

TOWN Reminder

FREE
July 5, 2024
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Serving the town of South Hadley

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Buttery Brook hosts a cruise night with Acousticca and convertibles

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

SOUTH HADLEY – Buttery Brook Park will be hosting themed Cruise Nights throughout the summer for the community to enjoy.

For the past twenty-five years, the community has been able to come together for a fun evening of showing off beautiful cars and socializing.

From May 17 to September 6, minus July 5, the park will be hosting themed cruise nights, where people can bring their unique cars to show off that match with the theme of the night.

Last week, it was Corvette Night, and that many people from all over came with their Corvettes in a rainbow of colors to show off to all who came to attend.

“It’s open to anyone who owns a vehicle

that is in some way unusual,” President of the Buttery Brook Commission, Lawrence Dubois said. “Variety is the best.”

The schedule is divided into special themes, and the themes include different kinds of cars that can be entered.

During the night, there is a 50/50 raffle, where attendees can purchase tickets to vote for the best car, and the winner received half the bucket, and the Commission the other half.

Please see **CRUISE NIGHT**, page 7

Board initiates move toward new housing

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

SOUTH HADLEY – The Planning Board met last week to go over the daunting task of reviewing a draft of flexible development bylaws, and what the next steps will be to create these new housing units in Open Spaces.

Chair Diane Supczak-Mulvaney held the virtual meeting on June 24 with Vice Chair Nate Therien, Clerk Joanna Brown, and member Brad Hutchison.

The meeting was also attended by members of Planning and Conservation, including Director Anne Capra and Coordinator Colleen Canning.

Discussion: Flexible Development Bylaw and Associated Bylaw Amendments

“Where we are picking up... is a discussion of proposed amendments on the housing density and housing choice model, density bonuses, density cap, minimum acreage, and then di-

Please see **BOARD**, page 9

Farmers market gives back to the community

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

SOUTH HADLEY – With summer finally upon us, the time for farmer’s markets has officially arrived, and its time to get ahead of some delicious, fresh vegetables and more.

The South Hadley Farmers Market, which is now run by Jen Krassler, will be held every Wednesday from now until October 2, from 2 to 6 p.m.

What makes this farmers market special, however, is that it accepts both SNAP and WIC, and through the generous sponsoring of several organizations, was able to SNAP-match \$20 a week.

Last year, they were able to give away a total of \$3000



Turley photo by Emily-Rose Pappas
Jen Krassler, the director of the markets, and her husband, Jim Krassler, selling delicious vegetables together.

Please see **MARKET**, page 2

Board accepts comfort dog, sets up gift fund

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

SOUTH HADLEY – Last week, the Select Board met with Bill Laramee of the Amherst police department in order to meet comfort dog Auggie, a two-year-old golden lab.

“Auggie has just turned two years old, and he has been transformational in what we can do for the community,” Bill Laramee, Auggie’s human said.

The affect Auggie has had on the Amherst Police Department has been outstanding, and his predecessor, Winston, helped resolve tensions towards police after the 2020 BLM Movement.

Having a comfort dog on the force shows that the police are there to serve the community, and that includes their mental health during life’s tumultuous moments.

The purpose of this visit

was to show the board all of the wonderful benefits that come with having a comfort dog join the force.

These include allowing for the department to do more outreach to the community, providing spaces where people can learn more about what the department does with the dog at the center, and so much more.

On the job, a comfort dog would provide support to people dealing with intense or difficult situations, giving kisses and cuddles to help.

Police Chief Jennifer Gunderson and Officer Emily Tebo came to the board with their support of getting a comfort dog for South Hadley, explaining the benefits of having such a dog.

“We’ve talked to several communities around us that have comfort dogs, and it’s

Please see **COMFORT DOG**, page 5



Michael Fredette of Love Leaf Farm, displaying delicious homegrown microgreens.



Heather Gagne and her small business featuring adorable "paint" your own cookies, Cherished Cookie Creations.



David Albert with his delicious vegetables grown at Whale Rock Farms, featuring Garlic Scapes, and a delicious salad mix.

MARKET from page 1

in SNAP-match money, and Krassler is hoping to see even more be awarded this year.

"I'm really excited because I want to see it go to people and families who need it," Krassler said. "It's because of these sponsors we can do this, and I am so thankful.

Renewal by Anderson, Eink, and many others were monumental in supporting this goal, and Krassler expressed

her gratitude saying, "Without their generosity, this couldn't have happened."

