could buy copies of Chagnon's newest book of poetry "Thirteen."

On November 4, 1989, her 26th birthday, Chagnon decided to take a solo day trip to Boston. "She'd never been to Boston and decided, I just want to go there, you know, see what Boston is like, see the sights, go around, you know, do different things," Damoulakis recounted. "Just a day trip and then come back home."

As evening approached, she began the walk toward the bus station. "She heard footsteps following her," Damoulakis said. "The time that she spent in basic training, one thing that was ingrained in her was all the marching they did, the cadence of feet hitting the pavement at the same time. Well, there were two sets of footsteps behind her and they were walking the exact same cadence as her."

"She started to walk faster. They walked faster. She walked slower. They walked slower. So she knew something was up," he said.

What followed was a brutal assault. "There were two heroin addicts following her," Damoulakis said. "They grabbed her, opened the car door, forced her in and took off before she could even say anything."

"They sexually assaulted her," he continued. "One of the men got out with her. He got behind her, wrapped his arms around her so her arms were pinned. She was defenseless. The other man reached under the front seat, pulled out a baseball bat and came up to Laura. And every blow was to her head. He



Laura Chagnon being fed a parfait by her life partner Tom Damoulakis.

fractured her skull."

"The blows to the head caused a traumatic brain injury, and it causes short term memory loss," he added. "It also caused what's called cortical blindness, she's legally blind now."

The attackers thought they had killed her. "They drove through Boston... it was late, 2 or 3 in the morning," Damoulakis said. "They stopped, they threw her out on the sidewalk, took off and were never caught."

When police found her, she was unconscious. "She was admitted as a Jane Doe," Damoulakis explained. "She didn't come out [of the coma] for five weeks."

Then, one night around 2 a.m., "Laura opened up her eyes," he said. "The nurse was making the rounds. Laura looked at the nurse and she just stated her name, 'Laura.' And then she said, 'Mom,' and then her mother's phone number."

"The doctor told her parents, 'I've got good news and bad news. Good news, your daughter's alive. The bad news is she's now a legally blind quadriplegic with a traumatic brain injury.' And

we suggest you just put her in a group home or rehab facility and forget about her because she'd be too much work for you to take care of," Damoulakis recalled. "And her mom said, 'No way. Somehow she'll get better.'"

After nearly three years of rehabilitation, Chagnon returned home. "It was like a grieving process for her," said Damoulakis. "She'd be in her bed and she'd look out her window and she'd see neighbors walking down the street and she'd be thinking, how come they can walk and I can't? My life's completely changed. What am I going to do?"

Then came a turning point. "I have a mouth, I used to write poetry, I have time," Chagnon told herself.

"That's the process that started," said Damoulakis. "She can dictate to them; they can write down the lines... it started as a form of therapy to get through the day."

And through that process, forgiveness followed. "I'm going to forgive them in the sense that I'm going to forget about them," Chagnon said. "I'm not condoning what they did, but they hurt

me once one day. They aren't going to hurt me for my entire life."

In 2014, Damoulakis met publisher Todd Civin, who was deeply moved by Chagnon's work. "Todd said, 'Laura, you have an amazing story. And also, setting all that aside, your poetry is brilliant.'"

"What Todd didn't realize up to that point," Damoulakis explained, "Laura had been writing poetry with her caregivers since 1992. So she had 22 years of poems in her computer."

"They published her first book of poetry in 2014," he said. "And a couple years later... we could do a second book of poetry. And that was in 2017. And she just continued year after year. The book signing last night was her 13th book of poetry."

Chagnon said she writes about "nature, because I love trees and flowers and people and feelings and everything." Sometimes her poems "turn into, like, sad poems," she added, "but mostly I write about nature."

Chagnon's resilience soon turned outward. "I should be dead," she told Damoulakis. "I was saved for a reason. And I think I was saved to help people. I want to help people who are addicts."

Her partner admitted he was taken aback. "I said, 'let me get this straight, you want to help people who could be just like the two men who assaulted you?'"

"Addiction is a disease," Chagnon replied, "but it shouldn't lead to a criminal path. Those men were addicts, but they were also criminals. Not all addicts are criminals."

That conviction led her to the Hampden County Sheriff's Office Victim Impact Program, where she began speaking to inmates. "We started doing that in 2014," said Damoulakis, "and Laura's been into prisons sharing her story to the inmates over 300 times now."

"She'll come right out and say, 'We aren't going to lecture you about drugs or alcohol,'" he said. "But what I do know about is hope. Because when I was assaulted, I didn't have hope to see the sun come up the next day. I was left for dead. I'm still

here. And I'm proof... no matter your situation, there is always hope in your life and don't give up on yourselves."

Her words have a powerful effect. "These inmates... will be in tears when they hear her presentation," Damoulakis said. "They'll come up to her and they'll say, 'Laura, you changed my life.'"

Chagnon's journey eventually led her to My Father's House and Pastor Jack Deroche. "We met Pastor Jack in 2016 at a restaurant in Feeding Hills," said Damoulakis. "Pastor Jack was having a theme day on forgiveness. People sharing their stories about forgiveness."

"Laura shared her story with the men, and they treated her like a princess," he said. "She looked at it and said, 'When I was a kid, I would get bullied when I'd be around a lot of people. I come into this house with these men who are homeless, addicts, incarcerated, and they're treating me so wonderfully.'"

"She said to one of the men, 'Geez, I really enjoyed being here today. Would it ever be possible for me to come back just to visit or do another speech?' And the man said, 'Laura, our doors are always open to you.'"

The couple has attended Saturday services there ever since. "We've been going there on a regular basis since 2016," Damoulakis said. "We see the transformation in the men... from being homeless, living on the streets, to reuniting with their families, getting jobs, getting over their addictions. It's incredible."

After years of pain, loss, and rediscovery, Chagnon has found contentment. "I'm very happy now," she said. "Content and happy."

Her partner echoed that sentiment. "She realized before her accident, growing up, it was just being bullied all the time," Damoulakis said. "Now she has all these people that she's inspired, people who connect with her... and she loves her life."

Her work continues to inspire readers and audiences alike. "People said to her, 'Laura, you have the most unbelievable story that's actually true,'" Damoulakis said. "What happened to you sounds so unbelievable, but it happened, and that's what makes it so amazing."

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# Business

## Country Bank announces key leadership promotions

WARE – Country Bank is proud to announce several strategic promotions within its Commercial Banking Division, reinforcing the Bank's commitment to supporting business growth and expanding its commercial lending presence across Central and Western Massachusetts.

The announcement was made by Tom Wolcott, First Vice President and Chief Lending Officer, who oversees its Commercial Banking & Retail Lending divisions focused on strategic relationship growth, superior client service, and mission-aligned community impact.

