

BARRE GAZETTE

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Consultant to provide finalists

Select Board to hold interviews next month

By Ellenor Downer
Editor
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BARRE – The Select Board in their process of finding a new Town Administrator should be holding interviews the middle of next month.

They held a conference phone call with Reginald “Buzz” Stapczynski of Municipal Resources Inc. based in New Hampshire at their Monday, Aug. 21 meeting. In an update to the Select Board, he said they received a total of 22 candidates. The Select Board opted to use a consulting firm rather than forming a Town Administrator Search Committee in an effort to expedite the hiring process.

Of the total received, 11 met the minimum requirements for town administrator. Eight of those candidates completed the essay phase of the search process and submitted their answers to three questions.

Two of the three, who did not complete the essay part, gave no reason and the other candidate decided against relocation to Massachusetts. Stapczynski said it was not unusual for candidates to drop out in this phase of the process. He said Municipal Resources, Inc. would now review the eight finalists essays.

He said at this point, the firm might find a candidate or candidates, who would not be “right” for the job. Following the review of the essays, they will conduct phone interviews. During the phone interviews, they would give the candidates an opportunity to tell them anything they might find before conducting a Google search.

See BARRE, page 5

Volunteers put the ‘community’ in Hardwick Fair

By Paula Ouimette
pouimette@turley.com

HARDWICK – Considered the oldest fair in the U.S., it’s no surprise the Hardwick Community Fair has deep roots which have connected families together for generations.

This year, the Fair was dedicated to the memory of longtime volunteer, Robert “Bob” Sanderson.

A volunteer for over 30 years, Bob was involved with the Lumberjack Contest on Friday nights, and even held the record in the cross-cut competition with his son, Eric.

“Bob passed away just before last year’s Fair,” Hardwick Community Fair Association’s President Fay Butler said during the opening ceremony on Aug. 18.

Whenever an issue arose during Fair planning, Bob would always reassure Butler, “Fay, we’ll figure it out.”

Now, Butler said, Bob’s children are continuing the tradition.

Bob’s wife Gina Sanderson, their children and grandchildren, all gathered by the flagpole on the Common to accept the honor in his memory, and receive



Russ Sanderson makes a clean cut during the Lumberjack Contest.

a citation from the House of Representatives from state Rep. Donnie Berthiaume.

The Hardwick Community Fair was the first thing Bob introduced her to when they started their life together, Sanderson said of her late husband.

“We would come every single year on Saturday,” she said. “He made sure he saw everything.”

Sanderson said nothing made her husband happier than stopping to talk to friends and neighbors at the Fair, and that he was proud to “pass the torch” for the

Lumberjack Contest on to their children.

Former state Sen. Anne Gobi said family tradition is what the Hardwick Community Fair is all about.

“Nothing says ‘small town America’ like the Hardwick Fair,” she said.

No tradition can continue without the efforts of volunteers like Bob and the Sanderson family, and for 261 years, Hardwick has found a way to not only continue past tradition, but also create new ones.

Fred Schaaf has been volunteering at the Fair for the past few years, continuing a tradition his father, Jeff, started years before.

“My dad was involved [with the Fair] and I grew up here,” he said. “I had friends working the Fair one year and that’s when I got involved.”

Schaaf said he’s usually running the cotton candy booth, a

See HARDWICK FAIR, page 7



Turley Photos by Mary Whitelaw

This year’s Hardwick Community Fair was dedicated to the memory of longtime volunteer Robert “Bob” Sanderson. His family members wore matching T-shirts and accepted a citation from the House of Representatives.

Select Board opts to reconsider earlier vote

Residents ask board to fix old reservoir dam

By Ellenor Downer
Editor
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BARRE – About eight residents attended the Monday, Aug 21 meeting in support of repairing the old Barre reservoir dam located off Williamsville Road.

Theresa Kane said the towns of Belchertown and Sterling had similar issues with dams. She said said Sterling opted to repair the dam and they did not have the option of the state paying for it.

Kane asked the board to hold a public hearing for citizen input on the Barre dam matter. She said she would like the board to rescind their vote to breach the dam.

Chair Maureen Marshall said, she would not want to squelch citizen’s say and the board would hold a public hearing. She also said the state requires an environmental study before doing any work on the dam.

Select Board member Mark Regenius said he also would support a public hearing. Select Board Vice Chair John Dixon was not in attendance.

Forest Kelly said the abutters were never notified. The state estimated the cost to repair the dam at \$1.4 million and a full breach of the dam at \$2.4 million. He said the state considered the dam a high hazard when at full capacity, but it was not at full capacity.

Select Board chair Marshall said if the dam failed there would

See SELECT BOARD, page 8

Dingy Dash brings fun and laughs this Saturday

By Eric Goodhart
Correspondent

HUBBARDSTON –It is the always hilarious and entertaining sixth Annual Dingy Dash on the South tip of Brigham Pond off Route 68 and Princeton Road.

The Saturday, Aug. 26 free event starts officially at 10 a.m. The captains and crew of each boat must be there at 9 a.m. for final boat check and sign in. That is a good time for everyone else too.

For those who may be new to all things nautical, a dingy is a small boat. Usually, 8 to 15 feet in length. They vary in how they are used, but can be powered by a motor, sailed with the use of a removable mast or powered by rowing with oars, paddles, or human arms if nothing else is available.

They can be true life savers if the mother ship sinks at sea. Survivors are subject to ocean storms, starvation and sharks. But a well-designed dingy would be seen quickly from the bridge by a sailor on a passing ship.

However, the Dingy’s that are competing on the calm, clean blue waters of Brigham Pond this Saturday have very little in common with the above other than they



Submitted photo

These youngsters continue to paddle their dinghy even as it is sinking in last year’s Dingy Dash.

float...hopefully. There are strict rules and guide lines to follow.

The Dingy’s must be designed using only cardboard and duct tape. No motors, flex seal, Styrofoam, or plastic allowed.

Katie Young, the event creator in 2018 was inspired by a dinghy race in another country. She brought it back to her home town, Hubbardston. She is a member of the Hubbardston Select Board and the town’s special events adviser even since before she exhibited great skill in helping organize the Town’s 250 Year Celebration in 2017.

This year, for the first time, there will be not just one, but three first prize categories for the fastest time. Single occupant under 18, Single occupant over 18 and Dinghies with two or more on

board, any age.

The event has become quite popular. There is a great viewing position for everyone as each dingy is launched one at a time and navigates around five buoys to the finish line. The record time to beat is 1:45, held by Captain Mike Stoll in 2019.

In fact, Captain Stoll has one first place in four out of five years in four different boats. I do not know if he is a graduate of the highly selective Webb Institute of Engineering in Glen Cove, New York, but his understanding of naval architecture is impressive based on his domination of the event.

There will be trophies awarded by carefully vetted Judges to

See DINGY DASH, page 8

Military vehicle collectors pass through town



The Massachusetts Military Vehicles Collectors Club, South East Chapter, recently drove through Barre. These Jeeps were just two of the vehicles passing through town.

Submitted photos

This Army Medical Service Jeep camp equipped with a stretcher and manikin to “rescue.”



News of the Towns



Round Town
Ellenor Downer
edowner@turley.com

OES to hold chicken barbecue

Cradle Rock Chapter Order of Eastern Star will hold a chicken barbecue Saturday, Sept. 16 at Mt. Zion Lodge Hall, 71 Pleasant St. with drive thru pick up at 1 p.m. Cost is \$18 per person. For tickets, people may call Dolly at 508-826-7537.

Flying High Dogs

Mike Piazza, a multiple world finalist record holder in K9 Frisbee and the current # 1 Professional K9 frisbee performer in the world will be at Nornay Park, Main Street in South Barre on Thursday, Aug. 24 at 5:30 p.m. People should bring chairs or a blanket to sit on and enjoy this free show. This program is sponsored in part by the Barre Recreation Committee.

