

QUABOAG CURRENT

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Newspaper

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Friday, February 2, 2024

Hearts for Heat helps warm homes with annual dinner

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

NORTH BROOKFIELD – Hearts for Heat, a local organization, hosted their 15th annual spaghetti dinner to raise money for winter heating help.

The organization was started by Cindy Shea 15 years ago with the dream of “community helping community.”

“Ninety percent of our funds come from within North Brookfield, proving how much we care about all residents in our little town,” Sue Lewandowski, the president of the organization, said.

The 15th annual spaghetti dinner was hosted this year in the North Brookfield Elementary School’s cafeteria. There were many sponsors of the event, including food donated by Hannaford Supermarket.

Hayden Lodge A.F. & A.M. was another sponsor, and

See HEARTS | PAGE 2



Members of the Hayden Lodge A.F. & A.M. volunteered to do all the cooking and serving for the fundraising event. TURLEY PHOTOS BY EMILY-ROSE PAPPAS

Needle & Thread

OSV staff talk textiles at Historical Society meeting

By Paula Ouimette
Editor
pouimette@turley.com

STURBRIDGE – At its first meeting of the new year, the Sturbridge Historical Society welcomed Rebecca Beall and Derek Heidemann from Old Sturbridge Village to share details of their newly released book, “Needle & Thread: The Art and Skill of Clothing an

Early 19th Century Family” and give a glimpse into the museum’s extensive textile collection.

Both Beall and Heidemann have worked at OSV for some time, starting as interpreters and working their way up to Curator of Textiles and Collections Manager and Director of Collections and Research, respectively. Heidemann is also

See TEXTILES | PAGE 12



These children’s dresses are featured in Old Sturbridge Village’s newest publication, “Needle & Thread: The Art and Skill of Clothing an Early 19th Century Family”. TURLEY PHOTOS BY PAULA OUIMETTE

Food policy council participates in opioid rescue training

By Paula Ouimette
Editor
pouimette@turley.com

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

Opioids and Opioid Rescue Training

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

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

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

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

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

Krieger explained the neurobiology of addiction and how it affects the prefrontal cortex,

See POLICY | PAGE 8

Food co-op discussion continues at community meeting

By Paula Ouimette
Editor
pouimette@turley.com

BROOKFIELD – Supporters of the TipTop Country Store came from near and far to join a discussion led by the

Board of Directors about transitioning the store to a food co-operative.

At a meeting on Jan. 27, about 40 people from the towns of Brookfield, East Brookfield, North Brookfield, West Brookfield, Hardwick, Sturbridge,

Spencer, Charlton, Warren, Worcester, Southbridge, Thorndike, Brimfield, Oakham and beyond shared what they love about the store, and what makes it unique.

“It means a lot,” Lisa Hell-

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Farmers Market Spotlight

Still Life Farm at the West Brookfield Winter Farmers Market

Editor’s note: The Quaboag Current will regularly feature a spotlight story on different farmers market vendors. Learn about the people that bring food and locally sourced items to your community.

By Richard Murphy
Correspondent

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

Across from the common

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

See MARKET | PAGE 12

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- community -



Many people came to show their support of Hearts for Heat and its mission as they enjoyed a spaghetti dinner. TURLEY PHOTOS BY EMILY-ROSE PAPPAS

HEARTS | FROM PAGE 1

helped to make the food and serve it. Local band, The Otters, helped to liven the atmosphere, and attendees got to enter a raffle for fun prizes.

"The community really cares," Lewandowski said, as was seen at the end of the fundraiser where the event raised a total of \$2,540, all to be donated to help provide a variety of heating fuel to residents in need.

"The North Brookfield Hearts for Heat raises funds to help with fuel assistance for qualified North Brookfield residents," Lewandowski explained. "Last year, we helped 31 families and raised \$33,000, the most we have raised in a year so far."

The Hearts for Heat, a nonprofit organization, takes all money donated or raised through raffle tickets or the dinner to send directly to fuel providers of those who qualify for the assistance.

Fuel includes oil, propane, natural gas, electricity, pellets, or cord wood that would be used in order to heat a home.

The event was successful, and helped to raise money that will make a difference in the lives of many people this cold winter season.



Local band, The Otters, offered those gathered a wonderful show of music to add to the fun.



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Student Council hosts craft fair Feb. 10

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

Vendors include handmade woodcrafts, candles, soaps, seasonal decor, pottery, jewelry, and many more. Enjoy a fun day of shopping and make this your

one stop shop for Valentine's Day, or shop early for Mother's Day and Father's Day.

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

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

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

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- community -

Hands-on pottery workshop explores history

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

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

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

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



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

Opioids and Opioid Rescue Training

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Presented By:

Kirsten L. Krieger RN, BSN

Public Health Nurse

(413) 967-9615

Email: kkrieger@townofware.com

Website: www.quabbinhealthdistrict.com

Please RSVP by 2/23/2024 to:

kkrieger@townofware.com

New Date and Time!

Training provided courtesy of the following organizations:



- opinion -



Re-blooming paper whites

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

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

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

Read on to see how it's done.

First, it's important to think about how bulbs work. They are a self-contained unit that has everything in that unit to bloom the first time no matter what, as long as basic environmental needs are met.

Pretty impressive.

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

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

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

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

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

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

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

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

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

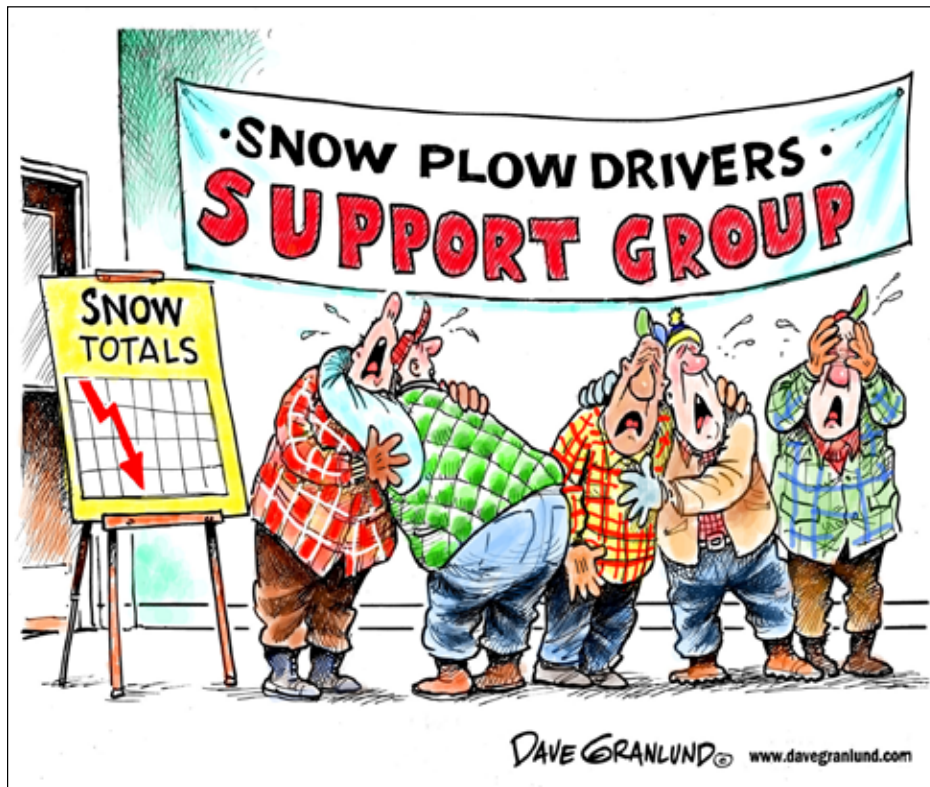
Eventually, though, the leaves will yellow and brown. Once they do it's time to cut them back and let the soil dry out completely, after which the bulbs can be removed.