The farmers market has a warm and cheery atmosphere, and everywhere you turn, you can see someone selling something delicious and homemade.

"I love the conversations with the customers; so many interesting things happen," Krassler said. "It's like spending the day with friends."

During her time managing the farmers market, she has seen so many small businesses and farms thrive and grow, and "watching food sellers be able to go

from a table to a truck is so amazing."

The market has open applications currently, and is open to farms, food sellers, and artists bringing in things they've made or grown themselves. You can email Jen Krassler for more information at farmersmarketsouthhadley@gmail.com.

So, make sure to stop by Buttery Brook Park next week, and the week after that, and get some delicious treats, adorable handmade crochet pieces, honey, tea, and more from members of your community.



Tea for you and your cat? Flora and Fauna Farm has you covered!



Alyssa Atkinson, owner of Magnolia Bakeshop, showing off her delicious muffins, and assortment of syrups to make delicious drinks.



Evan Nawrocki of Nightjar Farm, with an assortment of delicious vegetables and fresh garlic.



Lauren Moore and her kids selling beautiful flowers from their yard, and delicious coffee.

Turley photos by Emily-Rose Pappas

Oh Say Can You See...Yourself In A New Home? If So, Let's Talk!



Happy 4th of July!

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School committee announces reading curriculum advances

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

SOUTH HADLEY – The school committee met to discuss a variety of topics from the exciting news of reading progression in the elementary school, work on a new Mosier building, and more.

The June 25 meeting was held by Chair Eric Friesner, and he was accompanied by Vice Chair Danielle Cooke, and members Dan Vieu, Jack Witowski, and Jackson Matos.

Also in attendance were Interim Superintendent Mark McLaughlin.

“I still want to appreciate everyone that got us through the school year,” Friesner said. “It is now summer, so it is official. We made it to the end of the year. So, thank you to everyone on the South Hadley administration, staff, parents, kids. Great job, everybody.”

A Special presentation from the elementary principals

To provide an update on the Elementary Reading Initiative, elementary school principals Cindy Flynn and Carla Lussier joined the meeting to give a special presentation.

McLaughlin shared that since he took on the position of the Interim Superintendent, he was given the task to oversee the curricula centered around the skills needed for both reading and math.

Since then, he has moved to maintain a curriculum that has focused on growth. “I’m comfortable with language like evolution and the embrace of change, but... change always should be driven by data.”

After working through with teachers and staff to produce this curriculum and design in such a way that would encourage this evolution, he has finally come to a solution.

The main features of this new curriculum will include better guided reading techniques, and a focus on phonics and phonemic awareness in the younger grades.

“Tonight, what we are going to show you, is very, very hopeful data” McLaughlin said. “And I would offer that we have not been able to produce data to the community for some time that has been as predictive of future reading success as that which we have tonight.”

Cindy Flynn presented some graphs to show the rise in students’ reading abilities during the 2023-2024 school year from grades kindergarten through four.

The results showed a significant increase in reading level and skills by the end of 2024 from the start, with 70% in the high, 23% in the middle, and 6% in the low ranges of reading levels.

This is an encouraging rise, considering the school year began with 17% in the high, 40% in the middle, and 24% in the low reading levels.

“When we teach reading, there really is a shift between learning how to read, and then reading to learn,” Flynn said. “And that really happens from second to third grade.”

As a result, the school has been able to note a 118% increase in growth measures

and grade-level proficiency in all areas of reading.

“Without our fabulous educators and reading coach, the interventions wouldn’t have happened,” Carla Lussier said. “They’re the hardest working, and never gave up... they were ready for the students, and it shows.”

Superintendent’s announces work towards new Mosier building

Superintendent Mark McLaughlin came on to the board to provide an update on the meeting for the Mosier Building

meeting that happened the day before.

“The Mosier Rebuilding Committee, an exciting project we are working on, had a mandatory enrollment meeting yesterday, which was the district and town’s first look at enrollment projections for a standalone Mosier building,” McLaughlin said.

The town’s website has more information on what this will look like, as well as plans for the board to continuously reach

Please see **CURRICULUM**, page 6

South Hadley Public Library

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

FUN! The South Hadley Public Library has a fun **WIN!** Adult Summer Program lined up!

Win instant prizes! OR enter our second chance drawing to win either a \$50 Gas Card OR a \$50 Grocery Card OR \$50 Gift Certificate from the Odyssey Bookstore!

We also have **BOOK BINGO!**

Win a beautiful wooden or leather bookmark for completing it.

Also every Wednesday we have in-depth and interesting programming. Why should the kids have all the fun?