Second annual yard sale

The Barre Historical Society and Museum, 18-20 Common St., will hold their second annual yard sale on Saturday, Sept. 16 from 9 a.m.-3 p.m. They will sell to members only from 8-9 a.m. with free coffee. Items for sale include new merchandise of books, pamphlets, Barre High School yearbooks, maps, postcards and more. People may email Kay at barrehistory@gmail.com or call 978-257-0890 for more information.

Nornay Park lists upcoming events

SOUTH BARRE – Mike Piazza, a multiple world finalist record holder in K9 Frisbee and the current # 1 Professional K9 frisbee performer in the world will be at Nornay Park, Main Street in South Barre on Thursday, Aug. 24 at 5:30 p.m. with his Flying High Dogs.

People should bring chairs or a blanket to sit on and enjoy this free show. This program is sponsored in part by the Barre Recreation Committee.

The final Saturday night concert with the Alley Kings will take place at Nornay Park on Saturday, Aug. 26 from 5:30-7:30 p.m. The Barre Lions Club runs a concession stand during Saturday concerts. Sponsors for the concerts are Barre Cultural Council, Barre Recreation Committee and Fidelity Bank.

The town wide yard sale will be held Saturday, Oct. 7 from 9 a.m.-4 p.m. There is a \$10 sign up fee. Rain date is Sunday, Oct. 8 at applicant's discretion.

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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Sponsored by the First Congregational Church, United Church of Christ

Saturday, August 26, 2023
9AM - 3PM, Rain or Shine!
\$40 for a 20 x 20 VENDOR SITE

The flea market will be free and open to the public.

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Golf tournament has record number of teams



Volunteers check in golfer for the GABB Golf Tournament sponsored by the Oakham Congregational church on Monday, Aug. 7.

By Ellenor Downer
Editor
edowner@turley.com

OAKHAM – The GABB Golf Tournament took place Monday, Aug. 7 at Quail Hollow Country Club with a record number of over 90 teams participating.

Over the past two years, the Oakham Congregational Church, sponsor of the golf tournament, lost three members, Gretchen Nahkala, Art Gray and Bob Lajoie, who supported the annual Bob Tyck Golf Tournament over the years. Bill Mucha suggested new name of the tournament GABB, which stands for Gretchen, Art, Bob (Lajoie) and Bob (Tyck).

The teams played at times in the rain, but it did not dampen their spirits or their desire to play golf for a cause. Over the years, the tournament supported the Bob Tyck fund, Camp Putnam, church Opportunity Fund, local Food Pantries, Quabbin Pro Musica, Tessa Strong, the Oakham Fire Association, church Outreach Fund and more.

Taking first place was the foursome of Lauren Malozzi, Dave Ossias, Ben Strouse and Lauren Strouse. The second place group was Jon Tyck, Chris Cullina, Chris Michalowski and Matt Tillo and the third place team was led by Paul Murphy.

The Oakham Congregational Church thanks the many sponsors and donors to the raffle table, who along with the golfers, made for a successful tournament. They included: Route 148 Variety, Barre Artesian, Barre Patch Restaurant, Barre Gazette, Big Y Grocery Store of Spencer,



This team displays matching dinosaur shirts at the GABB Golf Tournament held at Quail Hollow Country Club in Oakham.

Brynn's Bread, Cafe on the Common, Charlie's Diner Bar and Grill, ColBro, Coldbrook Springs Winery, Candelions, Dippin' Donuts, Eastern Solar, Farmer Matt, Hannaford, Harvest Grill of Holden, Hatch Group, Higgins Energy, In a Heartbeat, J & J Restaurant, Jed's Hardware, Ladd's Restaurant and Lajoie Bros. Trucking.

Other donors and sponsors were: Lake Dean Campground Store, Lowes, Mathilda Duffy, Mike's Merchant, Mexicali Cantina Grill Restaurant, Moran Law, Pine Acres Campground, Quail Hollow Country Club, Schooner Financial, Still Four Corners, Subway Restaurant in North Brookfield, The Black and White Grille, Val's Restaurant, Whitco Sales Inc., Martha Williams, Wong Dynasty and Yankee Grille and Yummy

Garden Restaurant.

Individual donors included: Larry and Laura Biro, Larry Habink, George Paradis, Richard Turner, Beth Cafarella, Edward Ostrout, McCarthy Family, Chris Nahkala, Kathy Zack, Heather and Duncan Stewart, Linda Barringer, Nancy Dickie, Rev. Joanne Gray, Julie Sleeper, Sharon Onorato, Gail and Russell McDonald, Joseph Salimeno, Abigail and Thomas Kiernan and Barbara Young.

The tournament raised over \$10,000, which will be donated to local charities and families in need.

The golf tournament planning committee is already looking ahead to next year's golf tournament. It will again be held on a Monday in August at Quail Hollow Golf Country Club in Oakham.



Hubbardston
Ellenor Downer
edowner@turley.com

Yard sale comes to town

New this year is a town wide yard sale on Saturday, Sept. 24. The rain date will be Sunday, Sept. 24. There is no charge to be put on the map. Only addresses will be listed not names. People should email Katie at hubbardston250@gmail to be put on the map. Maps/addresses will be available online along with paper copies at One Stop Shop (gas station).

Last concert

The last concert of the season will be held Saturday, Aug. 19 from 5-8 p.m. at the Curtis Recreation Field, Route 68. The band is the High Powered Mutants. There will be food for sale and the Girl Scouts will be selling cookies. People should bring a blanket or chair

Field Day

The Hubbardston Lions Club Field Day will be held Saturday, Sept. 16 from 9 a.m.-2 p.m.

Senior center events

The Hubbardston Senior Center, 7A Main St., events include: Coffee with Friends Monday through Thursday at 9:45 a.m.; Bingo from 12:30-3 p.m. on Mondays; Knitting Group at 10 a.m. every Tuesday at 10 a.m. and WiiBowling beginning at 8:30 a.m. every Monday and Wednesday beginning at 8:30 a.m. Cribbage will be starting on Thursday, Aug 17 at 12:30 p.m.

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 Aug. 28. 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.

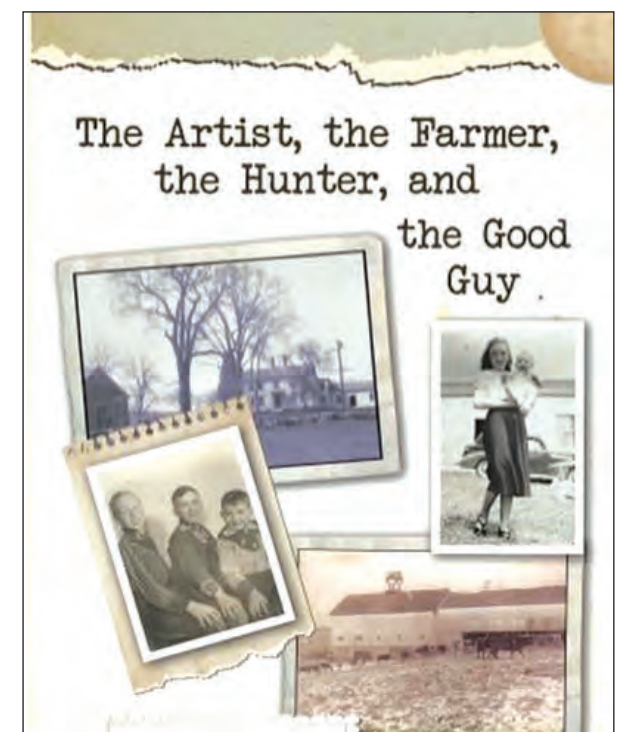
MONDAY – Beef stew, rice, corn niblets, Mandarin oranges, French bread
TUESDAY – Chicken Milano,* rice pilaf, roasted Brussels sprouts, brownie, diet = half piece, pumpernickel bread

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

THURSDAY – Shepherd's pie, carrots, peas, peach streusel cake, diet = small piece, Italian bread

FRIDAY – Menu not available for September
*Diabetic friendly dessert **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 \$2.50 per meal helps keep the program running.

