

WARE RIVER NEWS

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Historical Commission calls for demolition delay at MLH

By Paula Ouimette
Editor
pouimette@turley.com

WARE – The Ware Historical Commission held a meeting to discuss a demolition request for the former Mary Lane Hospital at 85 South St. and the former Lewis Gilbert house at 89 South St.

“About 10 years ago, the town of Ware passed a demolition delay bylaw,” Chair Lynn Lak said at the

Jan. 3 meeting. “We’re here to discuss that tonight. We’re here to discuss buildings.”

Lak said the commission’s members are familiar with the properties in question, with three of the members having been born at Mary Lane Hospital and two working there.

Commission member Elena Palladino, who has written a book about the Lost Towns of the Quabbin Reservoir, shared some

background about historic homes and buildings in town. Palladino also serves on the Hospital Review Committee.

“These residences along with other landmarks in the downtown area give Ware its distinct visual character and are central to the town’s identity and history,” Palladino said. “The hospital is one of those landmark buildings.”

The Gilbert family, who funded the original hospital building, were

woolen manufacturers and philanthropists whose influence “is still felt and seen today,” Palladino said. This includes the funding of Mary Lane Hospital, Grenville Park, the library, Aspen Grove Cemetery and many landmarks in Gilbertville.

Palladino said that Lewis Gilbert left his home and property to the Ware Visiting Nurse’s Association upon his death in 1919, in order to establish a hospital in memory of his wife, Mary Lane.

Gilbert also left \$500,000 in trust to provide affordable health-care for the people of Ware and Gilbertville.

Palladino said in 1922, Ware builder H.P. Cummings (who constructed her house on Highland Street and other buildings) was hired to construct the original hospital building, the Wetherby Building.

“It’s a beautiful landmark on South Street, and it stands as a

reminder of the Gilbert’s legacy in Ware,” Palladino.

She said a lot of studying and consideration has already gone into finding potential use for the site and its buildings, and there are challenges and complications.

“Given the hospital’s importance to the history of Ware, and its significance as a historic building, it’s important to give full and careful consideration to potential

Please see **MLH**, page 3

Town and CMRPC prepare to update master plan

By Paula Ouimette
Editor
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WARREN – Town Administrator James Ferrera said earlier this past fall, the town received \$75,000 from the Executive Office of Housing and Livable Communities as part of the One Stop for Growth applications.

Ferrera said the grant requires a match of \$10,001 from the town.

“This is to update the existing master plan for the town,” Ferrera said of the grant at the Board of Selectmen’s Jan. 4 meeting.

Ferrera presented a proposal from the Central Massachusetts Regional Planning Commission to start work on the master plan in partnership with the town. Ferrera said he believes the town would benefit from working with CMRPC on this project.

“They certainly do know the ins and outs of the town,” he said of CMRPC, which has worked on master plans in numerous towns in central Massachusetts. “I think that CMRPC would really shine and be beneficial for the town because of their experience in the area for these types of services.”

The kickoff for the master plan update would be held Jan. 25. Ferrera said the master plan update process requires community input and participation for the best results.

The board approved a contract with CMRPC for phase one of the town’s master plan update.

School Street project

The board voted to retain Weston & Sampson for engineering services and construction administration for phase two of the fiscal year 2022 and 2023 School Street Improvement Project.

Ferrera said he thinks the town should continue working with Weston & Sampson, and the contract total of \$63,000 is fair for the scope of work.

Please see **WARREN**, page 6



Turley Photo by Single Shot Photo (www.singleshotphoto.com)

SNOW BLANKETS AREA OVER WEEKEND

Snow fell lightly on the Ware-Hardwick Covered Bridge this past Sunday, during the year’s first snowstorm.

High Road resident shares concern about sewer gases

By Paula Ouimette
Editor
pouimette@turley.com

HARDWICK – A resident at 23 High Road shared concerns about sewer gases that are coming from her home’s roof vent pipe.

At the Jan. 8 Select Board meeting, Bobbi-Jean Lanier said the issue at her family’s home began when they rerouted their sewer system about two years ago.

The original sewer line to the property, which was constructed in the 1960s, crossed their neighbor’s property to connect to Hardwick Road. Lanier hired a sewer company to run a line from their driveway to Hardwick Road.

“It is a direct line,” she said. “With that direct line all of the sewer gases are coming directly up through our roof vent.”

“It’s unbearable,” Lanier said of the odor. She said the odor is stronger when Eagle Hill School is in session.

Lanier said Water Pollution Control Facilities Superintendent Scott Potter had given them different ideas to address the issue, but it was determined that the issue was not the town’s responsibility.

“We are looking for some type of guidance or support or something, anything that can be done that is not our responsibility,” she said. “We are just unaware of how we can mitigate this, and we can solve this problem.”

Ruggles asked if the sewer company installed a check valve to prevent anything from coming in off that line. Lanier said after researching it with Potter, it was determined that the valve was not

Please see **HARDWICK**, page 3

QHSUA starts 10th year preventing and reducing substance use

By Paula Ouimette
Editor
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The Quabog Hills Substance Use Alliance held its first meeting of the new year this past Monday, as it prepares to reach its 10-year anniversary this July.

“Not every coalition sustains itself 10 years,” QHSUA’s

Prevention Director Gail Gramarossa said at the Jan. 8 meeting. “We have been fortunate.”

QHSUA members looked back over the group’s efforts over the past decade, and shared their hopes and goals for the future during a brainstorming session led by Rebecca Edwards.

Edwards directs the Drug Free Communities grant for Ware,

Warren and West Brookfield.

Members shared what they like about the alliance, what they wish the alliance could do differently in order to improve and the “what if;” goals the alliance could reach if it had unlimited resources and staffing.

Those present at meeting said they liked the alliance’s cross-sector sharing with a wide range of peo-

ple and organizations, ranging from health care to police and community volunteers. Members also liked that the alliance presented a safe space for all to share their ideas.

Members agreed that in its 10 years, the QHSUA has continued to move forward and build momentum in its mission “to prevent and reduce substance misuse, especially among youth; to break down stig-

ma associated with substance use disorder; to reduce health problems resulting from substance use disorder; to contribute to community efforts to expand access to treatment services, and to value all pathways to recovery.”

The QHSUA has also provided many training opportunities to

Please see **QHSUA**, page 5

Afterschool sledding



Sawyer launches a snowball while his brother Parker pushes Emma on a snow tube.

Hardwick Youth Center enjoys snowy day

HARDWICK – The participants at Hardwick Youth Center and volunteers enjoyed an afternoon of sledding, snowman making, and snowball fights this past Tuesday afternoon.

Youth worked together to build snow sculptures and helped younger children pull their sleds back to the top of the hill before racing to the bottom again.

Hardwick Youth Center offers free, afterschool activities for youth in town, meeting Tuesdays from 3:30-5 p.m. for grades kindergarten through two; Wednesdays from 3-5 p.m. for grades six through eight, and from 5-7:30 p.m. for grades nine through 12; and Thursdays from 3:30-5 p.m. for grades three through five.

For more information and meeting locations, follow Hardwick Youth Center on Facebook.



Hannah catches snowflakes on her tongue as they fall from the sky.

See more sledding photos on page 8.

Turley Photos by Paula Ouimette

Inside this edition:

Viewpoints.....	4	Obituaries.....	15
Education.....	5	Public Notices.....	15
Police/Fire.....	6		
Sports.....	9		
Classifieds.....	14		



SCHOOL
Orszulak named scholarship recipient
Page 2



BUSINESS
Ashley Swett earns promotion
Page 3



SPORTS
Quabog basketball defeats Bartlett
Page 9

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Ware River News 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 \$225, which allows families to publish extended death notice information of their own choice and may include a photograph.

Death Notices & Paid Obituaries should be

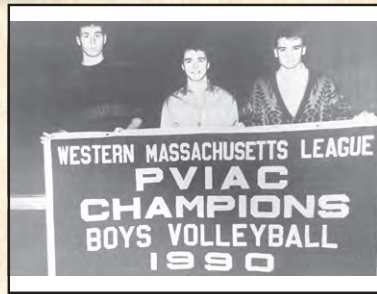
submitted through a funeral home to: obits@turley.com.

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

Are You Old News?



File Photo
Last week's photo from 1990 showed Ware Volleyball co-captains Stephen Orszulak, Jay Leeman and Damien Goudreau holding the championship banner. They were identified by Dan Orszulak, Dawn Piechota and Andy Zajak. If you recognize the folks in this week's photo, please send their names and your full name to pouimette@turley.com.



Each week the Ware River News digs into its submitted photo archives and selects a people photo to publish. We need your help to help identify those pictured.

Email your answers by Monday at noon to pouimette@turley.com.



Turley Staff Photos

Callie Orszulak of Ware, a freshman at Villanova University, accepts a check from members of AMVETS Post 2577. Orszulak is the recipient of the Michael H. Deslauriers Scholarship. Shown from left are Henry Deslauriers, Barbara Deslauriers, Ed Wyzik, Orszulak, Richie Rucki, Steve Kutt and Heather Orszulak.

Callie Orszulak named Michael H. Deslauriers Scholarship recipient

WARE – Callie Orszulak, a freshman at Villanova University, just completed her first semester at the school and was recently named the 14th recipient of the Michael H. Deslauriers Scholarship.

The scholarship is presented every year to a Ware resident, regardless of the school they attend, furthering their education. The scholarship committee considers grades, character, references, volunteer activity and many other things when selecting a recipient.

Orszulak will be majoring in nursing, and she is joining a sorority to further her community service work she started in high school, as she was involved in many community service projects during her years at Ware High School.

On Monday, Jan. 8, the AMVETS Post 2577 presented Orszulak with a check in the amount of \$1,000.

The scholarship is given in memory of Michael H. Deslauriers who passed away at age 40. Although Michael was born with spinal bifida, he never let his physical challenges interfere with his true passion in life, music.

He shared his musical ability



Barbara (left) and Henry Deslauriers stand with Michael H. Deslauriers Scholarship recipient Callie Orszulak.

and trumpet skills with the community at large events and especially with veterans. He played "Taps" at numerous veteran's funerals and as a member of the Ware Community Band, performed for the town's Memorial Day and Veterans Day exercises.

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Supported by Healthy Quaboag and The Rural Vaccine Equity Initiative

Please use QR Code or the link to pre-register:
<https://tinyurl.com/ycky5da>
Please direct any questions to Arianna Palano at apalano@townofware.com, 413-478-2526.

Ware Senior Center news

WARE – The Ware Senior Center, located at 1 Robbins Road, is open Monday through Friday from 8 a.m.-4 p.m.

The thrift store is open each of those days from 9 a.m.-noon. Donations to the store are only accepted by Sue LaBarge, who can be reached by calling 413-544-1574.

ACTIVITIES

Monday, Jan. 15

Closed

Martin Luther King Jr. Day

Tuesday, Jan. 16

9 a.m. Exercise at Valley View Housing
10 a.m. Scat
11 a.m.-12:30 p.m. Birthday Party Lunch with music by Stephen George
1-2 p.m. Food Bank of Western MA mobile food pantry at Greenville Park
5:30 p.m. Scrapbooking (\$3 per class)
6 p.m. Pitch (doors open at 5 p.m.)

Wednesday Jan. 17

9 a.m. Tai-Chi
9:30 a.m. Quilting Club
10 a.m. Scat
11:30 a.m. Lunch

Thursday, Jan. 18

9 a.m. Walking Club
9 a.m. Exercise at Valley View Housing
9:30 a.m. Line Dancing for Beginners
10 a.m. Line Dancing
10 a.m. Scat
11:30 a.m. Lunch

1 p.m. Knit-Crochet-Laugh
2:45 p.m. Art Class

Friday, Jan. 19

9 a.m. Tai Chi
10 a.m. Scat
11:30 a.m. Lunch
1 p.m. Chair Yoga
6 p.m. Pitch (doors open at 5 p.m.)

LUNCHESES DINE IN 11:30 a.m.

All meals \$3.50 unless otherwise noted
Required: call 413-967-4595 by noon on the business day before, to put you name on the lunch list.

Monday, Jan. 15

Closed

Martin Luther King Jr. Day

Tuesday, Jan. 16

Birthday Party

Roasted Pork Loin with Mashed Potatoes and Gravy, Veggie of the Day
Dessert and entertainment courtesy of the Friends of the Ware Seniors Inc.

Wednesday, Jan. 17

Sloppy Joe Sandwiches, Potato Chips, Green and Gold Salad, Dessert of the Day

Thursday, Jan. 18

Mac and Cheese with Kielbasa, Mandarin Orange Salad, Dessert of the Day

Friday, Jan. 19

Meatball Sub Sandwich, Potato Salad, Three Bean Salad, Dessert of the Day

Flynn named to Clarkson University's Dean's List

POTSDAM, NY – Liam Daniel Flynn of West Brookfield, a junior majoring in engineering and management, was named to the Dean's List for the fall 2023 semester at Clarkson

University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.



