

WARE RIVER NEWS

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Voters approved transfers at Special Town Meeting

By Paula Ouimette
Editor
pouimette@turley.com

WARE – Just over 100 voters took action on six articles on the Special Town Meeting warrant this past

Monday night in the auditorium of Ware Jr./Sr. High School.

While the warrant contained 15 articles, nine were dismissed due to free cash not being certified yet. These dismissed articles will appear

on the spring Annual Town Meeting's warrant.

The remaining six articles were funded through the town's Stabilization account, which will be replenished at the Annual Town Meeting when free cash is available.

High school chiller article Article 12 asked voters to approve the transfer of \$300,000 from the Stabilization account to supplement the \$250,000 previously approved at town meeting to replace the high

school's chiller.

The article initially failed to pass by the required two-thirds majority vote, with 53 in favor and 29 opposed.

School Committee Chair Brian Winslow asked to reconsider the vote, and

gave more detail about why the additional \$300,000 was needed in order to complete the project.

Winslow said the bids for the project came in

Please see **STM**, page 3

Selectmen appointed interim exec. assistant

By Paula Ouimette
Editor
pouimette@turley.com

WARREN – The Board of Selectmen appointed Madeline Witaszek to serve as the interim Executive Assistant to the Board of Selectmen and Town Administrator.

Witaszek said Town Administrator James Ferrera asked her to assist with helping visitors, answering phones and emails, and administrative duties.

"I'm always trying to help out where I can," she said at the Feb. 26 meeting.

Selectmen Derick Veliz said Witaszek was "the perfect match" to fill this position following the departure of Executive Assistant Griffin Harrington at the end of February.

The board unanimously voted to appoint Witaszek to the interim position.

Rural health discussion

Board of Selectmen Chair Richard Eichacker said Judi Korzec from the Rural Health Transformation Program was supposed to attend that night's meeting to discuss rural healthcare in Worcester County.

"This Rural Health Transformation Program was getting together...basi-

Please see **WARREN BOS**, page 7

Questions needed for 'Meet the Candidates' forum

WARE – Ware Community Television and the Ware River News will be hosting a "Meet the Candidates" forum prior to the April 13 election, and we need questions from the community.

Select questions will be asked to each candidate running for the Selectboard during the March 28 forum.

Please send your questions by email to pouimette@turley.com by March 27.

Town launched redesigned website

By Paula Ouimette
Editor
pouimette@turley.com

WARREN – Town Administrator James Ferrera held a press conference last Wednesday afternoon to announce the launch of the town's newly redesigned website.

"This was a six month project," Ferrera said. "It took a lot of time and a lot of effort."

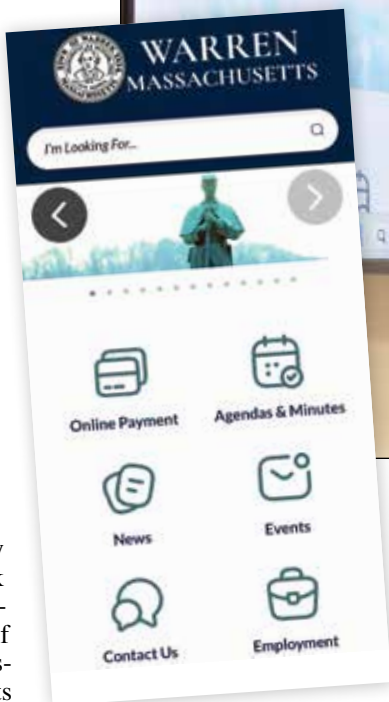
He credited Executive Assistant Griffin Harrington for his hard work and dedication to prepare the updated website for launch. He also thanked all of the towns departments for working together.

"To make sure it's a website the town can appreciate and love," Ferrera said.

The redesigned website features photos taken by Selectman Derick Veliz, which showcase all aspects of the town, from its historic buildings, to its department members, community events and more. Ferrera said anyone can submit a



JAMES FERRERA
TOWN ADMINISTRATOR



The new homepage for Warren's town updated website, www.warren-ma.gov.

Warren Town Administrator James Ferrera explained new features on the town's updated website at a press conference last Wednesday.

high-resolution photo taken in town to be considered for use on the website.

Ferrera said they redesigned the website, powered by CivicPlus, using feedback from residents and town employees to make improve-

Turley Photos by Paula Ouimette

ments. "The old website was not user friendly," he said. "It was difficult to find information."

Ferrera said the new website is fully Americans with Disabilities Act accessible,



Report a Pothole

Please complete the online form below to report a pothole.

Contact Information

First Name*

Last Name*

Address*

City*

State*

Zip*

Phone Number*

Email Address*

Residents can also report potholes to the Highway Department.

and better to navigate. He said it also easier for staff to upload information.

He said the redesigned website will provide residents

Please see **WEBSITE**, page 7

Fire Chief proposed merging

Towns look at combining fire departments

By Zacharias Fragkiadakis
Correspondent

NEW BRAINTREE – New Braintree Fire Chief Dennis Letendre proposed merging the New Braintree and Hardwick fire departments during a joint meeting between the two town's select boards on Monday night.

Letendre said the idea was originally proposed during the last meeting of the New Braintree Select Board when they signed the intermunicipal police department agreement, which was also signed by Hardwick at the Monday meeting.

Letendre said both town's fire departments are struggling with staffing and financial restraints, and they cannot afford full time firefighters. He noted that in the past, the fire departments were well staffed, with 25-30 members of each fire department until the 1990s, and their training nights were well attended.

He said enrollment in the department has cut in half since then.

Proposal

Letendre said his proposal is to merge the two town's fire officials to provide better coverage, training, and community access to firefighters. He said the firefighters from each respective town would still be assigned to their current station to prevent confusion. He also proposed becoming a member of the regional technical rescue team, as technical calls are currently handled by other municipalities, he specifically mentioned the town of Holden as an example.

He said the towns currently do not have enough money to buy the technology required, and merging the budgets could provide purchasing power.

Additionally, he proposed combining CPR and first aid training to cut costs, facilitating the recording software for writing incident reports, combining hose and pump testing, and upgrading and sharing an air compressor, which he said could be earmarked by the state.

He said under the agree-

ment, the towns would have two fire engines, down from the three current, two tankers, a rescue, a brush truck, and a utility terrain vehicle. Letendre said he would be the chief and Nick Gaumont the deputy chief.

Residents comments

One resident asked how response times and homeowner's insurance would be affected under the agreement. Letendre said there would be no change in response times, and said that the reduction of fire engines could have an effect on insurance. Liz Cyran, a resident from Hardwick, said that she lives 25 minutes from the fire stations, and response times to her area are already too long.

Cyran also noted that Hardwick could merge with Barre or Ware, as both of those towns have ambulances.

Hardwick Select Board Vice-Chair William Tinker seconded that idea, and Letendre said it would cost a lot of money.

One resident said those towns are also unionized, and it could be difficult to

Please see **MERGING**, page 2

School Committee named supt. candidates

By Paula Ouimette
Editor
pouimette@turley.com

WARE – The School Committee will interview two candidates for the position of superintendent at the March 11 meeting.

"Each candidate brings a strong record of leadership and demonstrated commitment to supporting and strengthening their school communities."

- Search Committee Chair Mel Whitham

School Committee Chair Brian Winslow said a decision on the selection of the superintendent is expected to occur after the interviews are completed. Each interview will last for one hour.

The candidates to be interviewed are Nicole Heroux of Belchertown and Marc Gosselin

"Each candidate brings a strong record of leadership and demonstrated commitment to supporting and strengthening their school communities," search committee chair Mel Whitham said at the School Committee's Feb. 25 meeting.

Heroux has previously worked for the Pathfinder Tech, Monson and Granby school districts. She currently serves as a director of student services.

Gosselin has experience as a teacher, principal and superintendent. He also is familiar with special education programming.

Administrators' reports

Ware Middle School Principal Kimberly Thompson gave an update about happenings at the school called "Middle School in a Minute."

Thompson said the staff at the middle school instill the importance of communication with parents, students, staff and administration.

Please see **SCHOOL**, page 6



5th Annual Celebrating the Figure exhibition at ArtWorks Gallery

WARE – ArtWorks Gallery invites artists of all applied mediums from throughout the northeastern U.S. to submit works to the 5th annual Celebrating the Figure exhibition.

Photography and electronic media are not accepted for this show.

This exhibition embraces the diverse ways in which artists approach representing the human form, showcasing pieces that utilize both the clothed and unclothed figure. Submissions should demonstrate an understanding of the human body, whether through the precision of the nude form or the technical skill required to render fabric while still conveying the underlying form.

The deadline for entry is March 12 by midnight. The entry form and full details can be found on workshop13.org.

ArtWorks Gallery is located at 69 Main St. The 5th annual Celebrating the Figure exhibition will be on display from April 11 through May 9, opening with a reception on Saturday, April 11, from 3-5 p.m. Gallery hours are Saturdays and Sundays from 1-4 p.m.

The juror for Celebrating the Figure is SK Sullivan.



Submitted Photo
Juror for "Celebrating the Figure" SK Sullivan is shown adding detail to her painting.

SK Sullivan is a figurative painter working primarily in oil. She has held a lifelong fixation with the human body and experience, driven by curiosity and an unrelenting need to create.

SK has exhibited throughout the United States and lives in Connecticut, where her practice continues to evolve through daily engagement with the figure.

About ArtWorks Gallery and Workshop13
ArtWorks Gallery is

Workshop13's gallery on Main Street. This space features numerous art exhibitions each year and is also available to rent for individual or group shows.

Workshop13 is a dynamic center where arts, culture, and community converge – expanding access to the arts and nurturing creativity and self-expression in the rural region. For more information visit workshop13.org, or call 413-277-6072.

Annual Town Election will be held April 13

WARE – The Annual Town Election will be held on Monday, April 13.

Offices which will appear on the ballot are: Selectboard, three-year term, vote for two; School Committee, three-year term, vote for one; Board of Assessors, three-year term, vote for one; Board of Assessors, one year unexpired term, vote for one; Board of Health, three-year term, vote for one; Park Commissioner, three-year term, vote for one;

Cemetery Commissioner, three-year term, vote for one; Planning Board, five-year term, vote for one; Ware Housing Authority, five-year term, vote for one

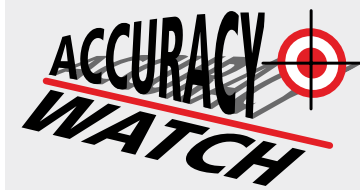
The last date to register to vote is Friday, April 3.

The last date to file nomination papers with the Town Clerk (35 days prior to the Annual Town Election) is Monday, March 9. The last date to object to filing of nomination papers or with-

drawal of papers filed (33 days prior to the Annual Town Election) is Wednesday, March 11.

The last date to file an application for Vote by Mail (five business days prior to the Annual Town Election) is Monday, April 6 by 5 p.m.

Questions may be directed to the Town Clerk, Nancy J. Talbot, at 413-967-9648 extension 103.



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 pouimette@turley.com or call 413-967-3505. Corrections may also be requested in writing at: Ware River News, Attn: Editor, 24 Water St., Palmer, MA 01069.

Are You Old News?



If you recognize the folks in this week's photo, please send their names and your full name to pouimette@turley.com.

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



File Photo
Last week's File Photo
Last week's photo from 2023 showed Ware High School seniors Riley Dulak, Abby Gaudreau and Brogan O'Keefe attended Country Bank's Credit for Life. Jacqui Flamand correctly identified the students.

