

TOWN Reminder

FREE
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Firehouse Museum opens to community

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

SOUTH HADLEY – The Firehouse Museum opened over the weekend to show the community unique artifacts from the town's firefighting history.

"We love all of our artifacts here, but what we love the most is the stories connected to them," Diane LaRoche of the Historical Society said.

Please see **MUSEUM**, page 8

Photos depicting the firehouse's men and the job of cutting the ice with the saws.



Turley photos by Emily-Rose Pappas

An original hose reel from the 1800's, used to wind up hoses and can be pulled by horses or firemen.

Select Board approves gift fund for comfort dog

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

SOUTH HADLEY – The Select Board got the chance to meet Auggie the comfort dog from Amherst, and interviewed new members interested in joining various committees.

Chair Andrea Miles held the June 18 hybrid meeting along with Vice Chair Jeff Cyr, Clerk Carol Constant, and members Renee Sweeney and Nicole Casolari.

We've talked to several communities around us that have comfort dogs, and it's been nothing but praise."

OFFICER EMILY TEBO

Selectboard welcomes comfort dog

Police Chief Jennifer Gunderson came to the board with Amherst comfort dog Auggie and shared her desire for the installment of a comfort dog at the South Hadley police station.

"Auggie has just turned two years old, and he has... been transformational in what we can do for the community," Bill Laramee, Auggie's handler said.

While Auggie spent the majority of the meeting sleeping, Laramee spoke on how much of a help and positive influence having him on the force has been for the Amherst police and community.

Officer Emily Tebo came to the board to share how the comfort dog for South Hadley would travel with her in her cruiser, and how it would bring a positive experience for people facing difficult situations such as domestic violence.

"We've talked to several communities around us that have comfort dogs, and it's been nothing but praise," Officer Tebo said.

Officer Tebo shared that once the dog has been found and hired to the police force, there will be plenty of opportunities to get to know the department's new furry friend.

Please see **SELECT BOARD**, page 3

Hills of East Quabbin Ride

Inaugural bike ride benefits East Quabbin Land Trust

By Paula Ouimette
pouimette@turley.com

NEW BRAINTREE – This past Saturday morning, 71 cyclists took to the road to conquer the rolling hills of the region, with the goal of raising money to benefit the East Quabbin Land Trust.

EQLT Executive Director Cynthia Henshaw said the Hills of the East Quabbin Ride was the idea of Ware resident and avid cyclist John Hogan, who helped lay out two courses, a 25-mile and a 50-mile, through the towns of New Braintree, North Brookfield, West Brookfield, Hardwick, Barre and Oakham. The ride started and ended at Farmer Matt's.

Hogan said he has attended a few events sponsored by EQLT, but this was his first time being an active participant in organizing one.

"It really just came about because as far as cycling, there's



Turley Photos by Paula Ouimette

The Pumpkin Heads were one of the road biking clubs that participated in the East Quabbin Land Trust's inaugural Hills of East Quabbin Ride held this past Saturday. Shown from left are Randy Thomas of Belchertown, Jen Ayre of Belchertown, Marcy Thomas of Belchertown, Karen Davis of Palmer, Lloyd Ortman of Belchertown, Jim Davis of Palmer, Melinda Rigney of Belchertown, Brad Hoffman of East Longmeadow, Moe Esposito of Lakewood Ranch, Florida and David Casey of South Hadley.

several nice cycling events in the area. Two of the ones I really enjoy have been fundraisers for land trusts," Hogan said.

Hogan has been cycling as his primary form of exercise for about 10 years, joining his friends and fellow cyclists The

Pumpkin Heads for rides around the region every Sunday. Many

Please see **RIDE**, page 9

► Community

27 local firefighters graduate from fire academy

Graduates of Call/Volunteer Class #112 Represent 18 Communities

SPRINGFIELD—State Fire Marshal Jon M. Davine and Massachusetts Firefighting Academy Director Eric S. Littmann announced the graduation of 27 recruits from the Call/Volunteer Recruit Firefighter Training Program this evening. The graduates received certificates of completion at a ceremony held at the Department of Fire Services' Springfield campus.

"Massachusetts firefighters are on the frontlines protecting their communities every day, and today's graduates are needed now more than ever," said State Fire Marshal Davine. "The hundreds of hours of foundational training they've received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely."

"Massachusetts Firefighting Academy instructors draw on decades of experience in the fire service to train new recruits," said Director Littmann. "Through consistent classroom instruction and practical exercises, tonight's graduates have de-

veloped the tools they'll need to protect their communities."

The graduating firefighters of Call/Volunteer Recruit Class #112 represent the fire departments of Adams, Brimfield, Granby, Hadley, Huntington, Lee, Leverett, Orange, Palmer, Richmond, South Hadley Fire District 1, Southwick, Three Rivers, Tyringham, Warren, Warwick, and Whately. They were presented with certificates of completion by Deputy State Fire Marshal Maribel Fournier.

The Martin H. McNamara Outstanding Student Award was presented to Firefighter Max Arvidson of the Hadley Fire Department. The award is named for Martin "Marty" McNamara V, a call firefighter with the Lancaster Fire Department who lost his life in the line of duty in 2003 while battling a fire in a multi-family home. It is presented to one recruit in each graduating call/volunteer training class and recognizes their academic and practical skills, testing, and evaluations over the course of the program.

Video of the ceremony will be posted on the Department of Fire Services' YouTube channel, www.youtube.com/dfsosfm.

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a stan-



Submitted photo

Massachusetts Firefighting Academy graduates represent 18 communities.

dard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural areas. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors.

The MFA, a division of the Department of Fire Services, has offered the program since 2003.

More than 3,000 call and volunteer recruits have graduated since then.

Today's Firefighters Do Far More than Fight Fires

Today's firefighters train for all types of hazards and emergencies. They are the first ones called to chemical and environmental emergencies, ranging from the suspected presence of carbon monoxide to Fentanyl

overdoses or a gas leak. They may be called to rescue children who have fallen through the ice or locked themselves in a bathroom. They rescue people from stalled elevators and crashed vehicles. They must test, maintain, and utilize equipment such as self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

Please see **GRADUATES**, page 12

Fi Fo Fum (We hate fees)

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Member FDIC



Postcards mailed to 2024 census non-respondents

SOUTH HADLEY - Postcards have been mailed to all South Hadley voters who did not return their 2024 Annual Town Census (street listing) and therefore placed on the inactive voter list.

Census forms are mailed to all households every year in January. Voters who fail to respond by the first Monday in June are inactivated per Massachusetts General Law. Inactive voters are still registered voters and will remain registered voters until they fail to vote in two consecutive biennial state elections. Inactive voters at polling stations are

required to show ID and sign an Affirmation of Current and Continuous Residence before they can vote.

To be restored to the active voter list before the next election, residents must complete the postcard, sign where indicated, and return it to the South Hadley Town Clerk's Office at 116 Main St.

Postcards are postage prepaid and can be mailed, but voters may also return the postcards in person in the town clerk's office or the black "treasurer/collector" drop box located between the police station and town hall.

Voters who fail to respond to the postcard will remain on the inactive list unless they vote, respond to the census, or take other action to reinstate their active status.

Voters can check or update their voter registration online any time at <https://www.sec.state.ma.us/OVR/>.

Please contact Town Clerk Sarah Gmeiner's office with any questions, comments, or concerns at 413-538-5030 ext. 6183 or elections@southhadley.ma.gov.

Buttery Brook Park Happenings

June 28 - Cruise Night featuring free concert with Acousticca, 5-7:30 p.m.

Pickleball Courts - Daily Open Play (Mon-Sun), 8:30-11 a.m. / Weeknight Open Play (Mon-Fri), 4:30-10 p.m.

Spray Park - Open Daily (10:30am-6:30 p.m.)



SELECT BOARD from page 1

The board moved to create a gift fund in order to support and fund a comfort dog for the police station.

Interviews for board positions

Charles Flachs, who served on the Conservation Commission for about five years, came to the board to apply for a position on the Sustainability and Energy Commission.

"I've always been interested in energy conservation," Flachs said. "I'm hoping I would be a good fit for this commission as I was for the Conservation Commission."

Now retired from Holyoke College, he has been staying up-to-date on what the Commission has been working on and is looking forward to hearing back from the board.

Kathleen Ahamed-Broadhurst came online to express her interest in joining the Sustainability and Energy Commission as well.

She has a Master's from Harvard in sustainability and environmental science and works as a publisher for Elsevier for the Energy and Geosciences Journals.

"I'm eager to bring my skills here to South Hadley and see what we can do," Ahamed-Broadhurst said.

Board appointments

The board reviewed the boards and the annual renewals for terms that specific members on various commissions and boards.

The board also moved to appoint

Kathleen Ahamed-Broadhurst to the open position on the Sustainability and Energy Commission.

The board then appointed Terry Rosenfeld to a full-time position on the Conservation Commission.

The board made a motion to approve of the various board renewals for the fiscal year of 2025.

Golf course contract status

Town Administrator Lisa Wong addressed the Ledges Contract, which regards the Ledges Golf Course owned by the town and what the contract entails.

Members of International Golf Maintenance, the organization working with the town to help with the maintenance, care, and operation of the course, came to the board to discuss the future of the course.

Under the management of IGM, the course has exceeded the board's expectations, and this year, the town has received \$150,000 in revenue from it.

Two representatives of IGM from the Ledges Golf Course including Mike Fontaine, the General Manager of the course, and Steve Gano.