The Ware River News will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 3. To request a correction, send information to ekennedy@turley.com, or call 967-3505. Corrections may also be requested in writing at: Ware River News, Attn: Editor, 80 Main St., Ware, MA 01082.

Ashley Swett named manager of Customer Service Center

FLORENCE – Florence Bank recently announced Ashley Swett said Matt Garrity, Florence Bank's president and CEO in a press release. "She has a great deal of experience in customer service, and we look forward to her valuable insight as a member of our retail banking team."



Ashley Swett

In her new role, she will oversee the staff responsible for assisting Florence Bank customers who contact the bank via telephone or email. Swett has 16 years of industry experience and is a graduate of the New England School of Financial Studies. She holds a certificate in supervision from the Center for Financial Training.

"We are pleased to have someone with Ashley's skills in this important role, as customer service is a top priority at Florence Bank,"

Active in the community, Swett is currently a member of the Holiday Flair in Ware, where she enjoys the annual festival and parade. Florence Bank is a mutual savings bank chartered in 1873. Currently, the bank serves the Pioneer Valley through 12 full-service branch locations in Florence, Northampton, Easthampton, Williamsburg, Amherst, Hadley, Belchertown, Granby, Chicopee, West Springfield, and Springfield.

St. Aloysius Catholic School to hold open house

HARDWICK – St. Aloysius Catholic School is hosting an open house at the school located at 52 Church St., in Gilbertville, on Monday, Jan. 29 from 3-5:30 p.m.

Prospective parents are cordially invited to visit the classrooms and meet the faculty of this growing school. The administration is also happy to tour families during the school day and provide shadow days for students presently in kindergarten through grade seven.

Please feel free to call the school 413-477-1268 or reach out to Roberta McQuaid, Enrollment Coordinator, to set up an appointment to visit. Enrollment information and all the necessary paperwork is available on the website, www.staloyisus.com, under the "Join our Family" tab.

Nominations papers available for annual town election

WARREN/WEST BROOKFIELD – Town Clerks Laura Stockley of Warren and Heather Gough of West Brookfield announced that nomination papers are available on Monday, Feb. 5 for the annual town election, which will be held on Tuesday, May 7.

Nomination papers are available from each respective town clerk during office hours:

Town of Warren – Monday, Tuesday and Wednesday from 8:30 a.m.-3:30 p.m. and Thursday

from 1-6 p.m.

Town of West Brookfield – Monday through Thursday from 9 a.m.-3 p.m.

Quaboag Regional School Committee nomination papers will be available for pick up on Tuesday, Feb. 6 at the Quaboag Regional Middle High School front office between the hours of 8 a.m.-3 p.m. School Committee positions open include two members from Warren for three-year terms and two members from West Brookfield for three-year terms.

Beaver Lake Club Corp. offers scholarship

WARE – Beaver Lake Club Corporation of Ware announces its annual Louis H. Healy Scholarship of up to \$1000.

These scholarships will be presented to deserving high school seniors or current college students who are residents of the town of Ware or who are members of the Beaver Lake Club Community.

The scholarship is given in the memory of Louis Healy a long time and well-respected member of the Beaver Lake community and the town of Ware. Lou was an active leader and participant in both town and community matters and his family and friends continue to celebrate his thoughts, ideals, and memory by awarding this yearly academic scholarship.

The application deadline is April 19 and applications must be postmarked by that date. The selected recipient will be notified, and the scholarships will be awarded in early June.

Applications and information can be obtained by sending an email to ctrietsch22@gmail.com or by mailing a request to BLCC, P.O. Box 253, Ware, MA 01082.

William Melendez makes SNHU President's list

MANCHESTER, N.H. – Southern New Hampshire University announces the fall 2023 President's list. Making the President's list is William

Melendez of Hardwick. Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are

named to the President's list. Full-time status is achieved by earning 12 credits over each 16-week term or paired eight-week terms grouped in fall, winter/spring and summer.

MLH from page 1

reused," Palladino said. "It would be a shame to lose this piece of the town's history."

Lak said during her time living in town, she has seen many buildings deemed "hopeless" become something new, including senior housing on Church Street at the former school and Workshop 13.

"We know these renovations can happen, and it's really our job to make sure that we make every effort to do so," Lak said.

Lak said the town enacted a demolition delay bylaw in 2014 for any building in town that is 75 years old or older (all or in part) that meets any of the following criteria:

The building is listed on, or is within an area listed on, the National Register of Historic Places; or the building has been found eligible for the National Register of Historic Places.

The building is importantly associated with one or more historic persons or events, or with the broad architectural, cultural, political, economic or social history of Ware or the commonwealth.

The building is historically or architecturally important (in terms of period, style, method of building construction or association with a recognized architect or builder) either by itself or in the context of a group of buildings.

"Because of those reasons, the demolition delay will kick in," Lak said. "That is the law."

Lak said the Historical Commission wanted to hear concerns from the public regarding the buildings, adding that the focus must remain on the buildings.

Hardwick resident Stephen Granlund questioned Baystate Health and the Westmass Area Development Corporation's concerns about asbestos in the former Mary Lane Hospital buildings, noting that some of the buildings were

still in operation up until the end of this past year.

"There was no danger from those buildings," Granlund said. "The buildings, as they are, have been serving the needs of the communities that surround us for 100 years."

Granlund said the buildings can be renovated.

Granlund's wife, Barbara, said her great-grandfather was one of the first doctors to work at Mary Lane Hospital, and he lived on Church Street.

"How many more historic buildings does Ware have to lose?" she asked. "It's part of our history, it's got to stay."

Baystate Health's President of Regional Community Hospitals, Ronald Bryant, said that Baystate Health has solicited interest in the property from several major developers throughout New England, including leading walkthroughs of the buildings.

"None expressed a willingness to acquire or redevelop the property or the buildings, citing numerous challenges as they stand now, including the difficult layouts of the buildings, abatement and remediation needs, deteriorating market conditions and other factors," Bryant said. "Westmass concluded that demolition of the buildings on the property is necessary due to the exorbitant costs of abating and retrofitting the buildings."

Hospital Review Committee member Terry Smith said if there is interest in rehabilitating the buildings, then residents need cost estimates to make that happen.

"My position as a resident in this town, is we can never take a title interest in this property, even if its deemed clean or not clean," Smith said.

A former Mary Lane Hospital employee asked if the town could at least save the original brick building, which is a landmark on South Street.

Westmass Development's President and CEO Jeff Daley said they are considering saving a building, but it would most likely be the medical office building in the back of the property. He said there is a "significant investment" just to separate the building from the others and it would cost around \$400,000-500,000 to do that.

Daley said all of the buildings are physically and utility connected to each other.

"They're structurally bound together," Daley said.

Daley said he respects the historical significance of the buildings, but the buildings in the front of the property are "floor to ceiling, wall-to-wall, loaded with asbestos," and he said redevelopment is almost impossible.

"Maybe you will find somebody...I've talked to many, many developers, I know Baystate has, nobody is interested, the finances just don't work," Daley said. "You will have to go wall by wall, floor by floor to redevelop those and its tens and hundreds of millions of dollars to do that."

Daley said his professional opinion is that the buildings are not reusable, and he didn't think a nine month moratorium would change that outcome.

"The market isn't there to support those types of buildings anymore, unfortunately," Daley said.

At the close of the meeting, Lak said the commission would have two weeks to notify Building Commissioner Anna Marques if they determine that the buildings are preferably preserved. If they are, no demolition can occur for nine months unless agreed upon by the commission.

According to the bylaw, the applicant or owner of the property shall work with the commission to develop plans or locate a purchaser to preserve, rehabilitate or restore the subject buildings.

Spaghetti dinner at Eagles Club is Feb. 7

WARREN – The West Warren Fraternal Order of Eagles, 2167 Main St., West Warren, is offering a spaghetti dinner on Wednesday, Feb. 7 from 4-7 p.m.

The West Warren Eagles Aerie 4133 offers a spaghetti dinner once a month on the first Wednesday. In the Fraternal Order of Eagles, the term Aerie is the name of the building in

which the members meet and hold events.

The Fraternal Order of Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope.

HARDWICK from page 1

required and was not installed.

Town Administrator Nicole Parker said Potter and the plumbing inspector have been to the property and Potter determined that the odor was not a town-related issue.

Ruggles said the plumbing and building inspectors should take a look at the property, as this situation "isn't normal."

Ruggles said he wanted the town's inspectors to "make sure that it's not an internal issue with the house." Ruggles said they may need to consult with an engineer to determine the root of the issue.

Liquor license

The Select Board approved amendments to the liquor license held by Mimi's Coffeehouse of Hardwick, from a wine and malt license to an all alcohol license. The manager of the restaurant was also changed on the license.

Mimi's Coffeehouse will be offering alcoholic beverages to accompany its dinner service, which will resume in a few weeks. The restaurant has also been hosting a number of different events, including parties and baby showers, and this amendment would be beneficial to them.

Town vehicle use

Parker said she looked into

whether the town had a town vehicle policy regarding operation on private time, and she said the town has an extensive policy.

She said the policy is included in the personnel plan and it's in all of the employee contracts when they were renegotiated.

"We have a pretty ironclad vehicle policy," Nicole said.

Select Board Chair Eric Vollheim said he instructed interim Fire Chief Joshua Pease to bring the Fire Department's pickup truck home with him, in order to respond to calls.

Certificate of appreciation

Vollheim read a certificate of appreciation to recognize retired Fire Chief Raymond Walker for 55 years of service. Retired Deputy Chief Frank Hanson and Bob Bagdonas also received certificates to recognize their retirement.

Appointment

The Paige Memorial Library Trustees received a letter of interest from Stacey Hill to fill the remainder of Edward Kelly's term until the next election.

The Select Board and Trustees both voted in favor of appointing Hill to the position.

Donation

Parker said the town received

its annual \$300 donation from the East Quabbin Land Trust to use as the Select Board sees fit. The Select Board voted to have the donation go to the Parks and Recreation Committee.

Matrix fiber service

Parker said she spoke with Chris Lynch from Matrix Connected Fiber about adding fiber broadband service from Spring Hill Road in Barre into Hardwick. She said there is a grant from Massachusetts Broadband Institute that could pay for the project.

She said the application for the grant is due in April.

Parker said she will have more information at a future meeting after touring the area that Matrix is trying to service with Lynch.

Mayflower contract

The Select Board accepted the Mayflower Valuation proposal for new construction building permit measure and list for \$3,800 and personal property class 504 50/50 evaluation for \$5,000 for fiscal year 2025. Mayflower is the software used by the Assessors and this contract is renewed annually.

Interim Fire Chief salary Select Board members will discuss the interim Fire Chief's salary at the Jan. 20 meeting.

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viewpoints



Will my friend's fiancée be entitled to a survivor benefit?

Dear Rusty:

I have a very good friend who has cancer and will begin chemotherapy this week. He is 71 years old and is currently receiving Social Security benefits.

He has been living with his fiancée for a little more than two years, but they have been a couple for about 15 years and will be married in the next few weeks. She is 60 years old.

I am naturally concerned about his and her, future so my questions are:

What, if anything, should he and his wife do to ensure that she gets his Social Security benefits?

What benefits will she be entitled to and how soon will she be able to begin receiving them after his death?

Signed: A Friend with Questions

Dear Friend:

You are kind to be concerned about your friend and his fiancée. Here's what you need to know:

Social Security goes by state rules when it comes to what is often referred to as "common law marriage." That means that whether your friend's fiancée will receive any benefits as a surviving spouse in a "common law" relationship depends on whether they live in a state, which recognizes common law marriage.

Most states do not, but state laws have changed over the years and many states which once recognized such unions as "marriage" no longer do. Although they may have "been a couple" for 15 years, if your friend and his fiancée have been living together for only two it is likely only the last two years will count for Social Security benefit purposes.

So, whether your friend's fiancée will get anything when your friend dies depends on where they live, unless they get married, in which case the rules are different.

In order for a married widow(er) to receive surviving spouse benefits, the couple must have been married for at least nine months. If they marry and your friend lives longer than nine months thereafter, then his wife will be entitled to a surviving spouse benefit from her husband.

The amount of his wife's benefit will be based upon the amount your friend is receiving at his death, adjusted for her age when she claims her surviving spouse benefit.

A surviving spouse can claim benefits from the deceased as early as age 60, but those benefits will be reduced for claiming before full retirement age (FRA). Taken at age 60, the wife's benefit would be 71.5% of your friend's SS benefit at his death.

The wife need not claim the survivor benefit immediately; she could opt to delay claiming in order to get a higher percentage of the husband's amount. Survivor benefits reach maximum, 100% of the deceased's benefit amount, at the recipient's FRA.

So, if your friend and his fiancée now live in a state which currently recognizes common law marriage (Colorado, Iowa, Kansas, Montana, New Hampshire, South Carolina, Texas, Utah, Rhode Island or in the District of Columbia), then your friend's partner will be considered his "wife" and entitled to survivor benefits as normal (the fiancée would need to prove they cohabitate in a marriage-like relationship to claim benefits).

