

WARE RIVER NEWS

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Conditions improved at North Street multi-family

By Paula Ouimette
Editor
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WARREN – Board of Health Member Daniel Thibodeau said there has been progress at a multi-family rental property at 24 North St., and crews are working to make repairs.

At the Board of Selectmen's

Feb. 8 meeting, Thibodeau said the front door and door jam have been replaced, and hallway doors with mold have been removed.

The sheetrock in the halls that had mold on them have also been replaced. Bathroom fixtures and ceilings are being replaced and repaired.

He said windows have been ordered, which can't be installed

until permits are pulled.

Unit 2A had rotten kitchen cabinets replaced and the stove in Unit 2B has been replaced and air ducts that were falling out have been mostly replaced while they wait for parts.

A leak in one of the room was determined to be caused by a leak in the roof. Thibodeau said the wall was insulated as well.

"They're doing what they can right now," Thibodeau said of the property owner, Jahan Habib. He is still waiting to receive copies of the contractor's license from Habib.

Tax Collector Kerry Schmidt said Habib has worked out a payment plan for back taxes, in order for him to take out permits for structural work needed.

Both the Board of Health and

Board of Selectmen are satisfied with Habib's efforts to correct issues at the property.

Thibodeau said the last citation mailed to property owners of 38 Elm St. was returned unopened after 30 days and it is set to enter tax title taking.

Please see **WARREN**, page 6

Officer, EMS crew honored for lifesaving efforts

By Paula Ouimette
Editor
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HARDWICK – The Select Board recognized Police Officer Patrick Almstrom for his heroic efforts during a medical call on Jan. 21 at which he performed CPR and applied the AED until the patient's pulse was regained.

"Thanks to lifesaving efforts of Officer Almstrom, taking immediate action and recognizing the severity of the medical emergency, resulting directly in saving the life of the individual. A failure to act or action after delay could have led to a tragic outcome," Select Board Chair Eric Vollheim read from a citation presented to Almstrom. "Now therefore, we the Select Board...do hereby recognize and hold in high regard, Officer Patrick Almstrom."

At the Feb. 12 meeting, Lieutenant Kevin Landine read a statement on behalf of Police Chief James Ayotte, outlining the events of that day and Almstrom's response to the patient's residence on Patril Hollow Road.

The patient was in cardiac arrest and CPR had already been started by his wife.

"Officer Almstrom quickly assembled and attached the AED to the patient. After several successful shocks, numerous rounds of effective CPR/rescue breathing, the patient began to show signs of responsiveness and life," Landine said. "We commend Officer Patrick Almstrom for his professionalism and lifesaving actions that day."

Ayotte and Landine presented Almstrom with the Lifesaving Award on behalf of the Hardwick/New Braintree Police Department.

Landine said members of the department take in active role in learning CPR and AED use, as they are often the first to arrive on scene in the rural towns.

Please see **HARDWICK**, page 8

QHSUA looks at SDV and substance use

By Paula Ouimette
Editor
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The Quaboag Hills Substance Use Alliance welcomed guest speaker JAC Patrissi, founder and principal of Growing a New Heart, a consortium of leaders in the healing arts helping to move people toward respectful and healthy relationships.

At the alliance's Feb. 12 meeting, Patrissi spoke about her work with the Department of Public Health to explore the intersection of sexual and domestic violence and substance use disorder.

"Public health allows us to look interpersonally and systemically," Patrissi said. "We explore the connection among sexual and domestic violence, a culture of dominance and white supremacy, compassionate accountable use of power in a workspace and recovery from substance use disorder."

The SDV + SUD Collaborative Project is an initiative that began in 2018 under the DPH's awarded Centers for Disease Control grant, Cooperative Agreement for Emergency Response: Opioid Public Health Crisis Response. Resources have been built by a team of professionals, including Patrissi.

Patrissi said those involved in the initiative help to sort the difference among sex work, trafficking and survival or transactional sex when working with survivors in recovery.

Starting in the winter of 2021, a small team of sexual and domestic violence providers and substance use disorder providers held three focus groups to learn what is needed to better serve people with SUD who are survivors of sexual or domestic violence.

"The key finding is there is an overwhelming overlap in SUD and SDV," Patrissi said. The majority of people (99%) in Bureau of Substance Addiction Services residential services have been impacted by sexual and domestic violence.

Another key finding during the focus groups was that while BSAS residential services used

Please see **QHSUA**, page 8

Annual SMALL BUSINESS CRAFT FAIR



Proud owners of Pampered Chef at their booth during the Small Business Craft Fair at QRMHS.



Our Root's Artistry provides cutting boards and wood art made of woods such as southern yellow pine, red oak, black walnut, poplar and maple.

Vendors and artisans team up to support Student Council

By Ryan Drago
Staff Writer
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WARREN – Quaboag Regional Middle High School hosted its annual Small Business Craft Fair this past weekend, to support the Student Council.

The school welcomed over 90 vendors consisting of small businesses owners from numerous communities. Funds from the vendors go to support the Student Council's trip to their annual leadership conference.

Please see **CRAFT FAIR**, page 6



Emily Jasmin of the Lost Arts in Warren featuring themed crafts for Valentine's Day and Easter.



Cubmaster Chris Boos stands with the top three Pinewood Derby racers from left, Sawyer, Brody and Wilhelm.

Turley Photos by Paula Ouimette

Cub Scouts cruise to the finish line

WARE – Cub Scouts from Ware Family Pack 520 were ready to race earlier last month, when they got to work designing and preparing their entries for the pack's Pinewood Derby held on Feb. 1.

This year, the Pinewood Derby had a "glow" theme with cars decked out with glow-in-the-dark wheels and paint.

Cub Scouts vied for the top two spots in each den, along with the overall top three cars and Best in Show. First and second place winners from each den will now advance to the district level Pinewood Derby.

SEE MORE PHOTOS ON PAGE 9



Cub Scouts and their families get ready to race.

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**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.

Ware Junior/Senior High School lists second quarter honor roll

WARE – Ware Junior/Senior High School announced the second quarter honor roll for the 2023-2024 school year

Lee, Alex Orszulak, Daniel Ramirez, Janasia Roman, Madisyn Slattery, Maeve Stevens and Lilliana Wirf.

Grade 12

Olivia Banning, Mathew Desrosiers, Cody LaPointe, Emily McGrail, Kameron Miner, Savannah Mitchell, Talan Molina, Nore Riley, Avaya Sanchez, KayLee St. Cyr, Luke Walker and Angeline Wilcox.

Grade 11

Brady Dyer, Skyla Eaton, Michael Fountain, Jackson Ghidinelli, Lahnai Giles, Justin Grout, Nathan Kaczuwka, Lillian Knight, Hannah Lang, Seaira Maragh, Mia Montalban, Caroline Santiago-Cruz, Godlive Simo Foko, Kylee Slattery and Jaykub Tortora.

Grade 10

Damian Brace, Ryder Cahalan, Emily Clark, Isabella Cotaj, Kyle Kaczuwka, Brodie Koczur, Maliah

Grade Nine

Andrea Albano and Leslie Stromberg.

Grade Eight

Ivy Bergeron, Clayton Cortright, Leland Cote, Autumn Desrosiers, Destiny Diaz, Mya Dupell, Jackson Haddad, Ian Hogan, Kayble King, Liam Lessard, Emanuel Lugo, Aydan Lundin, Catherine Mickna, Joseph Piche, Devin Roberts, Sofia Roman, Alexis Russell, Zachary Safford and Taylor Thornton.

Grade Seven

Joseph Cygan, Raiden Drouin, Natalie Ford, Raymond Kularski, Jackson Kusnierz, Daisy Laverdiere, Madison Mitchell, Claire Murphy, Jackson Musnicki, Bentley Parker, Laila Perron and Kamila Santiago.

Live music comes to Main Street

Alex2e performs at Bellies Barnyard

By Ryan Drago
Staff Writer
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WARE – A new tradition is now in full motion with live music regularly featured at Bellies Barnyard.

The entertainment for the evening was singer and songwriter, Alex Tuohey also known as Alex2e. Originally from Feeding Hills, Alex2e is an alternative singer-songwriter who has been involved with the life of music since 2012.

After recovering from a major surgery, Alex2e picked up his sister's beat up guitar and began to play and write songs. Not only is Alex2e a musician, but he is also a storyteller when he is on stage.

This performance by Alex2e was his first time performing at Bellies Barnyard.

Live music is a new feature to experience at the Main Street restaurant and Alex2e enjoyed the atmosphere very much. He performed mostly original songs along with familiar covers on acoustic guitar.

One of the covers he played was "Fast Car", by Tracy Chapman, which has recently regained popularity through a cover by Luke Combs. His original songs are called "Crew", "Carry You",



Turley Photo by Ryan Drago
Alex2e performed for the first time at Bellies Barnyard in Ware.

"Dreamcatcher", "Stepping Stone", "Bring out the Ghost" and "Lonely".

These songs by Alex2e can be found on Apple Music and Spotify.

Now in his mid-30s, Alex2e plays about 100 shows a year.

One of his biggest performances took place last summer where he opened for Matt Nathanson in front of an audience of over 1,200 people. In 2018, Alex2e released a record called "Half Grown".

Alex2e appreciates the reception

he gets at every local venue he performs in and knows how much his songs are enjoyed.

"Venues are always kind to me," he said. "People want to hear my songs, come to listen."

To listen to some of his music, visit www.alex2e.com. Alex can also be heard on Spotify, Apple Music and YouTube. Alex2e can also be followed on Instagram and Facebook.

To view more tour stops, visit alex2e.com/tour.

Are You Old News?



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 1990 showed Tom Trela and Dennis Pariseau driving the ball toward the basket in a game against Palmer. Evelyn Trela identified her son, Tom Trela, along with his teammate.
If you recognize the folks in this week's photo, please send their names and your full name to pouimette@turley.com.

Emily Partridge earns rank of Eagle Scout

AUSTIN, TX – Emily Anne Partridge, daughter of Tammy and Julian Partridge of Austin, Texas, has achieved Scouts BSA's highest rank, that of Eagle Scout.

Partridge, age 17, began her Scouting career in seventh grade as part of Troop 5131, an all-girls troop under leadership of Scoutmaster Kyle Cline.

Partridge is the great-granddaughter of Doris and Joseph Supczak, both deceased, formerly of Ware and granddaughter of Patricia Supczak Aldridge of Austin, Texas, and Jesse Aldridge, deceased.

Partridge has held numerous leadership positions in Troop 5131 including Troop Guide, Patrol Leader, Assistant Senior Patrol Leader, Senior Patrol Leader, and her favorite, the Chaplain's Aide. She has earned several awards such as: The National Outdoor Achievement Award for camping and the Mile Swim.

She was elected to the Order of the Arrow on Feb. 24, 2020, and earned her Brotherhood Membership on Oct. 4, 2020. In her Scouting career, Partridge has earned 22 merit badges and attended two high adventure camps: Philmont Scout Ranch in New Mexico and Sea Base Snorkeling and Scuba Diving.



Submitted Photo

Emily Anne Partridge of Austin, Texas, has earned the rank of Eagle Scout. She is the granddaughter of Patricia Supczak Aldridge of Austin, Texas and the late Jesse Aldridge and great-granddaughter of the late Doris and Joseph Supczak of Ware.

On her first snorkeling trip to Sea Base, Partridge fell in love with ocean life and went again the next summer to scuba dive. This summer she will be attending once again to scuba dive at Sea Base with her fellow Scouts.

For her Eagle Scout Service Project, Partridge reconstructed the flowerbed next to the mill at Anderson Mill Memorial. After the flowerbed was reconstructed in July, she and a group of volunteers went back in October to plant the flowers to magnify the beauty of the mill.

The project was planned over two months and competed in two days with over 130 man-hours of men and women, scouts and parents. Partridge reached her goal of Eagle at her Eagle Ceremony on Jan. 11, 2024.

Partridge is a senior at Westwood High School, and is a swimmer and diver for the Westwood High School Swim & Dive team. She joined the team her freshman year as a swimmer, but as a senior she started diving as well for her team.

She has volunteered at Dell Children's hospital through the organization Safe Kids Austin, and she also works at Balcones Country Club. Partridge volunteers regularly at her church, St. Thomas More Catholic Church, and in her friends nonprofit, Teens Take Initiative.

Partridge has also been a junior coach and swimmer for her summer-league swim team, the BCC Sharks, her last year being this summer.

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Friends of Ware Town Hall spring 2024 Lotto Calendars on sale

WARE – "Another fun fundraiser," is how Pat Skutnik, President of Friends of Ware Town Hall describes the group's current Lotto Calendar campaign.

"These Lotto Calendars are very popular" said Skutnik. "We've had a tremendous positive response to them in the past."

Calendars are \$10 each, with drawing beginning April 1 and ending April 30. Prizes range from \$25-\$500.

"Each person who buys a calendar has multiple chances to win,

since winners names are put back into the pool," Skutnik said. "These calendars are fun to buy for yourself and also to give. These always put a smile in someone's day - everyone likes a game of chance."

Calendars are being sold locally at the following locations: Changes Hair Salon, Crystal Springs Dairy Bar, DeSantis Garage, It's Wine O'clock, Moulton Insurance Agency, Nat Falk, Silhouettes, Subaguru, Sunny & Shears Beauty Salon, Talk of the Town, Ware Library, Ware River Club,

Ware Senior Center, Ware Town Hall (Town Manager's Office) and Wilton Children's Store.

Skutnik added, "anyone from out of town wishing to purchase a calendar may do so by mailing a check for \$10 for each calendar to: Friends of Ware Town Hall, P.O. Box 692, Ware, MA 01082. We will be happy to complete the calendar stub with your information and mail you the calendar. Good luck to all!"

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USDA INSP. FROZEN RABBITS \$599 lb	USDA INSP. FROZEN SALMON FILLETS with GRILL MARKS \$499 lb	90 Meat Outlet 90 Avocado St. Springfield 413-737-1288 www.90meat.com
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Teaching the class is Russell Harvey who has been making these plant hangers for several years.

The Lost Arts hosts plant hanger class

By Ryan Drago
Staff Writer
rdrago@turley.com

WARREN – The Lost Arts, LLC offered a fun class on how to create your own twisted wood plant hangers.

Teaching the class was Russell Harvey, who has been making these plant hangers for several years. This was Harvey's first time teaching how to make plant hangers for a class of more than 10 people.

Two wooden sticks are uniquely shaped into a twist and are properly formed into a hanger for one of your plants, using tools such as hot glue, screwdrivers and rope these hangers come to life. The Lost Arts store has several of these unique plant holders displayed on the walls of their store.

Guests of all ages joined together in the classroom to experience a unique craft. This plant hanger craft takes several careful steps. Helpers were available to assist guests with the steps.

Harvey went around the classroom making sure every guest was enjoying their time during the craft and helping them with every step. Harvey's sister was also in atten-



Turley Photos by Ryan Drago

Guests took a class at The Lost Arts in Warren to learn how to make their own twisted wood plant hangers.

dance assisting the guests. The Lost Arts, LLC is located at 954 Main St. and owned by Lynn Krantz and Emily Jasmin at the store to shop, explore and craft. For

more information about the Lost Arts, visit www.thelostartsma.com or find them on Facebook.

Eagles Club offers monthly meals

By Ryan Drago
Staff Writer
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WARREN – Every first Wednesday of the month, the Fraternal Order of Eagles in West Warren starts up their kitchen and begins providing meals for residents of the community.

The Fraternal Order of Eagles is committed to support its members and people in general through raising money and helping communities.

Secretary of the club, Michelle Mitchell did all the preparations and cooking for a recent pork chop meal that was heavily requested back in January. The meal consists of pasta, pork chops, salad and dinner rolls.

Mitchell has been part of the Eagles organization since 2011 when she regularly cooked and served food with a friend. Previously, Mitchell and her friend would offer a service known as Fish Fried Fridays. The pork chop meals were available for pickup and delivery, with club members delivering to those who ordered in advance.

In addition to cooking in the club's kitchen, Mitchell also bartends. Mitchell always gets food requests from members of the club and the community and prepares for the first Wednesday of every month to offer up to 20 meals or more.

One of her most popular meals loved by residents is her chili.



