

# BARRE GAZETTE

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Turley Photos by Ryan Drago

Right, Julian Piedad, Dave Rogowski, Ivy Rogowski, Whitney Rogowski, and Callen Rogowski who attended the Kid's Easter Egg Hunt at the South Barre Rod & Gun Club. Below, Charlotte and Audrey Barry, with matching strawberry shirts, were ready for their first egg hunt at the South Barre Rod & Gun Club.



## Rod & Gun Club held Easter Egg Hunt

By Ryan Drago  
Staff Writer  
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HARDWICK – Over 2,000 colored eggs were left on the field and playground

of the South Barre Rod & Gun Club this past Saturday, only to be picked up by dozens of children from the area.

Every year, the Rod & Gun Club hosts an egg hunt and has a turnout of anywhere from 30 to 60 kids.

Participating in the egg hunt for the first time at the South Barre Rod & Gun Club were Charlotte and Audrey Barry. The two were wearing matching strawberry shirts and brought their own

See EASTER, page 10

## Wells wins

Shad Wells wins term on Water Commission over incumbent

By Ellenor Downer  
Editor  
edowner@turley.com

BARRE – Two hundred eight two or 6.4% of the town's 4,409 registered voters went to the polls for the Annual Town Election on Monday, April 6.

Shad Dereck Wells won a three year term as Water Commissioner over incumbent John J. Pimental, Jr.. Wells received 231 votes (122 Precinct 1 and 98 Precinct 2 and Pimental got 47 votes (25 Precinct 1 and 22 Precinct 2).

Running unopposed, Mark A. Regienus, won a second three-year term to the Select Board. He received Michael A. Collins won a three-year term to the Board of Health with 207 votes (113 Precinct 1 and 94 Precinct 2).

Glen C. Alt won another three year term as Sewer Commissioner with 215 votes (120 precinct 1 and 95 precinct 2). Anthony

See WELLS, page 10

## Select Board approved TA job posting

By Zacharias Fragkiadakis  
Staff Writer  
zachf@turley.com

HUBBARDSTON – The town of Hubbardston has started the process for finding a new town administrator, as the interim town administrator, Sean Fitzgerald's term is set to end at the end of June.

Kari Sacramone is the chair of the Town Administrator Search Committee, which has held its first meetings to finalize and post a job posting. Sacramone said the committee is making progress with the job posting, but needs the Select Board's approval on a salary range to be included in the job posting, which is a Massachusetts law.

She said the committee is looking at other town's pay for town administrators and came up with a recom-

mended range of \$130,000-\$150,000 to offer out of the about \$11 million budget of Hubbardston. She said Berlin which pays \$150,000-\$175,000 on an \$18 million budget and Townsend which pays \$140,000-\$180,000 on a \$30 million budget. Sacramone said that the general "rule of thumb" is to pay the town administrator 1.2% of the overall budget.

Fitzgerald said that range was acceptable, specifically because there was a large-scale municipal complex project in the works, and the town needed someone with experience and qualifications to complete it. Sacramone said hiring at lower rates was a disadvantage.

Select Board Chair Jeff Williams, who is also a member of the search committee, agreed that experience was important and added that the town has had

a lot of transition over the past six months. He said he supported the recommended salary range.

Select Board member Kris Pareago said the town can only pay what they can afford and that the proposed range was too high, and instead suggested a range of \$110,000-\$130,000.

Fitzgerald said there were ways to make the range work financially. He said the town was losing out on over a million dollars in property taxes, from properties that had not re-applied for Mass General Law chapter 61 (forest lands), 61A (agriculture lands), and 61B (recreation lands), but were still receiving the discount on taxes. The Assessor's office was working to rectify that.

Select Board member Peter Walker made the motion to accept the proposed salary range, which

passed 3-1 with Pareago opposed.

### Finance update

Fitzgerald said he is working with Finance Committee Chair Seth Knipe to get numbers for fiscal year 2026 year to date, which he shared with the board. There were still 20 lines on the budget running deficits, along with "a number of lines running excessive overages."

Fitzgerald said the Town Accountant Marcia Bohinc was still working on reconciliation efforts and working to get a year to date actual to present to the board. Fitzgerald said there was about \$3 million left in the annual appropriation and the police, fire, and department of public works were managing their budgets carefully. He had sent a memo to other department heads to freeze budgets.

See BOARD, page 10

## Memorial Day Committee plan parade May 25

By Zacharias Fragkiadakis  
Staff Writer  
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HUBBARDSTON – The Hubbardston Memorial Day Committee met twice since their first meeting, meeting on March 23 and March 30 to continue putting the pieces in place for the Memorial Day parade on May 25.

Some events set to be booked were an ice cream social, which would be held by the Council on Aging. The committee would reach out to formally move forward with that event. Additionally, the senior singers were set to return this year, to sing the anthems of the various military branches.

The committee was still working to book a master of ceremonies. Mike Stoll was present at their first meeting, and said he would volunteer if nobody else was available. Members of the committee said that Tom Collier usually was the master of ceremonies, but Stoll was still an option.

Committee member Taylor Wilkinson said she would reach out to a veteran she knows from Templeton, and she might be available on that day to be the master of ceremonies. Board member Katie Young said she would reach out to Select Board member Peter Walker to see if he would like to be the master of ceremonies.

They were also looking to book a guest speaker, potentially state Rep. Donnie Berthiaume, a Navy veteran or state Sen. Peter Duran. Bill Shea was present at the March 30 meeting and volunteered to be a guest speaker and have a brief presentation.

Wilkinson said she reached out to the elementary

school about getting students to read excerpts from the Gettysburg Address and In Flanders Field, and said the school was on board. They would schedule a time for tryouts.

Committee Chair Stevie LaBelle said she reached out to the high school about their band attending, but has not heard back. Shea noted the band runs on a rotation between each town in the district and would not be available. She also reached out to the McGann band from Gardner. They were booked on that day, but could potentially bring over a smaller group.

Young suggested LaBelle reach out again, and find a price for a smaller group, but noted there is a chance the parade will have no band this year.

Committee member Nancy Rogan said a member of the COA had a contact with a trumpeter to play Taps. Labelle said the Spartans Drum and Bugle Corps out of Nashua, New Hampshire was a possibility for a band.

Rogan said Reverend Charlie Page would read the invocation and benediction. She also said the Lions Club was unsure about doing a food station because there would be no Quabbin band and therefore less people.

Wilkinson said the police were not going to be able to march in the parade due to safety concerns.

LaBelle said the Monty Tech Color Guard was also available on the day of the parade. Shea also suggested reaching out to car and motorcycle clubs to participate. The board also discussed inviting Gold Star families to attend.

## Basketball game fundraiser benefits Police Department

BARRE – Maybe some will be rooting for the "blue" of the Barre Police Department and maybe some of you will be rooting for the "blue and gold" of the Quabbin Regional School District staff.

Either team spectators will be in for a treat. The Barre Police Department organized a basketball game as a fundraiser. There are sure to be lots of laughs and good times at the Quabbin High School gym on Friday, April 10 at 6 p.m. for the PBD Barre Blues vs. QRSD Staff basketball game.

Tickets are \$10 per adult,

\$5 per student and free for children with all proceeds going to the Barre Police Association. Raffles will be held as well as a 50/50.

This game is guaranteed to be better than a Celtics vs. Lakers game. There will be some well "known" celebrity players such as School Resource Officer Mark Sawyer, Sergeant Davidson, Sergeant Chick, Officer Walsh, Athletic Director Miville, Mr. Nosek, Ms Paakkoneen, Mrs. Bowen and many more.

The Quabbin Regional Middle High School Pep Band and Cheerleaders will be pumping up the crowd. Lisa Rollins will sure to be "in charge" and helping with the clock.



Submitted photo

Lisa Rollins is shown in front of the Quabbin High School gym entrance with School Resource Officer Mark Sawyer.



# News of the Towns



## ROUND TOWN

by Ellenor Downer  
edowner@turley.com

### Clothing swap takes place April 25

A clothing swap sponsored by Barre Community Resilience as part of a Barre Earth Day event will take place Saturday, April 25 from 10 a.m.-2 p.m. at the Commonplace Market, 56 Common St., Barre. From April 1 to April 23 people may bring their clean, unstained and unwanted clothes and accessories to The Commonplace Market, left side of the old Barre Bank Building during business hours Wednesday to Saturday from 10 a.m.-5 p.m. and Sunday from 11 a.m.-4 p.m. Items dropped off ahead of time will be organized into bins by size/type. Items brought on April 25 will be placed into a miscellaneous bin for people to rummage through.

### OES breakfast

Designer pancake breakfast sponsored by Cradle Rock Chapter of Eastern Star will be held Saturday, April 11 from 7:30-10:30 a.m. at Mt Zion Lodge Hall, 71 Pleasant St. People may create their favorite pancake with chips, nuts, fruit and more. Complete breakfast includes designer pancakes, waffles, sausage gravy and biscuits, bacon, sausage, juice, coffee and always real maple syrup. Adults are \$9 and children 6 and under \$5. All are welcome.

### Plastic bag recycling alert

Home Depot is no longer accepting the single use plastic bags, which the Community Resilience Committee has been collecting at Higgins Energy Alternatives and Powersports. Home Depot is only recycling plastic generated in their own building. The committee is looking into what can be done. Please be patient.

### Barre Historical Society

The Barre Historical Society hosts Dr. Joseph Goldstein, co-founder of Insight Meditation Center and the Barre Center for Buddhist Studies, on Thursday, April 9 from 6-8 p.m. in the Barre Woods Memorial Library. Refreshments will be served from 6-6:30 p.m. and the program begins at 6:30 p.m. People will learn about this world renown founder and the meditation center as he presents "Buddhism Comes to Barre." Located in the old mansion on Pleasant Street when it opened on Feb. 14, 1976, just over 50 years ago, this iconic facility has been operating here, in the Tranquil and Alert community, ever since.

### Legislators staff office hour

State Rep. Donnie Berthiaume's Chief of Staff, Donna and Senator Peter Durant's office invites constituents and town officials to meet them to express any concerns, ideas or issues where they may need assistance. On Monday, April 13, staff will be at the Barre Senior Center, 557 South Barre Road from 11 a.m.-noon. People may call Donna at 774-402-4742 if they would like a private meeting.

### Lions Club scholarship

The Barre Lions Club offers a \$1,000 scholarship to a graduating senior, who lives in Barre, Oakham, Hubbardston, New Braintree or Hardwick. To be eligible, the student must be accepted by an accredited college or technical school and must be entering the school in the fall semester of the current year. In addition to Quabbin seniors, this year the club expanded the scholarship applications to local students, who attend Monty Tech, Pathfinder or BayPath. For the students' convenience, the application has been sent to the guidance counselor of each school. People may email barre-malionsclub@aol.com with any questions.

### Information Fair

An Information Fair sponsored by the Council on Aging will take place Wednesday, April 15 from 9 a.m.-2 p.m. at the Barre/Hardwick Senior Center, 557 South Barre Road, Barre. This event is free and open to the public. The COA encourages seniors, caregivers, family members, friends and anyone interested in learning more about resources for the aging population to attend. It's a wonderful opportunity to connect with local professionals, explore helpful programs and services and gather information that can make everyday living easier and more independent. Attendees will have the chance to speak directly with representatives from organizations offering support, safety services, financial information, health resources, housing guidance, and more. Whether people are planning ahead for themselves or helping care for a loved one, the Information Fair is a great place to learn about products, services and programs available in the community.

## Select Board and FinCom go over highway/fire budgets

By Ryan Drago  
Staff Writer  
rdrago@turley.com

**HARDWICK** – The Select Board and Finance Committee met for another joint meeting on April 6.

This meeting went over the fiscal year 2027 budgets for the Highway Department and for the Fire Department.

Mark Korzec of the Finance Committee began with giving a recap from the previous joint meeting. The budget sheet given last week has not changed.

There are certain elements of the budget that are still not confirmed including the school budget, senior center, numbers from the towns of Barre and New Braintree, and state and local receipts.

The Finance Committee wanted to know if the Select Board wanted to discuss putting the principal back in for the fire truck.

Select Board Vice-Chair William Tinker wanted to discuss the terms of the truck regarding the lending portion.

The board wanted to make a decision for this coming fiscal year. According to Korzec, the decision is "do you wish to pay down any of the principal?"

Tinker believes the loan itself is around seven to eight years long. Both the Select Board and Finance Committee moved forward by discussing the Highway Department budget and the Fire Department budget.

Both groups began going over the Highway Department and were joined by Highway Superintendent, Martin Gryszowka. While going over a line of highway department items, it was noted that the superintendent salary is a contracted position.

Gryszowka talked about various items that make up his department's budget, including budgets for laborers, mowing, seasonal help, and overtime. The Highway

Superintendent had his mower budgeted at a lower amount than what was shown on the sheets provided to the Select Board and Finance Committee.

Both boards, the Highway Superintendent, and the Town Administrator went over what was requested and what has been recommended. Gryszowka read that the mower/laborer position is listed as a full-time position, 40 hours a week, and at the amount of \$43,915.08. This amount is \$15,000 less than what was originally said.

The Highway Department is going up to \$20,000 for overtime, \$35,000 for expenses, and snow and ice labor is budgeted at \$12,000. Gryszowka talked about how busy the town was this past winter and maintaining the roads while handling snow and ice. The numbers for next winter are unknown, according to Gryszowka.

"You don't know what you're going to pay next year", Gryszowka said when it comes to doing these budgets.

The amount of \$55,000 was mentioned and seemed to be a decent amount according to the Select Board and the Finance Committee.

The Highway Department has also seen increases in fuel, road and machinery maintenance, and parts. It is a big expense, but the Highway Department needs to fuel for operations. The Select Board and the Finance Committee want to put a good placeholder for the department, so they don't go over budget.

Parts are expensive and the Highway Superintendent mentioned prices for hydraulics, water pumps, and tires. Gryszowka did discuss Chapter 90 money being used to help with the roads. The town can use those funds to buy equipment, but the funds are based on

miles and population.

The next line of items discussed is for the Fire Department. Joining the Select Board and the Finance Committee is Acting Fire Chief, Nick Gaumont. Town Administrator Justine Caggiano mentioned these budgeted items were done by the previous Fire Chief before he left.

To date, the Fire Department is at 70% with the budget. Gaumont said there are no salaries listed for lieutenant and captains. There is also no deputy fire chief as well. The Fire Equipment Maintenance budget is at 92% as of April 6.

There was a discussion about fire hydrants and how there are some that should be replaced as they're from the 1960s. The town did receive a grant for hydrants. Gaumont said that the hydrant repairs already completed came out of the fire equipment maintenance budget.

Before wrapping up the discussion on the Fire Department, the Select Board and Finance Committee asked the Fire Chief if the department had any capital needs. Gaumont said there aren't any capital projects in the coming year, but one that could be done in the next five years.

The Fire Department is looking into a new vehicle, due to one truck getting up there in age. The Chief also received quotes for replacing the flooring at the fire station. Select Board Clerk Jeffrey Schaaf wanted to make sure the figures for the budget are realistic going forward.

"Make sure we have realistic figures here," Schaaf said.

Gaumont also thought it'd be best to enroll funds for fire labor for some flexibility just in case any projects come up and the Chief can pay for the labor.

The next Select Board meeting will be on Monday, April 13 at 6:30 p.m.



## OAKHAM

by Ellenor Downer  
edowner@turley.com

### BSER holds shavings sale

Bay State Equine Rescue will hold their annual bagged shavings sale with a pickup on Tuesday, April 28 from 8:30-11 a.m. at Camp Marshall, 92 McCormick Road, Spencer.

A minimum order of ten bags is required. Cost is \$6.50 per bag up to 149 bags and \$6.25 per bag for 150 or more bags. Bags are 3.25 cubic feet compressed or 7.5 cubic feet loose.

Orders will be filled directly from the supplier's trailer. People will need to have their own people to load the shavings onto the truck or trailer they are using to transport the shavings. Payment is by cash or check made payable to Bay State Equine Rescue at time of pickup. People may order shavings by calling Sharon at 508-221-8474 or emailing sah@baystaterescue.org. For those, who don't need shavings, they may make a donation. The rescue can use all the support they can get given these difficult times. Thank you from all of us at Bay State Equine Rescue and the horses we strive to give a better life to. People may donate online by visiting www.baystateequinerescue.com/donate or by mailing to BSER, 415 Hunt Road, Oakham MA 01068.