If they do not live in one of those states, but they get married and the marriage lasts for at least 9 months, then the wife will be entitled to normal benefits as a surviving spouse as described above.

But if the couple do not live in one of the above states which recognize "common law" relationships or if their soon-to-occur marriage doesn't last at least nine months or if they do not get married, I'm afraid your friend's partner will not be entitled to any survivor benefits from your friend.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for informational purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvisior@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.



New questions for the New Year!

Jim, who gardens in Bridgewater, sent this question in to the Garden Lady.

"I liked your article on experimenting with holly seeds. I do some of my own propagating with trees and perennials, so the holly seeds thing was good. My question concerns being dioecious and at what point can one determine male or female? Is there some way to determine sex at an early stage or must I grow a dozen plants for years before I can wean out the males and keep the females? I have read that a single male will successfully pollinate all the females within a half mile radius so finding the females is my goal at the earliest possible stage of growth."

Sadly, the only way to figure out whether you have a male or female holly is by exam-

ining the flowers, so yes, that will require growing them on for some time; my research indicates about four to seven years.

The male flowers will have four petals and four stamens where you will see the pollen at the end. Female flowers look very similar except there is a green "bump" in the center of the petals - the ovary, where the berries will form from.

Garden centers usually propagate vegetatively from either male or female plants, so they are not playing the waiting game. Starting hollies from seed is still a fun experiment, time consuming nonetheless.

Dawn was worried that her amaryllis plant was dead. "My amaryllis was originally a Christmas gift. I've enjoyed it for a few years now, but its leaves yellowed, then they withered and died. I'm worried that I killed it!"

As soon as I heard from Dawn, my thoughts went to my own amaryllis, still in my bedroom window despite the fact that its leaves are brown and have fallen around the outside of its pot. I haven't watered it since it started to "decline."

It has sat there in this sorry state for a few weeks now. Never fear, it's likely our bulbs have gone dormant.

This timing is a little off if you think about all of those boxed sets of amaryllis bulbs sitting on store shelves just in time for Christmas giving and planting. Bulb companies can

"time" growth stages a little more reliably that we can.

After a month or two of dormancy watering can resume and with good fortune, blooms should reappear in 6-8 weeks. Some experts recommend putting the dormant bulbs in a cool, dark room to rest.

I often move dormant pots of bulbs to my mudroom where temperatures are in the 50s this time of year and when I see green tips on the bulb I bring it back into the living area of my house. Usually regrowth comes, but a flower sometimes doesn't.

In this case, the bulb is likely depleted of nutrients and without enough reserves left for re-bloom. I would recommend watering with an all-purpose plant fertilizer during active growth.

Seed production also diminishes the plant's reserves, so be sure to deadhead the individual flowers as they go by, leaving the stem intact until it yellows. Hopefully these tips will give your amaryllis a few more good years of flowering.

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

Governor announces \$50 million for Climate Solutions Initiative

BOSTON - As part of its "Forests as Climate Solutions" Initiative, the Healey-Driscoll Administration recently released the Climate Forestry Committee's report containing recommendations to the Executive Office of Energy and Environmental Affairs regarding enhanced climate-oriented forest management practices for Massachusetts based on the latest climate science.

The 12-member Committee of scientific experts emphasized the importance of keeping forests intact by enlarging forest reserves, increasing permanent conservation efforts, and reducing the conversion of forests to other uses. Noting the critical role forests play in mitigating dangerous climate change, the Committee urged the state to sharpen its land management focus on climate change mitigation and adaptation.

EEA is allocating \$50 million to help communities conserve forested land and support forest-based businesses and local economies. EEA will invest this funding in forest conservation, including new forest reserves and incentives that encourage municipal and private landowners to adopt climate-oriented management approaches.

This funding will help the state reach its climate goals, as set forth in the Clean Energy and Climate Plan, conserving 40% of Massachusetts' natural and working lands by 2050.

EEA is now seeking public input on the Committee's recommendations to inform the state's implementation of management guidelines for forest lands held by the Department of Conservation and Recreation's Divisions of State Parks and Recreation and Water Supply Protection, and the Department of Fish and Game's Division of Fisheries and Wildlife.

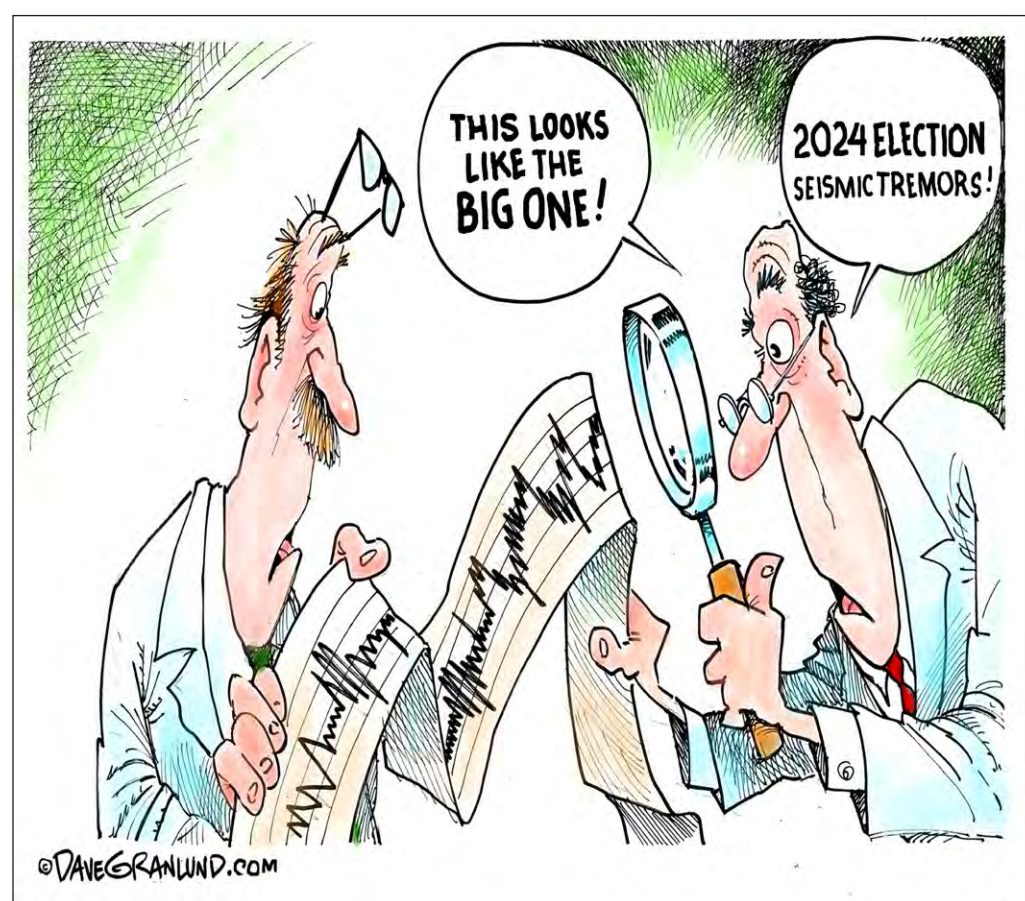
As planned, the six-month temporary pause on timber harvesting projects is over. During the public comment period, the State will review the paused projects and apply the Committee's recommendations.

In June, the Healey-Driscoll Administration launched "Forests as Climate Solutions" to increase the focus on forests and climate by investing in forest conservation, enhancing a network of forest reserves, and developing forest management guidelines based on the latest climate science.

EEA convened the Climate Forestry Committee, a group of scientific experts, to bring their expertise and recommend a climate-centered approach for state lands. The Climate Forestry Committee's report offers guidelines to optimize carbon storage and resilience of state forests in alignment with the 2050 Clean Energy and Climate Plan.

"We've done the review - now we're following the science. It is encouraging to see that Massachusetts has been proactive in many ways when managing our forests, but our work is not done yet," said EEA Secretary Rebecca Tepper in a press release. "With these funds, we will empower communities to invest in this critical resource while boosting local economies that rely on our forests. These investments will pay dividends in the long term as we confront extreme weather and make progress on our climate goals."

"Healthy forests and wetlands are our best defense against the increasingly dangerous impacts of climate change. Nature-our forests, wetlands, grasslands-sequester huge amounts of carbon; you can look out your window today and see the best direct air capture technology currently available-trees. And they provide



this service for free. But our forests are in danger-each year we lose more and more as forests are cut for other land uses and the forests themselves are experiencing the effects of more extreme climate impacts, including droughts, fires, heat waves, invasive species, and more intense storms. The Healey-Driscoll Administration made it a top priority to ensure our forest management practices and state policies guiding our forestry programs integrate the best and most current science," said Climate Chief Melissa Hoffer. "The policy choices and actions we take now will impact future generations. We look forward to incorporating these recommendations into our land management plans and strategies, and we are very grateful to the Committee members who collectively bring deep expertise on a broad range of forestry and climate science."

Climate Forestry Committee recommendations

Over six months, the Committee deliberated on recent science about how forests can affect climate change and how they are best managed for carbon storage and sequestration. The Committee centered its recommendations around the idea that forest management ranges along a spectrum from the most passive, hands-off approach, where nature takes its course, to active management, where interventions are targeted to advance specific forest conditions.

Its recommendations covered several areas, including carbon stocks and sequestration, soils, natural disturbances, and habitat management, offering climate-centered approaches for each.

In addition, the Committee discussed strategies for maximizing carbon storage. The Committee agreed that carbon storage is greatest in older forests, and the state should allow forests to grow old while balancing goals for active management.

The Committee also recommended strategies for pursuing active forest management in a climate-focused manner, including updating Best Management Practices and encouraging EEA to implement its Healthy Soils Action Plan to preserve soil carbon.

The Committee also recommended a reduction in habitat goals for species dependent on young forests, shrublands, and grasslands on MassWildlife lands to increase carbon storage and sequestration. Separately, as part of the Biodiversity Conservation in Massachusetts Executive Order, the Department of Fish and

Game will evaluate and update habitat goals for 2030, 2040, and 2050 for Massachusetts.

Additionally, the Committee underscored the importance of natural disturbances for forests, and recommended, wherever possible, that dead trees be left on the ground for their biodiversity benefits - rather than removed.

Recognizing the impact pests, pathogens, and invasive plant species can have on natural and working lands, the Committee recommended that EEA evaluate each circumstance individually including the nature of the invasive pest or pathogen, the tree species impacted, the stage of the invasion, and the likelihood of successful intervention.

Overall, the Committee encouraged state agencies to be more specific about the rationale behind forest management projects and their carbon and climate implications, including for water supply protection and habitat management goals. It also called for more investment in data, science, and staffing resources for state forest lands.

Forest and carbon data

Understanding the essential role of forests and carbon, the administration has also developed an outline and framework for a publicly available dashboard that will launch in 2024, highlighting forest carbon metrics and trends.

Projects planned for 2024 include engaging an external contractor to investigate where and how wood from Massachusetts forests is being utilized and the impact on carbon storage of use in long-lived wood products.

Landowner and business incentives

Working directly with private forest landowners representing 60% of Massachusetts' forests and forestry business owners representing the state's \$5.4 billion market sectors, EEA will expand its successful Working Forest Initiative program.

In 2024, the administration will take actions to increase technical assistance, incentivize practices that protect or enhance forest soils and carbon stocks, and promote forest resilience across private and municipal lands in Massachusetts via technical assistance from licensed foresters to advance climate-oriented forestry practices. In addition, an annual climate forestry event will be launched for all forest landowners and related businesses to exchange ideas, best practices, and innovations.

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Quabbin Regional Middle School list honor roll

BARRE – Quabbin Regional Middle School announces the first quarter honor roll for the 2023-2024 school year.

Grade Seven, High Honors

Olivia Abbas-Peck, Kalina J. Bassett, Hazel R. Carter, Lauren E. Colleton, Adalyn B. Cranston, Olivia T. Gregory, Carson R. McConaughy, Gemma A. Mullins, Whitney P. Reeves, Zoey M. Salvatore, Annabelle G. Silver, Launa E. Tran and John T. Tyler.

Grade Seven, Honors

Adeelya L. Andrade, Alison C. Baptiste, Joshua D. Caranci, Joseph H. Cook, Alexandra C. Cullen, Madison S. Cyr, Kalypso P. DeCologero, Fiona M. Derr, Landon R. Devine, Brynn E. Dunphy, Ryder R. Eagan, Tyler P. Ellis, Maya E. Faucher, Finian G. Fauteux, Silas L. Flint, Lindsay A. Fors, Nathan W. Gingras, Juliana C. Guilderson, Madison G. Haley, Sawyer D. Harmon, Hayston J. Hay, Madisyn E. Hill, Reese O. Jamieson, Aubrey M. Lawson, Brooklyn P. Lewis, Allie T. Lipiec, Sage M. McQuestion, Lunabelle A. Moore, Ryan A. Morin, Amelia E. Morrill, Greyson A. Mullins, Olivia M. O'Connor, William P. O'Neill, Joseph E. Perrone, Lukas J. Potter, Chloe A. Richardson, Kimberly A. Riendeau, Jillian M. Rigney, Ava M. Rogowski, Jacob J. Rosario, Madison E. Scanton, Madisyn L. Shotwell, Deven J. Skinner, Brianna S. Souza, Rosalie M. Stark, Addison C. Surprenant, Tucker Talbot, Robert Q. Tobin, Mackenzie A. Toupin and Maxwell W. Wade.