"At Country Bank, we are committed to recognizing and advancing leaders who demonstrate exceptional expertise, a relationship-focused approach, and a passion for helping busi-

nesses thrive," said Wolcott. "Ben, Pat, Ryan, and Sam are proven professionals who continually deliver for our clients, our Bank, and our communities. Their advancement reflects both their individual strengths and the continued momentum of our commercial banking division."

The following team members have been promoted:

**Ben Leonard — Senior Vice President, Commercial Banking Executive**

Leonard will lead the Western and Eastern Commercial Banking Teams, oversee targeted commercial growth strate-



Ben Leonard



Pat O'Hara



Ryan Nauman



Sam Pursey

gies, and drive cross-functional sales alignment. With more than 24 years of experience, he previously served as Team Leader for the Western Region. He held senior leadership roles at Wells Fargo Bank. Leonard also serves as Vice Chair on the Board of Revitalize CDC. He is a graduate of the University of Texas at Austin, and Wells Fargo's Credit Management Training Program.

**Pat O'Hara — First**

**Vice President, Commercial Banking Team Leader – East Region**

O'Hara will lead the Worcester-based commercial team, manage a portfolio of business clients, and expand Country Bank's commercial presence in key regional markets. With more than two decades of experience at Citizens Bank, Santander, and Bank of America, he brings deep market knowledge and strong local

business relationships, supported by active involvement with the Worcester Regional Chamber of Commerce and Corridor 9/495 Chamber of Commerce.

**Ryan Nauman — First Vice President, Commercial Banking**

Nauman has been a key contributor to Country Bank for seven years, building strong relationships and supporting local businesses. With over 27 years of experience, his deep ties to the Greater Springfield and Connecticut business communities will continue to drive growth and strengthen the Bank's regional presence.

**Sam Pursey — Vice President, Commercial Banking**

Pursey, a nine-year member of the Country Bank team, serves businesses in the Worcester market with a consultative, community-centered

lending style. His volunteer work, including Be Like Brit in Haiti and numerous hours spent with nonprofit efforts throughout Massachusetts, exemplifies the Bank's mission of "Made to Make a Difference."

"As our team evolves and our markets continue to grow, these leaders will play a pivotal role in shaping our future," added Wolcott. "Their collective expertise, integrity, and commitment to service advance both our mission and our momentum. I am incredibly proud to work alongside this talented group as we continue to deliver exceptional value to the businesses and communities we serve."

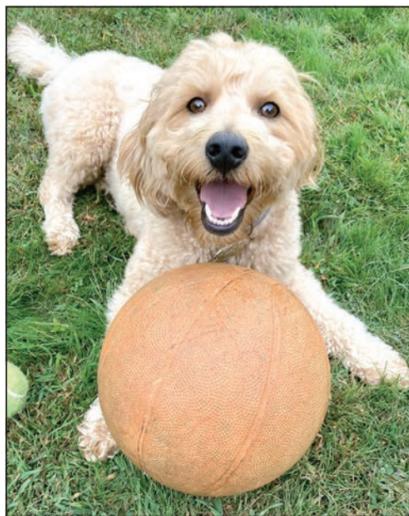
To learn more about Country Bank's commercial banking services and community initiatives, visit [countrybank.com/business](http://countrybank.com/business).



# PET PAGE



### PET OF THE MONTH Meet Sadie!



Sadie is a two-year-old golden doodle who lives with her mom and dad in Wilbraham. She loves playing outside, going for walks and car rides. She is such a snuggle bug and gives the best hugs and puppy kisses to all!

### ATTENTION READERS!

Send in your pet picture for our "Pet of the Month" and receive a FREE weekend get-away or spa package for your pet courtesy of Porter Road Pet Care. Email your photos to: [jwalker@turley.com](mailto:jwalker@turley.com). Please include your name and your pet's name.

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## Four Myths About Dogs

(Excerpted from Katherine Heigl, Badlands Ranch)

Dogs are so sweet, funny, and lovable. But there are a lot of "interesting" beliefs about dogs floating around that are just not true. So, let's set the record straight.

**Myth #1: You can't teach old dogs new tricks.** Honestly, that's completely false. Sure, older dogs may be a little more set in their ways. But just about every dog I've ever met can be won over with patience, positive reinforcement and lots of tasty treats!

So whether you want to teach your senior pup to sit, roll over, or to stop barking at the mailman, I'm here to tell

you: It's 100% possible to train an older dog — it just may take a little extra time.

**Myth #2: All rescue dogs are damaged in some way — there's a reason they're a rescue dog.** What absolute nonsense! It's true that some rescue dogs come from pretty scary backgrounds, and if a dog has been abused, they may need a little extra care, patience, and compassion as they settle into a loving home.

But it's also true that the vast majority of rescue dogs are perfectly normal, healthy dogs who happen to have had a rough start in life. Trust me when I say — rescue dogs are the BEST. My husband and I have only had rescues

and to us they seem so grateful for being given a good home with a loving family. Just remember: When a new dog comes into your home, it's completely normal for them to take some time to get comfortable. After all, they're getting used to a new routine and a new family — and you're getting used to them.

**Myth #3: Dogs only eat grass when they're sick.** Well, this one's KIND OF true. Sometimes, dogs will eat grass if they need to vomit.

And if you see your dog snacking on grass more than usual — it's certainly worth checking in with your vet. But a lot of the time, dogs just eat grass because it tastes nice to them — like

a fresh green salad. Especially in the spring and early summer, when the grass grows nice and fresh. If your dog is a grass-eater, just make sure they're snacking on grass that hasn't been treated with any pesticides.

**Myth #4: Dogs only see in black and white.** Now, it's true dogs don't see a full range of colors the way you or I do but they can see certain colors. For dogs, blues and yellows are the most prominent colors in their vision, where reds and greens may look more grey or brown to them. It's no wonder that blue frisbees and yellow tennis balls are so darn popular with pups, for them, they really are eye catching!

# SPORTS

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FOOTBALL

## Panthers pick up Turkey Day win

By Tim Peterson  
Sports Correspondent

PALMER – The three opponents listed on the Palmer High School football schedule that the Panthers

players always look forward to facing every year are Pathfinder Tech, Ware, and Ludlow.

Palmer squeaked out a 7-6 win against the Pathfinder Tech Pioneers in the 2025

season opening game at historic Legion Field.

On the first Saturday of November, the Panthers made the short trip to Veterans' Field in Ware and defeated the Indians, 21-6, for the first time in a decade.

With only 15 players in uniform, the Panthers completed the trifecta with a 20-6 home win versus the Ludlow Lions on a chilly Thanksgiving morning at Legion Field.

"This is the first time that we've defeated both Ware and Ludlow in the same season since I've been a member of the football team," said Panthers senior quarterback Matt Santos. "It feels great to end my high school career with a victory. It's also the first time that we've had a winning record."

