

WARE RIVER NEWS

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QVFPC participates in opioid training

By Paula Ouimette
Editor
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The Quaboag Valley Food Policy Council met to discuss food security and access within the communities it serves, and offer a free “Opioids and Opioid Rescue Training” in collaboration with the Quabbin Health District.

Opioids and Opioid Rescue Training

At the Jan. 25 meeting, Quabbin Health District’s Public Health Nurse, Kirsten Krieger, presented a training about opioids, addiction and how to recognize signs of an opioid overdose.

“The biggest goal is to give people some basic information,” she said.

Addiction, she said, is a treatable, chronic medical disease and that only one in 10 people with substance use disorders are getting treatment.

“It’s finally being seen as more of a disease than a choice,” Krieger said.

“Most people who are using, they feel euphoria, they feel high, it makes them feel better,” she said. “They get to a point when it’s not about the high; it’s about not getting sick.”

Krieger explained the neurobiology of addiction and how it affects the prefrontal cortex, which is responsible for impulse control and predicting consequences of actions. This part of the brain doesn’t fully develop until a person is in their early-to-mid-20s, making adolescent substance use a great concern.

Addiction also impacts the basal ganglia, the part of the brain that controls the pleasurable/rewarding effects of substance use and is responsible for formation of habitual substance use. The external amygdala is also affected by addiction, and is where the “fight or flight” response comes from.

Please see **TRAINING**, page 3



Winter Carnival at WARE HIGH

Turley Photo by Ryan Drago

The design by the senior class of 2024.



Senior Kyle Safford tossed a beanbag during cornhole while fellow senior John Mumper watches.

High schoolers enjoy day filled with games and fun

By Ryan Drago
Staff Writer
rdrago@turley.com

WARE – The high school students at Ware Junior Senior High School celebrated Winter Carnival at this school this past Saturday.

An annual tradition dating back decades, Winter Carnival features a mix of traditional and new games for students to compete in.

About 30 students from each class participated in the games during Winter Carnival, including capture the flag, dodgeball, tug of war, table wave, speedball, Kan Jam, pie eating contest, lip sync contest, cornhole, arm wrestling, phone booth and more.

Phone booth is a classic winter carnival game that dates back to the 1980s, even though the actual

Please see **CARNIVAL**, page 7

Selectboard approves cable license contract

By Paula Ouimette
Editor
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WE WOULD BE IN VIOLATION OF THE WHOLE LICENSING FRAMEWORK IF WE TRIED TO CONDITION IT ON RATE FREEZES.”

ATTORNEY BILL AUGUST

WARE – The Selectboard approved the proposed nonexclusive cable television renewal license with Comcast, effective Feb. 1.

At the Jan. 24 meeting, Selectboard Vice-Chair Josh Kusnierz read a letter submitted by resident Richard Starodoj regarding concerns with cable fees and services. Starodoj’s letter states that Comcast charges “excessive fees” for cable boxes and modems/routers.

“They should be providing that at no charge, we are paying for usable signal at the door... should not need extra equipment,” he wrote.

Starodoj also advocated for increased public, educational or government channel funding; a shorter contract; fixed rates; the ability to originate programming from the Senior Center and upstairs in the Town Hall; and internet connection to Park’s maintenance building, both Water Department storage tanks, the Highway Department barn and water pump station and sewer plant.

Attorney Bill August explained that federal law has deregulated cable television for over 20 years, but he is empathetic to users regarding rate increases.

“We would be in violation of the whole licensing framework if we tried to condition it on rate freezes,” he said.

Regarding PEG funding, August said this license before the expiring license, increasing from 4.75% to 5% for five years, then back to 4.75% for the last five years of the 10 year contract.

August said one-quarter of that 5% will pay to provide service to Webster Road, which is currently unserved by Comcast due to low-density.

He credited Town Manager Stuart Beckley and Comcast Senior Manager of Government & Regulatory Affairs Eileen Leahy for coming up with this

Please see **CONTRACT**, page 6

National Puzzle Day



Turley Photo by Emily-Rose Pappas

Katheryn Novak (left) and Heidi Reed (right) are shown with the last remaining puzzles from a very successful swap held at the Young Men’s Library Association.

Free puzzle swap brings community together

By Emily-Rose Pappas
Staff Writer
epappas@turley.com

WARE – The Young Men’s Library Association hosted a wonderful puzzle swap over the weekend for those who love all things puzzles.

The library’s swap was well-loved by the community and many people attended to swap and share puzzles.

“We’ve been circulating puzzles

for a year, and someone called saying they wanted more puzzles,” Library Director Heidi Reed explained. So, the library responded with a swap for the community.

The swap was a one-for-one swap, meaning if you brought in one puzzle, you could swap it for another one.

The library has puzzles laid out in the library for the community to solve, as well as puzzles to check out and return after enjoying them.

“I like the zen of building puzzles,” Reed said. “I like to match the colors and watch as they cre-

Please see **PUZZLES**, page 2

Chamber breakfast embraces entrepreneurial spirit

By Paula Ouimette
Editor
pouimette@turley.com

WARE – The Quaboag Hills Chamber of Commerce featured Holyoke-based entrepreneur Mychal “Myke” Connolly of Stand Out Truck as its speaker during the Jan. 24 breakfast meeting held at Cedarbrook Village at Ware.

Starting his first business selling his grandmother’s candies to his classmates at age 9, Connolly quickly discovered the key to success in any market, something he calls the “LBW,” or long, boring work.

“Dreams come true with LBW,”

Connolly said.

As a child growing up in the Bahamas, Connolly would accompany his father to customer’s homes for his father’s pest control business, and it was there he started picking up and reading business magazines, which were often found in the homes of more affluent customers.

Connolly said when his mother moved to the U.S. to Florida, she was scared of flying, but had to find a job that would allow her to be in both countries. That job ended up being as a flight attendant.

Please see **CHAMBER**, page 6



Turley Photo by Paula Ouimette

Mychal “Myke” Connolly of Stand Out Truck shares his journey through creating his first business at age 9, to now, at the Quaboag Hills Chamber of Commerce breakfast held on Jan. 24 at Cedarbrook Village at Ware.

Inside this edition:

Calendar.....	2	Classifieds.....	14
Viewpoints.....	4	Public Notices.....	15
Sports.....	9		
Police/Fire.....	12		
Obituaries.....	13		



PUBLIC SAFETY

Ware firefighters graduate from academy

Page 5



BUSINESS

Hardwick farm featured at Winter Market

Page 8



EDUCATION

Pathfinder Tech welcomes Scout

Page 13

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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.

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18 gift baskets were part of a raffle with all proceeds going to support the crew's trip to Philmont High Adventure Base in New Mexico.

Potato Buffet at All Saints Church

By Ryan Drago
Staff Writer
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WARE – A baked potato fundraiser took place at the All Saints Church Hall in Ware to benefit the Philmont High Adventure Crew 2024.

Crew members put together a fully stocked potato buffet take-out to raise money for a High Adventure at Philmont High Adventure Base in Cimarron, New Mexico. The crew prepared a delicious meal featuring a huge potato with all the fixings (including butter, sour cream, green onions, bacon, cheese, broccoli and chili), drinks and dessert.

The desserts were homemade cupcakes that were displayed on a table outside of the kitchen. In addition to the potato buffet, a 50/50 raffle and a basket raffle was taking place while guests waited in line to pickup their potato dinner. The raffle included 18 gift baskets as prizes.

All proceeds from the fundraiser will go toward the crew's trip to Philmont High Adventure Base.

The crew members are working on offering another potato dinner fundraiser sometime in the spring.



Crew members were working hard in the kitchen preparing the potato meals.



Homemade cupcakes were included with the potato dinner.

Student Council hosts craft fair Feb. 10

WARREN – Quabog Regional Middle High School Student Council is hosting a Craft/Small Business Fair on Saturday, Feb. 10, from 9 a.m.-3 p.m. at Quabog Regional Middle High School, 284 Old West Brookfield Road.

Vendors include hand-made woodcrafts, candles, soaps, seasonal decor, pot-

tery, jewelry, and many more.

Enjoy a fun day of shopping and make this your one stop shop for Valentine's Day, or shop early for Mother's Day and Father's Day.

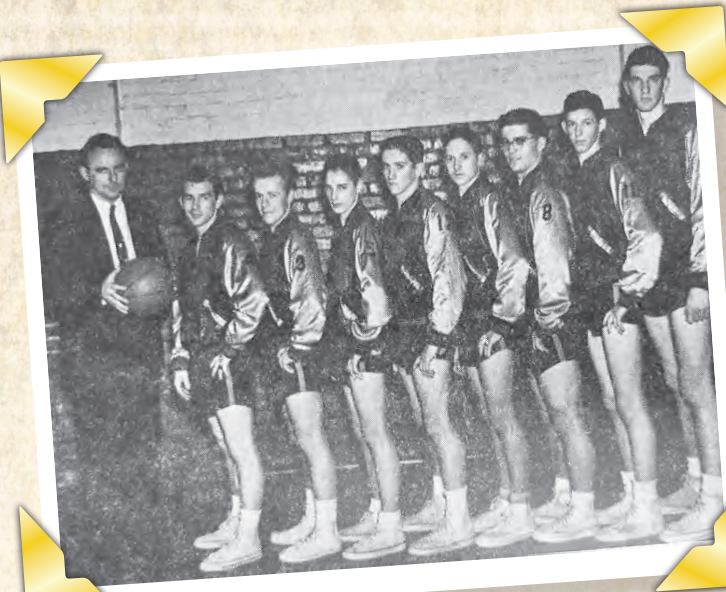
In addition to the 80+ vendors participating in the fair, there will also be a huge raffle table, so please

be sure to bring cash.

Vendor fees and proceeds from the raffle will go to the Student Council members attending their annual state conference in Hyannis. Thank you in advance for your kind support.

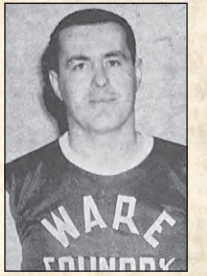
There will be no ATM on site. Venmo/Cashapp/etc. accepted at the discretion of vendors.

Are You Old News?



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.



File Photo
Last week's photo from 1960 showed Paul Deslauriers after a basketball game where he scored the winning basket for Ware Foundry against rival Palmer Merchants. Evelyn Trela of Ware correctly identified Deslauriers.



This photo shows the puzzles available prior to the start of the swap.



Submitted Photo
The puzzle of the week is open for all to enjoy when they come into the library. This week's puzzle featured dogs.

PUZZLE from page 1

ate pretty pictures."

The library is always looking for more people to join in the fun of puzzle solving.

The success of the swap (including over 50 puzzle donations from just two people) has shown the community at the library how loved puzzles still are today.

The library is always looking for ways to get more people to come and enjoy it, and there are sure to be more swaps in the future.



and Beyond!

Ware Business & Civic Association



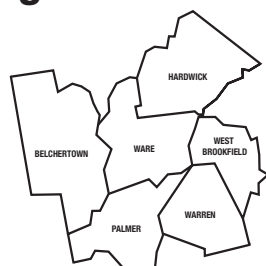
Aerial pictures provided by Above the Law Imagery

Ware Business & Civic Association now includes the communities of Palmer, Belchertown, West Brookfield, Warren and Hardwick. Businesses and organizations from those towns are welcome to join!



JOIN TODAY!

Visit warebca.com
email warebca@gmail.com



Ready to take your business to new heights while having a blast? Join us on this exciting ride! Let's be partners in growth and partners in fun.

Join Our Small-Town Business Development Adventure!

Are you a small business owner looking to boost your community presence and connect with fellow entrepreneurs? Look no further! Welcome to the heart of our towns' growth and success - the Ware Business & Civic Association...and Beyond!

Our Mission

We're not just any organization – we're a community catalyst! Our mission is clear: foster camaraderie among local businesses, creating a vibrant hub that transforms our town into a must-visit destination for all. We're here to ignite connections, inspire growth, and spark innovation.

Why Join Us?

Referrals are just the beginning! As a member, you'll enjoy the spotlight on your business within our close-knit community. Think of us as your business's ultimate cheerleaders, making sure your unique offerings shine bright.

A Legacy of Achievement

Since 2011, our committee has been making waves. We're not just about meetings – we're about momentum. From securing endorsements for local businesses to orchestrating events that turn visitors into regulars, we've been shaping our towns' destiny, one success story at a time.

Events that Sparkle

Who says business can't be fun? Picture this: quarterly membership nights that blend networking with laughter. We're all about community, after all – and a little friendly competition in the bowling alley or at the axe throwing yard never hurt anyone.

Network that Expands

With a sprawling member base, joining us means getting in on the action. Your business won't just get noticed; it'll become a star in our constellation of local talent.

An Investment in Success

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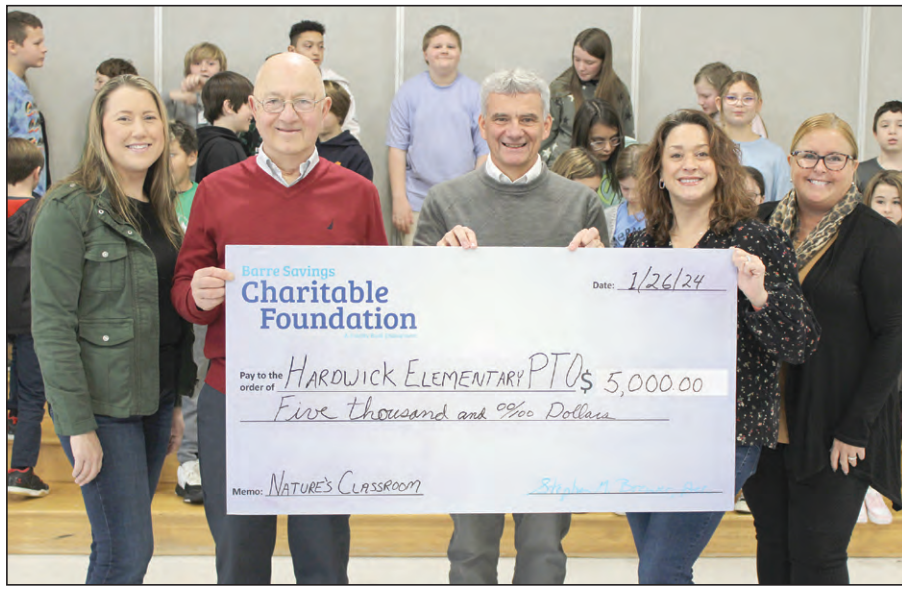
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Donation to PTO helps cover cost of Hardwick Nature's Classroom trip



Members of Hardwick Elementary School's PTO and the Barre Savings Charitable Foundation hold a check for \$5,000 to help cover the cost of Nature's Classroom for fifth grade students. Shown from left are PTO Vice-President Lauren Mace, Barre Savings Charitable Foundation members Tom Mertzic and Paul Cirelli, PTO President Leslee Kolenda and Hardwick Elementary School Principal Shelly St. George.

HARDWICK – The Barre Savings and Charitable Foundation recently awarded \$5,000 to the Hardwick Elementary School PTO to help cover the cost of sending the fifth grade class to Nature's Classroom.

This past Friday, Tom Mertzic and Paul Cirelli presented the check to the HES PTO, which has been organizing fundraisers to pay for this multi-day educational trip. The donation will cover a large portion of the trip and fundraising will cover the rest.

"We know how hard you worked, so we chipped in and paid the rest of it," Mertzic told the students.



Members of Hardwick Elementary School's fifth grade class were excited to receive this generous donation from the Barre Savings Charitable Foundation to fund their trip to Nature's Classroom in the spring.

Turley Photos by Paula Quimette

Country Bank supports QVDC with \$10,000 donation

WARE – Country Bank, a full-service financial institution serving central and western Massachusetts, announced a \$10,000 donation to the Quabog Valley Community Development Corporation to support various programs to help local communities in the region.

"The Quabog Valley Community Development Corporation is grateful for this generous donation from Country Bank. We appreciate Country Bank's support for our initiatives and its investment in the economic growth and stability of the Quabog Region," said Melissa Fales, QVDC executive director

in a press release.

To learn more about the various support programs the QVDC offers, visit www.QVDC.org.

About Country Bank

Country Bank is a full-service \$1.7B with 17.0% Tier 1 Capital mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton and Worcester.

Country Bank is a member of FDIC, DIF, and the SUM network. Country Bank can be reached by calling 800-322-8233 or online at countrybank.com.



Shown from left to right are Lisa DiMarzio, vice president of Compliance and CRA at Country Bank; Melissa Fales, executive director and James DaRosa, loan program coordinator for the Quabog Valley Community Development Corporation.

Submitted Photo

Paige library lists upcoming events

HARDWICK – The Paige Memorial Library, 87 Petersham Road, is calling out to those who would like to do some stress-free writing, to record ideas and memories, and to meet with others for a rewarding sharing session.

Paige Writers is an informal group. It can be a confidence builder and an enjoyable social experience. Come to the library on Tuesdays at 3 p.m. for an adventure in creativity.