Grade Eight, High Honors

Nicolas G. Antonio, Brent J. Benoit, Abraham A. Brown, Vivien D. Burch, Alianna M. Casey, Kaylee M. Correia, Maya B. Edouard, Andrew P. Erickson, Ava H. Kinney, Matthew C. Labrousse, Kingston R. McKenzie, Angelina N. Orr, John A. Orsini, Stella M. Pears, Ellie L. Poulin, Moira M. Powers, Kristen A. Schur, Benjamin D. Thompson, Erin J. Trottier and Catherine E. Tucker.

Grade Eight, Honors

Haleigh E. Agurkis, Sophia I. Bellerose, Mackenzie J. Black, Laine M. Bousquet, Josephine M. Buck, Carlmorisia K. Campbell, Eleanor L. Carroll, Wyatt E. Clark, Brian R. Colleton, Aiden A. Crane, Claudia W. DeLaRoche, Zoe M. Doherty, Lilliana R. Doyle, Olivia L. Drake, Aliyah B. Edouard, Arianna R. Fargoli, Audrey J. Faucher, Samuel S. Feldman, Julian O. Forsyth, Sydney C. Freeman, Larrab B. Gagne, Daniella N. Gaudreault, Callahan C. Hardy, Chloe L. Howarth, Samuel E. Jamieson, Aamir M. Kamboh, Spencer T. Kokoski, Dylan C. Lantagne, Ahryana M. Laroche, Alison A. LaRoche, Emma R. Lindsey, Kayla A. McNee, Max B. Melad, Lynn Diarrah S. Michel, Gianna E. Montalvo, Zion R. Parks, Aubrie L. Phelps, Juliet K. Priestley, Lucas D. Proctor, Gwendolyn B. Ruis, Ava G. Sobol, Carter J. Stevenson, Hailey A. Stoll, Ryleigh I. Sullivan, Noah D. Toupense, Matthew J. VanScoy, Caleb P. Wnek and Shane T. Woodruff.

News from the Quabbin Regional School District

From the desk of Colleen Mucha, Interim Superintendent of QRSD

Science learning has students at Quabbin Regional Middle School fired up.

Students in grades six-eight have been engaged in a new and exciting curriculum, Open Science Education. This curriculum is different from what students may have been exposed to in the past.

The phenomenon based approach allows students the opportunity to figure out what is happening in the scientific world with the teachers guiding them throughout the processes.

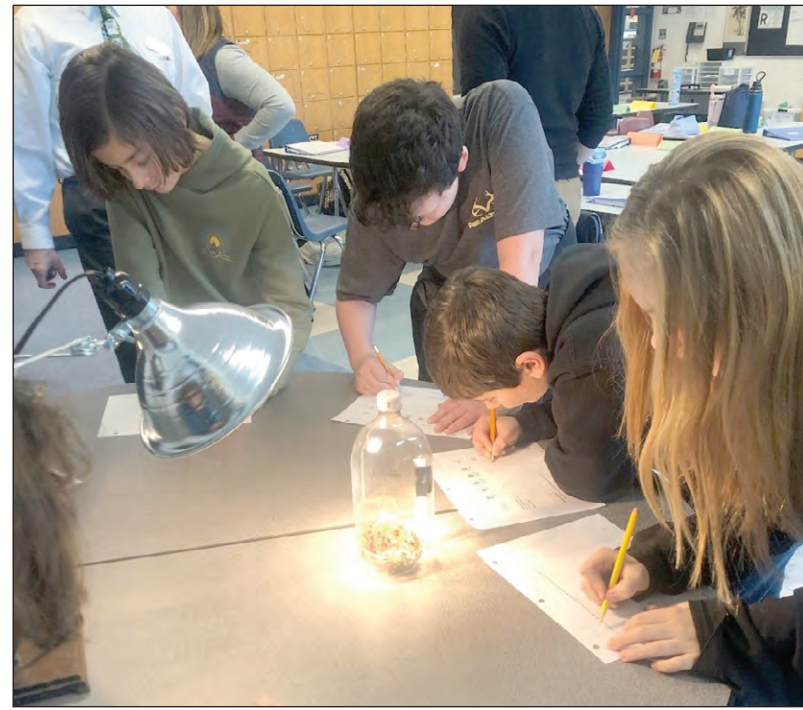
Students generate questions, explanations, and ideas for investigation so that they can test, explore and problem solve their own theories and hypotheses. Teachers have seen increased student engagement and excitement in our science classes and our students are clamoring for more.

Recently, I observed our sixth graders as they explored humidity. Students had previously read an article and they were excited to share their thoughts and they were tasked with creating an environment where they believed they could make the humidity rise over time.

They had access to a variety of materials and were encouraged to think about different environments such as a beach, desert, or grassy lawn.

As a team, students selected to recreate the environment that they thought would result in having an increased humidity in comparison to their classroom. They quickly gathered sand, water, grass, ice, whatever they needed.

Students went right to work. After gathering materials, they cre-



Submitted Photo

Students in grades six through eight have been engaging in a new curriculum, Open Science Education. Sixth graders work on creating an environment where humanity would rise over time.

ated mini environments and started recording their humidity levels at each one minute interval.

In between their data collection, I asked students how their learning in science was going this year.

Khaiden Deschenes said, "I'm more involved. It's more fun to do experiments and build." Emily DeMalia shared, "I also am more involved. We create our own ideas to work together to come up with our own conclusions."

Quabbin Regional Middle School Science Technology Engineering and Math Coach, Drew Giese, reported, "I'm seeing students work with more challenging scientific concepts at an earlier age. For example, I've seen our middle schoolers

work with concepts that I used to teach as a high school physics teacher. I know this is going to help them have greater understanding and to feel more prepared."

We are thrilled that our students at the middle school level are responding so well to the newly implemented science curriculum. We anticipate strong outcomes for our students.

In 2021, it was anticipated that the need for workers in the STEM field was going to increase at two times the rate of all other occupations by 2031. It is our plan to ensure that all Quabbin students, who seek a career in the STEM field, are ready and excited to take that on.

Paige Memorial Library lists upcoming events

HARDWICK – How can a sash tie an extended family together?

Author Paula Grandpre Wood will share her journey tracking down ancestors, piecing together their stories, and finding herself wrapped in an historic sash that creates an unbreakable bond, linking generations at the Paige Memorial Library, 87 Petersham Road, on Saturday, Jan. 13 at 1:30 p.m.

Her book "The Long Walk Home with the Ceinture Fléchée: The Arrow Sash" is a genealogical adventure with suspense, joy, and grief, a testament to faith, family, and traditions.

Space is limited so please register by emailing director.paigelibrary@gmail.com or calling 413-477-6704.

Share your family's story

As we look forward to 2024, let's also look back at family history and memories. Register to join a group to write and share stories of your family and perhaps search your family tree with "We are History: Preserving Memories and Family Stories" at the Paige Memorial Library.

Reminiscing is really just good old-fashioned communication. Be it a funny story, an important life-changing story, or a tradition, let's write it to leave a record. Memories can provide comfort and help put our lives in perspective.

Contact the Paige Library for more information by emailing director.paigelibrary@gmail.com or calling 413-477-6704.

QHSUA from page 1

its members which benefit the 18 towns of the Quaboag Hills region. All of these towns are rural, and the QHSUA has continued to advocate for the health needs of this overlooked and underserved area.

The QHSUA has also served to connect organizations to each other, and allow members to network.

Looking toward the future, QHSUA would like more opportunities for in-person gatherings, in addition to virtual meetings.

Members would also like to grow the QHSUA's membership into other sectors, and hear from parents as well as members of the faith community. Drafting a chart to show how each group within the alliance collaborates and interacts with each other would also be helpful to members and the community.

Under the "what if" category, QHSUA members would like to see more involvement from local businesses and community members to help reduce the stigma of substance use. The members would also like to offer individual grants and grant making opportunities.

"What if" also included the need for extended training and public health development, and advocacy for a community health center, as well as more access to harm reduction.

Members would also like to remove barriers for treating substance use and look at broader health issues related to substance

use that aren't addressed due to stigma. A need for policy and legislation was also discussed.

Upcoming trainings and events

Community Engagement Coordinator for QHSUA Abigail Duda presented several upcoming trainings and events, including a Palmer-focused meeting in the library of Palmer High School on Tuesday, Jan. 23 from 2:30-4 p.m.

Attendees at the group's previous meeting held in November will continue discussion about substance use and related public health issues and how they apply to Palmer.

This meeting will be held in-person with virtual access as well. Register by visiting <https://forms.gle/7A588d1Mh1r2u4w79>.

Duda said the second part of the Positive Community Norms free training offered by the Montana Institute will be held Thursday, Jan. 25 from 2-4 p.m. via Zoom. This two-hour training will be part message development and part brainstorming session.

Registration is required by Tuesday, Jan. 23 by visiting <https://s.alchemer.com/s3/MIP2> or emailing aduda@townofware.com. The first part of the training can be viewed at <https://vimeo.com/853697015/6b5f65c88c?share=cop>.

Youth Mental Health First Aid training will be offered in two sessions. The first on Tuesday, Jan. 30 from 9 a.m.-3:30 p.m. and the second over two days, Mondays,

Feb. 5 and 12 from 6-8:30 p.m. Register at <http://s.alchemer.com/s3/TTMHFA>.

Healthy Quaboag and The Rural Vaccine Equity Initiative will offer COVID-19 and flu vaccine clinics on Sunday, Jan. 21 from 11 a.m.-3 p.m. at the Town House, 32 Common St., Hardwick and Monday, Jan. 22 from 3-6 p.m. at Education to Employment, 79 Main St., Ware. Bring your ID, insurance card and vaccination card (you don't have an insurance card).

All vaccinations are available at no cost. Walk-ins and families welcome.

The Quabbin Health District, QHSUA and Healthy Quaboag will host an opioids and opioids rescue training led by Kirsten Krieger, RN, BSN, Public Health Nurse on Tuesday, Jan. 16 at 4:30 p.m. at E2E, 79 Main St. Register by Friday, Jan. 12 by emailing kkrieger@townofware.com.

Community Strong Wellness The Palmer Public Library, the Palmer Police Department's Drug Addiction Recovery Team and a mental health CHD clinician will be available at the library on Wednesdays, Jan. 17, 31 and Feb. 14 from 1-4 p.m.

They will be assisting people with problematic substance use, mental health concerns, housing stability, financial assistance, health insurance questions and more.

Palmer Police Sergeant David Burns said the team will be using

these events to assess the needs of the community, and find ways to offer support.

Recovery Center of HOPE

Peer Recovery Coach Julie Lutz gave an update on the Recovery Center of HOPE's Guiding Rides program.

Lutz said a van provides rides Monday through Friday morning to Springfield methadone clinics; rides to treatment, providers and other recovery supports; and more.

Rides can be provided for "anything that's going to support somebody's recovery," she said.

Lutz said the second and fourth

Tuesdays of the month will be for basic needs rides, including trips to Walmart, Big Y and pharmacies. A sign-up sheet is available at the center for community members to request rides.

Peer Community Resource Navigator Susan Daley said attendance at All Recovery meetings is growing, with a total of 121 participants in November and 163 in December.

The Recovery Center of HOPE is now open five days a week, with hours Monday, Tuesday and Thursday from 11 a.m.-1:30 p.m., Wednesday from 10 a.m.-7 p.m. and Friday from 10 a.m.-2 p.m. All

Recovery meetings are held daily at 11:30 a.m.

HEALing Communities Study

Maegan Boutot shared a link to get medication for opioid use disorder and Narcan (qhsua.org/resource-map/) at locations in Belchertown in Ware.

"We put together a map of all NaloxBoxes...there are movements to make that statewide, hopefully soon," Boutot said.

Next meeting

The next meeting of the QHSUA will be held on Monday, Feb. 12.

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Since Country Bank's founding more than a century and a half ago, we've had the opportunity to work with many organizations dedicated to making life better for those we serve.

public safety

Ware Police Log

During the week of Jan. 1-8, the Ware Police Department responded to 17 miscellaneous calls, 46 administrative calls, 19 traffic violations, 20 emergency 911 calls, two frauds, one harassment, three thefts/larcenies, two safety hazards, one structure fire, eight motor vehicle accidents, three animal calls and 18 motor vehicle stops in the town of Ware.