"Let's figure out how successful this golf course can be, because I think it can be more successful," Fontaine said. "There's plenty of opportunities... where do you want to go, and how do you want to get there?"

The board is looking forward to working more with Fontaine and Gano and in future discussions on the course and its maintenance.

New business

The board reviewed and approved of a Collective Bargaining Agreement between the town of South Hadley and AFSCME, local number 10334 Unit A and Unit B from July 1, 2024, to June 30, 2027.

Wong addressed the need for a Special Municipal Employee, and the board moved that the members of the Board of Assessors take on these responsibilities.

The board looked over the Town Administrator Schedule, including discussing the time for vacation hours, and other important aspects of the schedule of hours.

Wong addressed vacation hours, and what to do for work in the event of being overseas in another country and time zone, and how to then appoint someone to cover an absence for the town administrator in the event of an absence like this.

Announcements and public comment

With the heat at all-time highs, Miles and Sweeney announced the various spots to go to seek shelter from the heat, including the wonderfully air-conditioned library.

Buttery Brook Park will be hosting cruise nights on Fridays through the summer, featuring local bands, as well as a splash pad and sprinklers to definitely take advantage of.

Business items

The board approved and made brief alterations to past meeting minutes, as well as common liquor licenses for 7-Eleven at 426 Newton Street, and for an alcohol license request for Larry Dubois for events on July 12, 19, 22, and August 30.

South Hadley Public Library

2 Canal Street, South Hadley • www.shadleylib.org • 413-538-5045

July Adult Programs

South Hadley DPW: Recycling from Beginning to End

Wed, July 10 at 6 pm, Community Room

During my lecture on July 10th, I intend to address what happens with our residents recycling from the moment it is picked up by Republic Services, delivered to the Material Recycling Facility (MRF), processed, separated and shipped to additional locations for further handling.

I will also address the recycling done at our Transfer Station, where it is transported, how it is processed, the companies we use and the costs associated with all the recycling we do in town.

I plan to discuss the different ways recycling is completed i.e., single stream or dual stream.

I will bring some educational material with me for the residents also.

Upcycle DIY Stencil T-shirts with Carla

Wed., July 17 from 5 - 7 pm

Must Sign Up at shadleylib.org or call 413-538-5045. Bring a single dark colored plain cotton or poly cotton T-shirt. Sign up will begin at the end of June.

Growing Wild - Why It Makes a Difference

Wed., July 24 at 6 pm, Community Room

The Conservation Commission's Growing Wild initiative is quickly gaining momentum to increase native pollinator species across the community. Small backyard efforts make a big difference across greenway connections. This talk will discuss the importance of Growing Wild in your yard, how you can get started, tips for success, and what changes you'll see in your yard by changing the habitat. It will also discuss challenges land conservation faces in a changing climate such as invasive species management and sustainable land use development. Rebekah Cornell is the Conservation Administrator/Planner/Tree Warden for the Town of South Hadley.

Virtual Program: The Fascinating Story of Where our Vegetables Came From presented by the MA Master Gardener's Program

Sat., July 27 at 11 am

Register Here: <https://dub.sh/KHChs8X>

What do you know about the vegetables you eat? What is an heirloom tomato? Does it look like the original wild tomato? What group of people were responsible for breeding 4 major food crops?

What popular vegetables were bred from kale? Where did sweet onions originate? Eggplant? Peas and beans? Watermelon? Bonnie will talk about the fascinating origins of the vegetables we eat each day: where they originated and what they looked like when they grew in the wild before people started breeding them for better yields and flavors. Sign Up Online at www.shadleylib.org

Connecticut River Source to Sea Clean Up presented by the Connecticut River Conservancy

Wed., July 31 at 6 pm, Community Room

Are you concerned when you see plastic bottles and other trash polluting your local parks and rivers? Join Connecticut River Conservancy's Source to Sea Cleanup Coordinator, Stacey Lennard, as she shares how the nonprofit organization coordinates a massive annual cleanup throughout 4 states of the Connecticut River watershed.

The Source to Sea Cleanup, which will be in its 28th year in 2024, coordinates thousands of volunteers to remove trash from waterways and communities, resulting in not only cleaner water and healthier habitats, but also a greater sense of connection to our shared environment.

Learn more about the cleanup, trash tally data, current legislation to reduce plastic pollution, and how you can get involved in this important community effort.



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Opinion

in the Garden

by Roberta McQuaid



A rabbit rendition

Yesterday I walked up to one particular garden at Old Sturbridge Village and stood in amazement.

There was something off with the bed of red dahlia plants, orange cannas and a mixed color lot of rudbeckia that I had planted less than a month ago. What kind of animal would eat the rough, somewhat hairy leaves of the rudbeckia, better known as “brown-eyed Susan” almost all the way down to the ground?

The culprits ran or should I say “hopped” in front of me, just as I approached the bed. Peter and Petra Rabbit in plain sight.

If you too are plagued with rabbits, read on for a few tips straight from the archives on how to dissuade them from eating your precious plants.

I never had a problem with rabbits in my home garden until after the dog died. It would be safe to assume that “the marking of his territory” had something to do with keeping the bunnies at bay.

Outside of dog urine, there are lots of other deterrents out there that folks swear by.

One is dried blood. The smell signals danger. To be effective it must be reapplied each week as well as after it rains. You can either sprinkle a narrow band around the perimeter of the border or place containers of it in the garden.

Dried blood is a nitrogen fertilizer and is available at most garden centers. It will burn sensitive plants if applied directly on top of them, so sprinkle it a few inches away from the base. Along the same line would be ammonia sprays.

I have also heard of different home brews that you may, or may not want to whip up in your blender. One consists of garlic, hot peppers and marigold leaves – maybe this combination would work better than the other tactics already tried. These would need to be reapplied periodically, especially after it rains.

A less attractive but better option to control rabbits would be to install a wire fence. It should be at least three feet tall and dug into the ground four inches or more.

Be sure that the fence is fine enough so that the rabbit’s head won’t fit through the holes – the unfortunate rabbit that is able to fit his head may think that the rest of his body will follow suit. When it doesn’t, panic ensues, and the result is not something I would want anyone to find in his or her garden a day later.

Rabbits will eat almost anything except for prickly plants or strong smelling/tasting plants. For prickly plants think Globe Thistle (*Echinops Ritro*); blue globes bloom in early July. Sea Holly (*Eryngium maritimum*) is another similar plant.

Strong smelling/tasting plants include Bee Balm (*Monarda didyma*), Catmint (*Nepeta racemosa*), Yarrow (*Achillea millefolium*), Mints (*Mentha spp.*) Garlic and Onions among others. In fact, I read of one gardener having great success keeping rabbits away from her flowering plants by planting a living fence of garlic in between them.

This summer, when it came time to clip the scapes off of my garlic plants, I collected the stems and dispersed them in and amongst the broccoli. It worked for a time being, probably as long as the scapes held their stink.

Along the same lines are all natural pellets that are soaked mainly in garlic essential oil. These should be hung or planed about three feet apart to make a stinky barrier that the rabbit won’t cross to get to your plants.

I will certainly have to employ some of these tactics after I replant that garden.

You would think that the rabbits would have been happy enough with the clover in the

Please see **GARDEN**, page 5



LETTER TO THE EDITOR

Where does he get his energy!

To the editor,

In 2006, he was at the South Hadley landfill and noticed that the redeemable cans and bottles shed was teeming with items but nothing was being done with them.

He was retired and he thought “Well I can do something”. That started him on his quest to not only empty the shed but also to go sorting through the dumpsters looking for additional redeemables.

He did this for several years until the day he came back from vacation and found the shed locked as the Town’s Administration decided they wanted the proceeds...even though every penny was going to programs for the Town owned Buttery Brook Park.

So he placed articles in The Reminder letting people know he would come to their homes to pick up the redeemables or they could deliver them to his home.

This has continued now for over 18 years (except for COVID) and he is still at it. The money for the Park has gone towards help

with Santa Land, children’s concerts, pickleball courts, painting the cabin, cruise night expenses, and on and on it goes. Many of you who have donated these redeemables and said how much they appreciate being able to help support the park and get rid of their “clutter” at the same time.

How much time he has put into this project, even his wife can’t tell you but it is considerable. He believes it is time well spent and is helping out his town. He has met some wonderful people whom he would not have known otherwise and he says THANK YOU to all.

So who is he and where does he get his energy?

He’s Doug Young of 15 Westbrook Road and you can contact him at 532-3921 or through e-mail at precincte@gmail.com.

He’d love to hear from you!

Linda Young
South Hadley



Why is there a Social Security Earnings Limit?

Dear Rusty:

I try to read your article in the Carmichael Times each week and appreciate the information you provide. I am 62 and considering my retirement options and when I should do that to get the most benefit. I understand my full retirement age is 67, but what I don’t understand and I hope you can answer, is why there is such a thing as the Social Security earnings limit? I know that if I was to retire before 67, my benefits would be reduced. But since I have been paying into SS for 45+ years and that money is technically money I have earned, why does SS care if I make more than the earnings limit? It doesn’t affect them or my benefits. Can you tell me about the reasoning behind the earnings limit? I will, for many years after “retiring,” continue working in my field.