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, March 9

- 9 a.m. Tai Chi
- 10 a.m. Scat
- 11:30 a.m. Lunch
- 1 p.m. Chair Yoga with Lisa

Tuesday, March 10

- 9 a.m. Exercise at Valley View Housing
- 9 a.m. Movin' & Groovin' to the Oldies with Lisa. \$3 per class.
- 10 a.m. Scat
- 11:15 a.m.-12:30 p.m. Donuts and Decisions free funeral planning seminar with Kate from Beers & Story
- 11:30 a.m. Lunch
- 5:30 p.m. Scrapbooking. \$3 per class

Wednesday, March 11

- 6 p.m. Pitch (Doors open at 5 p.m.)
- 9 a.m. Tai-Chi
- 9:30 a.m. Quilting Club
- 10 a.m. Scat
- 11:30 a.m. Lunch
- 12:30 p.m. Knit-Crochet-Laugh
- 1 p.m. Chair Yoga with Lori

Thursday, March 12

- 9 a.m. Exercise at Valley View Housing
- 9 a.m. Walking Club (weather permitting)
- 9:30 a.m. Line Dancing for Beginners
- 10 a.m. Line Dancing
- 10 a.m. Scat
- 11:30 a.m. Lunch
- 12:15 p.m. Art Class

Friday, March 13

- 9 a.m. Tai Chi
- 10 a.m. Scat
- 10:30 a.m.-4 p.m. Food Bank of Western MA Brown Bag Program
- 11:30 a.m. Lunch
- 1 p.m. Chair Yoga with Lori
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- 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, March 9

Ware Burger with Provolone Cheese, Peppers and Onions, Onion Rings, Dessert of the Day

Tuesday, March 10

Ham Dinner with Pineapple Raisin, Baked Potato, Veggie of the Day, Dessert of the Day

Wednesday, March 11

Spaghetti with Meat Sauce, Tossed Salad, Dessert of the Day

Thursday, March 12

Lazy Pierogi with Kielbasa, Tossed Salad, Dessert of the Day

Friday, March 13

Tuna Melt Sandwich, Potato Chips, Soup of the Day, Dessert of the Day

MERGING from page 1

work with on-call departments. Tinker said Barre has three ambulances, but Gaumont said there is only one, and it is not always staffed.

Another resident noted Hardwick and New Braintree already have

existing agreements with other municipalities for ambulance coverage.

Cyran asked if the fire department had looked into the numbers to verify if the agreement would be financially beneficial. Letendre said he had not yet, because he wanted to make sure the town of Hardwick was

interested in the idea before pursuing that research.

Hardwick Select Board member Jeff Schaaf said it is worth being interested, and said small towns must regionalize. The Hardwick Select Board said they would continue discussing the proposal.



2026 Fly Fishing EXPO

Hosted by: **Western Mass. Fly Fishermen**

Monday, March 16

6:30 PM TO 9:00 PM

SPEAKER AT 7:30 PM

Ludlow Elks Lodge

69 Chapin Street, Ludlow, Mass.

REFRESHMENTS
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Admission: \$8

Free for children under 12 years

Mention where you saw this ad or show your WMFF membership card and get \$1.00 of your admission.

More info at **WMFFCLUB.ORG**

Exhibitors: Fly rod builders, fly fishing/material vendors. Mass. State and Wildlife experts, other related exhibitors.

Giant Raffle: Many fishing items, bucket raffles for custom tied flies.

Door prize: Fly rod combo.

Guest Speaker:
Dr. Andy J. Danylchuk –
From Striped Bass to Trout:
Science-Based Best Practices
for Catch-And-Release



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Lucy Stone tells her story on March 7

WARREN – Join the Warren Public Library at the Senior Center in celebration of Lucy Stone Day on Saturday, March 7 at 3:30 p.m.

As part of the library's ongoing 150th anniversary celebration, storyteller Judith Black will be appearing as Lucy Stone to give an engaging presentation for all ages about the life and legacy of the influential women's rights advocate and abolitionist.

Meet Lucy Stone (1818-1893) and enter her world as he yearns for an education deemed unacceptable for girls, obstinately rejects the idea of marriage, and overcomes every obstacle to become a "shining star" of the antislavery and women's rights movements.

Featured on stages from the Montreal Comedy Festival to The Smithsonian Institution, Black has appeared 15 times at the National Storytelling Festival and is the winner of the Oracle Award, storytelling's most coveted laurel.

Sponsored by the Warren Public Library with a grant from the Quabog Historical Society.

Quabbin Photo Group host wildlife tracking for photography

BELCHERTOWN – Due to the snowstorm in February, the Quabbin Photo Group has rescheduled its presentation featuring Outdoor Education Specialist Jack Bonafini from the Massachusetts Division of Fisheries and Wildlife to Monday, March 23 at 7 p.m. at the Belchertown Recreation Department, 66 State St.

His presentation will focus on tracking deer, designed especially for photographers.

With nearly a decade of experience in the Hunter Education and Learn to Hunt programs, Bonafini brings deep field knowledge and practical insight into deer biology, habitat, food preferences, and tracking techniques.

This session will give you a clearer understanding of deer behavior and movement patterns, along with real-world strategies for reading sign and interpreting the landscape.

You'll come away with tools and techniques to improve your chances of meaningful, ethical, and respectful close encounters and to capture stronger, more informed wildlife photographs. Whether you're new to wildlife photography or



Submitted Photo by Comeau Photography
Deer in the Quabbin by Ed Comeau of Comeau Photography.

looking to sharpen your field skills, this informative seminar will help take your work to the next level.

Founded in 1984, the Quabbin Photo Group traces its roots to the Belchertown Color Camera Club that was established in 1948 by noted local photographer Les Campbell.

QPG welcomes anyone with an interest in nature photography, whether begin-

ner or experienced. Meetings throughout the year feature educational presentations, guest speakers, and Member Nights where participants share and discuss their photographs.

For more information, visit quabbinphotogroup.com or contact QPG President Mark Lindhult at mlindhult@gmail.com or Program Chair Ed Comeau at ecomeau@comeauphotography.com.

SB discussed mill improvement

By Zacharias Fragkiadakis
Correspondent

NEW BRAINTREE – The Hardwick Select Board held their meeting in New Braintree on Monday night, following the joint meeting with the New Braintree Select Board.

Mill improvement

The first topic on the agenda was a request by Hardwick Master Plan Steering Committee member Meg Haight, requesting the board sign a letter of support for a grant related to improving the mills in Gilbertville. She said the Steering Committee has already written their letter of support.

Haight said that this letter of support could trigger an overall economic development committee for the town to discuss ideas for what to do with the mills. She said she is working with the knitters mill owner, and hopes to form a joint committee of the owner plus community members to discuss improvements.

She said the project to solicit members is about four months, and will present them to the board for approval. She said the

Central Massachusetts Regional Planning Commission is assisting, and would help put together agendas and community input surveys.

The board unanimously agreed to sign the letter.

Highland Terrace contractor

The board approved the contract for Ludlow Construction Company to complete the Highland Terrace project, which includes sewer and drainage improvements. The board said their bid was the lowest, coming in at about \$548,000.

Tri Parish Church event

The board approved the use of Hardwick Common for the Tri Parish Community Church for their annual plant, bake, craft, and tag sale on the weekend of May 16 and 17.

Approval of minutes

The board voted 2-1 to approve the minutes from Jan. 12. Select Board Vice-Chair William Tinker opposed the motion which was made by Jeff Schaaf, saying the board should be approving the missing minutes in order from least recent to most recent.

STM from page 1

much higher than expected to replace the chiller, which provides air conditioning to the library, auditorium, kitchen, offices, nurse's office and summer school classrooms.

He said the contractor for the chiller replacement project had agreed to honor the price of the bid until the additional money could be secured at the special town meeting. He said if the \$300,000 additional spending was not approved, they would likely need to re-bid the project.

Winslow said if they re-bid, the project would cost more than it does now due to the increasing cost of construction and materials.

Winslow said the chiller is original to the building, and needs to be replaced. He said the chiller replacement would provide air conditioning to important areas that are used in the warmer months.

He said the cost to install

air conditioning throughout the entire building would cost millions of dollars.

"It would be prohibitive," Winslow said of the cost of a building-wide system.

Some residents asked if the chiller replacement would also address heating issues in the building that occurred this winter.

Winslow said the heating concerns are being looked into and an assessment of the heating system will be conducted. The boilers were recently replaced, using Elementary and Secondary School Emergency Relief funds.

"That would be addressed in the future," he said.

A motion to approve article 12 passed with a vote of 54-18.

Fire hydrant replacement

Article 13 asked voters to transfer \$200,000 from Stabilization to fund the completion of the fire hydrant upgrade project and replenish the Water

Department budget.

Town Manager Stuart Beckley said this amount will pay for the work that has been completed to date. He said there's still more funding needed to continue replacing about 50 more fire hydrants.

The motion on the article passed with a vote of 71-22.

Budget shortfalls

Article 2 asked voters to transfer \$132,000 from Stabilization to cover shortfalls in three department budgets.

These budgets include the Treasurer in the amount of \$27,500 to use for postage and tax title work; and the Water Department in the amount of \$80,000 to pay for repairs to system wells and pumps. The town will use \$24,500 to fill a fourth wastewater treatment plant operator position.

Grenville Park roads

Voters approved article 7 to transfer \$82,500

from Stabilization to pay for road improvements at Grenville Park. Of this amount, \$57,750 will be covered by a Parkland Acquisition and Renovations for Communities grant, with the town's share totaling \$24,750.

Wastewater treatment plant pumps

Voters approved article 8 to transfer \$127,000 from Stabilization for the replacement of the Wastewater Treatment Plant's Return Activated Sludge pumps by a vote of 82-4. The RAS pumps transfer sludge from the clarifier to the aeration tank.

Prior year's bills

Article 1 approved the transfer of \$306.91 to pay for general office supplies for the Water Department that were purchased in a prior fiscal year.

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 a member 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 17, 2026 and applications must be post-marked by that date. The selected recipient will be 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

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USDA INSP. FRESH PORK SIRLOIN CUTLETS.....	\$2.22 lb	USDA INSP. SMOCKED PORK SHOULDER PICNIC.....	\$1.99 lb	USDA INSP. FRESH CHICKEN DRUMSTICKS 10 LB BAG	77¢ lb
USDA INSP. TURKEY BREAST	\$3.99 lb	SLICED IN OUR DELI		Lenten Specials	
USDA INSP. PROVOLONE CHEESE.....	\$4.44 lb	USDA INSP. FRESH BEEF CHUCK ROAST or STEAK	\$6.19 lb	USDA INSP. FROZEN RED EXPRESS 14" CHEESE PIZZA 35 OZ	\$2.99 ea
SOUP'S ON!		USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF 7 LB BAG	\$3.99 lb	USDA INSP. FROZEN TALAPIA FILLETS	\$3.99 lb
USDA INSP. FROZEN CUBED GOAT MEAT.....	\$6.69 lb			USDA INSP. IQF FROZEN COOKED SHRIMP 21/25 COUNT 2 LB BAG	\$16.99 ea
USDA INSP. FRESH SOUP CHICKEN (FOWL)	\$1.49 lb			90 Meat Outlet 90 Avocado St. Springfield 413-737-1288 www.90meat.com We reserve the right to limit quantities.	

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GUEST COLUMN

Trauma, ACES, mental health and addictions

The interconnection of substance use and eating disorders

By Suzanne Yerdon Lewandowski, M.Ed.
Guest Columnist,
32 ½ years sober,
30 year tobacco free,
26 years eating disorder free

Up to 50% of individuals with eating disorders misuse alcohol or illicit drugs, a rate five times higher than the general population. (1)

Up to 70% of adults with bulimia nervosa and up to 18% with anorexia nervosa have a coexisting substance use disorder. Conversely, up to 35% of those with substance use disorders have a co-occurring eating disorder, a rate roughly 11 times higher than in the general population, confirming a strong, dangerous link.

These intertwined, often hidden, conditions share common risk factors like anxiety, depression, and trauma. (2)

Scientifically defined, "Addiction is a complex, chronic brain disease driven by a combination of biological, environmental, and developmental factors, rather than a mere failure of willpower or moral weakness."

Addiction is also a developmental disorder, usually beginning in adolescence as a result of what is identified as ACES. Trauma and Adverse Childhood Experiences are the strongest predictors of addiction.

Trauma may be caused by a single stressful or dangerous event, or repeated and prolonged exposure to highly stressful events such as child abuse, bullying, or domestic violence.

Individuals with an ACE score of four or higher face significantly elevated risks for substance use disorders: they are seven to 10 times more likely to report illicit drug addiction, and seven times more likely to be alcoholics.

Research considers trauma as the "gateway drug." Trauma survivors struggle with anxiety, depression, PTSD, emotional dysregulation, shame and low self-worth. Many individuals use substances to escape, "not feel," or self-medicate for emotional, physical, or sexual abuse.

Because the brain does not fully mature until age 25, young people are more vulnerable to addiction; PTSD and trauma can have varying degrees of severity and long-term effects

SAMHSA 2024 data reveals that 16.8% of the U.S. population aged 12 or older (about 48.4 million individuals) met the criteria for a substance use disorder (SUD) and that 10.1% of youths aged 12-17 reported significant suicidal thoughts. 2.7% attempted suicide.

Prevention and intervention by friends, families, teachers, and professionals, at any stage of development, can reduce the risk of an individual turning down the very dangerous path of addiction.