Pork chops were cooked in the oven to be part of the main course of the meal provided by the West Warren Eagles Aerie 4133.

Mitchell always wants to prepare a simple meal for residents to enjoy and keeps the public informed on what is available.

"Always informing on what we're making," said Mitchell.

A lot of Mitchell's meals are homemade and in the past she's offered homemade meals such as Salisbury steak and meatballs.

The Eagles club also hosts fun activities and fundraisers throughout the year. One of their regular activities during the week includes free pool on Wednesday nights, dart leagues on Tuesday nights and a pool league on Mondays.

For their fundraisers, the West Warren Fraternal Order of Eagles host game nights and bingo nights. Money raised goes to support the schools in town, including Warren Community Elementary School.

The club also does a scholarship fundraiser for Quaboag Regional Middle High School.

Next month's meal at the



Turley Photos by Ryan Drago
The meals were prepared by Michelle Mitchell, Secretary of the Eagles Club in West Warren.

Fraternal Order of Eagles is still to be determined and will take place on the first Wednesday of the month. The next game night at the club will be on Friday, Feb. 16.

The Fraternal Order of Eagles is located at 2167 Main St., West Warren. The West Warren Eagles Aerie 4133 has been part of the community since its incorporation back in February of 1986.

Hands-on 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.



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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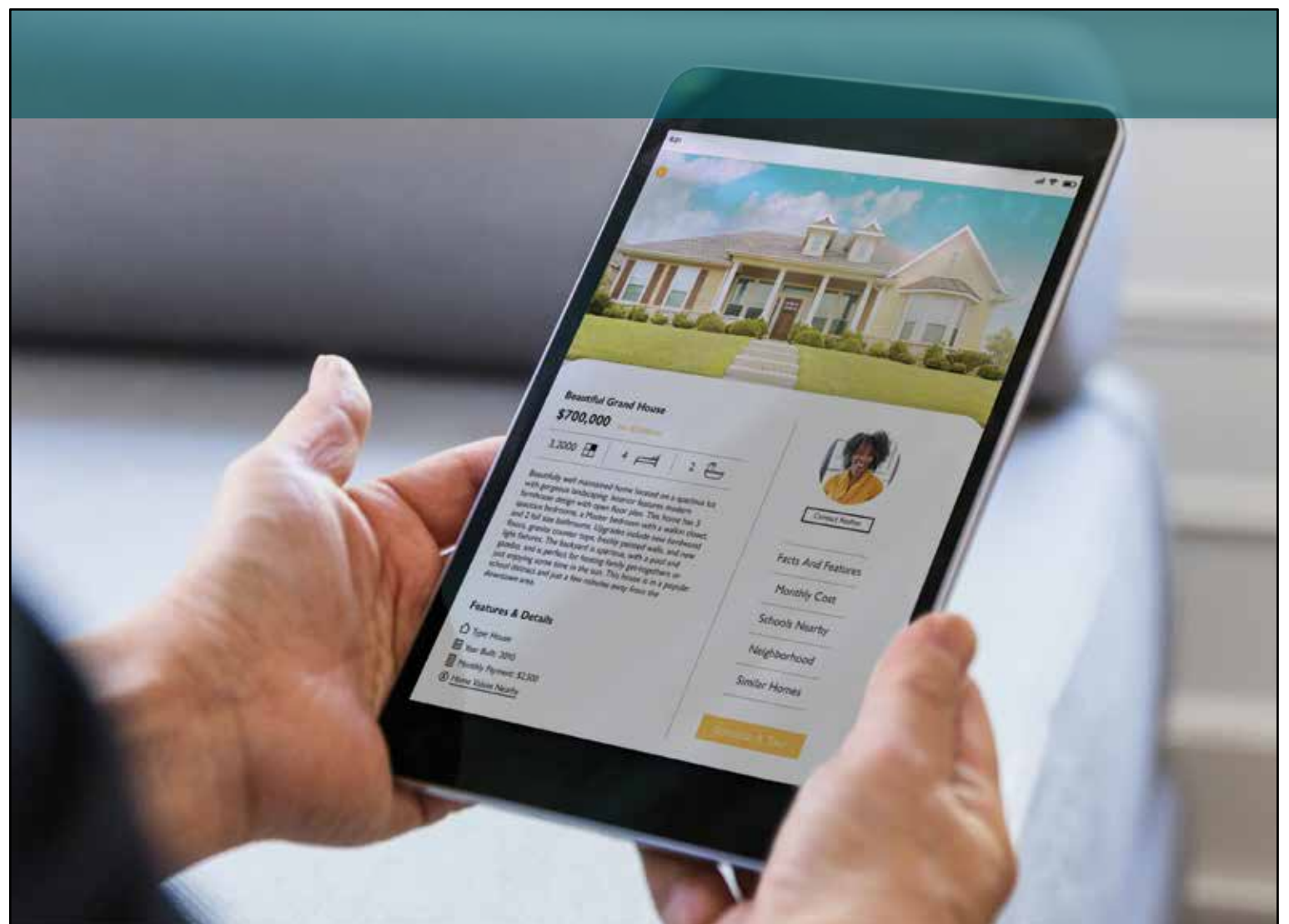
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GUEST COLUMN

QUABOAG HILLS SUBSTANCE USE ALLIANCE

Drug Free Communities project work

By Rebecca Edwards

Director, Drug Free Communities Grant, Quaboag Hills Substance Use Alliance.

My name is Rebecca Edwards, and I recently joined the Town of Ware and Quaboag Hills Substance Use Alliance's prevention team to direct their Drug Free Communities grant.

Because this work is a community effort, I am taking this opportunity to introduce myself and share a bit about the work on which I hope we will partner.

The Drug Free Communities Support Program is a 10-year, federal grant managed by the Centers for Disease Control and Prevention. While the Quaboag Hills Substance Use Alliance works across the spectrum of prevention, treatment and recovery in 18 towns in the region, our grant specifically focuses on teen substance use prevention in Ware, Warren, and West Brookfield.

What I mean by prevention is using evidence-based strategies and activities to help young people make healthier decisions by avoiding substances or by delaying first use for as long as possible.

We ideally want young people to delay using substances because research tells us that the longer they wait, the less likely they are to develop a dependent relationship with substances. If someone can wait until their brain is fully developed, around the age of 25, then they significantly reduce their chance of becoming addicted.

This is because the brain is like a puzzle, and from birth until 25 years old, puzzle pieces in the brain are coming together. When a substance such as alcohol, nicotine or cannabis is introduced during that brain development timeframe, the chemicals of that substance becomes part of the puzzle, making that puzzle piece harder to remove.

Once the brain is fully developed and its puzzle pieces are all in place, substances can be introduced with less risk. That said, using substances at any time of life is risky, and the type of substance, the frequency of use and potency of the substance all factor into how risky something is.

To make progress in reducing teen substance use, we implement evidence-based strategies. Gone are the days of "Just Say No."

We have much more nuanced and science-based approaches now; for example, we know that teens listen to their caregivers, even if it seems like they don't. Therefore, talking about substances regularly at home and setting clear boundaries and expectations does have a positive impact.

Please see **DRUG FREE**, page 5

GUEST COLUMN

Resident's letter to HPC shows need for hospital

This is a letter which I recently sent to HPC [Health Policy Commission], a state agency tasked with evaluating and recommending the availability of health care in Massachusetts towns and cities.

Thank you for your attention to this matter.

"I am writing you to make you aware of the critical situation related to the Town of Ware and the Mary Lane Hospital. I am hoping that HPC will investigate this issue and be of assistance in this matter.

It is important to all the residents of Ware, Gilbertville and neighboring communities.

MaryLane has been an important part of the Town of Ware and its residents for over 100 years and an important part of my life and my family, too. It was founded to provide health and wellness care to the residents of Ware, Hardwick, Gilbertville and the local hill towns.

My Husband, William "Bill" Zwemke, was the president of MaryLane for almost 25 years. Our two daughters were born at MaryLane along with the babies of many other Ware area residents.

Both my husband and myself and five of our children had surgery and received medical treatment at MaryLane. I also utilized my Dietitian/Nutrition training to counsel outpatients, give in-services to staff, work at health fairs and provided nutrition lectures and cooking demonstrations to MaryLane Auxiliary, Senior Centers and local businesses.

In addition, I was a member of the Auxiliary which raised funds through

Please see **HOSPITAL**, page 5



Gardening questions that pose a challenge

A recent visit to mom's house prompted the following question about poinsettias.

Now, don't worry, I haven't forgotten what the date is. Sure, the poinsettia hasn't been in its glory for a few weeks now, but that doesn't mean she is going to give up on it.

You see, my mother likes a challenge, especially when it comes to plants. She wanted some advice on how to encourage new healthy growth before trying to coax it into re-bloom next fall.

Read on to learn how it's done:

In early April cut back the plant to eight inches. Fertilize with an all-purpose houseplant fertilizer once a month. New growth should appear by the end of May.

After the danger of frost has passed, move the plant outdoors. Continue to water but increase fertilization to every two weeks.

Pinch plants in late June or early July to promote bushy growth. At this time you may also wish to repot the poinsettia. Select a pot one size larger, filling around the root ball with a good potting soil.

Bring the plant indoors as temperatures fall in late summer.

The poinsettia is photoperiodic, and long nights of uninterrupted darkness encourage

it to bloom. In greenhouses, growers go to great lengths to withhold light, as even small amounts can delay or stop the plant from setting bud.

At home, putting the plant in the closet for 14 hours each night is your best bet. Setting a reminder alarm or making a note helps to keep on track.

Most people get on a 5 p.m.-8 a.m. schedule beginning Oct. 1 and continue it for eight-10 weeks until color shows on the bracts. Night temperatures should be no higher than 70 degrees or flowering may be delayed.

This all sounds fairly straight forward. I think the biggest frustration for her over the years has been missing a night of darkness, especially near the end of the routine.

Sometimes it works and sometimes it doesn't. Still fun to try, however.

A friend of mine recently asked what I thought of the cloth grow bags that are all the rage right now. Although I haven't used them myself, another friend, Chris, has been gardening up a storm the last few years using these bags.

She has an amazing flower border that you would think is growing in the ground, but it is a collection of dozens of bags in various sizes, holding everything from cannas to dahlias, zinnias and marigolds. She has great success with potatoes and other vegetables, too.

Read on to learn about the benefits of these bags.

I guess the one benefit that I never thought of is breathability. Because the fabric is permeable there is good air exchange, the roots grow to the edge, are air-pruned and branch out.

This is altogether different than plastic or glazed ceramic pots that don't breathe and encourage tangles of roots that encircle the pot eventually becoming bound. When a plant is root bound, it suffers until it is repotted; not so with grow bags!

Another pro would be drainage. The grow bags hold only what moisture the soil can hold and the rest of it drains away. Sure, the flip side is that you will need to water often in times of drought, but it's nice to know that if we have another summer like we did last year, the plants won't rot, either.

Other more obvious benefits include portability, heat resistance and ease of storage. If you purchase bags with handles, you can move them around the yard much easier than you could if the plants were in heavy pots.

The bags weigh next to nothing compared to clay or ceramics. Grow bags also do not heat up the way glazed or plastic pots do; roots are cooler and the plants are happier.

When the season is over, you can wash the bags and flatten to store. Most brands say that they last for four-five seasons or longer with good care.

Do some research to pair the size bag you use with the plants you are growing. A quick check gleaned that 10 gallon bags are good for three seed potatoes or a single indeterminate tomato plant. Bush type tomatoes would grow well in a seven gallon pot.

Also research the best potting soil or compost mixes to use; there are many out there. Chris uses a blend and uses organic fertilizers, crediting that to her success.

The apple may not fall far from the tree. Mom likes her challenges, and I like mine. I think trying out grow bags is in my near (gardening) future.

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

LETTERS TO THE EDITOR

Resident's request for banner at hospital site declined

At the Jan. 22, 2024, meeting of the Ware Historical Commission, held at Ware Town Hall, I asked Attorney Ryan Barry, representing Baystate Health, if citizens could display a banner in front of 85 South St., that shows a heartfelt message honoring those touched by Mary Lane Hospital.

The Historical Commission had voted on Jan. 3, 2024, to implement a nine month delay of demolition of all Mary Lane Hospital buildings so they could investigate possible reuse of the structures that Baystate intends to convey to CEO Jeff Daley of Westmass Development for \$1.

Westmass is partnered with Winn Companies.

I gave Attorney Barry a respectful letter and the proposed text for the banner.

The banner would help make up for the fact that Baystate Health contractors had torn many brass plaques that honored and memorialized local residents off walls in rooms and treatment areas and threw them in the trash. Residents paid many thousands of dollars to honor each loved one.

This news came from Teresa Grove, Philanthropy Officer at the Baystate Health Foundation. My wife Barb called her three times over a twelve month period before Ms. Grove finally told her in 2022 that the plaque in memory of her mother was not saved during a remodel.

It is not Ms. Grove's fault. She was the messenger who described the heartless acts.



The lasting "legacy" that Baystate CEO Mark Keroack and "leaders" at the Baystate Health Foundation often offer while asking potential donors for large sums of money became construction debris in our case.

On Jan. 31, 2024, Attorney Ryan Barry emailed a two sentence reply: "Baystate respectfully declines to display the banner you requested at this time. Baystate will be engaging in discussions with the Historical

Commission and other Town officials regarding the best way to properly memorialize the site."

Baystate Health wants to end our chances to restore health care here. They also want to tell us how we should "properly memorialize" our loved ones.

Stephen Granlund
Hardwick

Talk to your teens about healthy relationships

To the editor,

February is teen dating violence prevention month.

If you have a teen or pre-teen in your life, we'd like to ask you to talk to them about relationship health.

It can be hard for all of us to know what we have in a relationship. Most relationships start out healthy, and if they do become unhealthy or abusive it is often gradual.

Teens often miss the early warning signs and misunderstand what their partner's behavior means.

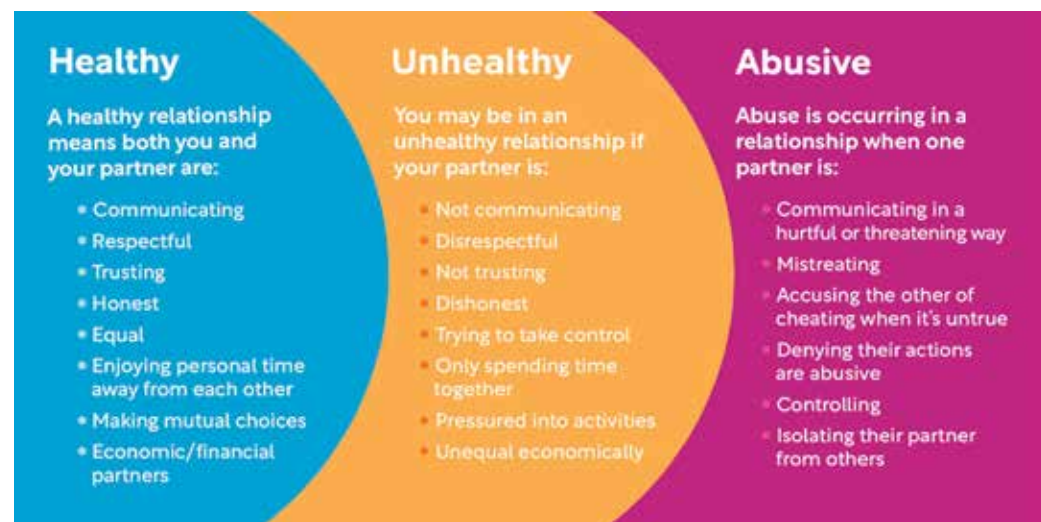
Jealousy can look like love. Possessiveness and wanting to spend time only with you can feel flattering. Blame shifting and gas lighting can make teens feel that being mistreated is their fault, and that if they only tried harder their relationship would go back to being how good it was at the beginning.

We think that if teens and pre-teens understand the signs of a healthy and abusive early on, they will have a better chance of avoiding harmful relationships. If they are used to talking to adults they trust about relationships, we think they will be more likely to reach out if they ever do need help.

If a teen is being hurt, they will need help sorting out what to do. If a teen is causing harm and they want to change, they will need help too.

A good way to start a conversation is to ask a question. You might ask a teen if they think the relationships they see at school are healthy or not, and why.