### Legislators staff office hour

State Rep. Donnie Berthiaume's Chief of Staff, Donna and Senator Peter Durant's office invites constituents and town officials to meet them to express any concerns, ideas or issues where they may need assistance. On Tuesday, April 15, staff will be at the Oakham Town Hall, 2 Coldbrook Road from 9-9:45 a.m. People may call Donna at 774-402-4742 if they would like a private meeting.

### April COA news

Monthly COA meeting will be held on Friday April 10 at noon in voting room in Town Hall. Podiatry clinic will be held Monday, April 13 and Monday, April 20 from 9 a.m. -2:30 p.m., an appointment is required. Lunch Bunch will meet on Friday, April 17 at Table Twelve, 175 West Boylston St, in West Boylston at 12:30 p.m. Glucose/blood pressure screening will be held Tuesday, April 28 from 11 a.m.-1 p.m. Also, Friday, May 1, the COA will be hosting a May Day lunch gathering at the Senior Center at 12:30 p.m. Lasagna will be served, as well as sides and desserts. Seniors should sign up at the Senior Center to attend. These events are in addition to the ongoing activities such as puzzling Monday through Thursday at 9 a.m., regularly scheduled yoga Tuesdays at 1 p.m., Zumba Gold in New Braintree Town Hall Wednesdays at 8:45 a.m. \$3 per class and Functional fitness class Fridays in New Braintree Town Hall at 10:30 a.m., \$3 per class. Walking groups and weigh in on Thursdays at noon.

### Congregate hot meals

Congregate hot meals are held Monday through Thursday at 11:15 a.m. Reservations are needed at least two days in advance and can be made through the Congregate Meal Coordinator from 9 a.m.-12.15 p.m. by calling 508-882-4072.

## Legion Auxiliary to meet April 13

**BARRE** – The American Legion Auxiliary meeting will be held on Monday, April 13 at 7 p.m. in the

Legion Post 2, 450 South Barre Road.

The refreshment committee consists of Becky,

Jean and Robin. There will be a penny sale as well. People should bring some treats.

## Barre Dining Center

**BARRE** — Elder Services of Worcester Area Nutrition Program welcomes guests to dine at the Barre Senior Center, 557 South Barre Road. The following meals will be served for the week of April 13. Lunches are back at the senior center, but require a pre-sign up. Volunteers are needed at the Barre dining site. Volunteers are needed for Meals on Wheels (mileage reimbursement) and in the kitchen. People should contact 978-355-5027.

**MONDAY** – Beef stew, rice, corn niblets, pineapple, biscuit

**TUESDAY** – Buttermilk chicken, herb stuffing, mixed vegetables, Mandarin oranges, whole wheat bread

**WEDNESDAY** – Baked potato with chili and cheese, broccoli, sour cream, chocolate mousse, pumpernickel bread

**THURSDAY** – Hot dog, baked beans, Coleslaw, baked apples, mustard, hot dog roll

**FRIDAY** – Shepherd's pie, carrots, peas, pear streusel cake, diet = small piece, Italian bread

\*Higher sodium entree Meal includes milk and margarine. Menus are subject to change. All meals are served at about 11:45 a.m. each weekday. Reservations should be made the day before by calling 978-355-5027 before 10:30 a.m. The donation of \$3.00 per meal helps keep the program running.

## Correction

The article about a program at the Rutland Historical Society for Tuesday, April 14 incorrectly listed Rachel Revere as the husband of Paul Revere. It should be wife of Paul Revere.

## Corrections policy

The Barre Gazette will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2. To request a correction, send information to Editor Ellenor Downer at edowner@turley.com or call 413-283-8393. Corrections may also be requested in writing at Barre Gazette, 24 Water Street, Palmer, MA 01069.

**REMINDER:**  
**APRIL 30TH IS THE DEADLINE TO REMOVE STUDDED TIRES**

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# News of the Towns

## PUBLIC MEETINGS

### BARRE

Zoning Board of Appeals – April 9 at 7 p.m.  
 Water Commission – April 13 at 5:30 p.m.  
 DPW Commission – April 13 at 6 p.m.  
 Finance Committee – April 14 at 6:30 p.m.  
 Cable Advisory Committee – April 14 at 7 p.m.  
 Conservation Committee – April 14 at 7 p.m.  
 Historical Commission – April 15 at 2 p.m.  
 Planning Board – April 15 and May 5 at 7 p.m.  
 Master Plan Steering Committee – April 16 at 5:30 p.m.  
 Quabbin Regional School District Budget Subcommittee – April 16 at 5:30 p.m.  
 Quabbin Regional School District Committee – April 16 at 6:30 p.m.  
 Select Board – April 21 at 5 p.m.  
 Cemetery Commission – April 23 at 11 a.m.  
 Council of Aging – May 6 at 12:20 p.m.

### HARDWICK

Select Board – April 13 at 6 p.m.  
 Paige Agricultural Fund Trustees – April 14 at 6 p.m.  
 Planning Board – April 14 at 6:30 p.m.  
 Conservation Committee – April 15 at 6:30 p.m.  
 Gilbertville Water District – April 21 at 5:30 p.m.  
 Board of Health – April 22 at 6:50 p.m.  
 Council on Aging – May 6 at 12:30 p.m.  
 Paige Library Trustees – May 7 at 7 p.m.  
 Capital Planning Committee – May 18 at 3 p.m.

### HUBBARDSTON

Parks Commissioners – April 9 at 6 p.m.  
 Board of Health – April 14, April 28, May 12 and May 26 at 7 p.m.  
 Board of Assessors – April 15 and May 20 at 6 p.m.  
 Council on Aging – April 22 at 4 p.m.  
 Planning Board – April 30, May 6 and May 21 at 6:30 p.m.  
 Conservation Commission – May 5 at 7 p.m.  
 Board of Library Trustees – May 7 at 7 p.m.

### NORTH BROOKFIELD

Rep. Berthiaume Office hours – April 15 from 11 a.m.-noon  
 Planning Board – April 15 and May 13 at 6 p.m.  
 Special Town Meeting – April 17 at 6 p.m.

### OAKHAM

Board of Selectmen – April 28 at 7 p.m.

### PETERSHAM

Municipal Vulnerability Preparedness Committee – April 9 at 2:30 p.m.  
 Select Board – April 9 at 5:30 p.m., April 13 at 3 p.m. and April 16 at 5:30 p.m., April 21 at 3 p.m., and April 23, April 30, May 7, May 14 at 5:30 p.m.  
 Board of Assessors – April 10 at 9 a.m.  
 Council on Aging – April 13 at 10:30 a.m.  
 Cemetery Commission – April 14 at 11 a.m.  
 Board of Health – April 14 at 6:30 p.m.  
 Petersham Historic District – April 16 at 6 p.m.  
 Zoning Board of Appeals – April 28 at 7 p.m.

### RUTLAND

Finance Committee – April 9 at 6 p.m.  
 RDIC – April 9 at 6 p.m.  
 Select Board – April 9 at 6 p.m.  
 Planning Board Bylaw Sub Committee – April 15 at 6 p.m.

## School Committee reviewed MAPS Testing results

By Paula Ouimette  
 Editor  
 pouimette@turley.com

**NORTH BROOKFIELD** – Superintendent Timothy McCormick gave a presentation to the School Committee with the results of recent Measures of Academic Progress Testing. At the March 30 meeting, McCormick said MAP Testing is a good way to show achievement and growth for reading and math for all students in the school district.

McCormick said back in the fall, a consultant was brought in to come up with a formalized, student-centered, data cycle that would be easy to use.

“It’s really a four-step system,” he said.

These steps include “describe what you see,” “pause and reflect,” “interpret patterns and generate ideas” and “prioritize and next steps.”

He said enough students participated in the testing to collect “some real concrete data.”

McCormick said 334 students in grades K through 12 ranked in the 51st percentile overall for math. He said 36% of these students were in the 61st percentile.

From fall to winter, the school district “held steady” for achievement and growth. He said grade five math scores have been “standout,” which he credited to strong instruction and systems.

“We’re really trying to kind of grow those systems from grade five to the lower grades and obviously upper grades,” he said.

In the middle and high school, they have seen improvements in grades eight and nine, but there are some concerns in grade 11, which saw a decline.

For reading, the school district scored in the 54th percentile over the winter with 328 students participating.

### Recognitions

McCormick said each year, grade six students attend Outdoor Classroom, which involves a lot of

fundraising to offset the costs. He said that student Micha’el Kittredge used 3D printers to create keepsakes that he sold to raise money for this important learning opportunity.

“We have a student who has shown his love of STEM education, he owns three printers, at many events this fall he was selling his homemade things,” he said. “And then gave back over \$1,000 to Outdoor Classroom.”

McCormick also thanked staff for organizing and attending the recent STEAM Night. He said it was a “very nice night for our families.”

“We’re always trying to look to make that event bigger and better, and our staff was a big part of the planning and also the implementation of it,” he said.

McCormick said the Student Council earned the Gold Council of Excellence and Top 10 Project awards at the Massachusetts Association of Student Council’s state conference last month.

“They do a lot to build the culture and just a positive influence here at the Jr./St. High School,” he said.

### Curriculum grant

McCormick said the school district has the opportunity to receive a grant from the One8 Foundation to train teachers in the Investigative History, an Applied Learning curriculum.

McCormick said the school district received grant funding for Investigative History for grades three-seven.

“This grant sums just over \$16,000 for the next three years,” he said.

McCormick said the grant will provide training and access to curriculum for multiple teachers across the school district.

“We love their products...we’ve done some great work with these products,” McCormick said.

The School Committee voted in favor of accepting the proposed grant funding.

Student Council update  
 Student Representative

Noah Gillette spoke about the MASC conference held recently in Hyannis.

He said the Seniors versus Staff basketball game was held, with the Seniors team securing the win.

He said April 13-17 will be a Spirit Week with the Lip Sync competition. Students in grades six-12 will compete in the Lip Sync on April 17, with grade five students invited to watch.

The Student Council spring conference will be held on April 15.

### Rural school funding

McCormick said he has been working with representatives from the 67 rural schools across the commonwealth, to discuss funding issues these schools face.

“We’re hoping to meet with some state reps. and senators next month at Quabbin,” he said.

McCormick said rural school funding “needs to really change,” and be more consistent.

The slide presentation about rural school funding will be available on the school district’s website, [www.nbschools.org](http://www.nbschools.org).

### Professional Development

McCormick said for the past years, the school district has been working with a consultant to provide Professional Development training to staff. He said for the next school year, a training team will be formed in-house at each school, to provide Professional Development to staff.

### Staff listening sessions

McCormick compiled data collected during staff listening sessions held over the winter, when the School Committee was exploring the possibility of a tuition agreement with a regional school district.

### 2026-2027 school calendar

The School Committee voted to approve the calendar for the 2026-2027 school year. After brief discussion, the committee members agreed to observe Good Friday as a non-school day.

## HUBBARDSTON

by Ellenor Downer  
 edowner@turley.com

### Wetlands clean up set for April 11

A group of students from the LEAF Initiative at Worcester Polytechnic Institute will host a wetlands cleanup on Saturday, April 11 from 10 a.m.- noon. They should meet at Brigham Pond off Old Princeton Road. All are welcome. People may email [samhoule06@gmail.com](mailto:samhoule06@gmail.com) to sign up or for more information.

### Scrap metal fundraiser supports meetinghouse preservation

A scrap metal fundraiser sponsored by the First Meetinghouse Preservation Committee will be held on Saturday, April 18 from 8 a.m.-noon with drop off at Curtis Rec Field, Route 68, Hubbardston. This benefits the preservation of the First Meetinghouse on Hubbardston Common. Car and truck batteries are accepted with a \$10 fee per battery. Fees are \$1 per item or \$10 per truck load. They will not accept tires, liquids, gases, plastics, monitors or lithium batteries.

### Election information

Hubbardston’s Annual Town Election will be held Tuesday, June 9 from 7 a.m.-8 p.m. at Hubbardston Center School gymnasium at 8 Elm St.. The following seats are up for election/re-election for the Town of Hubbardston: Select Board three-year, term ends 2029, current holder Kathryn V. Young; Select Board one-year term ends 2027, vacant; Board of Assessors three-year term ends 2029, current holder Albert Afonso; Board of Library Trustees three-year term ends 2029, current holder Krista Fischelis Goguen; Board of Library Trustees three year term ends 2029, current holder Maria Tourigny; Cemetery Commission three year, term ends 2029, current hold Raven Kaldera; Planning Board five year term ends 2031, current holder Kristofer Munroe; Finance Committee three-year term ends 2029, current holder Charles Reed; Finance Committee three-year, term ends 2029, current holder Hunter Young; Board of Health three-year, term ends 2029, current holder Judith O’Donnell; Board of Health three-year term ends 2029, current holder David Rogers (appointed); Board of Health two year term ends 2028, vacant; Quabbin Regional School Committee three-year term ends 2029, current holder, Debra Chamberlain; Quabbin Regional School Committee one year term ends 2027, current holder Gael Moncoeur (appointed); Board of Parks Commissioners three-year, term ends 2029, current holder Hunter Young; Board of Parks Commissioners three-year term ends 2029, vacant and Board of Parks Commissioners one year term ends 2027, vacant. For more information on upcoming elections, people may visit the Town Clerk’s page at <https://www.hubbardstonma.gov/275/Election-Information>. People may visit <https://www.hubbardstonma.gov/349/How-to-Pull-Nomination-Papers-for-Annual-for-Annual> for information on pulling nomination papers, available at Town offices, If people have additional questions, people may call Town Clerk Melody Green by calling 978-928-1400, extension 202 or emailing [townclerk@hubbardstonma.gov](mailto:townclerk@hubbardstonma.gov).

### Country Hen scholarships

The Country Hen Scholarship Fund awards a total of \$1,000 in scholarships to one or more graduating high school students from Hubbardston. Applicants must

See HUBBARDSTON, page 13

## Auxiliary hosts veterans coffee hour

BARRE – The Barre American Legion Auxiliary invites veterans of all ages to join the seniors on Friday, April 17 from 1-:30-11:30 a.m. in the Barre/Hardwick Senior Center, 557 South Barre Road. This is being held on a Friday this month.

## Library host science playgroup, story time

**NEW BRAINTREE** – The New Braintree Public Library, 45 Memorial Drive, will host the CFCE coordinated science playgroup on Monday April 13 at 10:30 a.m.

The target age group is 6 and under, all are welcome. The library will have a Story Hour on Monday, April 27 at 11:30 a.m.

Children will enjoy a story, craft and independent playtime. All are welcome and parental supervision is required.

## NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

## Editorial deadline reminder

Deadline for e-mailed press releases is noon on Monday. Deadline for hard copy is noon on Friday.



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# Opinion

## SOCIAL SECURITY Matters

By Russell Gloor

### I'll be 65 soon and am working. Must I enroll in Medicare?

Dear Rusty:

*I will be 65 in October and I am working full-time. My goal is to work until age 67, which is my Full Retirement Age or until age 70.*

*I heard I have to apply for Medicare Part A only. Is this true or will I be penalized? And do I have to go to the Social Security office to do this or can I do it online? And then will they be still giving me my Medicare through the next five years of working or do I have to pay for something? I will have my own healthcare insurance. Thank you for your help.*

Signed: Confused

Dear Confused:

There are two things you should be aware of:

You do not need to claim Social Security benefits when you enroll in Medicare.

You do not need to enroll in Medicare at age 65 if you have "creditable" healthcare coverage from your employer, "creditable" is a group plan with at least 20 participants.

Thus, it is perfectly okay for you to delay taking your Social Security benefits until age 67 (your SS full retirement age) or even until age 70 when you will get the maximum SS benefit you are entitled to. And if you now have "creditable" healthcare coverage from your employer, you can delay enrolling in Medicare until such time as your employer's healthcare coverage ends. When you stop working, you will enter a Medicare Special Enrollment Period, during which you can enroll in Medicare without incurring a Late Enrollment Penalty.

Whenever you decide to enroll in Medicare or Social Security, you will not need to visit your local SSA office to do so. You can enroll in Medicare either online at [www.ssa.gov/medicare/sign-up](http://www.ssa.gov/medicare/sign-up) or you can call SSA at 1-800-772-1213 to make an appointment to enroll in Medicare on the telephone.

Similarly, when you are ready to claim Social Security, you can do so online at [www.ssa.gov/apply](http://www.ssa.gov/apply) or you can call 1-800-772-1213 to make an appointment to apply for SS over

the phone. To apply online, however, you should first create your personal "my Social Security" online account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Creating your online SS account now at age 65 will facilitate later online enrollment and will also provide you with an estimate of your SS benefit amounts at various ages – e.g., now at age 65, at your FRA of 67 or at age 70. And that should help you decide when it is best for you to claim Social Security.