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

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

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

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



My birthday is on the first of the month; when should I claim Social Security?

Dear Rusty:

I will be 62 on Nov. 1 and I have chosen to take my benefits early. I know that my benefit will be less than it would be if I waited and that does not concern me, but I don't want to be without income for a long period of time.

I know that if my birthday is on the first or second of the month, then I can draw that month. Does that mean that when I turn 62 on Nov. 1 that I can receive my first check on the second Wednesday of November?

Should I select November as the month I'd like my benefits to start? I also read that I would be paid the month following the month I select, hence my confusion.

Signed: Confused Senior

Dear Confused:

There are a few different Social Security rules, which come into play in your specific circumstance which are likely creating your confusion. First, since you will be 62 on Nov. 1, you will first become eligible for Social Security starting with the month of November.

Those born on the first or second of the month are eligible for benefits for that entire month, whereas those who turn 62 later in the month wouldn't be eligible for benefits until the following month. To claim benefits, you must be 62 for the entire month and, because your birthday is on the first, your first month being 62 for the entire month will be November and that is the month you should specify as your benefit-start month on your application.

The next thing to be aware of is that Social Security pays benefits in the

month following the month those benefits are earned. That means that your November benefits will be paid in December.

The exact payment date is determined by the recipients birthday – born before the eleventh of the month, SS payments are made on the second Wednesday; born between the eleventh and twentieth of the month, payments are received on the third Wednesday of the month and for those born after the twentieth of the month, payment is received on the fourth Wednesday.

Thus, since you were born on the first of the month and are claiming benefits to start in November, your first Social Security payment will be deposited in your bank account on the second Wednesday of December and all subsequent Social Security payments will be made on that same second-Wednesday schedule.

You can apply for your Social Security benefits up to four months prior to the month you wish them to start, and SS recommends you apply at least two months prior to allow time for processing your application. On the application, they will ask which month you wish your benefits to begin, and you can indicate November to get your earliest possible payment in December.

Actually, you can simply select the following option on the Social Security benefit application: "I want benefits beginning with the earliest possible month and will accept an age-related reduction," which will accomplish the same thing.

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

OPINION PAGE/ LETTERS POLICY

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Send opinions to:

Letters to the Editor, 80 Main Street, Ware, MA 01082 OR e-mail to pouimette@turley.com. Deadline for submission is Monday at noon for the following week's edition.

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OSV features an 'Evening of Illumination'

By Ryan Drago
Staff Writer
rdrago@turley.com

STURBRIDGE – A new experience at Old Sturbridge Village takes place in the nighttime as guests enjoy an “Evening of Illumination.”

Many history enthusiasts probably wonder how New England families spent their evenings before the introduction of texting, telephones, television and computers. Visitors got to tour around Old Sturbridge Village at night as it was lit only by candles, oil lamps, lanterns and firelight.

Guided tours around the Village Common allow guests to visit select homes and shops to see how early New Englanders spent their evenings in the days before electricity.

The tour began at the Ox & Yoke Café that was offering hot cocoa and coffee. Every destination at Old Sturbridge Village featured a form of candlelight.

Across from the café was the visitors center and museum that featured the first destination of some of the lighting options New Englanders in the early 1800s used for lighting.

A display of historical lighting was provided by Rich Eckert. From wax candles, oil lamps and pocket lanterns, there were many options to choose for how to light your home at night.

In one house, musician Aidan Griffith demonstrated how families kept themselves entertained at night. Many families had musicians in the family who played instruments such as guitars, pianos, flutes and fiddles.

The musician also demonstrated a reading in the candlelight, which is also a regular occasion for families living in the early 1800s. The musician finished off the visit by playing Beethoven’s “Celebrated Grand Waltz” on the guitar.

Another demonstration called “going to bed” was provided by Nicole Dressel. The bedtime attire consisted of night socks, a night gown and scuffs.

To keep warm at night, a bed would consist of two mattresses with a hot bed warmer made of a pan with warm stones going in between both mattresses.

Over at the Friends Meetinghouse, the Old Sturbridge Village singers performed under candlelight. The OSV singers were celebrating 20 years of performing at Old Sturbridge Village.

One of the classic songs performed by the OSV singers was “Hail Columbia”.

In one of the buildings, a shadow puppet show was demonstrated as candlelight was used to bring nighttime entertainment. Hand shadows, paper cutouts of characters and a bright wall made it all possible and brought stories to life.

The demonstrator recommended a classic book called “A Chemical History of a Candle” by Michael Faraday. The title of a series of six lectures on the chemistry and physics of flames given by Michael Faraday at the Royal Institu-

tion back in 1848.

Guests would then get a chance to observe a display of lusterware. Some of these fine teapots, sets and appliances cost about \$6 back in the 1830s.

Afterwards, more fine arts were seen at the Richardson House. Japanware was a replica of fashionable lacquerware that the English fell in love with and made replicas that expanded into the American colonies.

Decorators from all over New England trained in this style of painting and of course worked at night under candlelight. Many designs were done by hand prior to the introduction of stencils in the 1850s.

The evening of illumination would end at the Bullard Tavern where guests were treated to music, food, beverages and an evening ball featuring the Old Sturbridge Village dancers.

To experience the Evening of Illumination, visit www.osv.org. The next events will be held on Saturday, Feb 10 and Saturday, Feb. 24 at 6 p.m.

This program is designed for adults. Experience a unique part of history under candlelight at Old Sturbridge Village.



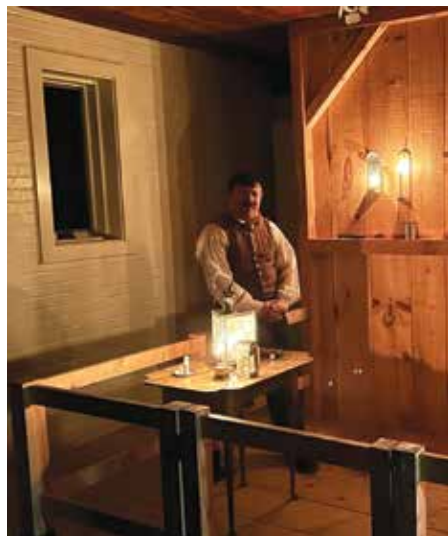
A couple enjoying some tea and reading next to a cozy fire in their Old Sturbridge Village household. TURLEY PHOTOS BY RYAN DRAGO



Nicole Dressel gave a demonstration about preparing for bedtime in the 1830s.



Alden Chartier is shown working on decorative japanware.