Let them know what you have learned about relationships a little bit at a time, without overwhelming them. Listen more than you talk, and



(Submitted Image from www.loveisrespect.org) This Relationship Spectrum from www.loveisrespect.org provides helpful information about relationships. Two websites the Ware River Valley Domestic Violence Task Force recommends are www.loveisrespect.org and www.joinoneove.org.

don't worry if they don't agree with you.

It is when there is tension between two ideas that real learning often happens.

If you are worried your teen may already be in an unhealthy or abusive relationship, here are some more tips:

Ask questions about your teen's life Listen with an open mind and don't interrupt

Ask them what they want to do and help them review their options Remind them of their strengths

Don't insult their partner. Instead talk about any behaviors you see that worry you and be sure to hold them accountable if they are the one causing harm

Above all, keep communicating and try to maintain a connection with your teen

Learn more (see www.loveisrespect.org, or www.oneove.org, or contact the Task Force through Facebook @ Ware River Valley

Domestic Violence Task, wrvdtaskforce@gmail.com or 413-758-0506)

As always, we are grateful for everything you do to make our community healthy and safe.

Thank you,

- Melissa Hutchins
Dan Orszulak
Jennie Simmons
Ashley Higgins
Paula Kularski
Andrew Howard
Monica Moran
Kirstin Krieger
Melissa Stebbins
Jacquie Jock
Erin Ballard
Nancy Talbot
Paula Kularski

Members and Allies of the Ware River Valley Domestic Violence Task Force

WARE RIVER NEWS TEAM



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OPINION POLICY

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.



How is my Social Security benefit calculated?

Dear Rusty:

I appreciate your recent article dispelling the myth that politicians have stolen Social Security money.

As a Certified Public Accountant, I dispel this myth repeatedly to clients, who falsely claim SS funds have been raided.

But another thing I deal with often is how SS benefits are calculated. I know the formula for determining each person's benefit amount is complex, but I have had to explain numerous times that those, who put the most into Social Security get the lowest rate of return and those who put the least in get the highest return based on the way the benefit formula is structured.

I get tired of people complaining that monthly Social Security payments are higher for retired doctors and other highly paid individuals. Can you please explain how Social Security is weighted in favor of lower income workers?

Signed: Tired of the Misunderstandings

Dear Tired:

Please don't be frustrated. Because of the program's complexity, Social Security is prone to misunderstanding and educating the misinformed is an important professional duty we share. Here's how each person's SS benefit is determined:

The first thing to know is that each person's SS retirement benefit is not based on their financial contributions to the program. Social Security's purpose is to provide a benefit, which replaces a portion of the person's pre-retirement income, so the SS benefit is based on actual lifetime earnings, not on the payroll taxes withheld from those earnings.

Social Security has your lifetime earnings record, obtained annually from the IRS and that record determines your "Primary Insurance Amount." Your "PIA" is initially determined in your eligibility year usually age 62 and is the amount you will get if you claim for benefits to start exactly at your Full Retirement Age.

To develop your PIA, Social Security first adjusts (indexes) each year of your lifetime earnings up to the annual payroll tax cap to account for inflation. They then select the 35 inflation-adjusted years in which you earned the most, from which they compute your

average monthly earnings over your lifetime, this is called your Average Indexed Monthly Earnings. They then break your AIME into three segments, the first of which includes a majority of and possibly all of your AIME.

They then take a percentage of each segment and total those three amounts to determine your PIA. The first segment is the largest and 90% of that first segment contributes most of your PIA. Smaller percentages of the other two segments (32% and 15% respectively if your AIME is higher), are then added to the first computation to arrive at your full PIA - the amount you get if you start benefits in the month you reach your FRA. Note that since most of the PIA comes from the first large segment of each person's AIME, lower income workers get a higher percentage of their lifetime average monthly amount.

Since benefits are based on earnings, those with lower lifetime earnings do, indeed, get a smaller benefit than those with higher average lifetime earnings, but the percentage of pre-retirement replacement income lower income workers receive is higher than for those with higher monthly average lifetime earnings. The Social Security benefit for lower income workers is typically about 40% of their pre-retirement average monthly income, while those with higher lifetime average earnings may get a benefit as little as 20% of their average monthly pre-retirement earnings.

In that sense, the Social Security benefit formula is progressive and weighted in favor of lower income workers. Nevertheless, albeit a smaller replacement percentage, higher income workers receive a higher monthly SS benefit because of their higher lifetime earnings. Even so, those higher earners did, indeed, contribute more payroll taxes from their higher earnings.

So, each person's SS retirement benefit amount is a percentage of their pre-retirement income. Coincidentally, those with higher pre-retirement income also contributed more to the Social Security program than did those with lower earnings. But their higher SS benefit amount is based on their higher pre-retirement earnings, not on payroll taxes paid from those higher earnings.

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 information 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.

Consider becoming an organ donor

SPRINGFIELD – Consider adding becoming an organ donor to your list of New Year's resolutions.

"Every nine minutes a new person is added to the national transplant wait list, which is already overcrowded with more than 100,000 men, women and children waiting for a lifesaving organ. Over 40,000 transplants were performed in 2022, a record year for transplants in the United States, but many more people could benefit from a life-saving organ transplant," said Dr. Kenneth McPartland, Medical Director, Transplant Division, Baystate Health, in a press release.

Making your wishes known is easy. If you would like to become a donor, your wishes can be indicated on your driver's license, or you can register online at www.donatelife.net/register.

While doing so, let your family know about your decision to become an organ donor so that they along with friends know and understand your wishes in advance.

There are many common misconceptions about donation that persist today.

Donate Life America offers the following facts to help you better understand organ, eye and tissue donation:

Anyone can be a potential donor regardless of age, race, or medical history.

All major religions in the United States support organ, eye and tissue donation and see it as the final act of love and generosity toward others.

If you are sick or injured and admitted to the hospital, the number one priority is to save your

life. Organ, eye and tissue donation can only be considered after you are deceased.

When you are on the waiting list for an organ, what really counts is the severity of your illness, time spent waiting, blood type, and other important medical information, not your financial status or social status.

An open casket funeral is possible for organ, eye and tissue donors. Through the entire donation process the body is treated with care, respect and dignity.

There is no cost to the donor or their family for organ or tissue donation.

Information about an organ donor is only released to the recipient if the family of the donor requests or agrees to it.

"Deceased donors leave a legacy by giving the gift of life after they pass, but did you know that this gift can be given during your lifetime? As a living kidney donor, an individual can live a long and healthy life with one kidney while giving someone else a second chance at life," said Nancy Dias, BSN, RN, Living Donor Coordinator, Baystate Medical Center.

Baystate Medical Center offers many options in living kidney donation. The transplant program works closely with the National Kidney Registry as a Donor Care Center of Excellence to facilitate national exchanges or kidney swaps, as well as voucher donations.

Compatible and incompatible pairs can donate and receive kidneys with one of the many options available. Visit the NKR website for more information <https://www.kidneyregistry.org/>.

Baystate Transplant Program



Dr. Kenneth McPartland,
Medical Director,
Transplant Division
at Baystate Health.

DRUG FREE from page 4

Another example of an evidence-based strategy is something called the positive social norms approach. This basically means that a lot more young people are choosing not to use substances than people think; teens and adults tend to overestimate how many youth are using substances.

We collect data and then share back some of the good news. If a teen realizes how many of their peers are actually making good choices, it's easier for that person to jump on the positive bandwagon and make a good choice, too.

Youth mental health is another critical aspect of our work. Again, we implement evidence-based strategies to support teens' sense of belonging, inclusion, and safety in their communities.

We support programs and experiences that give teens hope for their future adulthood, as that also encourages healthy choices and mental wellness while being a teenager. It is a large task, but one we know is a pressing need in today's world.

Teen substance use prevention is not just youth work. Sure, we love working with teens and hope to do a lot of it! But this is truly communitywide work, because everyone in the community can play an important role.

Everyone can reduce access to harmful substances by safely stor-

ing medications and substances in their homes in a locking medicine box or by storing them up and out of sight. Limiting access is a proven strategy.

The community can host town-wide events which are substance-free. Store owners can post clear signs about carding practices and follow those rules steadfastly.

Adults can make the choice not to provide underage people with alcohol, nicotine or cannabis products or other substances. Everyone can educate themselves about the current substance landscape in order to be a source of knowledge and model healthy choices.

The Drug Free Communities team, along with the Quaboag Hills Substance Use Alliance, is here to support individuals, families, schools, and the community at large. We are happy to organize trainings on a wide variety of topics, including parenting, cannabis and the developing brain, nicotine cessation, Youth Mental Health First Aid, how to reverse an opioid overdose, etc.

We take topic requests because we are here to meet your needs. We also can offer TIPS trainings to bars and restaurants who want their servers trained in responsible serving practices. We provide free naloxone, also known as Narcan, to anyone who wants it.

We are looking to grow our network and find more parents/caregivers, teens, and community mem-

bers to partner with. If anything above interests you or you would like to talk more, please reach out to me, Rebecca Edwards, at redwards@townofware.com.

About QHSUA

The Quaboag Hills Substance Use Alliance is celebrating its 10th year anniversary as a coalition in 2024.

The Quaboag Hills Substance Use Alliance (<https://qhsua.org/>); a regional coalition serving local communities located in Hampshire, Hampden, and Worcester Counties – the towns of Barre, Belchertown, Brimfield, Brookfield, Hardwick, Hubbardston, Holland, Monson, New Braintree, North Brookfield, Oakham, Palmer, Spencer, Wales, Ware, Warren, and West Brookfield. Join them by going to their Facebook page <https://www.facebook.com/QHSUA/> or website, www.qhsua.org.

If you or a loved one needs help for substance abuse, call the statewide helpline at 1-800-327-5050 (TTY: 1-800-439-2370); the phoneline is open 24 hours a day, seven days a week; you can also go to the website at: <https://hub.helpline.org/findhelp>. The 988 Lifeline (call or text) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Free tax preparation services offered for low-income households at E2E

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 double-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>.

HOSPITAL from page 4

important community events such as corn roasts, bazaars and bake sales and operated the onsite gift/snack shop which benefited staff, patients and visitors in the facility.

After retirement, my husband had the critical need to utilize the Mary Lane emergency room on numerous occasions. And I, myself, visited there after falling on the ice one winter.

My husband received life-saving medications that necessitated weekly lab work and also several series of physical therapy treatments. I have received yearly mammograms and bone density testing along with necessary

X-rays related to accidents and more serious situations.

All of these needs were available at MaryLane in our own community.

We have been the proud supporters of the Ware Fire Department Ambulance Service every year. However, since the closing of Mary Lane emergency room, I have noted numerous instances of ambulances called to serve Ware residents – often many times a day.

What used to be a short trip to the Mary Lane Emergency Room and receipt of prompt attention, now requires an ambulance trip of at least 20-minutes each way to Wing Hospital, only to discover

that that location is overloaded and results in considerable wait time.

Plus, the ambulances are saddled with longer trips and delays and therefore may not be available to Ware residents when needed.

Ware is generally a quiet, friendly town in a somewhat rural area. However, this situation with the consolidation of services such as Emergency Care, Laboratory, Radiology, Physical Therapy and Cancer Care to a facility outside of our community has made the health care needs of our citizens an overall emergency waiting to happen."

Katharine Zwemke
Ware

warerivernews.turley.com

The Southbridge Softball league is now enrolling teams and players for the 2024 season.

Games are played at Henry Street Field (located off Rt. 169) in Southbridge.

We have 3 levels of Mens Leagues (A, B & C) that play weeknights starting @ 6:30 PM, a Mens JB draft league (for players age 39 by Sept. 30th) that plays Sunday AM starting at 9 AM

and a COED league (5 & 5) that plays Sat & Sun evenings starting @ 6 PM. The potential for a Women's league or a weekday COED league (6 & 4) exists depending on the number of teams we receive – a minimum of 4 teams would be required for either to be considered.

THE FEES FOR 2024 ARE AS FOLLOWS:

\$425 team roster fee and a \$125 forfeit fee for a total of \$550.

If your roster is turned in on or before 3/5 the fee is \$550.

If your roster is turned in between 3/5 + 3/12, the fee is \$600.

No rosters will be accepted after 3/12/24.

Player fees for 2024 will be \$55 and a \$5 additional fee will be charged to those players playing on (2) or more teams.

Please email info@southbridgesoftball.org or check out our Southbridge Softball Association Facebook page for more information.

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OPEN 7 DAYS FOR LUNCH, DINNER & GOLF

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Prime Rib

Every Thursday,
Friday & Saturday

Online Ordering Available

Monday - 6:30 p.m.

TRIVIA NIGHT

Wednesday - 6:30 p.m.

MUSIC BINGO

Sip & Paint

Tuesday, February 27,

Tuesday, March 12,

Tuesday, March 26,

Tuesday, April 9,

Tuesday, April 23

Starting at 6:30 p.m.

Visit Our Website
For More Details

February Special

Purchase a New Membership

& Receive Up to \$225.00 in Gift Cards

See Website for More Information

St. Patrick's Day Party

Sunday, March 17

Live Music Starting at 3 p.m.
Tequila Mockingbird

Annual **SMALL BUSINESS CRAFT FAIR**



Quabog's Student Council ran a raffle table during the Small Business Craft Fair.

Quabog Regional Middle High School hosted over 90 vendors for the 3rd annual Small Business Craft Fair.



Shop until you drop with several jewelry options.



Other treasures offered by Autumn's Treasures include stones and quartz.

CRAFT FAIR from page 1

ference that will take place in Hyannis.

The Student Council also provided a raffle table featuring numerous prizes with proceeds benefitting the Student Council and their contributions to the Special Olympics. Each vendor donated one item to make up all the prizes for the raffle.

Advisor to the Student Council is Kayla Hatch and co-advisor is Jennifer Murray. The Small Business Craft Fair takes place at Quabog usually during the second week of February.



Author and screenwriter Dawn Gray had a booth of some of her published works.



Unique metal art figurines crafted into people, animals and objects.



Wood crafts created by Chris Strew of Noah's Ark Woodshop.



For a tasty treat, guests stopped over at the Cookies by Ray table for gourmet style cookies that come in many delicious flavors.



Turley Photos by Ryan Drago
Custom made cups were available at the Small Business Craft Fair.

WARREN from page 1

He said he sent a demand order for \$112,000 in back fines for 200 O'Neil St., but has not received notification from the post office that it has been accepted by the property owner yet.

ADA accessibility grant

The town accepted a Municipal Americans with Disabilities Improvement Grant from the Office on Disability in the amount of \$32,890.

Town Administrator James Ferrera said the town worked with Central Massachusetts Regional Planning

Commission to address updating the town's ADA accessibility plan. The grant will look at the parks, libraries, and municipal-owned buildings in order to update the plan.

"It needs some updating, this will provide that update that is needed and give us a road-map as to where some of our deficiencies may be and how we should go about to improve them and some estimates on some costs," he said. Ferrera said the Office of Disability wants the grant to be completed by June 30.

"It's a real fast moving time table in order to get the work done," Ferrera said, adding that CMRPC and its

support staff are confident it can be completed.

The grant project should kickoff at the end of this month.

STAM legislative priorities

Ferrera said the Small Town Administrators of Massachusetts meets regularly to discuss what is happening in rural communities and the issues they face. He said STAM compiled a list of priorities and is asking select boards to vote on and ratify the priorities.

"One of the things that obviously is important to Warren, is the creation of the Municipal Building Assistance Authority, similar to the School Building

Authority where the state reimburses communities," he said, for school construction and rehabilitation. This authority would provide the same reimbursement, but for municipal buildings like town offices, libraries, etc.

The board voted to accept STAM's 2024 legislative priorities.

School Street project

Board of Selectmen Chair David Dufresne said one of the residents on School Street is having a lot of water collecting in front of her house and freezing. The roadway is set to be resurfaced in phase two of the project.

He said there are also concerns about the recently completed retaining wall and sidewalk. He said there are significant gaps between the blocks of the wall and mud packed in between.

Dufresne said there are also rocks sitting on top of the wall, and sharp pieces of metal fence that could catch someone's hand if they reached under the fence.