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

Organic farming book talk

On Saturday, Feb. 10, Julie Rawson and Jack Kitteridge of Many Hands Organic Farm in Barre, will

talk about their book: "Many Hands Make a Farm", shareholding, organic farming, and their connection with the Northeast Organic Farming Association. Organic farming is a farming system that respects the balance of natural cycles and works as much as possible within those cycles.

The program will be held at the Town House, 40 Common St. at 1:30 p.m.

Other events

Other adventures in creativity are the Cookbook Club – try recipes and share your results, or FUNdamentals of Art – a workshop for artists and craftsmen of all abilities.

Call 413-477-6704 or email director.paigelibrary@gmail.com, or stop in.

TRAINING from page 1

Krieger said stigma is something substance users face, both from themselves and from the world around them.

"There are three kinds of stigma," she said, including self-stigma, public stigma and structural stigma.

Krieger said language matters when it comes to reducing stigma, including using "person with a substance use disorder" instead of derogatory terms like "addict" or "junkie," and "had a setback" or "resumed use" rather than "relapsed."

"Use person-centered language," she said, putting the emphasis on the individual, instead of the disease.

Krieger said there are three types of opioids: natural, such as morphine or codeine; semisynthetic, including heroin, hydrocodone, oxycodone, buprenorphine and oxycodone; and synthetic, fentanyl, methadone and tramadol.

Fentanyl is 50 times stronger than heroin and 100 times more powerful than morphine, binding faster than any other opioid. It is used to treat extreme pain.

"It's very addictive," Krieger said.

Fentanyl use has increased significantly since 2020 and continues to be the biggest cause of overdoses in the commonwealth, surpassing heroin. It was responsible for 93% of fatal overdose cases in 2022, with heroin accounting for 6%.

Xylazine use started being

reported in 2021, and is commonly known as "tranq" and "tranq dope." Although xylazine is a large animal tranquilizer and not an opioid, it is following a similar trend being trafficked into the U.S. that heroin did.

Overdoses from xylazine are usually fatal in humans. It's also unresponsive to naloxone or Narcan, which is used to treat opioid overdose.

Some people are at a greater risk for opioid overdose, Krieger said, including people who have recently been released from prison.

"They have a 129 times greater risk of fatal overdose in the first two weeks after release from prison than the general population," she said.

Signs of an overdose include a death rattle (similar to snoring); infrequent or no breathing; heavy nod and not responding to stimulation (rubbing knuckles over sternum); slow heartbeat/pulse; and "wooden chest" syndrome (chest wall rigidity often associated with opioid use); and blue or gray skin (in dark skinned people, nailbeds will turn white).

Naloxone can reverse opioid overdose by blocking brain receptors and it takes about three-to-five minutes to take effect and more than one dose may be necessary. A dose of naloxone can last for 30-90 minutes.

Naloxone can be injected or administered through a nasal spray, and cannot cause harm to an individual, even if the person suspected of having an opioid overdose is not. Multiple doses are also safe.

Krieger cautioned people to always call 911 and give a detailed description of the location of the victim, and if possible, send someone to meet first responders at the door.

Administering naloxone via nasal spray is simple, Krieger said, by placing the nozzle inside one nostril and discharging. A second dose can be administered after about two-to-three minute if there has been no change.

"Even if the person is not breathing, Narcan is aerosolized and will get where it needs to go," she said.

Rescue breathing and CPR are also recommended, Krieger said, adding that making sure the scene is safe is also a priority. At the least, call 911 and administer a dose of naloxone if possible.

"Every human life is worth it," Krieger said. "A person who's deceased can't get to recovery."

Krieger has naloxone kits available to anyone in the community, and she may be reached by calling 413-967-9605 extension 112 or emailing kkrieger@townofware.com

Food access

Council members shared concerns about getting access to food and other resources, and how to better connect people to food pantries in their own towns.

One member mentioned that she saw someone asking for food in a Facebook community forum. Council members agreed that they could use social media to share

hours and locations of area food pantries, as well as monthly drive-through distributions and other resources.

QVFPC members discussed an increase in calls for help from senior citizens, especially near the end of the month when their income and food supply run low.

Council Coordinator Caitlin Geaghan said it's important to get input from people that live in the area and determine the support needed.

Council members also discussed the need for education around cooking, and how to make the most with the food you have available to you.

Funding and grants

Geaghan said the QVFPC has applied for a second round of funding from the Massachusetts Department of Agricultural Resources. It was this initial funding that was used to create the council last year.

If awarded, the MDAR grant will be used to continue to sustain the council.

The QVFPC has also applied for a mini grant through Baystate Health. If awarded, the council will receive \$5,000 which would be used for an older male-targeted cooking class that will address social isolation and nutritional knowledge.

This mini grant will also benefit area food

pantries.

Community Food Assessment

Geaghan said the priority goal of a Community Food Assessment is "to create a picture of a community's food system through the collection of data."

The QVFPC has subcontracted with Central Massachusetts Regional Planning Commission to conduct asset mapping to create a legend map of food resources in the region.

The QVFPC is also working with the Collaborate for Educational Services to provide training for council members. The training will be available to about six-10 members.

"They will train interested council members on how to effectively and respectfully interview community members in relation to food access, both individually and in small groups," Geaghan said.

Through these interviews, mem-

bers will create a spreadsheet to track data.

Geaghan said a form will be distributed to council members to express interest in receiving the training.

About QVFPC

The Quabog Valley Food Policy Council is funded through a grant received by the Town of Ware in partnership with Quabog Valley Community Development Corporation, covering the towns of Ware, Belchertown, Palmer, Monson, Wales, Holland, Brimfield, Warren, Brookfield, West Brookfield, North Brookfield and East Brookfield.

The Council is open to all, and everyone is welcome to join in the discussion.

For more information, people may email Geaghan at cgeaghan@townofware.com.



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.



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viewpoints

GUEST COLUMN

Ware resident shares her Baystate story

By Crystal Russell, BS, MBA
Program Director Baystate Primary Care & Convenient Care
Baystate Health

I have been working for Baystate Health for 20 years.

I was raised in Ware and went to school there, where I am proud to continue to live and raise my family. I started as a volunteer at Baystate Mary Lane before I went to college, and I later returned there to an entry-level position in the pediatric office.

I loved the work and being able to engage with families from my community. It was especially nice to watch the families we were caring for and see their children grow.

I left for three years to work for Baystate Ambulance to work as an EMT in Springfield, but returned to the pediatric practices as a supervisor, later becoming a manager. My role eventually expanded to overseeing all outpatient practices at Baystate Mary Lane, and later I took the role of regionalizing primary care in the Eastern Region on the Wing campus.

I worked to bring convenient care to our region, opening a site at Baystate Wing Hospital, and for a few years I was the leader of both primary care and convenient care at Baystate Wing. This past year, I accepted the position of regional director for primary care and convenient care, still supporting the eastern region in my role.

Being in the same organization for 20 years has allowed me to move around in various roles, giving me a strong understanding of how the system operates.

Taking these roles has been about gaining knowledge and using it to promote our Baystate Health practices and ensure their success. I get extreme satisfaction with the task of problem-solving.

My new role allows me to do this at a higher level, because I'm working regionally and solving larger problems, working on projects at numerous sites.

I'm very knowledgeable about day-to-day operations and clinical aspects of the work we do, but I wanted to learn more about the leadership and higher-level operations of the business, so I enrolled in a master's program and received my degree in business administration, all while working full time and raising two young children.

My goals are to make sure we keep moving forward and ensuring access for our patients to get the right care at the right time in a timely manner. I'm very proud of the work I do.

In the end, the goal is to get patients the care they need and work through any barriers they face. I've learned so much over the years and continue to every day. I've also learned patience over the years, both professionally and personally.

I've learned that sometimes it's best to sit back and evaluate situations before reacting. One of my favorite sayings to my team is to "respond and not react" when we are working through issues.

Healthcare is a hard field to work in, especially during and post-pandemic, we are all working through tough times together.

You also have to see others' perspectives, otherwise, you end up with many difficult conversations and disagreements. I enjoy training our team members and teaching them what I have learned, and the greatest satisfaction is seeing some of them go on to have very successful careers.

These are very busy times, but the best part of my day is when I interact with patients. I never underestimate the value of listening to them. Taking that time to talk with a patient is enlightening and enjoyable.

Our patients are the reason we are all here. We remain committed to our mission to improve the health of people in our communities every day, with quality and compassion.

The last few years have been extremely challenging in healthcare, and I've seen the weight many team members and colleagues carry on their shoulders. The pandemic put extreme stress on the healthcare workforce, not just in our local community hospital, but throughout the state and country, and that has led to shortages and burnout.

I do my best to inspire team members and jump in whenever I can and roll my sleeves up.

We get to know many of our patients personally, either because we care for them over time or because they live in our community, and it is a pleasure to interact with them. They brighten our day.

Challenges come in many forms, and I love a challenge. They help me discover new skills and give me the courage to take on new experiences.

I'm committed to working hard and overcoming the obstacles and challenges we face in healthcare. That is how we learn and grow.

When I'm not working, I enjoy time with my family, being outdoors, and competing in obstacle course races.

This is my Baystate story.



Crystal Russell



Re-blooming paper whites

I purchased some paper white bulbs early in December, figuring I'd need some flower power come January.

Four bulbs were planted in potting soil in an old tureen bowl that I found at the local recycling center swap shed. I covered the soil in moss I saved from my yard and honest to goodness when those bulbs burst into bloom about a month after planting, I felt pretty proud of myself for creating such a chic display.

Now what to do with it? Usually, when paper whites are forced in pebbles, or just plain water, they are a once and done kind of experiment. But because I planted them in decent potting soil, there may be hope for re-bloom.

Read on to see how it's done.

First, it's important to think about how bulbs work. They are a self-contained unit that has everything in that unit to bloom the first

time no matter what, as long as basic environmental needs are met.

Pretty impressive.

For bulbs to bloom again, we have to make sure that unit gets re-charged. I read once to think of the bulb as a solar battery – that's not far off!

For typical daffodil bulbs that are planted in the ground that means removing spent flowers, keeping the foliage intact until it yellows, and giving the plant a little fertilizer or a compost top dressing if the soil isn't fertile. Now that we understand, we can use this information to re-charge our hyacinth bulbs.

The flowers are still on my chic display, but they are definitely gone by. I will snip off the spent blooms.

Next, I will put the tureen in a sunny window. To be honest, I had placed it in my pantry when it was in bloom.

My husband found the fragrance a little too overpowering and not to his liking. Over the years I have found that people either love it or hate it and sadly he leans toward the latter of the two.

But, because it was placed in the window of a cool room, it grew upright without falling over, and the flowers lasted close to three weeks! Now that I have the pot of foliage in a sunny window, I will sprinkle a little bulb fertilizer on the soil surface and water it in.

Choose one that has both nitrogen for the leaves and phosphorus for the bulb. The numbers on the fertilizer indicate NPK: Nitrogen,

Phosphorus and Potassium.

We want to encourage those leaves to photosynthesize and make energy to build up the reserves in the bulb. Fertilization will happen monthly as long as the leaves are green.

The leaves will grow for longer than you might think, maybe even into late spring and summer. I'll put the pot outside in the sunshine once the weather warms up enough.

Eventually, though, the leaves will yellow and brown. Once they do it's time to cut them back and let the soil dry out completely, after which the bulbs can be removed.

Give them a couple of days in the sun to dry out further. The outer skin of the bulbs will get papery.

Now it is time to store them in a brown paper bag until planting. Old panty hose or onion bags would also work.

I will replant my paper white bulbs during Advent, and with any luck, all of my work will pay off with blooms when I need it the most – this time next year! And maybe every year thereafter!

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.

GUEST COLUMN

Life Together

James Baldwin wrote: "I imagine the reason so many people cling to their hate, is because, if they had to let it go, they would have to deal with their pain."

February is Black History Month. For some when reminded they say, "been there done that, they had their chance." Some states erase Black History lest it offend others.

Hateful rhetoric and acts of violence are born in pain, a pain ignored, buried, not allowed to be processed or healed. This pain, this trauma, is not an excuse for bad behavior; we are held accountable.

But, if we could find a way to meet "the other" whom we fear or fail to understand, we might break through the violence which creates fear and division. If we could break through the pain, we might find we have a lot in common.

When such pain dominates the thinking and feeling of a person, they will look for a scapegoat to blame and eliminate.

People of color, Jews, people of various sexual orientation, mentally ill people, and many developmentally delayed youth, are victims of this abuse born in pain.

What pain have you had which may have moved you to fear, judgment of others, and hate? How are you dealing with your pain?

Some self-medicate and live with addiction, which fosters anger and abuse. Some refuse to acknowledge their pain so are unavailable for a relationship. Some just say it is what it is and do not control their anger.

Many damaged individuals will find others with whom they can bond in their common pain and hate; remember the neo-Nazis in Charlottesville, Virginia, "Jews will not replace us".

Many young male school shooters are iden-



DAVE GRANLUND www.davegranlund.com

tified as disturbed, traumatized, and clearly dangerous, after-the-fact of the massacre. Again, he needs to be held accountable, and or his parents who aided him in preparation for such a violent act.

Yet, what if we could get to him before he acted out? One young man pleaded with his parents to get him a doctor and asked for help, and they laughed him off and said, "deal with it".

What pain are the parents failing to deal with that they would reject help for their son?

We cannot erase our common history; black or white, or whatever ethnic context. The beginning of change, renewal, and transformation, begins with me, with you, dealing with our pain, so we do not project it on oth-

ers and hate or hurt them.

Black History Month is an opportunity to face history and ourselves.

I too imagine the reason many cling to our, their, hate, is because, if they let it go, they would have to deal with our, their, pain.

Rev. Dr. Randy Wilburn
Minister, Therapist, Consultant

Life Together is written by Rev. Dr. Randall K. Wilburn. With over 54 years as a parish minister, Wilburn is also an experienced marriage and family counselor. Life Together will deal with topics such as stress, grief, anxiety, healing and hope.



Will withdrawing from 401(k) affect my Social Security?

Dear Rusty:

My full retirement age is 66 and 8 months, which I'll reach in September 2024. I'm still working three days a week.

I want to cash in my 401(k) and want to know if I have to wait until my FRA for IRS purposes or can cash it in anytime in 2024. I don't want to affect my Social Security or end up paying taxes on my benefits.

Signed: Seeking to Avoid Taxes

Dear Seeking:

We're not experts on IRS matters here at the AMAC Foundation so I can't address 401(k) questions, but we can provide information on your Social Security circumstances and how 401(k) withdrawals may affect your SS. I assume from your question that you are now receiving early Social Security and wish to avoid any tax consequences thereto by cashing in your 401(k), as well as from working.

Here's what you need to know:

Since you will reach your Full Retirement Age in 2024, your 2024 work earnings limit will be \$59,520 up to the month you reach FRA. If you were born in January 1958, you'll attain FRA in September 2024.

After you have reached your FRA there is no longer a Social Security limit to how much you can earn from working, so your

work earnings thereafter will not affect your monthly Social Security benefit regardless of how much you earn. If your part time work between January and August 2024 won't put you over the \$59,520 limit, your work earnings will not negatively affect your gross monthly Social Security benefit.

Assuming you are on Medicare, the premium for which is deducted from your Social Security payment, withdrawals from your 401(k) might affect your net monthly Social Security payment in two years hence. Medicare premiums are based upon your combined income from all sources, including 50% of the SS benefits you received during the tax year.

If your 401(k) withdrawal(s) put you over an income threshold for your tax filing status, you may be required to pay an Income Related Monthly Adjustment Amount on top of the standard Medicare premium. That IRMAA supplement would be deducted from your Social Security, which would affect the net amount of your Social Security payment.

Your Medicare premium for each coming year is determined by your combined income from two years prior, so if you "cash in" your 401(k) in 2024, it would affect your net Social Security payments in 2026.

Whether you will pay income tax on your Social Security benefits is determined by your combined income from everywhere, which the IRS calls your "Modified Adjusted Gross Income." MAGI is your income from all sources except ROTH IRA withdrawals and includes half of the SS benefits you received during the tax year.

If you file your taxes as a single, and your MAGI is over \$25,000 or if you file your taxes as "married-jointly" and your MAGI is over \$32,000 then 50% of the Social Security ben-

efits received during the tax year becomes part of your overall income taxed by the IRS (at your normal IRS tax rate). But if your MAGI as a single filer is more than \$34,000 – or as a married/jointly filer over \$44,000 – then up to 85% of the SS benefits received during the tax year becomes part of your overall income taxed by the IRS.

So, to recap:

Your part time work earnings in 2024 won't affect your monthly Social Security benefit, unless your 2024 work earnings prior to September 2024 exceed \$59,520.

Depending on the amount of your 401(k) withdrawals, your 2026 net Social Security payments may be impacted by Medicare's IRMAA provision. But your 401(k) withdrawals will not affect your gross Social Security payments.

Depending on the amount of your 401(k) withdrawals, some of the Social Security benefits received during the 2024 tax year will likely be subject to income tax. That is, if your annual total income, including your 401(k) withdrawals, exceeds the MAGI thresholds described above.