Author Diane Buzzell presents at Senior Center



Submitted Photo

North Brookfield author Diane Buzzell will give a presentation and book signing about her book about life and growing up in a small town at the North Brookfield Senior Center on Tuesday, Aug. 29 at 11 a.m.

NORTH BROOKFIELD – Local author Diane Buzzell will have a presentation and book signing of her book "The Artist, The Farmer, The Hunter, and the Good Guy" on Tuesday, Aug. 29 at the North Brookfield Senior Center, 29 Forest St., at 11 a.m.

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 barrenews@turley.com or call 978-355-4000. Corrections may also be requested in writing at Barre Gazette, P.O. Box 448, Barre, MA 01005.

LAND FOR SALE

Hardwick	1.86 & 2 acre lots	\$55,000 each
Hardwick	4A 600' frtg	\$79,900
Monson	1/2 A town util	\$63,900
Monson	28+ acres (poss. Lots)	\$259,900
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New Salem	5.8 acres	\$94,900
N. Brookfield	5+ acres	\$49,900
Sturbridge	11+ acres Town Util	\$149,900
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Warren	4.5+Acres (perc)	\$31,500
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Hardwick Fair... fun for all



Bill Cole sang the National Anthem at the 261st Hardwick Community Fair's opening ceremony.



Kristen Coltey Wentworth and Todd demonstrate the sport of rabbit hopping.



Lori Merriam joins her son in the tractor parade.



Sadie Russell took second place with her Holstein heifer.



New this year was a corn-on-the-cob bar hosted by the Hardwick Historical Society.



Barbie proved she was "Kenough," finishing strong in the road race.



The rope swing was in constant use at the children's obstacle course.

HARDWICK FAIR, continued from page 1

of the time," Schaaf said jokingly. Schaaf recruited his friend Matthew Erickson to help him this year, and Erickson said he plans to return next year.

Schaaf's parents are both still involved with the fair, with his father taking home four second place ribbons for his nature photography and garlic, and his mother, Patti, earned first place for a necklace she made.

Ellary White, Audrey Larson and Sadie Ouimette have all attended the Hardwick Community Fair for as long as they can remember, if not longer.

Now entering their freshman year of high school, the trio of friends (who met at the Get Up and Dance studio in Gilbertville as toddlers), have turned one of their favorite Fair activities into volunteer hours; helping to run the children's obstacle course.

The friends agreed that the rope swing was, and still is, their favorite part of the course.

This year marked the 46th Running of the Road Race, featuring a 5.7 mile challenging course that loops around the historic Common, complete with it's own "Heartbreak Hill" that gives the Boston Marathon route some friendly competition.

Race organizer Megan Talbot took over from longtime organizer Chris Hinckley several years ago and said this was the best weather they've ever had for running, as it is typically hot and humid.

Talbot has raced the course herself many times, and said the race sees a lot of return runners each year; those trying to reach a personal best, or beat the seemingly untouchable course records set by John Panaccione in 1985 (28:19) and Karen Enright in 1989 (34:16).

This year's top finisher, Henry Domnarski of Palmer finished with a time of 31:05.

Organizing the race is a lot of work, Talbot said, but she knew she had to keep the tradition going.

The Hardwick Youth Center was established nearly 40 years ago, providing the town's youth with a fun, safe and free place to enjoy time with their friends.

Youth Commissioners Angelique Broussard and Emily Cartier said they've been manning a booth at the Fair for four years,

offering a variety of games for people to take chances on.

Proceeds from the booth help to raise money for the Youth Center.

Serving about 45 youth in the community, the Youth Center offers a "home away from home" for school-age children through young adults. The Youth Center also goes on field trips outside of town, including a Worcester Railers hockey game, a haunted visit to 13th World, seeing the Christmas lights at McCray's Farm, bowling, pinball and much more.

Cartier said the Youth Center is currently planning a trip to Six Flags New England.

Several Youth Center members, including Morgan and Theo, helped out at the booth all weekend. Having the youth involved with the Fair is important for keeping the Youth Center strong, Broussard said.

"Other kids can see these kids helping, and see how much fun they have," Broussard said.

Being a town built by agriculture, the Fair highlights some essential trades including blacksmithing and stone cutting.

Randy Noble has been demonstrating at the Fair for as long as he's been working with stone, since 1978.

Noble sets up each year alongside the stonewall that surrounds the cemetery near the Town House, a stonewall that he worked to level many years ago.

"I have a lot of walls I've built around town," Noble said.

Hardwick is known for its impressive stonewalls, many of which are wide and flat across the top.

Some of the stonewalls, including one at the upper cemetery just past the Common, feature a split stone laid end-to-end, after a massive stone is split down the middle and parted.

The nicer stone walls taper on the ends, Noble said, and one stone wall he built on Prouty Road is four-foot-wide, tapering down to 16 inches.

Splitting stone is no easy task, especially during the days when hand tools were the only option. Using a "drill" that looks like a long metal bar, stone cutters used large mallets to drive the bar into the stone, rotating the bar as they go.

"When I first started, they drilled this way," Noble said.

Noble also had an assortment

of antique stone cutting cools, many of which were found in his uncle's barn.

Blacksmith Jennifer Petrila first became interested in the trade during a third-grade field trip to Old Sturbridge Village. When she returned home, she started making knives, working her way up to latches.

"The metal always wants to move away from you," Petrila told visitors to her forge as she explained the complexities of metalworking.

Early in her 35 year career, Petrila apprenticed with a farrier, despite having negative experiences with horses up until that point. When the farrier saw how fast she could forge, he took her under his wing.

"He said, 'your horse skills suck, but your blacksmithing is awesome,'" Petrila recalled.

Petrila improved her horse skills, and was able to trim, blacksmith and shoe a horse in as little as 30-45 minutes.

She shared advice on how to communicate with horses, and said horses are either your best friend, or they want nothing to do with you.

"It's a relationship that's transformative," she said. "The level of engagement is different."

Petrila no longer shoes horses, as she has found through decades of experience that being bare-foot is best. She continues to be a blacksmith, and travels all over demonstrating her talent.

The invention of the tractor took a lot of the farming workload off of horses and oxen, and the Fair always has an impressive display of different makes and models spanning the decades.

Lori Merriam of West Brookfield has been coming to the Fair for at least 14 years, and this year her family brought five tractors to enter the show and parade. Four are International Harvesters and one is a Massey-Harris.

Her oldest child is "all about" tractors she said, and he drove his own in the parade this year (with Merriam perched behind him).

The Fair helps the younger generation get in touch with their local, natural roots she said, and shows that agriculture is "still out there."

Agriculture is strong and growing in Hardwick, with the debut of the Farmers Guild of Hardwick and the return of rabbits to the Fair.

Central Mass Rabbit Breeders Network is new to the Fair this year, led by Hardwick resident Kristen Coltey Wentworth. The highlight of the booth being a rabbit hopping agility show featuring Todd, a Rhinelander; and Mushu, a Britannia Petite.

Rabbit hopping is a new sport in the U.S., with rabbits hopping over a course of jumps, similar to equestrian show jumping.

"Rabbit hopping is mainly for fun," Wentworth said, and it originated in Europe.

Wentworth began working with rabbits when she was in 4-H at 10 years old. Her first ever show was at the Barre Fair, and her second was the Hardwick Community Fair.

Now, her three children, Isabelle, William and Rose each show their own breed of rabbit.

"My kids are second generation rabbit showers," Wentworth said. "Everybody shows a few rabbits."