You should verify with your employer's health insurance provider that they don't require you to enroll in Medicare at age 65. Most employer plans don't, but some do.

You don't need to enroll in Medicare Part A or Part B now as long as your employer's coverage is creditable. And it's okay to enroll in Medicare a couple of months prior to your employer's creditable healthcare coverage ending when you stop working, requesting that your Medicare coverage starts when your employer's healthcare ends. This will ensure that there is no gap in your healthcare coverage. If your employer coverage is creditable, you will not suffer a Medicare Late Enrollment Penalty for enrolling after age 65.

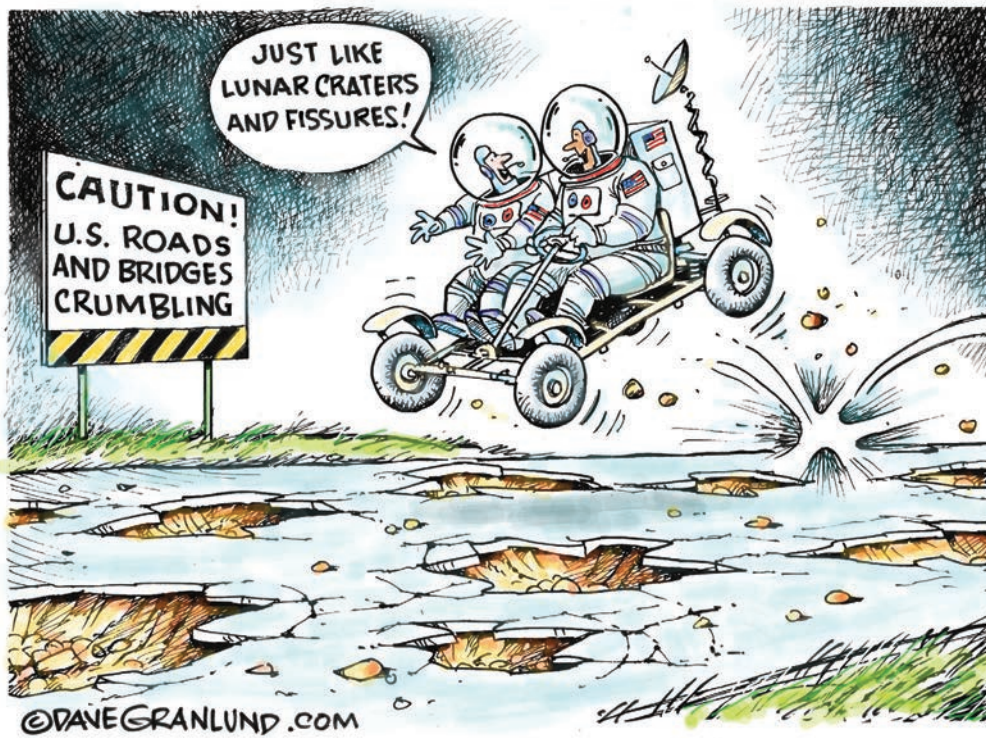
If you claim Social Security benefits at any time prior to your FRA and are still working, you will be subject to Social Security's Annual Earnings Test, which limits how much you can earn before they take away some of your benefits. The AET lasts until you reach your FRA (67), after which you can earn as much as you like without your SS benefits being affected.

Whenever you claim your Social Security benefits, you will be required to take Medicare Part A, which is coverage for inpatient hospitalization services. Medicare Part A is free because you are also eligible for Social Security. But you don't need to enroll in Part A at age 65 unless you also claim Social Security.

Medicare Part B, which is coverage for outpatient

See SECURITY, page 10

### HOW ASTRONAUTS WILL TRAIN FOR RETURN TO MOON...



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## In Past Pages

5 years (April 15, 2021)

At their Monday meeting, the Hardwick Board of Selectmen discussed ambulance service options for the town, although no vote was taken. Board member Julie Quink said that she and Town Administrator Theresa Cofske recently sat in a meeting with Ware Town Manager Stuart Beckley, Barre Town Administrator Jessica Sizer, Barre Fire Chief Robert Rogowski and West Brookfield Rescue Squad President Dan McCall. Quink said Rogowski thinks it would be more appropriate for Barre to service the Wheelwright area and parts of Hardwick close to the town lines, rather than cover the whole town. Quink said Sizer thought Barre's Board of Selectmen would defer to Rogowski for his recommendation. Quink said Ware EMS had did not have a final number, but she had received an email Monday suggesting Ware was interested in covering part of Hardwick, with Barre covering the other.

Outgoing selectman Matthew Urban offered a list of nine items for the Select Board to consider at his last meeting Monday, April 5. Selectman Urban opted to not seek re-election and instead ran for a term on the planning board in the April 5 election. His first bullet on the list was to purchase a hybrid vehicle if there was additional funding. The second one was to provide 50% credit of town fees paid by businesses in 2020 and 2021 as an economic development incentive. The third one was to put money aside each year

### Look Back



File photo

**Barre DPW workers cut down this tree on Barre Common Tuesday. After they removed most of the branches, they cut the tree at the base and used the loader to push it over. It is shown mid air in its fall to the ground.**

for the town's 250th anniversary in 2024. The fourth one was to check in for an update with the 911 Memorial Committee. The fifth bullet was to check with town counsel regarding a loan program to hook up cable for those not served. The sixth one was to review marijuana bylaws and set up fees. The seventh one was the choose an administration or finance policy, review and make changes. The eighth one was to create a budget within the levy capacity available and to make it work without a tax increase. The final bullet, which he mentioned at candidate's night, was a bylaw to require major boards and committees such as board of health, conservation commission, department of public works commission and planning board to be recorded.

See LOOK, page 5

## The ins and outs of forsythia

Each year as forsythia burst into bloom, I am reminded of my dad.

You see, this spring harbinger always blooms right around his birthday. This year would've been a monumental one, as he would have celebrated 100 years!

Although most landscape professionals aren't all that fond of forsythia, it holds a special place in my heart. When it is in full bloom our eyes are lifted away from the still drab lawn and the bare borders to bask at its branches of yellow flowers.

If you are lucky enough to have forsythia growing in your yard, perhaps you will find the following facts interesting, straight from the archives.

Forsythia can be forced into bloom indoors. While it is a little late in the season to fully appreciate this technique, it can easily be achieved now.

As long as temperatures are above freezing, you can harvest the branches. Simply prepare them as you would any other cut flower by

removing side shoots that would be under water in the vase. Fill the vase with hot water and just prior to insertion recut the end of the stem on a 45 degree angle to expose as much surface area as possible.

We use hot water because it will move through the plant's vascular system quickly, hydrating it fully.

Place the vase in indirect, bright light, and change the water a couple of times a week. Expect blooms in a matter of days this time of year; if you harvest stems in early March it will take a bit longer to enjoy the flowers.

Forsythia buds are tender. While the shrub itself is hardy to Zone 4, the buds are reliably hardy to only Zone 5.

After an especially cold winter you may see forsythia

in bush in a single pruning session. New growth will emerge over the summer and provide blossoms for next season.

While some books recommend cutting overgrown forsythias down to the ground completely, in my experience, this advice is drastic. The plant will need a couple of years to recover from that approach.

Sometimes you see forsythia pruned into balls or stiff hedges. While some homeowners consider this look appealing, I like to see the bush a little less tame. It's also hard to guarantee flowers throughout such a manicured shape; sometimes part will bloom and the rest will be just foliage. Kind of a weird look.

Propagating forsythias is easy! Do you want more of a good thing? Try layering your forsythias. Take a long, pliable branch and bend it to the ground a foot or so from the main plant. Cover the bend with soil and secure it

half-bloom! The tops of the shrub may be devoid of blossoms, but the bottom chock-full. This generally happens because the lower portion of the shrub was insulated under a snow bank or leaf mound.

Likewise, the blossoms are also tender – sometimes reduced to mush the morning after a hard freeze.

Forsythia flowers are borne on the previous year's wood. With that in mind, prune as soon as possible after flowering.



**BARRE GAZETTE**

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## Serenity Hill Sampler

by Jane McCauley

I hope you all had a nice Easter and enjoyed a nice meal with friends and relatives.

Our youngest daughter and her husband brought us our Easter meal so we did not have to do any cooking, just set the table. There are some advantages to becoming older.

The disadvantages are falling. This past week I had to call 911 as I fell outside while raking the leaves. I was not in an area where I could get Ken to hear me yell so I had to yell for two hours hoping the neighbors would hear me, but no.

So I decided I had better start crawling on my bum to get where Ken might hear me. After two hours he finally did and I had him bring me out the portable telephone and I called 911 and Officer Blood arrived. He also called the ambulance to have extra help getting me up. I did not want to move too much in case I would break a bone so I stayed sitting up. They helped me up and into the house. The only bruises I had were on my elbow as I fell

hitting that elbow.

Officer Blood recommended I take my cell phone out with me when I work in the gardens and on the lawn. I have been doing that since. I had a nice pizza party on Friday, celebrating Good Friday.

Most of my activities include raking leaves, making meals and cleaning up afterwards.

Here is a recipe my friend Nancy sent me that I thought the readers would enjoy. I have a few cranberries left in the freezer so will try it.

### CRANBERRY CATSUP

1/2 lb. cranberries  
1/4 cup apple cider vinegar  
1/4 cup water  
6 tablespoons honey  
1 tablespoon molasses  
1/4 teaspoon cinnamon, ground cloves, ground ginger dash of white pepper

Place cranberries, vinegar and water in 3 quart non aluminum pot. Bring to a boil and cook over medium heat about 5 minutes, allow to cool slightly. Pour mixture into blender or processor and whirl until smooth. Add

honey, molasses, spices and pepper, processing to combine well. Note: This may be used instead of tomato catsup.

### This and That

This is the time of the year I enjoy walking in the gardens to check on what is coming up. Spring is the time of year that nature is amazing. There are many surprises in the gardens: some losses and some wins.

Most of the gardens are in the shade so shade plants do well. The hostas are some of the last plants to come through the soil, I am watching for the closed Gentsians to arrive.

I will put away the Easter decorations and put out spring things. The next holiday will be Memorial Day so will wait before I do that. I have changed my winter pictures to spring.

I have been doing a lot of watercolors. I enjoyed some nice chocolates from Priscilla Candy store thanks to my helper. She is such a wonderful person and does my grocery shopping.

Have a nice week.

# Addressing trauma, ACEs, mental health and addictions

## The interconnection of substance use and eating disorders

By Suzanne Yerdon Lewandowski, M.Ed.

Guest Columnist,  
32 1/2 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 concerns.

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.

See TRAUMA, page 14

## TIME STANDS STILL

*Some moments stand completely still and freeze-frame their intent, Or leave us staring blankly into space, wondering what we've spent, Imprinting on our hearts and souls a thought, or sense, or feeling, A reflection of our lives that can be so revealing.*

*Such thoughts as these might give us pause to ever venture there, But instinct is a powerful force, and leads to roads we share, That moment clear in time speaks volumes to our hearts, And opens doors within our lives, that closed, kept us apart.*

*It's hard to pinpoint when in time, that fire began to billow, That kindling moment needing breath, to flare that flame aglow, The rushing blood that courses strong so deep within my heart, Has deeds to do that must ring true and needs your love to start.*

*With so many miles between us now and days away until, That moment kind when soon we find again, that TIME STANDS STILL, With thanks to W. Shakespeare for his sonnets, made for email limits;*

- A. B. SPLAINE

### LOOK from page 4

#### 10 years (April 14, 2016)

In an effort to update policies, the town administrator submitted a draft of a code of conduct policy for selectmen. Selectman Ericson said it was a good idea that the board of selectmen was governed by rules. Charles Chase supported the concept, but he felt some of the policy restricted basic constitutional rights such as freedom of speech and the press. He said it needed some reworking and he was willing to help. Lemieux said that other towns adopted this policy including Holden and Princeton. The intent was to have the board work professionally. Chase said that once the board reviewed the policy, it should be put on the table for three weeks or so before implementation to allow the public time to review it as well.

The Annual Town Election will take place Monday, May 2 with the polls open from noon-8 p.m.

The following offices are up for election: selectman for three years, Randall Walker (incumbent) and Andrew Huffman; Tax Collector for three years, Janet Pierce (incumbent);

Library Trustee for three years (two positions), Mary Lefevre (incumbent) Board of Health for three years, Gregory Dwelly (incumbent); Finance Committee for one year, Glenn Merkel and Constable for three years, James Brown (incumbent). The following positions had no nominations: Assessor for three years, one position for Library Trustee for three years, Cemetery Commissioner for three years, Finance Committee for three years, Planning Board for five years and Planning Board for three years.

Two members of the Quabbin Regional School District Task Force, Claire Hendra and Lucy Tessnau, provided the selectmen with an update. All five-member towns approved the town of Hubbardston to serve as the lead town for the community compact. A consultant from the Collins Institute will be at the Task Force's next meeting. The committee provided the consulting firm that will be funded by the state through the community compact program with a scope of work. The work must be finished by June 15, 2017, but the committee hoped that it would be earlier for budget planning by the

five Quabbin District member towns: Barre, Hardwick, Hubbardston, New Braintree and Oakham. The full title for the consultant's charge was Development of Options for the Financial Development, Stabilization and Sustainability of the Quabbin Regional School District. The consultant would also look at demographics and uses of school buildings if vacated. Tessnau also said that the consultant would need access to town records.

#### 25 years (April 12, 2001)

State Sen, Stephen M. Brewer (D-Barre) said he believes the new Clean Elections law amounts to nothing more than "welfare for politicians." But he hasn't decided if he will take taxpayer money to help fund his next campaign in 2002. He said for now, he will follow the guidelines and refuses donations of his campaign of anything more than \$100. While Brewer is positioning himself to have "flexibility" to participate, the state's public financing of campaigns is likely to pay particular attention to the race to fill the vacant seat of former state Rep. David Tuttle (R-Barre). Several candidates have lined up to battle for that post.

Nearly 25% of the town showed up for Hardwick's Annual Town Election, enough to upset Board of Selectmen incumbent and Chairman Gary D. Morissette. According to Town Clerk Paula Roberts, 284 out of 1,671 registered voters in Hardwick turned out for this year's Annual Town Election. Eric Vollheim pulled 244 to Morissette's 135 votes to win the seat, which Morissette held for the past three years. Morissette, who prided himself in his influence inobtaining numerous grants for the town during his three year term, was clearly disappointed. He attributed some of his failure to keep his seat to a low turnout from voters in the Gilbertville section of town, where he considered himself to have a strong standing.

A state senator, a property owners, the developer, a sixth grade student, her mother, a photographer and two reporters met at the former Lane house on 645 Scott Road in Oakham on Friday, April 6. The 1790a house only a month or so ago was to be the site of a controlled burn by the Oakham Fire Department. A letter

written by sixth grade student, Danielle delaGorgendiere, started a campaign to save the house. It was a photo by Brian Miner in the Barre Gazette that prompted Danielle to write a letter to the owner, John Saliba of Mattapoisett asking that he not burn the house. Over forty people, mostly classmates at Oakham Center School signed her letter. Danielle's mother, Karen delaGorgendiere and other people in town became involved in the campaign to stop the burning of the 15th oldest house in town.

#### 38 years (April 14, 1988)

The Barre Board of Selectmen met on Monday, April 11 at the Barre Town Hall and nominated Selectman James Sullivan as the board's new chairman. Sullivan nominated Ruth Trifilo to be the new chairperson, but she immediately declined and nominated him. Her motion was seconded by newly elected Selectman Charles Chase. Sullivan will be the chairman for the coming year. Normally, the Selectman, who has seniority, is automatically given the chairman's position, but Trifilo, who has the seniority, declined.

Barre held its Little League tryouts this past Sunday and Monday and gave 38 potential Little Leaguers a chance to be on one of the three Barre teams. Interest in Barre's Little League has grown considerably over the past year. Only 17 tried out last year, compared to the 38 this year, that's quite a spark in interest. In all of Barre's organized baseball, those being Little League, Farm League and Tee-Ball, over 150 Barre youngsters are taking part. Two years ago there were barely 45 youngsters participating.

A Special Town Meeting was held last Monday, April 11 at the Barre Town Hall primarily to take action on a sewer use fee. Eighteen articles were on the warrant and 74 Barre residents took only two hours to take action on them. Town Moderator Francis Cranston opened the meeting on a somber note as he asked residents to stand for a moment of silence in respect for the late Robert C. Dwelly, III. Dwelly was a long-time Barre resident and was a member of the Finance Committee for more than nine years and served on the Town Hall Renovation Committee as well as many other town activities.