The Panthers, who finished the season with a 6-5 overall record, celebrated a victory against the Lions for the first time since they posted a 34-0 shutout win at Legion Field in 2021.

The other Panthers seniors, who walked off Legion Field for the final time, are Dylan Doherty, Hunter



Matthew Santos takes the snap. Turley photos by Gregory A. Scibelli

PANTHERS | page 10

SOCCER

## Mustangs great run ends in D5 state finals

By Tim Peterson  
Sports Correspondent

MILTON – There are 22 players listed on the 2025 Monson girls' soccer roster. Eight of those players were also listed on the 2023 squad, which defeated Whitinsville-Christian in the Division 5 State championship match at Doyle Field in Leominster.

The fourth-seeded Lady Mustangs made the long trip to Curry College in Milton last Saturday looking to celebrate another Division 5 state title and make a little bit of history.

No member of the Monson girls' soccer team has ever won two state titles during their varsity careers, and it still hasn't happened.

After the Lady Mustangs tied the score in the middle of the second half, the third-seeded Hull Lady Pirates answered right back with a pair of late goals leading to a 3-1 victory at Walter M. Katz Field.

"It was really nice to get back here again this year," said Monson senior Hannah Murphy, who ends her brilliant high school soccer ca-

reer as the leading goal scorer in the state. "We deserved this opportunity, and we played as hard as we could for the entire game."

Murphy, who has been selected to the All-New England team, is the only

senior listed on this year's Monson varsity soccer roster. She also played on the 2023 state championship team, along with freshman Elle Somers, sophomore Grace Berry, junior Makayla St. George, junior Emma



Hannah Murphy chases down the loose ball. Turley photos by Gregory A. Scibelli

MUSTANGS | page 11

FOOTBALL

## Field goal hurts Pioneers on Thanksgiving

BELCHERTOWN – On a windy and cold Thanksgiving morning, a field goal from Belchertown's Leandro Martins made the difference for the Orioles in a 17-14 win over Pathfinder. With Belchertown up 7-6 in the second quarter, Martins sent home a field goal to make the score 10-6. Both teams would score an additional touchdown later in the game, but the field goal remained the difference that helped the Orioles earn the holiday win.



The Pathfinder defense comes up with a big stop. Turley photos by Gregory A. Scibelli

Grayson Griswold takes the snap for Pathfinder.



Jarrett Skowyra takes the return toward the right sideline.



Cassian Kowalik lumbers through the crowd on a carry.



Trevor Alexander makes a carry for the Pioneers.

GYMNASTICS

## Slamani joins co-op gymnastics teams

By Tim Peterson  
Sports Correspondent

PALMER – Freshman Khloe Slamani is the only Palmer student who was a member of a gymnastic team this fall.

She competed for the gymnastic team at Chicopee Comprehensive High School as part of a co-op.

"I really wish that we had a gymnastics team here at Palmer High School, but I really enjoy being a member of the Chicopee Comp team," said Slamani during a recent interview at Palmer High School. "I've been involved with gymnastics for a very long time and I'm very glad that I have the opportunity to be a member of a high school team."

Most of the smaller high schools in Western Mass. have co-ops in several different sports with another high school.

"Khloe reached out to me last year about starting a gymnastic co-op," said Palmer Athletic Director Matt Marciniac. "I knew that the Chicopee Comp gymnastics team had low numbers and we reached out to them about forming a co-op."

Gymnastics is a co-ed sport at the high school level, but there wasn't any boys on the Comp squad this past fall.

Comp also co-ops with Ludlow and Chicopee High Schools. There was one student-athlete from Ludlow and Chicopee High along with two from Comp.

"Gymnastics is a sport

CO-OP | page 10

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# Turleysports

## Athlete of the Week

### Grace Berry

Monson High School

Playing in her first state final, Berry had a great effort in goal for Monson, saving 10 in the matchup with Hull.

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



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## MIAA sets deadlines for schedules

FRANKLIN – The 2025 Schedule Commitment Deadline and Process Reminder that the MIAA winter schedule commitment deadline is Friday, Dec. 19 for basketball and ice hockey. After that point, no changes can be made to your opponents or the number of games/matches that can be played.

After the Dec. 19 commitment deadline, all sched-

ules will be considered final.

Three days before the Schedule Commitment deadline, MIAA staff will produce and publish schedules for each sport based on the available data for review and verification by member schools. Below is the breakdown for 2025-26 school year:

**WINTER 2025-2026**

- First contest date: Thursday, Dec. 11

- Schedule data published for review: Tuesday, Dec. 16
- Schedule Commitment deadline: Friday, Dec. 19

**SPRING 2026**

- First contest date: Thursday, Mar. 26 (Monday, March 23 for Spring Golf)
- o Schedule data published for review: Tuesday, Mar. 31
- o Schedule Commitment deadline: Friday, Apr. 3

### CO-OP | from page 9

that's not talked about a lot. The students here at Palmer High School might not even know that we have a co-op with Comp. I really wish there were more students doing it," Slamani said. "There isn't very much pressure, and everyone tries to do their best. It's a fun sport."

Slamani and her teammates compete in four events during a regular season meet. The four events are the vaults, the bars, the beams, and the floor.

"My two favorite events are the bars and the floor," said Slamani, who was selected to the All-State team for the second year in a row. "I enjoy doing the floor because you get to express yourself with your own music. The bars come naturally to me."

The Comp gymnastic head coach is Sandi Barrett, who's assisted by her daughter, Ashley.

The other four high schools in Western Mass. who have a gymnastic team are Agawam, Westfield, Hamp-

shire Regional, and Minnechaug Regional.

The Chicopee Comp home meets and practices take place at the All-American Gymnastics & Dance Academy in Wilbraham. Meets are also held at the Roots Athletic Center in Westfield and at Agawam High School.

Slamani, who doesn't play any other high school sports, performed very well at this year's Western Mass. championships, which was held at the All-American Gymnastics & Dance Academy. She received a score of 8.1 on the vaults, a 9.05 on the bars (2nd place), an 8.65 on the beam (6th place), and a 9.0 on the floor. She scored a total of 34.8 points in the All Around competition and finished in sixth place.

"They judge you on your technicality and how well you perform each event," Slamani said. "I've never received a 10.0 at a high school meet. You're judged at a higher level in high school. An eight is a very good score in high school. A nine is exceptional. A 10.0 is uncommon in high school gymnastics, but I've gotten

them before for my competitive team."

Last April, Slamani represented Team Massachusetts at the Level 7 Regional Championships for Region 6., which consists of the New England states. The Regionals were held at the MassMutal Center in Springfield.

Slamani earned the top score on floor with a 9.6 and finished in first place. She finished in second place on bars and fifth in the All Around. She's hoping to qualify for the Regionals again next year.