Rich Eckert stands alongside a display of historical lighting during the evening of illumination.

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- sturbridge -

Tickets available for Federated Church's Irish feast March 18

STURBRIDGE – The Federated Church of Sturbridge & Fiskdale has announced that its annual Irish Feast will take place on Monday, March 18 at the historic Publick House Restaurant according to event chair, Ken Benson.

“We are most grateful to the Publick House for its generosity in hosting this annual fundraiser for the benefit of the Federated Church and the Harrington Hospital Auxiliary,” said Benson.

“This annual dinner isn’t just a celebration of culture and community,” added Rev. David Cote. “It’s an expression of the enduring spirit of fellowship that guides our mission at the Federated Church and reminds us of the grace that surrounds us.”

The feast promises an evening of traditional Irish fare with two seating times to accommodate guests: an early seating from 4:30-6 p.m. and a later seating from 6:30-8 p.m. Attendees will be treated to a buffet-style meal that includes corned beef and cabbage, boiled potatoes, carrots, turnips, dinner roll and Irish soda bread, a beverage and a cupcake for dessert.

Tickets are \$17 per adult and \$7 for children aged 4-12. They may be purchased at the Church office located at 8 Maple St. on Mondays, Tuesdays, Thursdays, and Fridays between 9 a.m.-12:30 p.m. Payments may be made by cash or check.

Tickets are pre-paid only; no tickets will be sold at the door.

For electronic payments, Venmo is accepted at @Federated-Church. Please include the number of meals, preferred seating time and a mailing address in the note as tickets will be mailed to you.

The deadline for ticket purchases is March 11. To purchase tickets or for additional information, please reach out to the Church office by calling 774-304-1021 or Ken Benson at 774-230-3848.

The Federated Church of Sturbridge & Fiskdale joyfully celebrates Christ’s presence and God’s grace in our lives.

Community members are welcome and invited to join in worship on Sunday mornings at 9:30 a.m. Services are also live streamed on the church’s Facebook page.

‘Antiques Roadshow’ episodes filmed at OSV

STURBRIDGE – Last June, Old Sturbridge Village hosted the popular WGBH-produced “Antiques Roadshow” on the property.

Three one-hour episodes will air on local PBS stations beginning on Jan. 29. Other episodes will be aired on Feb. 5 and 12 at 8 p.m. on PBS.

Some of the highlighted treasures found at OSV and noted by PBS are “... a 1954 Marilyn Monroe tissue with a soldier’s letter, Paul Revere pottery vases, and a 1942 Ted Williams game-worn Red Sox jersey.”

“Antiques Roadshow” first contacted Old Sturbridge Village in early 2022 as a potential site for filming in its 28th season of the show.

“The pairing is a logical fit all around. Both businesses are based in Massachusetts and are institutions of history and education on their own. It was special to join our missions for this event,” said Christine Freitas, director of Communications and Content at Old Sturbridge

Village in a press release.

“Antiques Roadshow” was filmed at Old Sturbridge Village on June 13, 2023. The production was spectacular in its execution, setting up a one-day filming event for three, one-hour episodes to air at the beginning of their 28th season.

Chris Tieri, Chief Marketing Officer at Old Sturbridge Village said, “It was an honor and a true pleasure to work with the ‘Antiques Roadshow’ team from the early planning stages throughout the long day of filming in June of 2023. They are a well-oiled machine and extremely professional – we greatly appreciate the care and respect they brought to the Village and were incredible collaborators with our team throughout the entire production.”

Over 4,000 guests of “Antique Roadshow” were determined, good-spirited, and hopeful as they carried, wheeled, and dragged in all sorts of artifacts for assessment from professionals and specialists from all over the country.

Creative writing/publishing workshop offered March 10

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

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

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

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

people who have written something and need to know how to move ahead.”

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

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

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

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

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



A traditional corned beef and cabbage dinner is the fare for the Federated Church Irish Feast on March 18. SUBMITTED PHOTO

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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Flenda's

Saturday, February 3rd ~ 7:30pm-10:30pm
Kidd Hurricane

Wednesday Nights ~ 7pm-10pm
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Friday Nights 8pm-11pm
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Pool Players Wanted!
Glenda will sponsor a team to play in the Palmer Pool League - Call for details!

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QUABOAG REGIONAL MIDDLE HIGH SCHOOL STUDENT COUNCIL

Craft/Small Business Fair
February 10th, 9am-3 pm

Vendors include handmade woodcrafts, candles, soaps, seasonal decor, pottery, jewelry, and many more!

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

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

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

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

- community -

Pathfinder Tech welcomes Scout to school community

By Marcelo Gusmão
Staff Writer
mgusmao@turley.com

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

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

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

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

Director of Student Services, Marina Latourelle, has been charged with taking care of Scout after the school is closed, a responsibility that the rest of the staff has lined up to share, should Latourelle be unavailable.

“The recommendation was that he comes to work right away,” Latourelle said. “So he puts his little harness on and he comes to work, and he loves it.”

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

Superintendent Eric Duda named the adoption of Scout as one of his proudest accomplishments of the year, along with introducing the Yonder pouches to help cut down on phone use.

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

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

“You can have the best school psychologists and three guidance counselors and two adjustment counselors, a powerful admin team and a wonderful teaching staff, and we can all work to do something to help this student,” Duda said. “I saw this firsthand: you may or



Jennavieve Josephson stopped to pick up Scout on her way through the halls. TURLEY PHOTOS BY MARCELO GUSMÃO

may not get there quickly, but with a puppy, you get there immediately.”

Walking through the halls with Scout, students immediately lit up as soon as they saw him. Turner said that the staff coordinates a schedule for Scout to visit different classrooms at different times of day, in between his training and daily care.

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

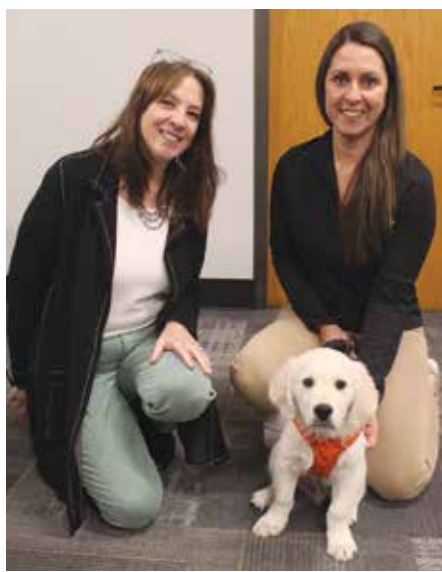
“We brought the puppy to our School Committee meeting last week,” Duda said. “We introduced the dog in public session, and everybody smiled, and people pet the dog, and everything else. The whole tone changes from there, you can feel the positive energy.”

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

“Myself and the team are happy to work with anyone who’s interested in doing what we’re doing,” Duda said, mentioning that police and fire departments could also benefit from a dog on-site.



Georgia Bousquet, Mackenzie Peterson, Addison Doktor and Julianna Lovejoy stopped to pose for a picture with Scout.



Scout is shown with Principal Brenda Turner and Marina Latourelle.