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# Hyder's hold exhibition at Petersham Art Center

PETERSHAM— The Petersham Art Center, 8 North St., opens the 2026 season with a new exhibition, "Paper & Print / One Couple's CottageCollaboration: Elisabeth and Darrell Hyder's Paste Paper and Letterpress Lives."

The public is invited to join the artists for an opening reception on Sunday, April 12 from 4-6 p.m. Along with meeting the artists and enjoying a gallery full of their fine paper and print works, the reception offers delicious refreshments and a time to see friends and meet new people from the area.

Artists Elisabeth and Darrell Hyder have run their North Brookfield studios since the 1970s; Brookfield PaperWorks for her, Sun Hill Press for him. They are renowned for their exquisite works of fine printed papers, constructions, letterpress projects, books and much more. Elisabeth Hyder creates intricate decorative paste papers using a special-

ized wet-pigment process to craft unique, colorful paper works. Using traditional, centuries-old paste paper methods to produce her custom designs, Hyder creates custom mixes of paste and pigment applied to acid-free paper with a range of specialized tools depending upon what effect she is striving for. From her designs and patterns in a rainbow of colors, Hyder creates stationery, cards, journals, boxes, collages, framed art and more.

Darrell Hyder is a renowned letterpress printer, designer and compositor. He specializes in high-quality letterpress printing and is known for producing decorative patterns, book arts and typography works working with his Heidelberg cylinder and platen presses, as well as a Vandercook press. Along with his personal work, Hyder has produced work for museums, libraries and other cultural institutions.

The husband and wife team collaborate on many projects including miniature



Courtesy photos

The Petersham Art Center, 8 North St. invites the public to an opening reception with the artists on Sunday, April 12 from 4-6 p.m. Artist Elisabeth Hyder is shown at work.

books, bookplates, notecards and more.

The exhibition of

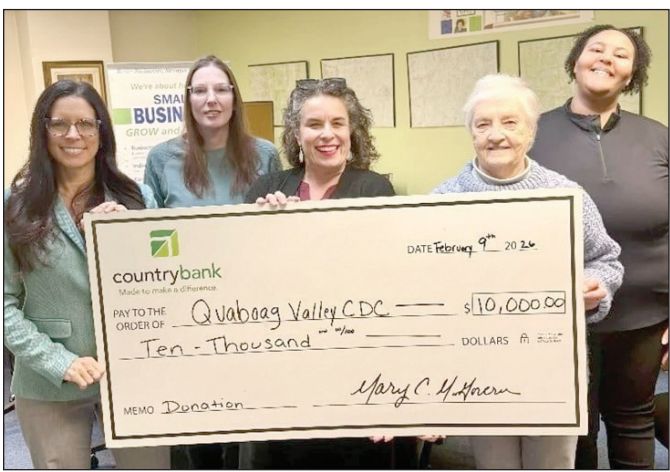
Elisabeth and Darrell Hyder's work runs through Sunday, May 10. Regular Art



Letterpress artist Darrell Hyder is shown at his press. His work along with his wife's will be on display in the gallery as the inaugural exhibition of the 2026 season at the Petersham Art Center.

Center hours are Thursdays through Sundays, noon -4 p.m. For more information about the exhibition and the Center, people may call 978-724-3415. Since 1912, the

Petersham Art Center near Petersham Common, has been home to regional fine art and craft through its shop, gallery, classes, and special events.



Submitted photo

Jodie Gerulaitis, first vice president of community relations at Country Bank; Lindsay Aucoin; Melissa Fales, QVabog executive director; Barbara Deslauriers and Elizabeth Lawrence.

## QVabog CDC receives donation from Country Bank

WARE – Country Bank, a full-service financial institution serving Central and Western Massachusetts, announced a \$10,000 donation to the Quaboag Valley Community Development Corporation to support programs that strengthen local businesses and promote economic development throughout the region.

QVabog CDC plays an important role in supporting entrepreneurs, small businesses and community members by providing access to resources, technical assistance and business develop-

ment services. Through its work, the organization helps foster sustainable economic growth and opportunity across the Quaboag Valley.

"Every year, Quaboag Valley Community Development Corporation applies for state and federal grants, but we still rely on donor contributions from the community to help fund our work," stated Melissa Fales, executive director of QVabog CDC. "We are very grateful for this generous donation from Country Bank, which will help us offer business development

services and promote economic development in our region."

Country Bank remains committed to supporting organizations that strengthen communities and expand economic opportunities throughout Central and Western Massachusetts. Contributions like this help ensure local organizations have the resources they need to continue serving residents, businesses, and entrepreneurs in meaningful ways.

To learn more about the various support pro-

grams offered by the Quaboag Valley Community Development Corporation, people may visit [www.QVabogCDC.com](http://www.QVabogCDC.com).

Established in 1850, Country Bank is a full-service \$2.2B mutual community bank serving Central and Western Massachusetts with 16 banking centers and two business offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Longmeadow, Ludlow, Leicester, Paxton, Charlton, Springfield, Uxbridge and Worcester.

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## Food Pantry holds distribution April 16

BARRE – The next Barre Food Pantry distribution will happen on Thursday, April 16 from 5:30-7 p.m.

The Barre Food Pantry volunteers strive to continue to fulfill their mission to get food to hungry and food insecure clients. The pantry must also continue to protect clients, volunteers and the larger community from the spread of disease viruses. Many clients and volunteers are classified as high-risk due to their age and/or underlying health

conditions. The Barre Food Pantry Board of Directors has considered changing how the pantry currently operates, but has decided that the most responsible path forward is to continue to operate as we have since March of 2020.

In order to maintain safe physical distances between volunteers and between volunteers and clients Thursday, April 16 will again be "drive-through" style distribution. Clients will line up in their vehicles on Park Street and

proceed into the right hand (east) entrance driveway of the Barre Congregational Church. They will remain in their cars. They'll drive up and be checked in by a volunteer, then continue up to the church building where their groceries will be put into the trunk or wayback of their vehicle by volunteers at multiple stations.

For more information Sonja Blaney at 978-355-6921 or Chuck Radlo at (978) 355-6463.

## Church to hold plant/bake sale

HARDWICK – The Tri-Parish Community Church announces they will be holding their 20th annual plant, bake sale, craft and tag sale on Saturday, May 16 and Sunday, May 17 from 10 a.m.-3 p.m. each day on the Hardwick Common.

This popular East Quabbin area event will fea-

ture traditional, favorite and connoisseur perennials plus selected annuals, heirloom vegetable plants and herbs in time for spring planting.

A delicious assortment of home-baked desserts and breads will also be sold.

The event is held rain or shine.

All are welcome.

## Tanglewood Marionettes show April 26

NEW BRAINTREE – The New Braintree Public Library will host the Tanglewood Marionettes show

"The Dragon King," on Sunday April 26 at 3 p.m. in the New Braintree Town Hall, 20 Memorial Drive.

This is an underwater fantasy based on Chinese Folklore. It's the tale of a grandmother's adventure to the bottom of the sea.

This program is supported in part by a grant from the Hardwick/ New Braintree Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency.

*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**.

## Parents, Grandparents & Friends **SPECIAL!**

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Class of **2026**

We are offering a great deal for you to **CELEBRATE YOUR GRADUATE** in your community graduation issue. Submit a photo and a brief message.

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2x3 Black & White Grad Ad

Congratulations Karly Smith! We are so very proud of you and your accomplishments. Good luck at Springfield College!

Love, Mom & Dad

## Paige Memorial Library lists events

**HARDWICK** – On Saturday, April 11 at 10:30 a.m., the Paige Memorial Library will host Ellie Shea, Youth Education Coordinator from the East Quabbin Land Trust.

She brings a quick lesson on birding and a bird feeder craft for young learners. This is best suited for ages 8 to 12, younger children are welcome but may require help from parents. They should bring binoculars if they have them for outside birding.

A Celtic knot drawing workshop takes place on Tuesday, April 14 from 5:30-6:30 p.m. People will learn the basics of drawing Celtic knots and spirals with artist Elizabeth Buck, including some tips and tricks. Materials will be provided.

On Wednesday, April 15 drop-in for early release day at Quabbin Regional School District, the Paige Library is open from 10 a.m.-4 p.m.. All

ages are welcome to enjoy and explore an art activity.

On Saturday, April 18 at 2 p.m. Lisa Cohen shares self-publishing without tears, a workshop co-sponsored by the Paige and Gilbertville Libraries at the Gilbertville Public Library, 259 Main St., Gilbertville. People should call the Paige Memorial Library at 413-477-6704 to reserve a spot.

On Tuesday, April 21 at 6 p.m. James DaRosa and Lindsay Aucoin of the Quaboag Valley Community Development Corporation and Business Assistance Corporation will present a workshop designed to be practical, empowering and immediately useful for small business owners at any stage. They will address business loans and readiness, how to start a business, how to write a business plan and access to computer program training. For more information people may call the library at 413-477-

6704, email paigelibrary.hardwick@gmail.com or call QVCDC at 413-497-4405.

Every Wednesday story time with an activity is held from 10:30 a.m.-noon. This is a fun time for the youngest patrons to experience the library. It is a nice place to make friends.

Other ongoing library activities include the Paige Book Club, the Cookbook Club, Celebrate Hardwick, the Ongoing Book Sale, the Paige Writers, Paige's Page to Screen book to movie discussion group and the Movie Festival Committee.

People may visit Facebook page at <https://www.facebook.com/paigelibrary/> and their website at <http://www.paigelibrary.com/>.

The Paige Memorial Library is open Tuesdays and Thursdays from 2-7 p.m., Wednesdays from 10 a.m.-4 p.m, and Saturdays from 9 a.m.-1 p.m.

## Joint CDBG application signed by selectmen

**By Zacharias Fragkiadakis**  
Staff Writer  
[zachf@turley.com](mailto:zachf@turley.com)

**WEST BROOKFIELD** – The Central Massachusetts Regional Planning Commission attended the Board of Selectmen's meeting on March 31 to hold a public hearing regarding the joint application for the Community Development Block Grant.

The towns on the application include West Brookfield, East Brookfield, Hardwick, and Barre.

John O'Leary, a Principal Planner from CMRPC said the CDBG program is designed to fund projects for low to moderate income communities, address slum and blight, or in some cases address urgent needs. He said the maximum amount a municipality can apply for is \$950,000, but in joint applications such as this one, towns can apply for up to \$1.35 million.

O'Leary also went over the project selection process. According to a handout pro-

vided by O'Leary, CMRPC has held community development strategy forums, and met with town officials. He said in East Brookfield, they held playground committee meetings, and in Hardwick they held team meetings and a public presentation regarding Memorial Park.

**Projects and costs**

According to O'Leary, there are four projects planned for this year's application: The Depot Neighborhood Infrastructure Planning Study in West Brookfield, with an approximate budget of \$150,000; Memorial Park Design Improvement Project in Hardwick, with an approximate budget of \$117,000; Barre Senior Center Improvement Project in Barre, with an approximate cost of \$90,000; and East Brookfield Town Complex Playground, with an approximate budget of \$70,000.

O'Leary said there is also a grant administration cost that CMRPC charges, which is about \$75,000, and the total budget including admin-

istration is about \$502,000.

**Project details**  
According to the handout, the Depot Neighborhood project is to "assess the existing conditions of all subsurface and surface infrastructure" in the area.

The Memorial Park project is going to evaluate the current conditions, and look at "opportunities to improve safety, accessibility, functionality, and overall user experience."

The Barre Senior Center Project will involve a design study for building improvements and construction, with up to \$25,000 allocated for addressing accessibility.

The East Brookfield Town Complex Playground project will evaluate the current conditions, look at alternative designs, and prepare "bid-ready plans for improvements."

The Selectmen signed and approved the submission of the application, which O'Leary said is due April 21, with award announcement dates coming in the late summer or early fall.



# Quaboag Hills

## CHIP GENERAL BODY MEETING

Open to the General Public!

Join us to review progress, hear updates, and discuss next steps for the CHIP initiative.

FOOD AND DRINKS WILL BE PROVIDED!

**MAY 1, 2026**  
**10:00 AM – 12:00 PM**

**E2E Center,  
79 Main St.,  
Ware, MA 01082**

**RSVP BY  
APRIL 24**

Scan QR Code or Use Link:  
<https://forms.gle/Bq8VtsUvLs2yan8V6> to Register



**CONTACT US**

**413-807-0901**  
**sblake@townofware.com**

# Calendar of Events

## THURSDAY, APRIL 9

**CRAFTERS APPLICATIONS** are now being accepted for the GFWC Northboro Junior Woman's Club the 49th Annual Harvest Craft Fair, which will be held Saturday, Nov. 7 from 9 a.m.-3 p.m. in Robert E. Mexican Middle School, 145 Lincoln St., Northboro. This is a juried show requiring that all items are handmade. Crafters may visit NJWC'S website for applications and more show details by visiting [www.northborojuniors.org/craft-fair.html](http://www.northborojuniors.org/craft-fair.html). The Northboro Junior Woman's Club is a non-profit organization that has been active in Northboro for over 40 years. They support community projects in Northboro as well as internationally. The Harvest Fair is the club's major fundraiser.

## SATURDAY, APRIL 11

**FAMILY SILENT FILM NIGHT** will host Charlie Chaplin's "The Gold Rush" (1925) today at 7 p.m. in the Stone Church Cultural Center, 283 Main St., Gilbertville. Admission is \$20. Organist Peter Krasinski will provide improvised accompaniment on the Gilbertville Johnson and Son pipe organ.

**DESIGNER PANCAKE BREAKFAST** sponsored by Cradle Rock Chapter of Eastern Star will be held today from 7:30-10:30 a.m. at Mt Zion Lodge Hall, 71 Pleasant St., Barre. People may create their favorite pancake with chips, nuts, fruit and more. Complete breakfast includes designer pancakes, waffles, sausage gravy and biscuits, bacon, sausage, juice, coffee and always real maple syrup. Adults are \$9 and children 6 and under \$5. All are welcome.

**BLOOD DRIVE** sponsored by the Petersham Lions Club with the Rhode Island Blood Center will take place today in the Petersham Lower Town Hall Main Street, Route 32. To sign up and reserve a donor spot, people may visit [https://donate.ribc.org/donor/schedules/drive\\_schedule/81015](https://donate.ribc.org/donor/schedules/drive_schedule/81015). They can donate one pint of whole blood or donate a double donation of just their red blood cells. People must sign up on their own and there is information on the website about eligibility and facts about blood donation.

Donors can also call 800-688-0900 if they have questions about their eligibility. Advances in medical research and care has lifted many restrictions that once existed. If they were told they could not donate, please check and see by looking at the eligibility page or by call the 800 number. The eligibility page is <https://www.ribc.org/donate-blood/donor-eligibility/>. People may donate whole blood every 56 days.

**MASS. STATE BUTTON SHOW** will be held today from 9 a.m.-3 p.m. at the AMVETS Post 74, 2159 Main St., Three Rivers. The public is invited to attend the day's activities and to purchase buttons and button related items from 9 a.m.-noon, and from 1:30-3 p.m. There will be no button sales during the break from noon-1:30 p.m. as lunch, a business meeting, and auction will take place. Morning visitors will be treated to coffee and refreshments provided by the hosting club. They should bring their own brown bag lunch and dessert will be provided. There is no admission fee and all are welcome.



Turley Publications photo by Ellenor Downer

**This week's mystery photo is from Petersham. If any readers know where this photo was taken, they may email [edowner@turley.com](mailto:edowner@turley.com) with their answer by noon on Monday, April 13. Claire Bechan-Norberg and James Laramie correctly identified the photo. The photo last week was taken on New Braintree Road near Haggood Road where a busy beaver keeps damming up the culvert.**

## SUNDAY, APRIL 12

**EQLT WELLNESS WALKS** will be held today at 3 p.m. at Mass. Central Rail Trail, New Braintree south to Creamery Road in Hardwick (meet at 1740 Hardwick Road, New Braintree .To register, people may email [atrevett@eqlt.org](mailto:atrevett@eqlt.org). On Wednesday, April 29 at 11:45 a.m. the walk is on the Mass. Central Rail New Braintree north to Wheelwright and River's Edge Preserve (meet at 1740 Hardwick Road, New Braintree.

**RUTLAND HISTORICAL SOCIETY OPEN HOUSE** will take place today from 1-3 p.m. at the Rutland Historical Society, 232 Main St., Rutland. People may browse through the museum collection, do some research on their ancestors and discover the history of Rutland. Light refreshments will be available.