Slamani has traveled around the United States competing with her competitive gymnastic team.

"I've been to a meet in Orlando, Florida," Slamani said. "I also attended three day summer camps at Penn State, U.N.H., the University of Alabama, Oklahoma, and LSU, which was my favorite camp. Everyone at the LSU camp was nice to me."

Before heading off to college, Slamani is looking forward to being a member of the Chicopee Comp gymnastic team for the next three years.

### PANTHERS | from page 9

White, Kodah Laviolette, Kaleb Hayes, Landon Couture, Gavin Smola, and Jared Perry.

"I can't say enough great things about the eight seniors," said Palmer head coach Matt Marciniec. "I'm going to remember those guys for a very long time."

White was an eighth grader on the 2021 squad, which qualified for the Division 8 state playoffs for the first time. He's the only remaining player from that team.

Despite the setback, the Lions (3-8) have a 42-32-3 overall lead in the rivalry series, which began in 1947.

"I'm disappointed with our execution in today's game," said Ludlow head coach Ray Saloio. "The final outcome wasn't what we were looking for."

While it was their 77th meeting on Thanksgiving morning, Ludlow and Palmer have faced each other 78 times overall.

The two squads didn't play on Thanksgiving Day in 2020 due to the Covid-19 pandemic.

They did meet on April 23, 2021, at Ludlow High School with the Lions pulling out a 21-14 win.

This year's Lions seniors are Lucas Quiterio, Drayden Keirse, Mason Morace, Connor Walsh, Liam DiVenuto, Andrew Ray, and Victor Segarra.

"This is a very difficult loss, especially for our seniors," Saloio said. "They did a great job all season leading the underclassmen."

The Panthers defense set the tone on the opening series of the game.

"Our defense has been outstanding all season long," Santos said. "A lot of the credit has to go to coach (Jason) Talbot."

The Lions opening drive began at their own 21 yard line. They lost 20 yards following sacks by Smola and Perry, along with a holding penalty.

"I thought the defense played great in today's game," Marciniec said. "We pretty much shutdown their passing game."

The Panthers coach also praised the defensive performance of Laviolette, White, and T.J. Smola, who's only an eighth grader.

After Morace, who's the Lions punter and starting quarterback, was forced to punt the ball out of his own endzone, the Panthers offense needed just seven plays to reach the endzone for the first time.

The home team kept their opening series alive when Santos completed a 26-yard pass to junior Hunter Baird on fourth down. Baird, who was tackled at the three yard line, then made an outstanding diving catch in the end zone for a touchdown.

There was a fumble snap on the two-point conversion play, and the Panthers had a 6-0 lead with 6:32 left in the opening quarter.

Just when it looked like the Lions were going to score a touchdown in the middle of the second quarter, Doherty intercepted a pass.

The visitors did get on the scoreboard when Morace completed a 5-yard TD pass



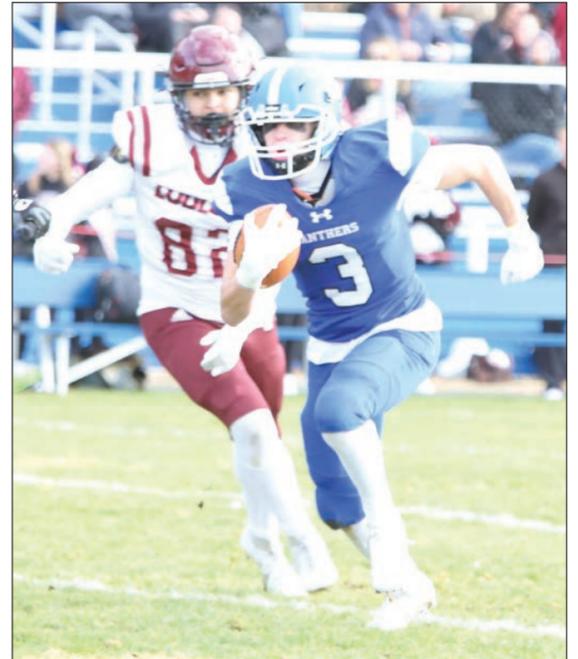
Hunter Baird and Jared Perry combine to make a tackle.



Tarillo Smola looks to take down the Ludlow ball carrier.

to Segarra with 31 seconds remaining in the first half. The extra point attempt was blocked.

Doherty returned the en-



Turley photos by Gregory A. Scibelli  
Dylan Doherty runs through the middle on a carry.



Hunter Baird makes the diving reception a couple yards shy of the end zone.

who's the Panthers 2025 Bailey Award winner, blocked a punt. He then scooped up the ball and rumbled down to the two yard line.

White carried the ball into the endzone on first down giving the Panthers a

20-6 lead.

The Lions offense put together a long drive in the middle of the final quarter, which came to an end following a fumble recovery by Laviolette sealing the Panthers victory.

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**MUSTANGS** | from page 9

Maziarz, junior Chelsea Hull, junior Lylia Ellis, and junior Avery Beaudoin.

“It’s hard to win a state championship, and it’s even harder to reach it,” said Larry Pagliaro, who was hoping to win his first state title as the Monson girls’ varsity coach. “And when you get to the mountain top, it seems like it’s a little harder to stay at the mountain top. Hull is a great organization and congratulations to them.”

Pagliaro, who was an assistant coach in 2023, took over the reins from Eric Degnan, who retired following the state championship match against Whitinsville-Christian, which was a 4-0 victory.

During the past two seasons, Pagliaro had the opportunity to coach one of the best

high school soccer players in the state, who’ll be joining the women’s soccer team at Sacred Heart University next fall.

“I feel very lucky to have coached one of the best players in the state,” Pagliaro said. “The defense put a lot of pressure on Hannah in today’s game, but she just kept playing as hard as she could until the end.”

The Lady Mustangs, who finished the season with a 12-11-1 overall record, made their sixth appearance in the state finals since 2008. They brought home the championship trophy for the first time ten years ago following a 3-2 win over East Bridgewater in the Division 4 state finals at Milford High School.

It was also the Lady Mustangs third match-up in the state tournament against the Lady Pirates since the



Turley photos by Gregory A. Scibelli  
**Makenna Peterson looks to move the ball up the field.**



**Emma Maziarz collides with an opponent.**



**Chelsea Hull settles the ball after receiving a pass.**



**Ada Wojcik gets ready to receive the ball.**

MIAA changed the postseason format prior to the 2021 regular season.

Their first meeting took place in the 2021 Division 5 round of 16 contest. Monson cruised to an 8-0 home win in that contest. Two years later, the Lady Mustangs posted a 4-1 win in the state semifinal match held at Doyle Field.

The Lady Mustangs advanced into this year’s state championship match after beating Franklin County Tech, 4-0, in the round of 32, Holbrook, 7-0, in the sweet 16, Saint John Paull II, 5-3, in the Elite 8, and

top-seeded Granby, 2-1, in double overtime in the semifinals.