Awareness and education are the best places to begin and why public and mental health agencies and advocacy groups designate certain months to encourage people to recognize the signs of trauma and associated mental health con-

cerns.

January brings us National Mental Wellness Month as well as Substance Use Disorder Treatment Month. Teen Dating Violence Awareness Month and National Eating Disorders Awareness Month follows in February. All mental health conditions are interwoven!

Eating disorders, again scientifically defined, can be understood as a maladaptive coping mechanism. This means that they serve a function for people; an eating disorder may help someone feel safe or in control during challenging times.

Eating disorders in teens often emerge as a coping mechanism for control, trauma, or emotional pain stemming from unhealthy relationships. Eating disorders are serious mental illnesses, where one's relationship with food and eating is disturbed. This can also extend to preoccupation with movement and body size/weight/shape.

Early signs of an eating disorder include body dissatisfaction and feelings of unhappiness, rapid weight loss or weight gain, changes in body shape and size, or particular body parts/areas, an intense fear of gaining weight, fear, avoidance or lack of interest in food and certain types of foods, denial of being hungry, deceptive behavior around food (hiding or tossing out food), avoiding food and eating in social situations, excessive or compulsive physical activity, cutting out particular food groups, developing food rituals – such as always using the same bowl, cutting food up into tiny pieces or eating very slowly.

These in turn can bring on behavioral changes such as social withdrawal, or not engaging in activities once enjoyed, sleep difficulties, low self-esteem, moodiness, and/or irritability.

Binge Eating Disorder (BED) is defined by recurring episodes of eating large quantities of food, often quickly and to the point of discomfort, accompanied by a feeling of a loss of control and shame.

Bulimia Nervosa is characterized by frequent episodes of binge eating followed by vomiting, using laxatives, or exercising to excess to avoid gaining weight. Your hungry body responds to its need for food with powerful cravings and another binge ensues. To feel (short-lived) relief and regain control, you purge, but purging only reinforces binge eating and a vicious cycle of bulimia begins.

Anorexia Nervosa is a restrictive eating disorder, characterized most notably by weight loss and nutrient deficiency. Those with anorexia have difficulty maintaining an appropriate weight for their size and shape. In addition to restricting calories, compulsive exercise, use of laxatives, and/or purging is used to keep their weight low.

There are other specified feeding disorders (OSFED) that are subcategories of eating disorders that do not

Please see **DISORDER**, page 13

Garden related chores to ease in the season

Last week I'm writing about a blizzard, while this week it looks as if the mercury is going to climb! How about our crazy New England weather?

If the skyrocketing temps have you feeling the urge to get a jump on the gardening season, you are not alone! Here are a few tasks, straight from the archives that will get you outside, and a few more to get you back indoors, because inevitably, winter is here for awhile longer. I think.

Perform appropriate garden chores.

I am usually negligent in cutting down asparagus foliage in the fall. Weather permitting, in other words, if the snow melts enough over the course of the next two weeks, I will get out there and cut it back to its base soon, then haul off the branches to prevent any bugs that overwintered there from infesting this year's spears.

It is also time to prune blueberries, apples, raspberries and grapes.

Pruning can vary depending on the age and health of your specimens. If you are not experienced at it, consult any number of good books on the subject before you head outdoors with your pruning shears and loppers.

Assess your tools

Was the rototiller running rough last fall? Perform or schedule a tune up for later this month and beat the rush. Same goes for the weed whacker and lawn mower.

Hoe and spade blades can be washed of dirt and debris then sharpened with a metal file. Medium grit sandpaper works wonders to smooth out the wooden handles of these and other garden tools.

After which, boiled linseed or tung oil can be applied to both the handle

and the metal blade. It helps the wood resist moisture which leads to cracking and prevents rust on the blades.

preseason sales by knowing what you need ahead of time. Do you have enough containers, trays and labels?

If you find yourself short, you need not buy them. You can start seeds in repurposed fruit and vegetable boxes, the kind that mushrooms, strawberries and lettuce mixes come in. They work great as long as you make a few drainage holes in the bottom.

Pint sized ice cream containers are perfect for a second transplanting of tomato or pepper plants. Seeds of squash or annual flowers can be sown in single serving ice cream cups. As a kid I always saved our Popsicle sticks for labeling seedlings or garden rows.

When I run out of labels, all it takes is a trip to the recycle bin to make some more.

Last year I cut them out of quart-sized yogurt containers; they were the perfect length.

Practice good garden hygiene

Disinfect any containers, labels, stakes etc. that you wish to reuse this gardening season by washing them in hot soapy water then a quick rinse of one part bleach to nine parts water. This mixture will kill any pathogens left behind from previous gardening endeavors.

Out with the old, and in with the new – all in due time!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 34 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.

I love my Dad's old spade. It has a great, hand-made wooden handle that is about to crack through; sure wish I had oiled it 20 years ago!

Take inventory.

Many of us have our seed orders in by now. If you don't, or if you plan to buy your seeds locally, it is a great idea to go through your leftovers.

Before you decide whether or not they are keepers, consider their age and how they were stored. My rule of thumb is that if any seed is over three years old it isn't worth the risk. Some seeds, such as those for parsley, hybrid onion, carrot and parsnip expire even sooner. These are discarded after only one year.

If seeds were stored in a moist or overly hot location, their viability can be cut short sooner than normal. If you have concerns that they might not germinate, sow a few seeds indoors in pots in a warm location and see what kind of results you get.

Nothing is more upsetting than planting seeds in the garden and having few or no seedlings come up. Time is wasted and the harvest is delayed by unknowingly utilizing dead seeds.

We can also take inventory of the various supplies we use during the growing season. How are you set on lime, grass seed, and fertilizers?

Plan to take advantage of



WARE RIVER NEWS

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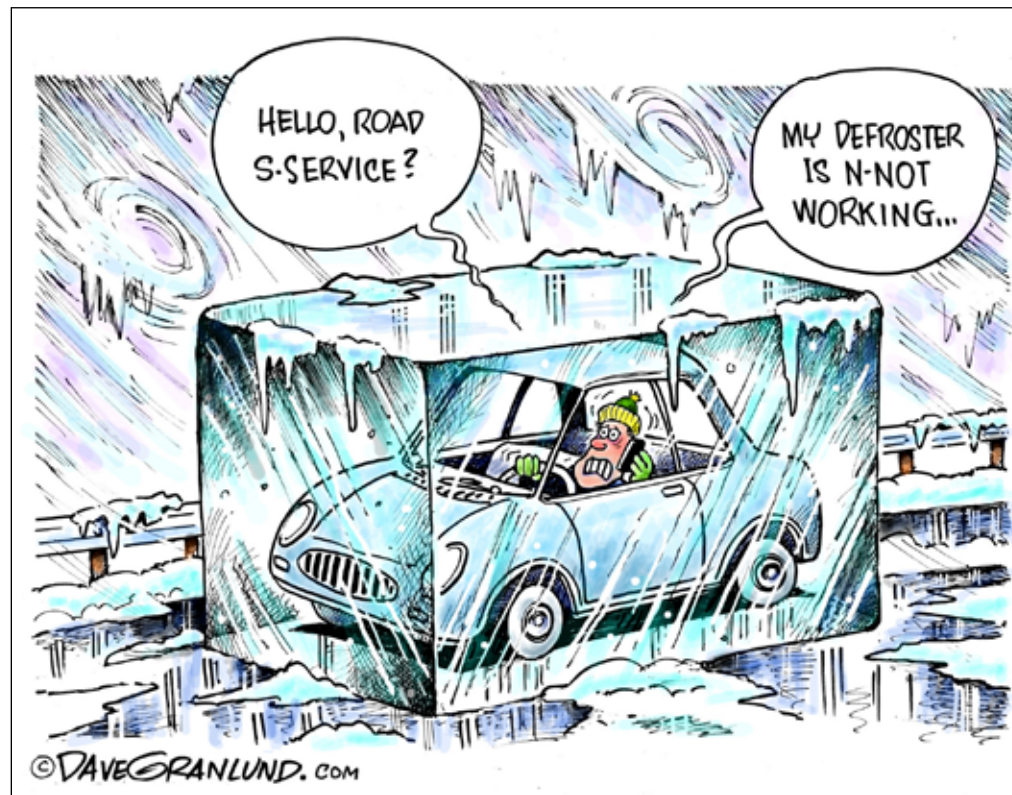
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The deadline for submissions is Monday at noon.

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.



I lost money as a widow and ex-spouse by not knowing the rules

Dear Rusty:

I just found out, as someone who was collecting widow's benefits on my second husband, a very small amount, for some time, that I was, all along, entitled to divorce benefits from my first husband, which are much more. I thought I had to wait until my first husband passed before I could collect anything from him. Now I

learned I have the right to collect as a divorcee. All of these years I have been missing out on a bigger benefit because I didn't know this. Please make this clear and stress it for others in my position.

Signed: Lost Benefits

Dear Lost Benefits:

I am truly saddened that you lost out on benefits from your first husband for such a long time. Although you could not collect an ex-spouse benefit from Husband #1 while you were married to Husband #2, as soon as your current husband died you again became eli-

gible for ex-spouse benefits from Husband #1.

Basically, the rules say you cannot collect benefits from an ex-spouse if you have remarried and remain married. In other words, you cannot be "currently married" to collect benefits from an ex-spouse. But the death of Husband #2 meant that you were now eligible to collect ex-spouse benefits from your first husband – husband #1. I hope when you later filed for your ex-spouse benefits you asked for six months of retroactive benefits.

In your situation, when your Husband #2 died, you actually had a choice – either collect your surviving spouse benefit from your recently deceased husband #2, or to collect a regular ex-spouse

Please see **SOCIAL SECURITY**, page 5

Young author finished second book

By Ellenor Downer
edowner@turley.com

BARRE – Twelve year old Rosalie S. Strzelecki of Barre believes the world needs more books.

She is helping to fill that need after just completing her second book in a trilogy. Her second book "The Guardian's Sword: The Royal Prisoner" now joins her first book "The Guardian's Sword: The Dawn of the Guardian." She is already working in the third and final book in the "The Guardian's Sword" series.

The home-schooled student said, "I always wanted to be an author, but I didn't originally set out to write my first book."

She sketched a scene of two knights dueling and began creating their backstories, their past and their future. She began writing on the next page and "that's how 'The Guardian's Sword: The Dawn Of The Guardian' was created."

She still has the notebook with the original sketches.

She lives in Barre with her parents, Ted Strzelecki and Michelle Bennett and dog. She plays on the Quabbin Regional Middle School

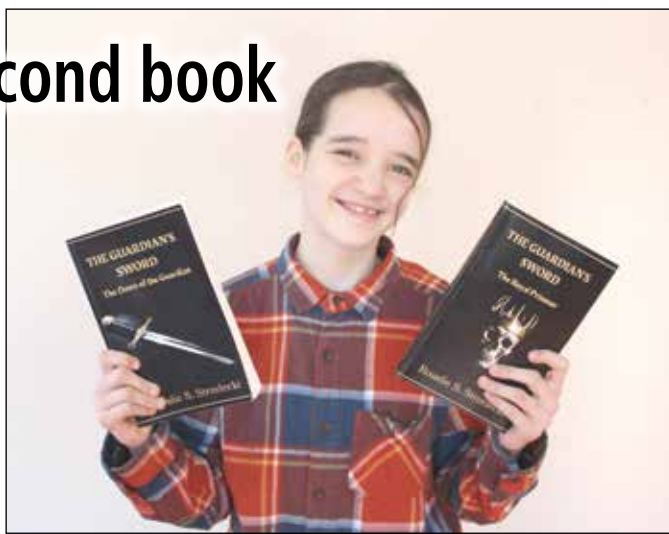
basketball team and likes to use the weight room at the school.

Her first book opens with the protagonist, Valorem Reltivar, engaged in a duel. She says, "His [Valorem Reltivar] old friend interrupts the duel and the trio ends up at an inn where they are given a quest for Veltem. On the quest, they face a dragon, avalanche, prophecy, a jousting tournament and knights that search for Arvencian blood. Throughout the quest they find all kinds of people who are fighting for change – an old wizard, a group of rebels, and a scout looking for a knight to entrust with The Guardian's Sword, which will save the world or end it."

The story is fiction, but the author did research to make sure part of it was "historically accurate."