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 ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

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

Send opinions to:
Ware River News
Letter to the Editor
80 Main Street
Ware, MA 01082
or via email to:
pouimette@turley.com

The deadline for submissions is Monday at noon.

Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.

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, Feb. 5

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

Tuesday, Feb. 6

9 a.m. Exercise at Valley View Housing
10 a.m. Scat
11:30 a.m. Lunch
Birthday Party
Desserts, Raffle Prizes, 50/50. Entertainment by Lori Brooks with Ice Cream and Cake provided by the Friends of Ware Seniors Inc.

5:30 p.m. Scrapbooking (\$3 per class)
6 p.m. Pitch (doors open at 5 p.m.)

Wednesday, Feb. 7

9 a.m. Tai-Chi
9:30 a.m. Quilting Club
10 a.m. Scat
11:30 a.m. Lunch
1-2 p.m. Knit-Crochet-Laugh

Thursday, Feb. 8

9 a.m. Senior Walking Club (meets at Senior Center)
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
2:30 p.m. Art Class

Friday, Feb. 9

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.)

LUNCHES 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, Feb. 5

Breakfast Sandwich with Egg-Sausage-Cheese, Lettuce and Tomato, Corned Beef Hash, Dessert of the Day

Tuesday, Feb. 6

Birthday Party
Baked Meatloaf, Mashed Potatoes with Gravy, Veggie of the Day, Dessert and Entertainment by Lori Brooks provided by the Friends of Ware Seniors, Inc.

Wednesday, Feb. 7

Lazy Pierogi, Polish Kielbasa, Green and Gold Salad, Dessert of the Day

Thursday, Feb. 8

Chicken Stir Fry over Rice, Caesar Salad, Dessert of the Day

Friday, Feb. 9

Texas Toast, Sloppy Joe Sandwich, Potato Chips, Veggie of the Day, Dessert of the Day



Mackinzie Williamson was one of two firefighters from Ware Fire Department to graduate from the Massachusetts Firefighting Academy's Career Recruit Firefighting Training Program on Jan. 26.



Daniel O'Brien graduated from the Massachusetts Firefighting Academy's Career Recruit Firefighting Training Program.

Turley Photos by Jack Cascio

Local firefighters graduate from Firefighting Academy

SPRINGFIELD – State Fire Marshal Jon M. Davine and Massachusetts Firefighting Academy leadership announced the graduation of 27 firefighters from the 50-day Career Recruit Firefighting Training Program on Jan. 26.

“Massachusetts firefighters are on the frontlines protecting their communities every day, and today’s graduates are needed now more than ever,” said Davine in a press release. “The hundreds of hours of foundational training they’ve received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely.”

The graduating firefighters of Class #S35 represent the fire departments of Agawam, Belchertown, Charlton, Chicopee, Gardner, North Adams, North Andover, Palmer, Pittsfield, South Hadley Fire District 1, Southwick, Turners Falls, Ware, Westfield, Westminster and Wilbraham.

Representing Ware Fire Department were Daniel O'Brien and Mackinzie Williamson.

“Massachusetts Firefighting Academy instructors draw on decades of experience in the fire service to train new recruits,” said Massachusetts Firefighting Academy Director Eric Littmann. “Through consistent classroom instruction and practical exercises, today’s graduates have developed the tools they’ll need to work



Daniel O'Brien and Mackinzie Williamson completed the 50-day Career Recruit Firefighting Training Program at the Massachusetts Firefighting Academy.

Submitted Photo

seamlessly with veteran firefighters in their home departments and in neighboring communities as mutual aid.”

Basic firefighter skills

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions.

To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation and fire attack. Fire

attack operations range from mailbox fires to multiple-floor or multiple-room structural fires.

Upon successful completion of the Career Recruit Program, all students have met the national standards of NFPA 1001, Standard for Fire Fighter Professional Qualifications, and are certified to the levels of Firefighter I/II and Hazardous Materials First Responder Operations by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

More than fighting fires

Modern firefighters train for and respond to all types of hazards and emergencies. They are the first ones called to respond to chemical and environmental emergencies, ranging from the suspected presence of carbon monoxide to gas leaks to industrial chemical spills.

They may be called to rescue a child who has fallen through the ice, an office worker stuck in an elevator, or a motorist trapped in a crashed vehicle. They test and maintain their equipment, including self-contained breathing apparatus, hydrants, hoses, power tools and apparatus.

At the Massachusetts Firefighting Academy, recruits learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques.

The intensive, 10-week program involves classroom instruction, physical fitness training, firefighter skills training and live firefighting practice.

The MFA provides recruit and in-service training for career, call, and volunteer firefighters at every level of experience, from recruit to chief officer, at campuses in Stow, Springfield, and Bridgewater.

Gilbertville library hosts Valentine Station through Feb. 14

HARDWICK – Love is in the air and if you want to tell a loved one or a friend just how special they are, stop by and visit Valentine Station at the Gilbertville Public Library, 259 Main St., Gilbertville.

Beginning Feb. 2, and during regular hours until Feb. 14, the library will have a self-guided craft station where you can create a work of art and add it to a cut-out greeting card donated by Lisa at Plymouth Cards (www.plymouthcards.com).

The library will have everything you need to make a special art piece which you can slide into a card and send to that special someone. Your card can fit into a 5 inch by 7 inch frame so the recipient can save it and hang it in a special place to be reminded of you, each time they see it.

The library is open from 2-6 p.m. on Tuesday, Wednesday and Thursday and from 4-7 p.m. on Friday. If school is closed due to weather, the library is closed too.

United Church hosts turkey dinner Feb. 5

WARE – The United Church of Ware, 49 Church St., will host a drive-up turkey dinner on Monday, Feb. 5 from 5-6 p.m.

This dinner is take-out only and reservations are not required.

Please park on Church Street (the same side of the street as the church) and stay in your car. A runner will come to take your order.

The cost is \$15 per meal; please pay with cash or check.

Quabbin Visitor Center hosts 'Project Mishoon' Feb. 4

BELCHERTOWN – The Department of Conservation and Recreation's Les and Terry Campbell Quabbin Visitor Center, 100 Winsor Dam Road, will offer the program “Project Mishoon: Underwater Treasures of the Nipmuc” on Sunday, Feb. 4 from 2-3 p.m.

A recreational diver exploring the dark waters of Lake Quinsigamond happened upon a dugout canoe. For nearly 400

years, this canoe and others found nearby have rested quietly in the lake's silty bottom awaiting the return of their Indigenous paddlers.

Not until 2001 would Nipmuc descendants return to them and become the first Indigenous community in Massachusetts history to secure an archaeological reconnaissance permit from the Commonwealth's Board of Underwater Archaeological Resources.

Hassanamisco Nipmuc Band member and Project Mishoon Director, Cheryl Stedtler shares the history of the project and the exciting new directions that the project is headed.

This program will not be recorded for viewing at a later time. A limited number of in person seats are still available by registering at <https://app.smartsheet.com/b/form/77afb-15f057542e191e870d306b554b9>.

Friday Fish Fry returns to Swift River Sportsman's Club

BELCHERTOWN – The Swift River Sportsman's Club at 350 Cold Spring Road is pleased to announce that its Friday Fish Fry is returning on Fridays, starting Feb. 16 and running through April 5.

Prices range from \$14 for fish and chips to \$18 for a fish, shrimp and chip combo. Clam chowder will also be available.

For more information, please call the club at 413-323-9387.

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TERMS: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder. No CASH. No personal checks will be accepted. Cashier/certified checks should be made out to whomever is going to bid at the auction. The balance to be paid within thirty (30) days at the law offices of Korde & Associates, P.C. 900 Chelmsford Street, Suite 3102, Lowell, MA 01851, Attorney for the Mortgagee.

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warren

Creative writing/publishing workshop offered March 10

WEST BROOKFIELD – With just 26 letters and a handful of punctuation, writers create fascinating worlds and unforgettable stories.

A creative writing and publishing workshop will be held on Sunday, March 10, from 10 a.m.-3:30 p.m. at the Salem Cross Inn in West Brookfield.

Award-winning author Ed Londergan provides a full day of information. "The workshop will cover the entire writing and publishing, including idea development and sources of inspiration, drawing from storytelling traditions, developing the story, structure and flow, conceiving and bringing characters to life, dialogue, editing, short fiction, writer's block, and the publishing process," Londergan said in a press release. "The publishing process can be confusing and frustrating. I'll take the group through the various publishing options available. There will also be some fun writing exercises."

"Everyone has a story to tell. The workshop aims to help those who want to write but don't know where to start or have had an idea for a story that's been bubbling in their head for years and finally want to put it on

paper. I also help people who have written something and need to know how to move ahead."

Past workshops have been attended by people of all ages and occupations, from 12-year-old students to 75-year-old retirees. "Four attendees have written books and had them published," Londergan said.

"One of the things past attendees have enjoyed and learned from is the writing exercises," Londergan said. "The writing exercises this year are different than what I've done in the past. I enjoy seeing the creative ideas that come out of them."

"Back-and-forth discussion is always a popular part of the day. Attendees learn from each other. Individual issues or problems anyone has with their writing are discussed, and the group helps them with suggestions and observations. At times, a lot of 'here's what happened to me, and here's what I did.'"

The workshop is limited to 14 participants. The cost is \$110, and lunch is included.

Registration is required. The registration deadline is March 3. To register, email ed.londergan@gmail.com or call 508-864-8685.



Submitted Photo

"Throwing Back - Massachusetts Pottery History with Hands-on Workshop" will be sponsored by the Warren Public Library at the Warren Senior Center on Saturday, Feb. 17 from 1-2 p.m.

Pottery workshop explores history

WARREN – Tales of the unusual, the unknown and the unpredictable are told at "Throwing Back - Massachusetts Pottery History with Hands-on Workshop" with a demonstration of techniques and many types of pots.

Sponsored by the Warren Public Library, this event will be held on Saturday, Feb. 17 from 1-2 p.m. at the Warren Senior Center, 2252 Main St., West Warren. The event is free and appropriate for both teens and adults.

Who were the Tufts and Cornell families? Who's drinking tea on the roof? Is Boston the original Beantown? This is a fast and fun exploration of the Commonwealth's pottery legacy.

Participants will pass from person to person a freshly made pot from the potter's wheel and have the chance to feel a dry and wet pot as it rotates on the wheel. Each person will also make a pinch pot and the unfired piece will go home with the participant.

CONTRACT from page 1

plan to bring service to Webster Road and pay for it. With this increase in PEG funding, the project will be completed within two years.

"That's a big deal, and I think it's a good legacy from this renewal license to take care of these people," August said. "It was part of a very interesting compromise and negotiation."

August said the PEG funds cannot be increased over 5%.

August said Comcast has multiple video origination sites under the license. He said it would be less expensive to use internet streaming back to the hub site, rather than negotiate for more video origination sites.

August said internet service is transactional, and the town would have to pay for it.

"Internet service is never negotiated," he said, in regard to cable contracts. Trying to get a contractual agreement for this would be "futile."

August explained the reason for having a 10-year contract, versus a five-year contract. He said a long-term contract provides the most benefit to the town and cable users.

Included in the contract is a discount for senior citizens and people that receive MassHealth, fuel assistance and more.

Selectboard members voted in favor of the renewal license, with Keith Kruckas opposed.

Appointments and resignation
The following were appointed to the Infrastructure Asset Improvement Committee: Matt Palladino, James Bourcier, David Comeau, Matthew Provencal, Ken Willette, Terry Smith, Nancy Talbot, Jack Cascio and Tracy Meehan. Beckley and Department of Public Works Director Geoffrey McAlmond will attend the committee's meetings, but will not be members.

Nicholas Bousquet was appointed to the Community Development Authority. The Selectboard accepted Shayne Pedercini's resignation from the Community Development Authority, Agricultural Commission and Youth Committee.

Pole hearing
The Selectboard approved National Grid's request to install one jointly owned pole on Greenwich Road about

595 feet south of the centerline of the intersection of Sorel Road and one guying pole (to replace a tree guy).

King George Drive acceptance
The Selectboard voted to accept the legal deed for King George Drive, continuing the process to make the street into a public way. Voters had approved accepting the road as a public way at the fall special town meeting.

Sidewalk complaints
Selectboard member Jack Cascio said a resident contacted him regarding a citation they received for not having their sidewalk cleared following a snowstorm. The town's bylaw states that sidewalks must be cleared within 24 hours of the end of the storm.

Beckley said the town had received "numerous complaints" about sidewalks not being cleared.

Snow policy for Senior Center
The Senior Center will delay or close in accordance with Ware Public Schools during inclement weather. Senior Center staff shall use vacation or personal time for the time the center is closed unless a state of emergency is called by the governor.

Cultural Council grant
Beckley said the town received \$1,238 from the Cultural Council for Main Street banners that will feature local scenes and buildings. Beckley said the banners will tie into an education program, and credited Nicholas Bousquet with helping to secure the grant.

Dangerous dog hearing
A dangerous dog hearing will be held on Tuesday, Feb. 6 at 7:05 p.m. pertaining to an incident that occurred on Dec. 31, 2023.

Right of first refusal
The Selectboard waived the town's right of first refusal for property owned by Russell N. Bergeron and Roy F. Bergeron on Coffey Hill Road.

Approvals
The Selectboard approved one-day liquor licenses for Workshop13 for the following events: Open Mic (Poetry), Feb. 2 from 6-10:30 p.m.; Open Mic (Music), Feb. 16 from 6-10:30 p.m.; and Drum & Dance Circle, Feb. 17 from 6-10:30 p.m.

Benefits of Fixed-Income Investments

When many people think about investing, the first thing that comes to mind is the stock market. And that's not surprising, as the rise and fall of stock prices is constantly in the news. But if you're going to achieve your financial goals, you may well need to look beyond stocks and include fixed-income investments in your portfolio.

Fixed-income investments offer three important benefits:

- Income** – When you invest in fixed-income vehicles, such as bonds, Treasury securities and certificates of deposit (CDs), you receive regular income in the form of interest payments. And you continue to receive this income until your investment matures or you sell it, no matter what's happening in the financial markets. Of course, the income you can receive from fixed-income investments will always depend on the interest rates at which these investments were issued. But if you own a mix of long-term and short-term fixed-income investments, you can gain some protection against fluctuating rates. When market rates are low, you can get greater income from your longer-term bonds, which typically — although not always — pay higher rates. And when market rates rise, you can benefit by reinvesting the proceeds from your shorter-term bonds.
- Diversification** – If you were only to own stocks, or stock-based mutual funds, your portfolio would be susceptible to higher risks, especially with market downturns. But you may be able to reduce the impact of market volatility by adding fixed-income investments to your holdings. Bond prices often move in a different direction from stocks, so if stock prices are falling, you might find that the value of your bonds is rising. You can also diversify within the fixed-income portion of your portfolio by owning a mix of corporate and Treasury bonds, as well as CDs, just to name a few.
- Stability** – As mentioned, you will always receive interest payments from your bonds if you hold them until maturity. But if you wanted to sell your bonds before they mature, you could get more, or less, than what you originally paid for them. When market interest rates rise, the price of your current bonds will likely fall, as no one will pay you the full price for them when they get newer ones that pay more — this is what's known as interest-rate risk. Conversely, when market rates fall, the prices of your current bonds will probably rise. But here's the key point to remember: Bond prices generally don't fluctuate as much as stock prices. In other words, bonds are typically less volatile than stocks. Consequently, owning bonds can add diversification to your portfolio. And to maximize the stabilizing effects of bonds, you may want to stick with high-quality bonds rated as "investment grade" by independent bond-rating agencies.

How much of your portfolio should consist of fixed-income investments? There's no one right answer for everyone. And over time, your interest in these types of investments may well change — for example, as you near retirement, you may want to consider shifting some of your growth-oriented investments into income-producing ones, though you'll still need some growth potential to keep up with inflation. In any case, the combination of income, diversification and stability provided by bonds and similar securities should be compelling enough for you to find a place for them in your investment mix.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC



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MAKING SENSE OF INVESTING

CHAMBER from page 1

She faced two fears in this job, one being flying and the other being swimming, as being able to swim was part of her training.

"She was terrified of swimming and had to pass a swim test to get the job," he said. Seeing her determination and drive to support her family, even if it scared her, inspired him.

Connolly moved to the U.S. with "just \$20 and a dream," knowing that he wanted to attend college. He asked his father and grandfather for \$400 each, in order to start school.

Now, Connolly has created a scholarship in that same amount of \$800, that is available to students at Holyoke Community College.

Connolly was unsuccessful getting hired by marketing firms after college, so he decided to venture into making diaper cakes for baby showers, with the launch of "Stinky Cakes." He would deliver the elaborate "cakes" formed using diapers and various other baby-related items in his pink van, wearing an apron and chef's hat.

After getting sick, Connolly took a job with Job Corps as a residential advisor, finding his love for teaching and mentoring.

"Every night they had 'accountability,'" Connolly said, where the students would check in about their day and talk about the highs and lows. Students were inspired by Connolly's positive outlook, and always came to him for advice.