Monday, Jan. 1
8:36 a.m. Abandoned 911 Call, Coffey Hill Road, Dispatch Handled
12:57 p.m. Abandoned 911 Call, East Street, Dispatch Handled
2:57 p.m. Theft/Larceny, Vigeant Street, Advised
5:41 p.m. Abandoned 911 Call, Sheehy Road, Dispatch Handled
7:16 p.m. Abandoned 911 Call, South Street, Dispatch Handled
9:19 p.m. Motor Vehicle Stop, South Street, Arrest Made
Summons: Andrew D. Place, 36, Monson
License Suspended, Operation Motor Vehicle With

Tuesday, Jan. 2
10:16 a.m. Fraud/Deception, Hutchinson Road, Advised
12:35 p.m. Drugs, West Street, Service Rendered
12:39 p.m. Drugs, West Street, Report Made
3:45 p.m. DUI/Impaired, Webb Court, Arrest Made
Arrest: Romario Robinson, 27, Ware
Disorderly Conduct; Resist Arrest; Assault and Battery on Police Officer; OUI-Liquor or .08%; Unlicensed Operation of Motor Vehicle; Unregistered Motor Vehicle; Uninsured Motor Vehicle; Number Plate Violation to Conceal ID; Identify Self; Motor Vehicle Operator Refuse;

Assault and Battery on Police Officer

Wednesday, Jan. 3
2:37 a.m. Bylaw Violation, North Street, Citation/Warning Issued
7:14 a.m. Traffic Incident/Crash, Palmer Road, Assist Given
10:27 a.m. Traffic Incident/Crash, South Street, Report Made
12:15 p.m. Drugs, West Street, Investigated
4:37 p.m. Abandoned 911 Call, Otis Avenue, Investigated
5:12 p.m. Motor Vehicle Stop, West Street, Citation/Warning Issued

Thursday, Jan. 4
3:17 a.m. Bylaw Violation, Westbrook Avenue, Citation/Warning Issued
11:19 a.m. Motor Vehicle Stop, Belchertown Road, Citation/Warning Issued
12:49 p.m. Theft/Larceny, West Street, Assist Given
1:15 p.m. Assault, West Street, Report Made
Summons: Zachariah Connors, 18, Ware
Assault and Battery
1:48 p.m. Motor Vehicle Stop, Belchertown Road, Citation/Warning Issued
9:45 p.m. Abandoned 911 Call, Lower Cove Road, Investigated

Friday, Jan. 5
10:11 a.m. Abandoned 911 Call, Gould Street, Investigated
12:22 p.m. Abandoned 911 Call, Church Street, Investigated
12:56 p.m. Harassment/Stalk/Threat, Vigeant Street, Advised
3:55 p.m. Abandoned 911 Call, Pulaski Street, Dispatch Handled
8:25 p.m. Motor Vehicle Stop, Palmer Road, Citation/Warning Issued
9:16 p.m. Motor Vehicle Stop,

West Street, Report Made
Summons: Meivelyn Mateo Corporan, 23, Springfield
Unlicensed Operation of Motor Vehicle; Inspection/Sticker, No; Lights Violation, Motor Vehicle

Saturday, Jan. 6
3:42 a.m. Bylaw Violation, Otis Avenue, Citation/Warning Issued
3:44 a.m. Bylaw Violation, Marjorie Street, Citation/Warning Issued
3:45 a.m. Bylaw Violation, Pine Street, Citation/Warning Issued
7:10 a.m. Structure Fire, Westbrook Avenue, Extinguished
2:53 p.m. Fraud/Deception, Palmer Road, Services Rendered

Sunday, Jan. 7
3 a.m. Traffic Incident/Crash, Bacon Road, Report Made
9:02 a.m. Safety Hazard, Bacon Road, Taken/Referred to Other Agency
9:02 a.m. Safety Hazard, Bondsville Road, Taken/Referred to Other Agency
11:32 a.m. Traffic Incident/Crash, Valley View, Report Made

Monday, Jan. 8
10:35 a.m. Traffic Incident/Crash, West Street, Report Made
1:29 p.m. Traffic Incident/Crash, Church Street, Report Made
3:08 p.m. Abandoned 911 Call, Dale Street, Services Rendered
4:21 p.m. Traffic Incident/Crash, Howard Road, Report Made
7:09 p.m. Abandoned 911 Call, South Street, Dispatch Handled
8:35 p.m. Theft/Larceny, Dale Street, Advised
9:11 p.m. Motor Vehicle Stop, Main Street, Citation/Warning Issued

Spoken To
2:03 p.m. Safety Hazard, Main Street, Dispatch Handled
3:09 p.m. Assist Citizen, Greenwich Road, Officer Handled
3:35 p.m. Suspicious Activity, Hardwick Road, Investigated
7:17 p.m. 911 Disturbance, North Road, Peace Restored
10:33 p.m. Assist Citizen, Greenwich Road, Spoken To

Thursday, Jan. 4
8:53 a.m. Assist Citizen, Barre Road, Officer Handled
10:41 a.m. Suspicious Activity, Greenwich Road, Investigated
11:41 a.m. Assist Citizen, Main Street, Dispatch Handled

Friday, Jan. 5
5:06 a.m. Medical Emergency, Upper Church Street, Services Rendered
8 p.m. 911 Hang-up/Abandoned, Lower Road, Spoken To

Saturday, Jan. 6
1:45 a.m. Motor Vehicle Investigation, Delargy Road, Spoken To
9:06 a.m. Motor Vehicle Stop, Petersham Road, Citation Issued
9:07 a.m. 911 Hang-up/Abandoned, Main Street, Spoken To
9:39 a.m. Motor Vehicle Stop, Lower Road, Citation Issued
12:54 p.m. Motor Vehicle Stop, Main Street, Written Warning
3:27 p.m. 911 Medical Emergency, Cleveland Road, Transported to Hospital
4:19 p.m. Motor Vehicle Stop, Barre Road, Written Warning
5 p.m. Motor Vehicle Stop, Main Street, Citation Issued
10:21 p.m. 911 Assist Citizen, Barre Road, Officer Handled

Sunday, Jan. 7
8:37 a.m. 911 Medical Emergency, Greenwich Road, Transported to Hospital
3:14 p.m. Motor Vehicle Accident, Greenwich Road, Services Rendered
4:27 p.m. Complaint, Barre Road, Officer Handled
9:42 p.m. 911 Medical Emergency, Church Lane, Transported to Hospital

Warren Police Log

During the week of Dec. 17-23, the Warren Police Department responded to 233 building/property checks, 56 community policing, 18 traffic enforcements/radar, 20 emergency 911 calls, one larceny/theft, one trespasser/proowler, five complaints, one safety hazard, two motor vehicle accidents, two animal calls and 29 motor vehicle stops in the town of Warren.

Sunday, Dec. 17
1 a.m. Motor Vehicle Stop, Main Street, Vehicle Towed
1:13 a.m. Complaint, Bacon Street, Citation Issued
3:40 a.m. Motor Vehicle Stop, Main Street, Citation Issued
5:42 a.m. Overdose/Poisoning, Mill Street, Transported to Hospital
11:26 a.m. Falls, Mechanic Street, Transported to Hospital
9:17 p.m. Weakness and Fever, Cronin Road, Transported to Hospital
10:13 p.m. Motor Vehicle Stop, Main Street, Written Warning

Monday, Dec. 18
9:03 a.m. Seizures, Spring Street, Transported to Hospital
11:26 a.m. Fumes/Gas, Main Street, Message Delivered
5:47 p.m. Safety Concern, Main Street, Officer Advised
8:30 p.m. Breathing Difficulty, Heritage Drive, Transported to Hospital

Tuesday, Dec. 19
6:50 a.m. Chest Pain/Heart Problem, North Street, Transported to Hospital
10:23 a.m. Motor Vehicle Stop,

Main Street, Written Warning
12:06 p.m. Larceny or Theft, Brimfield Road, Officer Spoke to Party
5:05 p.m. Motor Vehicle Stop, Main Street, Written Warning
6:35 p.m. Motor Vehicle Stop, Main Street, Written Warning
7:03 p.m. Motor Vehicle Stop, Main Street, Written Warning
7:39 p.m. Motor Vehicle Stop, Main Street, Written Warning
7:50 p.m. Motor Vehicle Accident, Main Street, No Fire Service Necessary

Wednesday, Dec. 20
5:44 a.m. Sick/Unknown, Winthrop Terrace, Transported to Hospital
7:42 a.m. Abdominal/Back Pain, South Street, Transported to Hospital
8:18 a.m. Sore Throat, Washington Street, Referred to Other Agency

Thursday, Dec. 21
12:47 a.m. Breathing Difficulty, Constitution Avenue, Transported to Hospital
2:56 p.m. Motor Vehicle Accident, Boston Post Road, Mutual Aid Transport
8:03 p.m. Motor Vehicle Stop, Main Street, Written Warning

Friday, Dec. 22
12:16 a.m. Motor Vehicle Stop, Old West Brookfield Road, Written Warning
5:41 a.m. Breathing Difficulty, Winthrop Terrace, Transported to Hospital
2:42 p.m. Chest Pain/Heart

Editor's Note: People in this country are presumed to be innocent until found guilty in a court of law. Police provide us with the information you read on this page as public record information. If you or any suspect listed here is found not guilty or has charges dropped or reduced, we will gladly print that information as a follow-up upon being presented with documented proof of the court's final disposition.

Problem, North Street, Transported to Hospital
6:25 p.m. Trespasser/Prowler, Sarty Road, Investigated
7:21 p.m. Motor Vehicle Stop, Main Street, Written Warning
11:53 p.m. Complaint, Mechanic Street, Citation Issued

Saturday, Dec. 23
12:03 a.m. Complaint, North Street, Citation Issued
12:18 a.m. Complaint, Comins Pond Road, Citation Issued
12:29 a.m. Complaint, Keys Road, Citation Issued
4:08 a.m. Motor Vehicle Stop, South Street, Report Filed
8:44 a.m. Complaint, High Street, Officer Spoke to Party
12:23 p.m. Sick/Unknown, A Street, Transported to Hospital
6:23 p.m. Motor Vehicle Stop, Main Street, Written Warning
8:53 p.m. Motor Vehicle Stop, Main Street, Criminal Complaint

Hardwick Police Log

During the weeks of Dec. 25-Jan. 8, the Hardwick/New Braintree Police Department responded to 148 building/property checks, 115 directed/area patrols, 15 traffic controls, 18 emergency 911 calls, 15 radar assignments, four safety hazards, nine citizen assists, one assist other agency, one burglary/breaking and entering, five complaints, one motor vehicle accident, two animal calls and 28 motor vehicle stops in the town of Hardwick.

Monday, Dec. 25
8:53 a.m. 911 Hang-up/Abandoned, Ruggles Hill Road, Spoken To
11:12 p.m. Motor Vehicle Stop, Main Street, Written Warning
11:53 p.m. 911 Welfare Check, High Street, Spoken To

Tuesday, Dec. 26
6:46 a.m. Safety Hazard, Barre Road, Officer Handled
3:01 p.m. Burglary (Breaking and Entering), Main Street, Officer Handled

Wednesday, Dec. 27
3:38 a.m. Motor Vehicle Stop, Barre Road, Citation Issued
4:39 p.m. Motor Vehicle Stop, Main Street, Citation Issued

Thursday, Dec. 28
3:43 a.m. 911 Medical Emergency, Ridge Road, Transported to Hospital
10:45 a.m. 911 Medical Emergency, Bridge Street, Transported to Hospital
10:58 a.m. Assist Other Agency, Unknown Location, Services Rendered
12:23 p.m. 911 Medical Emergency, Jackson Road, Transported to Hospital
6:54 p.m. Suspicious Activity, Lower Road, Investigated
9:57 p.m. Motor Vehicle Stop, Main Street, Written Warning

Friday, Dec. 29
7:03 a.m. 911 Medical Emergency, Greenwich Road, Transported to Hospital
9:28 a.m. Motor Vehicle Stop, Barre Road, Written Warning
9:39 a.m. Assist Citizen, Out of Town, Spoken To
1:29 p.m. Assist Citizen, Prouty Road, Dispatch Handled

Saturday, Dec. 30
8:04 p.m. Complaint, East Street, Services Rendered

Sunday, Dec. 31
5:56 a.m. 911 Medical Emergency, Main Street, Transported to Hospital
10:54 a.m. Complaint, Greenwich Road, Services Rendered
12:11 p.m. 911 Medical Emergency, Upper Church Street, Transported to Hospital
2:01 p.m. Assist Citizen, Pine Street, Merge
3:54 p.m. Complaint/Motor Vehicle Operations, New Braintree Road, Spoken To
9:18 p.m. Complaint, Shunpike Road, Could Not Locate

Monday, Jan. 1
3:28 p.m. Safety Hazard, Petersham Road, Services Rendered
11:55 p.m. Motor Vehicle Stop, Hardwick Road, Written Warning