"There's a lot of issues with areas of the fence that could be dangerous," Dufresne said. "I just don't want anybody getting hurt."

Dufresne said the board should do a site walk of the project before approving it.

Town Administrator's report

Ferrera said interviews are being conducted to fill the position of town Accountant, with the last interview scheduled for Feb. 22.

"We've had some pretty well established people that have been applying that have some background and are from other communities," he said. "So we're really excited about our prospects that we have there."

Ferrera said he has also sat in on police officer interviews with Millette and there have been "very good" candidates.

Ferrera said he reached out to AllOne Health regarding training for municipal workers to provide customer service to challenging people. He said they would be willing to come to Warren to conduct the two-hour training, at no cost to the town.

Appointments

Ostaquio Rodrigues-Filho was appointed as a full-time police officer. Police Chief Gerald Millette said Rodrigues-Filho speaks Portuguese, Spanish and English and is certified in advanced roadside impairment driving enforcement and is a field training officer.

He will start at a step two level of experience.

Rodrigues-Filho said he was born in Brazil and has lived in the U.S. for about 20 year and a police officer for four years.

Dimitra Stefanou was appointed to the Cable Advisory Committee for a one-year term.

Town levee committee

Jeremy Olson, James McKeon and Millette were appointed to the Town Levee Compliance Committee.

Cable complaints/interruptions
Ferrera said the town received records of all complaints and interruptions of service from Comcast. He said there were no complaints received.

Open meeting complaint

Dufresne said the board received an open meeting law complaint from a resident which will be addressed at the next meeting.

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

For just \$120 per year, you're securing your spot in our thriving business ecosystem.

Seamless Entry

Embrace Uniqueness

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.



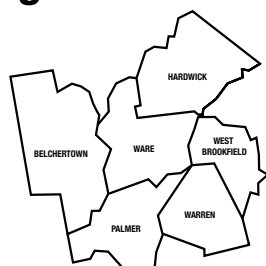
Aerial pictures provided by Above the Law Imagery

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



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. 19 Closed

Tuesday, Feb. 20

9 a.m. Exercise at Valley View Housing
9 a.m. COA Meeting at Senior Center
10 a.m. Scat
11:30 a.m. Lunch
1-2 p.m. Food Bank of Western MA mobile food pantry at Grenville Park
5:30 p.m. Scrapbooking (\$3 per class)
6 p.m. Pitch (doors open at 5 p.m.)

Wednesday, Feb. 21

9 a.m. Tai-Chi
9:30 a.m. Quilting Club
10 a.m. Scat
11:30 a.m. Lunch
2:30-3:30 p.m. Knit-Crochet-Laugh

Thursday, Feb. 22

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. 23

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 your name on the lunch list.

Monday, Feb. 19 Closed

Tuesday, Feb. 20

Brunch
French Toast, Scrambled Eggs, Bacon, Hash Browns, Dessert of the Day

Wednesday, Feb. 21

Grilled Reuben Sandwich, French Fries, Caesar Salad, Dessert of the Day

Thursday, Feb. 22

Chicken Parmigiana with Spaghetti, Carrot/Raisin Salad, Dessert of the Day

Friday, Feb. 23

Shepherd's Pie, Cucumber Salad, Dessert of the Day

Food Bank of Western Mass debuts new Chicopee facility

By Dalton Zbierski
dzbierski@turley.com

CHICOPEE – Dec. 14, 2023 was a banner day for the Food Bank of Western Massachusetts, as its newly constructed, state-of-the-art food distribution facility on Carew Street officially opened.

Food Bank employees showcased the 62,000 square-foot building during an evening ceremony attended by elected officials, donors, partners and invested residents from Chicopee and neighboring communities.

Since 1982, the Food Bank has been feeding neighbors in need in Berkshire, Hampden, Hampshire and Franklin Counties, and the strategically located warehouse and office space will allow the operation to further pursue its mission of ending hunger.

"It's at the crossroads of the major interstates of Western Massachusetts, so we selected this location because it will really enable us to provide healthy food to anyone and everyone who needs it, when they need it, across all four counties in Western Massachusetts," Food Bank Executive Director Andrew Morehouse said.

The new structure is far larger than the food bank's previous home in Hatfield, enabling it to serve more people than ever. Last year, the Food Bank distributed the equivalent of 11 million meals to about 107,000 people monthly, and Morehouse expects the number to rise, as residents battle inflation and the end of federal pandemic benefits.

"So, they turn to the Food Bank and our 175 partners, the local, frontline food pantries, meal sites and shelters, to seek food assistance so they can carry on with their lives and get ahead in life," Morehouse said.

The Food Bank employs 64 people, but that number could rise as management capitalizes on the facility's "incredible" capacity. Morehouse said the staff is currently in a "learning mode," getting accustomed to the space and repeatedly rearranging inventory to maximize efficiencies and food flow.

Statistics are already proving the larger warehouse to be more effective than the previous site.



Turley photo by Dalton Zbierski

The Food Bank of Western Massachusetts' new 62,000 square foot facility includes this state-of-the-art warehouse.

"In the last three months, we've provided 25% more healthy food than the same period last year, and we're confident we'll be able to sustain that growth moving forward," Morehouse said.

Being able to serve the community better than before is fantastic, said Director of Programs Christine Maxwell. She described the building's teaching kitchen.

"We'll be using that for community programming, for food demonstrations and for cooking classes and nutrition workshops. We weren't able to do that in our old building, so we're excited about that," Maxwell said.

Director of Development Jillian Morgan said moving into a facility that allows the Food Bank to serve its communities at a higher clip is significant. She said the staff is dedicated to making sure food is delivered to as many people as possible who are facing food insecurity, and the larger warehouse pays dividends.

"This was a really important move for the food bank to be able to increase our capacity and efficiency," she said. "We already have distributed more food in this building, so we know that it's going to

serve us for decades to come until we end hunger."

Farm Manager Lee Gadway estimated that the new warehouse can store twice as much food as the old one. He said even the parking lot is twice the size.

"This is amazing," Gadway said. "Just being able to warehouse this much food and being able to think of it as a hub and spoke system on a bicycle. Everything's brought in on the spokes to the hub, and then we deliver it back out."

Gadway said the larger space makes the operation more efficient, as the Food Bank delivers food to places that smaller farms are unable to reach.

Morehouse said people are blown away when they enter the building and see its size and magnitude. He said the Food Bank looks to leverage the power of community to create a hunger free Western Massachusetts.

"The way we're going to do that is by talking to one another and cooking up new ideas, so this new facility and food distribution center has a lot of space for us to invite community groups in, whether they want to volunteer or just collab-

orate and plan how we can work better together to get more done," Morehouse said.

Morehouse pointed out that the dream could not have become a reality without the assistance of state and federal legislators. The Food Bank raised \$30 million to build its new home, and about half of the money came from state and federal government.

He also expressed gratitude for private donors, as 246 businesses and individuals invested in the food distribution center.

"We couldn't have done it without them, large and small," he said.

Morgan said she is humbled by the amount that was raised, noting that it displays the community's investment in addressing the underlying causes of hunger and making sure that the operation can help alleviate hunger in the community or get rid of it entirely.

"(The \$30 million raised) is a real testament to how much people in this area care about addressing the needs of people who are facing hunger," she said.

Paige library lists upcoming events

HARDWICK – The Paige Memorial Library, 87 Petersham Road, has something for everyone, ranging from books to newspapers, movies, books on CD, puzzles, games, museum passes, Story Hour, computers, printers, Wi-Fi, books for sale, and support for whatever you need to know.

If we can't find it, library staff will try their best to find someone who can.

Do you want to try a new activity? Would a workshop for artists and craftsmen of all abilities, or a computer class, or genealogy, or another topic be your choice? Call 413-477-6704, email director.paigelibrary@gmail.com, or stop in to share your ideas or suggest a presenter you would like to have visit the library.

Paige Writers group

Paige Writers is an enjoyable social experience dedicated

to stress-free writing and sharing ideas and memories. Build confidence in your abilities at the Paige Memorial 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.

Cooking Club

Library staff are developing a Cooking Club at Paige Library. The first meeting is on Feb. 28 at 4 p.m.

There will be beef barley soup and an open agenda to collect ideas and set the time and days to meet. The idea is to choose, test, and share recipes but how often and when is up to the participants.

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

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Cub Scouts from Ware Family Pack 520 posed with their Pinewood Derby cars.

Turley Photos by Paula Oummette



Cub Scouts each designed their own car to race in Ware Family Pack 520's Pinewood Derby.

Pinewood Derby

Cubmaster Chris Boos lined up cars on the track.



News from the Quabbin Regional School District

From the desk of Colleen Mucha, Superintendent of QRSD

The Quabbin Regional School District offers a Post Grad program that is designed to assist students with gaining necessary skills as they transition from high school to adult life.

Students acquire functional academics and daily living skills both in their school environment and throughout their work in our greater community. Our Post Grad program is housed at New Braintree Grade School.

Students consistently work across multiple learning spaces. They have a more traditional area when they may work on their academics individually or in small groups.

Additionally, they have a kitchen and multipurpose area. It is here you can find students practicing daily living skills as they learn how to use a stove, prepare meals and more.

However, the students' favorite space is their "chill" zone. This is a large open area outfitted with electronics, exercise equipment and comfortable seating.

Students enjoy chatting, listening to music and playing the occasional video game. This is a time they can work on social skills.

If you ask our students what they like best about the program, most would answer their "jobs." In partnership with local community businesses, our students have vast opportunities to spend part of their week engaged in real work experiences.

There are two types of jobs that students have, jobs that the whole group participates in and individual jobs. All of the jobs are meant to give our students real life experiences and skills that they will be able to take with them in life beyond school.

As a group, they have worked at locations like the Barn at Wight Farm in Sturbridge, the Harding Allen Estate and the Town of New Braintree. Individually we have students placed at a number of locations in the area, these include J and J Family Restaurant, Hamshaw Lumber, the Quabbin Regional School District and the New Braintree Public Library.

All of these work experiences help our students to develop as productive contributors to our society. We thank all of our community partners for supporting our students and providing opportunities for them.

If you or your organization is interested in providing an internship opportunity to our students,



Submitted Photos
Tyler Gregory enjoys the skate sled.

please reach out to Greg Devine at gdevine@qrsd.org.

QRSD is also thankful to partner with both the Ashburnham-Westminster and Narragansett School Districts. Students from all three districts spend time together consistently throughout the year and many wonderful friendships have been formed.

Recently, I had the opportunity to spend time with the students from all three districts during their annual holiday party. Students enjoyed wonderful food, a photo booth and lots of dancing at the Harding Allen Estate. Whether they were enjoying the cupcakes, dancing to a favorite song, or interacting with their peers - it was done with pure joy.

Should you have the pleasure of seeing one of our Post Grad students at work in the community, be sure to let them know that they are doing a great job and share a smile. I think you'll see their joy first hand.



The Quabbin Post Grad students had a recent outing with their friends from the Ashburnham/Westminster and Narragansett School Districts. Max Mazeika is shown playing hockey.

Quabbin Regional High School lists honor roll

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

Grade 9, High Honors

Madeleine Boisselle, Makenzie Casey, James Cook, Benjamin Darcey, Jack Desjean, Isabel Doty, Tess Dunphy, Grace Flamand, Mia Gleason, Anna Hautala, Anna Metcalf and Brendan Welch.

Grade 9, Honors

Klavdiya Antonian, Alexa Araujo, Skyler Bard, Jacob Bassett, Halo Bissonnette, Logan Bruley, Kherington Deschenes, Leah Doucette, Sabrina Downs, Katelyn Durant, Brody Faucher, Quinlan Fauteux, Alijah Flint, Jacoby Hartshorn, Violet Kelley, Jillian LaMontagne, Audrey Laursen, Scarlett Merriman, Mia Miville, Jesse Newton, Samantha O'Connor, Charlotte Oliver, Julia Quintal, Ella Reeves, Arianna Riendeau, Abigail Rogowski, Emma Ryan, Kailynn Schuster, Gabriella Totas, Owen Twarog, Grace Vanoudenhove, Ellary White and Leanna Zou.

Grade 10, High Honors

Aaron Bodine, Kalina Dyer, Kenzie Gallagher, Grace Manna, Elizabeth Mattheson and Zoe Orellana Cadenas.

Grade 10, Honors

Owen Breuer, Branden Brooks, Tricia Bruso, Troy Budreau, Micah Cerezo, Kylee Costello, Trace Davin, Mia Ducos, Aiden Fuller, Evelyn Giese, Ava Gilman, Madeleine Hardy, Adelaide Harmon, Emma Kahlau, Jacob LaValley, Collin Lindley, Madison Lyden, Hunter McQueston, Garrett Pease, Parker Proulx, Aaron Rowell, Allison Sprinkle, Madelyn Stauder, Cameron Vega, Samantha Vessair, Andrew Warfield, Farah Wojcik and Jin Xi Zou.

Grade 11, High Honors

Alexander Bedard, Kevin Boles, Matthew Erickson, Samuel Guertin, Isabel LaBelle, Ethan Salvadore, Sydney Slattery, Irene Stogitis, Richard Tucker and Jaxon Warburton.

Grade 11, Honors

Andre Ampong, Benjamin Bibik, Joshua Bibik, Samantha Carlson, Teaghan Earle, Adam Faulha, Angelina Feliciano, Sophia Gagne, Kun Liu, Vincent Marinelli, Veronika Mendrek, Sadie Sheldon, Hannah Shepard, Julia Smith, Vanecia Tarquinio, Abigail Ure and Travis Wells.

Grade 12, High Honors

Baylee Garcia, Kylie Casey, Sophia Januszewski, Gavin Majoy, Julianna Stanger, Eleanor Thompson, Michael Tobin, John Waltz and Brianna Whitelaw.

Grade 12, Honors

Annabel Audino, Hannah Baxter, Brianna Caponigro, Samantha Dube, Colin Harmon, Taylor LaRocque, Grace LaValley, Jake Leazott, Kan Lee, Ally Legare, Joshua Marcotte, Jr., Kelsey Marsh, Emma Masser, Cole Morrill, Camryn Orsini, Carlee Rich, Kayla Sherblom, Amy Stauder, Heather Stuart, Lillian Swett, Gracie Talbot, Lillian Thibeault, Seth Twarog and Benjamin Vasseur.

Zonta Club is accepting scholarship applications

The Zonta Club of Quaboag Valley is now accepting applications for Zonta International's Young Women in Public Affairs Award.

This scholarship is open to a young woman (ages 16-19) who has demonstrated leadership skills and commitment to public service and civic causes.

Deadline is March 8.

The Zonta Club of Quaboag Valley is also accepting applications for Zonta International's Jane M. Klausman Women in Business Scholarship.

Women of any age, pursuing a business program with major field of specialization in accounting, economics, finance, business management, business technology, information technology, marketing, operations management, human resources management, international business or entrepreneurship at an accredited university/college/institute, who demonstrate outstanding potential in the field and are living or studying in a Zonta district/region, are eligible.

Deadline is June 15.

For details about either of these scholarships, visit the Zonta Club of Quaboag Valley's website at www.zontaqv.org/scholarships.

Beaver Lake Club Corp. offers scholarship

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

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

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

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

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

Welcome

KELLY N. POULIOT, O.D.



Dr. Pouliot is a board-certified Optometrist who joined Kelly & Velazquez Eye Center in January 2024. She graduated from the Ramapo College of New Jersey with a Bachelor's degree in Biology. She received her Doctorate degree from the Pennsylvania College of Optometry at Salus University.

Dr. Pouliot has had over two thousand patient encounters upon completion of her clinical externships in the following specialties:

- Contact Lenses (Jacksonville, NC)
- Ocular Diseases (Johnson City, TN)
- VA Hospital (St. Cloud, MN)
- Low Vision Rotation (Philadelphia, PA)

Dr. Pouliot has a special interest in ocular/systemic diseases and other ocular emergencies. She is a member of the American Optometric Association and the Massachusetts Society of Optometrists. She is a native of the Pioneer Valley. She enjoys traveling and spending time with friends and family.



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COLLEGE NOTES

Aislin McClure named to President's List

MORGANTOWN, WV – Aislin McClure of Ware has been named to the President's List at West Virginia University for the fall 2023 semester.