Lyndsey Schimmelpenning graduates Hofstra University

HEMPSTEAD, N.Y. – Lyndsey Schimmelpenning of North Brookfield graduated from Hofstra University in December 2023, earning a degree in psychology.

PLEASE RECYCLE
THIS NEWSPAPER

Town receives \$180,526 in Green Communities funding

WEST BROOKFIELD – The Department of Energy Resources Green Communities Division has approved an award of \$180,526 for the following projects proposed in the Town of West Brookfield’s Green Communities Competitive Grant application.

List of projects funded include \$100,000, Elementary School, LED lighting; \$34,422, Town Hall, weatherization; \$31,831, Merriam Gilbert Li-

brary, weatherization; \$1,312, Senior Center, weatherization; \$3,443, Fire Department, weatherization; and \$4,518, Water Department, transformers.

The Division reviewed West Brookfield’s grant application and has determined these are viable projects that meet the eligibility requirements of our Competitive Grant program. The use of these funds is restricted to the specifically approved projects listed above.

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Saturday, February 24 - 6:00 p.m.
Tickets Now Available at Hardwick Crossing

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& Receive Up to \$225.00 in Gift Cards
See Website for More Information

- community -

News from the Quabbin Regional School District

School district offers preschool opportunities for families

From the desk of
Colleen Mucha,
Superintendent of QRSD

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

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

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

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

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

Half day preschool programs are available at New Braintree Grade School, Ruggles Lane School, and Hubbardston Center School. Preschool registration is ongoing.

These programs are at "no cost" to families.

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

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

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



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



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



Superintendent Colleen Mucha read a book about dogs. TURLEY PHOTOS BY PAULA QUIMETTE

POLICY | FROM PAGE 1

which is responsible for impulse control and predicting consequences of actions. This part of the brain doesn't fully develop until a person is in their early-to-mid-20s, making adolescent substance use a great concern.

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

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

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

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

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

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

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

"It's very addictive," Krieger said.

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

Xylazine use started being reported

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

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

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

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

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

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

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

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

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

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

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

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

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

Food access

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

One member mentioned that she saw someone asking for food in a Facebook community forum. Council members agreed that they could use social media to share hours and locations of area food pantries, as well as monthly drive-through distributions and other resources.

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

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

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

Funding and grants

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

If awarded, the MDAR grant will be

used to continue to sustain the council.

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

This mini grant will also benefit area food pantries.

Community Food Assessment

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

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

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

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

Through these interviews, members will create a spreadsheet to track data.

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

About QVFPC

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

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

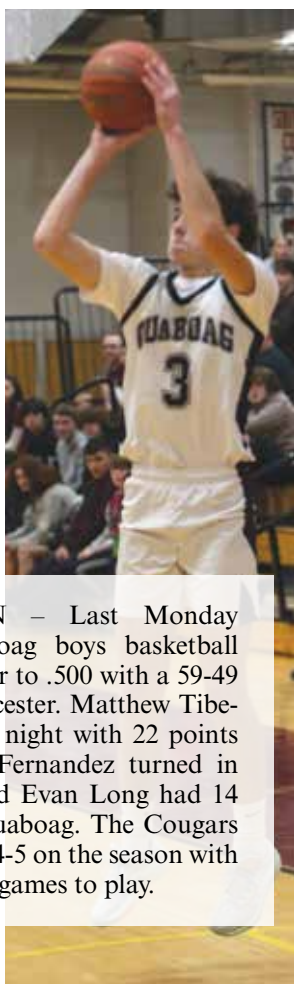
For more information, people may email Geaghan at cgeaghan@townofware.com.

SPORTS

Cougars knock off Leicester



Matthew Tiberii flies for the basket.



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



Jacoby LaBillois shoots from the free throw line.



Owen Stevens shoots in some traffic. TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Evan Long fires off a shot from close range.

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

Young Panthers learning lessons this season

By Tim Peterson
Sports Correspondent

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

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

"Clinton is the best team in our league this year. We were hoping to catch them on an off night," Dextradeur said. "We were also missing one of our starters, which made a big difference. He's one of our leading scorers. This was a very good learning experience for the other players. I would've like to have ten timeouts instead of only five."

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

The Panthers (2-10, 0-8) began the regular season with victories against Murdock, (58-18 at home), and at Narragansett Regional, (53-42) before losing their next ten games.

"Our first two games of the regular season were against



Kyle Clark (rockin the new doo) with a left-handed layup. TURLEY PHOTO BY RAY DUFFY

non-league opponents," Dextradeur said. "All of the teams in our league are having very good seasons. We're the only team who's going through the rebuilding process."

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

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

"Nick is our only senior and

See PANTHERS | PAGE 11

Warriors gets past Millbury

By Tim Peterson
Sports Correspondent

MILLBURY—The Tantasqua boys' varsity basketball team experienced the agony of defeat and the thrill of victory in back-to-back games against SWCL-A league rivals.

After suffering a heartbreaking double overtime home loss to the Auburn Rockets on January 19, the Warriors celebrated an exciting 55-49 road victory over the Millbury Woolies, who entered last Monday night's contest with a perfect 5-0 league record.

"I'm very proud of my team," said Tantasqua head coach Scott Dion. "We were outworked and outcoached in the double overtime home loss to Auburn the other night. We didn't play very well in that game. I thought we executed the game plan and played outstanding in tonight's game against the best team in our league. My players are unselfish, and nobody really cares who the leading scorer is."

The last time that the Warriors (6-5, 4-3) defeated the Woolies (8-3, 5-1) on the hardwood was a 47-41 victory in the second meeting of the 2021-22 regular season, which was also held at Martin J. Roach Gymnasium.

The Woolies have only lost two other home games since that time. The pep band and the loud student section makes the gym feel like a college atmosphere.

"This is the first time that I played a varsity basketball game in this gym," said Tantasqua senior guard Jack Rapose, who missed his junior season recovering from an ACL injury. "It's a cool environment. When you're standing on the court, it feels like the fans are right on top of you."

The Warriors leading scorer in the second meeting of the 2023-24 regular season against the Woolies was sophomore forward Sam Pieczynski, who scored ten of his team-high 13 points during the second half. Pieczynski, who came off the bench, didn't play in the first meeting against Millbury, which was a 54-44 home loss on December 18.

Junior forward Elijah Webb scored eight of his 10 points before halftime and junior guard James Sciaraffa added nine points.

Rapose chipped in with eight points, but his main responsibility was guarding Millbury senior Kenny Donnelly, who's the leading scorer in SWCL-A. Donnelly scored

See WARRIORS | PAGE 11

- sports -

Pioneers suffer tough loss at Monson

By Tim Peterson
Sports Correspondent

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

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

The Mustangs (10-4) clinched a berth in the state tournament following an 84-57 non-league victory over the Pathfinder Tech Pioneers before a large crowd at Michael J. Kane Gymnasium, last Friday night.

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

Monson, who won their fourth consecutive game, were ranked 12th in the MIAA Division 5 state power rankings. They were also ranked fourth in the Western Mass. Class D. power rankings. The top eight teams in each of the four classes will qualify for the Western Mass. tournament.

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

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

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

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

Dillahunt and the Beaupre brothers combined to score 58 points against the Pioneers.