Tuesday, Jan. 2
8 a.m. Assist Citizen, Unknown Location, Officer Handled
8:53 a.m. Fire Alarm, Old Petersham Road, Investigated
11:13 a.m. Motor Vehicle Stop, Lower Road, Citation Issued
1:42 p.m. Safety Hazard, Barre Road, Taken/Referred to Other Agency
9:34 p.m. Motor Vehicle Stop, Lower Road, Citation Issued

Wednesday, Jan. 3
9:39 a.m. 911 Medical Emergency, Church Lane, Transported to Hospital
10:55 a.m. 911 Complaint, Greenwich Road,

High levels of radon gas detected in 21.8% of Massachusetts homes

Radon is the second leading cause of lung cancer, and the "State of Lung Cancer" report reveals that it is detected at high levels in about 21.8% of homes in Massachusetts. During January for National Radon Action Month, the American Lung Association in Massachusetts is urging everyone to help save lives by testing their home for radon and mitigating if high levels are detected. Radon is a naturally occurring radioactive gas emitted from the ground. Radon is odorless, tasteless and colorless, and can enter a home through cracks in floors, basement walls, foundations and other openings. Radon can be present at high levels inside homes, schools and other buildings. It is responsible for an estimated 21,000 lung cancer deaths every year and is the leading

cause of lung cancer in people who have never smoked. Here in Massachusetts about 21.8% of radon test results equal or exceed the Environmental Protection Agency action level of 4 pCi/L, according to the Lung Association's "State of Lung Cancer" report. "Radon in homes is more common than you think. In fact, high levels of radioactive radon gas have been found in every state but most places in the country remain under-tested, so this isn't something that should be taken lightly. Exposure to radon is the second leading cause of lung cancer in the United States," said Daniel Fitzgerald, director of advocacy for the Lung Association in a press release. "Testing for radon is the only way to know if the air in your home is safe. The good news is that it is

easy to test. Do-it-yourself test kits are simple to use and inexpensive." After high levels are detected, a radon professional should install a radon mitigation system, which is easy and relatively affordable. A typical radon mitigation system consists of a vent pipe, fan and properly sealing cracks and other openings. This system collects radon gas from underneath the foundation and vents it to the outside. Contact your state radon program for a list of certified professionals in your state. Some state health departments offer financial assistance or low interest loans for radon mitigation. Learn more about radon testing and mitigation at Lung.org/radon and take the Lung Association's free Radon Basics course at Lung.org/Radon-Basics.

WARREN from page 1

Levee committee
Ferrera said he met with Emergency Management Director James McKeon and they put together a paragraph outlining the primary functions of the Levee Compliance Safety Committee. This includes studying ways in which the town's levee remains in the compliance with the U.S. Army Corps of Engineer's regulations; ensuring the levee is safe and not at risk of flooding; reviewing all compliance requests from the U.S. Army Corps of Engineers; making recommendations to the Board of Selectmen on any improvements that need to be made; participating in and reviewing the yearly inspection reports issued by the U.S. Army Corps of Engineers. Ferrera said it is anticipated that the committee will meet on a quarterly basis. He said interested residents can submit letters of interest or emails to Administrative Assistant Karen Dusty

Settlement
Board of Selectmen Chair David Dufresne said a settlement has been reached between the town and Copart of Connecticut, Inc. regarding conditions outlined in a special permit. The board voted to approve the settlement. Conditions included regulations related to test pits, hours of operations and idling. Dufresne said the Planning Board addressed concerns brought forth by residents in these conditions. Ferrera said Copart filed a complaint against the town and these conditions on Dec. 30, 2021. He said town counsel has been working to reach this agreement since that time.

He said the agreement reached is fair to both parties. **Town Administrator's report**
Ferrera said the first public presentation with Tecton Architects regarding the town's financial feasibility study for a public safety/municipal complex will be held on Thursday, Jan. 11 at 6 p.m. He said Tecton Architects will give the board an update about the progress of the study. On Jan. 16 at 4 p.m., the Capital Planning Committee will meet with Ferrera, the Treasurer and a member of both the Finance Committee and the Board of Selectmen to go over the capital improvement plan and budget. Ferrera said the town held its first department head meeting of the new year, and one of the first priorities was cybersecurity. Later that same day the town received a fraudulent email. "These things happen, and we have to remain vigilant, and we have to be on our game and working and coordinating with Northeast IT to look into these issues immediately," he said. Ferrera warned against clicking on links in unknown emails. Ferrera said the installation of the grit screw at the Sewer Department is complete. "It's running, it's connected," he said. Ferrera said he's also working with the Sewer Commission to fill a vacancy and recommend a candidate. Ferrera said the Police Department is expecting to have a vacancy at the end of February and the job has been posted. The town accountant's position closes on Jan. 16 and the town has already received about five applicants. The lighting project has started

around the Shepard Municipal Building, with Warren Electric completing the work. Ferrera said KP Law, the town's legal counsel, is increasing their hourly rate from \$220 to \$230. **Parking ticket collection**
The board reviewed and approved a proposal from Deputy Tax Collector Jeffery & Jeffery to collect unpaid parking tickets in addition to regular services. Dufresne said Jeffery & Jeffery is conveniently located in Ware with regular office hours and also offers online bill pay. **Cable contract**
Following a public hearing, the Board of Selectmen issued a cable television license renewal with Comcast, effective from Jan. 1 through Dec. 31, 2033. **Appointment**
The board appointed Patricia Mazzapica to fill a vacancy on the Warren Housing Authority board until the annual town election on May 7. Mazzapica expressed interest in joining the Warren Housing Authority board, adding that she thinks it will be a rewarding experience. **Veterans Council**
Dufresne said the town is still looking for members for its Veterans Council. He said it is an important board that organizes events for veterans in town and more. **Drone training**
Veliz donated a drone to the Community Emergency Response Team and offered to train CERT members, along with Police and Fire on how to operate the drone.

Are you having difficulty communicating with your partner, struggling with boundaries, and healthy relationships? We invite you to join us Friday afternoons from 1-2:30 pm to explore these topics and more. This group will be held in zoom, is educational, confidential, and free. Please contact Pat James 413-726-8661.

CHECK OUT ALL THE Turley Publications www.newspapers.turley.com

Blood Donation Team is coming to Palmer

PALMER –The Baystate Health Blood Donation team will host a blood drive at Baystate Wing Hospital, 40 Wright St. in Snow Conference Room C on Wednesday, Feb. 7, from 8:30 a.m.-2 p.m.

Additionally, Blood Drives will be held every other month on Wednesday throughout the year at Baystate Wing on April 10, June 5, Aug. 7, Oct. 9 and Dec. 11.

“There continues to be an urgent need for blood, when you donate blood to Baystate Health, your pre-

vious gift remains in our local communities,” said Nicole VanZandt, MLT III, Supervisor, BRL Blood Donor Services in a press release. “Please help us to ensure a safe and adequate blood supply is available by donating blood with the Baystate Health Blood Donor Program...there is no substitute for human blood.”

Blood donations take approximately one hour to complete, including the interview, donation, and refreshments. To donate blood, you must be at least 17 years old;

weigh at least 110 pounds have a photo ID; be in good health (no colds, or sore throat); and have not donated blood within the past eight weeks.

In appreciation, all eligible donors will receive a \$10 gift card.

For more information or to book an appointment to donate blood please call the Blood Donor Center at 413-794-4600. Please be sure to note the Baystate Health hospital location you would like to make your donation at when you make your appointment.

St. Francis of Assisi Parish announces upcoming 2024 bus trips

BELCHERTOWN – St. Francis of Assisi Parish, 24 Jabish St., announces the following bus trips for this year.

March 11, Celtic Angels at Aqua Turf, Southington, Connecticut, \$125/per person; April 4, Luncheon and Mystery Theatre at Storowtown, \$99/per person; April 17, Classic Country at Log Cabin, Holyoke, \$119/per person; May 7, Debby Boone “You Light Up My Life”, Aqua

Turf, Southington, Connecticut, \$139/per person; June 6, Rhode Island Cruise, TBA; July 9, Neil & Johnny meet Elvis at Log Cabin, Holyoke, \$125/per person; Aug. 7, Eagles Experience at Log Cabin, Holyoke, \$125/per person; Sept. 8-10, Daniel in Amish Country, Lancaster, Pennsylvania, \$549/per person; Oct. 4, Turkey Train Luncheon, New Hampshire, \$139/per person; Oct. 15-17, Tropicana Atlantic City, New

Jersey with Cher & Elton John, \$331/per person; Nov. 13, Newport, Rhode Island Playhouse (Show TBA), TBA; and Dec. 11, Deck The Halls with Buddy & Elvis, Aqua Turf, Southington, Connecticut, \$125/per person.

For more information, contact Roseann Montefusco by calling 413-364-8161 or emailing rmonte61@yahoo.com or Anthony Ricchiazzi at 413- 283-3966 or tricchiazz@yahoo.com.

Opioids and Opioid Rescue Training

- Understand what opioids are and why people become addicted.
- Address the stigma of addiction.
- How to recognize and respond to an overdose
- How to use Narcan (naloxone) safely and effectively
- Resources for help
- Narcan kit (free!)
- Can be done at your location as a group presentation!
- Can be individual or small groups by appointment.



Join us for this training at:

E2E (Education to Employment)
79 Main Street, Ware, MA 01082
On: January 16, 2024, at 4:30 pm

Presented By:

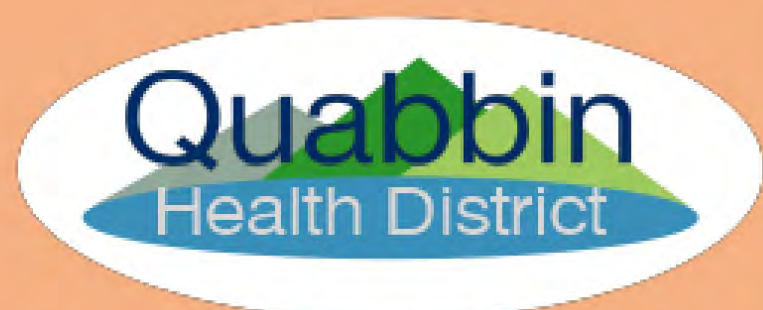
Kirsten L. Krieger RN, BSN
Public Health Nurse
(413) 967-9615

Email: kkrieger@townofware.com

Website: www.quabbinhealthdistrict.com

Please RSVP by 1/12/2024 to:
kkrieger@townofware.com

Training provided courtesy of the following organizations:



Afterschool sledding



Turley Photos by Paula Ouimette
Julietta and Rose raced to the bottom of the hill on their sleds.



Sawyer carries his saucer up the hill after a successful run.



James gets ready to sled down the hill at Hardwick Elementary School during an afternoon activity with Hardwick Youth Center

COVID-19 Vaccine Clinic



Flu shot available!

Sunday January 21, 2024

11:00 am - 3:00 pm

**Hardwick Town House
40 Common St.
Hardwick, MA 01037**



Pfizer & Moderna available.
Bring your ID, insurance card, and vaccination card (if you do not have an insurance card, you can still get the vaccine).
All vaccinations are no cost to you, walk-ins and families welcome!

**Supported by Healthy Quaboag and
The Rural Vaccine Equity Initiative**

**Please use QR Code or the link to pre-register:
<http://tinyurl.com/ms2zhh7p>
Please direct any questions to Arianna Palano at
apalano@townofware.com, 413-478-2526.**



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Reese McKeever keeps her opponent from getting the ball.



Photos by David Henry www.sweetdogphotos.com Emily McGrail goes after a jump ball.



Indians put together win streak

Shelby Hogan looks to navigate the lane.

WARE – Last week, Ware girls basketball won a pair of games to improve to 5-3 on the season. One of those was a low-scoring affair with Hopkins Academy. The Indians prevailed 33-18 after finishing the first half allowing just four points. In the victory, Emily McGrail had 13 points while Amelia Orszulak added five points. The Indians did get points from eight different players in the win.



Tory Finocchio holds the ball high looking to pass.



Finn McFaul starts to drive toward the hoop.



Ryan Fernandez draws two defenders away from play as he passes to an open Evan Long.



Photos by Jack Cascio NEAPsmugmug.com Owen Stevens drives towards the rim.

Fernandez scores 20 in Quaboag win

WARREN – Last Wednesday night, Quaboag boys basketball opened up 2024 with a 52-34 win over Bartlett High School. Ryan Fernandez led all scorers with 20 points and Matt Tiberii added 16 points. Quaboag would trail by a point at halftime despite a fast start, but the Cougars owned the second half, outscoring Bartlett 33-14 to run away with the game. Quaboag is 3-1 for the season.



Ryan Fernandez goes in for a lay-up.



Jacob LaBillois dribbles to the paint.



Matthew Tiberii goes in for two.



Hannah Baxter takes it to the hoop.



Meg Doyle wins the opening tip off.