McClure is a freshman majoring in management information systems.

Outstanding undergraduate academic achievement is recognized by awarding President's List status to students who obtain a 4.0 GPA in a semester. Students must be enrolled in 12 credit hours or more of graded courses to be eligible for such recognition with no grades marked incomplete, not reported or withdrawal.

Chelsea Flamand earns Dean's List at University of New England

BIDDEFORD/PORTLAND, ME – Chelsea Flamand of Ware has been named to the Dean's List for the 2023 fall semester at the University of New England.

Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

Benjamin Hood makes WPI Dean's List

WORCESTER – Benjamin Hood of Hardwick, class of 2025 civil engineering, made the fall 2023 Dean's List at Worcester Polytechnic Institute.

The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average. Instead, WPI defines the Dean's list by the amount of work completed at the A level in courses and projects.

American International College announces Dean's List

SPRINGFIELD – American International College announces the Dean's List for the fall 2023 semester.

Local students making the Dean's List are Emma Giard of Ware, sociology major and Alexys Prouty of Gilbertville, general business major. Dean's List students attend full-time and have achieved a 3.3 to 4.0 GPA.

Emma Giard named to Dean's List at American International College

SPRINGFIELD – American International College student Emma Giard of Ware has earned Dean's List honors for the fall 2023 semester.

Giard is majoring in sociology. Dean's List honors are awarded to full-time students who have achieved a 3.3 to 4.0 GPA. AIC commends Giard and all of those on the Dean's List for their hard work and dedication.

Jen Hall makes University of Rhode Island Dean's list

KINGSTON, RI – The University of Rhode Island announces the all 2023 Dean's list.

Local student making the Dean's list is Jen Hall of Wheelwright. To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

Warren residents earn Dean's List at AMC

PAXTON – Anna Maria College recently announced academic honors for students named to the Dean's List for the fall 2023 Semester.

Local students include Kiara Gauthier and Olivia LaRocco, both of Warren.

Anna Maria College awards Dean's List recognition to students enrolled in a full-time undergraduate day program in good standing who have attained in the previous semester a GPA of 3.5 with no grade lower than "B" for a minimum of four courses.

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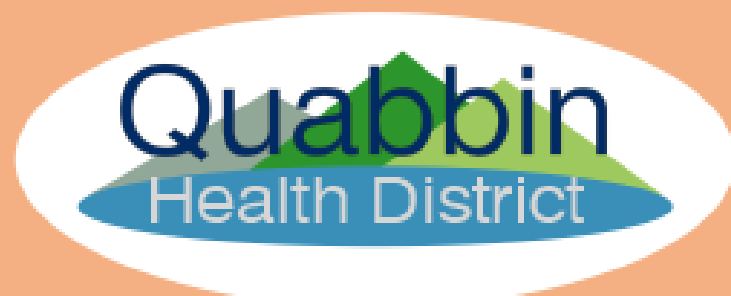
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SPORTS

David Prouty gets better of Ware boys

By Tim Peterson
Sports Correspondent

WARE—Before the start of the 2023-24 high school basketball season, Ware boys' varsity coach Gene Rich gave Athletic Director Thomas Shamgochain a list of non-league opponents that he would like to face. One of the teams on Rich's list was David Prouty High School of Spencer.

The first meeting on the hardwood between the two high schools in many years took place before a large crowd at Paul Orszulak Gym, last Tuesday night. With the help of seven first half 3-pointers, the Panthers built a 29-19 halftime lead and they coasted to a 62-31 victory over the Indians.

"I knew that this was going to be a very tough game for us," Rich said. "Prouty is an outstanding basketball team and we needed to play our best game of the season to beat them."

Prouty head coach Patrick O'Connor Jr. was also searching for a non-league opponent to fill out his regular season schedule. He reached out to Ware High School Assistant Principle/ varsity football coach Mike Fazio, who graduated from David Prouty in 2007.

"We've been a very good basketball team during the past couple of years and we had a lot of trouble scheduling our non-league

games this season," said O'Connor, who graduated from Prouty in 2008. "Mike Fazio is one of my best friends and I also know coach Rich. I asked them if they wanted to play a game against us and they said yes."

Since the start of the 2021-22 regular season, the Panthers boys' varsity basketball team has compiled an impressive 50-6 overall record. They had a perfect 20-0 record last season before losing to Taconic, 53-51, in the Division 5 state finals. They were ranked 10th in the MIAA Division 4 state tournament power rankings.

Because the David Prouty gymnasium is under construction, the Panthers (14-2) have played all their non-league games on the road this season. They played home games against SWCL-B opponents at North Brookfield High School.

Ware, who had an 8-8 overall record following the non-league home loss, was ranked sixth in the Western Mass. Class C rankings. They were also ranked 16th in the MIAA Division 5 state tournament power rankings. The Indians haven't qualified for either the Western Mass. tournament or the state tournament since the postseason format was changed two years ago.

"The guys have worked very hard this year," Rich said. "We're looking forward to competing in both tournaments."



Turley photos by Gregory A. Scibelli
Brady Guimond is covered closely as he advances into the paint.

The home team played very well at the start of last Tuesday night's game.

Following a steal by sophomore center Jack Gaudreau, senior guard Jack McKeever made a put-back basket putting the Indians on the scoreboard for the first time 25 seconds into the opening quarter.

McKeever scored eight of his team-leading 11 points during the first half.

Sophomore forward Brady Guimond (8 points) followed with

a short jumper and Gaudreau added an inside basket, which were his only two points of the game, giving the Indians a 6-0 lead with 5:40 left in the opening quarter.

"I thought we played very well in the first quarter and most of the second quarter," Rich said. "Prouty made some 3-pointers at the end of the first half, and we struggled in the second half."

Ware, who didn't trail during the

Please see **WARE**, page 12



Evelyn Doe delivers an outside shot.



Hailey Dumont makes a great save as she keeps the Cougar ball in play.



Isabelle Burgess focuses on a loose ball to maintain possession.

Quaboag girls get past Prouty

WARREN — Quaboag girls basketball got a huge win 36-28 over David Prouty last Thursday night. The win got Quaboag to .500 at 8-8. Parker Tunley had 10 points while Evelyn Doe turned in seven points.

Turley photos by Jack Cascio
NEAPsmugmug.com



Owen McKeever passes at the last-second instead of shooting.



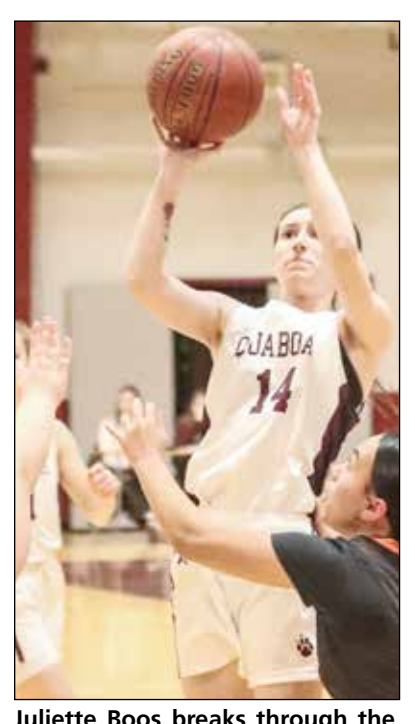
Jack McKeever looks to shoot.



Jack Gaudreau works around the perimeter.



Riley Patchen fires off a sweet jump shot.



Juliette Boos breaks through the defense for this jumper.

Offense struggles for Pathfinder



Desiree Croteau is pushed out of bounds.

PALMER — Last Tuesday night, the Pathfinder Regional girls basketball team suffered a tough defeat against St. Mary's 39-30. The Pioneers struggled in the middle of the game, limited to just 10 points in the second and third quarters. The defense did a good job holding St. Mary's to under 40 points, but the offense could not catch up. Addison Doktor had 11 points and Greenly Lagimoniere had 10 points in the loss. Pathfinder is 8-7 and needs at least one more win to qualify for the state tournament.



Turley photos by Gregory A. Scibelli
Megan Clark approaches the hoop from the side.



Addison Doktor makes a rebound and looks for another approach to the hoop.



Victoria Stephens looks for a teammate to make a pass.



The 1989-1999 championship boys basketball team was celebrated at Quabbin Regional High School on Feb. 2.
Turley photos by Ray Duffy

1989-99 Championship team celebrated

By Tim Peterson
Sports Correspondent

BARRE—Several members of the 1989-99 Quabbin boys' championship basketball team attended a Feb. 2 game at Quabbin Regional High School as the 25th anniversary of the team was celebrated.

Coach Dennis Dextrateur, who

started his varsity basketball coaching career as the Quabbin girls coach in 1980, has been coaching the boys' varsity team since 1992. He has won more than 450 games.

The 1988-89 squad compiled a 21-4 overall record. They lost to Marlborough High School twice during the regular season. Their other regular season loss was at

Oakmont Regional.

The Panthers began their post-season journey by winning the Clark Tournament Large School title. They then beat Mid Wach rival Algonquin Regional in the Central Mass. Division 2 championship game at Harrington

Please see **TEAM**, page 16

sports

Candlepin League News

By Ryan Drago
Staff Writer
rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER – With only one week left in round two, several teams on the Commercial Elks League are pursuing a playoff spot.

As of Jan. 30, The Champs R Here are in first place with a record of 24.5 wins and 7.5 losses. Closely behind is Life is Good at 22-10 and Acres at 20-12.

For the first league night in February, The Champs R Here bowled against #5 seeded team the Blue B's. In game one, The Champs won the winners by a score of 388-350. Leading the team was Taylor Colkos starting off the evening with a 108.

In game two, The Blue B's won a close second game by a score of 366-364. In game three, Blue B's won the last game by a score of 401-368.

The Champs R Here won total pinfall by a final score of 1120-1117. Each team received two points.

Team BK bowled against the winners of round one, Compression. In game one, Team BK won the first game by a score of 380-358. Paul Nothe of Team BK led the team with a 104. In game two, Team BK won again by a score of 394-356. Nothe continued bowling consistently by leading the team again with a 108.

In game three, Team BK won the last game for a three-game

sweep by a score of 357-342. Team BK won total pinfall by a final score of 1131-1056.

The second round of the Tuesday Night Commercial Elks League will conclude on Feb. 13.

Thursday Night Mixed League

As of Feb. 1 there is a tie for first place in the Thursday Night Mixed League.

Team Five and Team One are tied at 15-9, Team Six is at 14-10 for third place, Team Four is 13-11, Team Two is 8-16 and Team Three is 7-17.

In one match, Team Three bowled against Team Four. In game one, Team Four won the first game by a score of 419-403. In game two, Team Three responded with a win of their own, 429-399. Jesse Danek of Team Three led his team by bowling a 106.

In game three, Team Four won the last game of the evening 404-388. Team Four won total pinfall by a final score of 1222-1220.

Team One bowled against Team Two as they are in a #1 seed race with Team Five. In game one, Team Two won by a score of 446-421. Danny Fennyery of Team Two led his team by starting off the evening with a 125.

In game two, Team Two continued staying ahead of Team One by salvaging another win, 423-407. Fennyery bowled a 100 in game two.

In game three, Team One managed to win the last game of the evening by a score of 422-401. Team Two won total pinfall by a final score of 1270-1250.



Turley photos by Ray Duffy
Brooke Austin passes into Hannah Baxter.



Meg Doyle hits for a three-point basket.



Riley Bassett blocks the shot.



Hannah Baxter get fouled while putting up a shot.

Ducos free throw wins it for Quabbin

BARRE – Last Friday night, Mia Ducos hit a free throw in the waning seconds of the game and Quabbin defeated Littleton 42-41 for the 13th win of the season for the Panthers. Ducos had 12 points to lead all scorers and Brianna Whitelaw added 11 points while Hannah Baxter had 10 points.

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 mmville@qrsd.org.

Bonsignore opens season with second-place finish

NEW SMYRNA, FL – Justin Bonsignore drove the No. 51 Phoenix Communications modified to a second-place finish in Saturday's NASCAR Whelen Modified Tour opener at New Smyrna Speedway.

Bonsignore qualified fourth and ran inside the top-five for the duration of the race. After a pit stop in the final 20 laps, Bonsignore raced from fifth up to second, trying to chase down Ron Silk in the final laps. Although he closed in, he had to settle for second.

The run opened the 2024 season for Bonsignore, who will chase his fourth NASCAR Whelen Modified Tour title in the Ken Massa Motorsports machine this season.

"We were just a little bit too snug on both sets of change tires," Bonsignore said. "All in all, it was a really good night to start the year. We have to thank Phoenix Communications for everything they do for our team and Ryan Stone and the pit crew for a great job with a brand new car they built over the winter. It takes a lot to come down here to Florida to open the season. We will try and build off this and get better with this new car."

Justin Bonsignore will return to the track driving the No. 30 for Rette Jones Racing in the ARCA Menards Series season opener at Daytona International Speedway on Saturday, February 17. The NASCAR Whelen Modified Tour is back on track at Richmond Raceway on Friday, March 29.



T-Birds wins on 'Ice-O-Topes' Night

SPRINGFIELD – The Springfield Ice-O-Topes (22-19-3-2) rebounded from a 1-0 deficit to knock off the Hershey Bears (37-9-0-2) by a 6-3 score before a sold-out MassMutual Center crowd of 6,793 on Saturday night.

Neither team could find a firm offensive footing in the opening half of the first period, with both squads going 0-for-2 on their first two power play chances. 20 seconds after Hershey's second man-advantage expired, the visitors finally got the game's opening goal as veteran Garrett Roe crashed the top of the crease to jam a rebound through Malcolm Subban at 14:02 to make it 1-0 for the Bears.

The Ice-O-Topes' second power play came and went, but like the Bears, continuous offensive pressure paid off less than 30 seconds after the advantage concluded. Adam Gaudette made a quick change of direction at the top of the slot area before funneling a shot toward the goal. Zach Bolduc made himself available for a deflection at the edge of the crease, and the rookie executed to perfection, squeezing it past Clay Stevenson to tie the score at 17:48.

With the game tied at 1 after 20 minutes, the 'Topes parlayed

Bolduc's goal into a firestorm of offense in the middle frame. It began just 2:55 into the second, as Mathias Laferrriere dropped a pass in the left circle for Kean Washkurak, who curled the puck to a better shooting lane and snapped a wrist through Stevenson's five-hole to make it a 2-1 game.

1:35 later, Gaudette was in the middle of the action once again. After Hunter Skinner whipped a pass off Gaudette's foot deep in the left-wing corner, Matthew Peca pushed a second-chance shot wide of the goal. With Stevenson still trying to recover back in front of the net, Gaudette used the opportunity to bank it off Stevenson's pants and into the twine to extend the lead to 3-1. With the tally, Gaudette vaulted himself back to the top of the AHL goal-scoring race with his 25th of the season.

After a quiet stretch of play yielded nothing on the scoreboard, Hugh McGing changed things with a determined rush deep in the Hershey zone. McGing's pressure caused a mishandle between Stevenson and Dylan McIlrath, and McGing was there to jab a backhandler through Stevenson, making it a 4-1 game at 15:24. The pesky winger now has seven points over

his last seven games.

Former T-Bird Jake Massie gave Hershey a much-needed reply with a one-time shorthanded goal at 17:42, set up by Jimmy Huntington, and the defending champs were back within two heading into the third.

Chances heavily favored the Bears in the third to the tune of an 18-5 shot discrepancy, but Subban and the defense bent without breaking, and Will Bitten added some extra insurance, beating Stevenson on a breakaway backhandler through the wickets at 10:54 to make it 5-2.

The Bears' power play would not allow the game to end quietly, as Alex Limoges redirected a Mike Vecchione shot through Subban at 13:30 to cut the lead to 5-3. However, in the end, the visitors ran out of time, and Dylan Coghlan snapped a 15-game goal drought by drilling an empty net with 48.6 seconds to play to make it four consecutive wins on Ice-O-Topes Night for Springfield.

Springfield next takes its game down to Charlotte for a two-game set against the Checkers inside Bojangles' Coliseum next Saturday and Sunday, Feb. 17-18. Puck drop for both games is set for 4 p.m. in North Carolina.

Railers pick up win over Mariners

WORCESTER – This season's Railers have been imperfect, but indefatigable.