Not only does Strzelecki likes to write books, she enjoys reading. Two of her favorite books are "The Ranger's Apprentice: The Early Years" by John Flanagan and "Eragon" by Christopher Paolini. She considers the Paoloni book motivational as Paolini is a young author as well.

Her favorite school subjects are writing and reading;



Submitted Photo

Rosalie S. Strzelecki holds her two books, "The Guardian's Sword: The Dawn of the Guardian" and "The Guardian's Sword: The Royal Prisoner".

and she also likes history. Not surprising her hobbies include writing books, writing and reading poetry and basketball.

The second book follows Valorem and his friends who are newly appointed Guardians as they try to find the evil prince of Arvence, Maskotar. They face even more challenges, new creatures, new kingdoms and new enemies. They tackle this while learning to control a gift they'd never thought they'd receive.

Although Strzelecki doesn't plan on writing for a living, she will keep writing books. Both her books are available through Amazon.

Copies of her books will be available to borrow from the Woods Memorial Library in Barre soon.

She likes anything involving words.

She said, "I breathe words like oxygen, so I can always be found working on a new story or poem." She also said, "I read that most people want to write a book. The trouble is, less than 3% do."

She offers this advice to all those aspiring authors, "You don't have to be a known author with a degree in English and editors to write a book. Age definitely isn't a limit either. If it's a book you can write, it is a book the world needs."

Town Clerk releases 2026 dog licensing information

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 Tuesday, March 31.

If you are licensing in person the Town Clerk's Office will be open Monday, Tuesday, Thursday and Friday each week during business hours. Town Hall is now closed to the public on Wednesdays. If you are licensing by U.S. Mail, the licenses must be purchased prior to March 31, and your envelope must also be post-marked by March 31 or there will be a late fee.

Fees for licensing your dog are male/female \$15; spayed/neutered \$10.

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

Rabies Certificates for each dog must be presented at the time of licensing as in the past.

If your dog was licensed in 2025, check the license to see if the Rabies Certificate is current (the information is on your 2025 license); it is current, simply come into the office to license in person or license by U.S. Mail. If licensing by mail, you must provide a self-ad-

ressed, postage paid envelope in order for us to return the license and tag to you.

If licensing more than one dog, be sure to add sufficient postage to your envelope to insure delivery.

Checks are payable to the Town of Ware for the appropriate amount. All Rabies Certificates supplied will be returned to you with the dog license.

Contact the Town Clerk's Office at 413-967-9648 extension 177 if you failed to license in 2025 so that we may inform you what is owed in entirety to license for 2026.

There is also a blue drop box outside the lower-level offices at Town Hall for those of you who wish to drop off your request for licensing. Address the envelope to Town Clerk/Dog Licenses.

If you are licensing your dog for the first time, be sure to supply the owner's name, address and contact telephone number; a copy of the current Rabies Certificate and if the dog is neutered/spayed also send this certificate unless it is stated on the Rabies Certificate.

Question may be directed to the Town Clerk's Office at 413-967-9648 extension 177.

SOCIAL SECURITY

from page 4

benefit from your first husband if that is more than your benefit as your second husband's widow. Regular ex-spouse benefits from your first husband are available even though he is still living (and, indeed, even if he remarried) because you are no longer married to husband #2.

This, however, is not always the way things work out for someone who has

had multiple marriages. It all depends on the SS benefit each former spouse was entitled to. That's because your survivor benefit as your 2nd husband's widow is based on the full (100%) amount he was receiving from Social Security when he died.

In contrast, your benefit as your first husband's ex-spouse while he is still living will be based upon half (50%) of his full retirement age SS entitlement. And often, 100% of a deceased

person's SS benefit is more than 50% of another living person's amount. But not always.

It's important to also know that if you claim any SS benefit before reaching your personal Rull Retirement Age, the monthly amount will be reduced. Benefits as a spouse (or a surviving spouse) do not reach maximum until the spouse reaches FRA, which is somewhere between age 66 and 67 depending on the

spouse's year of birth.

It's also important to know that if a surviving spouse is working, any SS benefit received will be subject to Social Security's Annual Earnings Test, which limits how much can be earned before SS benefits are affected. For 2026, the earnings limit for those collecting early SS benefits is \$24,480 and, if that limit is exceeded, Social Security will take away some of your benefits. Note that the earnings test

goes away when you reach your full retirement age.

Finally, be aware that if your first husband also predeceases you, you will then become eligible for a surviving ex-spouse benefit from him, even if he has remarried.

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

Are you having difficulty communicating with your partner, struggling with boundaries, and healthy relationships?

We invite you to join us Friday afternoons from 1-2:30 pm to explore these topics and more.

This group will be held in zoom, is educational, confidential, and free.

Please contact Pat James 413-726-8661.

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Say goodbye to winter at the Paige library

HARDWICK – Adult Knitting, Sewing, and Fiber Art Group continues at the Paige Memorial Library, 87 Petersham Road, on Saturdays, March 7, 14, 21 and 28.

Story Time is every Wednesday from 10:30 a.m. to noon with playtime, a story, and activities.

Early Release Fun - Stampmania will be held on Wednesday, March 11 from 12:30-4 p.m. Use rubber stamps, ink, markers and more to make your own bookmarks and other creations. This is a drop-in event for an early release from school day.

Shenanigans with Friends will play rock, country, folk, and R&B on Saturday, March 14 from 3-5 p.m. at the Town House, brought to you with funding from the Hardwick-New Braintree

Cultural Council supported by the Massachusetts Cultural Council.

A Celtic Knot Drawing Workshop will be held on Tuesday, March 17 from 5:30-6:30 p.m. Learn the basics of drawing Celtic knots and spirals with artist Elizabeth Buck. Materials provided are provided for this drop-in program.

Meet the author of "Out of the Dark", David Payne, on Thursday, March 19, at 6 p.m. The Paige Memorial Library becomes the portal into suspense and adventure, his new novel, and his writing.

Celebrate Spring with the Seed Library and more on Saturday, March 21, from 10:30 a.m.-1 p.m. Collect some seeds and celebrate with activities for all ages.

Pysanky - Ukrainian Egg Decorating will be held on

Tuesday, March 24 at 5:30 p.m. and on Wednesday, March 25 at 2:30 p.m. Use wax resist to decorate eggs in a traditional craft.

Bring a fresh white egg to decorate. Beeswax, dye, and kitskas will be provided.

The library will now offer the Page to Screen Group on Tuesday, March 31 from 6-7 p.m. on to discuss "Project Hail Mary". This group will meet several times a year and focus on books that have been turned into movies.

Read (or listen to) the book by Andy Weir and/or watch the movie with Ryan Gosling, then come together to discuss your favorite parts or plot points that make you cringe. Feel free to go to the theater independently or the library will organize a time to go as a group to a showing at a time to be announced.

Suicide awareness walk returns

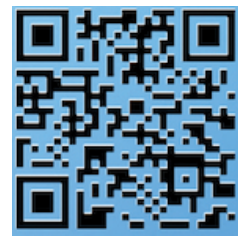
WARE – During Mental Health Awareness Month, community members and students from Ware Public Schools, will gather at Grenville Park for the third annual Out of the Darkness Campus Walk to benefit the American Foundation for Suicide Prevention. The 5K walk will be held

at Grenville Park, 73 Church St., on Saturday, May 2, with check-in starting at 9 a.m. and the walk at 10 a.m. People can register at afsp.org/ware or scan the QR code.

This event was established in 2024 by School Resource Officer Jeannine Bonnayer and Ware Public Schools Food Service

Manager Kristen Murphy, to help to bring awareness to and start a conversation about suicide. In March of 2023, Murphy's son Ethan Donnelly died by suicide at the age of 24.

Murphy died in February of 2025, after a brief but fierce battle with a rare and aggressive cancer. This walk fundraiser was a cause very close to her heart, and a way she could honor her son's memory.



Polar Plunge to benefit Special Olympics

WARE – The Ware Polar Plunge fundraiser to benefit the Special Olympics will be held on Saturday, March 21 at West Beach – Beaver Lake. This event is weather/ice dependent. It is subject to

change if the ice is not melted. Check-in for the plunge is at 11 a.m. and the plunge will take place at noon.

To register, scan the QR code or visit www.polarplungema.org.



SCHOOL from page 1

"Communication is key," she said. "Without it, we're not successful."

Thompson said building updates are sent out every week, information is posted in Remind and through teachers. She said teachers let parents know when their student is struggling, prior to when the progress reports come out.

Attendance was a focus across the school district last year, and it has been improving.

Last year, the daily attendance ranged from 88% to 93%, which is about 20-30 students absent a day.

"Right now, we are currently averaging 91-95% attendance rate daily, which averages to 12-23 students on any given day that could be out," Thompson said.

Thompson said they have improved attendance using an "all hands on deck" approach, and being proactive with making phone calls

and reaching out to parents – they've even conducted home visits for absent students.

"I do think that's the reason," she said. "Everybody is vested in this making sure the kids are here everyday."

She said students cannot grow and have success unless they are in the classroom and learning. The students are recognized each month if they've earned perfect attendance.

"Kids have to feel like people want them at school," Thompson said.

Thompson said they have a schedule that does assessments fall, winter and spring. DIBELS (Dynamic Indicators of Basic Early Literacy Skills) follow the same schedule.

She said they provide additional instruction to students who are not making progress to grade level.

Thompson said they also review MCAS score results. She said they discovered that the student's open response answers were graded using

artificial intelligence, which greatly impacted the scores.

"Identifying that at the beginning of the school has really been a focus in classrooms," she said. "We've been trying to bolster their writing and their understanding of what these questions are looking for."

Thompson said the middle school has a grant for new English Language Arts curriculum for students in grades four through six.

Thompson talked about the culture of the middle school, and how they have worked hard to make teachers and support staff feel respected and welcomed. She said collaboration is key to having a positive culture.

"The better we work together as a team, the better off our kids are, the better off our families are, the better off our communities are," Thompson said. "I take a lot of pride in making sure that everybody feels supported, that they have a voice in the building."

Thompson said they are also focusing on the student voice, which encourages students to ask questions and be active participants in their learning. She introduced the President and Vice-President of the Ware Middle School's Leadership Council to talk about student life at the school.

The students talked about a recent food drive they hosted, and upcoming activities such as a campus cleanup day, a parents versus kids basketball game. The Leadership Council also helps out at step-up day, and greets guests at Community Reading Day.

Budget update

Andy Paquette of TMS, Inc. said the recent storms and cold weather have impacted the budget, but the year should still end in a projected balance slightly less than last month.

He said they received the most recent Circuit Breaker funding the school district is

projected to reimburse.

"We're using more Circuit Breaker funds this year than we originally did from last month," he said. "That's because if you carry over more than what you're allowed, that delta goes to the town. It changes the pockets from where the monies are going to come from, it's no negative impact."

Paquette said there was a projected deficit in special education transportation, and that no longer appears to be the case due to changes in student needs.

Paquette said for fiscal year 2027, the school district is designated "hold harmless" by the state due to a decrease in foundation enrollment.

"That's also going to be a hit on what we have available from the town for funds that stay here...it's going to be tight," he said.

Paquette said increasing health insurance costs will also impact the FY 27 budget.

Superintendent's report

Interim Superintendent Michael Wood said the school district is doing the best they can to deal with recent snow storms. He thanked the facilities and custodial staff for removing the snow.

Wood said there have been issues with the heat, including pumps in two of the buildings. He said the staff worked through the weekend to get parts and make repairs.

"I'm really pleased and proud of these guys to do the work that they do," Wood said.

Acting principal contract

Wood presented the contract for acting High School Principal Megan Sears to the School Committee. He said the contract is valid through June 30, and he will meet with Sears again about a successor contract.

The School Committee approved the contract.

International Women's Day: Thriving after gray divorce

March 8 is International Women's Day, a time to celebrate everything women have achieved and to honor their strength and resilience. It's also a chance to have honest conversations about real-life challenges many women face.

One of these is the growing trend of divorce among those ages 50 and older, often called "gray divorce." While finding yourself in this situation can feel overwhelming, it also can be an opportunity to reclaim your independence and create a life that reflects your dreams and values.

Today, one-third (36%) of divorcing adults are 50 or older (The Journals of Gerontology, 2022) and 77% of women who experienced gray divorce remain single 10 years after divorce ("Repartnering following gray divorce," 2019). While that might sound surprising, many women view this as a time to focus on goals, dreams and well-being without compromise.