Signed: Working American

Dear Working American:

This is a great question and, as a point of interest, our parent company, the Association of Mature American Citizens, advocates doing away with Social Security’s earnings test which affects those collecting benefits

before reaching their SS Full Retirement Age. In AMAC’s view, it discourages people from working and, thus, paying Social Security taxes on their earnings. It is, after all, SS taxes from the earnings of working Americans, which largely pays for the benefits provided to Social Security beneficiaries. Eliminating the restriction would tend to improve Social Security revenue and help ease Social Security’s current financial stress.

The reasoning behind the earnings test? Well, when Social Security was first enacted in the 1930s, the intent was that Social Security was for retired workers, meant to keep them from poverty in old age. The logic back then was that if a person worked they didn’t need Social Security to sustain them, so those who worked could not collect Social Security at all. The current rule, after many adjustments over the years, says that annual earnings for those who collect early SS benefits are limited. If each year’s earnings limit (\$22,320 for 2024) is exceeded, Social Security will take away \$1 in benefits for every \$2 over the limit (FYI, the penalty is less severe in the year FRA is attained).

Historical accounts suggest that the reasoning behind the wording in the original Social Security Act - that “No person shall receive such old-age annuity unless he is not employed by another in a gainful occupation” - was quite controversial, except for the fundamental thought that if someone worked they didn’t need Social Security. Over the ensuing decades the rule has been softened to provide that only those who col-

Please see **SOCIAL SECURITY**, page 5

OPINION PAGE/ LETTERS POLICY

Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed. Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to townreminder@turley.com. Mailed letters can be sent to Town Reminder, 24 Water Street, Palmer, MA 01069.

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Eastern towhee

A Brimfield resident reported his wife saw an Eastern towhee in their driveway.

It has been some time since I saw a towhee. I saw it hopping to get seeds on the ground under my feeder.

The towhee is eight inches long with a long tail. The male has a dark hood, beak and back with reddish brown flanks and white belly. The female is brown on top with the reddish flanks and white belly.

They hop backward, raking up leaf litter in search of insects and seeds. They eat insects, spiders, lizards, snakes and weed and grass seeds. They come to feeders for seeds on the ground.

The female lays two to six cream with brown spotted eggs in a nest of leaves, strips of bark and grasses lined with finer grasses. The female places the nest on the ground in a scratched depression under brush.

Towhees inhabit edges or open woods with shrub cover. Often towhees are heard rather than seen. The distinctive “chevink” or “chweee” call note of both sexes is a good clue to their presence. The noise from their “raking” of leaf litter is another clue they are nearby.

In the spring, the male sings and counter sings with neighboring males. He courts the female with song and by displaying with wings and tail spread. Their song is two whistles followed by a high trill like “drink your tee.”

During egg laying and incubation, the male rarely comes near the nest and the female is secretive. Both parents feed the young.

Bobolinks

An Oakham resident sent an email, he said “In 1982, after graduating with my M.S. degree from Cornell, I worked as a field assistant on a bobolink study. We assembled staging in the fields to construct elevated observation platforms. Then we needed to capture and mark all the individuals. Several mist nets were set up.”

He said, “When a bird landed near one of the nets we would rush to it and try to scare the bird into a net, quite effective. With ‘bird-in-hand’ we needed

to mark it to allow us to recognize it. So we painted the tails with different combinations of colors. Capturing the very last bird took a lot of time and effort.” He also said, “When females returned repeatedly to a particular spot, we searched there for the nests, which was very difficult, as the nests were well hidden. We could then monitor nest success.”

Bluebirds

I received an email from a woman, who also sent photos of fledgling bluebirds, in her yard. She said, “At the end of winter the mated pair shooed off their offspring and got down to nesting. We now have four fledglings visiting our mealworm feeder. They are too funny to watch, so hungry and they keep their parents very busy.” The bluebirds laid eggs for second time.

More Brimfield birds

The Brimfield resident, who sent the email about the towhee also said, “The other day I spent a couple of hours at the pond in South Street where the osprey nest is located. In addition to the osprey nest there are four great blue heron nests with at least eight chick, I can’t see the fourth nest very well but an adult is standing on the nest so I assume there are young chick there also. Young herons can’t stand for awhile so they probably wouldn’t be visible yet.”

He said he saw common grackles, chickadees and tree swallows at the pond as well phoebes, Eastern kingbirds and belted kingfishers.

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100, emailing mybackyard88@aol.com or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.

GARDEN from page 4

lawn. I guess they are more “hoppy” with a varied diet.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at

the University of Massachusetts. For 32 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with “Gardening Question” in the subject line.

SOCIAL SECURITY from page 4

lect benefits before their Full Retirement Age would have a portion of their SS benefits offset by their work earnings. In any case, the earnings test, in its mitigated form, still persists today. FYI, H.R. 5193 – The Senior Citizens Freedom to Work Act was recently introduced in Congress proposing to repeal the SS earnings test, but has not advanced in the legislative process since introduced in August 2023.

In any case, under current rules, if you continue working after your FRA, the earnings test will not apply to you. And, if you lose any benefits before your FRA due to the earnings test, when you reach your FRA you’ll get time credit for any months that benefits were withheld, resulting in a somewhat higher monthly payment after your full retirement age.

One final point: if you continue to work after starting your Social Security benefits and your recent earnings

are higher than any of those in the inflation-adjusted 35 years used to originally calculate your benefit, your entitlement will be recalculated to give you credit for those higher recent earnings.

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

Health



By Teri (Dreher) Frykenberg, RN
Guest Column

What kind of patient-doctor relationship do you have?

I’ve written before about the patient’s role in creating a good relationship with their doctor: Be on time for your appointments; write down your questions and concerns; don’t waste time on chitchat; bring someone with you; be honest about your health habits, good and bad; and if you don’t understand something, keep asking until you do.

But a lot of the responsibility for a good patient-doctor relationship lies with the physician; after all, they’re the ones with the greater education, knowledge and experience.

Back in 1956, two doctors, Theodore Szasz and Marc Hollender, described three types of doctor-patient relationships. Depending on your situation, you probably have one or more of these:

Active-passive, which they compared to a parent-child relationship, when the physician is acting upon the patient (useful in emergency and trauma situations);

Guidance-cooperation, a sort of parent-adolescent relationship, in which the physician tells the patient what to do and the patient complies;

Mutual participation, a relationship between two adults in which the physician helps the patient help themselves.

In this era of patient-centered care, there’s a clear preference for the mutual participation model. Health-care providers who provide more than just

competent care, who bring empathy, open communication, active listening and understanding into the examination room, are more likely to have satisfied patients.

Unfortunately, many aspects of our current health-care system work against the patient-doctor relationship.

There never seems to be enough time for a doctor to really talk with a patient and develop that relationship. Administrative hurdles (problems getting an appointment, for example) hurt the relationship. Sometimes both patients and doctors make assumptions about one another’s cultures or backgrounds that may damage patient trust.

How many times will you put up with such roadblocks before you start looking for another doctor? A recent survey found that almost half of the respondents will give their doctor or their staff only two chances to get things right before looking elsewhere.

Why is this even important? Because a good patient-doctor relationship can lead to better health outcomes for you. If your doctor has worked to establish mutual understanding and trust, you are much more likely to divulge information needed for an accurate diagnosis. You may also be more willing to adhere to a treatment plan. A recent survey by Tebra, a health-care marketing firm, found that 87 percent of respondents believe that a strong and positive patient-doctor relationship has a positive impact on their patient journey.

Your relationship with your primary care provider is particularly important because it’s likely you will access other health-care providers through them. Here are five signs that your doctor is invested in their relationship with you.

1. Active communication

In my experience as a private patient advocate, the cause of a poor patient-doctor relationship usually boils down to one thing: communication – either miscommunication or lack of communication. Does your doctor:

Please see **HEALTH**, page 16

SEPTEMBER 2024

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2024 fireworks set for July 3

SOUTH HADLEY— The South Hadley fireworks are held annually at the Michael E. Smith Middle School located on 100 Mosier St., on July 3. If the event is rained out then the rain date will be July 5.

Thanks to all of the town departments that helped make the 2023 Fireworks Celebration possible. There is a ton of work that goes into this event, and we want to thank anyone that has helped us make this possible. South Hadley Fire Districts #1 and #2, South Hadley Police Department, South Hadley DPW/Parks Dept, South Hadley School Department, South Hadley Electric Light/Fibersonic, and Board of Health.

Thank you to the food trucks and vendors for creating a great experience for everyone in attendance. Bruiser's Bar-B-Que, Batch Ice Cream, Crazy Arepas, All Purpose Bakery, Lemonade Clamshell, SHHS Cheer, Girl Scouts, United Methodist Church, Happy Face Painter, Rockwall, Archery, TC's Disc Jockey & the South Hadley Community Band.

This event would not be possible without the sponsors. Many of the sponsors have supported this event for years. The Major Corporate Sponsor is PeoplesBank, and have been so for over the past 20 years.

Registration now open for 2024 Jimmy Fund Walk

BOSTON— Registration is now open for the 2024 Boston Marathon Jimmy Fund Walk presented by Hyundai. Scheduled for Sunday, October 6, funds raised from the Jimmy Fund Walk support all forms of adult and pediatric patient care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. Due to ongoing construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Boston Common for 2024.

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon course, and participants have the flexibility to choose from four distance options: 5K Walk (from Dana-Farber Cancer Institute's Longwood Medical Campus); 10K Walk (from Newton); Half Marathon Walk (from Wellesley); and Marathon Walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to refueling stations with refreshments throughout the course.