Twenty-fours after squandering a three-goal lead and losing in overtime to the Maine Mariners, 5-4, Worcester bounced back Saturday night with a strong effort and a 3-2 victory that was not easy.

Games with Maine never are.

The Railers took a 2-0 lead late into the third period on goals by Artyom Kulakov and Anthony Repaci, then Maine closed the gap on William Provost's goal at 12:57. Given the unhappy endings of Worcester's two previous games with the Mariners, things looked shaky; even shakier when Trevor Cosgrove was called for high sticking at 17:50.

However, Jake Pivonka hit an empty net at 18:54. Sigh of relief?

Not quite. With goalie Shane Starrett on the bench and Cosgrove still in the box, Ethan Ritchie made it 3-2 with 37 sec-

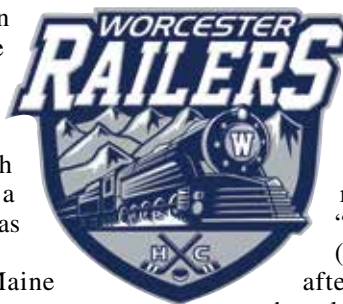
onds left. The Railers kept Maine bottled up in its own zone for the duration, however, and came away with two pure points.

Coach Jordan Smotherman was not surprised with the way his team responded.

"We love our room," he said. "You could tell (Friday) night, even after the game before they left, that the guys were ready to go. That's one of the biggest differences between last year's team and this year's — these guys really want to be here."

The victory extended Worcester's points streak to four games. The Railers have earned seven of eight points in that time and have 48 points overall. That is five more than both Maine and Trois-Rivieres, tied for fifth.

Kulakov gave the Railers a 1-0 lead at 5:52 of the second period as he fired a 35-foot wrist shot past Starrett through a screen. Ashton Calder set him up with a great pass from the right side.



The deadline for submissions for this sports section is the Monday before publication by noon.

To send in information, contact Sports Editor at 413-283-8393, send an e-mail to sports@turley.com or send it through the mail to: Turley Publications c/o Sports Editor 24 Water St. Palmer, MA 01069

WARE from page 11

first quarter, took a 10-4 lead when Guimond hit a base-line jumper in the middle of the opening quarter.

The score was tied at 10-10 entering the second quarter following a pair of 3-pointers from Prouty freshman guard Jayden Rubio (17 points) and junior center Noah LaTour (9 points).

The Indians retook the lead for the final time at 12-10 when junior guard Owen McKeever (4 points) converted an inside hoop less than a minute into the second stanza.

The duo of senior forward Judelius Neiray, who finished the contest with a game-high 19 points, and Rubio combined to score 16 of the Panthers 19 second quarter points.

Rubio made three 3-pointers during the final five minutes of the first half. Rubio and LaTour also made a shot from beyond the three-point line, which gave the visiting team a 29-18 halftime advantage.

Jack McKeever scored the Indians other six points in the second quarter on lay-ups.

David Prouty only made one 3-pointer during the third quarter, but the Panthers managed to double its lead by outscoring the Indians 17-6.

The Panthers continued to pull away during the final eight minutes of the contest.

The Indians did get back into the win column two nights later with a 55-46 win in another non-league game at Smith Vocational.

Guimond scored a game-high 19 points with the help of three 3-pointers. Jack McKeever contributed offensively with 12 points and senior guard Josh Mulligan added 8 points.

Ware was scheduled to close out the regular season at home against Hopkins Academy on Wednesday night. It was also their senior night. The Indians four seniors are Jack McKeever, Josh Mulligan, Gavin Kanozek, and John Mumper, who's sidelined with a right leg injury.

"Our four seniors are outstanding student-athletes," Rich said. "They've done a very good job of representing the school and the community this year. We're very proud of them."



Turley photo by Gregory A. Scibelli
Noah Perry passes out of the paint.

MONEY MATTERS

BUILDING FINANCIAL FUTURES:

PV Financial Group's Commitment to Trust and Personalized Service

In the ever-evolving world of finance, PV Financial Group looks to stand out for its unwavering dedication to building lasting relationships with its clients. At the core of the firm's philosophy is the belief that true financial success is rooted in trust, communication, and a personalized approach.

Trust Beyond Transactions

PV Financial Group takes a refreshing departure from the transactional norms of the financial industry. Instead of focusing solely on transactions, the firm's financial advisors prioritize cultivating strong relationships with their clients. This commitment ensures that every interaction is characterized by a delicate balance of care, skill, diligence, and objectivity.

Communication as the Cornerstone

The firm firmly believes that effective communication is the bedrock of a thriving client-advisor relationship. PV Financial Group's comprehensive process involves open and transparent communication to understand each client's unique financial situation, goals,

and preferences. This commitment to communication extends through every step of developing and managing clients' financial lives.

A Team of Professionals

PV Financial Group boasts a team of trained and courteous financial professionals who collaborate seamlessly to provide clients with the highest level of personalized service. Through continuous training, the team stays well-informed and equipped to navigate the complexities of the financial landscape. The courteous approach reflects the firm's commitment to treating clients with respect and professionalism.

Comprehensive and

Meticulous Approach

The firm's comprehensive process involves a meticulous examination of each client's financial needs and aspirations. Financial advisors exercise balance, care, and skill in crafting personalized financial plans, considering factors such as risk tolerance, financial goals, and market conditions. Diligence is a hallmark of PV Financial Group's

approach, ensuring thorough research, analysis, and ongoing monitoring of clients' portfolios.

Objectivity in Action

Objectivity is a guiding principle in decision-making at PV Financial Group. Financial advisors maintain a clear and objective perspective, always acting in the best interests of the clients. This com-

mitment ensures that recommendations align with each client's unique circumstances and financial objectives, fostering a relationship built on trust and integrity.

PV Financial Group, through its client-centric approach, aims to be a reliable partner on the journey toward financial success for every client. With a focus on trust, effective communication, and a team of dedi-

cated professionals, the firm is making waves in the financial landscape by prioritizing relationships over transactions. As we navigate the intricate world of finance, PV Financial Group stands out as a beacon of personalized and trustworthy financial guidance, dedicated to building a secure and prosperous future for its clients.



Tips to educate young adults to be smart about credit

Credit is a necessary component of doing business in the modern world. The credit reporting agency Experian defines credit as the ability to borrow money or access goods or services with the understanding that a person will pay later. Various creditors grant credit based on their confidence that a borrower will repay what is owed.

Many adults learn about credit through trial and error. Financial literacy is not taught in many schools, although lots of people feel it merits space alongside literature, math, science, and other subjects. A recent NextGen study found only one in six high school students are required to take a personal finance class in the United States. In addition, a survey conducted in 2018 by Chase bank found only one-third of Americans were taught what a credit score is by their parents.

It is essential that guardians share information about credit with young adults to help them be financially solvent and successful later in life. Here are some ways to help young adults learn about credit.

Start with credit basics

Speak generally about credit and how it is used. Then explain credit scores, credit bureaus and credit reports. A credit history and credit score is important information for young adults to have early on and check frequently, as having good credit improves the chances they will qualify for loans and earn acceptable terms in the future.

Help them build credit

Having one or more credit accounts can help a person establish and build credit by making payments on time. Credit card companies often advertise student and secured credit card accounts that come with small or managed credit limits. Making purchases on the cards and paying them in full every month is the

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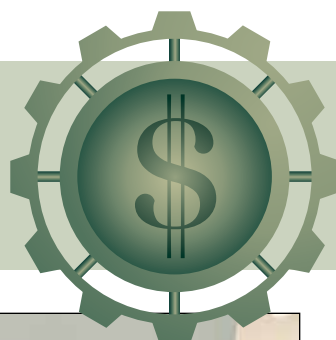


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MONEY MATTERS



Old School or New Age, AJE Financial is Ready for You!

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We look forward to 'seeing' everyone and we are ready for you!

THE ROAD TO Financial Wellness

The Benefits of Using a Financial Planner

In today's complex financial world, many investors seek out financial planners to help them navigate the intricacies of personal finance. The benefits of having expert financial help are manifold, including investment advice, retirement planning, tax strategies and estate planning.

Most financial planners collaborate with their clients to choose an asset allocation that melds the client's risk tolerance with their goals. After investments are chosen, often the advisor plays the role of cheerleader. Keeping clients from making rash decisions and veering off course from their financial plan may be one of the most important roles an advisor plays. All advisors have seen clients panic and try to make changes to portfolios in response to political or economic events that soon pass.

Retirement planning may be one of the most important acts that an advisor can perform. Everyone would love a stress-free retirement. A good planner can help calculate how much you will need to save to retire. He or she will also create a strategy for claiming social security and any pensions in order to meet retirement spending needs.

An often-overlooked benefit of having a good financial expert is tax planning. Should you invest in a traditional 401k or a Roth? When should you begin withdrawing from your taxable accounts? Do you have to pay taxes on social security? When do you need to take Required Minimum Distributions and are you taking the correct amount?

In addition to all the above, proper estate planning is imperative to make sure that your assets end up where you would like them to, with the least amount of hassle. Do you need trust or is your will sufficient? Is your house protected from Medicaid in the future? Hiring a good financial expert can greatly enhance your financial life.

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TIPS from page 13

best way to improve a credit score or maintain a good one, says the Consumer Financial Protection Bureau. Another way teens can build credit is through their student loans. Making small payments on the principal while in school can help establish a strong credit history.

Check their credit reports

The Federal Trade Commission recommends checking a child's credit score around the age of 16 or 17. This will help families figure out if there are any anomalies that may indicate identity theft or inaccurate credit issues.

Know the formula for good credit

Forbes says there are five categories that add up to good credit:

1. Payment history (35 percent): Always pay bills on time.
2. Amounts owed (30 percent): Borrow a low amount compared to the total lines of credit. This also is known as credit utilization.
3. Length of credit history (15 percent): Keeping accounts open for a long time is a win.
4. New credit (10 percent): Do not apply for too much new credit too often.
5. Credit mix (10 percent): Having a balance of different types of credit, such as car loans, credit cards and other types of debt, is advantageous.

Share your own experiences

Sometimes the best way to teach about credit is to be honest about what a parent or another adult did wrong with his or her finances, and use that as a "what not to do" scenario.

It is important for young adults to learn about credit so they can make smart choices that will positively affect their future. Although talking finances may be uncomfortable, it is vital for families to have these discussions.



MONEY MATTERS

Financial mistakes anyone can avoid

Earnings go a long way toward determining an individual's financial security. However, high wages do not guarantee long-term financial security any more than lower wages ensure a future marked by a lack of financial flexibility. Individuals are a unique variable in any financial equation, and those who can exercise and maintain some fiscal discipline are more likely to secure long-term security than those who cannot.

One way anyone can improve their chances at a secure and flexible financial future is to identify and avoid some common mistakes. Avoiding the following mistakes can increase the chances individuals at various income levels enjoy a secure financial future.

- **Delay saving for retirement:** Conventional wisdom says it's never too early to begin saving for retirement. Despite that, surveys indicate many adults are behind on saving. A 2022 survey from Bankrate found that 55 percent of respondents indicated they were behind on their retirement savings, while 35 percent reported being "significantly behind." Though laws governing retirement contributions have made it easier for people to catch up, it's still better to begin saving once you enter the professional arena, which for most peo-



ple is some time in their early to mid-twenties. The longer you delay saving for retirement, the more precarious your financial future becomes.

- **Spending beyond your means:** The post-pandemic increase in cost-of-living has garnered considerable attention in recent years, when inflation has driven up the cost of just about everything. There's little consumers can do about the rising cost of living, but making a concerted effort to curtail spending is one way to combat the spike. However, surveys indicate many people earning significant salaries are living paycheck-to-paycheck. For example, a 2021 report from LendingClub Corporation found that nearly 40 percent of individuals with annual incomes greater than \$100,000 live paycheck to paycheck, with 12 percent reporting they are struggling to pay their bills. An assortment of variables undoubtedly contribute to that stark reality, and one might be a tendency for consumers to spend beyond their means. Individuals who are struggling to curtail their spending are urged to seek the help of a certified financial planner who can help them devise a budget and alleviate some of the stress and pressure associated with overspending or living paycheck to paycheck.

- **Poor use of credit:** Credit cards can be a financial safety blanket, but that blanket can soon smother consumers who don't know how and when to utilize credit. Reserve credit cards for emergency situations and resist the temptation to use them for daily expenses, such as groceries and gas. Credit card interest rates tend to be in the double digits, so unless card holders can pay their balances in full each month, they're only exacerbating the already high cost of living by using credit for daily expenses.

- **Buying too much house:** Overspending on housing is another financial mistake, and arguably the one that's the most difficult to avoid. It can be hard to walk away from a dream home, but such a decision could secure your financial future. Unfortunately, data indicates far too many individuals are spending more on housing than conventional financial wisdom

Did you know?

Interest rates have been headline news for well over a year. In an effort to tame inflation, the Federal Reserve has increased mortgage interest rates with regularity over the last year-plus. While the cost to borrow money has increased, individuals likely noticed that the reward for saving money has not increased along with it, as interest rates for savings accounts have remained low. In fact, the annual percentage yield (APY) as of February 2023 was 0.24 percent, while the average fixed mortgage rate in September 2023 remained well north of 6 percent. An assortment of variables have combined to lower savings account interest rates, but numerous analysts point to banks having more deposits than they require to issue loans. When that happens, banks do not need to attract additional deposits, which they typically do by offering higher savings account interest rates. Without that incentive, savings account interest rates have remained low, meaning account holders will continue to pay considerably more to borrow money than they will earn when they save it.

recommends. The most recent Consumer Expenditure Survey from the U.S. Bureau of Labor Statistics found that spending on housing accounted for 33 percent of the average household's monthly expenses and that the average household spent 88 percent of its after-tax income each month. That latter figure is especially troubling, as conventional financial wisdom recommends a saving rate of 20 percent. Overspending on housing greatly affects a person's ability to save and invest, so resisting the temptation to buy that expensive dream home could be the difference between a secure or scary financial future.

Avoiding some common mistakes can help individuals be more financially flexible and secure over the long haul.

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- Collecting all life insurance, rents, and other amounts due to the estate.
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- Distributing the estate to the beneficiaries as directed by the Will.

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public safety

Ware Police Log

During the week of Feb. 5-13, the Ware Police Department responded to 20 miscellaneous calls, 37 administrative calls, 11 traffic violations, 17 emergency 911 calls, three frauds, one harassment, one robbery, one vehicle fire, one theft/larceny, four safety hazards, six assist other agencies, one damage/vandalism, six motor vehicle accidents, eight animal calls and 31 motor vehicle stops in the town of Ware.