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

Senior forward Sebastian Nava and sophomore forward Austin Meacham just missed reaching double digits in the home victory, as they both scored eight points.

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

It was the first meeting on the hardwood between the two squads since Pathfinder squeaked out a 43-39 home win in a non-playoff game two years ago. That victory gave Pathfinder Tech a berth in the inaugural Division 5 state tournament. They lost at Minuteman Regional in a preliminary round game.

The Pioneers, who lost at Paulo Freire in the same round a year ago, had a 6-5 overall record following last Friday's game. They were ranked 35th in the Division 5 state power rankings and eighth in the Western Mass. Class C. rankings.

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

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

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



Hunter Griswold reaches out for the layup. TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Seth Mitchell drives to the hoop.



Cayden Bousquet makes his way down the court.



Richie Gula looks for a shot.



Adam Slonka tries to get a shot off.

again in the state tournament."

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

The other Pathfinder Tech players who live in Monson are junior guard Seth Mitchell (6 points), senior forward Adam Slonka (4 points), and senior forward Luke Magnus (2 points).

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

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

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

If the two boys' basketball teams don't face each

other again in the Division 5 state tournament, Monson is scheduled to make the short trip to Pathfinder Tech during the 2024-25 regular season.

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- sports -

PANTHERS | FROM PAGE 9

he's been a very good team leader. He understands that we're in a rebuilding year," Dextrateur said. "Everyone else on the varsity basketball team will be returning. The j.v. team will also be staying the same."

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

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

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

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

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

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

The Panthers only made five of their

18 shots from the free throw line.

"We always tell the players that going to the free throw line is free offense," Dextrateur said. "We shot very poorly from the free throw line in tonight's game."

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

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

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

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

The home team wouldn't get any closer than that during the second half.

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

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

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



Luke Salvatore put up a jump shot. TURLEY PHOTOS BY RAY DUFFY



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



Bryce Venne leaps over the defenders with a jump shot.



Anthony Quarterone takes it to the hoop.

WARRIORS | FROM PAGE 9

14 of his game-high 22 points during the second half, but the Warriors never trailed after the first quarter.

"It was very difficult guarding him because he's 6-foot-6 and shoots the ball over his head," said Rapose, who's an outstanding three-sport athlete. "I did everything that I could to try to stop him from scoring. This is a huge win for us, especially after losing at home to Auburn in double overtime."

Sophomore Jimmer Donnelly scored 11 points for the home team.

While the Donnelly brothers combined to score 33 points against Tantasqua, no other Millbury player scored more than six points.

It's a family affair for the Donnelly's. Their father, Jim, is the Woolies head coach and he's approaching his 400th career victory.

The lead changed sides a couple of times during the first quarter.

Following a Webb 3-pointer from the left side and a Sciaraffa lay-up with ten seconds remaining in the opening quarter, the Warriors entered the second stanza holding a slim 9-8 lead.

At the start of the second quarter, a fastbreak lay-up by Jimmer Donnelly gave the home team the lead for the final time.

Then Pieczynski and senior guard Colm McGrath (7 points) hit back-to-back 3-pointers, which started a 17-5 Tantasqua run.

"After we took the lead early in the second quarter, we never trailed again," Dion said. "We showed what we're capable of doing when we have a common mission, and when we play well as a team."

Late in the first half, Rapose was fouled while making an inside hoop. He made the bonus free throw completing the old fashion three point play. McGrath knocked down another 3-pointer from the left corner, which pushed the Warriors lead into double digits (26-15) for the first time.

Tantasqua, who made five 3-pointers in the first half, continued playing well at the start of the second half, as they outscored Millbury, 10-6, during the first five minutes of the third quarter.

Pieczynski made a pair of lay-ups and an inside hoop during that stretch giving the Warriors a 36-23 advantage.

The Woolies responded with a 10-2 run closing the gap to 38-33 with a little more than a minute remaining in the third quarter.

A put-back hoop by junior forward

Noah Wotton, which was his only field goal of the game, and a Pieczynski baseline jumper pushed the Warriors lead to 42-33 entering the final eight minutes of the contest.

With 5:40 left in regulation, Rapose made a jumper in the lane giving the visitors a 48-36 lead.

The Woolies cut the deficit down to four points a couple of times, but Sciaraffa sealed the Warriors victory by making a pair of free throws with 11 seconds on the scoreboard clock.

Tantasqua and Millbury play in different Divisions in the state tournament, but they could possibly meet for a third time this winter at the Clark Tournament, which is scheduled to be held during the February school vacation week.

- community -

Two men charged in connection with destructive devices

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

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

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

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

MARKET | FROM PAGE 1

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

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

Well, there is a reasonable explanation and Halley Stillman of Still Life farm was there to tell it.

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

Now, as to that abovementioned variety of produce.

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

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

Cold hearty varieties are planted, and they can be harvested overwinter. Among the veggies suitable for such treatment are Bok Choi, Kale, Swiss Chard, Spinach, Red Mustard as well as a salad mix.

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

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

Popcorn on the cob, being dry, did not need much in the way of special storage. However, apples, root veggies



Halley Stillman of Still Life Farm in Hardwick is a vendor at West Brookfield Winter Farmers Market. TURLEY PHOTO BY RICHARD MURPHY

such as onions and potatoes would, as well as Winter Squash and Sweet Potatoes.

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

In just a few months Still Life will again be ramping up for the growing season and then, Halley and Curt will organize their lives around growing as much as they can and serving farmers markets and their CSA customers.

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

The only people who would do this are those for whom it is a labor of love,

and that was something Halley spoke to. She "loves being part of a community" and is "committed to the importance of a sustainable food system."

A little more than a year ago, outside interests tried to buy a lovely old farm and turn it into a center of Thoroughbred horseracing in Hardwick. A town referendum would put a stop to the attempt.

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

To read it is to know why Stillman family farms.

TEXTILES | FROM PAGE 1

a master blacksmith (a skill he learned at OSV) and owns Resurrection Iron Works.

At the Historical Society's Jan. 18 meeting at the Publick House, Beall and Heidemann brought items from the museum's clothing collection.

"This really is a subject that is near and dear to our hearts," Beall said.

Heidemann said "Needle & Thread" is the first book published by OSV in decades, and it has bolstered the reemergence of the museum's textile and clothing program.

Sewing, mending and laundering

Along with their colleagues at the museum, Beall and Heidemann focused on who was making the clothing and mending it; bringing attention to women and their sewing and needle skills.

Diaries and account books gave a deeper look into these skilled sewers, with diaries mentioning sewing, knitting, mending and laundry regularly.

"Certainly, the women in the household were working a lot," Beall said, adding that it was "rare to find a day that goes by without a textile focus."

A young child named Lucy logged in her diary, pondering how long it would take to stitch a coat for someone as tall as her father, and lamenting at the hours and hours of labor it would take.

Beall said families were larger in the 1830s and girls would learn how to use a needle around 3-5 years old, usually starting with dishtowels.

"Everyone wore layers," Beall said, including petticoats, stays, corsets, seasonal garments, cloaks and shawls. "There were a fair number of textiles that needed to be mended and maintained."