Poster-sized photographs of patients, Jimmy Fund Walk Heroes, are displayed along the course as inspiration. Walkers can participate virtually, as well.

All routes will conclude at the Jimmy Fund Walk Finish Line Powered by Schneider Electric at Boston Common, by the corner of Charles and Beacon Street. The finish line will include a celebration with food, entertainment, and more. Public transportation is encouraged.

The Jimmy Fund Walk has raised more than \$176 million for Dana-Farber in its 35-year history, raising a record-breaking \$9.4 million in 2023. Funds raised from the Jimmy Fund Walk support all forms of adult and pediatric patient care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Boston Athletic Association has supported the Jimmy Fund Walk since 1989, and Hyundai has been the presenting sponsor for more than 20 years.

Register as an individual walker, team

member, or start a team. Take advantage of this unique opportunity and lead a group of family, friends, or colleagues to the finish line. The Jimmy Fund can help you start a team, grow your fundraising, and defy cancer, together.

Volunteers are needed to cheer on participants, serve snacks, distribute T-shirts, and more, at the four start locations, along the course, and at the 2024 Jimmy Fund Walk Finish Line Powered by Schneider Electric, located in the Boston Common. The Jimmy Fund Walk would not be possible without the hundreds of dedicated volunteers who donate their time, talent, and energy. Register to volunteer today.

To register for the Walk (#JimmyFundWalk) 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. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

SHHS band reunion to hold three day celebration in Aug.

SOUTH HADLEY— There will be a reunion for the South Hadley Marching 100 during Roger Farnworth's tenure from 1965-1980. There will be a three-day celebration of the band and accomplishments. The schedule is as follows:

Friday, August 16, Casual gathering, place and time TBD.

Saturday, August 17, SHHS Meet and Greet at 9 a.m.; Donuts, coffee, photo-op and tour of the band room.

Saturday, August 17, Main Event, The Elks Lodge in Holyoke at 5 p.m., \$25

per person.

Sunday, August 18, Breakfast Buffet at the Boathouse in South Hadley MA at 9:30 a.m., \$29 per person.

Join in for all the events or any of the events to make new memories and celebrate the old. For tickets or more information visit: The South Hadley Tiger Marching 100 on Facebook or contact Karen Kawalec Quinn at jkequinn@gmail.com or Craig Parker at craig1414p@gmail.com.

Wednesday folk traditions continue

HADLEY— The Porter-Phelps-Huntington Museum continues the 43rd season of Wednesday Folk Traditions concert series on Wednesday, July 10 with Zikina, an international rock jazz fusion group that draws on West African musical traditions and instruments to create rhythmic sonic landscapes. Concerts are held Wednesday evenings at 6:30 p.m. in the Sunken Garden at the Porter-Phelps-Huntington Museum, 130 River Dr., Route 47. Admission is \$12, \$2 for children 16 and under. Picnickers are welcome on the museum's grounds starting at 5 p.m. The museum and its grounds are a smoke-free site. For further information please call (413) 584-4699 or view www.pphmuseum.org.

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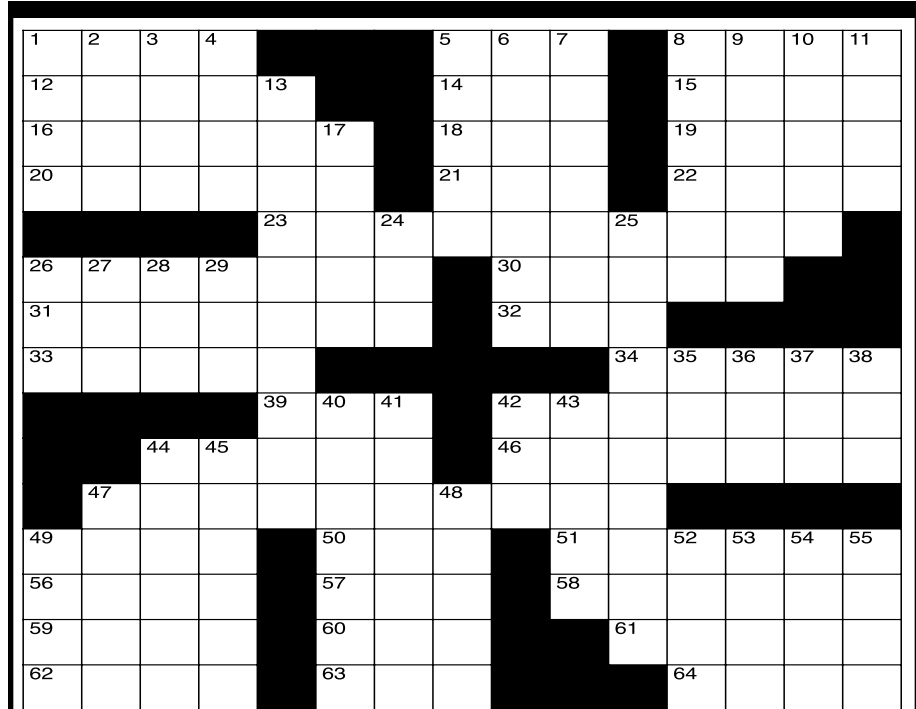
Wedding Location: _____

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CLUES ACROSS

1. Volunteer school groups
5. Cash machine
8. Title of various Muslim rulers
12. Indian hand clash cymbals
14. Scarf
15. Easily manageable
16. Cry
18. Financial term
19. Reactive structure in organic chemistry (abbr.)
20. Clean out a riverbed
21. Seaport (abbr.)
22. English seascape painter
23. Bring back again
26. Subtracted from
30. Related on the mother's side
31. Mooches
32. Commotion
33. Boer War general
34. Silklike nylon fabric
39. CNN's founder
42. Sarcastic in a bitter way
44. Minute reproductive unit
46. Nourishment
47. Large predatory tropical fish
49. Small, rich sponge cake
50. Drink a small amount
51. Golfer Rodriguez
56. Norse personification of old age
57. Large flightless bird
58. Capsized
59. Convicted American spy
60. Music genre
61. Makes tractors
62. Undergo cell disintegration
63. Patti Hearst's captors
64. Sells

CLUES DOWN

1. Post-traumatic stress disorder
2. Goat-like mammal
3. Swiss river
4. Slithered
5. Humiliate
6. Tumbled
7. Popular alcoholic drink
8. Small round hole in a leather cloth
9. Fertilizer
10. State of affairs that seems deliberately contrary
11. Count on
13. One who discriminates against
17. New Hampshire city
24. One who cares for teeth
25. Sent off
26. Mutual savings bank
27. Initial public offering
28. Denial
29. Northeastern institution of higher learning (abbr.)
35. A doctrine
36. Consumed
37. Trent Reznor's band
38. Perform in a movie
40. Schoolhouse implements
41. Mathematical term
42. Man who behaves dishonorably
43. Expression of regret
44. Martens
45. Approval
47. Pleasantly warm
48. The Eurasian hoopoe
49. NBAer Bradley
52. Engineering organization
53. Horsefly
54. Type of sandwich
55. A day in the middle of the month

Duda continues a 124-year tradition of service under the sea

By Megan Brown
Navy Office of
Community Outreach



Photo by Mass Communication Specialist
1st Class Josiah Trombley
Caiden Duda

BANGOR, Wash. - Seaman Caiden Duda, a native of South Hadley, Massachusetts, is one of the sailors serving aboard USS Alabama, continuing the U.S. Navy's 124-year tradition of service under the sea to help ensure Americans' safety.

Duda graduated from South Hadley High School in 2021.

The skills and values needed to succeed in the Navy are similar to those found in South Hadley.

"During high school, I played football and my coaches taught me how important it was to have a good work ethic and to never give up, even when things got hard," said Duda. "Those lessons have helped me a lot in the Navy, especially getting through boot camp."

Duda joined the Navy three years ago. Today, Duda serves as an electronics technician (navigation).

"My brother served in the Navy when I was a kid and I remember going to visit him where he was stationed," said Duda. "Seeing how well the Navy had set him up, I knew I also wanted to join."

Known as America's "Apex

Predators," the Navy's submarine force operates a large fleet of technically advanced vessels. These submarines are capable of conducting rapid defensive and offensive operations around the world, in furtherance of U.S. national security. A major component of that maritime security is homeported at Naval Base Kitsap, in Washington.

There are three basic types of submarines: fast-attack submarines (SSN), ballistic-missile submarines (SSBN) and guided-missile submarines (SSGN).

Fast-attack submarines are

designed to hunt down and destroy enemy submarines and surface ships; strike targets ashore with cruise missiles; carry and deliver Navy SEALs; conduct intelligence, surveillance, and reconnaissance missions; and engage in mine warfare. The Virginia-class SSN is the most advanced submarine in the world today. It combines stealth and payload capability to meet combatant commanders' demands in this era of strategic competition.

The Navy's ballistic-missile submarines, often referred to as "boomers," serve as a strategic deterrent by providing an undetectable platform for submarine-launched ballistic missiles. SSBNs are designed specifically for stealth, extended patrols and the precise delivery of missiles. The Columbia-class SSBN will be the largest, most capable and most advanced submarine produced by the U.S. - replacing the current Ohio-class ballistic-missile submarines to ensure continuous sea-based strategic deterrence into the 2080s.

Guided-missile submarines provide the Navy with unprecedented strike and special operation mission capabilities from a stealthy, clandestine platform. Each SSGN is capable of carrying 154 Tomahawk cruise missiles, plus a complement of

heavyweight torpedoes to be fired through four torpedo tubes.