Monday, Feb. 5
 1:38 a.m. Disturbance/Nuisance, North Street, Investigated
 1:50 a.m. Disturbance/Nuisance, Church Street, Investigated
 3:23 a.m. Bylaw Violation, East Street, Citation/Warning Issued
 5:01 a.m. Traffic Violation, East Street, Citation/Warning Issued
 9:43 a.m. Abandoned 911 Call, Sheehy Road, Dispatch Handled
 2:28 p.m. Harassment/Stalk/Threat, North Street, Services Rendered
 3:47 p.m. Vehicle Fire, West Street, Advised

Tuesday, Feb. 6
 6:56 a.m. Motor Vehicle Stop, Greenwich Road, Citation/Warning Issued
 9:35 a.m. Theft/Larceny, Otis Avenue, Services Rendered
 9:41 a.m. Abandoned 911 Call, Gould Road, Investigated
 10:35 a.m. Assault, West Street, Report Made
 10:37 a.m. Abandoned 911 Call, Belchertown Road, Dispatch Handled
 11:16 a.m. Assist Other Agency, Cummings Road, Services Rendered
 1:52 p.m. Fraud/Deception, Palmer Road, No Action Required
 2:56 p.m. Fraud/Deception, North Street, Advised
 4:05 p.m. Abandoned 911 Call, South Street, Dispatch Handled
 4:53 p.m. Traffic Incident/

Crash, West Street, Report Made
 5:15 p.m. Traffic Violation/Hazard, West Street, Citation/Warning Issued
 6:45 p.m. Assist Other Agency, Charles Street, Assist Given
 7:34 p.m. Assist Other Agency, Charles Street, Assist Given
 10:41 p.m. Assist Other Agency, West Street, Assist Given
 11:12 p.m. Abandoned 911 Call, Highland Village, Dispatch Handled

Wednesday, Feb. 7
 8:58 a.m. Safety Hazard, Old Gilbertville Road, Taken/Referred to Other Agency
 10:04 a.m. Abandoned 911 Call, East Main Street, Dispatch Handled
 11:56 a.m. Traffic Incident/ Crash, Palmer Road, Services Rendered
 3:21 p.m. Traffic Incident/ Crash, West Street, Services Rendered
 3:42 p.m. Safety Hazard, West Street, Investigated

Thursday, Feb. 8
 6:18 a.m. Abandoned 911 Call, Belchertown Road, Investigated
 9:18 a.m. Motor Vehicle Stop, West Street, Citation/Warning Issued
 10:06 a.m. Abandoned 911 Call, Cummings Street, Investigated
 2:45 p.m. Fraud/Deception, North Street, Advised

Friday, Feb. 9
 4:14 a.m. Bylaw Violation, West Main Street, Citation/Warning Issued
 11:59 a.m. Motor Vehicle Stop, North Street, Citation/Warning Issued
 12:26 p.m. Assist Other Agency, Main Street, Assist Given
 2:41 p.m. Motor Vehicle Stop, West Street, Citation/Warning Issued
 4:25 p.m. Assist Other Agency, Juniper Hill Road, Arrest Made
 Arrest: Aaron J. Lussier, 29,

Saturday, Feb. 10
 9:54 a.m. Robbery, Clifford Avenue, Services Rendered
 10:50 a.m. Traffic Collision/Transport, West Street, Report Made
 3:56 p.m. Abandoned 911 Call, Palmer Road, Dispatch Handled
 6:45 p.m. Assault, East Street, Report Made

Sunday, Feb. 11
 5:21 p.m. Disturbance/Nuisance, West Street, Advised
 Arrest: Charles F. McClendon, 31, Springfield
 Disorderly Conduct
 6:30 p.m. Assist Other Agency, Main Street, Assist Given
 7:25 p.m. Abandoned 911 Call, West Street, Complaint Taken Care of
 10:57 p.m. Traffic Incident/ Crash, Babcock Tavern Road, Arrest Made
 Arrest: Ashley M. Apraham, 40, Ware
 OUI-Liquor or .08%

Monday, Feb. 12
 6:43 a.m. Traffic Incident/ Crash, Palmer Road, Assist Given
 9:40 a.m. Abandoned 911 Call, West Street, Investigated
 12:35 p.m. Safety Hazard, Cummings Road, Services Rendered
 1:18 p.m. Abandoned 911 Call, West Street, Services Rendered
 1:57 p.m. Safety Hazard, Fisherdick Road, Services Rendered

Warren Police Log

During the week of Jan. 28-Feb. 3, the Warren Police Department responded to 209 building/property checks, 56 community policings, 14 emergency 911 calls, two trespassers/prowlers, one fraud/forgery, one property dispute/exchange, two motor vehicle accidents, two complaints, four animal calls and 33 motor vehicle stops in the town of Warren.

Tuesday, Jan. 30
 7:57 a.m. Complaint, Main Street, Gone on Arrival
 5:55 p.m. Animal Neglect/Cruelty, Coy Hill Road, Criminal Complaint
 Summons: Elizabeth Keefe, 44, Warren
 Animal, Cruelty To
 Summons: Frederick G. Spain, 67, Warren
 Animal, Cruelty To
 7:52 p.m. Property Dispute/Exchange, Moore Avenue, Property Picked Up
 Summons: Alicia G. Rowland, 42, Warren
 Defacement/Damage of Property
 11:28 p.m. Serve Warrant, Old West Warren Road, Arrest(s) Made
 Arrest: Bobby M. Grant, 48, West Warren
 Warrant

Wednesday, Jan. 31
 2:42 a.m. Sick/Unknown, Southbridge Road, Transported to Hospital
 5:40 a.m. Motor Vehicle Stop, Southbridge Road, Citation Issued

Thursday, Feb. 1
 11:29 a.m. Sick/Unknown, Main Street, Transported to Hospital
 3:39 p.m. Overdose/Poisoning, Old West Warren Road, Transported to Hospital

Friday, Feb. 2
 1:42 p.m. Motor Vehicle Collision, Milton O. Fountain Way, Report Filed
 3:26 p.m. Fraud or Forgery, Reed Street, Report Filed
 3:28 p.m. Mutual Aid Ambulance, Palmer, Transported to Hospital

Saturday, Feb. 3
 9:54 a.m. Robbery, Clifford Avenue, Services Rendered
 10:50 a.m. Traffic Collision/Transport, West Street, Report Made
 3:56 p.m. Abandoned 911 Call, Palmer Road, Dispatch Handled
 6:45 p.m. Assault, East Street, Report Made

Sunday, Jan. 28
 5:45 a.m. Motor Vehicle Stop, Main Street, Written Warning
 4:58 p.m. Motor Vehicle Stop, Main Street, Criminal Complaint
 Summons: Karri L. Silva-Taylor, 47, Ludlow
 Unsafe Operation of Motor Vehicle; License Suspended, Operate Motor Vehicle With
 7:13 p.m. Abdominal/Back Pain, River Street, Transported to Hospital
 7:48 p.m. Sick/Unknown, Main Street, Mutual Aid Transport

Monday, Jan. 29
 1:12 p.m. Falls, Reed Street, Transported to Hospital
 1:16 p.m. Harassment, Mechanic Street, Information Given
 5:48 p.m. Motor Vehicle Stop, Main Street, Criminal Complaint
 Summons: Jesus Gomez, 55, Springfield
 License Suspended, Operate Motor Vehicle With (Criminal Subsequent Offense); Speeding in Violation Special Regulation
 7:43 p.m. Welfare Check, Old West Brookfield Road, Report Filed
 8:58 p.m. Motor Vehicle Collision, East Road, Transported to Hospital

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.

3:37 p.m. Sick/Unknown, Main Street, Mutual Aid Transport
 4:03 p.m. Motor Vehicle Stop, Main Street
 8:21 p.m. Harassment, Winthrop Terrace, Report Filed
 11:46 p.m. Seizures, Washington Street, Transported to Hospital

Saturday, Feb. 3
 12:28 a.m. Motor Vehicle Stop, Main Street, Arrest(s) Made
 Summons: Shane M. Riddles, 46, Ware
 Marked Lane Violation; Uninsured Motor Vehicle
 Arrest: Shane M. Riddles, 46, Ware
 Fugitive from Justice on Court Warrant
 3:21 a.m. Breathing Difficulty, Old West Brookfield Road, Transported to Hospital
 4:55 p.m. Motor Vehicle Stop, Main Street, Criminal Complaint
 6:39 p.m. Complaint, Winthrop Terrace, Officer Spoke to Party
 8:36 p.m. Motor Vehicle Stop, Main Street, Written Warning

Bill aimed at shielding survivors of spousal abuse

BOSTON — In a significant stride toward defending survivors of spousal abuse, state Sen. Jake Oliveira (Hampden, Hampshire & Worcester District) filed new legislation recently titled “An Act to Protect Survivors of Spousal Abuse from Alimony Liability.”

The bill aims to provide a safeguard for individuals who have experienced abuse within a marriage and prevent them from having to make alimony payments after separation. “This legislation’s core purpose is to protect survivors of abuse. It is unconscionable to me that a survivor of spousal

abuse, who had the courage to get away from an abusive partner, should have to be reminded of that abuse and continue to pay for it once the marriage is over,” said Oliveira in a press release. According to Oliveira, the legislation introduces crucial changes

to existing statutes that ensure survivors of spousal abuse are not burdened by alimony liability to an abusive partner once the relationship is ended. The legislation comprehensively defines what constitutes an “abusive spouse” and “abuse” to include physical harm, inducing fear of imminent serious physical harm, and engaging a spouse involuntarily in sexual relations through force, threat, or duress.

By amending various sections of Chapter 208 and Chapter 209A of the General Laws, the proposed act explicitly states that the court shall decline alimony to a spouse convicted of abuse. If enacted into law, the legislation will also empower spouses who have previously paid alimony to a partner with a conviction of abuse to file a petition with the court to terminate the alimony. Under the new law, the court may also reconsider previous alimony contracts and terminate them in the case of a domestic conviction by a spouse. Additionally, the legislation includes measures to eliminate language that may undermine the severity of abuse. The proposed legislation will take effect upon passage, pending approval by the Legislature.

Baystate Health offers safety tips for snow shoveling

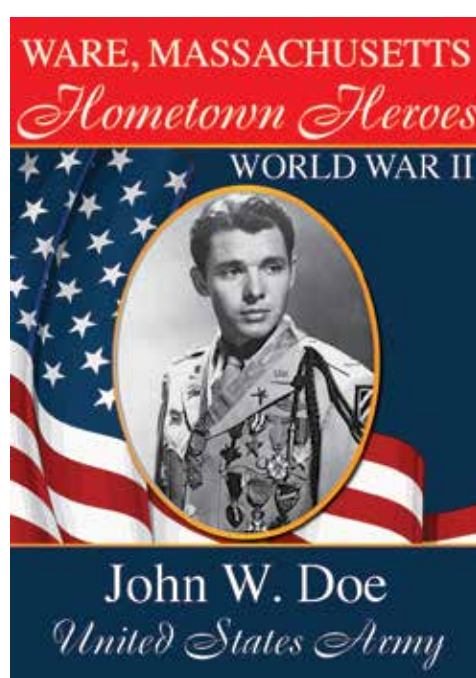
SPRINGFIELD —The snow has finally arrived, and shovels are being put to good use once again. But shoveling sometimes comes with consequences including suffering a heart attack or putting your back out. “When shoveling snow an individual experiences an increase in heart rate and blood pressure which increases the need for blood supply to the heart. In those with cardiovascular disease or risk factors, this can be dangerous as it can lead to a heart attack,” said Dr. Seth Gemme, FACEP, Vice Chair of Clinical Operations for Emergency Medicine, Baystate Health, in a press release. He noted that signs and symptoms of a heart attack include pressure or pain in the chest, arms or

neck; nausea; lightheadedness; sweating or feeling clammy; or unusual fatigue. According to the National Institutes of Health, each year snow shoveling results in about 11,500 injuries — including 100 fatalities. Data shows that those deaths are generally caused by heart attacks with the most common injuries associated with snow removal being sprains and strains. Researchers have also found that those over 55 were more than four times as likely as younger patients to suffer heart-related problems while shoveling snow; men were twice as likely as women to develop symptoms. Even for those in good health, learning the proper techniques for shoveling snow can help prevent

injuries. “If you already suffer from low back pain and are not used to strenuous physical activity, then leave the snow shoveling for someone in good health and physical shape,” said Dr. Julio Martinez-Silvestrini, medical director, Baystate Rehabilitation Care. “Take time to stretch your lower back muscles with some gentle exercises before shoveling and consider walking for a few minutes or marching in place. You should also drink plenty of water to avoid dehydration and refrain from any caffeine or nicotine, which are stimulants and may increase your heart rate,” he added. Martinez-Silvestrini and the

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Ware River News

Please see **SHOVELING**, page 19

TEAM from page 9
 Auditorium located on the W.P.I. campus. After defeating Northampton High School in the Division 2 state semifinal game at the UMass Mullins Center, Quabbin lost to East Boston, 62-57 in the state finals at the DCU Center in Worcester. “That was a very special season, and it was a close-knit team,” Dextradeur said. “They played very well together on the court, and they did a lot of things together off the court.” The seven seniors listed on the 1998-99 Quabbin varsity basketball roster are Tom Baker, Jason Granlund, Jehan Jourson, Larry McGee, Josh Perez, Rob Skowyr, and Ben Wallace. “Our basketball team always worked very hard, and we pushed each other on the court,” Skowyr said. “Our three goals that season were to win the Clark Tournament title, the Central Mass. title, and the state title.” Skowyr currently lives in Hudson, New Hampshire with his wife, (Rebecca), and two children, (Trey and Gigi). “We were able to bring our families here tonight and show them what we did many years ago,” Skowyr said. “It’s a very special day for me and my family.” Skowyr also played basketball at Clark University in Worcester for legendary head coach Paul Phillips. “Playing basketball for the Clark men’s basketball team was a pretty cool experience,” Skowyr said. “It brought back a lot of wonderful memories from playing on that same court in high school. My college basketball team also had a lot of success. Coach Dex and coach Phillips are very simi-

lar coaches. They always held you accountable.” Wallace was one of the leading rebounders and he shined on the baseball diamond as a left-hand pitcher. “When I was in high school, I actually played more basketball than I did baseball,” said Wallace, who now lives in Wisconsin. “During my junior season, I had a lot of strikeout games, and I was invited to attend a showcase just outside of New York City in the summer before my senior season. There were about 300 players there. They only picked me and Brian Wilson, who wound up being a closer for the San Francisco Giants in the World Series. I played a lot of baseball games up and down the east coast that summer. The competition was high, and it was a lot of fun.” Wallace was selected by the Milwaukee Brewers in the 21st round of the 1999 MLB Draft. He advanced as far as Single A before retiring in 2001. “It was a great experience being drafted and playing minor league baseball,” Wallace said. “It’s been over twenty years since I’ve been back here and it’s an amazing feeling seeing my teammates again.” During his senior season, Granlund scored 45 points in a win at Westborough, which is still the school record for points in a game. The five juniors on the championship team were Adam Kotsopoulos, Ryan Lichwell, Adam Thompson, Rob Ward, and James Zalneraitis. The assistant coach was Jason Ayer, who’s still sitting on the Panthers bench during games. “You always know when a team is special when you have to turn out the gymnasium lights on your

players after practice,” Dextradeur said. “Those guys would’ve stayed in the gym all night if I didn’t turn out the lights on them.” Ted Gumula, who became the Athletic Director at Quabbin in 2004, was the academic advisor for the 1999 boys’ basketball team. “Each week the players on the boys’ basketball team gave me a progress report,” said Gumula, who was also the Dean of Students/Assistant Principle at that time. “All of the players did very well in the classroom, and nobody flunked off the team. We do have a higher standard here at Quabbin than the MIAA does. It was an awesome basketball season.” After retiring several years, Gumula was replaced as A.D. by Mark Millville, who has done an outstanding job. The players from the 1998-99 championship team were introduced to the crowd by Dextradeur at halftime of the varsity game. Just as she did as a senior in 1999, Sara McDougall Sherblom sang the National Anthem before the opening tip of the varsity game. Junior Quinn Geary made a lay-up on the game’s opening possession giving the home team a 2-0. Geary, who scored a team-high 17 points and pulled down nine rebounds, gave his thoughts about the special evening following the game. “We’ve watched the 1999 championship team’s highlight film and we learned all about those players. It’s a lot of fun learning about the tradition of our basketball program,” Geary said. “Even though we lost tonight’s game, we played with a lot of energy the entire game. We’re hoping to have a much better season next year.”

obituaries

Town Clerk lists early voting hours for primary

WARE - Town Clerk Nancy J. Talbot announced early voting hours for the March 5 Presidential Primary.

The Commonwealth has allowed for early voting for all state elections and state primaries prior to the actual election dates.

Early voting will take place on the following dates and times: Saturday, Feb. 24 from 9:30 a.m.-3:30 p.m.; Monday, Feb. 26 from 9 a.m.-4 p.m.; Tuesday, Feb. 27 from 9 a.m.-4 p.m.; Wednesday, Feb. 28 from 9 a.m.-4 p.m.; Thursday, Feb. 29 from 9 a.m.-4 p.m.; and Friday, March 1 from 9 a.m.-4 p.m.

Parking is available on Main Street or at the Municipal Parking Lot directly across the street adjacent to Veterans Park.

St. Mary's Church hosts Polish plate dinner

WARE - St. Mary's Church, 57 South St., will be having a pre-order take-out dinner on Saturday, March 9.

The dinner will consist of four pierogi, one golombek, kielbasa, kapusta and rye bread. The cost of the dinner is \$20.

The dinner will be cold and will need reheating. Place your order by calling Sylvia at 413-436-9268 or Diane at 413-967-5207 from noon-7 p.m. starting Wednesday, Feb. 14 through Saturday, Feb. 24.