Wentworth shows the English Spot, Isabelle shows the Havana, William shows the Rex and Rose shows the English Lop. Isabelle's

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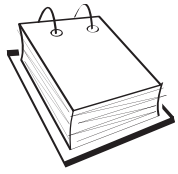
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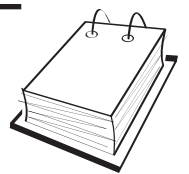
food and dining

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Calendar of Events



THURSDAY, AUG. 24

ORANGE FARMERS MARKET is held every Thursday from 3-6 p.m. now through Thursday, Oct. 19 at the Orange Armory, 135 East Main St., Orange. Vendors offer a full range of Farmers Market products: veggies (in season), flowers, baked goods, annual and perennial plants, herbal remedies, milk and ice cream, soaps, craft items and more. Music entertainment will also take place at the market thanks to an Orange Cultural Council grant. The Salvation Army hosts the concession stand at the park and proceeds are used to send area children to summer camp.

REGISTRATION FOR JIMMY FUND WALK is now open. The walk is scheduled for Sunday, Oct. 1 and funds raised from the walk support all forms of adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute. Register as an individual walker, team member, or start a team.

To register for the Walk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee.

OAKHAM CONCERT SERIES sponsored by the Friends of the Bandstand, Inc. ends today from 6:30-8 p.m. on the Oakham Town Common, corner of Coldbrook Road and Maple Street, Oakham. The band today is the Bad Tickers. They will perform the last concert of the season.

FLYING HIGH DOGS with Mike Piazza, a multi-world finalist record holder in K9 frisbee and the current # 1 Professional K9 frisbee performer in the work will be at Nornay Park, Main Street in South Barre today at 5:30 p.m. People should bring chairs or a blanket to sit on and enjoy this free show. This program is sponsored in part by the Barre Recreation Committee.

SATURDAY, AUG. 26

BARRE FARMERS MARKET is held every Saturday from 9 a.m.-12:30 p.m. on the Barre Common, Barre. The market runs through October and includes farmers, crafters, artisans and more.

FLEA MARKET sponsored by the First Congregational Church, 36 North Main St., West Brookfield will be held today from 9 a.m.-3 p.m. on the West Brookfield Common. Sellers of all kinds are welcome: flea folk, antique sellers, crafters, product vendors and those emptying out basements and attics. No food vendors, please. Spaces are available for \$40 for a 20' x 20' grassy spot. Vendors must bring their own tables and tents. The church will sponsor a food tent with grilled food, cold drinks and sweet treats. Vendors may email Dee at fcofwbfleamarket@gmail.com for an application.

ANNUAL OAKHAM TOWN WIDE YARD SALE will be today from 8 a.m.-2 p.m. People wishing to be placed on the map should send a \$15 check to Oakham Historical Association, P.O. Box 236, Oakham MA 01068 by Tuesday, Aug. 18. Maps may be picked up at the town hall the morning of the sale. For more information, people may call Kathy Young at 508-882-3137.

GENEALOGY AND HISTORY FAIR will be held today from 10 a.m.-3 p.m. at Hope Lodge, Gardner.

Where is this?



This week's mystery photo is from Oakham. If any readers know where this photo was taken, they may email edowner@turley.com or call the Barre Gazette at 413-967-3505, extension 100 with their answer by noon on Monday, Aug. 28. The names of those that correctly guessed the location will appear in next week's edition. Bill Bowles, Stephen Craven, James Laramee, Elizabeth Laramee and Evelyn Luukko correctly identified the photo. The photo last week was the stairs leading to the cemetery on Maple Street in North Brookfield.

This is free to the public. Central Massachusetts Genealogical Society is celebrating its 30th anniversary and is hosting a the genealogy and history fair to celebrate.

CHICKEN BARBECUE will be held today at 5:15 p.m. at St. John's Parish, 131 Blaine Avenue, East Brookfield. People may eat in the church hall or take out. Adult tickets are \$15 and children under 12 (smaller portion) are \$8. People should call the parish office at 508-867-6469 for tickets.

SUNDAY, AUG. 27

CORNHOLE TOURNAMENT sponsored by the Friends of Wilbraham Senior will be held at Fern Valley Farms, 758 Main St., Wilbraham today with three elimination tournaments at noon, 2 p.m. and 4 p.m. Cost is \$20 per team and is payable at the event. Each winning team will walk away with a trophy, gift cards and bragging rights. Proceeds from this event will benefit the Friends of Wilbraham Seniors programs and the new senior center Sign up for two person teams are going on now. People should email Kate at katebelsky13@gmail.com to register their team.

BUSHELS OF FUN FEST will take place today at Fern Valley Farms on Main Street, Wilbraham from 11 a.m.-7 p.m. The Friends of Wilbraham Seniors will conduct a raffle for a \$500 Lotto Scratch Ticket Basket. Tickets are on sale at the fun fest one for \$5,

three for \$10 or seven for \$20. The fest will have live bands, over 20 crafters and local farms, Fieldcrest Brewery and activities for adults and children including a corn hole tournament.

MONDAY, AUG. 28

UNIVERSITY OF WILD SYMPOSIUM will be held today at 2 p.m. at the university's base camp facility located at 73 Glasheen Road, Petersham. The program on ancient landscapes and stone structures is free and open to the public. For more information, people may email Dr. Larry Buell at larry@UofWild.org or call 978-855-1420. To register, people may visit www.UofWild.org.

CHAMBER MUSIC CONCERTS will be held today and Aug 28 from 7-9 p.m. in the Plainfield Congregational Church, Plainfield. These free are concerts with donations gratefully accepted at the door or through their website. For program details, people may visit the Concerts at 7 website <http://www.plainfield-concertsat7.org/>.

SUNDAY, SEPT. 3

PETERSHAM BRASS BAND CONCERT will be held today at 7 p.m. on the Petersham Common, Main Street, Petersham. The band is under the direction of Stuart Britton. In the event of rain, the concert will be held in the Petersham Town Hall.

FRIDAY, SEPT. 8

STERLING FAIR will be held at Sterling Airport, 121 Greenland Road, Sterling today, Sept. 9 and Sept. 10. Grange Serves Up Tasty Traditions at the Sterling Fair. The Sterling Grange will have a tent for breakfast. Two pancakes, two sausages, and choice of two beverages (coffee, juice, milk, water) will be served

SELECT BOARD, continued from page 1

be considerable property damage. She said a more in depth study was needed and the board needed to hear from the people in "harm's way."

She said she would be willing to look at the board's decision again. She will put discussion on the matter on the agenda for the Tuesday, Sept. 5 meeting when a full board was present. Select Board Vice Chair John Dixon was not in attendance. She also said they would ask someone from the state be present.

Barre Savings Charitable Foundation

Former state Senator Stephen Brewer attended the Select Board meeting to present three checks to the town from the Barre Savings Charitable Foundation. The donations included \$3,000 for the Barre Plains Common, \$5,000 for the 9/11 monument and \$25,000 for the town's 250th Anniversary celebration. Brewer said the Barre Plains Common looked great and was almost complete. He praised Charlotte Leroux – Barre Plains Common and Dennis Fleming – 9/11 monument for their hard work.

DINGY DASH, continued from page 1

the "Most Creative"; "Extended Voyage" and the "Best Sink" dingy. An odd award to celebrate, given the tragic outcome. Fortunately, all captain and crew of each boat must

Town Administrator report

Interim Town Administrator Greg Balkunis reported there was a brand new sign installed for the Henry Woods Building. He said he received a request to pave Old Hardwick Road and 40 residents signed it.

He said before it can be paved, the Department of Public Works needed to do some drainage work first.

He gave an update on the flooding in the lower level of the Henry Woods Building, which resulted in the Town Clerk's office. He said rugs would need to be removed and replaced. He also recommended digitizing all records, which could be digitized to protect them. The cost was about \$70,000.

The Interim Town Administrator said vegetation had been removed from around the building and drain pipes reconnected.

Select Board report

Select Board Chair Marshall said she worried the town doesn't have a facilities person to call in case of an emergency such as the recent flooding in the Henry Woods Building. Balkunis agreed and said it was not the best solution to wait for the next problem to happen.