Unlike our modern, disposable soci-



Rebecca Beall, left, and Derek Heidemann of Old Sturbridge Village, presented a program on textiles at Sturbridge Historical Society's first meeting of the new year on Jan. 18. TURLEY PHOTO BY PAULA OUIMETTE

ety, clothing in the 1830s was made to last for years, and was often remade to keep up with fashion trends.

Beall said a lot of advice books of the day also talked about laundering and washing clothes. Some books also contained clothing patterns.

Beal said the people also used external sources for providing clothing for themselves and their families, including seeking out professionals that had exceptional sewing skills. Readymade clothing also began to emerge in the 19th century in more urban areas.

The exhibit

After the HVAC system failed in one of the museum's buildings and it had to be emptied for repairs; it created a blank

canvas to display these textiles in a new space.

"It really led us to develop the exhibit," Beall said, inspiring a new emphasis on the garments people would have worn in the time period.

It also led to the creation of textile workshops, including a "Dress in a Day" workshop, where participants created a wearable garment in one day.

The exhibit opened in 2022 and will change periodically to display the roughly 6,500 textile items in the museum's collection.

"Needle & Thread"

Heidemann said the museum had been looking for ways to give the public more access to the textile collection, and

getting back into publishing could help with that.

"We wanted to tell a deeper story," he said.

Featured in the book are several items of clothing that the museum has provenance on, including a red "skeleton suit" worn by Tristan Little of Hampstead, New Hampshire. Made of wool, this suit shows signs of having been patched and mended many times.

The sleeves of the suit are also different lengths, which suggests it was in the process of being let out or taken in, when it was retired.

Although not featured in the book, Beall and Heidemann brought a coat tailored for 3-day-old infant William Henry Skerry of North Brookfield. The coat was made for him by a relative, and comes paired with a striped faux vest.

The book can be purchased at the museum's gift shop or online at shop.osv.org.

Upcoming events

The Sturbridge Historical Society will continue its monthly meetings and programs through the spring. All programs begin at 7 p.m. and are generously hosted by the Publick House.

Upcoming events include: Feb. 22, Stone Walls of Sturbridge by Rich Paradise, Sturbridge Trails Committee; March 28, Pistol Pond and the Manufacture of Underhammer Guns in Sturbridge by Robert S. Arnold, Charles Blanchard and Doug Quigley; April 25, Sturbridge in the Civil War by Wally Hersee; and May 23, World War II at the Publick House by Wally Hersee.

A walking tour of the Sturbridge Common will be led by Sandra Gibson-Quigley on June 8 at 9 a.m.

East Brookfield Police Log

During the weeks of Jan. 15-28, the East Brookfield Police Department responded to 421 building/property checks, 155 directed area patrols, four traffic controls, 29 radar assignments, 14 emergency 911 calls, three complaints, one harassment, five citizen assists, four assist other agencies, three safety hazards, two investigations, one animal call, six motor vehicle accidents, two scams and 78 motor vehicle stops in the town of East Brookfield.

Monday, Jan. 15

6:34 a.m. Motor Vehicle Stop, West Main Street, Vehicle Towed
7:31 a.m. Investigation, Unknown Location, Investigated
8:32 a.m. Assist Citizen, Connie Mack Drive, Officer Handled
6:55 p.m. Investigation, East Main Street, Services Rendered

Tuesday, Jan. 16

12:42 a.m. Safety Hazard, Route 49, Taken/Referred to Other Agency
11:06 a.m. 911 Medical Emergency, East Main Street, Transported to Hospital
5:51 p.m. Motor Vehicle Accident, Adams, Road, Vehicle Towed
8:54 p.m. Motor Vehicle Stop, Blaine Avenue, Vehicle Towed

Wednesday, Jan. 17

5:06 a.m. Motor Vehicle Stop, East Main Street, Citation Issued
7:01 a.m. 911 Misdial, Dunn Brook Road, No Action Required
8:21 a.m. Motor Vehicle Stop, East Main Street, Citation Issued
3:53 p.m. Assist Other Agency, Out of Town, Officer Handled
4:06 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
4:17 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
4:26 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
4:38 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
4:44 p.m. Motor Vehicle Stop, East Main Street, Citation Issued

4:48 p.m. 911 Medical Emergency, Maple Street, Transported to Hospital
5:01 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
5:21 p.m. 911 Medical Emergency, High Rock Road, Transported to Hospital

Thursday, Jan. 18

8:20 a.m. Motor Vehicle Stop, East Main Street, Citation Issued
2:23 p.m. 911 Misdial, Baker Hill Road, Spoken To
5:26 p.m. Motor Vehicle Stop, West Main Street, Citation Issued
8:24 p.m. Motor Vehicle Stop, West Main Street, Citation Issued
8:40 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
9 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
9:30 p.m. Motor Vehicle Stop, Harrington Street, Citation Issued
9:43 p.m. Motor Vehicle Stop, Route 49, Citation Issued
10:20 p.m. Motor Vehicle Stop, East Main Street, Citation Issued

Friday, Jan. 19

6:08 a.m. Fire Alarm, East Main Street, Services Rendered
7:57 a.m. Fire Alarm, East Main Street, Services Rendered
9:24 a.m. Motor Vehicle Stop, North Street, Vehicle Towed
10:26 a.m. 911 Medical Emergency, East Main Street, Transported to Hospital
9:38 p.m. Scam, Connie Mack Drive, Spoken To

Saturday, Jan. 20

2:54 a.m. Assist Citizen, Baker Hill Road, Services Rendered
8:16 a.m. Motor Vehicle Stop, Po-dunk Road, Citation Issued
9:43 a.m. Mutual Aid Ambulance, Out of Town, Call Canceled
4:38 p.m. Disabled Motor Vehicle, West Main Street, Vehicle Towed
4:41 p.m. Safety Hazard, Area Roads, Dispatch Handled
4:52 p.m. Motor Vehicle Stop, West

Main Street, Citation Issued
5:06 p.m. Motor Vehicle Stop, West Main Street, Citation Issued
10:39 a.m. Motor Vehicle Stop, Po-dunk Road, Citation Issued
7:31 p.m. Motor Vehicle Stop, Po-dunk Road, Citation Issued

Monday, Jan. 22

8:23 a.m. Motor Vehicle Stop, East Main Street, Arrest(s) Made
2:57 p.m. Assist Other Agency, West Main Street, Services Rendered
4:34 p.m. Motor Vehicle Stop, West Main Street, Citation Issued
5:28 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
5:50 p.m. Motor Vehicle Stop, North Brookfield Road, Citation Issued
9:12 p.m. 911 Medical Emergency, Terry Lane, Transported to Hospital
10:10 p.m. Motor Vehicle Stop, Route 49, Citation Issued

Tuesday, Jan. 23

12:17 a.m. Motor Vehicle Stop, East Main Street, Citation Issued
2:24 a.m. Motor Vehicle Stop, North Street, Citation Issued
5:04 a.m. Assist Citizen, Connie Mack Drive, Officer Handled
10:30 a.m. Assist Citizen, East Main Street, Dispatch Handled
10:46 a.m. Harassment, Out of Town, Taken/Referred to Other Agency
8:12 p.m. Safety Hazard, East Main Street, Officer Handled