Connolly then decided to write a book, and soon after started his digital marketing agency.

"I absolutely fell in love with billboards," he said. "I said to myself, 'when I get healthy, I'll buy a billboard.'"

As he searched for billboards to buy, Connolly also began researching digital mobile billboards. Ultimately, he decided this was the way to go.

He bought his truck to launch Stand Out Truck on March 9, 2020, just days prior to the devastating COVID-19 shutdown.

Connolly said like most people, he was "not worried about COVID at first," but soon realized that its impact would spread beyond public health, and could put the brakes on his new venture.

Always one to think outside the box, Connolly sold truck space for families of high school graduates, at an affordable rate.

"Just focus on five-star experiences," he said, emphasizing the importance of giving each customer a high-quality experience. "If you give enough five-star experiences, you're good."

Connolly then published a story book called "Lemonade", geared toward children; started a podcast and published a magazine called "Marketing and Cupcakes".

Connolly credits his success to the talent of his team and having a "dope" mindset, while avoiding the "sucks."

He explains that "dope" means "deliver others positive energy experiences," stressing the importance of making people feel good. "Sucks" are those that are critical without being constructive, and drain you of your energy.

"Stay sucka free...avoid the energy drains," Connolly said. "Surround yourself with people way better than you, build teams."

Connolly said teamwork brings diversity of thoughts, mutual respect and helps to form creative solutions. He said to put in the LBW and "stay unbothered," in your journey toward continued growth.

For more information about Connolly and his businesses, visit standouttruck.com and marketingandcupcakes.com, or find both on social media.

About the Chamber
The Quaboag Hills Chamber of Commerce was established in 1978 to assist businesses in the Quaboag Hills region, serving the towns of Belchertown, Brimfield, Brookfield, East Brookfield, Hardwick, Holland, Monson, New Braintree, North Brookfield, Palmer, Spencer, Wales, Ware, Warren and West Brookfield.

Its mission is to advance economic growth and tourism in the region, to be an advocate for policies that achieve the development goals of the communities, and to advance the interests of its members.

The Quaboag Hills Chamber of Commerce offers more than just networking opportunities. It helps the business community from the smallest entrepreneurs to the largest corporations; through trainings, seminars and more.

The Quaboag Hills Chamber of Commerce is located at 4 Springfield St., Suite 525, Three Rivers. For more information, visit qhma.com, call 413-283-2418 or email info@qhama.com.

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The freshman class decorated the windows of the school library. The theme was "Out of this world."



The sophomore class displayed their design in front of the library.



The junior class featured an alien flying saucer.

Winter Carnival at WARE HIGH



Sophomore Troy Dufresne tried to take the ball to the net as junior Jazeel Blanchard played defense.



Junior Owen McKeever, junior Nate Kaczuwka, sophomore Jack Gaudreau, senior Remy Cahalan and Principal Scott Slattery watch the action during cornhole.



Warming up for the cornhole contest were sophomore Alex Orszulak, junior Josh Dulak and sophomore Kyle Kaczuwka.



Playing cornhole are junior Matt Gambino, sophomore Kaleb Kanozek, junior Owen McKeever, junior Nate Kaczuwka, sophomore Jack Gaudreau and senior Remy Cahalan.

Turley Photos by Paula Quimette and Turley Photos by Ryan Drago

Sophomore Jason Mumper, sophomore Alex Orszulak, junior Brady Dyer and sophomore Brody Koczur raced for the ball.



The competition was intense during games of speedball.



One of the fun games played at the Winter Carnival was capture the flag.

CARNIVAL from page 1

phone booth is long gone. The game is now played by trying to fit as many students as possible in one square and be able to stay there for three minutes.

During the capture the flag tournament, the finals were between the sophomores and the seniors. Capture the flag went into overtime as one student of each class went head-to-head to capture the opposing class's flag and bring it over to their side of the gymnasium.

The seniors were victorious in capturing the flag.

While preparing for Winter Carnival, students were able to design their own shirts. The theme of this year's Winter Carnival was "Out of this World," and many outer space and alien themes came out of this cool theme and were incorporated into shirts of the freshmen, sophomores, junior and seniors.

Other "Out of this World" decorations were added by students on the windows of the school library. Every class joined in the fun to spread school spirit during the week leading up to Winter Carnival.

Preparing for the winter carnival were members of the Parent Teacher Student Spirit Association of Ware Junior Senior High School. Many volunteers of the PTSSA made it possible for students to enjoy this great winter event.



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LIGHT UP PALMER would like to ask for your support of Tailgate Tavern's Soup Cook Off

Spend a few hours together at the tavern, have a chance to win door prizes, and vote for your favorite soup... Prizes are awarded for the 1st, 2nd and 3rd place winners. Stop by the Tavern now and ask the Tailgate bartender for the sign-up sheet to enter a soup. Come, enjoy the fun! Soup, Prizes and Monetary Donations are accepted.

Proceeds from the Soup Off will go toward additions and maintenance of Light Up Palmer's community programs; including the Purple Heart banner, American flag and flower display on Main Street, Depot Village, as well as the Xmas holiday decorations and event. LUP thanks the Tailgate Tavern, their employees, and patrons for their continued support of our efforts to honor resident Veterans who have received the Purple Heart medal. If you, or someone you know is a recipient and does not currently have a banner recognition, please see the Town of Palmer's Veterans agent (Tina Brohman) to have their name added.

With Sincere Thanks to the Tailgate Tavern
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Enjoy a fun day of shopping and make this your one stop shop for Valentine's Day, or shop early for Mother's Day and Father's Day!

80+ vendors participating in the fair, there will also be a huge raffle table, so please be sure to bring cash

There will be no ATM on site. Venmo / Cashapp / ect. accepted at the discretion of vendors.

Fair Location is at the Quabog Regional Middle High School, 284 Old West Brookfield Road, Warren, MA

Still Life Farm at the West Brookfield Winter Farmers Market

By Richard Murphy
Correspondent

WEST BROOKFIELD – Jan. 24 was a drizzly overcast day, but not everywhere.

Across from the common in West Brookfield, in the hall of the First Congregational Church, there was an oasis of warmth. It was the weekly meeting of the West Brookfield Winter Farmers Market.

The usual suspects were there and ready to serve the needs of local shoppers and anyone else who might make the trek.

In the middle of the room, were tables laden with a plethora of vegetables that are not always seen in the depths of winter. How can this be?

Well, there is a reasonable explanation and Halley Stillman of

Still Life farm was there to tell it. Halley and her husband, Curtis and their four-year-old son, Kip run Still Life Farm in Hardwick. They are part of an extended farm family that includes her in-law's Stillman Farm in New Braintree and Stillman Quality Meats also in Hardwick run by sister-in-law Kate.

Now, as to that abovementioned variety of produce.

Obviously, just planting seeds out in bare ground as the colder temperatures arrive is not viable, but that does not mean farming has to stop.

Still Life Farm has three high tunnels and an unheated greenhouse. Such structures facilitate season extension.

Cold hearty varieties are planted, and they can be harvested over-

winter. Among the veggies suitable for such treatment are Bok Choi, Kale, Swiss Chard, Spinach, Red Mustard as well as a salad mix.

For other items, storage is necessary, and the storage facility is an occasionally heated shed.

For some produce, refrigerators are necessary. All of this to keep the veggies and fruits in an acceptable temperature range.

Popcorn on the cob, being dry, did not need much in the way of special storage. However, apples, root veggies such as onions and potatoes would, as well as Winter Squash and Sweet Potatoes.

Just looking at all the produce that adorned the tables could only bring one conclusion: farming is real work.

In just a few months Still Life will again be ramping up for the

growing season and then, Halley and Curt will organize their lives around growing as much as they can and serving farmers markets and their CSA customers.

CSA stands for Community Supported Agriculture. CSA is a system where shareholders within a community share the benefits and risks of food production.

The only people who would do this are those for whom it is a labor of love, and that was something Halley spoke to. She "loves being part of a community" and is "committed to the importance of a sustainable food system."

A little more than a year ago, outside interests tried to buy a lovely old farm and turn it into



Turley Photo by Richard Murphy
Halley Stillman of Still Life Farm in Hardwick is a vendor at West Brookfield Winter Farmers Market.

Please see **MARKET**, page 11

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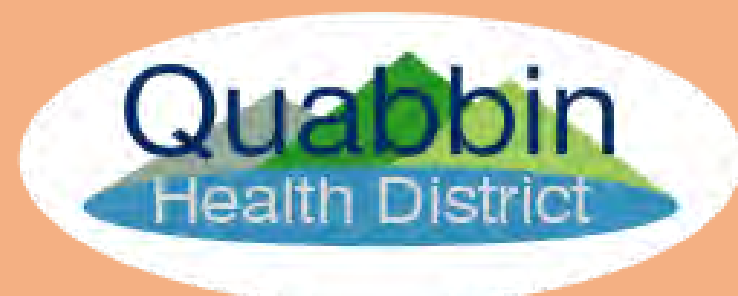
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Second-half offense explodes for Indians



Turley photos by Jack Cascio NEAPsmugmug.com
Brady Guimond drives towards midcourt.



John Mumper lunges to save this errant ball from going out of bounds.

WARE – Last Tuesday night, Ware had a huge second half and defeated Renaissance 81-62. The Indians were able to shut down Renaissance's scoring attack in the fourth quarter to break away with the lead. Four Indians scored in double digits as John Mumper and Jack Gaudreau had 19 points each, Joshua Mulligan scored 16 points, and Jack McKeever finished with 12 points. Ware is 6-6 on the season.



Ryan Fernandez sends a long-range shot at the hoop.



Matthew Tiberii flies for the basket.



Jack Gaudreau fights off the defense with this bank shot.



Josh Mulligan sets up to receive this pass from John Mumper.



Josh Mulligan is airborne as he focuses on the net with this underhand layup.



Cougars knock off Leicester

WARREN – Last Monday night, Quaboag boys basketball crept closer to .500 with a 59-49 win over Leicester. Matthew Tiberii had a big night with 22 points while Ryan Fernandez turned in 15 points and Evan Long had 14 points for Quaboag. The Cougars improved to 4-5 on the season with several more games to play.

Turley photos by David Henry www.sweetdogphotos.com

Owen Stevens shoots in some traffic.



Evan Long fires off a shot from close range.



Jacoby LaBillois shoots from the free throw line.

Young Panthers learning lessons this season

By Tim Peterson
Sports Correspondent

BARRE—The basketball court is very similar to a biology class or an algebra class for longtime Quabbin Regional boys' varsity basketball coach Dennis Dextrateur. He and his assistant coaches have done a lot of teaching this winter.

The Panthers, who played last

Tuesday night's home game without a key starter, suffered a 70-33 loss to Mid-Wach C rival Clinton.

"Clinton is the best team in our league this year. We were hoping to catch them on an off night," Dextrateur said. "We were also missing one of our starters, which made a big difference. He's one of our leading scorers. This was a very good learning experience for the

other players. I would've like to have ten timeouts instead of only five."

Quabbin junior Quinn Geary, who's averaging 10.8 points per game, didn't play in the home game against Clinton (10-1, 8-0) because he was sick.

The Panthers (2-10, 0-8) began the regular season with victories against Murdock, (58-18 at home), and at Narragansett Regional, (53-

42) before losing their next ten games.

"Our first two games of the regular season were against non-league opponents," Dextrateur said. "All of the teams in our league are having very good seasons. We're the only team who's going through the rebuilding process."

Please see **PANTHERS**, page 10



Brooke Austin hits a jump shot from the baseline.

Defense lifts Quabbin to win

BARRE – The Quabbin Regional High School girls basketball team continues to hold the opposition down, this time keeping Maynard below 30 points in a 45-29 win last Friday night. Meg Doyle had 13 points to lead the team, and Riley Bassett and Hannah Baxter each scored 12 points. The panthers have qualified for the state tournament and are 10-3 this season with a 6-3 league record in the Mid-Wach C.

More photos on page 10.



Turley photos by Ray Duffy
Hannah Baxter puts up a shot.

Pioneers suffer tough loss at Monson

By Tim Peterson
Sports Correspondent

MONSON—Colin Beaupre, who's a three-sport athlete, is writing the final chapter of his brilliant athletic career at Monson High School. He has been a member of the Mustangs boys varsity basketball team since the eighth grade.

Beaupre, who's one of the three seniors listed on the Mustangs varsity hoop roster, will have an opportunity to play in the Division 5 state tournament and most likely the Western Mass. Class D tournament in February.

The Mustangs (10-4) clinched a berth in the state tournament following an 84-57 non-league victory over the Pathfinder Tech Pioneers before a large crowd at

Michael J. Kane Gymnasium, last Friday night.

"I was in the eighth grade the last time that we qualified for the postseason tournament. We've had a couple of rough seasons since then," said Beaupre, who scored 10 of his 13 points against the Pioneers during the first half. "I wouldn't want to be a member of another basketball team. We're hoping to finish the regular season strong and we're looking forward to playing in the postseason tournament."

Monson, who won their fourth consecutive game, were ranked 12th in the MIAA Division 5 state power rankings. They were also ranked fourth in the Western Mass.

Please see **PIONEERS**, page 10



Turley photos by David Henry www.sweetdogphotos.com
Richie Gula looks for a shot.

sports

Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER – The Tuesday Night Commercial Elks League returned to bowling after missing games on Jan. 16 due to weather.

The standings as of Jan. 9, The Champs R Here are in first place with a record of 17.5 wins and 6.5 losses. Team BK is in second place with a record of 17-7. Acres are in third place with a record of 15-9. In fourth place, Life is Good has a record of 14-10.

The winners of round one, Compression, are in fifth place with a record of 13.5-10.5. Last in Line and the Blue B's are tied for last place at 9-15.

Acres bowled against Last in Line. In game one, Acres won the first game by a score of 384-354. Kenny Trudel of Acres led the team and scored 118 the first game. In game two, Acres won again by a score of 386-356.

Trudel continued bowling above his league average and bowled a 108 in game two.

In game three, Last in Line won the last game 388-381. Acres won total pinfall by a final score of 1151-1098. Trudel finished with evening with a 96 and three-game series of 322.

Compression bowled against the Blue B's. In game one, the Blue B's won the first game 353-347. In game two, The Blue B's won again by a score of 371-362. Thai Bui of Blue B's had a great game well over his league average (78) by bowling a 120.

In game three, Compression won the last game 356-349. Jason Dominick of Compression led his team the last game by finishing up the evening with a 104 game. The Blue B's won total pinfall by a final score of 1073-1065.

Thursday Night Mixed League

The Thursday Night Mixed League bowled their last league night in the month of January.

In one match, Team Four

bowled against Team Two. In game one, Team Four was the victor by a score of 390-365. In game two, Team Two won by a score of 381-362. Game three was a close game between the two teams, but Team Two prevailed in a two point victory, 403-401.

Nicholas Maslon of Team Four finished the evening with a 104. Team Four won total pinfall by a final score of 1193-1189.

Another match was between Team Three and Team Six. In game one, Team Six was the victor by a score of 402-393. Jesse Danek of Team Three started off the evening with a 107. In game two, Team Six won again 414-382.

In game three, Team Six won the last game 422-370 for a three-game sweep. Dan Mahoney of Team Six finished the night with a 122 game. Mahoney also bowled a 92 in the first and a 105 in the second to score a 319 series.

Team Six won total pinfall by a final score of 1238-1145.

DEFENSE LIFTS QUABBIN TO WIN



Meg Doyle gets some air on her jump shot.



Riley Bassett catches the pass to make a layup.

Turley photos by Ray Duffy

Loss puts Worcester Railers in fifth place

WORCESTER – The Railers fell 4-2 to the Trois-Rivieres Lions to wrap up a home three-in-three weekend.



The Railers found themselves in an early hole. They were behind, 1-0, less than four minutes after the opening faceoff and never led.

Lions goaltender Zachary Emond, facing Worcester for the first time in his career, was excel-

lent in net with 34 stops. Several were very timely, too. But, the Railers just did not finish well.

“It was a combination of both,” is how coach Jordan Smotherman described his team’s lack of goals.

“He made some good saves but often times we don’t find those pucks laying around the net. There were a lot of rebounds and the drive has not been there this year to put those in the back of

the net.” The two pucks that did find the back of the net were shot by Jack Quinlivan and Blade Jenkins. The Lions got goals from Nolan Yaremko, Nicolas Guay, Jakov Novak — his 19th of the season — and Cedric Montminy into an empty net.

Ken Appleby stopped 31 of 34 shots on the night for Worcester.

Yaremko scored at 3:43 of the first period. Quinlivan tied it at

Please see **RAILERS**, page 11

PANTHERS from page 9

The Panthers lost the first meeting at Clinton by the final score of 66-41 on December 19.

The only senior listed on the varsity roster is Nick Whitelaw, who didn’t score any points in the second meeting against the Gaels. His twin sister, Brianna, is a member of the Quabbin girls’ varsity basketball team.

“Nick is our only senior and he’s been a very good team leader. He understands that we’re in a rebuilding year,” Dextradeur said. “Everyone else on the varsity basketball team will be returning. The j.v. team will also be staying the same.”