Bassett breaks out in Quabbin victory

BARRE – Last Thursday night, Riley Bassett had a big game for Quabbin girls basketball with 22 points to lead all scorers in a 48-37 win over Lunenburg. Mia Ducos added 11 points in the win and Quabbin improved to an impressive 7-1 on the season. They are just a couple of wins away from qualifying for the state tournament once again.

Riley Bassett gets fouled while trying to take a shot.



Turley photos by Ray Duffy Brooke Austin drives past the defender.

Thunderbirds suffer loss against rival Bruins

PROVIDENCE, R.I. -- The Springfield Thunderbirds (16-12-3-2) could not overcome an early blitz by the Providence Bruins (19-12-3-0) in a 6-3 loss on Sunday afternoon at Amica Mutual Pavilion.

It did not take the Bruins long to flex their offensive muscles, as John Farinacci slipped into an open area in front of the net, received a pass from Brett Harrison, and one-touched it past Vadim Zherenko to make it a 1-0 Bruins lead just 2:40 into the game.

Just 1:04 later, Justin Brazeau added to the advantage, taking a

Georgii Merkulov pass and deking to the backhand past Zherenko on a point-blank opportunity. Anthony Richard added a third at 6:05, and before the T-Birds knew it, the home side had a 3-0 lead.

After a pair of matching minors put the game at 4-on-4 for the first time, the Bruins found another seam in the defense, as Frederic Brunet made a perfect diagonal pass to the right post, where Ian Mitchell guided it into the twine, ending a potent first period for the Bruins with the 4-0 goal at 17:05.

Please see **T-BIRDS**, page 10

Panthers edged at home

BARRE – The Quabbin Regional High School wrestling team followed up competing at the Agawam Phil Tomkiel Tournament over the holiday with its first meet of 2024. The

Panthers came up just a bit short, falling 34-31 against Marlborough last Wednesday night. The

Panthers faced Algonquin earlier this week and next week travel to Nashoba.



Team Captain Cole Wilson works for the pin.



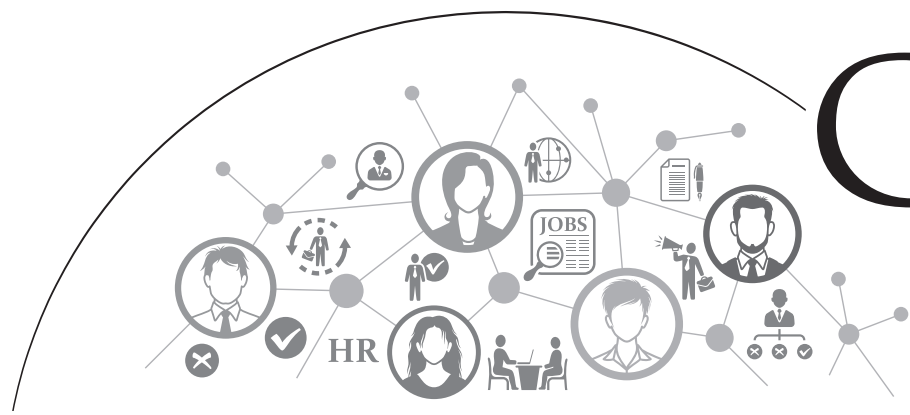
Abe Brown wins his match with a pin.



Matt Tolman earns a pin in the 190-pound match.



Turley photos by Ray Duffy Brent Benoit gets a pin in the 126-pound class.



CAREER Education

HCC announces healthy cooking series for new year

If you've made a New Year's resolution to eat healthier in 2024, Holyoke Community College might have just what you need.

The college is running a series of noncredit cooking classes this spring focused on diabetes but geared toward anyone interested in learning how to prepare healthier, more nutritious meals.

Classes in the "Nutrition for Diabetes" series run either on Tuesday or Wednesday nights beginning Feb. 7. All classes are held at the HCC MGM Culinary Arts Institute, 164 Race St., and taught by Marissa Chiapperino, a registered dietician and instructor in HCC's Culinary Arts program.

"Certain foods can lower your risk

of heart disease and diabetes or help to manage it," Chiapperino said. "Making healthy adjustments to your daily meal plan does not have to be hard or boring. Oftentimes, adding in sources of healthy fats, whole grains, and high fiber fruits and vegetables can boost flavor and decrease the risk of chronic disease."

Each three-hour, stand-alone class will focus on a different theme. The first hour will be an education session with Chiapperino, followed by a two-hour hands-on cooking activity after which participants can take home leftovers and recipes that align with the nutritional topic of the evening.

Wed., Feb. 7, 6-9 p.m.: "What is a carbohydrate?" (white bean egg shakshuka, breakfast casserole, overnight oats, vanilla bean pancakes, salmon toast)

Tues., March 5, 6-9 p.m.: "What is a protein?" (grilled skirt steak with chickpea salad, fideo, raspberry chicken, tahini-baked cod)

Wed., March 20, 6-9 p.m.: "What is a fat?" (smoothie bar, zucchini fritters, roasted chickpeas, cheesy egg souffles, Vietnamese spring rolls with peanut sauce)

Wed., April 17, 6-9 p.m.: "How to read a food label" (grilled swordfish and pepper salad; chicken, lemon and olive bake; sweet potato berry muffins; easy breakfast salad; cheddar



and herb savory overnight oats)

Tues., April 30, 6-9 p.m.: "What is a carbohydrate?" (desserts for diabetes: chocolate date spread, oatmeal cookies, orange chamomile blondies, homemade popcorn four ways, caramelized spiced pears)

In addition, on Tues., April 2, from 6-9 p.m., Chiapperino will lead a similarly structured class on meal planning, "Building a balanced meal," featuring chilled avocado

and cucumber mint soup, eggplant and lentil meatballs, chili-stuffed spaghetti squash, kale and fava bean salad, and grain-free granola.

"Making dietary changes can feel overwhelming," she said. "In this class, we will talk about how meal planning can make or break your ability to lead a more nourishing life with food. The concepts discussed will be suitable for those with many different health concerns and also those who just want to get more comfortable in the kitchen."

Chiapperino holds a bachelor of science degree in dietetics from the State University of New York at Oneonta and a masters of public health from the University of Massachusetts Amherst. She specialized in medical nutrition therapy for critical care and oncology at Westchester Medical Center in New York and was the first bariatric dietician at Holyoke Medical Center, where she helped build their nutrition program.

She is a past president of the Western Massachusetts Dietetic Association and currently serves as executive secretary.

Each session is \$84. For more information, or to register for classes, please go to hcc.edu/healthy-cooking

St. Joan of Arc School ~ Pre-K to Grade 8
587 Grattan Street, Chicopee ~ 533-1475 ~ sjachicopee.org

Learning Rooted in Christian Values

OPEN HOUSE

Saturday, January 27th 9am-12 noon
No Appointment Needed

January 30th & February 1st 3pm-7pm
By Appointment Only



Affordable Tuition & Extended Care

Free Breakfast & Lunch

Extracurricular Programs

Technology ~ Phys. Ed

Music ~ Library ~ Duolingo

Welcoming, Safe & Secure School Community

Social, Physical, Spiritual & Intellectual Wellness

Easy Access to I-391 & I-90

Tuition Assistance Available

Explore the difference at St. Joan of Arc School

Explore the difference at St. Joan of Arc School in Chicopee! Lively Letters and OSMO Tangible Play programs have been added to our PreK and Kindergarten programs. Lexia, a phonics instruction that gives students independent practice in basic reading skills, is now offered to Kindergarten through Grade 8 students. And a Robotics Curriculum is coming soon for our 8th graders.

The school will be holding an Open House on Saturday, Jan. 27 from 9 a.m. - 12 p.m. (no appointment needed). Appointment only tours for families will be held on Tuesday, Jan. 30 and Thursday, Feb. 1 from 3 p.m. - 7 p.m. Please call Chris or Janine in the Business Office at 536-6038 for registration information or to make

an appointment.

St. Joan of Arc is a welcoming, safe and secure school community providing social, physical, spiritual & intellectual wellness for students in Pre-K 3 to Grade 8. SJA has innovative offerings that include affordable tuition and extended care, free breakfast and lunch, extracurricular programs to include Chess, Book and Lego Clubs, as well as a Performing Arts Club. Computer fundamentals with intro to computer science, music, library, and Duolingo language classes are also offered. Located at 587 Grattan St., Chicopee offers easy access to I391 & I90. Financial aid and tuition assistance is available. To learn more visit www.sjachicopee.org.

We look forward to meeting you!

St. Michael's Academy to hold Open House



Are you looking for a school that educates each of its students as an individual? Are you looking for dedicated teachers who want their students to succeed? Are you looking for a school that combines faith with education in order to teach strong moral values, respect and kindness? Are you looking for a school with a structured environment that promotes learning?

Then we have a school for you!

St. Michael's Academy, located at 153 Eddywood Street in the East Forest Park section of Springfield, invites you to an Open House and Curriculum Fair on Sunday, Jan. 28, 2024. There will be a special presentation for prospective students and their families that will begin at noon. The event will include an information session, followed by a panel of students, teachers and parents for questions and finish with a full school tour. The full school will be open to visitors with teachers in each of the classrooms to accommodate questions.

Attend the Open House and learn what St. Michael's Academy can offer your child. St. Michael's Academy is not just books and papers. The educational process strives to form the entire child academically, spiritually, physically and emotionally. The dedicated teaching faculty truly care about their students and want them to learn, grow and succeed. The final result is a graduate who is well prepared for high school, college and beyond. Each student takes with them a solid foundation for continued growth and achievement, having learned the value of respect, kindness and community service.

Unable to attend the Open House on January 28th? Simply call the Admissions Office at (413) 782-5246, ext. 1208 and schedule an informational session and tour.

St. Michael's Academy is located off of Plumtree Road in Springfield, directly behind Holy Cross Church. The Academy educates students from preschool 3 years old, through grade 8. It is the largest Catholic elementary school in Western Mass and the only Catholic elementary school in Springfield.

Learn from the best.

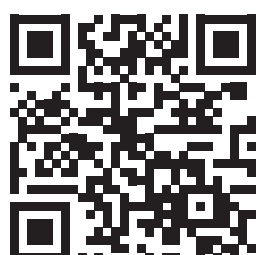
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CAREER Education

Hampden Charter School of Science marks 14 years of educational excellence

Hampden Charter School of Science (HCSS) is a top-ranking free college-preparatory public school founded in 2009 and serving families with students in grades 6th-12th at two campuses in Western Massachusetts: HCSS-East (Chicopee Campus) and HCSS-West (West Springfield Campus).

HCSS proudly provides seven years of unparalleled college preparatory education for grades 6-12 students, paving the

way for college admissions and a wealth of scholarship opportunities. College and Career Readiness at HCSS is a tailored process forging the best possible alignment between each distinctively talented student and the most suitable college or university for them. Students collaborate closely with their counselors to delve into their manifold talents and interests, set aspirations based on these insights, and identify colleges that align with their am-

bitions.

- College Board AP Capstone Diploma Program: A prestigious program that enhances research, analysis, and presentation skills.

- Focused Attention in Small Classes: With an average class size of fewer than 20 students, each individual receives the attention they deserve.

- University Partnerships and Dual Enrollment: Engage in university out-

reach programs that offer dual enrollment opportunities, bridging the gap between high school and college.

- Enhanced College-Prep Curriculum: HCSS's amplified curriculum prepares students comprehensively for higher education.

- Early SAT and PSAT Preparation: To build a strong foundation, Rigorous SAT and PSAT training starting in 8th grade.

- Comprehensive College and Career



Guidance: A thorough guidance program that starts as early as 6th grade, equipping students for future academic and career choices.

- Experiential College Campus Visits: Hands-on learning through college campus tours and informative sessions, providing real-world college experience.

- Community-Driven Guest Speakers and Career Workshops: Gain insights from guest speakers and partake in career workshops led by community professionals.

- Consistently High College Acceptance Rates: An impressive average college acceptance rate of 95% since 2014.

- Substantial Scholarship Achievements: More than \$51M in scholarships raised since 2014.

HCSS Curriculum Highlights:

- Project-Based Instruction and Contextual Learning: Engage in real-world problems and hands-on projects that bring learning to life.

- Developmentally Appropriate and Data-Driven Instruction: Personalized teaching strategies delivered by dedicated and highly qualified educators.

- High-Level Academic Discussions: Opportunities to improve critical listening, thinking, and analysis skills across all subjects.

- Advanced Placement (AP) Opportunities: Access 14 AP courses starting in 9th grade to challenge and elevate academic capabilities.

- Early Honors Courses: Availability of honors courses beginning in 7th grade for an academically accelerated path.

- Inquiry-Driven Curriculum: A focus on fostering inquiry, discovery, innovation, and collaboration in learning.

- Comprehensive Support Services: SPED and ELL services ensure that 100% of at-risk students meet high school MCAS graduation requirements.