Of course, there are financial realities to consider. Women older than 50 often experience a 45% drop in their standard of living after divorce (compared to 21% for men), and household income can fall by 23% to 40% in the first year ("The Economic Consequences of Gray Divorce for Women and Men," 2020). So, building financial confidence isn't just important; it's empowering.

If you are 50 or older and recently divorced, take the following steps with your financial advisor. You don't have to do it all at once; small steps can help lead to greater financial security over time.

1. Find a financial advisor who truly listens. If you've ever felt unheard or dismissed, don't settle. Your future deserves someone who respects your voice.
 2. Get clear on your finances. List your assets, debts, income and expenses to understand your financial situation — the first step toward taking control.
 3. Create a flexible plan. Include your current needs, short-term goals and retirement aspirations. Instead of feeling intimidated, you can let a financial advisor help make this simple and manageable.
 4. Learn about money. Read, attend workshops and join online communities focused on women and finance. Every bit of knowledge adds confidence.
 5. Build an emergency fund. Work toward having three to six months of living expenses in a low-risk, liquid account. This may take gradual, consistent contributions, but ultimately, this cushion can help provide a sense of security as you navigate your new circumstances.
 6. Review insurance and your employer benefits. Make sure your medical insurance coverage is adequate. Consider long-term care insurance to help preserve your retirement assets.
 7. Estate planning. Work with an attorney to review beneficiary designations on bank and brokerage accounts while updating your will, powers of attorney and, as needed, a revocable living trust.
 8. Social Security. If you were married 10 years or longer, understand your rights to Social Security benefits from your ex-spouse.
- Rather than being the end, gray divorce can represent a new chapter. This International Women's Day, celebrate your resilience and your potential. The future is yours to shape, and it can be as bold, bright and fulfilling as you want it to be.

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Town Election to be held May 5

WARREN – Town Clerk, Laura J. Stockley said the Town Election will be held on Tuesday, May 5.

Appearing on the ballot will be the following:

Moderator, three-year term; Selectman, 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; and Housing Authority, two-year term.

Nomination papers must be filed with the Board of Registrars, in the Town Clerk's office, for certification on or before Tuesday, March 17 at 5 p.m. Final day to withdraw as a candidate is Thursday, April 2 at 5 p.m.

The Quaboag Regional School District positions will also be incorporated on the Town Ballot. Two members from the Town of Warren for a three-year term and two members from the Town of West Brookfield for a three-year term. Deadline for returning nomination papers is Friday, March 20 by 4 p.m.

Last day to register to vote before the Town Election is Friday, April 24 from 9 a.m.-5 p.m. at the Town Clerk's office in the Shepard Municipal Building.

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Contact Information

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NEWS & ANNOUNCEMENTS

- Warren Hazard Mitigation Plan 2025-Draft for Public Comment [Read on...](#)
- Town Administrator Report: January 2026 [Read on...](#)
- Nomination Papers Available for May 5th, 2026 Election [Read on...](#)
- CMRPC- Vision Zero Action Plan Survey [Read on...](#)
- Accessibility Action Plan- Shepard Building [Read on...](#)
- Special Town Meeting Results

Citizen Action Center

- Calendar**
Schedule of town meetings, events, and public activities.
- Contact Us & Office Hours**
Information on how and when to reach town offices.
- News**
Updates on town announcements, events, and public notices.
- Online Payments**
Portal for paying taxes, fees, and fines electronically.
- Volunteer and Employment Opportunities**
Listings for town jobs and volunteer roles.
- Website Disclaimer**
Legal and informational notice regarding website content.

March 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

- Fri, Mar. 6**
Central Massachusetts Regional 911 District Meeting [Read On](#)
- Tue, Mar. 10**
Special Task Force on Insurance Premiums Meeting [Read On](#)
- Wed, Mar. 11**
Central Massachusetts Regional 911 District Meeting [Read On](#)

The updated website featured a fillable form to report streetlight outages.

The News & Announcements page lists important news and information.

The Citizen Action Center provides access to the town calendar, officer hours, online payments, and more.

RIGHT: The calendar lists upcoming meetings.

www.warren-ma.gov

WEBSITE from page 1

with clear and accurate information about the town.

"So that the public understands facts and not theories," he said.

Ferrera said the redesigned website has new functions and features, including the ability to report potholes or streetlight outages under Resident Links.

Ferrera said there are fillable forms that once completed, will automatically contact the appropriate staff and notify them of the issue. He said residents will also receive communication from the town about the status of their report.

"It's responsive government," Ferrera said. "It's getting back to people so they can see their issues are being addressed."

People will be able to complete public records request through the website, and will have access to meeting minutes approved by boards and committees as soon as they become available. The meeting minutes

will also include the packet information reviewed by boards and committees at their meetings.

"We're trying to move in the direction of greater transparency in government," Ferrera said.

Residents will also have access to important documents, including the feasibility report for the public safety complex, the draft Hazard Mitigation Plan, the accessibility plan for the Shepard Building, Town Administrator's reports, election information, town meeting results, property values, and more.

Departmental pages, such as the Police Department, list the first and last names of its officers, along with their badge numbers and email addresses. This will make it easier for residents to contact an officer they need information from.

People can also request police reports through the department's page and find licensing forms.

"Hopefully it will save time and make local govern-



Turley Photos by Paula Ouimette
Warren Town Administrator James Ferrera spoke about the town's updated website.

ment more efficient," Ferrera said.

The redesigned website includes links to employment and volunteer opportunities in town, and links to the town's official Facebook page and YouTube channel. The website also allows people to livestream Warren

and emergency notifications through the Central Massachusetts Regional 911 District through Resident Links.

The town had appropriated \$20,000 to the website redesign project, which came in significantly under budget. Ferrera said the Board of Selectmen will be reviewing a contract to maintain the website with CivicPlus, ensuring that it stays up-to-date.

Visit the redesigned website at www.warren-ma.gov.

Online Payments

- Excise Tax, Personal Property Tax, Real Estate Tax, and Sewer
- Birth Certificate, Death Certificate, Marriage Certificate, and Dog License
- Jeffery & Jeffery Deputy Collectors

Residents can pay a number of taxes and fees online.

Historical society seeks nominations of community leaders/volunteers

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

Each year, the historical society recognizes its most impressive community leaders and volunteers 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 get 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 Quaboag Historical Society requests nomination letters for any-

one 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 briefly explain why the writer believes the nominee is deserving of the award. The name, address, and phone number of both the nominator and the nominee must be included in the letter.

"For this award, we are seeking 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 present-

ed 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 and 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 Monday, April 13.

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

WARREN BOS

from page 1

cally towns that are on the western edge of Worcester County," he said.

Eichacker said the program is looking to have a healthcare facility in one of those towns.

Cease and desist

Eichacker said Ferrera told him that Palmer Town Manager Brad Brother is going to organize a meeting regarding a cease and desist for certain activities at Palmer Motorsports Park. He said he is not sure when the meeting will be held yet.

Selectmen's meeting guidelines

The board reviewed and voted to adopt updated Selectmen's Meeting Guidelines.

Resident Raymond Kopacko read an article about a court decision that found that governments can't require civility during a public comment session. He read from the Massachusetts Assembly Clause, which protects conduct that is considered "rude, personal and disrespectful."

Kopacko said he was asked to provide evidence of "the untruths that were

being spoken from one of the Selectmen," and that he still intends to do so. He will request to be added to the agenda to discuss this.

ATM and STM warrants

The board members voted to open the Special and Annual Town Meeting warrants. The meetings will be held on June 11.

250th celebration

Resident Joseph Kondrat asked if the town was planning any special 4th of July celebrations in honor of the country's 250th anniversary.

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Workshop13 launches campaign to install lift

WARE – Workshop13 Cultural Arts & Learning Center announced the launch of a community fundraising campaign to install a vertical platform lift, a critical accessibility improvement that will allow community members of all abilities to access events, exhibitions, and performances in Workshop13's Grand Hall.

Workshop13 has secured \$100,000 toward the project through a grant awarded by the National Park Service under the Paul Bruhn Historic Revitalization Grant Program, with local administration support provided through the Pioneer Valley Planning Commission.

The full project cost is \$150,000, and Workshop13

is now raising the remaining \$50,000 to stay on schedule and move forward with construction.

“Workshop13 exists to bring people together through the arts – but right now, one of our most important spaces is upstairs, and stairs are a barrier for many of our neighbors,” said Marie Lauderdale, Executive Director of Workshop13. “This lift will change that. It will open the Grand Hall to seniors, people with disabilities, veterans, and families with strollers, ensuring everyone can participate fully in our community’s cultural life.”

Workshop13 is a non-profit cultural arts and learning center in Ware offering live music, exhibitions, classes, and com-

munity events. The organization welcomes hundreds of visitors each month and serves as a key cultural destination for Ware and the surrounding towns.

The new lift will provide lasting, dignified access to the Grand Hall for generations to come. The campaign invites the community to give, share, and participate, through direct donations and peer-to-peer fundraising pages that allow supporters to rally friends and family.

How to support the campaign

Community members can donate online and learn more at: www.workshop13.org, or contact Executive Director, Marie Lauderdale, marie@workshop13.org.

About the grant program

The Paul Bruhn Historic Revitalization Grant Program, administered by the National Park Service, supports rehabilitation of historic buildings in rural communities and is designed to foster economic development through preservation, often through subgrant programs administered by local partners.

About Workshop13

Workshop13 is a non-profit community arts center in Ware, offering music, visual arts, classes, exhibitions, and events for all ages and skill levels. Workshop13 builds community through creativity and works to keep programming accessible and welcoming for all.



Trinity hosts corned beef and cabbage dinner March 17

WARE – Trinity Episcopal Church, corner of Park and Pleasant streets, will host a corned beef and cabbage dinner on Tuesday, March 17 from 5-6:30 p.m.

This meal is drive-up/take-out only. The cost is \$15 per meal and includes corned beef, cabbage, potatoes, carrots, bread and dessert.

Please call 413-967-6100 to reserve meals by leaving your name, number of meals and phone number.

All proceeds from the dinner benefit parish mission and ministries serving your community.

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July 13-17, ROBLOX Coders (ages 8-10, 11-14)
July 6-10 and 13-17, Fun Bites with Chef Swanigan (ages 9-16)
July 20-24 and 27-31, Around the world with Chef Swanigan (ages 9-16)
July 6-10 and 13-17, Cooking without Borders with Chez Vargas-Gonzalez (ages 9-16)
July 20-24 and 27-31, Passport to Flavors with Chef Vargas-Gonzalez (ages 9-16)

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Make the most of the summer camp

Summer camp season will soon be here, and throngs of children will board buses each morning or pack their parents' cars full of essentials to survive a few weeks away from home.

Looking back, many adults who experienced summer camp have fond memories of their adventures — whether they all went according to plan or there were some hiccups along the way. Parents want their children to make their own summer camp memories. Even if the canoe capsizes or the cabin leaks during a summer thunderstorm, such experiences can build character and strengthen friendships.

According to RegPack, an online registration software company, more than six million American children participate in some form of camp each year, including sleep-away camp or day camp. The American Camp Association says that number is closer to 14 million, with the most popular camp session length around one week or less. Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won't soon forget.

Search for an accredited camp

Accredited camps must meet more than 300 standards related to program quality, safety and health, according to the ACA. An accredited camp will likely give parents the most peace of mind.

Consider

children's readiness

There's no magic age when a child may be ready to go to camp, but generally kids who are ages seven or eight may be fine to start a resident sleep-away camp. Day camp kids can begin as early as age three, the same age kids often begin preschool programs. Gauge whether the child has spent time away from home at friends' or family members' homes to decide if a resident camp will be the right fit or if a day camp is a better fit.

Connect with fellow campers

If possible, attend a meet-and-greet prior to the start of the season. Neighborhood day camps tend to draw kids from local communities, so there's already a chance kids will know a few fellow campers.

Get to know

camp counselors early on

Campers can introduce themselves to camp counselors and other program directors and are urged to ask questions about specific programs. Counselors can direct campers toward activities they may enjoy.

Make the most of all situations

Much of summer camp will likely be smooth-sailing, but it's reasonable to expect some bumps along the way. Campers shouldn't expect perfection, but use the situations that may go awry as learning experiences on how to handle adversity — trying to find the fun in them anyway. Even a medical situation can be overcome, particularly because camps staff qualified medical personnel to ensure campers are safe and well.