Geary is one of the six juniors listed on the Panthers varsity basketball roster.

Junior guard Bryce Venne, who replaced Geary, made his first start in a varsity game. He scored one point, which was a made free throw during the second quarter.

The other four Panthers juniors are Luke Salvatore (2 points), Jaxon Warburton (4 points), Zeke Santoro (5 points), and Kyle Clark, who scored a team-leading 12 points. He also pulled down eight rebounds and blocked a shot.

Rounding out the varsity squad are sophomore Anthony Quarterone (6 points), freshman Jacoby Dilling (3 points), and eighth grader Brady Patchen.

Quarterone, who started the season as a member of the junior varsity team, played in his second varsity game against Clinton.

The two things that Dextradeur wasn’t very pleased about in the Clinton game was his team’s free throw shooting and the turnovers.

The Panthers only made five of their 18 shots from the free throw line.

“We always tell the players that going to the free throw line is free offense,” Dextradeur said. “We shot



Kyle Clark (rockin the new doo) with a left-handed layup.



Bryce Venne leaps over the defenders with a jump shot.

very poorly from the free throw line in tonight’s game.”

The Panthers made a total of 27 turnovers leading to 35 points.

Most of the Panther’s turnovers came in the first quarter.

Clinton scored the first 21 points of the contest before Santoro was fouled while making a lay-up in the final seconds of the opening quarter. He also made the bonus free throw completing the three point play.

The Panthers scored 12 points in the second quarter, but they were trailing 38-15 at halftime.

The home team wouldn’t get any closer than that during the second

half.

Senior’s Axel Ramos and Cam Grady led the Gaels with 12 points apiece.

Clinton’s other two double figure scorers were senior Abdiel Zapata (11 points) and junior Christian Green (10 points).

“We just need to play the game in slow motion, which didn’t happen tonight,” Dextradeur said. “I just hope our fans understand that we’re in the developing stage. We’re teaching the fundamentals and are hoping to win a couple of games before the end of the season.”



Zeke Santoro with a buzzer beater (and gets fouled) putting Quabbin on the scoreboard before the end of the first quarter.



Luke Salvatore put up a jump shot.

Turley photos by Ray Duffy

PIONEERS from page 9

Class D. power rankings. The top eight teams in each of the four classes will qualify for the Western Mass. tournament.

The Mustangs just missed qualifying for the state tournament a year ago, as they finished with an 8-12 overall record.

“We put ourselves in a good position to make the postseason tournament last year, but we lost our last two games,” said Monson head coach Zac Dreher. “It does feel very good to clinch a berth in the state tournament, especially this early in the regular season. We’ll probably be playing in the Western Mass. tournament as well.”

Monson eighth grade guard Trey Dillahunt scored a game-high 24 points against Pathfinder Tech. Sophomore guard Jake Beaupre, who’s Colin’s younger brother, contributed with 21 points.

“Jake and I have been teammates on the varsity basketball team for the past three seasons,” said Colin Beaupre, who also plays soccer and baseball. “It’s always nice playing one on one against him at practice. I’ve taught him a lot and it has been a lot of fun being teammates with him.”

Dillahunt and the Beaupre



Seth Mitchell drives to the hoop.



Cayden Bousquet makes his way down the court.

Turley photos by David Henry www.sweetdogphotos.com



Hunter Griswold reaches out for the layup.

brothers combined to score 58 points against the Pioneers.

“We’re not a very big team, but our guards are very fast,” Dreher said. “Colin, Jake, and Trey are outstanding athletes.”

Senior forward Sebastian Nava and sophomore forward Austin Meacham just missed reaching double digits in the home victory,

as they both scored eight points.

Rounding out the scoring column for the Mustangs were sophomore forward Shane Szado (6 points), freshman guard Kyle Beaudry (3 points), and senior guard Osvaldo Nieves (1 point).

It was the first meeting on the hardwood between the two squads since Pathfinder squeaked out a

losing last Friday’s game. They were ranked 35th in the Division 5 state power rankings and eighth in the Western Mass. Class C. rankings.

The top 32 teams automatically qualify for the state tournament, along with the other teams who finish the regular season with a .500 or better record.

Pathfinder Tech senior guard Hunter Griswold, who’s planning on playing football at Mass Maritime Academy next fall, moved from Palmer to Monson in the sixth grade. He scored a team-high 21 points in his first varsity basketball game at Michael J. Kane gymnasium.

“This is the first time that I’ve played a basketball game in this gym,” Griswold said. “I do know all the Monson players and it was a lot of fun playing against them tonight. I just wish that we could’ve won the game. They started red hot offensively and we could never catch up. I’m hoping that we can play them again in the state tournament.”

Senior forward Richie Gula, who’s from Palmer, scored 14 of his 17 points during the second half.

The other Pathfinder Tech players who live in Monson are junior guard Seth Mitchell (6 points),

senior forward Adam Slonka (4 points), and senior forward Luke Magnus (2 points).

Monson, who raced out to an 8-0 lead in the first three minutes of the contest, held a 27-10 lead at the end of the opening quarter.

“Monson is a very fast team, and they shot the ball very well tonight,” said Pathfinder head coach Zac Button, who’s father, Al, was an assistant girls’ basketball coach at Quabog Regional under legendary head coach Dick Gowen during their glory years. “I wish that it was a closer game, but we should be playing teams like Palmer and Monson more often. Every time that we lose a game, it’s an opportunity for us to get better. Our main goal is to qualify for both the Western Mass. and state tournaments.”

The Mustangs also held a 17-point (43-26) halftime lead, and they outscored the Pioneers, 41-31, during the second half.

If the two boys’ basketball teams don’t face each other again in the Division 5 state tournament, Monson is scheduled to make the short trip to Pathfinder Tech during the 2024-25 regular season.

sports

Western Mass. Baseball Hall announces new class

HOLYOKE – The Western Massachusetts Baseball Hall of Fame has announced the 11th annual class to be inducted on March 7, 2024 at Twin Hills Country Club:

Jeff Reardon: Reardon is a 16-year MLB relief pitcher, four-time All-Star, and 1987 World Series champion (Twins). He notched 367 saves over the course of his career, ranking 12th on the MLB all-time saves list. He pitched for five different teams during his big league career (Mets, Expos, Twins, Red Sox, and Yankees). Reardon grew up in Western Massachusetts, graduating from Wahconah High School in Dalton.

Mark Simeone: Entering his 28th season as Head Coach of Springfield College's baseball team, Simeone has compiled 484 victories during his tenure. He grew up in Northampton, graduating from Northampton High School in 1982. In addition to coaching at Springfield College, Simeone played outfield from 1982-87 under Charles Roys (Class of 2022 Western Massachusetts Baseball Hall of Fame inductee).

Bob Taylor: A current and longtime resident of Springfield, Taylor played 16 professional baseball seasons. He reached the major leagues in 1970, where he appeared in 63 games for the San Francisco Giants alongside Willie Mays and Willie McCovey. Taylor played for San Francisco's Double-A affiliate, the Springfield Giants, in 1965.

Don Strange: Strange, a

Springfield native, played college baseball at UMass Amherst from 1987-89. He then enjoyed an eight-year professional baseball career, reaching Triple-A while with the Atlanta Braves system. Don joins his brother, Pat (Class of 2021) in the Western Massachusetts Baseball Hall of Fame.

Earl Lorden: Lorden served as Head Coach at Turners Falls before taking the helm as Head Coach at UMass Amherst from 1948-1966. He won 189 games during this span, ranking third on UMass's all-time wins list. Lorden was a continuous supporter of UMass baseball until his passing in 1984 at the age of 87.

1942 Turners Falls State Championship Team: A true underdog team of 15 players that won the 1942 Massachusetts State Championship well before population-based divisions were instituted. Their undefeated regular season was shortened by gas rationing during World War II before defeating Arlington in the championship game at Fenway Park by a score of 5-4. The team induction coincides with the individual induction of their head coach, Earl Lorden.

Ron Chimelis (Garry Brown Sports Media Award): A long time columnist and sports reporter for the Springfield Republican, Chimelis served as Red Sox beat reporter during their 2004, 2007, and 2013 World Series championship seasons. He will be the second recipient of the Garry Brown Award, the first of which was posthumously awarded to Garry Brown in 2023.

Thunderbirds offense scores big over Checkers

SPRINGFIELD – The Springfield Thunderbirds (20-17-3-2) dominated for much of the night in a 6-1 win over the Charlotte Checkers (20-17-4-0) on Saturday night before a sellout crowd of 6,793 at the MassMutual Center.

The T-Birds jumped to a first-period lead for a second straight evening, this time just 3:37 into game action. Mathias Laferriere spun away from a defender to gain entry on the right-wing side. Mikhail Abramov raced up the middle of the ice, catching a perfect pass from Laferriere and lifting a shot into the top shelf behind Charlotte netminder Ludovic Waeber, making it 1-0 on his eighth goal of the season.

After not facing much action in the opening half of the period, Springfield goaltender Malcolm Subban got infinitely busier in the closing minutes, as the T-Birds killed off two Charlotte power plays, including 28 seconds' worth of 5-on-3 time. Subban shined, with point-blank saves off Gerry Mayhew and Rasmus Asplund sticking out in a 10-save opening frame.

After the goal by Abramov, Waeber also settled in, and the Checkers' third-ranked penalty kill also denied Springfield on two power plays as the two clubs' man-advantage units continued to scuffle.

For a second consecutive evening, Charlotte got an equalizer in the early stages of period two. Patrick Khodorenko approached the net and bashed home a rebound through Subban's legs after Patrick Giles had his initial try denied by the goaltender. The goal came just 44 seconds into the period to tie the score, 1-1.

However, like Friday night, the tie score would be short-lived. A Matt Kiersted penalty sent

Springfield's power play back to work, and just 32 seconds after the Khodorenko tally, Hugh McGing got his first goal since Nov. 24, ramming home a wide shot from Laferriere that skipped off the end boards right in front of the goal on the left side.

With the lead back in their possession, the T-Birds would not relinquish it. Subban made a crucial 2-on-1 save on Checkers captain Zac Dalpe, and moments after another Springfield penalty kill, at 10:22 of the period, Hunter Skinner stepped into a one-time drop pass from Zach Bolduc and saw it ricochet off a Charlotte stick and behind Waeber to make it 3-1. It was Skinner's first goal as a Thunderbird.

Laferriere's night was far from over, as he stepped over the left-wing side and roofed a heavy snap shot through Waeber at 14:00, and in less than four minutes, the lead grew to 4-1.

Things would not get any better for the Checkers in the third. Ryan Suzuki pounced on a loose puck in the slot after a Jakub Vrana pass to Bolduc caromed off Waeber's pad right into the slot area. Suzuki also found the top corner, advancing the lead to 5-1 on his third goal of the season.

Will Bitten would round out the scoring with his second point of the night, cashing in on a 2-on-1 after an initial shot from Bolduc bounced off Waeber's left pad and right onto Bitten's tape. Subban got himself back into the win column, making 29 saves in securing his ninth win of the year.

Including the postseason, Springfield is now 10-1-0-0 in its last 11 games against Charlotte inside the Thunderdome, and with the two-game sweep, the T-Birds leaped ahead of Charlotte in the Atlantic Division standings.

Committee seeks HOF nominations

BARRE – Nominations for the Quabbin Regional Athletic Hall of Fame Class of 2024 are being accepted.

Nomination forms are available on the Quabbin Regional Athletic website (www.qrsd.org). All forms are due March 1. Please mail forms to: Quabbin Regional Athletic Hall of Fame; PO Box 874; Barre, MA 01005 or e-mail to nmiville@qrsd.org.

RAILERS from page 10

7:12 of the second on a rebound of a play he set up with hard work down the left wing. It was his first goal of the season, third as a pro and first at the DCU Center.

Guay converted a 4 on 3 power play at 1:33 of the third then Jenkins tied it again with a wrap-around at 4:53. Novak scored a scramble goal for what proved to be the winner at 11:10.

The opposition seems to be getting more scramble goals than Worcester these days.

"Those are earned over time,"

School district offers preschool opportunities for families

From the desk of Colleen Mucha, Superintendent of QRSD

Did you know that children who receive early childhood education are 25% more likely to graduate high school and four times more likely to complete a bachelor's degree?

They perform better academically and socially. Engaging your child in early childhood learning experiences helps them to build skills and habits that will serve them well in the future.

However, sometimes it can be challenging for families to have their children engage in these experiences due to limitations of programming, cost, and other factors.

The Quabbin Regional School District believes in the importance of Early Childhood Education and recently added a "full day" preschool option for families that reside within the district.

The full day program runs at Hardwick Elementary School from 9 a.m.-3 p.m., Monday through Friday following the school year calendar. We anticipate great interest, and we will use a lottery system for student selection.

Half day preschool programs are available at New Braintree Grade School, Ruggles Lane School, and Hubbardston Center



Turley Photos by Paula Ouimette

Superintendent Colleen Mucha read a book about dogs.

School. Preschool registration is ongoing.

These programs are at "no cost" to families.

One added benefit of having your child attend preschool in the QRSD is that students will become familiar with their school, teachers, and administrators early on. This will ease the transition to kindergarten.

Our early learners fill us with great joy! Other elementary students enjoy being able to "help" our youngest learners as do our adults.

Should you have any questions regarding our preschool programs, you can reach out to our Early Childhood Coordinator, Shelley St. George at [sstgeorge@qrsd.org](mailto:ssstgeorge@qrsd.org).



Quabbin Regional School District's Superintendent of Schools Colleen Mucha created bead bracelets with children at Making Opportunity Count Coordinated Family & Community Engagement's playgroup in Hardwick.



Children engaged in hands-on activities at Hardwick Playgroup.



Superintendent Colleen Mucha met with parents and played with children at a recent playgroup.

Knights host spaghetti supper on Feb. 10

WARE – The Ware Knights of Columbus will host a Valentine's Day spaghetti supper on Saturday, Feb. 10 from 6-8 p.m. at St. Mary's Church Hall, South Street, dine in or take out.

Tickets are \$15 adults and \$10 children. For tickets, call/text 413-537-3422.

A free holiday rose will be given to the ladies. Beer and wine will be available for purchase.

MARKET from page 8

a center of Thoroughbred horseracing in Hardwick. A town referendum would put a stop to the attempt.

Halley and family were part of the campaign to save local farmland. She would write eloquently in defense of local agriculture and what she penned is still up at the Mass Farmers Market website.

To read it is to know why Stillman family farms.

Smotherman said, "when you dissect them you realize they're self-inflicted."

The game was a lively one that featured 51 minutes worth of penalties including a fighting major to Artyom Kulakov and a game misconduct for abuse of officials to Zach White.

The loss dropped Worcester into fifth place in the North Division, at least in terms of points. The Railers are fourth in winning percentage but can't see to find the traction to get themselves a little breathing room.

We're promoting the history of local businesses in our

Established EDITION

OFF THE MAIN STREET MEMORIES

to be published in the Ware River News

All local businesses are invited to showcase themselves to our readers – ads will run in order from the oldest to most recently established.

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public safety

Ware Police Log

During the week of Jan. 22-30, the Ware Police Department responded to 16 miscellaneous calls, 44 administrative calls, 10 traffic violations, 20 emergency 911 calls, three frauds, three harassments, one theft/larceny, one safety hazard, three assist other agencies, nine motor vehicle accidents, five animal calls and 23 motor vehicle stops in the town of Ware.

Monday, Jan. 22

2:54 a.m. Bylaw Violation, Park Avenue, Citation/Warning Issued
 3 a.m. Bylaw Violation, West Street, Citation/Warning Issued
 3 a.m. Bylaw Violation, Clifford Avenue, Citation/Warning Issued
 7:59 a.m. Safety Hazard, Main Street, Services Rendered
 2:55 p.m. Assist Other Agency, South Street, Services Rendered
 3:11 p.m. Motor Vehicle Stop, East Street, Citation/Warning Issued
 Summons: Alyse M. Mokrzycki, 37, Ware
 Uninsured Motor Vehicle
 10:16 p.m. Motor Vehicle Stop, West Street, Citation/Warning Issued

Tuesday, Jan. 23

9:27 a.m. Traffic Incident/Crash, South Street, Advised
 10:08 a.m. Harassment/Stalk/Threat, Main Street, Services Rendered
 10:51 a.m. Breaking and Entering/Burglary, Gareau Avenue, Appears Secure After Check
 1:27 p.m. Abandoned 911 Call, West Street, Taken/Referred to Other Agency
 4:49 p.m. Service of Summons, Main Street, Arrest Made
 Arrest: Andrew J. Swistak Jr., 52, Ware
 WMS Warrant; WMS Warrant
 6:44 p.m. Outside Fire, West Street, Investigated
 9:34 p.m. Traffic Incident/Crash, Maple Street, Report Made
 10:13 p.m. Traffic Incident/Crash, East Street, Report Made

Wednesday, Jan. 24

8:44 a.m. Abandoned 911 Call, West Street, Investigated
 4:09 p.m. Assault, West Street, Report Made
 6 p.m. Motor Vehicle Stop, Palmer Road, Citation/Warning Issued
 Summons: Tessa A. Santor, 25, Belchertown
 License Suspended, Operate Motor Vehicle
 7:13 p.m. Abandoned 911 Call, West Street, Dispatch Handled

Thursday, Jan. 25

4:20 a.m. Abandoned 911 Call, West Street, Services Rendered
 8:13 a.m. Traffic Incident/Crash, Bondsville Road, Unfounded
 10:32 a.m. Abandoned 911 Call, West Main Street, Dispatch Handled

Friday, Jan. 26

6:52 a.m. Traffic Incident/Crash, Old Gilbertville Road, Report Made
 8:40 a.m. Motor Vehicle Stop, West Main Street, Citation/Warning Issued
 Summons: Roldan M. Aponte,

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.