Hull High School, who lost on the same field to Douglas High School in last year’s state finals, outshot the Lady Mustangs, 7-1, during the first 40 minutes of last Saturday’s match.

The Lady Pirates, who won their first ever state title, took a 1-0 lead on a fluke goal during the 32nd minute.

A shot attempt from about 25 yards out from sophomore Brianna Ramos changed direction after deflecting off a defender and it bounced into the right corner past Berry, who’s the Lady Mustangs starting keeper. She finished the match with 10 saves.

The Monson supporters, who made the 100-mile trek to Eastern Massachusetts, finally had something to cheer about for in the middle of the second half.

The Lady Mustangs

scored the tying goal following a free kick taken by Murphy. The ball was put into the net by Beaudoin following a scramble in the box.

“I just booted the ball into the box and Avery was there to finish it,” Murphy said. “It felt very good to be back into the game, but things just didn’t go our way after that. We had a very good season.”

The final two goals of the match were scored by Hull junior’s Meghan Duran, and Libby Harper.

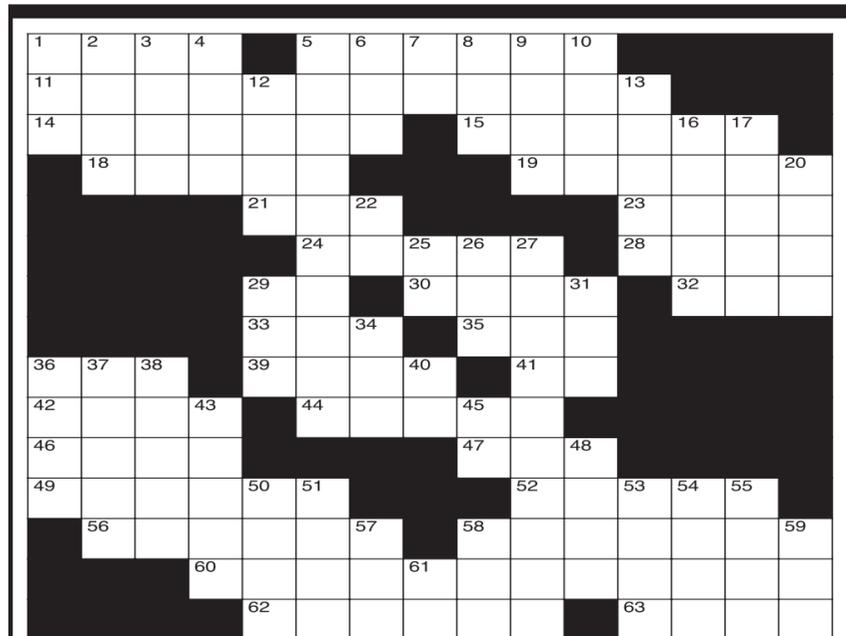
The Lady Mustangs returning twenty one players will be looking to make another appearance in the Division 5 state championship match next November.



**Avery Beaudoin makes the jumping header on defense.**



**Goalie Grace Berry punts the ball away.**



**CLUES ACROSS**

- 1. Dough made from corn flour
- 5. Rise
- 11. Gratitude
- 14. A low wall
- 15. Kidnap
- 18. A cup golfers want to win
- 19. Outgoing
- 21. “Partner” to flow
- 23. Former Michigan coach Brady
- 24. Proverb
- 28. Gasteyer and de Armas are two
- 29. Helps a body recover
- 30. Baseball Cy Young winner
- 32. Very fast airplane
- 33. Offensive baseball stat
- 35. Body of water

- 36. Record of one’s heartbeat
- 39. Signs a contract
- 41. Atomic #24
- 42. Bind securely
- 44. French Jesuit theologian
- 46. Fragrant brown balsam
- 47. Post office box
- 49. Sells tickets at inflated prices
- 52. Places to hang coats
- 56. Jewish salutation
- 58. Yellow fruits
- 60. Poorly educated
- 62. Microorganism
- 63. Talk show host Barrymore

- armadillo
- 3. Mobile
- 4. Romanian city
- 5. Making sour
- 6. Take a seat
- 7. “The Golden State”
- 8. When you hope to arrive
- 9. Pointed ends of pens
- 10. Extinct flightless bird
- 12. Sharp-pointed dueling sword
- 13. Nape of neck
- 16. Problems (Spanish slang)
- 17. Narrow carpet
- 20. To avoid the risk of
- 22. Spiritual academic degree (abbr.)
- 25. Equally
- 26. Traditional cars still need it
- 27. Eligible voters
- 29. Greek alphabet letter

- 31. Body part
- 34. Referee-declared outcome
- 36. Means to moving money
- 37. Popular footwear brand
- 38. Cockatoo
- 40. NFL’s big game
- 43. Botswana currencies
- 45. News-reporting organization
- 48. Batman villain
- 50. Urgent request
- 51. Not all
- 53. Hallmark’s specialty
- 54. Knot in a tree
- 55. Satisfy
- 57. Notable space station
- 58. Baby’s dining accessory
- 59. Stitch clothing
- 61. \_\_\_ and behold

**CLUES DOWN**

- 1. A way to plan
- 2. Three-banded



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**Brian Lachance of Bumble's Bees** sold honey products and bee-themed gifts to visitors.



**Susan Scibelli of Sugar and Spice Flowers** arranges journals, writing gifts, floral pieces, and special pencil notebooks.



**Maddie Webber of Whimsy Wood** with her fairy doors.



**Fiber artist Anita Pigeon and Sarah Lopes** displays crocheted stuffed animals and soft goods for shoppers looking for handmade gifts.

Turley photos by Abigail McCoy



**Diana St. Denis of Creative Luminaries** displays her selection of handcrafted paper and glass luminaries.



**Peter Miller of PM Pieces** presents his welded metal sculptures, crafted from salvaged scrap, and shows before-and-after videos from his social media page.



**Above, Cynthia Andrews of C. Lincoln Art** shows her jewelry crafted entirely from recycled paper. **Below, Erica and Olivia Goss of Yaya Creations** arrange scrunchies, ornaments, jewelry, and handmade gifts.



**Carol Massoni of Beachcomber** displays her collections of sea glass art and rocks that she had combed from the beach.



**Rhiannon Rhodes of Riverview Sewing Studio** showcases her handmade handbags, wallets, wristlets, and Nintendo Switch cases.



**Crafty Hands** displayed her crocheted bags, keychains, blankets, hats, clutches, and water-bottle holders. Nearby Pam Outhouse sold her various sewing projects like bibs, quilts, hot packs, and play mats. Rhiannon Rhodes of Riverview Sewing Studio sold handbags, wallets, wristlets, and accessories she designs and sews herself.