- Extensive Tutoring Programs: Free in-school, after-school, and Saturday Academy tutoring, in addition to 24/7 online support in all subjects.

- Project Lead The Way (PLTW): A new addition fostering STEM skills through hands-on projects and real-world challenges, preparing students for future innovation and leadership.

Apply by March 3, 2024, for grades 6th-10th at www.hampdencharter.org.



St. Michael's Academy

Attention Elementary School Teachers!

Looking for a rewarding teaching experience?

St. Michael's Academy will be hiring teachers for the 2024-2025 academic year.

Interested? Send your resume to a.dougal@smaspringfield.org.



Looking for a new school for your child?

Join us on **Sunday, January 28th**

at **noon** for an

Open House

Learn what St. Michael's Academy can offer YOUR child!

St. Michael's Academy, 153 Eddywood St., Springfield, MA
Check us out at smaspringfield.org



Apex Homecare

Turning your family's challenges into solutions

Deliver Excellent Care in a Safe & Supportive Environment

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Information aspiring nurses can include on their résumés

Regardless of what they chose to study, many students look forward to graduation and the next step, which typically involves finding work in their chosen professions. Nursing students are no exception to this, and many, upon completion of their studies, are excited to begin their careers.

A well-crafted résumé is essential for nurses throughout their careers, but especially important for those starting out. According to RegisteredNursing.org, nursing résumés typically include sections commonly found on résumés for professionals across all industries. These standard sections include objective, education and technical skills. But nurses also may want to expand their résumés to include information specific to the nursing profession.

Experience

Newly minted graduates with degrees in certain fields may not have much, if any, experience to list on their résumés. But some recent nursing school graduates may have relevant clinical experience that could help them land their first jobs. When applicable, this section should include the company name (such as the name of the hospital or clinic), the location of the job, the job title, the dates of employment, and a description of the tasks the applicant performed.

Licensure and certifications

RegisteredNursing.org advises aspiring nurses to include where they are now licensed as registered nurses as well as any information regarding certifications they earned during their nursing programs. Nurses who earned their Advanced Cardiac Life Support (ACLS) certification through their nursing program should note that on their résumés, as the RegisteredNursing.org notes that could make candidates appear more desirable in the eyes of prospective employers.

Education

Every résumé should include a section on an applicant's education history. But recent graduates from nursing school should include any relevant information about nursing programs they may have participated in while pursuing their degrees.

Résumés are vital when looking for work. Recent graduates from nursing school can use their résumés to highlight any unique experiences they might have that can help them stand out among crowded applicant pools.



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January 20th
February 3rd
February 10th
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MARCH 3, 2024







CAREER Education

Come and see what great things are happening at St. Stanislaus

St. Stanislaus School in Chicopee is under the new leadership of Principal Katherine Rorrio, who fully appreciates the Franciscan values and long-standing traditions of the school. Mrs. Rorrio is a graduate of the school, was a teacher at the school for 20 years, and is now Principal.

This year the school's theme is "For it is in giving that we receive", an inspirational quote from St. Francis about the value of giving back. Students are focusing on a different Corporal Work of Mercy each month. Some of the Corporal Works of Mercy that have been covered are - Feeding the Hungry and Working for Peace. The most recent Work of Mercy was Shelter the Homeless. Students and families collected 100 blankets, 50 hats, coats, and many undergarments that were donated to a local homeless shelter to help those in the community. Service projects are done throughout the year to help teach students the value of giving back.

The school will be holding an Open House on Sunday, Jan. 21 from 11 a.m. - 1 p.m. (no appointment needed).

If you would like to schedule a private tour for another time, please call the school to schedule an appointment at (413) 592-5135.

St. Stanislaus School is a Roman Catholic, Franciscan, co-educational Pre-K through 8th grade school. Students are assisted in developing their potential spiritually, physically, and socially within a safe and diverse community. A foundation of academic excellence is created to prepare students to become contributing members of a global society. The school has a welcoming Franciscan environment, modern air-conditioned facility, strong core curriculum, enrichment classes, certified faculty, full-day preschool (PreK3 and 4) and Kindergarten, free breakfast and hot lunch, before & after school program, and one to one use and integration of iPads and Chromebooks into curriculum. Financial Aid is available. Interested students are invited to "spend a day with us". To learn more please visit www.saintstansschool.org.

We can't wait to meet you!

Apex Homecare expands programs and staffing to meet growing needs in the elder care arena

Direct Support Professionals at Apex Homecare of Springfield provides home care aides to increase independence for the people with disabilities and seniors, every day.

Caregivers and students pursuing a degree in the healthcare field are encouraged to contact the agency to take advantage of Apex's Direct Support Professional (DSP's) training program. To attract top quality Aide's, the agency provides attractive benefits and a career path.

The direct care worker shortage is a global issue, stretching well beyond Massachusetts. In the U.S., 3 out of every 4 agency providers has a wait list for caregiving services. According to the Global Coalition on Aging Report, 70% of Americans who reach age 65 will need long-term services and support. If nothing changes, the report predicts there will be a national shortage of 151,000 care workers by 2030, and a 355,000-caregiver shortfall by 2040.

Pew Research states that one in four Americans live with a disability that interferes with activities of daily living and a recent national survey reports 90% of Americans age 50 and over want to 'age in place'.

To compound the situation, demand in the family caregiving market is increasing as well. Currently, 53 million Americans serve as family caregivers and the number is growing.

An Executive Order from the White House signed in April 2023 offers new resources to remedy the caregiver shortage crisis to meet increased need. It is the most sweeping set of executive actions to improve care in the nation's history and takes immediate action to enhance job quality for the direct care workforce. Like many of Apex's services, the Executive Order also provides resources for family caregivers that foster emotional well-being and stems the financial and health strain that caregiving has on a family.

About Apex Homecare

Apex provides a safe, compassionate and friendly atmosphere to enable the client to enjoy and maximize the excellence of life in the comfort of his or her home. If you or a loved one needs services, contact Cheryl Rumley RN at Apexhealth01@verizon.net. If you are seeking a career in the caregiving, disability or healthcare field, visit the Apex career page.

ST. STANISLAUS SCHOOL

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11AM-1PM

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Call us for more information and to schedule a tour. We welcome the opportunity for you to experience St. Stanislaus School! Interested students are invited to "spend a day with us."

www.saintstansschool.org
534 Front Street, Chicopee, MA 01013
413-592-5135

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↓ ↓ ↓

LUIS COLON -
LCOLON@GANDARACENTER.ORG

Explore Your Passions. Be a Leader. Choose MacDuffie.

THE MACDUFFIE SCHOOL

OPEN HOUSES

Saturday, February 3, 9:30 a.m. - 12:30 p.m.
Saturday, April 6, 9:30 a.m. - 12:30 p.m.

The MacDuffie School is a special place, and it all begins with our mission:
To foster in all students the intellectual habits of mind, high ethical standards, and respect for diversity required for becoming effective individuals in their personal and work lives, and moral and responsible participants in the world beyond.

There's no better way to get a feel for The MacDuffie School than spending time with us!

Please register for our Open House at www.macduffie.org or contact the Admissions Office at (413) 255-0000 to reserve your spot.

Come Be A Part Of Our Community!

66 School Street
Granby, Massachusetts

www.MacDuffie.org

For Students in Grades 6 through 12

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The Town of Huntington is seeking an **INTERIM TOWN CLERK**. This is a salaried position for approximately 18 hours per week. Application and complete job description are available online at www.huntingtonma.us or by emailing admin@huntingtonma.us. Applications are due by January 26, 2024.
Town of Huntington is an Equal Opportunity Employer.

TOWN OF WILBRAHAM

P/T ADMINISTRATIVE CLERK - ASSESSORS
Looking for a reliable P/T Administrative Clerk for our Assessor's Office. For application and more information please visit www.wilbraham-ma.gov. Open until filled. EOE

HELP WANTED

TOWN OF PALMER - INSPECTOR OF BUILDINGS/ BUILDING COMMISSIONER
The Town of Palmer is seeking qualified applicants for the full-time position of Inspector of Buildings/ Building Commissioner. Must have certification as a local inspector by the State Board of Building Regulations and Standards and obtain Certification as an Inspector of Buildings/ Building Commissioner within the time limit allotted in Massachusetts State Building Code 780 CMP Section 110.R7. For a full job description please visit www.townofpalmer.com/jobs. Qualified and interested applicants should submit their cover letter and resume to Robert Reed reed@townofpalmer.com.

HELP WANTED

TOWN OF WILBRAHAM POLICE OFFICER
For application and more information please visit www.wilbraham-ma.gov. Review of applications begins immediately. Open until filled. EOE

Post your job openings in our classifieds. We get results! Call 413-283-8393

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FOR RENT

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

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Full/Part Time Openings

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

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

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

Resumes and cover letters must be returned no later than Friday, January 26th, 2024, to the attention of Lt. James Early, WPD PO Box 606, Warren, MA 01083 or early@warren-ma.gov.

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PROGRAMS from page 10

Nice & Easy Hike
Nice & Easy Hike will be held on Thursdays from 1-3 p.m., allowing participants to see the forest differently through the eyes of winter. These easy paced, guided hikes geared toward active seniors, but open to all ages.
Modest slope, 2- to 3-miles. Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Note hike meeting location changes: North Side Ramble, Jan.18; Feb. 1, 15 and 29, meet at Notch Visitor Center in Amherst; South Side Ramble, Jan. 11, 25; Feb. 8, 22 and March 7, meet at 79 Batchelor St. Parking Lot in Granby.

Kidleidoscope
Kidleidoscope will be held on Fridays from 10-11 a.m. for ages 3-6, accompanied by an adult. The program includes a story, activity, and a craft. The featured story for Feb. 2 is "The Mitten"; Jan. 26 and Feb. 16 is "Whose Tracks are These?"; Jan. 12 and Feb. 23 is "Chipmunk Song"; Jan. 19 and Feb. 9 is "White Owl, Barn Owl"; March 1 is "My Dad is a Tree" and March 8 is "The Salamander Room".
Discover the local wildlife who make the park their home. Siblings and friends welcome.
Meet in the Notch Visitor Center. All materials are provided.

Off the Beaten Path Hikes
Off the Beaten Path Hikes will be held on Fridays from 1-2:30 p.m. These hikes are geared for adults, but all ages are welcome.
Guided 1- to 2-mile hikes for discovery or destressing. Dress for winter weather.

Hiking poles and traction devices for boots, or snowshoes, recommended.

Hikes include:
Forest Bathing on Jan. 19, Feb. 2 and March 1. Can the forest help us feel more at peace? Yes! A Forest Bathing walk is a great way to destress and find inner peace. Meet at Notch Visitor Center.
Tale of Two Trails on Jan. 12, 26, Feb. 9 and 23. Two trails tell two very different stories, and over two very different times. Come explore and discover. Meet at Notch Visitor Center.
Exposed Rock - Erratics and Layers on Feb. 16 and March 8. Explore the Range geology in winter. Meet at Skinner State Park, Mountainside Trailhead, Route 47, Hadley.
Winter Explorations
Winter Explorations for families (ages 9 and up) will be held on Saturdays from 10-11 a.m. and 1-2 p.m.
Park staff-guided discovery. Held inside Visitor Center.
Programs include:
Animal Tracking on Feb. 3. Winter is a great time to see what animals wander in the park. See how to identify park wildlife by the tracks they leave behind and see what they've been up to.
Tree Bark ID on Jan. 27 and Feb. 10. No leaves? No problem! There is a year-round way to identify trees - bark. Learn some basics, and try out a new skill.
How was the Range Formed? on Jan. 20. The Holyoke Range is a unique geologic formation. Dig a little deeper into this fascinating timeline.
Winter Birding on Jan. 13 and Feb. 24. Which birds are around in winter? How do

we find them? What do they sound like? Join a guest Mass Audubon guide for this birding primer. 10 a.m. only - field walk, talk and inside if rain.
Emergent Spring on March 2 and 9. Spring is just around the corner. Discover early signs of spring.

Story Walk
A Story Walk will be available Feb. 17-25 for all ages. The book is "Goodbye Winter, Hello Spring" by Kenard Pak.
This self-guided story walk is for all ages.
Join a boy and his dog as they explore nature and take a stroll through the countryside, greeting all the signs of the coming season. In a series of conversations with everything from the melting brook to chirping birds, they say goodbye to winter and welcome the lushness of spring.
The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Story Walk® is a registered service mark owned by Ferguson. This StoryWalk® is provided by the Massachusetts Department of Conservation and Recreation Interpretive Services.

Holey Basalt!
A special program by professor and geologist Richard Little, Holey Basalt! The Amazing Geology of the Holyoke Range will be held on Saturday, Feb. 17 from 1:30-2:30 p.m. for ages 8 and up.
The Holyoke Range looms over many Connecticut River towns and cities. How did this happen, and why? Come discover the mystery.
Sponsored by the Friends of Mount Holyoke Range State Park. Meet at Notch Visitor Center.

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