44, Ware

License Suspended, Operate Motor Vehicle With
 10:48 a.m. Motor Vehicle Stop, Palmer Road, Citation/Warning Issued
 2:38 p.m. Traffic Incident/Crash, Palmer Road, Report Made
 2:53 p.m. Fraud/Deception, South Street, Services Rendered
 9:35 p.m. Assist Other Agency, Cummings Road, Advised
 12:04 p.m. Abandoned 911 Call, Canal Street, Dispatch Handled
 5:25 p.m. Assist Other Agency, Aspen Street, Could Not Locate
 6:06 p.m. Abandoned 911 Call, Osborne Road, Dispatch Handled
 9:36 p.m. Motor Vehicle Stop, West Street, Vehicle Towed
 Summons: Briana M. Ocasio, 26, Springfield
 Uninsured Motor Vehicle; Registration Suspended, Operate Motor Vehicle With

Sunday, Jan. 28

3:08 a.m. Bylaw Violation, North Street, Citation/Warning Issued
 3:31 a.m. Bylaw Violation, Hillside Terrace, Citation/Warning Issued
 3:42 a.m. Bylaw Violation, Homecrest Avenue, Citation/Warning Issued
 3:52 a.m. Bylaw Violation, Berkshire Drive, Citation/Warning Issued
 4:22 p.m. Motor Vehicle Stop, Pleasant Street, Citation/Warning Issued
 7:26 p.m. Theft/Larceny, Palmer Road, Services Rendered
 8:14 p.m. Motor Vehicle Stop, West Street, Citation/Warning Issued
 8:54 p.m. Traffic Incident/Crash, Gould Road, Report Made

Monday, Jan. 29

12:13 p.m. Fraud/Deception, North Street, Services Rendered
 2:03 p.m. Fraud/Deception, North Street, Services Rendered
 2:37 p.m. Motor Vehicle Stop, West Street, Citation/Warning Issued
 7:49 p.m. Traffic Incident/Crash, South Street, Services Rendered
 8:53 p.m. Traffic Incident/Crash, Palmer Road, Report Made

Tuesday, Jan. 30

2:10 a.m. Bylaw Violation, Prospect Street, Citation/Warning Issued



Submitted Photo

Ware Fire Chief James Martinez completed the Massachusetts Firefighting Academy's Chief Fire Officer Management Training Program, graduating with 33 other fire service leaders from across the commonwealth.

Martinez completes program at Firefighting Academy

STOW – Nearly three dozen fire service leaders from across Massachusetts graduated on Jan. 24 from the 29th class of the Massachusetts Firefighting Academy's Chief Fire Officer Management Training Program.

The four-month program for new chief officers and chief officer candidates is delivered jointly by the Massachusetts Firefighting Academy and the University of Massachusetts Edward J. Collins Jr. Center for Public Management. Through classroom instruction and out-of-class assignments, the course delivers intensive training in the non-fire suppression aspects of managing a municipal fire department.

The 2023-2024 graduating class was drawn from the fire departments of Amesbury, Ayer, Barnstable, Bedford, Bolton, Canton, Cotuit, Dennis, East Longmeadow, Erving, Everett, Framingham, Freetown, Hopkinton, Lawrence, Lowell, Ludlow, Manchester-by-the-Sea, Medway, Natick, New Bedford, Northampton, Northbridge, Onset, Royalston, Sharon, Ware, Wellfleet, West Springfield, Westfield and Winchester, where its members serve as chiefs, deputy chiefs, and captains.

Graduates including Ware Fire Chief James Martinez.

"The Chief Fire Officer program

is a tremendous opportunity for new chiefs and rising officers," said State Fire Marshal Jon M. Davine, who graduated from the program in 2016. "The rigorous instruction in such a wide variety of topics will help these graduates provide the leadership that their departments and communities deserve. Completing the program is a major accomplishment and I want to congratulate all of them on their initiative and dedication to professional development."

The Chief Fire Officer Management Training Program covers a spectrum of topics considered essential for effective public sector management. It includes

human resource management, ethics, executive leadership, governmental and organization structures, information management, customer-focused strategic planning, legal issues, budgets and public finance, community awareness, and labor relations.

The curriculum helps fire officers improve their ability to lead and manage personnel, understand employees' needs and problems, communicate effectively to a variety of audiences, and leverage inter-agency cooperation. The Massachusetts Firefighting Academy, a division of the Department of Fire Services, offers this program tuition-free.

Warren Police Log

During the week of Jan. 14-20, the Warren Police Department responded to 216 building/property checks, 100 community policing, nine emergency 911 calls, four larcenies/thefts, one complaint, one property damage, two motor vehicle accidents, three animal calls and 25 motor vehicle stops in the town of Warren.

Sunday, Jan. 14

5:50 p.m. Motor Vehicle Stop, Main Street, Written Warning
 6:10 p.m. Tree Incidents, Reed Street, Investigated
 9:38 p.m. Motor Vehicle Stop, Main Street, Citation Issued
 10:02 p.m. Motor Vehicle Stop, Main Street, Prisoner Bailed
 Arrest: Richard E. Santarelli, 52, Palmer
 OUI-Liquor or .08%, 2nd Offense; Speeding in Violation Special Regulation

Monday, Jan. 15

9:49 a.m. Abdominal/Back Pain, Mechanic Street, Mutual Aid Transport
 5:06 p.m. Assist Other Police Department, Prospect Street, Officer Spoke to Party
 6:47 p.m. Motor Vehicle Stop, South Street, Written Warning
 6:58 p.m. Motor Vehicle Stop, Main Street, Written Warning
 7:25 p.m. Larceny/Theft, Lombard Street, Report Filed
 7:28 p.m. Larceny/Theft, Main Street, Report Filed
 7:30 p.m. Larceny/Theft, Moore Avenue, Report Filed
 7:31 p.m. Larceny/Theft, Reed Street, Report Filed

Tuesday, Jan. 16

12:34 a.m. Complaint, Main Street, Citation Issued
 4:01 p.m. Motor Vehicle Stop,

Main Street, Citation Issued
 4:11 p.m. Motor Vehicle Collision, Boston Post Road, Vehicle Towed
 4:30 p.m. Motor Vehicle Stop, Main Street, Citation Issued

Wednesday, Jan. 17

1:50 p.m. Breathing Difficulty, Trudeau Drive, Transported to Hospital
 4:06 p.m. Motor Vehicle Stop, North Street, Report Filed

Thursday, Jan. 18

2:36 a.m. Property Damage, Southbridge Road, Investigated
 7:07 a.m. Unconscious/Unresponsive/Syncope, Quaboag Street, Transported to Hospital
 7:29 p.m. Fire Alarm Activation, North Street, Investigated

Friday, Jan. 19

4:55 a.m. Motor Vehicle Stop, Main Street, Written Warning
 1:07 p.m. Follow-up Investigation, Milton O. Fountain Way, Report Filed
 3:36 p.m. Motor Vehicle Collision, Reed Street, Vehicle Removed
 9:52 p.m. 911 Hang-up/Misdial/Abandoned, South Street, Report Filed

Saturday, Jan. 20

10:09 a.m. Abdominal/Back Pain, Cronin Road, Referred to Other Agency
 12:36 p.m. Chest Pain/Heart Problem, Mechanic Street, Transported by Life Flight
 2:34 p.m. 911 Hang-up/Misdial/Abandoned, Main Street, Report Filed
 8:02 p.m. Motor Vehicle Stop, Boston Post Road, Written Warning
 9:21 p.m. Motor Vehicle Stop, East Road, Written Warning

Hardwick Police Log

During the week of Jan. 22-29, the Hardwick/New Braintree Police Department responded to 79 building/property checks, 46 directed/area patrols, six traffic controls, nine emergency 911 calls, 10 radar assignments, four citizen assists, one assist other agency, two complaints, one motor vehicle investigation, one burglary/breaking and entering, one investigation, one animal call and 10 motor vehicle stops in the town of Hardwick.

Tuesday, Jan. 23

10:13 a.m. Assist Other Agency, Barre Road, Officer Handled
 11:44 a.m. Parking Complaint, Prospect Street, Officer Handled
 6:04 p.m. 911 Burglary (Breaking and Entering), Barre Road, Officer Handled

Wednesday, Jan. 24

9:46 a.m. 911 Assist Citizen, Church Street, Dispatch Handled
 12:14 p.m. Medical Alarm, Church Lane, Transported to Hospital
 12:33 p.m. 911 Assist Citizen, Hardwick Road, Taken/Referred to Other Agency
 11:11 p.m. Motor Vehicle Stop, Main Street, Written Warning

Thursday, Jan. 25

11:17 a.m. 911 Medical Emergency, Church Lane, Transported to Hospital
 2:51 p.m. Complaint/Motor

Vehicle Operations, Main Street, Negative Contact

7:04 p.m. Assist Citizen, Main Street, Voice Message Left
 11:15 p.m. Motor Vehicle Stop, Main Street, Written Warning

Friday, Jan. 26

12:15 p.m. Motor Vehicle Stop, Main Street, Written Warning
 10:10 a.m. 911 Medical Emergency, Church Lane, Transported to Hospital
 2:33 p.m. Assist Citizen, Petersham Road, Services Rendered
 9:52 p.m. 911 Misdial, Old Petersham Road, Checked/Secured

Saturday, Jan. 27

4:36 a.m. 911 Medical Emergency, Miner Road, Transported to Hospital
 12:19 p.m. Investigation, Lower Road, Officer Handled
 6:44 p.m. Suspicious Activity, Out of Town, Spoken To
 10:39 p.m. Motor Vehicle Investigation, School House Drive, Investigated
 11:50 p.m. 911 Medical Emergency, Main Street, Transported to Hospital

Monday, Jan. 29

2:59 a.m. Utility Issues, Miner Road, Services Rendered
 7:26 a.m. 911 Medical Emergency, Barre Road, Transported to Hospital

Two men charged in connection with destructive devices

STOW – A joint investigation into a series of explosions last year has led to charges against two men for possessing and/or using destructive devices, according to a press release from the Department of Fire Services.

The suspects were identified in the course of an investigation by the Monson Police Department, Brookfield Police Department, Holland Police Department, Sturbridge Police Department, and State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal's office.

Nathan Asselin 19, of Sturbridge and Camron

Lamarche, 19, of Southbridge were arrested Jan. 24 on warrants charging them with four counts of possession of a destructive device, placing an explosive device, vandalism, and other offenses. The joint investigation stems from explosions in mailboxes and other outdoor sites in the area of Town Farm Road in Brookfield, Sturbridge Road in Holland, Boston Road East in Monson, and New Boston Road in Sturbridge in late December 2023.

Asselin and Lamarche were expected to be arraigned in Dudley District Court the day of the arrest.

Free tax preparation services offered for low-income households

WARE – Community Action Pioneer Valley will be bringing free tax preparation services to Ware through its Volunteer Income Tax Assistance Program.

Community Action's IRS-certified volunteers can help prepare your taxes if: your income meets the eligibility requirements, you live in Franklin County, Hampshire County, or some North Quabbin towns, and its volunteers are trained on your tax situation. Eligibility is limited to households at or below 250% of the federal poverty level who have relatively simple taxes.

All tax returns are dou-

ble-checked by quality reviewers, and you can trust that volunteers will go the extra mile to help you get the highest refund possible.

The clinic in Ware will take place on Saturday, Feb. 24 from 10 a.m.-4 p.m. at the Education to Employment (E2E) space at 79 Main St. Taxpayers must make an appointment in advance, and appointment sign up is now open.

For more information about eligibility or to make an appointment, taxpayers may call 413-376-1136, or visit the website at: <https://www.communityaction.us/program/taxes>.

Lotto calendar winners announced

Friends of the Young Men's Library thank local businesses

WARE – The winners of prizes in the Young Men's Library Association Lotto Calendar are listed below: Kathy Radisic, Sarah Hayde, Michael Skoczylas, Darlene Gildert, Darcy Gauthier, Robert McLean, John and Pat Mozgala, Chris Nav, Dale Potter, Marnie Thamel, David Maida, Leah Hassett, Richard Bonnayer, Bill Simons, Beth Hamel, Craig Simmons, Janice Ouimette, Kathy Wood, Ben Duby, Deborah Poppel, Don Amidon, Brian Rucki, Lynne Rude, Jennifer Kettles, Rajab Khanabai, Teddy Thamel, Jimmy Lee, Todd

Lavallee, Isabella Staiti, Mariola Kacprzyk and John Sullivan.

The Friends of the Young Men's Library would like to thank the following local businesses and organizations for helping to sell Lotto Calendars. The Aspen Street Rod and Gun Club, Changes Hair Salon, Cluett's, Crystal Springs, D & D Fitness Factory, Dulak's, Hardwick Crossing Country Club, It's Wine, O'clock, Lazer's Pizza, McCarthy's Pub, Moulton's Insurance, Pete's Gasland, Russo's, Silhouettes on Main, Subaguru, Ware Senior Center, Warren Senior Center, Weir River Club and Wilton's.

The Friends really appreciate the support of the business community, and if they omitted any business, they thank them also.

Stanley Pasierb Cygan, 81

WARE – Stanley “Butch” Cygan, beloved husband, dad, and dziadzu, passed away peacefully on Jan. 25, 2024, at Baystate Medical Center with his family by his side, at the age of 81.



Butch was born Aug. 18, 1942, in Ware, only child to the late Amelia “Millie” Pasierb Cygan and Stanley Cygan. He was raised in Ware, going right into the workforce to support his mom, when his dad passed away at a young age.

He met the love of his life, Patty in 1965 and have been happily married for 56 years.

Butch worked for 25 years at Coca Cola when they started operations in Ware. He later worked at UMASS/Amherst in their physical plant until retirement.

Butch was a Little League and

Babe Ruth Baseball coach for nearly 20 years while coaching his children along with many young children in the Town of Ware. He loved the game of baseball, following his grandchildren around, seeing and sharing their successes.

He had a zest to fish, both locally and chasing large codfish on the Atlantic. He enjoyed a good barbecue, earning him the nickname “The Chicken King.” His love for cooking chicken over a charcoal pit was a passion for him. Most family barbecues were met at dawn with him preparing half chickens. His seasoning recipe was sought after by many.

He leaves behind the family he adored, his wife Patricia (Jamrog) Cygan. His sons Michael and wife Elaine, Edward and his

wife Elizabeth (Liz) both of Ware, his daughter Ann Marie and husband Matthew St. Germain of Hardwick. His grandchildren Marc St. Germain, Halie St. Germain, Jesse, Joseph and Callie Cygan. Also, many treasured cousins and extended family.

Butch made friends easily and left many behind to cherish his memory.

Calling hours will take place Saturday, Feb. 3, 2024, from 10 a.m.-noon in the Cebula Funeral Home Chapel, 66 South St., Ware. A Prayer Service will end the calling hours at noon in the funeral home chapel. Burial will take place at a later date.

In lieu of flowers, donations can be made to the Town of Ware with “Butch Cygan Baseball Project” in the memo, mailed to 126 Main St., Ware, MA 01082.

Phillip G. Vadnais, 63

BARRE – Phillip G. Vadnais of Barre, died on Tuesday, Jan. 23, 2024, at Fitchburg HealthCare Center after a



battle with early onset dementia, at the age of 63.

He leaves his former wife, Barbara J. (Howe) Vadnais of Barre; their daughter, Katie L. Oliva and her husband Jeffrey of Barre; his granddaughter, Juliana; six siblings Donald Vadnais and his wife Judie of Ware, Pierre Vadnais and his wife Cheryl of Ware, Joanne Johnson and her husband Francis of Wheelwright, George H. Vadnais Jr. and his wife Diane, Gregory Vadnais of Palmer, and Anna Vadnais of Northampton, along with many nieces and nephews, and their spouses.

He was predeceased by his brothers, Valbert E. Vadnais in 2017, and Louis Vadnais. He was born in Palmer, son of the late George H. and Dafrose Vadnais, and grew up in Ware.

He was an outstanding athlete while at Ware High School playing both football, and wrestling. After graduating from Ware High School, he enlisted in the U.S. Army where he served as a combat engineer.