**Marianne Faerycki** arranges ornaments made from wine corks, beaded pens, and festive holiday decor.



**Faith Ward of MAVE (Monson Against Violence Everywhere) Saves, sells resin earrings, sun catchers, and jewelry, with proceeds supporting domestic violence prevention.**



**Boy Scout Troop 7 of Brimfield** sells fresh seasonal wreaths to support troop programming and activities.



**Gail Modugno of Steeage Rock Stitching** displays reusable flannel paper towels.

**CRAFT** | from page 1

charcuterie boards, Lazy Susans, and custom-made pieces. Additional woodworking came from Curtis Emerson of Curt's Turn: Artistic Woodworking, whose table overflowed with handmade doorstops, pens, bowls, bottle openers, mortar and pestles, and carved holiday décor.

Fiber artists filled the hall as well. Anita Pigeon and Sarah Lopes sold crocheted stuffed animals and soft goods, and offered a range of hand-made items at their conjoined table. Milltown Pottery, run by potter Mark Capone, displayed mugs, bowls, and functional pottery pieces, all wheel-thrown and finished in distinctive glazes.

Whimsy Wood, founded by artist Maddie Webber, delighted young visitors with fairy-themed creations; from tiny move-in-ready fairy doors to fixer-upper kits, ornaments, and illustrated holiday cards. The Monson Summerfest Council was also present, selling raffle tickets to support next summer's event.

Cynthia Andrews of C. LinCoLn Art showcased jewelry made from recycled paper, while Angels Etc. by Joan Pelkey offered nature-inspired holiday ornaments. Sugar and Spice Flowers, run by Susan Scibelli, sold journals, writing gifts, floral arrangements, pencil notebooks and luminaries that caught the attention of gift shoppers. Diana St. Denis, an artist with Creative Luminaries, displayed a range of handcrafted glass and paper luminaries.

Faith Ward, representing Mave Saves, Monson Against Violence Everywhere, sold resin earrings, sun catchers, wood-and-resin jewelry, and cabochon necklaces, with all proceeds supporting local domestic violence programming.

Inside the Monson Arts Council building longtime handweaver Lynn Field discussed her 28 years of weaving and her array of hand-dyed scarves, some created with a special ice-dyeing technique. Oakwood Farm's Tim Eichholz sold lavender products, herbs, lotions, lip balms, soaps, and sachets, while Raku artist Kirsten Eichholz presented triple-fired pottery pieces finished in traditional flame-scorched patterns.

Charlene Cavanaugh of Crafty Creations by Sher & Char featured wood-burned signs, wreaths, and diamond art, including pieces made by a 78-year-old assisted-living resident who contributes to the business. Carol Massoni of Beachcomber displayed handcollected sea glass art while across from her Elaine Montague displayed hand-stitched embroidered paper cards. Howard and Joan of Two Bears Dancing presented decorative and functional pottery from their studio.

At the Monson Glendale United Methodist Church, attendees found not only more artisan tables but also one of the fair's biggest annual draws: the homemade dining menu. Chili, soups, seafood chowder, stuffed cabbage, hot dogs, ham and egg salad sandwiches, baked goods, Indian pudding, and chocolate lush kept the dining room bustling.

In the vendor section of the church a fresh round of creators welcomed visitors. Yaya Creations, run by Erica and Olivia Goss, offered scrunchies, ornaments, jewelry, magnets, and small handmade gifts. PM Pieces, created by Peter Miller, featured metal sculptures welded from salvaged scrap, everything from cats and hearts to motorcycles and trucks, each piece accompanied by before-and-after videos shared on his PM Pieces MA social media accounts.

Marie Billings of Mem's

Inside the Universalist Unitarian Parish the chapel was filled with curated antiques, linens, jewelry, ceramics, and assorted collectibles collected throughout the year by Mary Gelezunas as this was the church's best holiday fundraiser.

Steeage Rock Stitching, run by Gail Modugno, explained the sustainable motivation behind her reusable flannel paper towels; a project that began after a conversation about household waste and grew into a full-time product line used for everything from kitchen clean-up to baby care. Modugno said the towels significantly reduce paper waste and have become a customer favorite.

Jewelry artist Joshua D. Berrins of JDB Creations displayed silver and fused-glass pieces, including dice-themed jewelry popular among tabletop gamers. Wicked Good Treats returned with candies and baked goods sold by owner Elaine Shepard. Artist Kasey Caban brought her original pebble-art creations, along with watercolors, oil paintings, acrylics, and hand-painted bookmarks. Diane Welsh of Diane's Creative Stitch offered her expansive line of handcrafted cases, coasters, scrubbers, keychains, towel toppers, and decorative sewn goods.

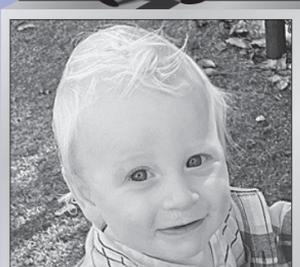
Outside the Parish Boy Scout Troop 7 of Brimfield rounded out the grounds with their seasonal wreath sale, one of their biggest yearly fundraisers.



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# CALENDAR OF EVENTS

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

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

## UPCOMING

**WING MEMORIAL HOSPITAL AUXILLIARY SHOP**  
40 Wright St., Palmer

### DECEMBER VENDORS

- Dec. 9: Crystal Clear Emotions
- Dec. 10: Hobbit Hollow Herbs
- Dec. 11: Cork Elegance Plus
- Dec. 15: Generations of Cokies
- Dec. 17: Wicked Good Treats
- Dec. 19: Shannon Bacon
- Dec. 22: Generations of Cookies
- Dec. 23: Geriations and Sew on
- Dec. 24: Patty Cakes

### WALES PUBLIC LIBRARY

- Dec 1-23 Gift Wrapping Station
- Dec 6: ASL 12 p.m.
- Dec 7: Wreath Fundraiser \$45 at WES 3 p.m.
- Dec 9: Mom's Morning 10:30 a.m.
- Friends Meeting 4:30 p.m.
- Dec 10: Wales Tales Story Time 12:15 p.m.
- Dec 13: Author Visit: Santa Bill Barnsley author of, "If Mice Pulled the Sleigh" fundraiser \$25/family/book receive autographed book. Holiday Tea Party 1 p.m.
- Dec 17: Wales Tales Story Time 12:15 p.m. Kids Holiday PJ Party 4 to 6 p.m.
- Dec 24 & 25: Closed
- Dec 29: Book Buddies 11 a.m. Holiday Party
- Dec 31: Closed

**Dec. 5, 4 to 7 p.m., Dec. 6 & 7, 10 a.m. to 3 p.m., Dec. 13 & 14, 10 a.m. to 3 p.m.**

Christmas Tree and Wreath Festival: The annual Tree & Wreath Fest is here. To participate/donate, fill the forms at the link. <https://www.facebook.com/share/p/1PQqa4AoZd/?mibextid=wwXlfr>

### December 7

Holiday Music Worship Service: Melodies of joy and hope for the season. Sun., Dec. 7, 2025, 10 a.m. St. Paul's UU Church of Palmer, 1060 Central St., Palmer. Seasonal readings and carols featuring the Berkshire Hills Music Academy Woodwind Ensemble; service led by Wes Hunter. Free; all welcome. Info: [StPaulsPalmer.org](http://StPaulsPalmer.org).