**FRIENDS OF QUABBIN ANNUAL MEETING** will take place today at 1 p.m. at the Belchertown United Church of Christ, 6 Park St., Belchertown. The meeting is open to the public and all are encouraged to attend. The program will feature a special presentation titled "Clearing the Valley" by Maria Beiter-Tucker, Department of Conservation and Recreation-Division of Water Supply Protection's Interpretive Services Supervisor from the Les and Terry Campbell Quabbin Visitor Center.

In 1927, the Swift River Valley was home to four towns and more than 2,000 residents. Just twelve years later, the valley began its transformation into what is now the Quabbin

Reservoir, the largest water supply in Massachusetts. This presentation explores the complex and often overlooked process that reshaped the region, including the surveying of land, mapping of cemeteries, rerouting of rivers and removal of more than 1,000 structures. During the meeting, the Board of Directors will also provide updates on the organization's recent accomplishments, specifically the Keystone Bridge Stabilization Project as well as current and upcoming projects supporting the Quabbin Reservoir and its surrounding communities.

**ARTIST RECEPTION** takes place today from 4-6 p.m. at The Petersham Art Center, 8 North St., Petersham. The public is invited. This opens the 2026 season with a new exhibition, "Paper & Print / One Couple's CottageCollaboration: Elisabeth and Darrell Hyder's Paste Paper and Letterpress Lives." It runs through Sunday, May 10. Regular Art Center hours are Thursdays through Sundays, noon -4 p.m. For more information about the exhibition and the Center, people may call 978-724-3415.

**MONDAY, APRIL 13 CONVERSATION WITH OUR LEGISLATORS** will take place today

from 9-10:30 a.m. at the Educations Support Center, 872 South St., Barre. Representative Todd Smola, Representative Donnie Berthiaume, and the Massachusetts Association of Regional Schools will be speaking. Additional guest speakers will be announced as confirmations arrive. They will engage in a direct dialogue regarding the critical issues facing the district, including: challenges facing our schools and local communities, the impact of declining enrollment on school funding, Rural School Aid Funding and Chapter 70 Funding Formula. People should RSVP to Jessica Bennett by emailing [jbennett@qrsd.org](mailto:jbennett@qrsd.org) ) by Wednesday, April 8. Light breakfast refreshments will be served.

**SCIENCE PLAYGROUP** coordinated by the CFCE MOC and held in the New Braintree Public Library, 45 Memorial Drive, New Braintree will take place today at 10:30 a.m. The target age group is 6 and under, all are welcome. All are welcome and parental supervision is required.

## TUESDAY, APRIL 14

**PROGRAM ON RACHAEL REVERE** hosted by the Rutland Historical Society will take place on Tuesday, April 14 from 7-9 p.m. in the Rutland Library, 280 Main St., lower level. The program "History at Play, Rendezvous with Rachael Revere" with Judith Kalaora, who chronicles the lives of influential and often forgotten figures.

## WEDNESDAY, APRIL 15

**FREE INFORMATION FAIR** will be held at the Barre/Hardwick Senior Center, 557 South Barre Road, Barre today from 9 a.m.-2 p.m. This event is open to the public. The Council on Aging encourages seniors, caregivers, family members, friends and anyone interested in learning more about resources for the aging population to attend. It's a wonderful opportunity to connect with local professionals, explore helpful programs and services, and gather information that can make everyday living easier and more independent. Attendees will have the chance to speak directly with representatives from organizations offering support, safety services, financial information, health resources, housing guidance and more.

## SATURDAY, APRIL 25

**EAST QUABBIN LAND TRUST GALA DINNER** will be held today at the Cultural Center at Eagle Hill, 242 Old Petersham Road, Hardwick. There will be a dinner and silent auction. Silent auctions items donated by local businesses include: Agronomy Farm Vineyard, Bemis Farm Nursery, Farmers Guild of Hardwick, Garrett Wade, Hannaford, Hardwick Sugar Shack, Klem's, Louise Garwood Landscapes, Many Hands Organic Farm, New England Botanic Garden, Ragged Hill Cider, Salvadore Chevrolet, Still Life Farm, Stillman's Quality Meats, The Center at Eagle Hill, The Kitchen Garden, Whortleberry Hill at Walker Farm and others to come.

## Calendar Policy

**POLICY:** Our calendar section is intended to promote "free" events or ones that directly affect a volunteer-driven organization that benefits the community. Paid events that are not deemed fund-raisers or benefits do not qualify. Non-charitable events that charge the public to enter are not allowed as we consider that paid advertising. The deadline to submit calendar items in the mail, by fax, or emailed in Word document format is Monday at noon or sooner. We usually print one week in advance of an event, and the listings should be brief, with only time, date, location, brief activity explanation and contact information.

# Job Connection

HELPING YOU FIND HELP

## Highway Dept. Skilled Laborer / Truck Driver

The Town of New Braintree Highway Dept. is seeking qualified applicants for the immediate full-time position of Skilled Laborer / Truck Driver. Applicants must have a valid Massachusetts Driver's License, Class B (CDL) with DOT Medical Examination Certification and a Hoisting Engineer License Class 2B with DOT Medical Examination Certification. Interested applicants should submit a letter of interest and an employment application to: Highway Department, 110 West Brookfield Road, New Braintree MA 01531.

## Highway Dept. Seasonal Laborer

The Town of New Braintree is seeking a qualified candidate to perform seasonal work in the maintenance of town commons, roadways, grounds and cemeteries. Applicants must have a valid Massachusetts Driver's License (Class D). This is a seasonal position for 20 hours per week with a flexible schedule, May through October. Interested applicants should submit a letter of interest and employment application to: Highway Department, 110 West Brookfield Road, New Braintree MA 01531.

**For further information, please contact Richard Ayer, Highway Superintendent, at 508-867-2451, or via email at [Highway@newbraintree.gov](mailto:Highway@newbraintree.gov).**

A.A./E.O.E.

# JOIN THE TEAM!

**JP McCarthy & Sons** is now hiring great van drivers to help transport the students of the Quabbin Regional School District.

Beginning July 1, 2026, McCarthy will be adding van service to serve the District. All current drivers are encouraged to apply.

Email your interest to: [jobs@mccarthybus.com](mailto:jobs@mccarthybus.com)



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# SPORTS

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## Panthers take down Cougars in season opener

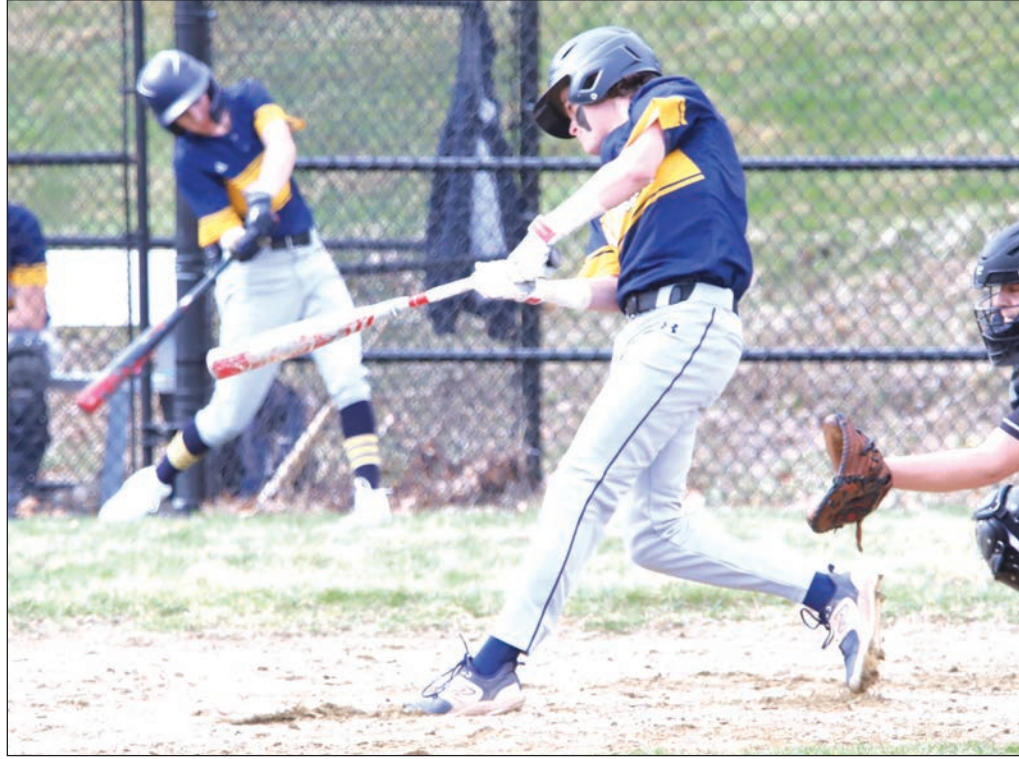
By Tim Peterson  
Sports Correspondent

WARREN—The seven seniors listed on the 2026 Quabbin Regional baseball roster have been members of the varsity team since they were freshmen.

The seniors, along with the Panthers underclassmen, have two primary objectives for this season. Their first goal is to contend for Mid-Wach D league title. They're also hoping to secure a berth in the Division 4 state tournament for the first time.

The Panthers began the regular season with a 12-1 road win over the Quaboag Cougars, last Tuesday afternoon. The non-league contest ended after sixth innings due to the 10-run mercy rule.

"We're in a different league this year, so we're not playing teams like Oakmont or Clinton anymore," said Quabbin head coach Mark Battista. "Our expectation is to compete for the league title and hopefully qualify for the state tournament."



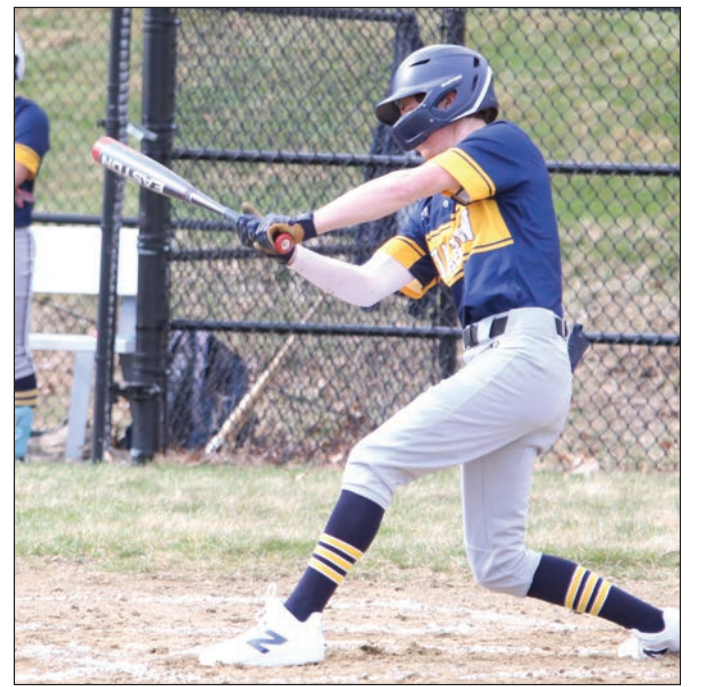
Aiden Lapointe swings and hits a soft grounder.

The Panthers seniors are Aiden Lapointe, Chase Talbot, Adam Adams, Andrew Warfield, Jordyn Guilderson, Finn Leander,

and Ian Haupt.

Adams, who's a righthander, was the Panthers starting pitcher in the season opener. He didn't allow any

runs and gave up just one base hit during the first three innings before being replaced on the mound by sophomore righty Abe Brown, who start-



Abe Brown tries to check his swing.

ed the game at second base.

Adams, who threw 54 pitches, did issue three walks and recorded seven strikeouts.

"Adam is our best pitcher and he pitched very well," Battista said. "It's our first

game of the season and I really didn't want him to throw that many pitches."

The Panthers also defeated the Cougars, 14-1, in last year's season opener, which

See **BASEBALL**, page 13



Turley photos by Maddox Baer

Parker Libiszewski leaps to fire a shot on net.

## Lacrosse co-op gets second win

MONSON – Last Friday afternoon on a sun-splashed back field at Monson High School, Monson boys lacrosse defeated Belchertown. The Mustangs, which has a co-op program with Pathfinder Tech, defeated the Orioles 7-5 to improve to 2-1 on the season. The Mustangs also defeated Pittsfield 12-6 and also record a loss against Wahconah 10-9. Monson's co-op is back in action at Lenox on Thursday, Apr. 9 at 4:30 p.m.



Noah Latulippe takes contact while advancing with the ball



Brady Rodeman slings a pass to his teammate.



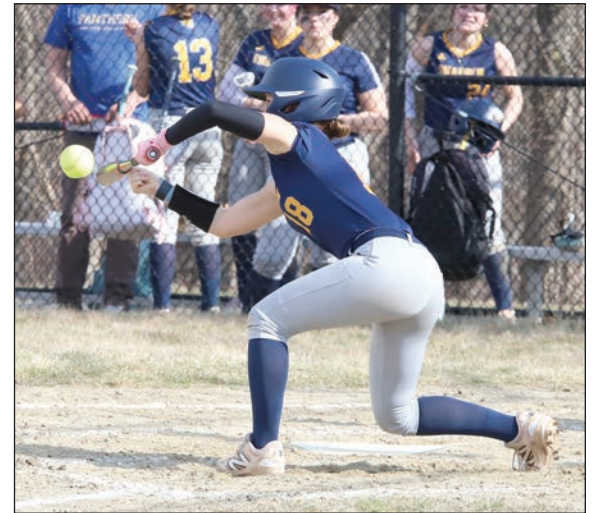
Brennan Peterson reaches for a ground ball as an opponent closes in.

## Quabbin gets big win over Quaboag softball



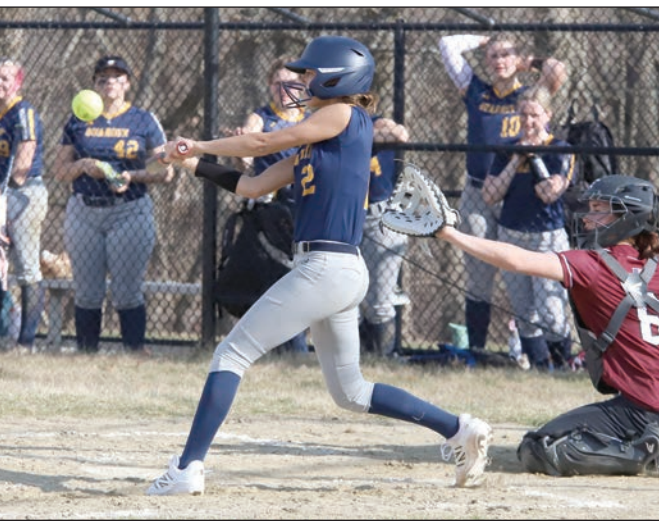
Josie Castell comes up throwing to first.

BARRE – In the season-opener for both teams, Quabbin Regional High School softball handily defeated host Quaboag 21-2. The independent matchup between the two teams will be the only team they meet this season. Quabbin was off until earlier this week with a matchup against Tahanto. Coming up, the Panthers face Narragansett. Quaboag has already played three games this season. Thought they loss to Quabbin, the Cougars did defeat South High and Keefe Tech and are 2-1 to start the season. They next face North Brookfield on Monday, Apr. 13 at 3:30 p.m.



Turley photos by Gregory A. Scibelli

Raegyn Wnek lays down a bunt for the Panthers.



Aubrey Pope lines up a base hit.

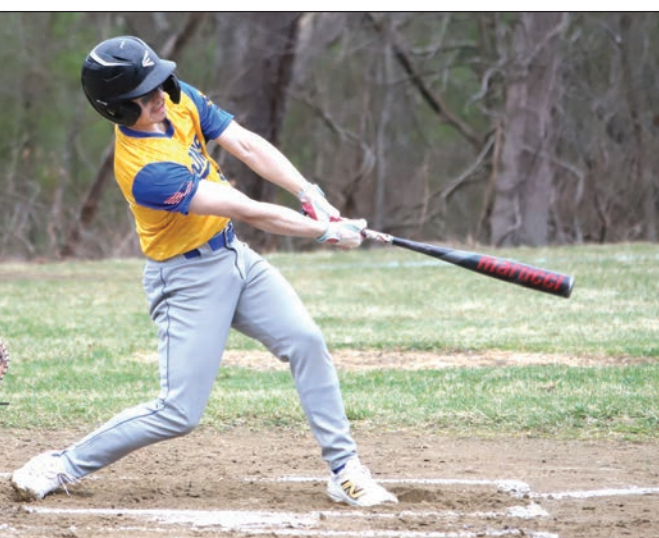


Abby Rogowski sends a base hit to the outfield.