He loved hockey, and played regularly from age 12 to 59. As a hobby

Death notices

Cygan, Stanley “Butch” Pasierb
Died Jan. 25, 2024
Services Feb. 3, 2024

Therrien, Barbara J. (Thurber)
Died Jan. 25, 2024

Vadnais, Phillip G.
Died Jan. 23, 2024
Services Jan. 30, 2024

which turned into a small business, he crafted outdoor furniture including picnic tables, Adirondack chairs and swings.

Phil worked as a sheet metal fabricator at Whitcraft, LLC in Eastford, Connecticut where he manufactured precision parts used in the aerospace industry.

He had strong faith, and was a long-time member of the Liberty Baptist Church in Ware.

A Funeral Service for Phil was held on Tuesday, Jan. 30, 2024, at 11 a.m. in the Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield. A calling hour will be held in the funeral home from 10-11 a.m. prior to the service. A Celebration of Life will follow the service at Hartman’s Herb Farm in Barre.

In lieu of flowers, memorial donations may be made to the Ware High School Athletic Booster Club, P.O. Box 240, Ware, MA 01082. Please make checks out to the Town of Ware, and write Athletic Booster Club on the memo line.

An online guest book is available at varnumfuneralhome.com.

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.

Barbara J. (Thurber) Therrien, 85

WARE – Barbara Joyce (Thurber) Therrien passed away peacefully on Jan. 25, 2024, with her devoted husband of 65 years, John Therrien at her bedside, at the age of 85.



Born in North Brookfield, Barbara spent her younger years “spoiled” by her own account as she was the youngest of five and the only girl born to her late parents Calysta (Adams) and Guy Thurber.

She graduated from Warren High School in 1956 and met her husband, the oldest brother of her best friend, upon his return from the Air Force. Married in 1958, they welcomed their first child, Deborah in 1959, followed by Karen (1960) and David (1964).

Barbara was known and loved in her community; she influenced the lives of so many students during her 30-year career as the secretary at Ware Junior High.

In her day-to-day life you would find Barbara in the kitchen making one of her many family-famous dishes like magic cookie bars, pumpkin bread, and meatloaf. She spent countless days in the Quabbin walking with John, blueberrying with her children and grandchildren, and enjoying time communing with nature. She loved

crossword puzzles, gardening, reading, and bluebirds.

Barbara had always wanted to see more of the world and traveled often. She and John were frequent visitors of the Bar Harbor area, making time to explore Acadia National Park and stopping for her favorite lobster stew at the Jordan Pond House with evenings spent at the quiet cottage on Seal Cove.

She also enjoyed traveling with her friends and sisters-in-law, and you could find them shopping and gabbing in many parts of coastal Maine on their annual trips.

Barbara had an incredible capacity for compassion. She cared deeply for her loved ones and told them often.

Her greatest pleasure in life was serving others. She never forgot a birthday or special event, and celebrated every accomplishment or milestone with such joy that her greeting cards were filled with underlined and crossed out words, often rewritten in her handwriting to say what she really wanted.

Barbara was most proud of her accomplishments as a wife and mother. Her hopes for her children to be kind, honest, fair, and a good friend were many times fulfilled as she continued to instill such values

in her grandchildren and their children.

She is survived by her husband, John Therrien; children, Deb Lizak and DJ Beaulieu, Karen Therrien (of Ware), and David and Heidi Therrien (of Omaha); her grandchildren, Heather Willis, Amanda Therrien and Brittany Bottger; her great-grandchildren Jenna and Kyra Langlais, and Millie Bottger; and her great-great-grandchildren Gavin, Mia, Bently, Aubrey and River. She also leaves behind her brother, Donald Thurber and his wife Marie; sisters-in-law Mary Ellen, Theresa, Kate, and Elaine; brothers-in-law Ed and JR; and was preceded in death by her brothers Dee, Roger and wife Doris, Kenneth Thurber, and by her sister-in-law Kathy Mundell.

At the family’s request, a celebration of life will be held at a later date. In lieu of flowers, memorial donations may be made to the following: The Alzheimer’s Association, 225 North Michigan Ave., Floor 17, Chicago, IL 60601. Multiple Sclerosis Association of America, 375 Kings Highway North, Suite B, Cherry Hill, NJ 08034.

Charbonneau Funeral Home is assisting her family with arrangements. An online guest book is available at charbonneaufh.com.

Baystate Health offers free virtual programs

SPRINGFIELD – Baystate Health’s Loyalty Programs will offer four free virtual events in February beginning with “Navigating the Menopause Transition” on Feb. 5.

All events are open to the general public.

The road to menopause can be long and winding, with many women experiencing hot flashes and other bothersome symptoms for seven-10 years or more during the perimenopausal period. After menopause, some symptoms related to hormonal changes may persist for life.

During “Navigating the Menopause Transition” at 6 p.m., Vanessa Ross, CNM, Menopause Society Certified Provider, Baystate Midwifery and Women’s Health, will discuss what menopause is, what to expect and how to manage your symptoms.

Medications continue to revolutionize medicine. But starting new medications, taking over-the-counter medications, or managing ongoing medications can sometimes be challenging.

During “Medication Tips from the Pharmacist” on Feb. 7 at 6 p.m., Mark Heelon, Pharm.D., Medication Safety Officer, Baystate Health, will discuss questions to ask your pharmacist, going to the hospital with medications, parents administering medications to their children and other helpful medication management tips.

A cough is a natural reflex to help clear and protect the airway. An occasional cough is normal, and typically a cough will go away on its own, but what if a cough lingers and lasts for weeks?

During “Persistent Coughing”

on Feb. 13 at 6 p.m., Dr. Sybille Liautaud and Dr. O’Neil Green, Pulmonary Critical Care, Baystate Pulmonary, Non-CF Bronchiectasis Clinic, will discuss coughs that are the result of damaged airways, non-cystic fibrosis bronchiectasis, and non-tuberculosis mycobacteria and how they are treated.

During “Do This, Not That, To Avoid Falls” on Feb. 29 from 2-3 p.m., the team from Baystate Rehabilitation Care including Courtney Brown, PT; Michelle Lantaigne, OT; Erin Jarosz, OT; and Diana Edwards-Chung, MSN, RN, who is Injury Prevention Coordinator, will discuss the do’s and don’ts as well as practical home safety guidelines for preventing falls in the home.

Registration is required for each session at BaystateHealth.org/events.

Pathfinder Tech welcomes Scout to school community

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

PALMER – Pathfinder Technical Vocational School is excited to introduce Scout, the English Golden Retriever who is promoting mental health among students and staff alike.

Scout was adopted by the school through support of the School Committee and a healthcare grant from the Massachusetts Interlocal Insurance Association. This grant paid for the purchase of the dog, as well as training, veterinary services and supplies like toys and a cage.

“What we’re finding is it’s a nice icebreaker for those students that have a hard time expressing their feelings and talking about what’s going on,” said Principal Brenda Turner. “If he’s in the room, it breaks down a lot of barriers.”

Turner said that in addition to improving students’ mental health, Scout will also serve to address the absenteeism that has increased at many schools and workplaces since the pandemic.

Director of Student Services, Marina Latourelle, has been charged with taking care of Scout after the school is closed, a responsibility that the rest of the staff has lined up to share, should Latourelle be unavailable. “The recommendation was that he comes to work right away,” Latourelle said. “So he puts his little harness on and he comes to work, and he loves it.”

A poll was held to name the puppy, with Scout beating out the suggestions of Petey (for PT) or Techie.

Superintendent Eric Duda named the adoption of Scout as one of his proudest accomplish-



Jennavieve Josephson stopped to pick up Scout on her way through the halls.



Turley Photos by Marcelo Gusmão
Georgia Bousquet, Mackenzie Peterson, Addison Doktor and Julianna Lovejoy stopped to pose for a picture with Scout.

ments of the year, along with introducing the Yonder pouches to help cut down on phone use.

“This was done through a unanimous vote from our School Committee to adopt a new school policy,” said Duda. “It allowed us to move forward with the dog.”

Duda said that in the first week, Scout had already been called on to help students with various mental health challenges.

“You can have the best school psychologists and three guidance counselors and two adjustment counselors, a powerful admin team and a wonderful teaching staff, and we can all work to do something to help this student,” Duda said. “I saw this firsthand: you may or may not get there quickly, but with a puppy, you get there immediately.”

Walking through the halls with Scout, students immediately lit up as soon as they saw him. Turner said that the staff coord-

inates a schedule for Scout to visit different classrooms at different times of day, in between his training and daily care.

“The positive impact that he’s already had has blown everyone’s mind,” Duda said. “By the end of the first day, you can’t walk throughout this building without having smiles and interactions.”

“We brought the puppy to our School Committee meeting last week,” Duda said. “We introduced the dog in public session, and everybody smiled, and people pet the dog, and everything else. The whole tone changes from there, you can feel the positive energy.”

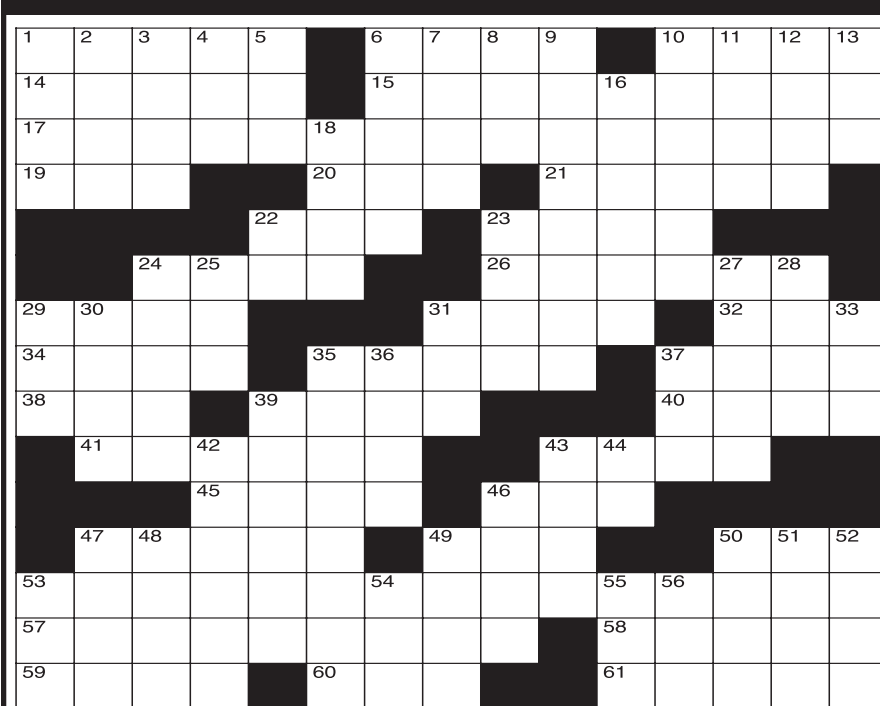
Duda said he believes that Pathfinder is the first school out of the nine towns it services to have a dog on-campus and said that he hopes other towns will follow their example.

“Myself and the team are happy to work with anyone who’s interested in doing what



Scout is shown with Principal Brenda Turner and Marina Latourelle.

we’re doing,” Duda said, mentioning that police and fire departments could also benefit from a dog onsite.



CLUES ACROSS

- Become less intense
- Variety of pear
- Religion native to China
- Type of tooth
- Fitted out
- Make every effort
- Autonomic nervous system
- Complete
- Alternate name
- River in France and Belgium
- Miami’s mascot is one
- Turfs
- Most cognizant of reality
- Broad volcanic crater
- Canadian surname
- Satisfaction
- Traitorous Greek mythological prince
- Collide
- Immune response
- Feline
- High opinion of one’s

- own appearance
- Thin strip to align parts
- Containers
- Convicted American spy
- Breathe noisily
- Taxi
- Pancakes made from buckwheat flour
- Swiss river
- I.M., architect
- Have surgery
- Formal withdrawal
- Dutch and German surname
- Square measures 60. 2,000 lbs.
- Degrade someone
- Gemstone
- A place ships dock (abbr.)
- Evergreen tropical tree
- Reality TV star Richards
- Nonflowering aquatic plant
- Stakes
- Antidiuretic hormone
- Make warm again
- Light beams
- Lethal dose
- Terrorist group
- Kids love him
- Naturally occurring solid
- German surname meaning “man from Saxony”
- Siberian river
- Popular cuisine
- Partner to cheese
- Type of horse
- Diego
- Defensive nuclear weapon
- Most shrewd

CLUES DOWN

1. Siberian river
- Blessing
- Substitutes (abbr.)
- Principle underlying the universe
- Work unit
- Yellow edible fruits

- It may be for shopping
- Midway between south and southeast
- A stock of foods
- The bindings of books
- Swiss river
- Megabyte
- Sammy, songwriter
- Dutch colonist
- Clare Booth, American writer
- Sun or solar disk
- Popular type of bread
- Transfers of money (abbr.)
- Association of engineering professionals
- Young women’s association
- City
- Niger-Congo branch of languages
- Pointed end of a pen

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The Town of Palmer is seeking applicants for the full-time position of Assistant Town Accountant. The applicant should have a working knowledge of accounting theory and accrual concepts along with strong organizational, interpersonal, and analytical skills as well as experience with Microsoft Office. Previous experience using MUNIS accounting software is a plus. Complete job description can be found at **https://townofpalmer.com/jobs**. Please e-mail a cover letter and resume to **spotter@townofpalmer.com** or via mail to the Town Accountant's Office at 4417 Main Street, Palmer, MA 01069. This position will remain open until filled. The Town of Palmer is an EOE/AA employer.

The Norcross Wildlife Foundation in Wales is looking for a part-time (16 hours/week) **Administrative Assistant** to assist with operations and office management duties. For a full job description, please visit **www.norcrosswildlife.org** or email **dguigliotti@norcrosswildlife.org**.



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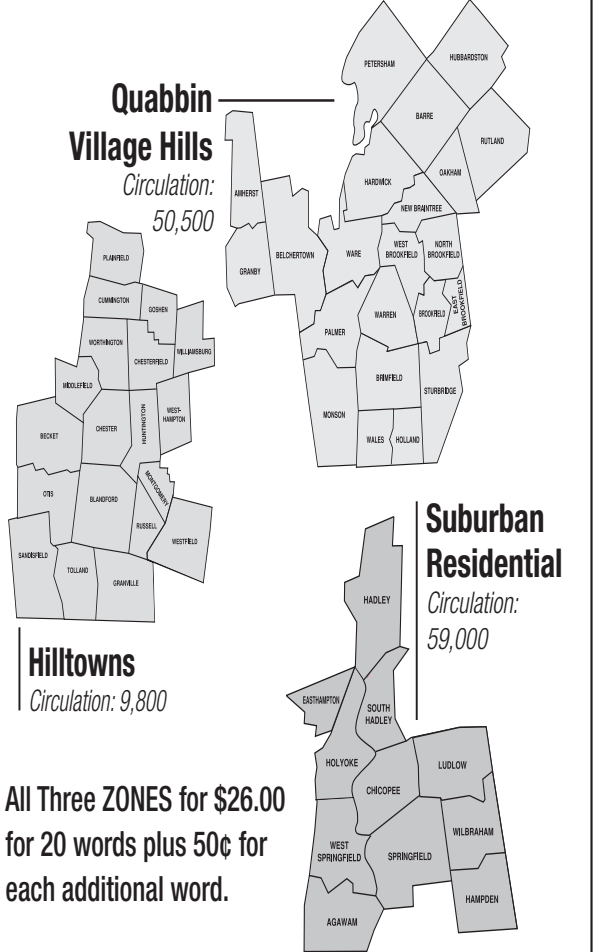
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EXECUTIVE SECRETARY TO THE SELECT BOARD

The Town of New Braintree is seeking an Executive Secretary to the Select Board. This position would be full-time, up to 32 hours per week with some evening hours required several times per month. An Associate's degree in business administration or related field, 3 to 5 years of experience in municipal government and/or strong administrative position or an equivalent combination of education and experience. Salary and benefits are conditional on experience. If interested, please mail a resume by 7th February 2024 4:00 p.m. to Select Board, Town Hall, 20 Memorial Drive, New Braintree, MA 01531 or by email to: **selectboard@newbraintree.org**.

The Town of New Braintree is an equal opportunity employer.

2024 dog licenses available and due by March 31

WARE – Massachusetts state law, Chapter 140, §137, requires that all dogs six months of age shall be licensed each year.

Dog licenses are now available for sale and must be purchased by March 31. The last date to purchase in person at the Town Clerk's office will be Friday, March 29.

If you are licensing by U.S. Mail, the Town Clerk's office must receive your request to license prior to March 31. The drop box will also be available, but requests must be received by March 31.

Fees for licensing are \$10 for spayed/neutered and \$15 for males/females.

On April 1 there will be a late fee of \$15 per dog in addition to the license fee.

You may purchase your dog license daily in the Town Clerk's office during normal business hours between 8 a.m.-4 p.m., Monday through Friday. The office sometimes close for lunch between noon-1 p.m.

Licenses may also be obtained through the U.S. Mail. If your dog was licensed last year, please check the printed license you were issued as follows:

Each dog is listed separately on the paperwork by name.