### December 13

Breakfast with Santa and Mrs. Claus: at the Three Rivers Fire Station! Saturday, December 13, 8 a.m. to 11 a.m. Breakfast includes pancakes, sausage, coffee, hot chocolate and orange juice. Cost - Adults \$7. Children ages 4 to 12 \$4, under 4 free. Sponsored by the Three Rivers Firefighters -Ladies Auxiliary

### December 28, 6 p.m.

Santa and the Wicked Wazoo Christmas Play and Dance Showcase. Let's stay in the Christmas spirit with this festive performance of Santa and the Wicked Wazoo. Some wonderful Christmas dance routines will also be showcased. Advanced tickets are \$8 for children 12 and under and \$10 for teens/adults! Door sales are \$2 more. Doors open at 5:30 p.m. Pizza & Concessions.

### December 28

Santa and the Wicked Wazoo Christmas Play and Dance Showcase at PHCC. Let's stay in the Christmas spirit with this festive performance of Santa and the Wicked Wazoo. Some wonderful Christmas dance routines will also be showcased. Event begins at 6 p.m., doors open at 5:30 p.m. Advanced tickets are \$8 for children 12 and under and \$10 for teens/adults! Door sales are \$2 more. Pizza and concessions will be available.

### ONGOING

**THURSDAYS - WESTERN LINE DANCE CLASSES**  
6:30 to 7:30 p.m. and 7:30 to 8:30 p.m. \$10 for one lesson or both. Brimfield Winery at 35 Main Street in Brimfield. Check [brimfieldwinery.com](http://brimfieldwinery.com) for any variations.

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

**KEEP HOMESTEAD MUSEUM:** Located at 35 Ely Rd., Monson, nature trails are open daily until dusk for hiking, snowshoeing and cross-country skiing. Trail maps can be found in the parking lot. For more information call 413-267-4137, email [khn@keephomesteadmuseum.org](mailto:khn@keephomesteadmuseum.org) or visit [keephomesteadmuseum.org](http://keephomesteadmuseum.org).

## Public notices

**COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT HAMPDEN, Div. Prnbate & Family Court Dept. HD25E0045PP**

To Adam F Padykula of Palmer, Hampden County, and to all other persons interested.

A petition has been presented to said Court by Richard R. Padykula, Jr., of Deltona Florida, Volusia County, representing that they hold as tenants-in-common in an undivided part or share of land lying in Palmer, in the County of Hampden, setting forth that they desire that all of said land may be sold at private sale or public auction for not less than Three Hundred Thousand (\$300,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make

such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto, you or your attorney, should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the **seventh day of January 2026**, the return day of this citation.

Witness, BARBARA M. HYLAND, Esquire, First Justice of said Court, this 6th day of November 2025.

Rosemary A. Saccomani, Register  
11/27, 12/04, 12/11/2025

## HEALTH | from page 5

tient Advocacy Conference, which I hosted at Ascension University in Worcester in October. And she got me to thinking about the power of music to soothe and connect with dementia patients.

A 2018 study found that music activates parts of the brain that are more resistant to diseases like Alzheimer's, including the prefrontal cortex. Other research has consistently found that memories of music, along with the ability to play music, are often preserved longer than language and other memory skills. Yes, the brain works in mysterious ways.

Music therapy is widely recognized as a valuable non-drug therapy that can help manage many dementia symptoms, such as depression, agitation, apathy and anxiety. It can also encourage speaking and social interaction and even improve cognitive function. Family members and caregivers also enjoy the benefits of music therapy because it may make their jobs a bit easier.

There are some 8,000 licensed music therapists

around the country who work with people of all ages and abilities, including those with physical and cognitive challenges. Whether or not a music therapist is on staff, some memory-care facilities incorporate music into their care of dementia patients.

Over a decade ago, residents at the Coler Memory Care Unit in New York were given iPods with personalized playlists. Results showed a decreased use of antipsychotic medications, reduced falls and fewer physical altercations, they reported. Not incidentally, staff morale improved and the approach was shown to be highly cost-effective.

There are two main types of music therapy.

- Active: Playing an instrument – even simple percussion instruments – and singing appear to be most effective for reducing depressive symptoms and improving cognition.
- Receptive: Just listening to music seems to reduce agitation and may be more suitable for patients in advanced stages of dementia.

While a structured music therapy program may involve

weekly lessons, art activities and guided listening, you don't need to be a music therapist to try music to help a loved one with dementia.

Here are some recommendations and caveats:

Results may vary. Dementia patients are all individuals, and they may not respond in the same way to music. The stage of their disease, personal preferences and cultural background can impact a patient's receptivity.

Introduce it gradually. Experiment with an hour of music at different times of the day. You may find that evening or bedtime is best because many patients experience "sundowner" syndrome, which tends to increase agitation and anxiety.

Personalization seems to provide the best outcomes. Did your loved one play an instrument? You could see if their muscle memory will let them play it. Otherwise, think about the kinds of music they enjoyed before their illness and prepare playlists just for them. Some baby boomers today may enjoy some soft rock more than classical.

Be wary of loud or fast-paced music. This can

increase the agitation that you're trying to reduce.

Observe the effects. Music may prompt a loved one to reminisce, improving their sense of self.

Remember that, as of yet anyway, there's no cure for Alzheimer's and other forms of dementia. All you can hope for, really, is a calmer, happier loved one who is perhaps reliving some fond memories or emotions.

As Randi said, "If it were not for her music, my mom would have just been another lost little old lady."

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of [www.NurseAdvocateEntrepreneur.com](http://www.NurseAdvocateEntrepreneur.com), which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at [Amazon.com](http://Amazon.com). Contact her at [Teri@NurseAdvocateEntrepreneur.com](mailto:Teri@NurseAdvocateEntrepreneur.com) to set up a free phone consultation.

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

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



Local ice carver Mike Rondeau draws a crowd as he shapes a holiday-themed sculpture in Depot Park.



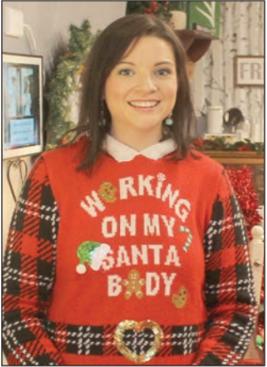
A giant Yeti roams Depot Park, bringing winter fun and smiles to all the children.



