

- legal -

PUBLIC NOTICE RIGHT OF WAY MAINTENANCE

As required by Massachusetts General Law Chapter 132B, National Grid (New England Power and/or Massachusetts Electric Company) hereby gives notice that it intends to selectively apply herbicides along specific transmission line rights-of-way in 2026.

The selective use of herbicides to manage vegetation along rights-of-way is done within the context of an Integrated Vegetation Management (IVM) program consisting of mechanical, chemical, natural, and cultural components. In right-of-way vegetation management the pest or target is vegetation (primarily tall growing) that will cause outages and safety issues. National Grid’s IVM program encourages natural controls by promoting low growing plant communities that resist invasion by target vegetation. The selective use of herbicides and mechanical controls are the direct techniques used to control target vegetation and help establish and maintain natural controls.

National Grid may utilize any of the herbicides noted the MA Sensitive Materials list. Rodeo, and possibly one of the following herbicides, Arsenal or Arsenal Powerline, will be applied directly to the surface of stumps immediately after target vegetation is cut (Cut Stump Treatment). Garlon 4 or Garlon 4 Ultra will be applied selectively to the stems of target vegetation using hand-held equipment (Basal Treatment and Dormant stem treatment). Krenite S or Rodeo, mixed with Escort XP, and one of the following herbicides, Arsenal or Arsenal Powerline, or Milestone will be applied selectively to the foliage of target vegetation using hand-held equipment (Foliar Treatment). Cambistat as a tree growth regulator. Applications shall not commence more than ten days before nor conclude more than ten days after the following treatment periods. The herbicide mixes and additional information about rights of way management in Massachusetts can be found here:

<https://www.mass.gov/rights-of-way-vegetation-management>

Municipalities that have rights-of-way scheduled for herbicide treatments in 2026:
Brookfield, Sturbridge, West Brookfield

Municipalities that have rights-of-way that were treated in 2025 but may require some touch-up work in 2026:
West Brookfield

TREATMENT PERIODS		
Feb 1–May 30, 2026	May 30–Oct 15, 2026	Oct 15–Dec 31, 2026
CST	Foliar	CST
Basal	CST	Basal
Dormant stem	Basal	Dormant stem
	Cut stubble	

**The exact treatment dates are dependent upon weather conditions and field crew progress.*

Further information may be requested by contacting (during business hours, Mon–Fri from 8:00 am-4:00 pm):
Mariclaire Rigby, National Grid,
939 Southbridge Street, Worcester, MA 01610.
Telephone: (781) 290-8310 or email:
mariclaire.rigby@nationalgrid.com

02/06/2026

PLEASE REMEMBER TO RECYCLE THIS NEWSPAPER

PATH GIRLS FROM PAGE 7

quarter following a Doktor inside hoop.

Doktor also made a put-back basket, which sliced the Lady Pioneers deficit to 11-8 with 2:10 left in the opening quarter.

When Pathfinder scored again with two minutes remaining in the first half, they were trailing, 23-8.

“We struggled offensively in the first half,” Aldrich said. “We should’ve scored 50 or 55 points in this game. We just kept allowing them to get into their defensive sets. They played a man-to-man defense against us, which we didn’t handle very well.”

The Jayhawks reeled off twelve unanswered points during that ten minute stretch.

Senior Rosemary Santos scored 15 of her game-high 28 points for the home team during the first 16 minutes. She scored 10 points in the first meeting.

No other Duggan player scored more than six points in the home win.

Clark finally ended the Lady Pioneers scoring drought with a 3-pointer from the left side.

Doktor also added an inside basket and a put-back, which sliced Pathfinder Tech’s deficit to 25-15 at halftime.

Pathfinder Tech battled back as they outscored

Town of North Brookfield Zoning Board of Appeals Notice of Public Hearing

The Town of North Brookfield Zoning Board of Appeals (ZBA) will hold a public hearing on **February 23, 2026, at 6:00 p.m. at the Senior Center 29 Forest Street.** The application is for a Special Permit to convert and renovate the existing building at 75 School Street into a four-unit multifamily residential building by AUM Blackrock Investments LLC. The request is being made under the North Brookfield Zoning Bylaws, Section IV(A)(2)(1), which allows an existing dwelling to be converted to multifamily use if the ZBA grants a Special Permit.
01/30, 02/06/2026

TOWN OF NORTH BROOKFIELD BOARD OF SELECTMEN

NOTICE IS HEREBY GIVEN that the North Brookfield Board of Selectmen will hold a public hearing to consider a petition to locate poles, wires, cables, and fixtures, including the necessary anchors, guys, and other such sustaining and protecting fixtures, brought before it by Massachusetts Electric Company d/b/a National Grid and Verizon New England, Inc **Tuesday, February 24, 2026 at 6:15 PM** at the North Brookfield Police Department, 55 School Street, North Brookfield, MA 01535.

The pole location that will be considered is as follows:

Green Rd – National Grid to install 1 JO Pole on Green Rd beginning at a point approximately 1,135’ feet south of the centerline of the intersection of Ward St. Install Stub Pole # 81-84 and anchor, across the street from existing P81 Green Rd.

Said hearing will begin at 6:15 PM and continue until completion, and will be conducted pursuant to the provisions of Massachusetts General Laws, Chapter 166.

Jason M Petraitis, Chairman
Jamie Gilman
Ralph Kay

02/06, 02/13/2026

Duggan, 10-5, during the third quarter.