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DAY CAMP JR. DAY CAMP	Enrichment Camps	Enrichment Camps	Enrichment Camps	Enrichment Camps	Enrichment Camps	Enrichment Camps
Studio Arts & Crafts Speech & Debate Broadway at Bement Magic Behind the Music Graphic Novel Camp Little Explorers Camp Movie Magic Camp	Cross-Country Camp Taylor Swift Camp Soccer Club D&D Camp Counselor in Training Soccer Camp Spanish Explorers	Carner's Guild STEM Challenges! Mission Monadnock History Hunters Flag Football & More PE Games & Sports	Weekly Tuition \$350-\$500	MOUNTAIN BIKING & ADVENTURE CAMPS		

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SPORTS



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Ware girls basketball advances to second round

HCC Women celebrate final home game

HOLYOKE – Women’s basketball played their last regular season game on Friday evening, Feb. 20, hosting regional opponent Bunker Hill CC. The Lady Cougars defeated their opposition 67-56 to earn their seventh straight win. Holyoke’s two second-year players, Emily McGrail (Ware, MA / Ware HS) and Erin Bullough (South Hadley, MA / South Hadley HS), were honored with a sophomore night that included a pregame ceremony recognizing the athletes and their accomplishments. Posters, photos and decorations were hung on the walls and in the stands around Golas Court.



Turley photo by David Henry www.sweetdogphotos.com
Johansy Andrades goes for the layup.

McGrail led the Cougars in blocks during Friday’s game and was second in rebounds, tallying six of each. She leads Holyoke in blocks this season with 59 and blocks per game, averaging 3.5. McGrail is sixth in NJCAA Division III in blocks and third in blocks per game. Bullough sunk the Lady Cougars first basket of the game on Friday. She leads Holyoke in three-point shooting percentage this season and is second in three-pointers made. Bullough has made 41.3% of the three-point shots she has attempted this year, ranking her fourth in NJCAA Division III. She has drained 31 total shots from long range on the year. Anastacia Dixon (Keene, NH / Keene

HS) had an outstanding game in the regular season finale, leading Holyoke in points with 24 and rebounds with eight.

Women’s basketball closes out the regular season with a 10-3 regional record and a 14-7 overall record. They are the second-place team in the New England (Region XXI) standings and will be the #2 seed entering the

Please see **HCC**, page 10

By Tim Peterson
Sports Correspondent

WARE—The Ware girls’ varsity basketball team had only won one game in the Division 5 state tournament prior to this season.

The 16th seeded Lady Indians advanced into the Sweet 16 for the first time since the MIAA changed the postseason format after squeaking out a 48-47 victory over the 17th seeded Neighborhood House Charter School at Paul Orszulak Gymnasium, last Friday night.

“The only thing that matters at this time of year is to win and move onto the next round,” said Ware head coach Dan Orszulak. “They might’ve had only seven players, but it turned out to be a hard fought battle for us. They got on a roll in the second half and kept coming at us. We did manage to hold on at the end.”

The Neighborhood House, who are nicknamed the Legends, is a Charter School located in Dorchester.

The seven Legends players, along with their two coaches, didn’t arrive at Ware High School until about 15 minutes before the round of 32 game was scheduled to start. The opening tipoff was delayed for about 15 minutes.

The Lady Indians (14-7), who led by as many as 12 points late in the first half, almost watched it all slip away from them during the second half.

Ware was trailing, 45-44



Turley photos by David Henry www.sweetdogphotos.com
Gloria Cotaj sends a free throw away.

with 2:30 left in the fourth quarter when senior point Madi Slattery, buried a jump-

er from the top of the key, which sent the student section into a frenzy.

“I’ve been the starting at point guard since I was a freshman,” Slattery said. “My main role has always been to pass the ball to our scorers. Scoring isn’t the number one thing on my agenda but hitting that shot did feel very good. It also gave us the momentum.”

The score was tied for the final time at 47-47 with 57.1 seconds remaining in regulation when Slattery made one of two shots from the foul line giving her team a one point lead.

Slattery, who’s the Lady Indians only senior, has been a member of the varsity team since the eighth grade. She certainly didn’t want to see her basketball career come to an end with a home loss.

“I was feeling all the emotions at the end of the game,” Slattery added. “I couldn’t be more grateful that we won tonight’s game.”

The Legends did have one final chance to win the ball game, but a couple of freshmen became the hero for the home team.

Please see **WARE**, page 10

Amherst-Pathfinder co-op hockey falls

By Tim Peterson
Sports Correspondent

AMHERST – Senior assistant captain Andrew Holton had a team-leading 13 goals and 12 assists for the Agawam hockey team this winter. Holton’s final high school goal was very memorable.

The Western Mass. Class B quarterfinal match between the fifth-seeded Brownies and the fourth-seeded Amherst Hurricanes was tied 4-4 a minute into overtime. That’s when Holton received a pass from junior Kaeden Clifford before firing a shot into the net past Amherst senior goalie Jason Kim (34 saves), which gave the Brownies an exciting 5-4 victory at Orr Rink located on the Amherst College campus on Presidents Day, Feb. 15.

“I’ve never scored a game winning goal before and it’s just an amazing feeling,” said Holton after celebrating with his teammates. “We worked very hard in tonight’s game.”

Holton, who joined the varsity squad as a freshman, described his first career game-winning goal.

“After Kaeden passed me the puck, I cut to the middle of the slot and fired a shot. I just knew that the puck was going into the net,” said

Holton, who also assisted on two goals. “This was one of the best hockey games that I’ve ever played in. We’re now hoping to win another Western Mass. title this year.”

Agawam, who wrapped up the regular season with a 4-3 overtime loss against Chicopee two days earlier, posted a 6-1 victory over Taconic in last year’s Class B finals.

Unfortunately, the Brownies (3-15) didn’t make it back to the championship match again this year. Their season came to an end 24 hours later following a 5-2 semifinal loss to top-seeded McCann Tech at the Olympia Ice Center in West Springfield.

The other seniors listed on the Brownies hockey roster are Jackson Lariviere, Noah Beavis, Joey Wilkinson, Gavin Ogorzalek, Nick Brown, Brady Blanchette, Casey Thomas, who’s an assistant captain, and team captain Anthony Barbarini.

“We have a total of nine seniors on this year’s team,” said Agawam head coach Todd Rowley. “We had an up and down season, but those guys never quit. They work very hard at practice

Please see **HOCKEY**, page 10



Abby Rogowski passes out of the paint.



Aubrey Thorpe makes a three-point attempt.



Mia Ducos heads down the court during late-season action.

Turley photos by Gregory A. Scibelli

Season concludes with three straight wins

BARRE – The season has come to a conclusion for Quabbin Regional High School girls basketball. The Panthers would end up finishing with games against Narragansett and then Montachusett Tech. Both, combined with a win

against Ayer Shirley were also wins. The Panthers would beat Monty Tech 50-35 on Feb. 18 to finish off the season with a 6-14 record overall. Unfortunately, the Panthers were not able to make the playoffs this year, and their

season ended without a state play-off appearance. There was also no Central Mass. tournament this season.

LEFT: Makenzie Casey is all alone looking for a layup.

sports

Thunderbirds score much-needed win over Checkers

SPRINGFIELD – The Springfield Thunderbirds (21-25-5-2) overpowered the Charlotte Checkers (30-18-4-0) on Saturday night before a sellout crowd of 6,793 inside the MassMutual Center on Military Appreciation Night, coming away with a 5-1 victory.

Zach Dean provided instant offense on Friday night, and the third-year pro experienced *deja vu* on this night, jabbing home a 2-on-1 pass from Hugh McGing just 2:20 into the action to give Springfield a 1-0 lead.

Unlike a night earlier, Steve Ott's team was able to build upon its early lead with two successful penalty kills, followed by a power-play redirection by Matthew Peca at 18:57 of the first, as the captain tipped a Calle Rosen shot through Kirill Gerasimiyuk.

The T-Birds' offense proved to be far from fin-

ished, as Alek Kaskimaki took a breakaway pass from Otto Stenberg at 4:30 of the second and stayed with his initial shot to cash in on a rebound past Gerasimiyuk, extending the lead to 3-0.

Charlotte finally got on the board just 52 seconds later when Noah Gregor crashed the net to chip a Brian Pinho pass over the shoulder of Will Cranley, but it proved to be just a small blip on the T-Birds' radar in what would evolve into a firestorm of offense for the home team.

Only 1:03 of game time passed before Springfield had restored its three-goal advantage, as Jakub Stancl circled the offensive zone to the right circle before firing the puck back toward the goal mouth. Dylan Peterson parked himself right outside the crease and allowed the puck to ricochet off his skate and past Gerasimiyuk to make it a 4-1 game, chas-

ing Gerasimiyuk from the game in the process.

Charlotte backup Louis Domingue did not fare much better, as McGing revved up the ice on a breakaway 55 seconds later. McGing was tripped and may have earned a penalty shot, but as he was falling, the puck continued on a straight line path under Domingue's legs, giving McGing credit for the third T-Birds goal in a 2:50 blitz, extending the lead to 5-1.

There would be no more goals in the final half of the game, but the fireworks were far from done, and with just eight seconds remaining and tempers flaring, Cranley and Domingue met at center and dropped the mitts for a goalie fight, the first in T-Birds history, which left the sellout crowd in an uproar to close out the victory.

Different name, but OT win

WORCESTER – Did anyone in the city see their front door blow open unexpectedly at about 5:30 Sunday afternoon?

If so, it had nothing to do with the weather. It was the entire staff and roster of the Worcester Monkey Wrenches exhaling in unison after veteran Drew Callin scored what up to now is their biggest goal of the season.

It came at 4:27 of overtime to give the home team a 1-0 victory over the Adirondack Thunder, one of the four teams ahead of them in the North Division standings. The goal snapped a four-game losing streak on home ice and allowed Worcester to earn four of a possible six points for the weekend.

The game marked only the second time in team history it was 0-0 after 60 minutes. Worcester won the last one, as well, on March 21, 2018 at Wheeling in a shootout.

The goal was Callin's

20th goal of the season. Anthony Repaci set it up by stealing the puck in the left circle. Callin was alone on the right side, moved in on Thunder goalie Jeremy Brodeur and beat him with a backhand fake.

"Patch made a great pass over," Callin said, "that gave me some free space. I just picked my head up, saw (Brodeur) sliding over and I figured I'd go the other way."

The overtime victory was the home team's seventh of the season, fifth at the DCU Center.

The goaltending was great, as it often is in this division.

Brodeur stopped 27 shots. Worcester's Parker Gahagen made 25 saves for his second 1-0 victory in 29 days.

The Monkey Wrenches killed five penalties and had just one power play. They killed them beautifully to keep the game scoreless.

Worcester's penalty kill featured some excellent work by Cole Donhauser,

who played a major role in Sunday's victory.

"We have a little bit of plan going into it," Donhauser said, "but the main thought is to deny the seams, don't let the puck get going east to west, deny the one-timers, try to protect the house and our D-men did a great job blocking shots."

Gahagen's presence has made a huge difference in all the close games Worcester has played recently. Throughout the back-and-forth havoc, especially in the third period and overtime, he looked like the calmest person on skates.

And the home team is playing nothing but close games these days.

"I think everybody deems it important this time of year to play the right way," Tuzzolino said.

Callin became the 14th player in team history to score 20 goals. He joins brother Anthony who had 24 last season.



HCC from page 9

regional tournament. This will be HCC women's basketball's first postseason appearance in over 15 years. The Lady Cougars will get a bye to the tournament semifinals and will host the winner of one of the two quarterfinals.

Turley photos by David Henry www.sweetdogphotos.com Tatiyana Zuniga passes in transition.

Erin Bullough, of South Hadley, tries to overcome pressure.

HOCKEY from page 9

and in every game. I'm very proud of them. It took a total team effort to win tonight's game."

Blanchette, who's the Brownies starting goalie, was credited with a total of 17 saves against Amherst.

The Hurricanes finished their season with a 6-12-2 overall record. They tied Chicopee (4-4) and Taconic (2-2).

"I thought my players played very well in tonight's game, but it just came down to one shot in overtime," said Amherst head coach Michael Rousseau. "That was the difference maker."

The Hurricanes senior captain is Ethan Mooney, who's a defenseman. He was credited with three assists in the quarterfinals.

"Ethan joined our hockey team as a sophomore and it's been a pleasure watching him

grow during the past couple of years," Rousseau said. "He's the leader of our hockey team."

Mooney, who attends Pathfinder Tech, plays hockey for Amherst as part of a co-op.