Fire Chief Burns and Light Up Palmer Member Chris Smith are joined by the other volunteers who made that night's events possible.



Palmer Recreation Director, Ohemeng Kyeremateng, handed out stress balls.



Brittany Cox, owner of Beauties by Britt on Central Street, greets visitors and discusses her salon's natural color services, kids' spa parties, and bridal offerings.



Country Bank employees Allison Madigan, Branch Manager Tony Marini, and Katie Cormier brought different types of cookies for patrons.



The Grinch mimes being insulted after a woman ran over the tip of his furry foot.



Beers & Story's Kate Davignon joined the Light Up Palmer celebration bringing the opportunity to create paper memorial luminaires that will be displayed on the stoop of the funeral home.



Vendor Chris Pascale displays handmade mittens, dolls, ornaments, and booties at the Senior Center craft fair.

**LIGHT** | from page 1

Under this organization, about two dozen volunteers now manage the holiday celebration as well as Palmer's Purple Heart banner program. The group installs hundreds of banners and American flags from Memorial Day to Veterans Day and maintains decorations and certain public spaces throughout town. Smith noted that this dual mission sometimes surprises residents, who often assume the efforts are unrelated. "We're the same people who do it all," she said, smiling.

Like many community traditions, Light Up Palmer faced unprecedented challenges during the COVID-19 pandemic. In 2020, the group

decided to continue decorating downtown but canceled the public celebration. Smith recalled volunteers working in masks and carefully distancing as they strung lights and repaired equipment. Despite the circumstances, the experience strengthened the group's resolve, and in the years since, the festival has continued to expand. "We try to do it for the community," she said. "We hope it'll be bigger and better every year."

This year's celebration required about \$3,500 to produce. Although sponsorships and donations cover the expense, Smith emphasized that none of it comes easily. Volunteers spend months soliciting contributions from businesses and residents. "We pay the bills, but sponsor-

ships make everything possible," Smith said. The group has also invested in improved decorations. One of the new artificial spruce trees stood prominently near the stage this year, its bright lights contrasting sharply with the older displays that volunteers have patched and rewired countless times.

Smith described the difficult process of rehabilitating many of the older decorations, some of which arrived covered in faulty alligator clips or fitted with dangerous non-LED bulbs. She credits retired electrician Dave Rice, who she wishes well as he is currently recovering in a rehabilitation facility, with rescuing the display during a particularly daunting season. "We would shout 'clear' across the

yard and things would blow up," she said, laughing at the memory. "Dave figured out how to make it all work. We miss you tonight, Dave...get better so you can be back with us next year."

As the festival unfolded, Palmer's fire and police departments played crucial roles in ensuring its success. The professional firefighters' union became a formal partner in recent years after traditional Santa visits at the fire station saw declining attendance. Firefighter Laurie Manning approached Smith with the idea of collaborating, and Light Up Palmer eagerly embraced the offer. "We couldn't ask for better partners," Smith said. "There are fewer than twenty of us volunteers. Pulling off some-

this big over a holiday weekend is a huge effort."

Throughout the evening, families moved between activity stations set up by local organizations.

Inside the Firehouse of the Palmer Fire Department a large line of families and children waited to meet with Santa Claus. This year's Santa, Wilbert Feltner, is a longtime acquaintance of Fire Chief Burns' and a trained graduate of Santa School. Feltner once lived in Palmer but now resides near Boston. Burns praised his ability to handle children's questions and maintain the sense of wonder essential to the role. "He does it very well," he said, noting with pride that his beard, much admired by the children and adults, is entirely real.

Across from the firehouse, children waited for face painting while visitors dropped off nonperishable food items inside the station for a holiday drive. Members of Girl Scout Troop 11383 helped children assemble reindeer food and pine-cone bird feeders. Local businesses had tents filling Depot park, interspersed between fire drums being maintained by officers and the live ice carving by famed local ice carver Mike Rondeau. Free donuts and coffee were provided by Dunkin' Donuts, the workers of North Brookfield Savings Bank made fresh cotton candy, and the Amherst Railroad Society brought out a model train set and candy to give out to patrons.

On Central St., Brittany Cox, owner of Beauties by Britt, greeted customers and explained her salon's focus on natural hair color, kids' spa parties, weddings, manicures, and pedicures.

At the Palmer Senior Center, Boy Scout troop 64 assisted children with craft activities. Scout leader Michelle Raftery explained that her group was there "to help with the craft tables and to give back to the community." Inside the senior center as well, vendor Chris Pascale displayed hand-crafted mittens, dolls, booties, and ornaments, speaking warmly about her passion for hand-made work.

Interspersed among the crowd were festive characters, costumed performers from the fright park 13th World dressed as Rudolf, a Yeti, and the Grinch. There was even a special appearance early in the evening from the Springfield Thunderbirds mascot, Boomer.

One elf, Christine Burns of Clownique Entertainment,

walked through the park with a giant scroll of names. "This list goes directly to Santa," she joked. "It's not reviewed by elves first." Burns prepared to head into the firehouse later to craft balloon sculptures for waiting children.

Before the tree lighting, Smith stepped onto the stage and addressed the crowd. She expressed gratitude to local emergency personnel, whose presence ensures safety each year, and acknowledged the many businesses and individuals who contributed financially or volunteered their time. She emphasized that to set foot inside Depot Park as a vendor during the event, each organization had committed to significant sponsorship, a testament to the community's dedication. She also highlighted a major surprise donation from the Sons of AMVETS, which will support the Purple Heart banner program rather than holiday decorations.

Smith's remarks grew emotional when she mentioned Rice and his critical role in salvaging the town's decorations. She noted that he always participated in the lighting ceremony and assured him, through the crowd, that he was missed. After thanking the Bygone Excursions trolley for carrying families around town throughout the day and acknowledging additional supporters such as local architect Bob Helis, Smith finally stepped aside.

Palmer Fire Chief Burns then invited the crowd to prepare for the countdown. Children pressed forward, their excitement palpable as the final moments approached. In unison, the crowd began counting down from ten. As the chorus reached "one," the spruce tree burst into light, illuminating Depot Park with a brilliant, festive glow and prompting cheers that echoed across the square.

For Smith and the volunteers behind Light Up Palmer, the moment represented the culmination of months of work and a symbol of what community dedication can achieve. Though many long-time helpers acknowledge that they are "getting older," Smith remains determined to keep the tradition alive and hopes new volunteers will step forward in the coming years.

"We're going to try to keep going as long as our legs let us," she said, smiling at the illuminated tree. And with that, the festivities continued into the evening, the spirit of Light Up Palmer shining brightly once again.

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