Marshall said she along with Select Board Vice-Chair John

Dixon visited the High Plains playground and met with parents. She said the equipment at the playground came from the High Plains School when it closed in 1990. The Board planned to use American Rescue Plan Act funds for playgrounds at High Plains and Rice Park.

Other business

The Select Board approved the position of assistant youth librarian. Library Director Joseph Hood said the Library Trustees approved the creation of the position and had funds within the budget to fund it.

The board participated in bids for diesel, heating oil and propane through a regional bid by Central Massachusetts Planning Commission. Dennis K. Burke, Inc. got the diesel bid and R.J. McDonald, Inc. got the bids for heating oil and propane.

Tim Graves said the construction by the Department of Public Works of three culverts on Dana Road was causing the run off of nutrients into a cold water stream. He said the work was done without consultation with the Conservation Committee. The board will contact the Conservation Committee and DPW and work with them as well as do an on sight inspection.

If there is a date change, visit the town website at <https://www.hubbardstonma.us/special-events/pages/dinghy-dash>. In fact, go there today to learn more about the winners in past years and a clever, funny video of the Dinky Dashes in the past.

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Popular clinic returns for Quabbin hoopsters

BARRE – The summer basketball leagues may have ended but the interest in skill acquisition and development certainly has not.

The popular Roots Basketball Clinic returned to the Quabbin gym to find an enthusiastic and very diverse number of participants eager to their improve individual skills and knowledge.

Clinicians Geoff Billingham and Tim Sheridan are no strangers to Quabbin as both have hosted numerous clinics in the past. Billingham is currently the North Middlesex Varsity girls basketball at North Middlesex Regional High School in Townsend and has an extensive basketball background and experience.

"It's both fun and challenging to work with the Quabbin players because they make us work hard and each one expects to leave our clinics having become a better prepared player," said Billingham.

Tim Sheridan is currently an assistant coach at Leominster High School and he has been to Quabbin many times as both a clinician and player. The former Wachusett High School standout center played his AAU basketball with Quabbin coach Dennis Dextradeur and has won numerous AAU championships and competed for the AAU National Championship in Orlando, Florida. With Billingham's experience as a point guard at the collegiate level and Sheridan mastering the big men the players receive a high-level training workout with two adept and qualified specialists.

Seventeen players from the grade 6 all the way up to seniors at the high school participated in the two-hour training regimen. Two recent Quabbin graduates from the basketball program, Aidan Welch

See HOOPSTERS, page 10



Roots Basketball clinician Geoff Billingham has important advice to offer fifth grader John Cook during the recent basketball clinic held at Quabbin.



Quabbin guard Jaxon Warburton demonstrates both the intensity and focus needed to complete his skill drill under a watchful eye of his instructor.



Jacob Dilling defends James Cook on his drive to the basket and pull-up jump shot during a skill drill at the Roots Basketball Clinic.

Williams' 400m record falls 50 years later

By Matt Castriotta
Special to the Barre Gazette

In the early 1970s, long before Quabbin had a rubber track, a weight room, or a strength and conditioning coach, the boys track and field team had some serious talent. Runners like Dino Lamacchia, Louis Panaccione, Bert Allen, Dave Williams, Charlie Chase, Floyd Bowles and Fay Butler provided the Panthers with good breadth and depth across the track events. Meanwhile over in the field, teammates Bob Hoisington(javelin) and Chuck Mallozzi (shot put) could be counted on for some impressive performances.

On the old track and field record board, in what is now the middle school gym, most of the aforementioned names could be seen. One name, however, appeared more than any other and that was Dave Williams. In the field, Williams was a standout in the discus. His 1974 throw of 147' 5.5" still remains a Quabbin record. On the track, Williams was a district champion sprinter who set three school records: 10.2 - 100yd dash, 22.5 - 220yd dash, and a 50.9 - 440yd dash. Williams was also a member of the distance medley team, along with Allen, Lamacchia, and Panaccione, that won the 1973 State Coaches Relays. The same foursome were runners up the following year. Their school record time was and still is so impressive that it may take another 50 years to break.

In the five decades that followed, many Quabbin track and field athletes aspired to break William's records. In 2020 senior Gino Gabrielli had his sights on William's discus record. Unfortunately for Gabrielli, the 2020 season was cancelled due to Covid-19. As a junior, Gabrielli won the Central-West Meet, finished 8th at the All-State Meet, and just missed qualifying for the All-New England Meet. Phil Dixon took a crack at William's discus

record in 1998, qualifying for states along the way. In 2017, Jesiah Matthews, William's great nephew, gave it a shot too. He won the district championship and also qualified for states, but fell short of eclipsing his great uncle's mark.

On the track, Joe Palano, the 1985 district champion, tied William's 100-yard record, but came up short in the 220. Ryan Castriotta, who won the 200m at the district championship in 2019 and later finished 5th at the Central-West Meet had his sights on William's 200m and 400m records. Unfortunately, he too was member of the 2020 team that lost an entire season due to Covid-19. The pandemic also interfered with the plans of Lukas Anderson, Ben Hood, Bailey Metcalf, and Elliot Walsh. This foursome broke Quabbin's indoor 4x800m record in February 2020 and finished 2nd at the Massachusetts State Division 5 Championship Meet. They had hoped to break Quabbin's outdoor 4x800m record and distance medley record in the spring of 2020.

Since the U.S. High School Federation adopted the metric system for track and field back in 1979, William's track records, in the old Imperial system, cannot "technically" be broken since today's distances are slightly different. In the track world, however, standard conversions provide a modern equivalent for a race run in yards to a race run in meters and vice versa. Standard conversions are also used to convert races that were hand timed to fully automated timing, the system now widely used today in high school track. With these conversions and five additional decades of spring track, William's three individual track records have now been bested. In 1998 William's 100 record was broken by another talented Quabbin sprinter by the name of Forrest Keever. A school choice student, Keever wore a Ware football jersey

See TRACK, page 11

Fall leagues get update by PVIAC

By Gregory A. Scibelli
gscibelli@turley.com

The fall preseason has started this week, and with it, alignments for fall leagues have been updated. Full realignment typically takes place every four years, but has happened more frequently due to the pandemic and the introduction of the new state tournament.

In Western Massachusetts, due to the geographic diversity throughout the region, the Pioneer Valley Interscholastic Athletic Association makes leagues based on the competitiveness of a school in a given sport, sometimes regardless of what division they play in at the state level for tournament.

For example, in the updated Kurty-Fielding Division for girls soccer, South Hadley, a Division 4 and smaller school, is in a crowded league with larger schools like Agawam, Wahconah, Chicopee Comprehensive, and Pittsfield.

The Central League features one of the top teams in Western Mass. once again. Monson is a part of the league, along now with Palmer, which has had a couple of very successful leagues. Chicopee, Southwick, and Granby are also a part of the league, along with larger schools in Amherst and Northampton. Northampton was defeated by Monson in an independent game last year.

Ware joins the Pioneer North League and will now meet twice this year with Easthampton, St. Mary's, Frontier, Mahar, and even Holyoke.

Holyoke was dropped from the

See FALL LEAGUES, page 11

Bonsignore rolls to 13th career Thompson win



Justin Bonsignore picked up his first Thompson Speedway in four years last week.

THOMPSON – Justin Bonsignore hadn't won at Thompson Speedway Motorsports Park since 2019, but Wednesday night, he reminded everyone on the NASCAR Whelen Modified Tour why he leads all active drivers with wins at the oval.

Bonsignore's Kenneth Massa Motorsports team sent him off pit road first after a pit stop around halfway, then Bonsignore held off the charges of Doug Coby, then Ron Silk through multiple restarts to score his 13th career Thompson win. The victory tied Bonsignore for second all-time in Thompson wins with Ted Christopher, only trailing Mike Stefanik, with 15.