Curbside pickup will be available between 11:30 a.m.-noon for anyone with a handicapped card. Please let them know when you call in your order.

All other orders will be picked up in the church hall. You will be given a time between noon-2 p.m. for your pick up when you call.

Please put your money in an envelope with your name, number of dinners and pick up number. St. Mary's Church thanks you for your continued patronage.

QVARC offers amateur radio exam on Feb. 27

WEST BROOKFIELD - Would you like to get on the air? Now could be your chance.

On Saturday, Feb. 27 at 5:30 p.m. at the West Brookfield Senior Center, Volunteer Examiners will administer an exam that will get you started to be licensed as a radio amateur by the FCC.

For more info, check out the Quaboag Valley Amateur Radio Club website at https://qvarc.com/.

Nomination papers available for area town elections

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 Swarts; 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.townofware.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.

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.

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 Quaboag 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.

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.

Harold A. Gushue Jr., 80

WARREN - Harold A. Gushue Jr., of Warren, died on Sunday, Feb. 4, 2024, at the age of 80.

A Celebration of Life will be held on Saturday, Feb. 17, 2024, at 11 a.m. in the First Congregational Church of West Brookfield, 36 North Main St., in West Brookfield. Guests are invited to attend a luncheon at the church following the service.

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting his family with arrangements (varnumfuneralhome.com).

Death notices

Gushue Jr., Harold A. Died Feb. 4, 2024 Services Feb. 17, 2024

Lauridsen, Claire D. Died Feb. 11, 2024 Services Feb. 17, 2024

St. Onge, George O. Died Jan. 7, 2024 Services Feb. 23, 2024



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.

Claire D. Lauridsen, 85

SOUTH ORANGE, NJ - Claire D. Lauridsen of South Orange passed away on Feb. 11, 2024, at her daughter's home in Basking Ridge, New Jersey, at the age of 85

A Memorial Mass will be held at Our Lady of Sorrows Church, 217 Prospect St., South Orange on Saturday, Feb. 17 at 10 a.m.

Claire was born in Ware and lived in South Orange with her husband David for 50 years.

Claire received her bachelor's degree from the University of Connecticut in 1962 and worked as a Medical Technologist at Morristown Medical Center retiring in 2003. Claire was a past member of the OLS Rosary Society and a daily Communicant.

She loved spending time with her grandkids attending school plays, softball games, dance, orchestra and band concerts and marching band competitions. She could be often found with one of her Tibetan Spaniels curled up on her lap.

She is survived by husband David Lauridsen, children Ann, Brian, Christopher, and David Jr. She is also survived by 10 grandchildren, Victoria, Joseph and Ciarra Criscione; Samantha, Sarah and Brian Jr.; Taylor Lauridsen; Benjamin, Charlotte and Matthew Lauridsen.

For more information or to send condolences please visit prestonfuneral-home.net.

George O. St. Onge, 90

WARE - George O. St. Onge of Ware, died on Sunday, Jan. 7, 2024, at Brookhaven Assisted Care in West Brookfield, at the age of 90.

He leaves his nieces Camille G. St. Onge Magin (Randy) of Millers Falls, Suzanne (St. Onge) Tanzyus (Mark) of Lakewood, Colorado, Diane (McHugh) Walden (Terry) of Chagrin Falls, Ohio and nephew Paul McHugh (Ann Garstka) of Gilbertville. He was predeceased by his sister, Theresa McHugh in 2007 and his brother, Armand "Red" St. Onge in 2010.

He was born in Ware, son of the late Henry and Aline (Girouard) St. Onge and lived in Ware for nearly his entire life.

In his youth, George worked as a laborer on the family farm in West Brookfield and then worked as a machine operator at the former Ware Shoe Factory for several years. Later, he worked in the Dining Commons at the University of Massachusetts Amherst for 20 years before retirement.

George was an avid Red Sox fan, in the best of times and in the worst of times. He could be seen sporting his baseball cap while walking through the aisles of Big Y and rarely missed watching a game on TV. He was even known to watch games in Spanish when the incorrect button was inadvertently hit on the TV remote.

When not watching baseball, he enjoyed

watching westerns and programs about World War II with Zoocy, his cat, curled up on the couch next to him.

Not really enjoying the art of cooking, George took advantage of local fine dining opportunities. He was an active member of the Ware Senior Center, arriving promptly at 11:15 a.m. for lunch.

On weekends or on days he did not like the lunch being offered at the Senior Center, he could be found at Crystal Springs Dairy Bar. During the warmer weather, staff at Janine's knew George's standard order of a plain hamburger, fries and a vanilla shake.

Polish food always had a special place on his palate whether it was from St. Mary's Church or the Monday evening Polish Night at Janine's. He was a proud member of the Knights of Columbus and never missed one of their spaghetti suppers.



Crossword puzzle grid with numbers 1 through 67.

CLUES ACROSS and CLUES DOWN for the crossword puzzle.

Advertisement for 'think OUTSIDE of the BIG BOX SUPPORT COMMUNITY BUSINESSES' with an image of a woman's face.

Workshop13 Players seeks to audition actors for new theatre program

WARE –The Workshop13 Players will hold cold auditions on Feb. 15 and 16 from 7-9 p.m. for the production of three newly written short plays entitled “Robin Robin”, “It’s Not Delivery” and “Waiting for a Change”.

Show dates will be April 12, 13 and 14. The Workshop13 Players will be looking for four-six actors aged 20 to mid-40s, who will be double cast in the three productions. For further information please call the Director Dave Blessinger at 401-465-9686 or email dbless9766@aol.com.

About Workshop13

Workshop13 Cultural Arts and Learning Center is a rural non-profit arts innovator located in Ware and devoted to increasing the appreciation and accessibility of the arts, strengthening the creative life of the community through instruction, collaborations and arts-based initiatives.

The Power of Black & White

The monthly meeting of the Quabbin Photo Group will be held via Zoom on Feb. 26, at 7 p.m. with Silvana Della Camera, MNEC, presenting on “The Power of Black & White.”

Black and white photographs pack a forceful unnering impact. Photos that deliver a timeless punch evoke nostalgia & inspire a lingering gaze.

When we think of this artistic style, the greats come to mind; Henri Cartier-Bresson, Ansel Adams, Dorothea Lange, among many others. The intensity of black and white is achieved through the clarity of a view without color.

By mastering colorless imagery, the subject of your photo becomes larger than the image itself. In this presentation, you will learn techniques of abstract realism.

The meeting is open to the public and guests can contact Gail Platz for the Zoom link at gspqpg@gmail.com.

Tickets available for 25th Annual Second Chance Dinner Auction

EAST BROOKFIELD – Embrace the spirit of compassion as tickets for the 25th Annual Second Chance Dinner Auction are now available for purchase.

This significant fundraising event marks the kickoff of Second Chance’s yearlong 25th-anniversary celebration, promising an evening of philanthropy and joy to benefit homeless shelter pets in need of veterinary care. The event is scheduled for Saturday, March 23, at the La Salle Reception Center in Southbridge.

Animal lovers and advocates are invited to join us in making a difference for shelter pets by participating in this milestone event. The evening commences with cocktail hour at 4 p.m., giving attendees the opportunity to peruse and bid on a myriad of silent auction items and try their luck with exciting raffle prizes.

Dinner will be served at 6 p.m., followed by the highlight of the night - the auction. Tickets are \$55 per person with the option to reserve a table for nine for \$495.

Lindsay Doray, Chief Development Officer, emphasizes the importance of this year’s dinner auction, stating in a press release, “Our annual dinner auction serves as a lifeline for our shelter pets, ensuring they receive the necessary veterinary care to embark on their new journeys. With the challenges we anticipate this year, your support is more crucial than ever.”

The success of the event relies



Submitted Photo
The 25th Annual Second Chance Dinner Auction will help shelter pets like Bella get the care they need. Bella was suffering when she came to Second Chance in need of surgery for a severely broken leg. She stole the hearts of her foster family who planned to adopt her.

on the generosity of sponsors and item donors. Second Chance encourages businesses and individuals to consider lending their support by becoming a sponsor or contributing items to make this event truly impactful.

The popular event features both a silent and live auction featuring hundreds of items ranging from gift certificates for local businesses and restaurants to gift baskets and everything in between.

Doray said, “Our community’s commitment to animals through the years has been truly heartwarming, and we welcome sponsors to join

us in our mission to ensure that all pets can get the second chance they deserve. Your support will directly contribute to providing shelter pets with the medical care they need for a brighter future.”

To enhance the auction experience, a selection of gift cards and small, easy-to-ship items will be available for advance online bidding March 14-21.

For those interested in sponsoring, donating items, or attending the event, complete information and tickets can be found at <http://www.secondchanceanimals.org/dinner-auction>.

Quaboag Historical Society seeks nominations for awards

The Quaboag Historical Society requests nominations for the annual Lucy Stone Achievement Award and the Irving and Jane England Award.

The QHS recognizes its most impressive community leaders and volunteers each year with these two awards. The Lucy Stone Achievement Award is given annually in observance of the commonwealth’s designation of Lucy Stone Day on March 8.

Born on Coy Hill in West Brookfield, Stone worked tirelessly throughout her life to obtain equal rights for all individuals. She was a lecturer for abolitionist and equal rights groups and the founder and editor of “The Woman’s Journal”.

For the Lucy Stone Award, the QHS requests nomination letters for anyone living in one of the six Quaboag Plantation area towns (the four Brookfields, New Braintree and Warren). Residents are asked to nominate individuals whose volunteer efforts have helped make their communities better places to live.

The nominating letters should provide a brief explanation of why the writer believes the nominee is deserving of the award. The name, address, and phone number of the nominator and the nominee must be included in the letter.

“For this award, we are seek-

ing nominees who have done an exemplary job of giving back through community service,” said QHS Co-President Amy Dugas, who described the motto of the Lucy Stone Award as honoring residents who make the world a better place.

The Irving and Jane England Award, also presented annually by the QHS, is given each year to a resident of West Brookfield who has helped better the community through community service. Nomination regulations for this award are the same as those for the Lucy Stone Award.

Dugas and other QHS leaders feel it’s important to take a few moments each year to honor those who contribute countless hours to improving their communities.

“Those people willing to put in the time, get involved, and make a significant contribution to the community should be recognized,” Dugas added.

All award nomination entries should be submitted to the QHS by Friday, March 15. The recipients will be invited to attend a dinner which will be held at Salem Cross Inn in West Brookfield.

Nomination letters should be mailed to The Quaboag Historical Society, P.O. Box 635, West Brookfield, MA, 01585.

HCC celebrates Black History Month with series of events

HOLYOKE – Holyoke Community College is celebrating Black History Month in February with a series of events highlighting this year’s national theme: “African Americans and the Arts.”

“Black History is made every day,” HCC President George Timmons said recently in a message to HCC students, faculty, and staff. “Let’s explore, teach, and celebrate Black history in February and beyond. As part of my own celebrations, I pay tribute to the members of the Black community on our campus, and in particular to my colleagues and members of the student body. I am proud to work and learn alongside you.”

Black History Month events at

HCC will continue on Wednesday, Feb. 21, at 11 a.m. with a performance by the Amherst Area Gospel Choir in the Leslie Phillips Theater.

On Thursday, Feb. 22 at 11 a.m., in Room 224 of the Campus Center, performance poet, playwright, and pop culture critic Nicole Young-Martin, Ed.D., will lead a program titled “Write the Way,” during which she will read from her own work and engage in a discussion with students about the importance of including marginalized voices in the literary canon.

Black History Month at HCC concludes on Feb. 28 at 11 a.m. with a “Phenomenal Black Women’s Panel” in Room 224 of the Campus Center. Julissa Colón,

director of HCC’s El Centro program, will moderate a panel that includes Jada J. Waters, Ed.D., director of Equity, Diversity and Inclusion at Middletown, Conn., public schools; Erika Slocumb, a Black history scholar and director of interpretation and visitor experience at the Harriet Beecher Stowe Center in Hartford, Conn.; Kandice E. Jones, a counselor on the Center for Human Development;

and Qua’Nae Golston-Thomas, a student activist at Holyoke High School and podcast host of “Let’s Talk With Qua’Nae” on Holyoke Media.

“With this panel, we are creating an opportunity for our students to see their reflections mirrored, learning from the participants’ insights about what it means to aspire to our dreams and what it takes to live them,” Colón said.

To learn more about Black History Month months at HCC or to participate over Zoom, please go to hcc.edu/bhm.

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www.turley.com

SHOVELING from page 16

American Physical Therapy Association offer the following tips for avoiding back injuries from snow shoveling:

Lift smaller loads of snow, rather than heavy shovelfuls. Take care to bend your knees and lift with your legs rather than with your back.

Use a shovel with a handle that lets you keep your back straight while lifting. A short handle will cause you to bend more to lift the load. Using a shovel that’s too long makes the weight at the end heavier.

Because the spine cannot tolerate twisting as well as it can other movements, it is important to avoid this movement as much as possible. Step in the direction in which you are throwing the snow to prevent the lower back from twisting. This will help avoid the “next-day back fatigue” experienced by people who shovel snow.

If possible, push the snow away instead of lifting it.

Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.

Standing backward-bending

exercises will help reverse the excessive forward bending that occurs while shoveling; stand straight and tall, place your hands toward the back of your hips, and bend backward slightly for several seconds.

Martinez-Silvestrini noted that there is sometimes confusion over whether to use ice or heat after injuring your back.

“Apply a cold pack as soon as possible after the injury every three to four hours for up to 20 minutes. After two or three days, you can apply heat for 20-30 minutes three or four times a day in order to relax your muscles and increase blood flow,” he said.

Unfortunately, for some, not all injuries are simple strains.

Baystate Medical Center’s Division of Neurosurgery sees many patients in the wintertime who suffer from herniated discs which are common to the lower spine. When a disc is herniated or ruptured, it can create pressure against one or more of the spinal nerves resulting in numbness or pain in the lower extremities, often radiating down the leg.

Neurosurgeons also see many spinal fractures when people slip while shoveling snow or chopping

ice.

To avoid slipping on ice and snow, doctors recommend buying yourself a pair of shoes or boots with good traction or adding snow and ice safety traction devices to your footwear.

If possible, use a snow blower to do the work for you. If not used correctly, however, even using a snow blower can strain or injure your back if you push or force the equipment to go faster.

Using a snow blower may still be too much activity for someone with heart disease. Snow blowers are not light, and it can be heavy to push through a lot of snow.

For some, the best advice may be to leave the shoveling to others by hiring a youngster who wants to make extra money or contracting with a plowing service to clear your driveway and walkways when it snows.

“You know your body better than anyone else. If something doesn’t feel right while you’re outdoors shoveling, then stop immediately,” said Gemme.

For more information on Baystate Health, visit baystatehealth.org. To make an appointment with Martinez-Silvestrini or a neurosurgeon, call 413-794-5600.

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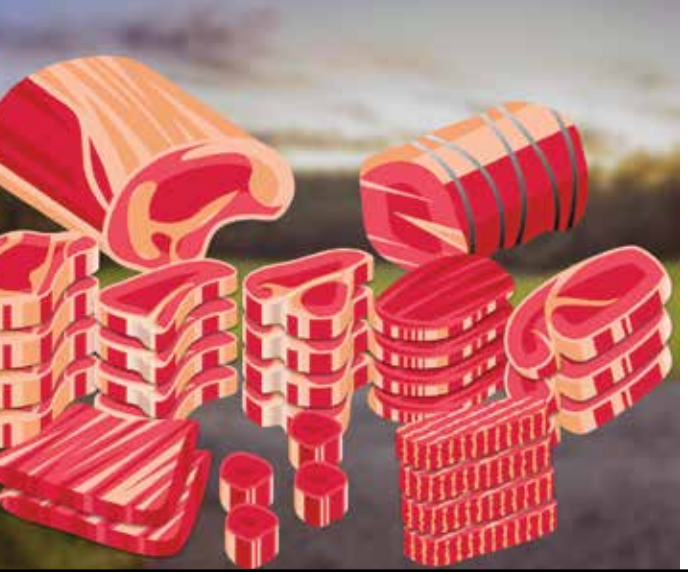
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