With 2:25 left in the third, Green hit a jumper in the lane, which closed the gap to 28-25 before Santos made a lay-up.

The Lady Pioneers were trailing 30-27 less than two minutes into the final quarter following a Green lay-up. They couldn’t get any closer than that, as Duggan built a 41-32 lead with the help of an 11-5 run.

“We’ve been playing very well lately,” Aldrich said. “I really didn’t expect this outcome. We just need to bounce back from this loss.”

It was Duggan’s first win against Pathfinder Tech since 2023.

New license plate to honor fallen law enforcement officers

BOSTON – State Sen. Peter J. Durant, R-Spencer, voted in favor of legislation to create a new special license plate to honor fallen law enforcement officers by offering a symbol of respect to their surviving spouses, parents, and children.

The bill—S.2903, An Act honoring Blue Star Families directs the Registry of Motor Vehicles to create a new Blue Star (Law Enforcement) Families’ plate to help the family members remember their loved one in a visible way on their car. It would also create a Blue Star Family emblem for motorcycle plates.

“When we see these license plates on vehicles, we will be reminded that our law enforcement officers do not always return home from work each day and it

will offer the chance to personally thank family members of those who made the ultimate sacrifice in order to keep us safe,” Durant said.

Durant said he is hopeful the bill will be passed in the House and signed by the Governor.

“I believe that it would be comforting for family members to have these specialty license plates and to receive words of gratitude from people who notice them in public,” Durant said.

Under the legislation, the RMV would be required to make the plates available to Blue Star Law Enforcement spouses, parents, and children without charge. The RMV would also be able to offer vanity plate registrations for Blue Star plates up to six characters in length.

The Blue Star Family license plates would join other special recognition plates currently offered by the RMV, including Gold Star Family plates for drivers with close family members who died in or as a result of their service in the Armed Forces.

The Senate Committee on Ways and Means advanced the legislation to the floor on a 17-0 vote Jan. 8, as a partial report on a bill that was advanced in December by the Joint Committee on Public Safety and Homeland Security. All committee votes are publicly posted on the Legislature’s website.

The Senate passed the bill on a 38-0 roll call vote, sending it to the House for further consideration.

STURBRIDGE, FROM PAGE 1

not know if the Attorney General’s office will allow the moratorium to be put into place, but “it’s worth a shot.” She said a lot of towns are taking similar action and many have been denied.

Bubon recommended that the board bring this article to town meeting and see if the voters would support it.

“And at the same time, we should be working on a bylaw to try to safeguard the community and our residents, and our natural resources,” she said.

Bubon said the article for the moratorium would be placed on the annual town meeting warrant and the bylaw regarding battery energy storage systems and new regulations for solar systems would likely be voted on during a special town meeting in the fall.

The Planning Board voted to support the proposed zoning amendment for the moratorium and to place it as an article on the annual town meeting warrant.

Town Planner update

Bubon said she has started to research and work on the zoning bylaw for the battery energy storage systems and the new regula-

tions for solar systems. She said the Central Massachusetts Regional Planning Commission would be offering technical assistance to draft these bylaws to select communities.

Bubon said the bylaws would be combined, and need to be in place by October.

She said a representative from CMRPC would be meeting with the board on Feb. 9.

“I think this is really a good thing for us, that we can work with them,” Bubon said.

The Planning Board will meet again on Feb. 9 and 23.

YOUR HEALTH FROM PAGE 4

ing muscle because “every pound is water, fat and muscle,” registered dietitian Kim Shapira said in an interview.

“This has just boomed an entire industry of protein,” she said.

The problem is that a good deal of these protein-packed foods may not be good for us. A 2024 survey by Spanish researchers, posted on the National Institutes of Health website, that found 91% of foods with “protein” marketing claims (PCs) were less healthy overall because they are ultraprocessed and often have added sugar, fat and sodium.

“The perception that foods with PCs are healthy is incorrect, and consuming them may pose an additional health risk,” the researchers wrote.

The protein we need

everyday varies with age, weight, level of activity and other factors. To estimate your minimum recommended daily allowance (RDA), multiply your weight in pounds by 0.36 grams. For a 140-pound sedentary woman, that comes to about 50 grams a day.

Pregnant women and active adults benefit from more protein, but researchers really don’t know how much is too much. (The USDA has a nutrition calculator on its website at myplate.gov.)

They do recommend spacing out protein consumption throughout the day rather than consuming most of it at dinner, as most Americans do.

Jumping on the protein bandwagon takes careful consideration. It’s not just a question of jacking up protein consumption, but doing it in the context of healthy eating. In other words, eating six protein bars a day is not likely to help your overall health.

If you’re ready to boost your protein intake, here are some tips:

Turn to protein-rich unprocessed or lightly processed foods, which you may have in your pantry and fridge. According to the USDA, some of the best are:

Tuna: 21 grams of protein in 3 ounces
Cooked chicken or tur-

key: 19 grams in 3 ounces
Plain Greek yogurt: 17 grams in 3 ounces
Cottage cheese: 14 grams in ¼ cup

Other good sources are beans, nuts, low-fat dairy and eggs.

Don’t translate “eat more protein” as “eat more beef and cheese.” The saturated fats in these foods are not good for cardiovascular health.

To avoid weight gain, cut back on other foods. If you’re consuming more calories as protein, reduce the calories you get from breads, sweets and alcohol. Rather, up your intake of fruits, vegetables and legumes.

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of 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. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

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