Has information on the rabies expiration date (if the date is current, you do not need a new Rabies Certificate; but if it has expired then you will need to include the Rabies Certificate for Town Clerk use (it will be returned with the license when it is issued).

Your mail in request must include a check or money order made payable to the Town of Ware for the correct amount. Please contact the Town Clerk's office at 413-967-9648 extension 177 if you failed to license last year.

Please provide the Town Clerk's office with a self-addressed, postage paid envelope if you are licensing through the mail or using the drop box. Be sure to put adequate postage on the envelope if you are licensing more than one dog.

It is also recommended that you use a business sized envelope as the license and tag(s) must fit in the envelope when they are returned to you.

Mail the request to: Town Clerk, 126 Main St., Suite F, Ware, MA 01082

Please note there is a blue drop box outside the Town Hall which may be used to drop off your information, but you must provide a self-addressed postage paid envelope for this also.

If you are licensing a dog or dogs for the first time the information needed is the name of the owner, street and mailing address if different; a telephone number and a Rabies Certificate issued to you by the veterinarian; a Spayed/Neutered Certificate unless it is stipulated on the Rabies Certificate; a check made payable to the Town of Ware for the appropriate fee; and a self-addressed, postage paid envelope.

warerivernews.turley.com

public notices

Nomination papers available for annual town elections

WARREN/WEST BROOKFIELD

WARREN/WEST BROOKFIELD – Town Clerk Laura J. Stockley announced that nomination papers are available on Monday, Feb. 5 for the annual town election, which will be held on Tuesday, May 7.

These papers must be filed with the Board of Registrars in the Town Clerk's office for certification on or before Tuesday, March 19 at 5 p.m. The final day to withdraw as a candidate is Thursday, April 4 at 5 p.m.

Appearing on the ballot will be the following positions: Selectmen, three-year term; Board of Health, three-year term; Assessor, three-year term; Park Commissioner, three-year term; Cemetery Commissioner, three-year term; Sewer Commissioner, three-year term; Planning Board, five-year term; Housing Authority, five-year term; Housing Authority, two-year term; and Tree Warden, three-year term.

The Quabog Regional School District positions will also be incorporated on the town ballot. Two members from the Town of Warren for three-year term and two members from the Town of West Brookfield for a three-year term.

Nomination papers for School Committee are available on Feb. 6 at the Superintendent's office at 284 Old West Brookfield Road. The deadline for returning these papers is Friday, March 22 by 4 p.m.

The last day to register to vote before the town election is Saturday, April 27 from 9 a.m.-5 p.m. at the Town Clerk's office in the Shepard Municipal Building, 48 High St.

HARDWICK

HARDWICK – Nomination papers for the May 4 annual town election are now available.

The last day to obtain and submit nomination papers to the Board of Registrars for certification is Friday, March 15 by 5 p.m.; the last day to file nomination papers with the Town Clerk is Friday, March 29 by 5 p.m.; the last day to object or withdraw nomination papers is Tuesday, April 2, by 5 p.m.; the last day to register voters for the annual town election is Wednesday, April 24 by 5 p.m.; and the last day to apply to vote by mail is Monday, April 29 by 5 p.m.

Voter registration

Voter registration is available at the Myron E. Richardson Building, 307 Main St. on Wednesday, April 24 from 9 a.m.-5 p.m. This is the last day and hour to register voters who wish to vote at the annual town election. Mail-in voter registrations will be accepted if postmarked no later than the April 24 deadline.

Financial statements

Financial statements must be filed by all candidates for election by the following dates even if the candidate has no financial activity to report: pre-election report, eight days prior to election, Friday, April 26; and post-election report, 30 days after election, Monday, June 3.

Offices for election

Offices up for election and those currently holding office are as follows: Selectman, H. Robert Ruggles, three-year term; Assessor, Kathryn W. Hosley, three-year term; Board of Health, Judith Berg Kohn, three-year term; Paige Agricultural Fund Trustee, Halley T. Stillman, five-year term; Paige Memorial Library Trustee (three positions), Christopher M. Buelow, three-year term, Jennifer E. Garvey, three-year term, unexpired term, one-year term; K-12 Quabbin Regional School Committee Member, Kristyl B. Kelly, three-year term; Planning Board (two positions), Erik L. Fleming, three-year term; and William R. Cole, three-year term.

WARE

WARE – Nomination papers for the annual town election on April 8 are now available to any interested individual who are registered voters in the Town of Ware.

Nomination papers are available for the following elected offices which will appear on the annual town election ballot of April 8: Selectboard, two for three year terms; Moderator, one for a three year term; School Committee, two for three year terms; Board of Assessors, one for a three year term; Board of Health, one for a three year term; Cemetery Commissioner, one for a three year term; Park Commissioner, one for a three year term; Planning Board, one for a five year term; Planning Board, one (unexpired) for a three year term; and Ware Housing Authority, one for a five year term.

All incumbent office holders have been notified of their terms expiration.

Current office holders are as follows: Selectboard – Caitilin McCarthy and Keith Kruckas; Moderator – Kathleen H. Coulombe; School Committee – Michael Foran and Julie Slattery; Board of Assessors – Deven Peterson; Board of Health – John A. Desmond; Cemetery Commissioner – Craig Simmons; Park Commissioner – Kimberly Swartz; Planning Board – Edward Murphy; Ware Housing Authority – vacant seat.

Craig Simmons will not be seeking reelection for the position of Cemetery Commissioner

Nomination papers are available at the Town Clerk's Office daily Monday through Friday from 8 a.m.-4 p.m. The deadline to obtain and return nomination papers is Friday, Feb. 16 at 5 p.m.

Information about the town election is also posted on the Town of Ware's website, www.townof-ware.com, under "News & Notices."

If you are interested or have a question, please call the Town Clerk, Nancy J. Talbot at 413-967-9648 extension 103.

Town of Ware Notice of Public Hearing Zoning Board of Appeals LEGAL NOTICE

SP-2024-01

NOTICE is hereby given that the Ware Zoning Board of Appeals, acting as the Special Permit Granting Authority, will hold a Public Hearing on **WEDNESDAY, FEBRUARY 21, 2024 at 7:00pm** on the application of ReSource Waste Services of Ware LLC, for a Request for Modification of Approval Special Permit (SP-2024-01) regarding approved existing Special Permits (SP-2001-01, SP-2013-01, SP-2014-01) under Section 4.8.5, of the Zoning Bylaw, and pursuant to MGL Chapter 40A, Pursuant to Chapter 22 of the Acts of 2022, this hearing will be conducted in person and via remote means, in accordance with applicable law. This means that members of the Zoning Board of Appeals as well as members of the public may access this meeting in person, or via virtual means. In person attendance will be held in the Selectmen's Meeting Room, 126 Main Street, Town Hall, Ware, MA. It is possible that any or all members of the public body may attend remotely, with in-person attendance consisting of members of public. The meeting may be accessed remotely via zoom. Go to <https://zoom.us/join> or join by phone. Phone Number: 929-205-6099; Meeting ID: 784 604 1861; Password: 01082.

SITE LOCATION: 198 East Street, Ware, MA. Said premises being further described in deeds recorded in the Hampshire County Registry of Deeds, Book 10452, Page 147. Property is also identified as Assessor's Parcel # 24-0-16. Zoned: Highway Commercial (HC).

A complete copy of the application can be found at the Town Clerk's office and on the Planning & Community Development Department website under Recent Filings. Anyone interested or wishing to be heard on the application should appear at the time and place designated.

WARE ZONING BOARD OF APPEALS

Lewis Iadarola, Chairman

02/01, 02/08/2024

SECTION 00100 ADVERTISEMENT FOR BIDS

The Town of Hardwick, MA, herein after called Owner, is accepting sealed bids for the following project:

PROJECT NO. 2B-GILBERTVILLE WPCF UPGRADES PROJECT

The work consists of replacement of existing mechanical aerators, new secondary clarifier flow distribution structure, secondary clarification system mechanical upgrades, new UV disinfection system, sludge pumping system upgrades, new chemical feed systems, existing building architectural upgrades, instrumentation and control/SCADA system modifications, electrical upgrades and new main electrical service, new

backup power system, site restoration and paving and replacement of site fencing.

Copies of the Bid Documents may be obtained by emailing DPC Engineering, LLC, at bidting@dpcengineering.com. Questions should also be directed to this location. Bid Document packages will be emailed to vendors upon request. Addenda will be emailed to registered plan holders. Failure to not acknowledge addenda may result in a bid rejection.

A non-mandatory in-person pre-bid conference will be held at **12:00 p.m. on Wednesday February 14, 2024.** To ensure fairness in the bidding process, no verbal questions received during the conference will be answered and all inquiries must be submitted in writing via email. The pre-bid conference will begin at the following location:

GILBERTVILLE WPCF 64 MILL ROAD, GILBERTVILLE, MA 01031

Bids should be labeled 'Project No. 2B – Gilbertville WPCF Upgrades Project', followed by the bidder's company name, address and contact name. Bids should be delivered to:

TOWN OF HARDWICK TOWN HALL 307 MAIN STREET, GILBERTVILLE, MA 01031

ATTN: BOARD OF SELECTMEN

Bids will be received until the bid deadline of **2:00 p.m. on Wednesday March 13, 2024.** Late bids will be rejected.

Immediately following the bid deadline, bids will be publicly opened in the same building. All bidders shall furnish with their bid a mandatory bid guarantee in the form of a bid bond, certified check, treasurer's check or cashier's check issued by a responsible bank or trust company in the amount of 5% of the total amount of the bid made payable to the Owner. Performance and Payment Bonds, in the full amount of the Contract price, will be required of the Successful Bidder.

Sealed Bids from Subcontractors addressed as referenced above will be received until **2:00 p.m. on Wednesday February 28, 2024** and then publicly opened. Sub-Bids with the required Bid deposit will be received for the following items of work:

- Subtrades
- Electrical
- Painting
- Masonry
- Roofing and Flashing
- Heating, Ventilation & Air-Conditioning

The time period for holding Bids, where Federal approval is not required is **30** days, Saturdays, Sundays and legal holidays excluded, after opening of Bids.

Minimum Wage Rates as determined by the Commissioner of Department of Workforce Development under the provision of the Massachusetts General Laws, Chapter 149, Section 26 to 27D, as amended, apply to this project. It is the responsibility of the Contractor,

before Bid opening, to request if necessary, any additional information on Minimum Wage Rates for those trades people who may be employed for the proposed Work under this Contract.

All Bids for this project are subject to and will be evaluated and awarded in accordance with the provisions of Massachusetts General Laws Chapter 149, Section 44A - 44J inclusive, as amended. The Awarding Authority reserves the right to reject any or all bids, waive informalities, and to award the contract in the best interest of the Owner.

In accordance with Section 44D of Chapter 149 of the General Laws of Massachusetts as amended, the prospective General Bidders and Filed Sub-Bidders shall submit with their Bid, a certificate of eligibility issued by the Division of Capital Asset Management (DCAMM), showing that the Bidder has been approved to bid on projects of the size and nature as advertised herein. Prospective General Bidders and Filed Sub-Bidders shall also submit an updated statement summarizing their record for the period between the latest DCAMM certificate and the date of the Bid submittal. The DCAMM certificate of eligibility to be submitted by the Filed Sub-Bidder shall be for the categories of work for which they are submitting. The Filed Sub-Bid categories for this project are noted in the table below. If no Filed Sub-Bid categories are noted in the table below the value of any sub-trade from the Engineers Opinion of Probable Costs fell below the statutory limit outlined in Section 44D of Chapter 149 of the General Laws of Massachusetts as amended.

DCAMM Certificate of Eligibility Requirements General Bidder

Sewage and Water Treatment Plants

Filed Sub-Bidder

Electrical, HVAC, Painting, Masonry, Roofing and Flashing

Owner reserves the right to waive any informality in or to reject any or all Bids, or to accept any Bid which in their opinion, is in the public interest to do so.

This project is funded by the United States Department of Agriculture, Rural Development. Section 00800 contains the funding program construction contract requirements, all of which shall be applicable to this Contract. Section 746 of Title VII of the Consolidated Appropriations Act of 2017 (Division A - Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating domestic preference applies an American Iron and Steel requirement to this project. All listed iron and steel products used in this project must be pro-

duced in the United States. The term "iron and steel products" means the following products made primarily of iron or steel: lined or unlined pipes and fittings, manhole covers and other municipal castings, hydrants, tanks, flanges, pipe clamps and restraints, valves, structural steel, reinforced precast concrete, and construction materials. The deminimis and minor components waiver apply to this contract.

TOWN OF HARDWICK, MASSACHUSETTS
Consulting Engineer:
DPC Engineering, LLC
02/01/2024

Commonwealth of Massachusetts The Trial Court Hampshire Probate and Family Court 15 Atwood Drive Northampton, MA 01060 (413)586-8500

Docket No. HS24C0011CA
In the matter of: **Jayden Lee Hall CITATION ON PETITION TO CHANGE NAME**

A Petition to Change Name of Adult has been filed by **Jayden Lee Hall of Ware, MA** requesting that the court enter a Decree changing their name to:

Jayden Lee Perkins

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampshire Probate and Family Court before 10:00 a.m. on the return day of 02/20/2024.**

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

WITNESS, Hon. Diana S. Velez Harris, First Justice of this Court. Date: January 23, 2024

Mark S. Ames
Temporary Register
02/01/2024

COMMONWEALTH OF MASSACHUSETTS Hampshire, ss Probate Court HS23P0238PM

To all persons interested in the estate of **MELANIE METTIG** of Chicopee in said County of Hampshire, a person under conservatorship.

A petition has been presented to said Court for license to sell at private sale certain real estate of said **MELANIE METTIG**, located in Hampshire County for her maintenance.

If you desire to object thereto, you or your attorney should file a written appearance in said Court, at Northampton, in said County of Hampshire before ten o'clock in the forenoon on the **Twenty-First day of February, 2024**, the return day of this citation.

Witness, Diana S. Velez Harris, Esquire, Judge of

said Court, this tenth day of January 2024.

Michael J. Carey, Register
02/01/2024

Town of Hardwick Notice of Public Hearing NATIONAL GRID/VERIZON February 12, 2024 AT 6:30PM.

In accordance with the provisions of Section 22, Chapter 166 of the Massachusetts General Laws, you are hereby notified that a public hearing will be held at the Hardwick Municipal Office Building, 307 Main St. Gilbertville, MA on the **12th of February, 2024 at 6:30PM** on the petition of National Grid/Verizon New England request permission to locate, poles, wires, and fixtures including the necessary sustaining and protecting fixtures along and across a public way: North Rd and Taylor Hill Rd
02/01/2024

(SEAL) COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT 24 SM 000274 ORDER OF NOTICE TO:

Heirs, Devisees, and Legal Representatives of the Estate of Linda Picard; Anthony Picard; Stephen Richard Picard; Danny W. Picard; Danielle M. Stewart

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

Citizens Bank, N.A. f/k/a RBS Citizens, N.A. s/b/m Charter One Bank, N.A. f/k/a Charter One Bank F.S.B. s/b/m Albank, FSB

claiming to have an interest in a Mortgage covering real property in Ware, numbered 57 Warebrook Drive, given by Emil Lumbis to Albank, FSB, dated July 15, 1997, and recorded at Hampshire County Registry of Deeds in Book 5156, Page 1, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Worcester Superior Court** on or before **3/6/24** or may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Heidi E. Brieger, Esquire, Chief Justice of the Superior Court, at Worcester, Massachusetts, this 24th day of January, 2024.

Dennis P. McManus
Clerk of Courts
Paul Mullan
First Assistant Clerk
02/01/2024

nity to challenge the foreclosure on the grounds of noncompliance with the Act.

Witness, **GORDON H. PIPER,** Chief Justice of said Court on January 22, 2024.

Attest:
Deborah J. Patterson
Recorder
02/01/2024

Trial Court of Massachusetts The Superior Court Dennis P. McManus Clerk of Courts Worcester County Worcester Superior Court 225 Main Street Worcester, MA 01608 DOCKET NUMBER 2485CV88 D ORDER OF NOTICE BY PUBLICATION Cornerstone Bank f/k/a Spencer Savings Bank vs.

Patricia A Swistak
TO: **Patricia A. Swistak**, all in said Commonwealth; and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. §501 et seq. **Cornerstone Bank f/k/a Spencer Savings Bank**

claiming to have an interest in a Mortgage covering real property in MA, known and numbered as 2186 Main Street, West Warren, MA given by Patricia A. Swistak to Cornerstone Bank f/k/a Spencer Savings Bank dated 8/21/13, and recorded in Worcester County District Registry of Deeds, in Book 51404, Page 158 has/have filed with this court a Complaint for determination of Defendant's/Defendants' servicemember status.

If you now are, or recently have been, in active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Worcester Superior Court** on or before **3/6/24** or may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Heidi E. Brieger, Esquire, Chief Justice of the Superior Court, at Worcester, Massachusetts, this 24th day of January, 2024.

Dennis P. McManus
Clerk of Courts
Paul Mullan
First Assistant Clerk
02/01/2024

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

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.

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