The other hockey players from Pathfinder Tech listed on the Amherst hockey roster are sophomore Noah Latulippe, sophomore Landon Lukasik, sophomore Nolan MacTavish, freshman Mason Sadusky, freshman Lincoln Auclair, and freshman Landon LaCroix.

Agawam and Amherst split the regular season series for the second year in a row.

The Hurricanes took a 1-0 lead in the quarterfinal match following an unassisted goal from junior Sawyer Ferro at the 10:46 mark of the opening period.

Less than a minute later, Brown scored the equalizer for Agawam.

The Brownies took the lead for the first time four minutes into the second period when junior Braden Parrelli banged home a rebound shot.

The scoring spree continued with a goal from Graham Arguin tying the score at 2-2 with 10:13 remaining in the second period.

The contest was also tied at 3-3, entering the final 15 minutes of regulation. Parrelli and Ferro scored their second goal of the match during the final eight minutes of the second period.

The Hurricanes retook the lead following a goal by freshman Brody Palmisano 28 seconds into the third period.

Holton scored a short-handed goal with ten minutes remaining in regulation before becoming the hero of the game a minute into overtime.



Reese McKeever gets the easy short jumper.

Naomi Torres splits the defense for a shot.

Gabrielle Kaczuwka takes a long jump shot attempt.

Emily Jones shoots in traffic.

WARE from page 9

With 7.2 seconds left on the scoreboard clock, Gabby Kaczuwka deflected an inbounds pass and the ball bounced into the hands of Gloria Cotaj, who was fouled with 0.3 seconds left on the scoreboard clock.

"There wasn't a lot of time left in the game, but I just knew we needed the ball back," Cotaj said. "We never felt like we were going to lose the game."

Cotaj, who scored five points, missed both foul shots, but the visiting team couldn't get a shot attempt off before the final buzzer sounded.

"Normally after our big wins, coach O would drench us with a water bottle," Slattery said. "I did it to him after tonight's game.

This was the final time I'll ever get to celebrate a win in our locker room, and it was so much fun."

Slattery was also member of the girls' soccer team last fall and will be wrapping up her high school athletic career as a member of the softball team when the snow melts this spring. She played the entire 32 minutes in the round of 32 game.

"Madi went wire to wire tonight," Orszulak said. "I didn't think that I could take her out of the game because she's our best ballhandler. She has hit some big free throws for us over the years. I'm sure she'll never forget tonight's game."

Cotaj is very glad to be playing at least one more game on the hardwood with Slattery.

"It really means a lot to me to be playing another game with Madi," Cotaj said. "I've known her for a longtime because she's friends with my older siblings."

The Lady Indians played the second half without junior Reese McKeever (6 points). She made a lay-up with 4:30 left in the second quarter, which gave Ware a 25-16 lead. She then suffered an injury and was taken to the hospital.

"When Reese left the game with an injury, it was a big factor for us," Orszulak said. "She has posted a couple of double-doubles this season. Several players stepped up in the second half."

A year ago, McKeever led the Lady Indians with 19 points in a 39-38 setback to archrival Palmer in a preliminary round road

game.

Sophomore Amelia Orszulak (20 points) scored seven points in the first quarter and five more in the second quarter. During the second half, she made a 3-pointer from the right corner, an inside hoop, and three foul shots.

Kaczuwka finished the game with nine points, while freshman Naomi Torres added five points.

Neighborhood House (15-7) had three players reach double digits. Freshman Miia Valencia and senior Karin Richardson both finished the contest with 14 points and sophomore Denyah Upshaw added 13 points. The Lady Indians were scheduled to play at top-seeded Drury in a Sweet 16 game on Monday night.

Ware Police Log

During the week of Feb. 17-24, the Ware Police Department responded to 21 miscellaneous calls, 31 administrative calls, 10 traffic violations, nine emergency 911 calls, five thefts/larcenies, three harassments/stalks/threats, two motor vehicle accidents, one fire, one trespass, four assist other agencies, three animal calls and 11 motor vehicle stops in the town of Ware.

Tuesday, Feb. 17

3:48 p.m. Disturbance/Nuisance, Palmer Road, Advised
6:26 p.m. Disturbance/Nuisance, Otis Avenue, Advised

Wednesday, Feb. 18

12 a.m. Disturbance/Nuisance, West Main Street, Services Rendered
7:01 a.m. Motor Vehicle Stop, Palmer Road, Citation/Warning Issued
10:21 a.m. Abandoned 911 Call, Cummings Street, Dispatch Handled
5:17 p.m. Assist Other Agency, Pleasant Street, Advised
6:10 p.m. Theft/Larceny, Main Street, Assist Given

Thursday, Feb. 19

11:18 a.m. Harassment/Stalk/Threat, North Street, Advised
11:39 a.m. Motor Vehicle Crash, West Street, Patient Refusal
2:25 p.m. Disturbance/Nuisance, Cottage Street, Advised
6:58 p.m. Theft/Larceny, Cottage Street, Report Made
10:19 p.m. Harassment/Stalk/Threat, Vigeant Street, Services Rendered
10:44 p.m. Weapons/Firearms, Hillside Village, Arrest Made

Friday, Feb. 20

12:37 a.m. Trespass/Unwanted, Walnut Street, Services Rendered
8:19 p.m. Theft/Larceny, West Street, Services Rendered
10:55 p.m. Traffic Violation/Hazard, Old Poor Farm Road, Investigated

Saturday, Feb. 21

5:54 a.m. Suspicious/Wanted, West Street, Investigated
6:10 a.m. Disturbance/Nuisance, Palmer Road, Services Rendered
3:03 p.m. Assault, West Main Street, Advised
8:44 p.m. Abandoned 911 Call, Walnut Street, Services Rendered
9:10 p.m. Motor Vehicle Stop, Palmer Road, Advised
11:29 p.m. Suspicious/Wanted, Grove Street, Services Rendered

Sunday, Feb. 22

3:14 a.m. Bylaw Violation, Walnut Street, Parking Ticket Issued
3:20 a.m. Bylaw Violation, Smith Avenue, Parking Ticket Issued
3:27 a.m. Bylaw Violation, Bellevue Avenue, Parking Ticket Issued
3:44 a.m. Bylaw Violation, South Street, Parking Ticket Issued
6:34 a.m. Disturbance/Nuisance, West Main Street, Advised
8:31 a.m. Assist Other Agency, Maple Street, Taken/Referred to Other Agency
1:34 p.m. Electrical Hazard, Aspen Street, Report Made
6:45 p.m. Harassment/Stalk/Threat, North Street, Services Rendered

Monday, Feb. 23

12:27 a.m. Abandoned

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.

911 Call, Vernon Street, Advised
7:19 a.m. Traffic Violation, Eddy Street, Citation/Warning Issued
9:39 a.m. Abandoned 911 Call, Aspen Street, Investigated
12:12 p.m. Abandoned 911 Call, King Street, Dispatch Handled
1:12 p.m. Structure Fire, Osborne Road, Extinguished
4:49 p.m. Theft/Larceny, West Street, Services Rendered

Tuesday, Feb. 24

2:19 a.m. Bylaw Violation, North Street, Citation/Warning Issued
8:39 a.m. Assist Other Agency, Pleasant Street, Vehicle Towed
9:25 a.m. Assist Other Agency, Pleasant Street, Vehicle Towed
9:46 a.m. Abandoned 911 Call, Monson Turnpike Road, Vehicle Towed
10 a.m. Traffic Collision, Monson Turnpike Road, Report Made
10:58 a.m. Disturbance/Nuisance, North Street, Arrest Made
11:33 a.m. Theft/Larceny, West Street, Arrest Made

Warren Police Log

During the week of Feb. 8-14, the Warren Police Department responded to 124 building/property checks, nine community policings, 13 emergency 911 calls, two complaints, one trespasser/prowler, one assist other agency, three motor vehicle accidents, one animal call and 15 motor vehicle stops in the town of Warren.

Sunday, Feb. 8

11:11 a.m. Sick/Unknown, Old West Warren Road, Transported to Hospital
2:20 p.m. Disturbance/Disorderly, Comins Pond Road, Officer Spoke to Party
3:37 p.m. Sick/Unknown, Palmer, Mutual Aid Assist
4:01 p.m. Suspicious Person, Southbridge Road, Officer Spoke to Party
4:25 p.m. Complaint, Southbridge Road, Officer Spoke to Party

Monday, Feb. 9

3:13 p.m. Motor Vehicle Disabled, Dean Street, Report Filed
3:28 p.m. Sick/Unknown, Mechanic Street, Mutual Aid Assist

Tuesday, Feb. 10

2:52 a.m. Sick/Unknown, Brimfield Road, Transported to Hospital
9:15 a.m. Motor Vehicle Stop, Main Street, Criminal Complaint
11:07 a.m. Motor Vehicle Stop, South Street, Vehicle Towed
4:04 p.m. Welfare Check, Main Street, Report Filed

Wednesday, Feb. 11

10:44 a.m. Complaint, Fire Department, Information Given
11:09 a.m. 911 Hang-up/Misdial/Abandoned, High

Street, Negative Contact
12:13 p.m. Assist Other Agency, Old West Brookfield Road, Report Filed
2:43 p.m. Welfare Check, Winthrop Terrace, Ambulance Signed Refusal
2:46 p.m. Motor Vehicle Collision, Southbridge Road, Report Filed
9:22 p.m. Welfare Check, Constitution Avenue, Ambulance Signed Refusal

Thursday, Feb. 12

3 a.m. Motor Vehicle Collision, Southbridge Road, Ambulance Signed Refusal
11:29 a.m. Motor Vehicle Stop, Main Street, Written Warning
12:47 p.m. Unwanted Party, Winthrop Terrace, Officer Spoke to Party
6:51 p.m. Welfare Check, Mechanic Street, Report Filed
9:19 p.m. Breathing Difficulty, Old West Warren Road, Transported to Hospital
10:50 p.m. Stroke (CVA), Brimfield Road, Transported to Hospital

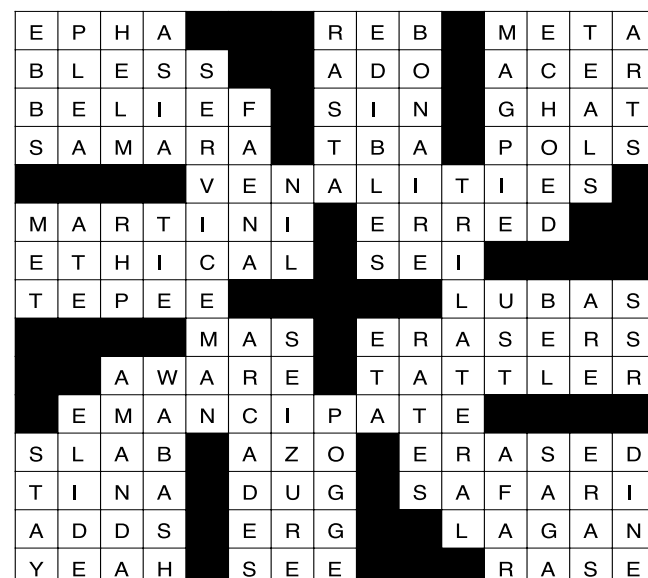
Friday, Feb. 13

4:30 a.m. Breathing

Difficulty, Old West Warren Road, Transported to Hospital
6:35 a.m. Breathing Difficulty, Heritage Drive, Transported to Hospital
8:51 a.m. Seizures, Old West Brookfield Road, Transported to Hospital
10:38 a.m. Motor Vehicle Stop, Main Street, Written Warning
10:59 a.m. Motor Vehicle Stop, Main Street, Written Warning
1:57 p.m. Motor Vehicle Stop, Old West Brookfield Road, Written Warning
2:29 p.m. Motor Vehicle Collision, Ware Road, Transported to Hospital
9:58 p.m. Suspicious Activity, East Road, Report Filed
11:45 p.m. Motor Vehicle Stop, Southbridge Road, Written Warning

Saturday, Feb. 14

3:43 a.m. Motor Vehicle Stop, Brimfield Road, Citation Issued
12:10 p.m. Trespasser or Prowler, O'Neil Road, Investigated
1:09 p.m. Lines Down, Main Street, Investigated



Hardwick Police Log

During the week of Feb. 16-23, the Hardwick/New Braintree Police Department responded to 47 building/property checks, 34 directed/area patrols, seven radar assignments, five traffic controls, nine emergency 911 calls, five assist other agencies, one complaint, three safety hazards, one fraud, one trespass, one larceny/theft/shoplifting, one animal call and 10 motor vehicle stops in the town of Hardwick.