Strategic deterrence is the nation's ultimate insurance program, according to Navy officials. As a member of the submarine force, Duda is part of a rich 124-year history of the U.S. Navy's most versatile weapons platform, capable of taking the fight to the enemy in the defense of America and its allies.

The Pacific Submarine Force maximizes the Navy's strengths of knowledge, stealth, agility, firepower and endurance.

"The men and women of the Pacific Submarine Force are among our best and brightest Americans," said Rear Adm. Richard Seif, Commander, Submarine Force U.S. Pacific Fleet. "The pace of activity across the force is eye-watering, and our ability to remain on-scene, unseen, is only possible due to their hard work and critical thinking. We are lethal, far-reaching, and incredibly capable, and we deter aggression through our demonstrated advantage in the undersea domain."

With 90% of global commerce traveling by sea and access to the internet relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly

linked to recruiting and retaining talented people from across the rich fabric of America.

Duda serves a Navy that operates far forward, around the world and around the clock, promoting the nation's prosperity and security.

"We will earn and reinforce the trust and confidence of the American people every day," said Adm. Lisa Franchetti, chief of naval operations. "Together we will deliver the Navy the nation needs."

Duda has many opportunities to achieve accomplishments during military service.

"I am most proud of getting qualified in submarines because that made me a part of something bigger than myself," said Duda. "I am also proud of being named Blue Jacket Sailor of the Year because it was a big recognition for a lot of hard work I put in and it felt good that someone recognized that."

Duda can take pride in serving America through military service.

"Serving in the Navy means that I get to protect the well-being of my friends and family back home," added Duda. "It is my way of thanking them for giving me such an amazing life."

Massachusetts sales tax holiday approved

BOSTON— The Massachusetts Legislature approved Aug. 10 and Aug. 11 as a sales tax holiday weekend for Massachusetts. On those days, the Massachusetts sales tax of 6.25% will be suspended for most items that retail for less than \$2,500.

The holiday welcomes Massachusetts residents to visit retailers and small businesses

around the state. A spike in consumer activity routinely boosts indirect tax revenues. According to the Department of Revenue, during the 2023 sales tax holiday, indirect tax revenues due to increased economic activity were approximately \$3.54 million.

"I am glad to see the sales tax holiday be approved in the legis-

lature today, giving our residents a great chance to get outside and embrace their local businesses and community at a little bit of a discount," said Sen. Adam Gomez (D-Springfield). "This annual holiday gives a boost to our small business owners and consumers, and I am proud to support this measure annually."

Local business grants available

The South Hadley & Granby Chamber of Commerce has created a capacity building grant program for businesses in our municipalities. Under our grant program, funded by the Commonwealth of MA's Workforce/Economic Development Initiative, the SHG Chamber will award eligible South Hadley and Granby businesses up to \$5,000 each. Grants may be

used in the following areas:

Website Design or Redesign, Marketing, Social Media, IT Infrastructure Enhancements, Professional Development, Resource Skill Development, Business Coaching, and Strategic Planning.

Applications now being accepted online: www.shgchamber.com.

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Turley photos by Emily-Rose Pappas
Some uniforms and firefighting gear from the 20th century.

MUSEUM from page 1

The museum opened in 1975 after the firemen moved out and the station was retired from use. Since then, it has been a hub for all things related to the history of South Hadley.

“They are just things, but each of them is connected to a story in South Hadley History,” LaRoche said of the different tools, trinkets, utensils, and books within the museum.

The museum also details the South Hadley Canal, with the most advanced piece of machinery, at the time, that helped to lift longboats up the falls.

The Canal is no longer in use, and what remains of it is not far from the museum on North Main Street and holds more history to be dug up and witnessed by all.

The museum is also working on an application to register the building and area around it to become considered a historical district.

The museum is open on the fourth Sunday of every month from 1:30 to 4 p.m., so make sure to stop by and learn something new about the town for the next time it is open.



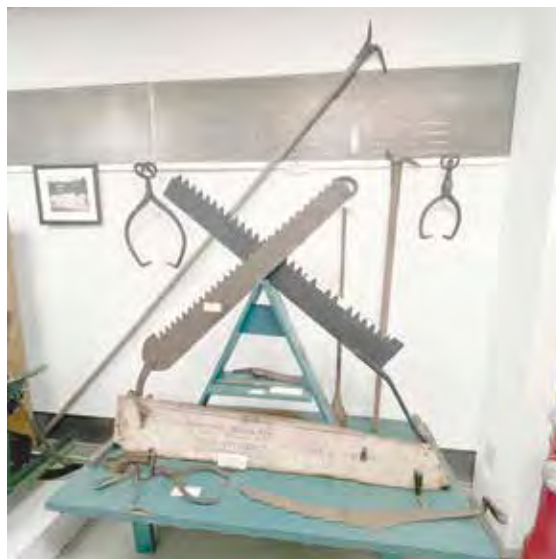
The District 2 1927 pumper, which drove in the town's 250th anniversary in 2003.



Three flags from different times were hung at the station: The Grand Union Flag, the 35 Star Flag, and the Betsy Ross Flag.



A little table set-up, titled “Down Time,” depicting a game of cards and cribbage that firefighters would have played during some time off.



Saws used to cut through ice in the lake near Holyoke College.



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RIDE from page 1

of The Pumpkin Heads signed up for the ride, ready to take on the 25-mile course.

The Pumpkin Heads hailed from Belchertown, Palmer, South Hadley, East Longmeadow and even Florida.

One of The Pumpkin Heads, so named because of his bright orange helmet, is Belchertown resident (and former North Brookfield Public Schools teacher) Lloyd Ortman. Hogan said Ortman was very instrumental in building this event and mapping out the courses using an app.

"Lloyd was essentially the brains of the project. I know these roads well, but Lloyd knows how to do apps...It worked fantastically," Hogan said.

Ortman was one of two tandem bike teams that participated in the Hills of East Quabbin Ride, partnered with his wife, Melinda Rigney.

"John and I designed the course, with Melinda's help," Ortman said.

The biggest challenge on both courses, Hogan said, is the degree of climbing, which he said is reflective of this area.

"Both really had respectable elevation for those distances...this area is just loaded with gorgeous back roads most of which are in really good shape and do not have a lot of traffic."

These two things combined make the roads of the East Quabbin region especially appealing to cyclists.

"You just get a chance to put your head up and breathe the air and look around," Hogan said.

Ortman and Rigney are now on their third tandem bike, and they have traveled roads near and far for adventures, including Sicily, France, Netherlands, Majorca and more.

"It's the most fun you'll ever have on a bicycle," Rigney said of the tandem.

Rigney said at first, she was opposed to riding on the tandem but now it has been a bonding experience for her and her husband.

Another cycling club, the Seven Hills Wheelmen, also had a strong showing, including member and past president, Bill Dobson of Spencer. Dobson has been a member of the club for 25 years.



Bill Dobson of Spencer takes a moment to pose with Farmer Matt's Matt Koziol before heading out on the 25-mile course.

Dobson, a regular customer at Farmer Matt's, said he rides for six hours a week and also enjoys mountain biking.

Dobson said he "blames the bikes" for helping him overcome the side effects of his cancer treatment following his diagnosis two years ago. He is now cancer-free and enjoying the challenge the hills of East Quabbin and Worcester give him every time his tires meet pavement.

"It's been great," Dobson said of the ride. "This is the time of year you want to do this."

Matt Koziol of Farmer Matt co-hosted the ride on his farm located at 860 West Brookfield Road, offering barbecue food options while Lost Towns Brewing brought cool, refreshing brews. Live music was provided by Serena Mae of Mama Kilsmith and Andrew Paulin.

"I'm an avid supporter of the East Quabbin Land Trust," Koziol said, adding that one of its kestrel nesting boxes is located on his farm.

Koziol said he saw a lot of his regular customers as well as new faces at the ride.

Hogan said the feedback he received following the event from cyclists was overwhelmingly positive.

"The feedback was good, and people were happy. We were lucky, too, the weather was decent. Considering how the weather was a couple of days before," he said.

Hogan and others are already looking



Turley Photos by Paula Ouimette

Bikers leave Farmer Matt's on Saturday morning for the Hills of East Quabbin Ride.



Patrick Brandon of Killingworth, Connecticut sets out on the 50-mile course.



Lloyd Ortman and Melinda Rigney of Belchertown rode their tandem bike on the 25-mile course.



Seventy-one bikers participated in the Hills of East Quabbin Ride.

forward to next year's event after the success of Saturday's ride.

"It was really just the idea to do something that I think would be nice locally for

an annual event," Hogan said. "It's a win-win. Helping the land trust is something I feel strongly about...it's just what I had hoped it would be."



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Girls B out to 1-1 start

SOUTH HADLEY – The South Hadley High School girls B summer soccer team is 1-1 so far on the summer. The girls were defeated by Palmer, but defeated Agawam B so far. The Tigers had games rained out last week and were scheduled for a pair of games earlier this week before taking some time off for the Fourth of July holiday week.



Simone Quinn looks to clear the ball.