Wednesday, Jan. 24

12:17 a.m. 911 Motor Vehicle Accident, Shore Road, Transported to Hospital
8:18 a.m. Medical Alarm, North Brookfield Road, Services Rendered
9:47 a.m. Assist Other Agency, Connie Mack Drive, Officer Handled
1:26 p.m. Assist Other Agency, Po-dunk Road, Dispatch Handled
3:55 p.m. 911 Motor Vehicle Accident, East Main Street Report Taken

Thursday, Jan. 25

10:23 a.m. Complaint/Motor Vehicle

Operations, East Main Street, Services Rendered
2:28 p.m. 911 Misdial, Howe Street, Negative Contact
3:09 p.m. Medical Emergency, High Rock Road, Services Rendered

Friday, Jan. 26

3:57 a.m. Parking Complaint, East Main Street, Written Warning
2:10 p.m. Assist Citizen, Baker Hill Road, Services Rendered
4:20 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
4:36 p.m. Parking Complaint, East Main Street, Officer Handled
4:57 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
7:40 p.m. Complaint/Motor Vehicle Operations, East Main Street, Could Not Locate
7:47 p.m. Motor Vehicle Stop, Po-dunk Road, Citation Issued
8:20 p.m. Motor Vehicle Stop, East Main Street, Citation Issued
9:39 p.m. Motor Vehicle Stop, North Brookfield Road, Citation Issued
9:42 p.m. Motor Vehicle Stop, Route 49, Citation Issued
10:18 p.m. Motor Vehicle Stop, Route 49, Citation Issued
10:20 p.m. Motor Vehicle Accident, East Main Street, Report Taken

Saturday, Jan. 27

12:41 a.m. Motor Vehicle Stop, East Main Street, Citation Issued
1:35 p.m. 911 Medical Emergency, Lashaway Drive, Transported to Hospital
8:32 p.m. Motor Vehicle Stop, Route 49, Citation Issued

Sunday, Jan. 28

12:38 a.m. Motor Vehicle Stop, East Main Street, Citation Issued
11:38 a.m. 911 Motor Vehicle Accident, Adams Road, Vehicle Towed
12:44 p.m. Scam, East Main Street, Officer Handled
1:23 p.m. Motor Vehicle Accident, Howe Street, Vehicle Towed

CO-OP | FROM PAGE 1

er Boragine said of her parents' store, where she spent much of her time growing up.

Heller Boragine said she had wanted the store to become a co-op for some time, and with her parents preparing for their retirement, now is the right time.

"I'm really excited that it's finally happening," she said.

Board member Barbara Marderosian said she has been shopping at Tip-Top for some time, and one thing each person in the room had in common was their support for local business.

She listed things about the store that are important to shoppers, including the environment, people, healthy and affordable food, natural and organic products and more.

Discussion about shifting the store to a co-op started last summer with the steering committee hosting some outreach events to gather support for the change.

"At this point, we are ready to start officially filing paperwork," board member Marianna Kleyman said.

The first step, she said, will be to come up with a name for the co-op, which will allow the board to file and get a tax identification number.

The co-op will be membership driven, with volunteers as well as paid staff.

"We're going to be doing it on our own with all of your help," Treasurer Connie Martel said.

Heller Boragine said there are numerous resources for food cooperatives

in New England in terms of funding.

"We have lots of support, but we're going to need your support, too," she said.

The biggest support will be creating a network of volunteers to give their time to help check products for pricing and expiration dates, cleaning shelves with a damp cloth, making lists of items to reorder and more. Volunteers need to be 18 and over.

Board member Molly Jackson said they will start gathering volunteers through an application process. Volunteers will earn tokens for every shift worked, which can be spent to earn 5-10% off their purchase.

A jar will be placed at the register where volunteers can donate their tokens for others to use, including those with low or fixed incomes. The tokens do not expire.

Volunteers do not need to be members of the co-op, nor are members required to volunteer.

Heller Boragine said the store will continue to be open throughout this process.

After the co-op board decides on an official name for filing, the committee will file articles of organization with the commonwealth and develop a business plan. By summer of 2024, the committee hopes to transfer and run the business, write grant applications and initiate membership to support the co-op.

For more information, visit www.tip-toponline.us.

New Braintree Police Log

During the week of Jan. 22-29, the Hardwick/New Braintree Police Department responded to 18 building/property checks, 26 directed area patrols, two traffic controls, three radar assignments, one investigation, one motor vehicle accident, five emergency 911 calls, three animal calls and one motor vehicle stop in the town of New Braintree.

Monday, Jan. 22

10:27 a.m. 911 Medical Emergency, Worcester Road, Transported to Hospital

Wednesday, Jan. 24

11 a.m. 911 Hang-up/Abandoned, Memorial Drive, Spoken To
4:07 p.m. 911 Animal Call, Utley Road, Taken/Referred to Other Agency

Thursday, Jan. 25

12:51 p.m. 911 Misdial, Memorial Drive, Dispatch Handled
3:33 p.m. Medical Emergency, Oakham Hospital

Friday, Jan. 26

3:52 p.m. Motor Vehicle Stop, Barre Road, Citation Issued
5:13 p.m. Investigation, McKay Road, Investigated

Sunday, Jan. 28

2:42 p.m. 911 Medical Emergency, Hardwick Road, Transported to Hospital
11:04 p.m. Motor Vehicle Accident, Barr Road, Vehicle Towed

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BEAUTIFUL RED FLAT COATED six month old female mini golden doodle. Looks like small retriever without the shedding. Loves people, loves to play. All vaccines up to date. \$350 to a loving family. Call Kelsey 413-218-1294.

HELP WANTED

ASSISTANT TOWN ACCOUNTANT

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

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

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\$925 LUDLOW. Quiet 1 bedroom, 2nd floor, open kitchen/living room. Parking, on-site laundry. Utilities not included. No smoking, no pets. 413-543-3062.



ALL REAL ESTATE advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

- legal notices -

LEGAL NOTICE TOWN OF WEST BROOKFIELD CONSERVATION COMMISSION

Pursuant to Massachusetts General Laws, Chapter 30A, 18-25, as amended by Chapter 28 of the Acts of 2009, The Wetlands Protection Act, the West Brookfield Conservation Commission will hold a public hearing on **WEDNESDAY February 7, 2024 at 6:00 pm** in the first floor meeting room, West Brookfield Town Hall, 2 East Main Street.
 6:10 PM- Public Hearing:

• RDA- 15 Lake Shore Drive ext - Gary Pabis - Tree removal
 02/02/2024

COMMUNITY OUTREACH MEETING

Notice is hereby given by Green Gold Group that a Community Outreach Meeting for a proposed Marijuana Establishment is scheduled for **Tuesday, February 20, 2024 at 5:00 PM** at **55 School Street, North Brookfield, MA 01535** (NB Police Station). The proposed Medical Marijuana Cultivation and

Manufacturing Establishment is anticipated to be located at 60 Prospect Street, North Brookfield, MA 01535. This meeting is being held in order to open a Medical Marijuana retail establishment in Palmer, MA. There will be no change, increase, or other effect on GGG's existing North Brookfield operations. There will be an opportunity for the public to ask questions. This meeting is being held due to a clerical error in scheduling the original meeting advertised for 1/29/24, not for a separate project.
 02/02/2024

Bill to allow Medicare coverage for medical wigs

WASHINGTON, D.C. - Rep. James P. McGovern and Rep. Ayanna Pressley alongside Sen. Richard Blumenthal announced that they are reintroducing the Wigs as Durable Medical Equipment Act.