Tuesday, Feb. 17

8:34 a.m. Fraud, Ruggles Hills Road, Investigated
4:29 p.m. 911 Medical Emergency, Bridge Street, Services Rendered
10:35 p.m. Assist Other Agency, Jackson Road, Officer Handled

Wednesday, Feb. 18

9:33 p.m. Assist Other Agency, Ruggles Street, Officer Handled

Thursday, Feb. 19

12:20 p.m. Parking Complaint, Main Street, Officer Handled
2:58 p.m. 911 Animal Call, Lower Road, Services Rendered
6:24 p.m. 911 Lockout, Hardwick Road, Officer Handled
10:48 p.m. Assist Other Agency, Out of Town, Services Rendered

Friday, Feb. 20

10:24 a.m. Motor Vehicle Stop, Petersham Road,

Written Warning
10:32 a.m. 911 Misdial, Main Street, Officer Handled
10:48 a.m. Motor Vehicle Stop, Main Street, Citation Issued
11:11 a.m. Motor Vehicle Stop, Lower Road, Written Warning
12:42 p.m. Medical Emergency, Church Lane, Transported to Hospital
3:02 p.m. Safety Hazard, Barre Road, Officer Handled

Saturday, Feb. 21

5:24 a.m. Medical Alarm, Church Lane, Transported to Hospital
10:28 a.m. Assist Other Agency, Petersham Road, Officer Handled
12:33 p.m. Trespass, River Run, No Action Required
1:43 p.m. Motor Vehicle Crash, Main Street, Officer Handled
8:45 p.m. Larceny/Theft/Shoplifting, Broad Street, Negative Contact
11:15 p.m. Safety Hazard, Area Roadways, Dispatch Handled

Sunday, Feb. 22

6:54 a.m. 911 Medical Emergency, Hardwick Road, Transported to Hospital
6 p.m. Safety Hazard, Main Street, Referred to Other Agency
7:48 p.m. Assist Other Agency, Cleveland Road, Negative Contact

Monday, Feb. 23

3:34 a.m. Medical Emergency, Hardwick Road, Patient Refusal

NOTICE
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Hardwick Crossing Country Club
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General Manager Courtney Letourneau said the restaurant has food delivered six days a week. Alex Symons is Assistant Manager and Cassandra Hobbs, Bar Manager. They offer products and produce from Gibson Farms, Meadows Meats, West Boylston Seafood, local farm stands, From Your Farm.
The restaurant is open Sunday through Thursday from 11 a.m. to 9 p.m. and Friday and Saturday 11 a.m. to 10 p.m. People may follow them on Facebook and Instagram at hardwickcrossing.com.
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DISORDER from page 4
fit into the diagnostic criteria. A few include:

- Atypical Anorexia is a disorder that despite food restriction, the person's weight is average or above for their height, not under
- Rumination disorder (habitual regurgitation of food after eating, which may then be re-chewed, re-swallowed, or spit out) avoidant or restrictive food intake
- Pica (the persistent eating of non-food substances with no nutritional value, such as dirt, hair, paint chips, or soap)
- Orthorexia (an obsession with healthy eating with associated restrictive behaviors)
- Drunkorexia (skipping meals or excessive exercise along with heavy alcohol consumption.)
- Diabulimia is a life-threatening eating disorder specifically affecting individuals with Type 1 diabetes, characterized by the intentional restriction or omission of insulin to induce weight loss.
- Avoidant/Restrictive Food Intake Disorder (ARFID) is similar to picky eating in children or restricted intake in adults, this involves limiting food intake based on a lack of interest in food, avoidance of sensory characteristics (texture, smell), or fear of negative consequences (choking, vomiting).

In addition to affecting mental health, addictions can seriously damage the physical health systems: gastrointestinal, endocrine, nervous, cardiovascular, immune, respiratory problems, as well as liver damage and kidney disease.

It doesn't take long for tolerance to increase with substance use; more of the drug/alcohol is required to have the same effect. Dependence follows, and the body needs the substance to function normally.

Addiction takes time to develop but soon the cravings and compulsions are stronger than the consequences that follow. If you try to quit, the negative physical and mental health symptoms of withdrawal take over.

Recovery from substance use disorders and eating disorders have many similarities but also a big difference. Abstinence is the goal for many recovering from SUD, but for anyone with an eating disorder, abstinence becomes an eating disorder.

Never in your right mind would you even think about telling an alcoholic to have a beer for breakfast, wine for

lunch, cocktails for dinner and a few shots for snacks. One sip, one drug, or one cigarette and the body and mind crave the substance – substance reuse ensues!



For an eating disorder, food is both the enemy (drug) AND the cure. The body and mind crave food in the same way as SUD, but eating is essential for recovery.

One must eat to regain both mental and physical health, yet EVERY SINGLE BITE triggers intense emotions, anxieties and potential knee-jerk bingeing/restriction reactions. One must sit with those overwhelming negative feelings day in and day out.

You can only imagine what it is like for those 35%-50% with dual diagnosis to abstain from substance use while relearning what is the right amount of food to provide the best nutrition for healing. What is good for the body will not feel good to the mind and the person resists!

The interplay between physical health and mental health is intense.

With food disorders, there is an interplay of the endo-

crine and nervous system constantly trying to keep the body at equilibrium whether a person is suffering from bingeing, purging or starvation caused by anorexia nervosa.

Once you're in recovery, it can take three months or more to heal metabolism after an eating disorder. This includes unwanted weight gain, digestive issues, thyroid and hormone problems, and fatigue.

Like alcoholism, anorexia can have fatal consequences without medical intervention. Typical eating disorder recovery takes three-six years.

Marilyn Barrett, author of "Creating Eden: The Garden as a Healing Place" encapsulated my recovery when she wrote:

"Come into the garden with me. Don't worry about not knowing your way: Your heart remembers, even if your head has forgotten. When you were small and first had time to create your dreams, you were at one with the earth you played in and with each leaf, bird, and cloud you saw. This is the garden to which I invite you to return.

Imagine a place to which you can bring stress, sorrow, loneliness, and confusion and from which you can leave with a sense of resolution, understanding, and calm. Imagine a place where you can express your own unique nature, create beauty, grow pure food, and gain control

over your life. In my life, the garden has been such a place."

Marilyn so aptly penned that the garden is a place for clearing away anger, confusion, and pain, the trash of the past. She added this clearing is a prerequisite to achieving inner peace, balance and harmony and people must sort through the emotional rubble of the past they have inherited, and they must get to the roots of attitudes and behavior patterns that have stunted their growth.

Getting to the roots of attitudes and behavior patterns that have stunted growth doesn't have to be in the garden. Return to what you loved as a child – sports, art, music, writing, hiking. Find a safe place to face the past.

If you are able, volunteering can be crucial in recovery addiction because it provides structure, fosters a renewed sense of purpose, provides new skillsets, builds a supportive sober community, and improves mental health by reducing depression and anxiety.

It helps individuals replace the self-centered nature of addiction with empathy and structure, ultimately reducing relapse risk by providing meaningful, productive activity.

Additionally, employers value volunteers because they demonstrate key, transferable skills like initiative, teamwork, and leadership, while also signaling a strong

work ethic and passion. On a resume, it fills gaps, shows practical experience, and indicates a proactive, community-minded employee.

For every addicted individual, the descent into dependency is uniquely complex as is the journey of recovery. Professional treatment makes for a more successful outcome, so please insist that all your symptoms and conditions are addressed.

Be honest so that you can understand your past and how it affects today's choices.

Joy and well-being will return with each little success!

National Eating Disorders Association: <https://www.nationaleatingdisorders.org/>

Multiservice eating Disorders Association: <https://www.medainc.org/>

Online Eating Disorder Treatment: Equip <https://equip.health/>

Quaboag Hill Substance Use Alliance: <https://qhsua.org/>

Recovery Center of Hope: <https://www.facebook.com/RecoveryCenterofHOPEWare/> 52 Main Street, Ware, RCH is run by people in recovery and helps those reach goals through a strengths-based and community-based approach.

(1 National Eating Disorders Association (NEDA), 2 National Institute of Health)

public notices

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampshire Probate and Family Court
15 Atwood Drive
Northampton, MA 01060
(413)586-8500
Docket No. HS24P0703EA
Estate of:
Paul Ricardo Flores, Jr.
Also known as: Paul Flores
Date of Death: 10/22/2024
CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT
A Petition for Order of Complete Settlement has been filed by **Renee Bavineau of Ware, MA** requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, the allowance of a proposed distribution and other such relief as

may be requested in the Petition.
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 03/25/2026.**
This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.
WITNESS, Hon. **Diana S. Velez Harris**, First Justice of this Court.
Date: February 25, 2026

Mark S Ames,
Register of Probate
03/05/2026

Town of Warren
Notice of Public Hearing
In accordance with Massachusetts General Laws Chapter 166 Section 22, a public hearing will take place on the petition of National Grid to install 5 JO Poles on Reed St., and relocate 11 JO Poles on Reed St., beginning at a point approximately 1100 feet in a west direction. This hearing will be held on **Thursday, March 12th, 2026 at 6:00PM** at the Warren Senior Center, 2252 Main St., West Warren.
Richard Eichacker, Chairman
Board of Selectmen
02/26, 03/05/2026

Town of Hardwick
Conservation Commission
Notice is hereby given in accordance with the Wetlands Protection Act that a Public Hearing will be held for a Notice of Intent on **Wednesday, March 18, 2026 at 6:30 pm** at the **Municipal Office Building, 307 Main Street, Gilbertville.** All interested parties are urged to attend.
Applicant: Robert Kemp
Description of Proposed Work: Single family home, driveway, tie in to town water and sewer.
Location: 0 Main St., Gilbertville
Town: **Hardwick**
Interested parties may also view this Legal Notice at <http://masspublicnotices.org>.
03/05/2026

PUBLIC NOTICES ARE NOW ONLINE

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

Public notice deadlines are Friday at 3 p.m.

visit www.publicnotices.turley.com



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Jamie Joslyn
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Palmer, MA 01069
Email: jamie@turley.com

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CLUES ACROSS

- Unit of dry measure
- One who defies authority
- Social media giant
- Render holy
- "Much ___ about nothing"
- Computer manufacturer
- Creed
- Immoral act
- Mountain pass
- Winged nut
- Don't know when yet
- Elected officials
- Corrupt tendencies
- Popular adult beverage
- Made a mistake
- Morally correct
- Type of whale
- Portable conical tent

- Native people of Congo
- More (Spanish)
- Classroom implements
- Cognizant of
- One who tells
- Free from bondage
- Thick piece of something
- Containing two adjacent nitrogen atoms
- Removed from the record
- Legendary singer
- Turner
- Broke up the earth
- Hunting expedition
- Contributes
- Unit of work or energy
- Wreckage on the sea
- Type of bed
- Affirmative! (slang)

CLUES DOWN

- "___ and flows"
- Humble request for help
- A position of leadership
- Continent
- Adherent of a particular religion
- Things that can be eaten
- Self-governing Netherlands territory
- Long-tailed crow
- Repeated
- Bluish greens
- Humanities
- Someone who serves in the armed forces
- Labor (Spanish)
- Shared by involving three parties
- Queens ballplayer

- Consumed
- Rest here please
- Men's fashion accessory
- American unit
- Sound unit
- They ___
- Soviet Socialist Republic
- Places to play video games
- A sudden attack of illness
- When you hope to arrive
- Charges
- Actress Seyfried
- A tributary of the Ohio River
- Omit when speaking
- Armored fish
- Remain
- From a distance
- Adventure story
- Geological times
- Eat dinner

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WATERWHEEL REALTY
Paul Varney Sr.
Real Estate Broker and Owner

NO ENTRANCE FEE

Mobile Home located in Waterwheel Village at 31 Edward Lane, Barre, MA 01005. This is a 55 and better community. This home includes a wonderful floor plan with very spacious rooms. Master bedroom includes a walk-in closet. Two full bathrooms. A four-season sunroom is off the kitchen. Includes two large woodsheds and a metal garage you can park under to fend off winter weather. Asking \$279,000. See listing on MLS # 73433198

NO ENTRANCE FEE

Mobile Home located in Waterwheel Village at 21 Varney Lane, Barre, MA 01005. This is a 55 and Better community. This home includes a wonderful floor plan with spacious rooms. Master bedroom includes a large attached bathroom. Two full bathrooms, large back deck, and two large wood sheds. Asking 245,000. See MLS#73457117.

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