Grace Sherman heads up the field. Turley photos by David Henry www.sweetdogphotos.com



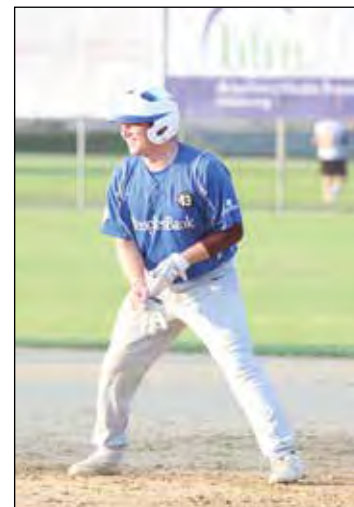
Maya Legowski kicks the ball away during early season action.



Emma Archambault sends a corner kick away.



PeoplesBank pitcher Jimmy Flahive makes a pickoff throw to first.



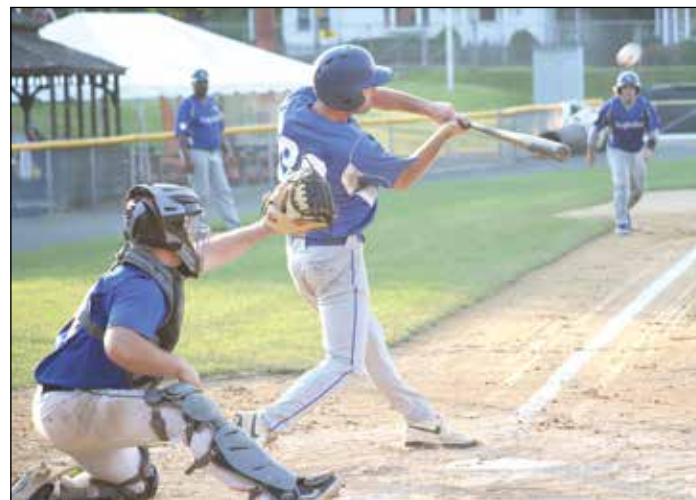
Cam Rivest, of Agawam, leads off first.



Pete Hogan tries to get out of the way, but is drilled by a pitch.

Bankers out to 3-2 start

HOLYOKE – Last week, PeoplesBank was in action in the Tri-County Baseball League. The Bankers faced Chicopee and BankESB during the week. The Bankers narrowly defeated ESB to improve to 3-2 on the young season. The Bankers are in the middle of the pack currently with Hilltown Tents holding an 5-2 record for first place. Chicopee and Teddy Bear Pools have second place with four wins each.



Sam Allen connects to drive in a run. Turley photos by Gregory A. Scibelli



Jared Smith corraling the ball. Turley photos by David Henry www.sweetdogphotos.com

Pioneers keep playoff hunt alive with win

By Tim Peterson
Sports Correspondent

LUDLOW—Just like every other player listed on the Western Mass. Pioneers roster, Alec Hughes would like to play for a professional soccer team in the future.

Led by Hughes, who recorded a hat-trick in the first half, the Pioneers remained in the playoff hunt by defeating Boston City FC, 6-1, at Lusitano Stadium last Friday night.

“It’s always nice to get off to a fast start in every game,” said Hughes, who only played the first 45 minutes of last Friday’s

home match. “The turf field was a little bit slick which helped us move the ball a little faster. It was very similar to playing on grass.”

While it rained prior to the start of last Friday’s match, the rain stopped sooner than it was expected to and it was a pleasant evening weatherwise.

The Pioneers had a 7-1-1 overall record and they moved into second place behind first place Seacoast in the USL League Two Northeast Division standings.

Since losing to the Seacoast United Phantom, 3-2, at home on June 7, the Pioneers have gone

3-0-1 in their next four matches.

“It was another very good performance, especially since it was at home,” said Pioneers head coach Federico Molinari. “Everyone is playing very well.”

Hughes entered last Friday’s contest tied for the most goals in the USL-2 with eight. He finished the match with a total of 11 goals.

Hughes scored a team-leading 15 goals for the UMass men’s soccer team last season.

He also attended the MLS combine in Arizona, but he wasn’t selected in the MLS draft



Abdel Talabi sends a pass up the field.

Please see **PIONEERS**, page 11

Valley Blue Sox get big win over North Adams

HOLYOKE - Sunday was a statement game for the Valley Blue Sox against the North Adams Steeplecats.

Scoring in the first inning off a double hit by Chris Jans, the Blue Sox never trailed in this game.

However, the Steeplecats did not give up whatsoever.

With the Blue Sox holding onto that 1-0 lead, both teams were in a stalemate going into the fifth inning. Pitcher Jax Traegar took early care of the Steeplecat offense in the top of the inning, to give the bats back to the Blue Sox. It was just the momentum needed to deliver a shot to blow the game wide open.

The Blue Sox did just that, starting with Jonathon Hogart's RBI single bringing Chris Jans home and Michael O'Connor following it up with a highlight, two run home run. When it was all said and done, the Blue Sox scored five total runs to extend

their lead to 6-0.

The Steeplecats scored two runs over the last three innings, but the deficit was simply too large to overcome. The most intriguing aspect of this game was that both teams had eight total hits, yet the Blue Sox took advantage of far more to win the game.

In a game where early on it was clear hitting and scoring was going to be a deciding factor for the victor, the Blue Sox came together as a team to deliver just that. Throughout this season, it has been discussed that hitting was a "work in progress" for the Blue Sox, and that they leaned on their pitching for many of their wins. However, tonight they proved that when needed their hitting was also reliable. It's a major stepping stone for the Blue Sox offense, and it helps them advance to a 2-0 season record over the Steeplecats and 8-5 overall.

Bonsignore wins Mohegan Sun 100

LOUDON, N.H. – Justin Bonsignore had a busy Saturday at New Hampshire Motor Speedway - one that ended with his 42nd career NASCAR Whelen Modified Tour victory - and a strong performance in his NASCAR Xfinity Series debut with Joe Gibbs Racing.

Bonsignore started the day early - as the Whelen Modified Tour hit the track for the Mohegan Sun 100 at 10 a.m. Bonsignore ran inside the top-three for the duration of the race after rolling off on the front row for the 100-lap event. In the final laps, he battled with his cousin, Kyle Bonsignore, for the win. Justin kept control of the race for the final restart, then drove away from Kyle on the backstretch and back to the start-finish line to rocket to Victory Lane.

The Whelen Modified Tour win was Justin's second of the season through seven events, and tied Ted Christopher for third all-time on the series wins list. Bonsignore now sits behind Reggie

We have 16 awesome races in a year, but this is our Daytona 500."

JUSTIN BONSIGNORE

Ruggerio (44) and Mike Stefanik (74) on the wins list.

"We have 16 awesome races in a year, but this is our Daytona 500," Justin said. "Everyone wants to win this race. There's so much that goes into putting yourself in position and having a good car. It's mentally tough to control and understand what you need to do in these late restarts."

Bonsignore pulled within two points of leader Ron Silk in the championship standings as the series heads for the halfway point of the season in the next race, set for July 20 at Monadnock Speedway.

After the Whelen Modified Tour win, Bonsignore moved to his NASCAR Xfinity Series debut with Joe Gibbs Racing, com-

peting in the SciAps 200. Driving the M3 Technology, USNE No. 19 Toyota GR Supra, Bonsignore started 25th in the field after qualifying was canceled on Friday due to rain. In the early part of the race, Bonsignore pitted and stayed out at the end of the first stage, taking the lead of the race. From there, he ran in the top-five for a large portion of the day.

After a late caution, contact in turn one sent Bonsignore spinning, pushing him to a finish of 23rd in his debut. However, the result didn't show the day the New York native had on NASCAR's National Series stage.

"You really couldn't have asked for a better day with Joe Gibbs Racing," Bonsignore said. "Our crew chief played some great strategy to get us up there. I was still learning even right to the end of the race. I was getting better and better all day long and we had a really good car. I can't thank M3 Technology, USNE and everyone else who made this possible enough for the opportunity."

PIONEERS from page 10

last December.

Hughes will be wearing the Minutemen uniform again this fall.

"I wasn't drafted last year, but I was planning on going back to school," Hughes said. "I'm hoping to play for a professional soccer team in the future. It would be a great honor."

Molinari, who has watched several of his players turn pro during the past 15 years, is hoping Hughes is drafted.

"It's Alec's dream to play professional soccer and I really hope he makes it," Molinari said. "He's our leading goal scorer this year. I'm very happy for him."

Boston City (1-5-2) had a golden opportunity to take a 1-0 lead during the ninth minute of the opening half, but

Western Mass. goalie Gianluca Cersosimo (2 saves) made a diving save.

Two minutes later, Laurie Goddard sent a crossing pass into the box from the right side and Hughes headed it into the right corner past Boston City goalie Sebastian Montoulieu.

"I always try to find a gap between the defenders," Hughes said. "It was a perfect pass from Laurie and all I needed to do was head the ball into the net."

The Pioneers took a 2-0 lead twenty minutes later.

This time, Aidan Kelly sent a long pass to Hughes, who controlled the ball with his chest before tapping it across the line.

Hughes capped off his hat-trick by firing a shot into the left corner of the net during the 34th minute.

With about five remaining in the opening half, it looked like Oscar Sears had scored his first goal in a Pioneers uniform, but it was disallowed by referee Jonathan Luk because a Pioneers player was off-sides.

Sears, who has been on the Pioneers roster all season long, played in his first game at Pathfinder FC, which was a 2-0 win, last Tuesday night.

Sears was a member of the men's soccer team at Wake Forest. He'll be playing soccer at Bryant University this fall.

Holding a 3-0 halftime advantage, Hughes was replaced by Scott Testori at the start of the second half.