## Pioneers, Monson face off in rain

MONSON – Last Wednesday afternoon, rains started falling at game time, as Monson and Pathfinder got their game underway.

The rains persisted, however, and the game had to be stopped. The two teams are scheduled to make up the game on Friday, May 8.



Turley photos by Gregory A. Scibelli

Edward Szostek fouls off a pitch.



Joseph Szostek takes a lead off first.



Emerson Boronski hustles for second

# DV task force celebrated major milestones over 25 years

By Paula Ouimette  
pouimette@turley.com

WARE – The Ware River Valley Domestic Violence Task Force celebrated its 25th anniversary last year, and its members are continuing its mission to prevent and respond to domestic violence in the community.

Since it was formed in 2000, the task force has partnered with the towns of Ware, Warren and Hardwick to form a network of agencies, organizations, community members and allies to provide support for survivors of domestic violence.

Monica Moran, coordinator of the Ware River Valley Domestic Violence Task Force, said many people saw a need in the community, and decided to band together.

“I think there was a concern in the community, that people couldn’t access resources,” she said.

In the first year of the task force, over 200 community members and local professionals – ranging from police officers to healthcare providers to teachers – received training to identify and respond to domestic violence.

Melissa Hutchins, who is a member of the task force through the Behavioral Health Network, said it’s this diverse membership that keeps the task force growing.

“Any kind of collaboration makes you better and stronger, and reach more people,” she said.

By 2004, two Ware Police officers were designated as the department’s domestic violence liaisons, and now, each town’s department receives regular training through the task force. Later this spring, police officers will participate in a training about coercive control legislation and domestic violence resources.

This training comes after changes were made to the abuse prevention law known as chapter 209A of Massachusetts General Laws, which grants restraining

orders to survivors of abuse from the person using abuse against them.

“We’ve grown and learned,” Hutchins said. “We can educate our officers and provide them with resources.”

Since September of 2024, the form for restraining orders now lists coercive control as a type of abuse. Last spring, the task force held a training for its members and about coercive control, and how it is defined by the law.

Mark Ames, Register of Probate for Hampshire County and a member of the task force, said the task force’s pamphlet on how to fill out a 209A affidavit, has been helpful in the courthouse. He first became involved with the task force after meeting Moran at Ware’s National Night Out celebration.

“The pamphlet is a really great resource,” Ames said.

Hutchins said this pamphlet has also been used by police officers to help survivors of domestic violence.

Hannah Moore of the YWCA of Western Massachusetts said the task force has helped to bring resources to people in the county where she works.

Jenny Raiche of Hillside Village and Highland Village in Ware said the task force helps to facilitate a connection between the community members and the police force as well.

The task force has also focused on education and spreading awareness of domestic violence in addition to these trainings, by working with local high school students and teachers.

Formed in 2010, the Ware High School Domestic Violence Task Force has had about 30 students participating each year, providing thought-provoking writing prompts to their peers about healthy and unhealthy relationships, making videos, and leading the annual Domestic Violence Awareness Walk.

“It’s asking the student what they think about boundaries and consent,” Moran said.

Task force member Jennie Simmons said the high school task force was the first of its kind in the state.

Ames said the task force’s work through the school has been important for sharing its message in the community, starting with the younger generation.

“It’s just been really impressive,” Ames said of the high school task force’s mission. “It really is about planting the seed.”

Sue Lewandowski, also a member of the task force, said, “It starts a whole new generation that’ll know what to do.”

The students in the high school task force have taken the lead at the annual Domestic Violence Awareness Walk, which was created by Simmons over 10 years ago as a way to show support for survivors in the community. The students emceed the event, create posters, and walk together around the downtown area.

Simmons said the first year of the walk, the task force had to ask for support, but now, it has become something that is readily offered.

“There’s kind of a level of trust from a lot of people who show up to walk,” she said.

Simmons recalled walking with a survivor during one year’s event, and how they walked by the house of the survivor’s abuser.

“I was really glad I was with her,” Simmons said. “The whole experience of the walk helped her and who knows how many other people.”

The task force has also started a successful book campaign, sharing more than 100 picture books about healthy boundaries and consent to local schools, preschools, family centers and libraries.

Hutchins and fellow task force member Deb Shepard



Turley File Photo

Ware High School Domestic Violence Task Force members led the annual Domestic Violence Awareness Walk down Pulaski Street in 2023.

have visited locations across the task force’s communities distributing these books, and reading them to children and their caregivers.

“It was received very well and the parents were very excited,” Shepard said. “We went back to a few places again and again.”

Lewandowski said it is important to have advocacy at a young age, from an addiction standpoint, as it may help them to develop stronger coping skills when faced with trauma of domestic violence.

“Being able to address domestic violence at an early age may decrease addiction as a coping skill for the trauma,” she said.

The task force has also been working to help survivors, by stopping abuse at the source.

During the pandemic, the task force looked for ways to offer help to those living in a domestic violence situation, by providing hotline support for people using abuse. The town of Ware led 26 rural towns for the launch of the Call for Change Helpline – the first of its kind in the nation, which is now a statewide resource.

“The main thing we need

to be doing is asking people to stop using abuse,” Moran said. “It was a hard idea for people to accept.”

The response to the hotline was greater than the task force had imagined it would be, receiving five times the call volume expected.

In 2025, the task force helped launch The Rural Network to End Domestic Violence, a group of six rural task forces in the state that work together on regional issues and advocate for rural communities statewide.

This year, the task force will continue to grow and build – and continue to advocate for healthy communities starting with healthy relationships at home.

“This is a group that people want to be in,” Hutchins said. “They want to learn more and help...everyone has a place at our table.”

The task force is open to anyone who lives or works in the towns of Ware, Warren or Hardwick. Moran said the strength of the task force lies in its diversity.

“Everyone has a different perspective,” she said. “It’s a very welcoming and warm group. We are always open to community members.”

About the task force

The Ware River Valley Domestic Violence Task Force serves Ware, Warren and Hardwick and is made up of community members as well as representatives from several organizations. The mission of the task force is to prevent and respond to domestic violence in these towns with community-led, community driven initiatives.

For more information, follow the Ware River Valley Domestic Violence Task Force on Facebook, visit [www.waredvtaskforce.org](http://www.waredvtaskforce.org), call 413-758-0605 or email [wrvdvtaskforce@gmail.com](mailto:wrvdvtaskforce@gmail.com).

How to get help

If you are experiencing domestic violence, you can contact BHN’s DV Program by calling 413-967-6241 or 413-262-7103 (cell); Alianza DV Services (Spanish speakers) 24 hours a day by calling 877-536-1628; or Safelink (a statewide service) 24 hours a day by calling 877-785-2020.

If you are using abuse and need help to stop, call A Call for Change helpline from 10 a.m.-10 p.m. at 877-898-3411 or email [help@acallforchangehelpline.org](mailto:help@acallforchangehelpline.org); or contact Proteus Intimate Partner Abuse Education Program at 413-896-7231.

## WELLS from page 1

F. Mobilio received 211 votes (117 Precinct 1 and 94 Precinct 2) for two year Constable.

The Felton Field Commission had several positions on the ballot: a three year term a two year term and a one year term. Kathleen Linehan-Janzen won the three year term as Felton Field Commissioner

with 203 votes (109 Precinct 1 and 94 Precinct 2). Jane M. Lynds won the two year term with 208 votes (112 Precinct 1 and 96 Precinct 2). Winning the one year term was Frank E. Whitney with 202 votes (113 Precinct 1 and 89 Precinct 2).

Incumbents Catherine P. Chase and Dylan S. Clark were re-elected to the two positions for three years as Library Trustees. Chase had 210 (118 Precinct 1 and 92

Precinct 2) and Clark had 200 votes (107 Precinct 1 and 93 Precinct 2).

Raymond R. Beaudoin running unopposed received 205 votes (112 Precinct 1 and 93 Precinct 2) for a five year term on the Planning Board. Gregory J. Devine was unopposed on the ballot for a three year term to Quabbin Regional School Committee member with 219 votes (121 Precinct 1 and 98 Precinct 2).

The following positions had no candidates on the ballot: three year term Board of Assessor, five year term Barre Housing Authority and a one year term Associate Planning Board. Michael Landry received 2 write in votes for Assessor, Anne Meilus got 2 write in votes for Barre Housing Authority and Doug Martin got five write in votes for Associate Planning Board.

## BOARD from page 1

### Truck exclusion route

DPW director Travis Brown said the DPW was working to make Brigham Street a truck exclusion route, barring any vehicle over five tons from traveling the street. He said the exclusion would not apply to heavy commercial vehicles, so people would get products delivered on the street if they needed them.

He said the reasons for this exclusion were the street was narrow, had little room for pedestrians to walk on, which affected pedestrian safety. The road deteriorated over time from trucks using it.

He said the town has to adopt the exclusion, send it to the Massachusetts Department of Transportation to sign, at which point the exclusion can be enforced by police. He said there was already signage on nearby streets alerting motorists of the exclusion.

The Select Board approved the motion.

### Consent agenda

The board motioned to approve the entire consent agenda in one motion, with the exception of the appointment of Jasmine Young to the board of Parks Commissioners, which was approved 3-0 with Select Board Vice-Chair Katie Young abstaining, since they are related.

The rest of the consent agenda which was approved unanimously include the following: Accepting the resignation of Faye Zukowski from the Town Administrator Search Committee, accepting the resignation of Jessica Hall from the board of Parks Commissioners, re-signing of 20 previously approved annual licenses and approving wage authorization forms for Zakary Wright of the Police Department, along with Paul Sweeney and Edward Gallant of the DPW cemetery department.

The board’s meet next meeting will be Tuesday, April 21.

## EASTER from page 1

Easter baskets to collect as many eggs as they could.

Inside these colored easter eggs were prizes ranging from candy to trinkets, and other prizes for kids.

The Rod & Gun Club also had a couple guests during the Easter egg hunt. The first was the Easter Bunny making its way

through the field and taking pictures with kids and their families.

Another guest was McKennsey Dodge, the author of the children’s book “The Paw and Prickle Patrol”. The story follows Sergeant Odis and Officer Wedginald, a cat and hedgehog, who embark on some springtime park adventures.

The story is inspired by Dodge’s pet cat and hedge-

hog.

After collecting all the Easter eggs, kids collected their prizes under the pavilion. Afterwards, families lined up to take pictures in front of the Easter themed backdrop just outside the pavilion.

The South Barre Rod & Gun Club will be hosting their annual Kid’s Fishing Derby on Saturday, April 25, with registration at 7

a.m. and fishing starting at 8 a.m. This event is open to the public for all kids ages 14 and under.

The Club will have giveaways throughout the fishing derby.

The South Barre Rod & Gun Club is located at 2626 Barre Road in Hardwick. More information can be found on the South Barre Rod & Gun Club Facebook page.

## TOWN OF BARRE

# Assistant Accountant

The Town of Barre is seeking a highly motivated, detail-oriented, unbenefited part-time, Assistant Accountant. This is a confidential position performing accounts payable data entry of invoices and payroll, assisting departments with accounting information and contacting vendors as needed. High school diploma or equivalent, two years clerical and/or accounting experience, proficiency in Microsoft Office, strong organization and customer service skills are required. Preferred qualifications include an associate’s degree in accounting and/or experience in municipal finance. The position is 20 hours per pay period, with specific scheduled days to accommodate warrant processing. The starting hourly wage range is \$20.00 to \$24.11 per hour, depending on qualifications, with an FY26 annual salary range of \$10,400-\$12,537.20. Candidates should submit an application, cover letter and resume to: Town Administrator, 40 West St., Barre, MA 01005 or via email to [townadmin@townofbarre.com](mailto:townadmin@townofbarre.com). The job description and application can be found at [www.townofbarre.com](http://www.townofbarre.com). EOE/AA

## SECURITY from page 4

healthcare services (doctors, medical tests, etc.), is optional if you have creditable employer coverage as explained above. You do not need to enroll in Medicare Part B, for which there is a monthly premium of \$202.90 in 2026 until your employer’s creditable healthcare coverage ends, even if you claim Social

Security earlier.

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 inter-

pretations of the Association Mature Citizens Foundation’s staff, trained and accredited by the National Social Security Association. To submit a question, visit [amac-foundation.org/programs/social-security-advisory](http://amac-foundation.org/programs/social-security-advisory) or email us at [ssadviser@amac-foundation.org](mailto:ssadviser@amac-foundation.org). Russell Gloor is a Social Security advisor for AMAC.

## NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue’s relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for the Barre Gazette, please email [edowner@turley.com](mailto:edowner@turley.com).

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**SEASONAL FACILITIES CREW** wanted at Norcross Wildlife Foundation. For a full job description, please visit **www.norcrosswildlife.org** or email **info@norcrosswildlife.org**

The Town of North Brookfield is looking for a **part-time Program Assistant** for the Council on Aging. Please submit a resume with a letter of interest to the **Selectmen's Office, 215 Main St., North Brookfield, MA 01535;** or by email to **selectmen@northbrookfield.net.**

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# Public Safety

## Barre Police Log

**Sunday, March 8**  
 1:32 a.m. Emergency Medical Service – Falls, Varney Lane, Ambulance Signed Refusal  
 9:42 a.m. Fire – Motor Vehicle Collision, West Street, No Action Required  
 8:39 p.m. Motor Vehicle Stop, Summer Street, Written Warning  
 9:25 p.m. Fire – Fumes/Odor/Gas Leak, West Street, Investigated

**Monday, March 9**  
 7:05 a.m. Suspicious Person/Vehicle Activity South Street, Negative Contact  
 9:40 a.m. Emergency Medical Service – Welfare Check, Gauthier Road, No Transport Required  
 10:05 a.m. Emergency Medical Service – Breathing Difficulty, Lochwood Road, Transported to Hospital  
 4:23 p.m. Property – Lost/Found/Surrender, Hubbardston Road, Officer/Chief Advised  
 5:29 p.m. Threats, Summer Street, Area Patrolled  
 5:54 p.m. Disturbance/Disorderly, Hubbardston Road, Officer Spoke to Party  
 6:29 p.m. Safety Concern, South Street, Officer Spoke to Party  
 6:40 p.m. Motor Vehicle – Disabled, West Street, Officer Spoke to Party  
 9:59 p.m. Motor Vehicle – Disabled, West Street, Officer/Chief Advised

**Tuesday, March 10**  
 9:55 a.m. Motor Vehicle – Disabled, Blair Road, Party Departed Without Incident  
 11:20 a.m. Motor Vehicle – Disabled, Skelly Road, Officer/Chief Advised

1:06 p.m. Assault and Battery, Barre Police Headquarters, Officer Spoke to Party  
 1:56 p.m. Road/Traffic Hazard, Granger Road, Negative Contact  
 2:06 p.m. Suspicious Person/Vehicle Activity, Common Street, Officer Spoke to Party  
 3:34 p.m. Safety Concern, West Street, Negative Contact  
 4:47 p.m. Motor Vehicle Stop, Main Street, Written Warning  
 5:14 p.m. Complaint, Summer Street, Officer Spoke to Party  
 5:29 p.m. Suspicious Person/Vehicle Activity, Barre Police Headquarters, Call Transferred  
 9:27 p.m. Motor Vehicle Stop, South Barre Road, Written Warning

**Wednesday, March 11**  
 4:44 p.m. Emergency Medical Service – Sick/Unknown, Wauwinet Road, Transported to Hospital  
 4:48 p.m. Emergency Medical Service – Falls, Gauthier Road, Mutual Aid Transported  
 5:54 p.m. Motor Vehicle Stop, Worcester Road, Written Warning  
 6:13 p.m. Motor Vehicle Stop, Worcester Road, Written Warning  
 6:51 p.m. Erratic Operator, Worcester Road, Prisoner Bailed  
 Arrest Moreau, Kristina Helen, 35, Worcester  
 Charges Operating Under Influence – Liquor OR .08%, Inspection/Sticker, No

**Thursday, March 12**  
 2:08 p.m. Larceny or Theft, Barre Police Headquarters, Recovered  
 2:16 p.m. Property–Lost/Found/Surrender, Pleasant Street, Recovered  
 7:15 p.m. Emergency Medical

Service – Abdominal/Back Pain, South Barre Road, Transported to Hospital  
 8:31 p.m. Road/Traffic Hazard, South Barre Road, Officer/Chief Advised