This legislation would help individuals affected by alopecia and patients with cancer who are undergoing chemotherapy.

Many private insurance plans cover wigs for those undergoing treatments that cause hair loss or who are affected by alopecia areata. This bill would allow cranial prosthetics (wigs) to be covered under the Medicare program.

For both McGovern and Pressley, the issue is deeply personal. In 2019, Pressley revealed in a video that she had been diagnosed with alopecia universalis, an auto-immune disease which attacks the hair follicles.

Since then, Pressley has championed

policies in Congress that support and express solidarity with the nearly 7 million Americans living with alopecia. In a 2021 interview with Vanity Fair, McGovern revealed that his thinking on this issue has been impacted by a cancer diagnosis in his own family.

With no known cause or cure, alopecia areata is an autoimmune skin disease affecting approximately 6.9 million Americans. The disease disproportionately affects children and Black Americans, particularly Black women.

Many individuals affected by Alopecia Areata utilize wigs as there are currently few effective treatment options.

Unfortunately, these prosthetics can come with a significant out-of-pocket cost from \$100 to several thousand dollars for individuals with low or fixed incomes. This is especially burdensome for children, who often want cranial prosthetics for attending school.

Nichols College lists Dean's List students

DUDLEY - Nichols College announces Dean's List honors during the fall 2023 semester.

Local students making Dean's List are Olivia Charette and Logan Talbot, both of North Brookfield. In order to

be included on the Dean's list, a student must have a minimum average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below B- during the semester.

Job Connection

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TOWN OF NEW BRAINTREE EMPLOYMENT OPPORTUNITIES

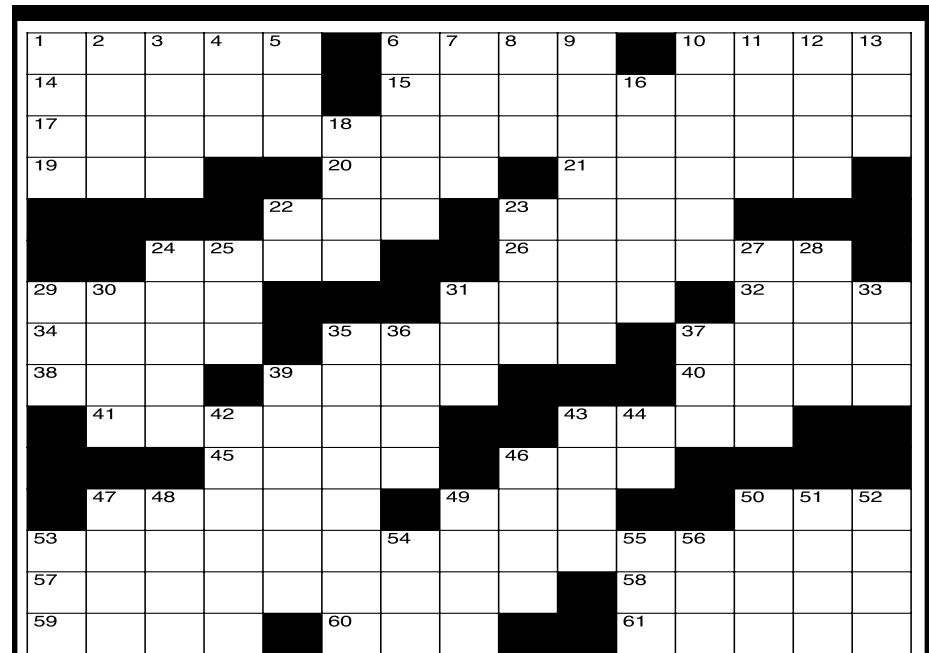
HIGHWAY SECRETARY • PART-TIME

The Town of New Braintree Highway Department is seeking a part-time Secretary for five (5) hours per week during business hours. High school education: associate degree preferred. Minimum 3 to 5 years of responsible administrative work experience. Ability to maintain detailed statistics and records. Proficiency needed in computer applications. Knowledge of Chapter 90 procedures is suggested. Hourly rate of \$20/hour with no benefits. If interested, please mail a resume by 7th February 2024 4:00 p.m. to Select Board, Town Hall, 20 Memorial Drive, New Braintree, MA 01531 or by email to: selectboard@newbraintree.org.

EXECUTIVE SECRETARY TO THE SELECT BOARD

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

The Town of New Braintree is an equal opportunity employer.



CLUES ACROSS

- 1. Become less intense
- 6. Variety of pear
- 10. Religion native to China
- 14. Type of tooth
- 15. Fitted out
- 17. Make every effort
- 19. Autonomic nervous system
- 20. Complete
- 21. Alternate name
- 22. River in France and Belgium
- 23. Miami's mascot is one
- 24. Turfs
- 26. Most cognizant of reality
- 29. Broad volcanic crater
- 31. Canadian surname
- 32. Satisfaction
- 34. Traitorous Greek mythological prince
- 35. Collide
- 37. Immune response
- 38. Feline
- 39. High opinion of one's own appearance
- 40. Thin strip to align parts
- 41. Containers
- 43. Convicted American spy
- 45. Breathe noisily
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Swiss river
- 50. I.M. ____, architect
- 53. Have surgery
- 57. Formal withdrawal
- 58. Dutch and German surname
- 59. Square measures
- 60. 2,000 lbs.
- 61. Degrade someone
- 7. Gemstone
- 8. A place ships dock (abbr.)
- 9. Evergreen tropical tree
- 10. Reality TV star Richards
- 11. Nonflowering aquatic plant
- 12. Stakes
- 13. Antidiuretic hormone
- 16. Make warm again
- 18. Light beams
- 22. Lethal dose
- 23. Terrorist group
- 24. Kids love him
- 25. Naturally occurring solid
- 27. German surname meaning "man from Saxony"
- 28. Popular cuisine
- 29. Partner to cheese
- 30. Type of horse
- 31. __ Diego
- 33. Defensive nuclear weapon
- 35. Most shrewd
- 36. It may be for shopping
- 37. Midway between south and southeast
- 39. A stock of foods
- 42. The bindings of books
- 43. Swiss river
- 44. Megabyte
- 46. Sammy ____, songwriter
- 47. Dutch colonist
- 48. Clare Booth ____, American writer
- 49. Sun or solar disk
- 50. Popular type of bread
- 51. Transfers of money (abbr.)
- 52. Association of engineering professionals
- 53. Young women's association
- 54. City
- 55. Niger-Congo branch of languages
- 56. Pointed end of a pen

QUABOAG CURRENT

WEST BROOKFIELD Town receives Green Communities grant p7	STURBRIDGE Tickets available for Irish Feast p6	WARREN Craft Fair is Feb. 10 p2	Editorial/Opinion Sports Police Logs Classifieds	4 9 13 14
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Volume 17, Number 10

Friday, February 2, 2024

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