Testori, who's a member of the UConn men's soccer team, added his name to the score sheet with an unassisted goal during the 55th minute.

Goddard scored the Pioneers fifth goal two minutes later, which was assisted by Camilo Comi.

Josh Tubbs, who made his first appearance of the season for the Pioneers, replaced Cersosimo in goal during the 68th minute.

Boston City got on the scoreboard with a goal by Thiago Goes with 20 minutes remaining in regulation.

Ali Taleb capped off the scoring for the Pioneers with a breakaway goal in the 88th minute. Testori was credited with the assist.

The Pioneers are scheduled to host the Albany Rush at 7pm on Friday night. They'll then play three road games before returning to Lusitano Stadium to face the Vermont Green on July 13 in the regular season finale.



Leonel Vergara meets up with the ball.



Oscar Sears changes the direction of play.



Augustine Boadi fakes and heads up the field.

Turley photos by David Henry www.sweetdogphotos.com



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CAMPUS NOTES

Emmanuel College announces Spring 2024 Dean's List

In recognition of their outstanding academic achievement, Emmanuel College has named more than 800 students to the Dean's List for the Spring 2024 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

- Ella Francis** of Granby
- Norah Lavallee** of South Hadley

URI celebrates more than 4,100 new graduates during commencement

The University of Rhode Island celebrated more than 4,100 of its newest alumni during the University's 2024 Commencement. Nearly 4,000 undergraduate degrees and 800 graduate degrees were conveyed to students during the ceremonies which took place May 17-19, 2024.

- Among them were:
- Devin Donahue** of Granby
 - Julia Pratt** of South Hadley

Local students graduate from Muhlenberg College

Congratulations to Muhlenberg College's Class of 2024.

The College's Commencement honored graduates in a ceremony held in downtown Allentown's PPL Center on May 19. Local students include:

- Jack Kent** of Granby (01033): Jack Kent graduated with a B.A. - Bachelor of Arts Degree in the Finance Major and Business Administration Major.
- Jonathan Toth** of Granby (01033): Jonathan Toth graduated Summa Cum Laude with a B.S. - Bachelor of Science Degree in the Mathematics Major and Accounting Major.

Local residents named to Rochester Institute of Technology Dean's List

The following students were named to the Dean's List at Rochester Institute of Technology for the spring semester of the 2023-2024 academic year. Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

- Max Brown** of Granby, who is in the electrical engineering program.
- Tom O'Neill** of South Hadley, who is in the electrical engineering program.
- Andrew Couture** of South Hadley, who is in the mechanical engineering program.

Muhlenberg College announces Spring 2024 Dean's List

Congratulations to Muhlenberg College students named to the Spring 2024 Dean's List.

- Local students include:
- Jack Kent** of Granby
 - Jonathan Toth** of Granby

Elms College Spring 2024 Commencement

College of Our Lady of the Elms congratulates more than 400 students who received their degrees during its 93rd Commencement held on May 18, 2024 at the MassMutual Center in Springfield, Massachusetts.

- Camille Banas** of South Hadley, Bachelor of Science degree in Nursing
- Derek Fortin** of Granby, Bachelor of Science degree in Nursing
- Amber Fournier** of South Hadley, Bachelor of Science degree in Nursing
- Jordan Houle** of South Hadley, Bachelor of Science degree in Nursing
- Deborah Jacques** of Granby, Graduate Certificate in Adult Gerontology Acute Care
- Tracie Lacasse** of Granby, Graduate Certificate in Adult Gerontology Acute Care
- Megan Lawson** of Granby, Bachelor of Arts degree in Speech Language Pathology
- Melissa Pierce** of Granby, Bachelor of Science degree in Nursing
- Christina Ramos** of South Hadley, Bachelor of Science degree in Nursing
- Ashley Stoothoff** of South Hadley, Bachelor of Science degree in Nursing
- Casey Terry** of South Hadley, Bachelor of Science degree in Nursing

Local residents graduate from RIT

Rochester Institute of Technology conferred nearly 4,500 degrees at all of its campuses in the 2023-2024 academic year. RIT's academic convocation celebration was held in May and featured remarks by Patricia "Pattie" Moore, a distinguished designer and trailblazing alumna of the class of 1974.

- The following local residents received degrees:
- Tom O'Neill** of South Hadley received a BS in electrical engineering.
 - Clayton Koppi** of South Hadley received a BS and MS in electrical engineering.



HCC art gallery displays Thrive

HOLYOKE —The Taber Art Gallery at Holyoke Community College, in partnership with the college's Thrive Student Resource Center, is seeking submissions from area artists for an exhibit titled "THRIVE: Beyond Surviving."

The exhibit will run Oct. 31 to Dec. 20. Artists are encouraged to enter work that considers the systemic, communal, and/or individual obstacles and barriers to survival, what surviving means, how we as humans can continue to dream, push, and hope for more than the minimum, and the struggle of exhaustion versus the ability to rest.

Submissions are due by Aug. 31. Gallery director Rachel Rushing said the theme of the exhibit stems from conversation she's had with Ben Ostiguy, special programs director for the HCC Thrive Center, which operates the college's food pantry and provides other support services.

"Thrive supports HCC students struggling to meet basic needs by focusing primarily on three areas: housing, hunger, and healthcare," said Rushing. "One of the Taber gallery's values is collaboration, and working with Thrive is a great way to amplify their program while featuring work from artists who have concerns in these same areas."

GRADUATES from page 2

At the Massachusetts Firefighting Academy, they learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive program involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple room structural fires.

Graduates have completed 240 hours of training on nights and weekends. Upon successful completion of this program, all students have met the standards of National Fire Protection Association 1001. In addition, they have the ability to become certified to the level of Firefighter I/II and Hazardous Materials First Responder Operations Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

- *Andrey Mendel, Adams Fire Dept.*
- *Roman Carlisle, Brimfield Fire Dept.*
- *Jonathan Delgado, Granby Fire Dept.*
- *Myranda Goveia, Granby Fire Dept.*
- *Erin Kerdavid, Granby Fire Dept.*
- *Chris Towne, Granby Fire Dept.*
- *Max Arvidson, Hadley Fire Dept.*
- *Anthony Golembeski, Huntington Fire Dept.*
- *Nicholas Perry, Huntington Fire Dept.*
- *Cole Torres, Huntington Fire Dept.*
- *Jessica Conkling, Lee Fire Dept.*
- *Jeremy Rice, Leverett Fire Dept.*
- *Ryan Hendrickson, Orange Fire Dept.*
- *Jason Cousineau, Palmer Fire Dept.*
- *Thomas Allen, Richmond Fire Dept.*
- *Heather Perkins, Richmond Fire Dept.*
- *Jacob Soldato, Richmond Fire Dept.*
- *Briana Cote, South Hadley-District 1 Fire Dept.*
- *Nora Newman, South Hadley-District 1 Fire Dept.*
- *Benjamin Cleland, Southwick Fire Dept.*
- *Jonah Bachand, Three Rivers Fire Dept.*
- *Nicholas Morrison, Tyringham Fire Dept.*
- *Lillian Harvey, Warren Fire Dept.*
- *Drew Martinez, Warren Fire Dept.*
- *Jonathan Russell, Warren Fire Dept.*
- *Anna Picard, Warwick Fire Dept.*
- *Sean Kirkendall, Whately Fire Dept.*

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Water Safety for Families

BAYSTATE— As temperatures rise, families may be looking for fun ways to cool off and stay active. Water activities like swimming, diving, canoeing, boating, and water skiing, offer relief during these hot summer months, but it's important to remember many injuries can happen during recreational water activities.

"When we think of water safety, we generally think of swimming pools," said Dr. Joe Sills, chief of Emergency Medicine at Baystate Wing Hospital. "But there are many other places where water safety should be practiced. It's important to remember that drowning can happen anywhere there is water, including swimming pools, ponds, and lakes, and even in the presence of lifeguards."

Many local communities are seeing a shift in who applies for lifeguard positions if any do at all, and it's a concern. According to the Centers for Disease Control and Prevention, more children ages 1-4 die from drowning than any other cause of death and it's the second leading cause of unintentional injury death for children ages 5-14.

"Drowning is a quick and silent killer," said Sills. "The majority of children who drown in swimming pools were last seen in the home, had been out of

sight for less than five minutes, and were in the care of one or both parents at the time of the drowning. In the time it takes to cross the room for a towel (10 seconds), a child in the bathtub can become submerged. In the time it takes to answer the phone (2 minutes), that child can lose consciousness. In the time it takes to sign for a package at your front door (4 to 6 minutes), a child submerged in the bathtub or pool can sustain permanent brain damage. A child that's drowning, is not going to be yelling for help. They are typically going to be struggling to keep their face above water level. You might see their face kind of going up and down above the water level, and it really can only take 30 to 60 seconds before they're completely submerged."

"The best way to prevent drowning is through the 'touch supervision' technique, which means being within an arm's length of the child at all times, able to reach them and pull them from the water immediately," said Sills.

Children are not the only ones that need to practice water safety, adolescents and adults do too. According to the CDC, drowning is the third most common cause of accidental death among those under age 16.

"Young people who drown



are often victims of their own misjudgment of their swimming ability. They may view a river or a lake as a tempting means of cooling off in a hot spell but fail to appreciate the harmful effects that the cold water can have on stamina and strength," noted Sills. "Learning how to swim is important for folks of all ages. Those who don't know how to swim can very easily find themselves in water over their heads with little time to call for help and they can submerge and drown very quickly.