**Friday, March 13**  
 12:48 p.m. Assist Other Police Department, Hardwick, Officer Spoke to Party  
 2:26 p.m. Motor Vehicle Stop, Williamsville Road, Citation Issued  
 3:53 p.m. Motor Vehicle Stop, South Street, Written Warning  
 3:54 p.m. Fire – Motor Vehicle Collision, North Brookfield Road, Ambulance Signed Refusal  
 5:48 p.m. Motor Vehicle Stop, Worcester Road, Criminal Complaint  
 Summons Smith, Michael David, 61, Dudley  
 Charges Uninsured Motor Vehicle, Unregistered Motor Vehicle  
 8:20 p.m. Disturbance/Disorderly, South Street, Investigated

**Saturday, March 14**  
 6:01 a.m. Emergency Medical Service – Chest Pain/Heart Problem, Wauwinet Road, Transported to Hospital  
 9:02 a.m. Emergency Medical Service – Unconscious/Unresponsive/Syncope, Lockwood Road, Transported to Hospital  
 1:55 p.m. Motor Vehicle – Disabled, Sheldon Road, Investigated  
 11:23 p.m. Motor Vehicle – Disabled, Worcester Road, Public Assist  
 11:39 p.m. Suspicious Person/Vehicle Activity, Valley Road, Officer Spoke to Party

## Rutland Police Log

**Sunday, March 8**  
 12:07 a.m. Tree Incidents (No Wires), Main Street, Referred to Other Agency  
 3:39 a.m. Motor Vehicle Accident – No Fire Department/EMS Response, Wachusett Street, Report Filed  
 4:54 a.m. Emergency Medical Service – Sick/Unknown, Main Street, Transported to Hospital  
 8:02 a.m. Emergency Medical Service – Chest Pain/Heart Problem, Vista Circle, Transported to Hospital  
 8:17 a.m. Property – Lost/Found/Surrender, Main Street, Information Taken  
 10:18 a.m. Property Dispute or Exchange, Maple Avenue, Returned  
 4:03 p.m. Emergency Medical Service – Falls, Scott Road, Transported to Hospital  
 5:20 p.m. Emergency Medical Service – Sick/Unknown, Maple Avenue, Transported to Hospital  
 6:11 p.m. Assist Other Police Department, West Boylston, Officer Spoke to Party

**Monday, March 9**  
 9:14 a.m. Landlord Tenant/Neighbor Dispute, Julie Ann Circle, Call Transferred  
 5:34 p.m. Motor Vehicle Stop, Barre Paxton Road, Criminal Complaint  
 Summons Gray, Giovanni Develle, 30, Bronx, New York  
 Charges Unlicensed Operation of Motor Vehicle C90 S10  
 9:05 p.m. Suspicious Person/Vehicle Activity, Pommogussett Road, Investigated

**Tuesday, March 10**  
 12:02 a.m. Suspicious Person/Vehicle Activity, Barre Paxton Road, Officer Spoke to Party  
 12:16 p.m. Motor Vehicle Stop, Maple Avenue, Citation Issued  
 2:44 p.m. Complaint, Whitehall Road, Officer Spoke to Party  
 4:48 p.m. Complaint, Bigelow Road, Officer Spoke to Party  
 5:58 p.m. Motor Vehicle Stop, Pommogussett Road, Criminal Complaint  
 Summons Delaney Figueroa, Bernard Joel, 39, Templeton  
 Charges Registration Suspended, Operating Motor Vehicle With, Uninsured Motor Vehicle  
 6:06 p.m. Emergency Medical Service – Falls, Maple Avenue, Ambulance Signed Refusal  
 6:55 p.m. Complaint, Paddock Road, Unfounded  
 7:19 p.m. Emergency Medical Service – Abdominal/Back Pain, Main Street, Transported to Hospital  
 9:56 p.m. Motor Vehicle Accident – No Fire Department/EMS Response, Pommogussett Road, Report Filed

Wednesday, March 11  
 1:39 a.m. Emergency Medical Service – Falls, Soucy Drive, Ambulance Signed Refusal  
 5:27 a.m. Emergency Medical Service – Breathing Difficulty, Cheryl Ann Drive, Transported to Hospital  
 6:59 a.m. Emergency Medical Service – Sick/Unknown, Soucy Drive, Transported to Hospital

8:02 a.m. Emergency Medical Service – Falls, Soucy Drive, No Transport Required  
 8:54 a.m. Emergency Medical Service – Bleeding (Non-Traumatic), Maple Avenue, Transported to Hospital  
 10:54 a.m. Emergency Medical Service – Breathing Difficulty, Pleasantdale Road, Transported to Hospital  
 10:54 a.m. Trespasser or Prowler, East County Road, Arrest(s) Made  
 Arrest Jusino, Alex Michael, 38, Worcester  
 Charges Warrant  
 License Suspended, Operating Motor Vehicle With, Reeve Stolen property =\$1200, Subsequent,  
 Motor Vehicle, Receive Stolen, Drug, Possess Class A, Drug, Possess Class B, Subsequent offense, Disguise to Obstruct Justice, Breaking and Entering Vehicle/Boat Daytime for Felony  
 2:36 p.m. Lockout (Home or Vehicle), Central Tree Road, Entry Gained  
 2:42 p.m. Erratic Operator, Pommogussett Road, Officer Spoke to Party  
 7:57 p.m. Complaint, Paddock Road, Gone on Arrival  
 6:07 p.m. Emergency Medical Service – Falls, Nancy Drive, Ambulance Signed Refusal  
 6:30 p.m. Erratic Operator, Main Street, Negative Contact  
 7:01 p.m. Road/Traffic Hazard, Worcester Road, Removed from Scene  
 7:09 p.m. Escort/Transport, Worcester, Removed to Court/Lockup  
 Arrest Jusino, Alex Michael, 38, Worcester  
 Charges Warrant  
 License Suspended, Operating Motor Vehicle With, Receive Stolen property =\$1200, Subsequent,  
 Motor Vehicle, Receive Stolen, Drug, Possess Class A, Drug, Possess Class B, Subsequent offense, Disguise to Obstruct Justice, Breaking and Entering Vehicle/Boat Daytime for Felony  
 11:30 p.m. Erratic Operator, Barre Paxton Road, No Action Required

**Thursday, March 12**  
 1:24 a.m. Fire – Motor Vehicle Collision, Maple Avenue, Ambulance Signed Refusal  
 1:37 a.m. Assist Other Police Department, Spencer, No Action Required  
 10:25 a.m. Motor Vehicle Stop, East County Road, Written Warning  
 11 a.m. Emergency Medical Service – Chest Pain/Heart Problem, Maple Avenue, Transported to Hospital  
 11:01 a.m. Fire – Motor Vehicle Collision, Maple Avenue, Transported to Hospital  
 11:22 a.m. ACO Lost and Found/Wildlife, Edson Avenue, Information Taken  
 11:45 a.m. Motor Vehicle Stop, Main Street, Written Warning  
 11:57 a.m. Motor Vehicle Stop, Maple Avenue, Citation Issued  
 12:17 p.m. Animal – ACO Call, River Road, Officer /Chief Advised  
 12:42 p.m. Motor Vehicle Stop, Maple Avenue, Written Warning  
 12:48 p.m. Motor Vehicle Stop, Maple Avenue, Citation Issued

1:32 p.m. Motor Vehicle – Disabled, Brintnal Drive, Investigated  
 2:47 p.m. Motor Vehicle Stop, Main Street, Criminal Complaint  
 Summons Milton Inc, Southworth, Milford  
 Charges Unregistered Motor Vehicle, Unregistered Motor Vehicle, Registration Suspended, Operating Motor Vehicle With  
 4:38 p.m. Motor Vehicle Stop, Barre Paxton Road, Criminal Complaint  
 4:50 p.m. Property Damage, East County Road, Report Filed  
 5:03 p.m. Motor Vehicle Stop, Watson Lane, Criminal Complaint  
 Summons Da Silva, Tiago Queiroz, 46, Rutland  
 Charges Unregistered Motor Vehicle, Uninsured Motor Vehicle  
 6:50 p.m. Motor Vehicle Stop, Main Street, Written Warning

**Friday, March 13**  
 2:25 a.m. Burglary/Breaking and Entering, Brunelle Drive, Investigated  
 7:40 a.m. Animal – ACO Call, Bushy Lane, Information Given  
 10:04 a.m. Motor Vehicle Stop, Maple Avenue, Criminal Complaint  
 Summons Tod, Nicholas W., 41, Rutland  
 Charges Unlicensed Operation of Motor Vehicle C90 S10, Inspection/Sticker, NO \* C90 S20  
 10:33 a.m. Suspicious Person/Vehicle Activity, River Road, Information Taken  
 11:48 a.m. Emergency Medical Service – Sick/Unknown, North Brookfield Road, Transported to Hospital  
 12:09 p.m. Motor Vehicle Accident – No Fire Department/EMS Response, Pommogussett Road, Report Filed  
 3:54 p.m. Fire – Motor Vehicle Collision, North Brookfield Road, Ambulance Signed Refusal  
 5:21 p.m. Animal – ACO Call, Wildbrook Drive, Officer/Chief Advised  
 9:01 p.m. Emergency Medical Service – Choking, Beechwood Drive, Ambulance Signed Refusal  
 10:57 p.m. Animal – Wildlife, Victoria Avenue, Information Given  
 11:59 p.m. Emergency Medical Service – Abdominal/Back Pain, Memorial Drive Transported to Hospital

**Saturday, March 14**  
 7:20 a.m. Fire – Motor Vehicle Collision, Pommogussett Road, Report Filed  
 8:36 a.m. Emergency Medical Service – Childbirth, East County Road, Transported to Hospital  
 10:37 a.m. Emergency Medical Service – Falls, New Braintree Road, Transported to Hospital  
 1:39 p.m. Erratic Operator, Maple Avenue, Officer Spoke to Party  
 4:34 p.m. Emergency Medical Service – Sick/Unknown, Barre Plains Road, Transported to Hospital  
 7:46 p.m. Motor Vehicle Stop, Main Street, Written Warning  
 7:48 p.m. Complaint, Fernwood Drive, Negative Contact  
 8:15 p.m. Motor Motor Stop, Main Street, Citation Issued

## New Braintree Police Log

*During the week of March 24-30, the Hardwick/New Braintree Police Department responded to 10 building/property checks, 17 directed/area patrols, eight radar assignments, one traffic control, three emergency 911 calls, two safety hazards, four citizen assists, one utility issue, one motor vehicle investigation, one scam, one motor vehicle accident, two animal calls and six motor vehicle stops in the town of New Braintree.*

**Tuesday, March 24**  
 9:50 a.m. Safety Hazard, Hardwick Road, Services Rendered  
 6:09 p.m. Assist Citizen, West Road, Served in Hand

**Wednesday, March 25**  
 10:05 a.m. Utility Issues, Hardwick Road, Dispatch Handled  
 11:42 a.m. Assist Citizen, Sibley Road, Dispatch Handled  
 5:07 p.m. Motor Vehicle Stop, Hardwick Road, Citation issued

**Thursday, March 26**  
 4:42 a.m. Motor Vehicle Crash, Gilbertville Road, Officer Handled  
 2:53 p.m. Scam, Skivira Lane,

Report Taken

**Friday, March 27**  
 6:36 a.m. Motor Vehicle Stop, Ravine Road, Written Warning  
 7:40 a.m. Safety Hazard, Barre Road, Referred to Other Agency  
 7:50 a.m. Motor Vehicle Investigation, Gilbertville Road, Vehicle Towed  
 11:26 a.m. Assist Citizen, Memorial Drive, Officer Handled  
 5:44 p.m. Assist Citizen, McKay Road, Spoken To  
 8:08 p.m. 911 Medical Emergency, Sibley Road, Transported to Hospital

**Saturday, March 28**  
 11:13 a.m. 911 Animal Call, Ravine Road, Officer Handled

*During the week of March 30-April 6, the Hardwick/New Braintree Police Department responded to 18 building/property checks, 20 directed/area patrols, seven radar assignments, three traffic controls, six emergency 911 calls, one citizen assist, one assist other agency, two animal calls and nine motor vehicle stops in the town of New Braintree.*

**Monday, March 30**  
 8:45 p.m. 911 Misdial, Unitas Road, Spoken To

**Tuesday, March 31**  
 2:50 a.m. 911 Medical Emergency, West Brookfield Road, Patient Refusal

**Wednesday, April 1**  
 8:13 a.m. Assist Citizen, Memorial Drive, Officer Handled  
 12:49 p.m. 911 Medical Emergency, West Brookfield Road, Transported to Hospital

**Thursday, April 2**  
 9:44 p.m. 911 Animal Call, Utley Road, Referred to Other Agency

**Friday, April 3**  
 8:30 a.m. Assist Other Agency, Gilbertville Road, Negative Contact  
 5:08 p.m. Motor Vehicle Stop, Ravine Road, Written Warning

**Saturday, April 4**  
 10:44 a.m. 911 Medical Emergency, Ravine Road, Transported to Hospital

**Sunday, April 5**  
 2:57 a.m. 911 Medical Emergency, West Brookfield Road, Services Rendered

## Hardwick Police Log

**Monday, March 23**  
 8:50 a.m. Investigation, Main Street, Officer Handled  
 9:25 a.m. Assist Citizen, Barre Road, Officer Handled  
 9:50 a.m. Assist Citizen, Main Street, Officer Handled  
 9:52 a.m. Assist Citizen, Main Street, Officer Handled  
 10:46 a.m. Missing Person, Church Street, Officer Handled  
 11:44 a.m. 911 Fire/Other, Ridge Road, Services Rendered  
 1:35 p.m. Investigation, Main Street, Negative Contact  
 2:14 p.m. Assist Citizen, Main Street, Services Rendered  
 1:50 p.m. Motor Vehicle Stop, Barre Road, Written Warning  
 10:45 p.m. Stolen Motor Vehicle, Lower Road, Patient Refusal

**Tuesday, March 24**  
 1:37 a.m. Investigation, Barre Road, Spoken To  
 3:18 a.m. Safety Hazard, Hardwick Center/Gilbertville, Services Rendered  
 11:54 a.m. Investigation, Lower Road, Spoken To  
 5:04 p.m. 911 Welfare Check, Jackson Road, Spoken To  
 5:10 p.m. Threat, High Street, Report Taken  
 5:32 p.m. Investigation, Barre Road, Spoken To

**Wednesday, March 25**  
 1:26 p.m. Investigation, Hardwick Road, No Action Required  
 2:16 p.m. Fraud, Lower Road, Spoken To  
 2:20 p.m. Assist Other Agency, Main Street, Officer Handled  
 2:50 p.m. Complaint, River Run, Officer Handled  
 4:32 p.m. Motor Vehicle Stop, Hardwick Road, Citation Issued  
 5:38 p.m. Disturbance, Broad Street, Spoken To  
 8:48 p.m. 911 Motor Vehicle Crash, Czesky Road, Transported to Hospital

**Thursday, March 26**  
 10:23 a.m. 911 Safety Hazard, Petersham Road, Officer Handled  
 10:56 a.m. Safety Hazard, Still Life Farm, No Action Required  
 2:08 p.m. 911 Hang-up/Abandoned, Hardwick Road, Negative Contact  
 3:23 p.m. Suspicious Activity, Upper Church Street, Officer Handled  
 4:35 p.m. 911 Motor Vehicle Crash, Barre Road, Officer Handled  
 5:01 p.m. Complaint, Barre Road, Officer Handled

**Friday, March 27**  
 5:40 p.m. Scam, Charity Hill Road, Spoken To  
 9:05 p.m. Medical Alarm, Turkey Street, Patient Refusal

**Saturday, March 28**  
 5:16 p.m. Motor Vehicle Stop, Main Street, Written Warning

**Sunday, March 29**  
 10:31 a.m. Assist Other Agency, Main Street, Officer Handled  
 1:25 p.m. Motor Vehicle Stop, Main Street, Written Warning  
 3:07 p.m. 911 Motor Vehicle Crash, Hardwick Road, Report Taken  
 4:31 p.m. Motor Vehicle Stop, Main Street, Written Warning  
 5:31 p.m. Motor Vehicle Stop, Main Street, Written Warning  
 6 p.m. Motor Vehicle Stop, Lower Road, Criminal Complaint

During the week of March 30-April 6, the Hardwick/New Braintree Police Department responded to 56 building/property checks, 34 directed/area patrols, 24 radar assignments, two traffic controls, 11 emergency 911 calls, 10 citizen assists, one assist other agency, five complaints, one safety hazard, one fire, one motor vehicle investigation, one larceny/theft, one fraud, one vandalism, two scams, one motor

vehicle accident, three animal calls and 13 motor vehicle stops in the town of Hardwick.