The victory was also Bonsignore's third of the 2023

season (Riverhead, Loudon) and his 10th top-five finish in 11 races this season.

"After we won seven out of eight here, then the runs we started having were a bit frustrating for us," Bonsignore said of Thompson. "The car was really good. We missed it a little bit, too tight on the first set of tires, but on the second set, it fired off so well. This is a really big confidence booster. This is my favorite track – and to bounce back like this and to lead half the race... it was a total team effort to win this one."

Bonsignore and the Kenneth Massa Motorsports team will be heading to Langley Speedway in Virginia for the next NASCAR Whelen Modified Tour race on Saturday, Aug. 26.

St. John's captures men's title

By Tim Peterson
Sports Correspondent

LUDLOW—Aiden Casinghino was a senior captain of the Tantasqua Regional boys varsity soccer team in 2018. Braylon Casinghino was a senior captain of the Warriors soccer team a year ago.

The brothers had never been teammates on the same soccer team until this summer.

The duo helped the top-seeded St. John Heating & Cooling celebrate an exciting 2-1 victory over the second-seeded Villa FC in the men's championship match of the prestigious Pioneer Valley Summer Soccer League held at historic Lusitano Stadium in Ludlow, last Saturday night.

"Because I'm a few years older than my brother, we never played on the same soccer team in high school," said Aiden Casinghino, who also played soccer at Springfield College. "Winning the men's championship title is fantastic, especially having the opportunity to play on the same soccer team with Braylon. We fought very hard for



Aiden Casinghino takes a shot.

the entire 80 minutes."

St. John Heating & Cooling (10-1 regular season record), who was previously known as Griffin's Café, lost to the Lusitano Red, 1-0, in last year's finals. They also captured the men's title in 2016 and 2019.

"We've been able to win the

summer league title every three years. There wasn't a summer league season in 2020 because of COVID," said St. John Heating & Cooling co-coach Jon Remillard, who's from Palmer.

See MENS SOCCER, page 11



Jed Theilman settles a ball.



Cam Rigney, of Wilbraham, dribbles up the field.

Sports

Blue Sox season ends in opening round



Turley photos by David Henry www.sweetdogphotos.com

Michael Zarillo prepares to catch a ball on a steal attempt.

HOLYOKE – Earlier this month, the Valley Blue Sox won their division and went after the New England Collegiate Baseball League championship. The Blue Sox won back-to-back titles in 2017 and 2018, but have not gotten back there since.

Unfortunately, history would repeat as the Blue Sox were defeated by the Bristol Blues two games to one in a best-of-three series.

The Valley Blue Sox season has come to an end after falling to the Bristol Blues 10-3 After winning the first game of the quarterfinals series, the Blue Sox were shutout in game two and defeated in game three at home, allowing Bristol to advance to the semifinals.

The Blues piled on the scoring early, putting up six runs in the first three innings. An RBI groundout in the first, a throwing error and RBI single in the second, and a sacrifice fly and RBI single in the third allowed the Blues to take the lead 6-0.

Dillon Ryan started the game for the Blue Sox, pitching three innings allowing six runs and striking out two batters.

Joe Dooley took over for Ryan in the top of the fourth, pitching four innings allowing four runs with one strikeout.

Bristol added a run in the top of fifth following an RBI double, another in the sixth off an RBI double, and two more in the seventh after a sacrifice fly and RBI groundout to go up 10-0.

The Blue Sox put a run on the



Matthew Bergevin gets the out at first.

board in the bottom of the seventh after Jeff Pierantoni hit an RBI single to score Matt Bergevin.

Brendan Yagesh relieved Dooley in the top of the eighth, pitching a scoreless frame with three strikeouts.

Valley added two more runs in the bottom of the eighth following an RBI single from Michael Zarillo to score CJ Willis and Bergevin.

2023 All-Star Michael Weidinger got the ninth for the Blue Sox, striking out two batters during his clean inning.

Education

Colleges and universities announce Dean's and President's Lists

Bryant University
Smithfield, R.I.
Making the spring Dean's List is Samuel Bray of Oakham.

Costal Carolina University
Conway, S.C.
Making the spring Dean's List is Dakota Barnes of Ware.

Plymouth State University
Plymouth, N.H.
Making the spring Dean's List is Athena Comeau of Rutland

Clark University
Worcester
Making spring Dean's List are: Kate B. Galvinhill of Rutland, first honors; Sarah L. Gregory of Hubbardston, first honors; Aidan Bray Keefe of Rutland, first honors; Marta Madgalena Szemiot of Rutland, first honors; Andrea Techera of Hubbardston, first honors and Kevin Yack Techera of Hubbardston, second honors.

Elms Colleges
Chicopee
Making the spring Dean's List are: Seamus Higgins of Rutland and Nicholas McElroy of North Brookfield.

Quinnipiac University
Hamden, CT
Making the spring Dean's List are: Rylee Murch of Hubbardston, Mikayla Walsh of Hubbardston and Abbygail Simes of Rutland.

College of the Holy Cross
Worcester
Making the spring Dean's List are: Jenna Dupell of North Brookfield (Class of 2026); Anthony Magnani of Rutland (Class of 2026) and Zoe Yanco of Rutland (Class of 2025).

Dean College
Franklin
Making the spring Dean's List are Sarah Graeff of Petersham and Hannah Rutkiewicz of Rutland.

Roger Williams University
Bristol, R.I.
Making spring Dean's List are: Benjamin Auger of Rutland, Brian Carlson of Rutland and James Sadowski of Rutland.

MassBay Community College
Wellesley Hills
Making spring Dean's List is Max Kariko of Rutland.

Russell Sage College
Troy, N.Y.
Making spring Dean's List are Emelia Gillis of Hardwick and Delaney Gillis of Hardwick.

QRSD offers another year of meals at no cost for students

BARRE –Quabbin Regional School District will be participating in the National School Lunch Program and the School Breakfast Program.

As part of this program, Quabbin Regional School District will offer healthy meals every school day. The Massachusetts legislature has provided funding to make meals available at no cost to all students during school year 2023-2024, regardless of household income. However, families should still complete a Meal Benefit Application as this provides data for key funding for academic resources and may also connect families to additional benefits. This data will also support the additional funds provided by the Commonwealth for this pilot.

Household size and income criteria are used to determine eligibility for free and reduced-price benefits if the household does not receive assistance or the children are not in the other categories mentioned above. Children can get free or reduced-price meals if the household's gross income falls at or below the limits on the Federal Income Eligibility Guideline chart.

To apply for free or reduced-price meals, households can fill out the application and return it to the school unless the household has already received notification that their children are approved for free meals this year. Applications are available online at <https://quabbin.familyportal.cloud/>. A paper application can be found at qrzd.org. Paper applications will be available at your child's school main office or the guidance office.

Only one application is required for all children in the household and the information provided on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified at any time during the school year by the school or other program officials.

An application for free or reduced-price benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions. In the operation of child feeding programs, no child will be discriminated

Federal Eligibility Income Chart For School Year 2023-2024

Household size	Maximum Household Income Eligible for Free Meals			Maximum Household Income Eligible for Reduced Price Meals		
	Yearly	Monthly	Weekly	Yearly	Monthly	Weekly
1	\$18,954	\$1,580	\$365	\$26,973	\$2,248	\$519
2	25,636	2,137	493	36,482	3,041	702
3	32,318	2,694	622	45,991	3,833	885
4	39,000	3,250	750	55,500	4,625	1,068
5	45,682	3,807	879	65,009	5,418	1,251
6	52,364	4,364	1,007	74,518	6,210	1,434
7	59,046	4,921	1,136	84,027	7,003	1,616
8	65,728	5,478	1,264	93,536	7,795	1,799
Each additional person	+6,682	+557	+129	+9,509	+793	+183

against because of race, sex, color, national origin, age, or disability.

Families can apply for benefits at any time. If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Guidelines.

Contact your child's school at any time to request an application.