July Adult Programs

South Hadley DPW: Recycling from Beginning to End

Wed., July 10 at 6 pm

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 call 413-538-5045. Bring a single dark colored plain cotton or poly cotton T-shirt.

Growing Wild - Why It Makes a Difference

Wed., July 24 at 6 pm

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.

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

Wed., July 31 at 6 pm

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.

** Date and place correction.

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

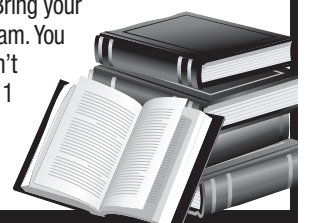
Wed., Aug. 7 at 6 pm

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.

Fall School Sports Equipment Swap

Monday, July 29 until Friday, August 16

Calling all parents of students of 1st Grade through High School. Do you play Field Hockey, Soccer or Football? We have a swap for you. Bring your cleaned sports equipment, and gear and trade them for something your size! Drop offs will begin on Monday, July 29th until Friday, August 16th. You will receive a ticket for each item. Example: a pair of cleats equals one ticket for a pair of gloves, etc. Bring your ticket to swap on Sat., August 17th. The library doors open at 9:30 am. You can begin to line up at the Community Room Door then. Doors don’t open until 10 am. All Swap Programs are on Saturdays from 10 – 11 am. Drop off of items must be when we are open. Our open hours are: Monday – Wednesday: 9:30 am – 8 pm; Thursday and Friday: 9:30 am – 6 pm; and Saturday: 9:30 am – 1 pm



Announce Your Wedding or Engagement Share Your Joy!



Your wedding or engagement announcement will be included in our Bridal Guide, out September 30, 2024 for FREE!

Be sure to include the following with photograph. Deadline September 4, 2024:

Bride’s Name: _____
 Bride’s Town Residence: _____
 Groom’s Name: _____
 Groom’s Town Residence: _____
 Wedding Date: _____
 Wedding Location: _____

EMAIL TO: JAMIE@TURLEY.COM
BRIDAL GUIDE
 800.824.6548 | www.turley.com

Be sure to include a high resolution, clear photograph for printing.

Opinion



Grieving husband asks about his survivor benefits

Dear Rusty:

My wife died May 4, 2024. I notified Social Security, and they have removed the direct deposit made to my joint checking account on May 8, 2024. What are my options now for obtaining any benefits from my wife's Social Security account?

Signed: Grieving Husband

Dear Grieving Husband:

Please accept our sincere condolences for the loss of your wife. Rest assured that we're here to assist with any Social Security questions you may have at this difficult time.

FYI, a person must live the entire month to be eligible for SS benefits for that month. Social Security benefits aren't paid for the month a person dies. For this reason and as a matter of standard protocol, Social Security instructed the bank to return any payments received for your wife after her death. This is often referred to as the "claw back" rule.

In some circumstances, however, Social Security "claws back" money, which rightfully belongs to the deceased, as they did in this case. Your wife's Social Security payment received on May 8 was her payment for the month of April, and she was fully entitled to that payment because she lived for the entire month of April. I suggest that you download, fill out, and submit Form SSA-1724 to your local Social Security office to recover that May 8 payment, which rightfully belongs to your wife's estate. Note that the bank will automatically return any future SS payments received for your wife.

As your wife's surviving spouse, you are also entitled to a one-time lump sum "death benefit" of \$255, which you can request by calling your local SS field office (get the number at www.ssa.gov/locator), or by calling 1.800.772.1213. During that call you can also explore whether you are entitled to any additional SS benefit as a surviving spouse.

If your wife's monthly SS retirement benefit was more than your current monthly SS benefit, you will be entitled to receive her higher monthly amount instead of your own smaller amount (FYI, if you haven't yet reached your own full retirement age your survivor benefit will be reduced). And if you are not yet collecting your own SS benefit, you have the option to claim your survivor benefit from your wife first while allowing your personal SS retirement benefit to continue to grow, up to maximum at age 70 if you like.

Just be aware that if you haven't yet reached your Full Retirement Age and you are still working, any SS benefit you take before your FRA will be subject to Social Security's "earnings test," which limits how much can be earned before they take away some of your SS benefits. The 2024 annual earnings limit is \$22,320 (changes annually) for those who claim prior to the year they attain full retirement age, and SS will take away \$1 of benefits for every \$2 over the annual limit. The "earnings test" no longer applies after you reach your full retirement age.

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.