"Alcohol reduces body temperature and impairs swimming ability, balance, coordination, and judgment and its effects are heightened by sun exposure and heat," said Dr. Sills offering these

additional water safety tips:

Water safety tips:

- Never swim alone.
- Take swimming lessons.
- Make sure you are ready to respond in case of an emergency: have an emergency phone near the body of water and learn how to perform CPR.
- Have a pool fence and keep toys away from the pool. Toys can attract young children into the pool.
- Know the depth of the water and the water temperature before swimming. Cold water can tax the body and make it difficult to swim well.
- Do not swim if you have been drinking or if you have taken medication that alters your med-

ical status.

Toddlers should wear proper swim diapers designed to contain urine and feces.

Empty all buckets, containers, and wading pools immediately after use. Store them upside-down and out of children's reach.

Know the local weather conditions and forecast before swimming or boating.

What to do if you see someone drowning?

Call 9-1-1 immediately.

If the victim is within throwing distance, throw a floatable object to them. This includes a life jacket, kickboard, or even an empty gallon jug.

If the victim is within reaching distance, assist them by extending something long, such as a rope, pole, ring buoy, or a tree branch.

If you must enter the water to assist someone, take a flotation device large enough to carry two adults safely. Keep the device between you and the person in distress; even a child can put an adult at risk in deep water.

"Taking the right precautions, summer can be a safe and enjoyable time for the whole family," noted Sills.

For more information about Baystate Wing Hospital, visit baystatehealth.org/wing.

Public Notices

GRANBY ZONING BOARD OF APPEALS AND GRANBY PLANNING BOARD JOINT PUBLIC HEARING NOTICE

In accordance with MGL Ch. 40A, Sec. 11, the Granby Zoning Board of Appeals and Granby Planning Board will hold a joint public hearing on **July 8, 2024, at 5:45 PM**, at 1 Library Lane, Old Carnegie Library, Top Floor, Granby, MA. The nature of the hearing is to consider the petition of Mael and Michelle Walkowiak (Owner/Applicant), seeking a Special Permit and Site Plan Approval for a single family use to include a mother-in-law suite to be occupied by senior immediate family member, under Sections 6.2 and 6.3, Special Permits and Site Plan Approval, of the Granby Zoning Bylaws and applicable of Section III – Use Regulations, 3.3.2 Multi-family dwelling, and Section 5.0 Multi-Family Dwellings, at 0 Philip Circle, and known as Assessors' Map 4-B-2-11

in the Town of Granby, MA. The complete applications and plans are available for public inspection during regular business hours (9:00AM – 3:00 PM, Monday-Thursday, and 9:00AM – 12:00 PM Fridays) at the Selectmen's Office located in the Granby Senior Center Building, 2nd Floor, 10-B West State Street, Granby, MA 01033.

Anyone wishing information and/or to be heard on this matter should appear at the time and place designated.

Kathleen Bronner, Chair Granby Zoning Board of Appeals

James Trompke, Chair Granby Planning Board 06/21, 06/28/2024

TOWN OF SOUTH HADLEY NOTICE OF PUBLIC MEETING

The Conservation Commission will hold a public meeting pursuant to the Massachusetts Wetlands Protection Act and the South Hadley local wetlands bylaw and regulations to consider

a Request for Determination filed by Anabela Cruz to remove two trees within Riverfront Area at 508 River Road (Map 43, Parcel 28).

The meeting will be held on **Wednesday, June 5, 2024 at 6pm virtually**. Login information will be provided with the posted agenda on the Town website. A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30am to 4pm Mon thru Fri. Plans are also available online at www.southhadley.org/603/Project-Plans.

Any person interested or wishing to be heard should appear at the time and place designated.

Neva Tolopko Conservation Chair 06/28/2024

GRANBY PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with MGL

Ch. 40A, Sec. 11, the Granby Planning Board will hold a postponed public hearing from **June 24, 2024 to July 8, 2024, at 5:15 PM**, at 1 Library Lane, Old Carnegie Library, Top Floor, Granby, MA. The nature of the hearing is to consider the petition of Heather Reynolds Labonte (Owner/Applicant), seeking a Special Permit under Sections 6.2 of the Granby Zoning Bylaws and applicable of Section III – Use Regulations, 3.2.10 and Section V – Special Use Regulations and Performance Standards 5.14 – Special Event Venue at 145 Harris Street, and known as Assessors' Map 12-A-1 in the town of Granby, MA.

The complete applications and plans are available for public inspection during regular business hours (9:00AM-3:00 PM, Monday-Thursday, and 9:00AM-12:00 PM Fridays) at the Selectmen's Office located in the Granby Senior Center Building, 2nd Floor, 10-B West State Street, Granby, MA 01033.

Anyone wishing information and/or to be heard on this

matter should appear at the time and place designated.

James Trompke, Chair Granby Planning Board 06/28, 07/05/2024

TOWN OF SOUTH HADLEY NOTICE OF PUBLIC MEETING

The Conservation Commission will hold a public meeting pursuant to the Massachusetts Wetlands Protection Act and the Local Wetlands Bylaw and regulations to consider a Request for Determination filed by Markio Romagna to remove trees within Buffer Zone to an intermittent stream at 218 Lathrop St (Map 43, Parcel 28).

The meeting will be held on **Wednesday, July 10, 2024 at 6pm virtually**. Login information will be provided with the posted agenda on the Town website. A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between

the hours of 8:30-4 Mon thru Fri. Plans are also available online at www.southhadley.org/603/Project-Plans.

Any person interested or wishing to be heard should appear at the time and place designated.

Neva Tolopko Conservation Chair 06/28/2024

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

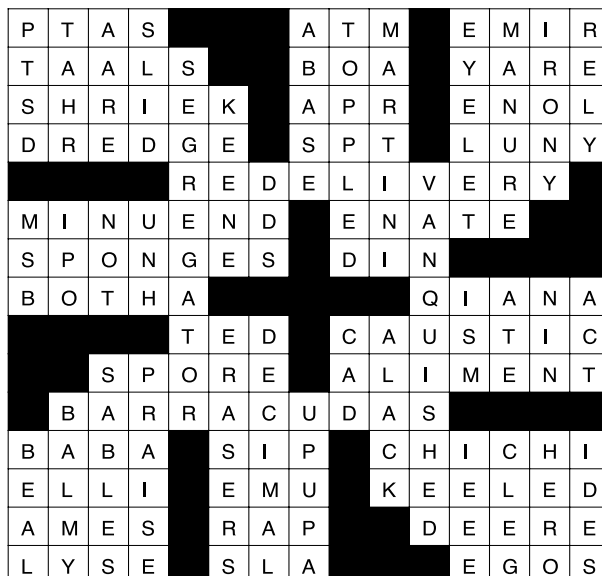
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5	6	7	8
9	10	11	12
13	14	15	16
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21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
37 Base Price \$34.50	38 Base Price \$35.00	39 Base Price \$35.50	40 Base Price \$36.00

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Thank you!

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Deadline for Calendar submissions is August 12.

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Event Name _____

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Location _____

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***Be sure to indicate "Autumn Event" in the subject line of your email.**

HEALTH from page 5

*Listen without interrupting?
Try to understand your perspective?
Validate your concerns?
Answer your questions?*

Solicit information about what's going on in your life?

Express empathy and compassion?

These behaviors on the part of your doctor take your relationship beyond the merely clinical.

2. Person-centered care

Person-centered care focuses on individuals and their particular health care needs. Clinicians are there to inform, advise and provide patient support, but it is ultimately up to individuals to determine

their course of action. Does your doctor present all available options and alternatives for treatment and solicit your input in the decision-making?

3. No billing surprises

No one likes an unexpected bill, which causes anxiety and frustration as we try to manage our health-care costs. Does your doctor's administrative staff provide clear, honest and transparent billing information? This goes a long way toward building your confidence and trust in the practice.

4. Efficient scheduling

Efficient scheduling and office procedures respect your time. Does your doctor offer new patient forms online, online

appointment setting and flexible appointment options? Does the office minimize your wait times – and if there's going to be a delay – do they keep you informed?

5. Multiple touchpoints

Is your doctor's practice keeping pace with technology? Do they send text notifications and reminders of appointments? Can you access a patient portal to check your records and ask a question? Do you get follow-up phone calls after a surgical procedure or to keep tabs on a chronic condition?

If you experience this kind of relationship with your doctor, you're more likely to stick with that doctor, follow their advice as to lifestyle changes and adhere to their prescribed treatments. An advocate

can always help you find a new physician, but remember to make sure that you're doing your part to make the relationship work.

Teri (Dreher) Frykenberg, RN, is a board-certified patient advocate and Monson resident. A critical care nurse for 30+ years, she is founder of NShore Patient Advocates, (www.NorthshoreRN.com). Her book, "How to Be a Healthcare Advocate for Yourself & Your Loved Ones is available on Amazon. She is offering a free phone consultation to Turley Newspaper readers. Contact her at Teri@northshorern.com to set it up.



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New visitors to CENTER CHURCH



In June three bears visited Center Church, UCC on 1 Church St. in South Hadley. They say, all are welcome and they mean it. As an Open and Affirming Church that includes those who are two and four legged. Following the visits, the congregation had a bear naming contest. The two bears on the front steps were named "Faith" and "Hope." The bear up in the tree is "Acorn."

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