Under the provisions of the free and reduced-price policy, the school nutrition director will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Cheryl Duval, 872 South Street, Barre MA 01452.

When known to QRSD households will be notified of their children's eligibility for free meals if they are members of households receiving assistance from the: Supplemental Nutrition Assistance Program (SNAP); Food Distribution Program on Indian Reservations (FDPIR) or Temporary Assistance for Needy Families (TANF), if the State program meets Federal standards.

An application is not required for free meal benefits for Assistance Program participants and all the children in the household are eligible for free meal benefits. If any children

were not listed on the notice of eligibility, or if a household does not receive a notice of eligibility, the household should contact the school to have free meal benefits extended to them. Participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be eligible for free or reduced-price meals, but they will need to turn in an application including household size and total income.

When known to QRSD households will also be notified of any child's eligibility for free meals if the individual child is considered "Other Source Categorically Eligible", because the child is categorized, as defined by law as: Foster, Homeless, Migrant, Runaway, Enrolled in an eligible Head Start or enrolled in an eligible pre-kindergarten class.

If any children were not listed on the notice of eligibility, the household should contact the school about their eligibility through the list above, or should submit an income application.

Households notified of their children's eligibility must contact the school if the household chooses to decline the benefits. For more information, you may call the school nutrition department at 978-355-4668 x8512 or e-mail at community-meals@qrzd.org. Community Eligibility Provision.

Quabbin Regional School District will be participating in the National School Lunch Program and the School Breakfast Program. As part of this program, Hardwick Elementary School and Ruggles Lane School will offer

healthy meals every school day at No Cost to the students due to the implementation of the Community Eligibility Provision for school year 2023-2024. Students will be able to participate in these meal programs without having to pay a fee or submit a household application. Qualifications for children to receive free or reduced price meals include: belonging to a household whose income is at or below the Federal Income Eligibility Guidelines, belonging to a household that receives public assistance, or if the child is homeless, migrant, runaway, foster, or participates in a Head Start or Even Start pre-K program.

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See REDUCED LUNCH, page 15

HOOPSTERS, continued from page 9

and Mark Halaby were also on hand to work with both coaches and also with the younger players. The clinicians were as excited to have Welch and Halaby back on the hardwood as they themselves were to return to Quabbin.

Welch is preparing to enter his freshman year at Quinsigamond Community College where he will play basketball and understands that work habits and training are a continuous effort year-round.

The guard has never missed a clinic in his high school career and he certainly brought that strong message to the younger players that attended.

"GrapeJuice is high intensity and a competitor that knows his skill level must continue to bet better and that's what he's all about and why he is here" stated Billingham, who used the former Quabbin captain and now alumnus as a demonstrator along with Halaby.

The clinic emphasized plenty of shooting and motion offense. It got very competitive in the second half of the clinic

with one-on-one and two-on-two competitions which the players enjoyed as they were able to apply some newly acquired skills.

Barre Recreation is the sponsor of the Roots Basketball Clinic and has been for many years. Once the summer leagues are over the clinic program can begin with clinician John Leonard from Villanova/UMass and Bob Catalini with his Basketball Skill Development Program also being scheduled by Barre Recreation.

The response and number

of participants has been outstanding and summer league coach Tim Hay has seen the improvement in his team and the competitive level. However, as Tim Sheridan observed, "We have much more work to do and being here at Quabbin with the great attitude and work ethic these players demonstrate each session is why we enjoy coming and working with each of them". The next clinic is already being planned and will bring former NBA draft pick and Manhattan all-time leading scorer John Leonard to the Quabbin hardwood.

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Turleysports

Athlete of the Month

NAME: Kyle Clark
SCHOOL: Quabbin

Clark was a key member of Quabbin's summer basketball team, which was very busy in two leagues at Assumption College and Auburn High School over the past two months.

To nominate someone for Athlete of the Week, contact Managing Sports Editor Gregory A. Scibelli at 413-283-8393 ext. 258 or send an e-mail to gscibelli@turley.com.

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Tips to follow before the school year starts

Before it's time to head back to school, use these tips to help ensure your child has a safe, healthy and happy year.

Take your child to visit the new school or classroom before the first day of school. Attend any available orientations and take an opportunity to tour the school. You can also bring your child to school a few days prior to class to play on the playground to help them feel comfortable.

Many children get nervous about new situations, including changing to a new school, classroom or teacher. It can be helpful to rehearse heading into the new situation.

Remind your child that teachers know that students may be nervous about the first day of school; they will make an extra effort to make sure everyone feels as comfortable

as possible. If your child seems nervous, ask them what they are worried about and help them problem-solve ways to master the new situation.

Point out the positive aspects of starting school to help your children look forward to the first day of class. Talk about how they will see old friends and meet new ones, for example.

Find another child in the neighborhood you child can walk to school or ride with on the bus. If you feel it is needed, drive your child or walk with them to school and pick them up on the first day. Get there early on the first day to cut down on unnecessary stress.

Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.



Quabbin Regional Middle School



Hardwick Elementary School



Oakham Center School



Hubbardston Elementary School

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BBB offers tips for tech purchases

Technology has become a permanent fixture of the education experience.

After the crash course in educational technology that was the 2020 school year, teachers and students are increasingly confident in using technology for learning. Though its role in the classroom will continue to evolve, a precedent has been set - technology is now a critical component of education.

Market research firm Deloitte details how educational shifts influence consumer shopping habits, "Digital learning tools are replacing traditional school supplies, driving tech sales up 37% YoY." As families begin to invest in reliable technology, Better Business Bureau® advises shoppers to beware of

scammers who could spoil their hopes for academic success.

Data shows that consumers are planning to make more technology purchases and use digital technology to make those purchases. Deloitte research indicates that nearly half of consumers want to shop online for technology purchases. Consumers say quality and price are the top two factors driving their purchase decisions.

However, shortages of essential supplies like computer chips may limit the options available to shoppers. These trends put consumers in a risky position - needing products but can't find them from trustworthy sellers. In times like these, scams are increasingly likely.

Scammers may target shoppers with phony deals, enticing ads, and attractive but fake websites. Savvy online shopping is necessary to ensure you don't fall prey to a scam.

BBB offers these tips for buying tech products ahead of the new school year.

Shop with familiar retailers. Laptops, tablets, or other tech accessories can be a significant investment. Shop with businesses you know and trust to ensure you get a quality product and good customer service.

Don't buy from impostors. Fraudsters may use the name, logo, and other characteristics of brands they trust. Closely examine the website to verify they are who they are.

Approach low prices with caution. Low prices and short-term sales could signal you've encountered a scam. If the price seems too good to be true, it probably is.

Some companies rarely offer sales. Do more research if a company that rarely discounts products offers a huge sale. The products may be used or refurbished, or it could be a fake website.