**Monday, March 30**  
 10:40 a.m. 911 Fire/Other, Hardwick Road, Removed Hazard  
 11:52 a.m. Motor Vehicle Stop, Hardwick Road, Written Warning  
 1:37 p.m. Parking Complaint, Ruggles Hill Road, Spoken To  
 6:06 p.m. 911 Larceny/Theft/Shoplifting, Barre Road, Officer Handled

**Tuesday, March 31**  
 12:23 a.m. 911 Medical Emergency, Main Street, Transported to Hospital  
 7:55 a.m. Vandalism, Main Street, Report Taken  
 8:49 a.m. Medical Emergency, Prospect Street, Transported to Hospital  
 10:13 a.m. 911 Welfare Check, Jackson Road, Transported to Hospital  
 12:36 p.m. Complaint, Off Ruggles Street, Officer Handled  
 3:23 p.m. Motor Vehicle Stop, Lower Road, Written Warning

Wednesday, April 1  
 9 a.m. Investigation, Pine Street, Services Rendered  
 10:50 a.m. Suspicious Activity, Mechanic Street, Unfounded

1:48 p.m. Suspicious Activity, Main Street, Spoken To  
 3:21 p.m. Assist Citizen, Main Street, Services Rendered  
 5:06 p.m. Assist Citizen, Main Street, Officer Handled  
 7 p.m. 911 Medical Emergency, Main Street, Transported to Hospital  
 7:27 p.m. Assist Citizen, Joslyn Road, Negative Contact  
 9:07 p.m. Safety Hazard, Turkey Street, Services Rendered

**Thursday, April 2**  
 1:55 p.m. Assist Other Agency, Telephone, Officer Handled  
 3:05 p.m. Assist Citizen, Main Street, Officer Handled  
 3:59 p.m. Fraud, Sullivan Avenue, Services Rendered  
 7:04 p.m. Scam, Old Petersham Road, Services Rendered  
 10:38 p.m. Disturbance, Main Street, Peace Restored

**Friday, April 3**  
 12:06 a.m. 911 Disturbance, Hardwick Road, Officer Handled  
 6:28 a.m. Assist Citizen, Main Street, Officer Handled  
 9:57 a.m. Complaint, Hardwick Road, Spoken To  
 10:41 a.m. 911 Medical Emergency, Hardwick Road, Spoken To  
 1:48 p.m. Motor Vehicle Stop,

Barre Road, Written Warning  
 3:54 p.m. Scam, Barre Road, Investigated  
 4:11 p.m. Assist Citizen, Main Street, Officer Handled  
 6:02 p.m. Assist Citizen, Hardwick Road, Officer Handled  
 8:05 p.m. Assist Citizen, Greenwich Road, Spoken To

**Saturday, April 4**  
 12:17 a.m. 911 Motor Vehicle Crash, Greenwich Road, Officer Handled  
 8 a.m. Assist Citizen, Greenwich Road, Officer Handled  
 10:42 a.m. Parking Complaint, Main Street, No Action Required  
 12:38 p.m. Assist Citizen, Mechanic Street, Referred to Other Agency  
 2:43 p.m. 911 Medical Emergency, Lower Road, Transported to Hospital  
 4:22 p.m. Motor Vehicle Stop, Lower Road, Written Warning  
 11:07 p.m. Motor Vehicle Investigation, Main Street, Officer Handled

**Sunday, April 5**  
 4:46 p.m. 911 Hang-up/Abandoned, Old Petersham Road, Officer Handled

**Monday, April 6**  
 6:20 a.m. Complaint, Upper Church Street, Officer Handled

Check the Barre Gazette out on the web  
[www.barregazette.turley.com](http://www.barregazette.turley.com)

## Education

# Kristina Nunnari graduates from Elms College

CHICOPEE – Kristina Nunnari of Rutland received a Bachelor of Science in nursing from Elms College following the conclusion of the fall 2025 semester. Nunnari was among 60 students who received their degrees in December 2025. Elms College, founded in 1928, is a co-educational Catholic college offering a liberal arts curriculum that prepares students holistically for a purposeful life in a diverse and interconnected world.

PLEASE RECYCLE THIS NEWSPAPER

### HUBBARDSTON from page 3

be a Hubbardston resident for at least three years, be a graduating high school senior planning to attend an accredited college or university and have demonstrated community involvement during their high school years. Applications are available online by visiting the town website at [www.hubbardstonma.gov](http://www.hubbardstonma.gov) and are due by Sunday, April 26. For questions, they should email [admin@hubbardstonma.gov](mailto:admin@hubbardstonma.gov).

#### Senior Center events

All artists are welcome to attend the art group at the Hubbardston Senior Center every Friday from 9-11 a.m. A new activity at the Senior Center is the Creative Needle and Thread activity every Friday

from 9 a.m.-noon. All are invited to bring projects, such as embroidery, cross stitch, sewing and quilting. Questions may be directed to Michelle at 508-450-4476. Yarn-It-All group meets from 10 a.m.-noon. Knitting and crocheting projects will be worked on, and those who have questions will get help from others who attend. Games of Pitch are held the second and fourth Wednesdays at 1:30 p.m. and the first and third Fridays at 6:30 p.m. Cribbage is played every Thursday at 12:30 p.m., Bingo is every Monday at 12:30 p.m. and Wii Bowling is every Monday and Thursday at 9 a.m. Functional Exercise Classes are held at the Senior Center Tuesdays and Thursdays from 9:30-10:30 a.m.

## Obituary

### Arnold M. Trifilo, 95



BARRE – Arnold M. Trifilo, 95, of Barre, passed away peacefully on Monday, March 30, 2026 in St. Francis Rehabilitation in Worcester.

He leaves his beloved wife of 69 years, Maryann Trifilo; his four children Joel J. Trifilo and his wife Nancy, Rebecca Battista and her husband Mark, Jessica Chaisson and Christina Rapisarda and her husband Robert. He is also survived by 14 grandchildren and 14 great-grandchildren.

Arnold was born and raised in Barre, the son of the late Mariano and Elvira Trifilo. He was predeceased by his seven siblings; two sisters Josephine and North America and five brothers Cleveland, Joseph, Matthew, Diamond and Tindaro.

Arnold was a proud U.S.

Navy veteran, serving five years on active duty and 11 years in the reserves. He graduated from Barre High School, Boston University, and Boston University School of Law. He practiced law with Cumberland Farms, Inc. and J. Baker, Inc. and also maintained a private practice in Barre.

In retirement, Arnold and Maryann made their home in Newport, Rhode Island. There, he shared his love of history by leading tours of the Newport Mansions and teaching classes at the U.S. Coast Guard Auxiliary.

The funeral for Arnold will be held on Thursday, April 16, 2026 with a graveside service at 11:30 a.m. in St. Josephs Cemetery in Barre. Arrangements are under the care of Pillsbury Funeral Home, 96 South Barre Road, Barre.

## Public Notices

### Town of Oakham PUBLIC HEARING NOTICE

The Oakham Planning Board will hold a public hearing on **Tuesday, April 21, 2026, at 7:15 p.m.**, at the Town Hall, to consider the special permit application of James and Michelle Bertrand for light automotive mechanical work, at 472 North Brookfield Road, Oakham.

A copy of the application may be reviewed at the office

of the Town Clerk during normal business hours. Anyone who wishes to be heard on the proposed special permit should attend the hearing, or submit comments in writing to the Planning Board before the hearing date.

Phillip Warbasse, Chairman  
04/02, 04/09/2026

### Barre Conservation Commission Notice of Public Hearing

Notice is hereby given in

accordance with the Massachusetts General Law, Chapter 131, Section 40, The Wetlands Protection Act, that a public hearing will be held on a Notice of Intent to for the construction of a proposed fueling station/convenience store, carwash, above ground fuel storage tanks, driveway, parking lot, storm water basin, sewer connection and water service connection at property located on Worcester Road, Assessors Map H, Lots 218 and 219 and recorded with

the Worcester District Registry of Deeds Book 72349, Page 62. From: Pine Hill Leasing, LLC

P.O. Box 638  
Barre, MA 01005

To be held on **Tuesday, April 14, 2026 at 7:00 p.m.** in the Conservation Commission Office on the 3rd floor of the Henry Woods Building, 40 West Street, Barre, MA 01005. Ronald Rich, Chairman  
04/09/2026

## DEATH NOTICE

**Trifilo, Arnold M.**  
Died March 30, 2026  
Graveside service Thursday, April 16 at St. Joseph's Cemetery, Barre

## Public Safety

### Oakham Police Log

**Sunday, March 8**  
4:03 p.m. Road/Traffic Service – Falls, Scott Road, Transported to Hospital

**Monday, March 9**  
3:15 p.m. Road/Traffic Hazard, North Brookfield Road, Referred to Other Agency  
4:17 p.m. Motor Vehicle Stop, Worcester Road, Criminal Complaint  
Summons Gulo, Theodor, 61, South Barre  
Charges Registration Suspended, Operating Motor Vehicle With C90 S23, Uninsured Motor Vehicle C90 S34J

6:57 p.m. Lockout (Home or Vehicle), Old Schoolhouse Road, Entry Gained

**Tuesday, March 10**  
5:42 p.m. Motor Vehicle Stop, Worcester Road, Citation Issued  
10:48 p.m. Motor Vehicle, North Brookfield Road, Written Warning

**Wednesday, March 11**  
7:01 p.m. Road/Traffic Hazard, Worcester Road, Removed from Scene

**Friday, March 12**  
11:48 a.m. Emergency

Medical Service – Sick Unknown, North Brookfield Road, Transported to Hospital  
3:54 p.m. Fire – Motor Vehicle Collision, North Brookfield Road, Ambulance Signed Refusal

**Saturday, March 14**  
10:37 a.m. Emergency Medical Service – Falls, New Braintree Road, Transported to Hospital  
4:34 p.m. Emergency Medical Service – Sick/Unknown, Barre Plains Road, Transported to Hospital

Heart Problem, Hale Road, Transported to Hospital  
2:42 p.m. Erratic Operator, Pommogussett Road, Officer Spoke to Party  
5:30 p.m. Emergency Medical Service – Sick/Unknown, Main Street, Mutual Aid Transport

**Friday, March 13**  
2:25 a.m. Burglary/Breaking and Entering, Brunelle Drive, Investigated  
11:41 a.m. Emergency Medical Service – Abdominal/Back Pain, Madison Way, Transported to Hospital  
1:19 p.m. Suspicious Person/Vehicle Activity, Malone road, Officer Spoke to Party

**Saturday, March 14**  
7:40 a.m. Road Condition Notification, Worcester Road, Information Taken  
4:11 p.m. Property – Lost/Found/Surrender, Main Street, Returned  
5:22 p.m. Gunshots, High Bridge Road, Area Search Negative

### Hubbardston Police Log

**Sunday, March 8**  
11:45 a.m. Emergency Medical Service – Stroke (CVA), Old Princeton Cutoff Road, Transported to Hospital

**Monday, March 9**  
1 a.m. Emergency Medical Service – Sick/Unknown, Worcester Road, Mutual Aid Transported  
12:54 p.m. Motor Vehicle – Disabled, New Templeton Road, Vehicle Towed  
5:05 p.m. Motor Vehicle Stop, Kruse Road, Citation Issued  
5:19 p.m. Road/Traffic Hazard, Mt. Jefferson Road, Referred to Other Agency  
6:21 p.m. Stolen Vehicle, Main Street, Report Filed

Filed  
8:50 a.m. Motor Vehicle Stop, Worcester Road, Written Warning  
9:22 a.m. Motor Vehicle Stop, Gardner Road, Written Warning  
5:22 p.m. Emergency Medical Service – Falls, Williamsville Road, Transported to Hospital  
6:15 p.m. Animal – ACO Call, Iroquois Avenue, Officer/Chief Advised  
6:42 p.m. Escort/Transport, New Templeton Road, Public Assist

**Wednesday, March 11**  
10:54 a.m. Trespasser or Prowler, East County Road, Arrest(s)  
Arrest Jusino, Alex Michael, 38, Worcester  
Charges Warrant, License Suspended, Operating Motor Vehicle With, Receive Stolen Property +\$1200, Subsequent, Motor Vehicle, Receive Stolen, Drug, Possess Class A, Drug, Possess Class B, Subsequent Offense, Disguise to obstruct Justice, Breaking and Entry Vehicle/Boat Daytime for Felony  
12:55 p.m. Emergency Medical Service – Chest Pain/

## Sports

### BASEBALL from page 9

took place on their home-field.

Quaboag entered the 2026 campaign looking to celebrate a victory for the first time since they defeated Southbridge, 6-2, at home on May 17, 2024.

“We did have a couple of scoring opportunities in today’s game,” said Quaboag head coach Brian Guimond. “I was really hoping for a much better outcome. It’s just another disappointing loss for us.

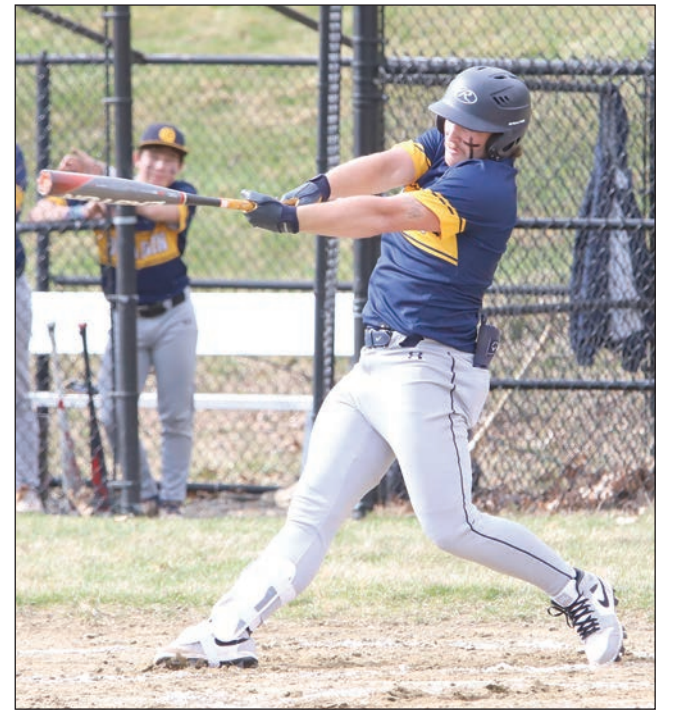
Quaboag junior righty Liam McGrath gave up four runs on three hits in 42/3 innings, but only one of those runs were earned. He threw a total of 99 pitches and recorded a total of 13 strikeouts.

“Liam is a very good pitcher,” Guimond said. “We didn’t give him very much support defensively.”

Lapointe, who’s the Panthers starting shortstop, hit a groundball to the third baseman leading off the top of the first inning. Lapointe wound up standing on second base following a throwing error. Lapointe scored after another throwing error by the second baseman.

Quaboag junior leftfielder Thomas Bellizzi lined a double to left leading off the bottom half of the opening frame. Both eighth grade shortstop Zach Deremian and McGrath walked, which loaded the bases with no outs.

The Cougars failed to capitalize, as Adams, who’s hoping to play college base-



Turley photo by Gregory A. Scibelli

### Adam Adams fouls off a pitch.

ball, got himself out of that jam with the help of two strikeouts and a pop-up.

The Panthers, who only had four base hits in the game, stranded a runner at third base in the second inning. The visitors from Barre added two more runs in the third with the aid of a fielding error and wild pitch.

After McGrath struck out the side in the fourth, Quabbin junior catcher Alijah Flint delivered an RBI single into right field making the score 4-0 with two outs in the fifth inning.

The Cougars battled back in the bottom half of the frame.

Eighth grade first baseman Landon Kelly drew a leadoff walk. After the next

batter struck out, Deremian lined a single to center. Kelly crossed the plate when McGrath doubled to left field.

The Cougars had runners on second and third base with no outs, but Brown worked out of the jam by retiring the next two batters with the help of a strikeout and a comebacker.

The two Panthers pitchers received plenty of support defensively.

Quabbin put the game out of reach by scoring eight runs against a couple of relief pitchers in the sixth inning.

Brown set down the side in order in the bottom of the sixth inning, which ended the ball game.

## OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place. The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice (with a word limit of up to 500 words) and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

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

## HELP WANTED

- Produce news and/or feature stories of local interest for various towns and cities.
- Must be dependable, professional and able to meet strict deadlines.
- Salary based on a flat rate by story and photo.

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Palmer, MA 01069  
or email directly to:  
[pouimette@turley.com](mailto:pouimette@turley.com)



**TRAUMA from page 5**

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 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 a 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 pro-

vide 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 endocrine 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/RecoveryCenterofHOPE-Ware/> 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)

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