Know what you're shopping for. Set a budget, identify what capabilities will benefit your student,

Please see **BBB**, page 14



July 2023

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

August 2023 (2 DAYS)

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

Aug. 28 1st day Staff (Curr. Day #1)
Aug. 29—Prof. Dev. Day (Curr. Day #2)
Aug. 30—1st day Students

September 2023 (19 DAYS)

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

Sept. 1—Labor Day Holiday
Sept. 4—Labor Day Holiday
Sept. 20—Early Release (Prof. Dev. PK-12)

October 2023 (20 DAYS)

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

Oct. 6—Prof. Dev. Day (Curriculum Day #3)
Oct. 9—Columbus Day Holiday
Oct. 18—Early Release (Prof. Dev. PK-12)

November 2023 (18 DAYS)

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

Nov. 1—Early Release (Prof. Dev. PK-12)
Nov. 10—Veteran's Day (observed)
Nov. 22—24—Thanksgiving Holiday

December 2023 (16 DAYS)

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

Dec. 13—Early Release (Prof. Dev. PK-12)
Dec. 23—Jan. 1—Winter Break

January 2024 (21 DAYS)

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

Jan. 1—New Year's Day Holiday
Jan. 15—M.L. King, Jr. Holiday
Jan. 24—Early Release (Prof. Dev. PK-12)

February 2024 (16 DAYS)

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

Feb. 14—Early Release (Prof. Dev. PK-12)
Feb. 19—23 February Break

March 2024 (21 DAYS)

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

Mar. 20—Early Release (Prof. Dev. PK-12)

April 2024 (17 DAYS)

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

Apr. 10—Early Release (Prof. Dev. PK-12)
Apr. 15—19 April Break

May 2024 (22 DAYS)


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

May 22—Early Release (Prof. Dev. PK-12)
May 27—Memorial Day Holiday
May 31—Potential Graduation Day

June 2024 (8/13DAYS)

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

June 5—Early Release (Prof. Dev. PK-12)
June 12—Last day (NO SNOW DAYS)
June 19—Juneteenth Day
June 20—Last day (5 SNOW DAYS)



Quabbin Regional School District

2023—2024 School Calendar

Key:

- = No School—Holiday/Vacation
- = Curriculum Day—No School for Students
- = Early Release for students Extended day for faculty
- = Extended day for faculty ONLY

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Chef offers practical school lunch tips



"I love my kids and I want to feed them healthy meals, but I have other things to do, too," says professional chef and food stylist, Jackie Freeman.

This mom of a young daughter and two stepsons has worked in restaurants and catering; developed recipes for PCC Community Markets; hosted an online cooking show for ParentMap called "Healthy Kids Cook" and is the author of three cookbooks.

She offers some tips to parents.

Plan ahead

It takes more time up front, but Freeman plans her family's meals for the entire week in advance. The hour she spends on Sunday nights making a meal plan and grocery list saves her from making multiple trips to the store during the week and eliminates the stress of figuring out what to make at the last minute. She keeps it real by planning for restaurant takeout or rotisserie meals from the deli once or twice a week on the days she knows will be busiest.

Shop smart

Freeman says, "Always shop with a list." She organizes her shopping list by grocery store section — meats, produce, dairy, etc. Then when she shops, she only makes one pass through the store and has everything she needs for the whole week, with no backtracking for forgotten or overlooked items.

Stock up

"I keep pantry staples on hand at all times — tomato sauce, chicken stock, pasta," she says. That way, she's always prepared when things don't go to plan. Another fail-safe: making double batches of planned meals and freezing the extra portion. Whether you keep those extra meals frozen for emergencies or plan to eat them next week, "cook once, eat twice" is just good math.

Prep ahead

When she has time on the week-

ends, Freeman will chop a week's worth of onions (she knows how much she needs because of the meal plan) and fill the rice cooker. She also makes school lunches the night before, at the same time she's making dinner. Her kids don't like leftovers for lunch, but she can prep extra fruits and vegetables for the lunch boxes while she's preparing a dinner sauce or salad and make sandwiches while dinner is in the oven. That way, she only has to clean up the kitchen once.

Use bento boxes

Bento boxes with four or five compartments are perfect for building lunches, because they invite variety and help control portion sizes. "The biggest compartment should just hold half a sandwich," says Freeman. If you put anything bigger in a lunch box, children probably won't eat it. Put a different food group in each of the other compartments and you've got a balanced meal.

Make food bite-size and leave it unwrapped

It isn't a time-saver, but it is a sanity-saver if throwing away your kids' uneaten lunches at the end of the day is driving you crazy. Make sure everything is bite-size and unwrapped. Cut sandwiches into quarters, peel fruit, even open the string cheese wrapper. Kids are in a hurry to get to recess and the faster they can eat, the more likely they are to do it.

Find a formula that works for breakfast

Freeman says, "Save the smoothies and waffles for weekends. We do the same thing for breakfast every day." Her kids know the formula: They have to eat a protein, a carb and a fruit. She keeps two or three easy choices in each category on hand and lets her children pick from among the options.

Maintain a snack stash

Keep a supply of healthy snacks hidden in the car for emergencies. Also, store the snacks at home in one designated space. Freeman has a "snack cupboard" in the kitchen where she keeps all the permitted snacks in one place. Her children can help themselves at snack time and they know that anything they find elsewhere in the kitchen is off-limits.

Talk about food

If your children aren't eating their lunch, ask them why. You might learn about their day "I didn't have time because my friends were playing" or you might learn something you can use to make lunch better. Maybe your child likes strawberries but not blueberries, or prefers sandwiches without mustard. Picky eating can be its own problem, but as long as your kids' food requests conform to the protein/carb/fruit rule, try to accommodate their preferences. "It's very satisfying when they come home with an empty lunch box," says Freeman.

Foster food independence

If you keep a handful of pre-approved items in each of the protein/carb/fruit categories available, you can let kids pick among the options. "It gives them independence and eliminates fighting," she says. If that means sliced turkey and Goldfish crackers at breakfast, so be it — as long as they also eat a fruit. It won't take long before you can remove yourself from the breakfast and snack equations entirely.

What parents can do to be more involved at school

Parents can make every effort to encourage children to make the most of the school experience, including academics and extracurricular activities.

Though students' level of engagement is ultimately up to them, parental involvement at school can be crucial for students' success.

According to the National Education Council, when parents get involved in their children's education, those children are more likely to do better in school and be more positive about the school experience. They also may be well-behaved. Parents wondering what they can do to assist at the school level can consider these possibilities.

Attend school board meetings

Many community school boards are comprised entirely of volunteers who work with superintendents and other personnel to advocate for policies and proce-

dures for students. Decisions typically are up for vote, and parents can run for school board positions or simply attend meetings each month and let their voices be heard about various issues.

Attend open houses and conferences

Parents can make every effort to get to know teachers and other staff. Putting faces to names can help parents develop a connection to teachers and vice versa. Most schools have back to school nights, meet the coaches opportunities, open houses, and parent-teacher conferences. Parents can take part in these events.

Open lines of communication

Parents can ask teachers and other staff how they prefer to communicate. Some teachers want students to take the lead and reach out first, with parents providing support if need be. Adults can be responsive when teachers reach out.

Attend school events

Families can make it a point to support students in all endeavors. Whenever the opportunity to visit the school comes up — whether for a concert, sports game, trivia night, or fundraiser — parents can make an effort to attend.

Volunteer

When parents want to be involved even further, they can head committees at school or volunteer with the PTA or PTO. They also can help out in the cafeteria, library or in the main office. Parents who have particular skills may volunteer to provide tutoring or mentoring as needed. Furthermore, parents can volunteer in school-sanctioned extracurriculars, such as Scouts BSA or as sports coaches.

Involvement in school is part of being an informed and supportive parent.

Teacher shortage in the U.S. increases

Scholaroo, an education research firm and scholarship website engine, released the second edition of the Teacher Shortage in the U.S. 2023.

The study examines the latest available data, showing the number of teachers in public schools in each state compared to stu-

dent enrollment figures in that state's public schools, to depict the shortage of teachers across the country and the shortfall on a state-by-state basis.

As a result of the analysis, Scholaroo discovered Massachusetts is the eighth state with the lowest teacher shortage

in the U.S.

Ten states with the lowest teacher shortages are from one to ten: Vermont, New Hampshire, North Dakota, New York, Missouri, Maine, New Jersey, Massachusetts, Connecticut and Nebraska.

BBB from page 13

and compare your options. Then, shop around for a reliable seller. Researching the best product for your needs will help you avoid scams and buyer's remorse.

Ensure you know who the sell-

er is. Some big box retailers allow third-party sellers to list items on their sites, and those items can be hard to distinguish from the rest. Read all the fine print to ensure you're comfortable with the seller.

Finish your shopping early. Supply shortages are possible,

especially as many consumers begin shopping for the same products. Do your shopping now to avoid paying higher prices or falling victim to a scam.

People may learn more about avoiding scams by visiting BBB Tip: Smart Shopping Online.

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