Hydrangeas in full color and full swing

A week-long visit to Cape Cod yielded more than fun on the beach and an appetite finally quenched of its seafood craving.

It was a gardener's dream to walk through town and take in all of the glorious container plantings and window boxes. Side streets yielded a peek at some incredible home landscapes complete with gorgeous big leaf hydrangeas (*Hydrangea macrophylla*), nearly everywhere you look.

They were just starting to come into their own when we arrived, but by week's end, they were in full, magnificent glory.

I read somewhere that the rainy summer last year followed by a mild winter has predisposed the plants to be overloaded with blooms here and now, and that they were. Some in shades of blue, others sported pink or purple tones and still some with flowers of each shade on one bush.

We've all heard about adjusting the pH will alter the color of the sepals, the showy modified leaf bracts. Acidifying the soil with aluminum sulfate turns the flowers blue, while making the soil more alkaline with lime will yield flowers in pink tones instead, all because aluminum ions are either more available or less available respectively.

That is the short of it!

I came home from this trip encouraged to try taking cuttings of my hydrangea bush. A hedge of them up by the road would sure be pretty.

The experts imply that the process of duplicating your plants is an easy one and now is the perfect time to do it. Taking softwood cuttings of hydrangeas is similar to taking cuttings of geraniums, rosemary or other plants.

It's best to find a stem that is not is flower. Start at the tip and count down at least four pairs of leaves, then make your cut with a clean pair of clippers or sharp scissors after that last set of leaves.

Carefully cut off the two bottom most sets of leaves, close to the stem. Dip the stem into rooting hormone.

If you are using a powder form, tap the stem on the container to dislodge any excess. The cutting can then be put in a four-inch pot filled with moistened potting soil. It's best if you make a hole for the stem with a "dibble," pencil, or small dowel, rather than pushing the stem into the media so that all of the hormone is rubbed off.

Once the stem is inserted into the pre-made hole, firm around it and mist with a spray bottle. Now, cover the pot and cutting with a tented plastic bag so that the cutting will not dry out and place it in the shade, outside is fine as long as you won't forget about it.

I like to keep them inside in indirect light. Check often, misting if wilted looking and watering if the soil is dry to the touch.

After about 4-6 weeks, check the cutting to see if it has rooted. It's best not to tug, but to invert the pot and remove the soil to see what you have for roots.

Sometimes you can "just tell" that the plant has rooted by its appearance. Maybe it is sporting new growth.

Once your cuttings have rooted and grown on for awhile, it's time to transplant them into bigger pots. I'm not saying we jump to a gallon size pot but maybe go up to a six or eight-inch pot and then go bigger the next time until the specimen is large enough to earn a coveted spot in your yard.

I can't wait to try this! Maybe you will too, and we can compare notes!

I can see the lovely hedge up near the road in my mind's eye already!

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.

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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www.turley.com

TOWN
Reminder
TEAM

EDITORIAL
townreminder@turley.com



ADVERTISING SALES
Maureen
McGarrett Hall
mmcgarrett@turley.com



SPORTS EDITOR
Greg Scibelli
sports@turley.com



STAFF WRITER
Emily-Rose Pappas
epappas@turley.com

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PATRICK H. TURLEY
CEO

KEITH TURLEY
President

DEANNA SLOAT
Graphics Manager

Turley
Publications, Inc.

www.turley.com

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support community journalism

State 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 legislature 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.”

COMFORT DOG from page 1

been nothing but praise,” Tebo said. The board, pleased with Auggie the Comfort Dog, voted to approve the request for a comfort dog for the town, and proposed the creation of a gift fund.

This gift fund will be used to raise funds for the care, training, and maintenance of a dog for the police department, and will go towards helping the community even more.

In total, there needs to be \$10,000 raised in order to support the new four-legged member of the police station,

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.

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.

\$5,000 of which will be used to run the program for the first year.

The police department asks those who wish to donate to the gift fund for the comfort dog, to fill out checks to the Town of South Hadley with “comfort dog” written on the memo session.

The checks can then be dropped off in the lobby of the police department.

The police department is eagerly looking forward to this new addition to the team, and look forward to the many possibilities this will open up for the town, and all of its members.

St. Francis tag sale set for Aug. 24

BELCHERTOWN — The annual St. Francis Giant Tag Sale returns to the Belchertown Town Common on Saturday, Aug. 24, from 8 a.m. to 2 p.m. The Tag Sale Team will accept donations for a two-week period from Aug. 4 to Aug. 18 only.

On Sunday, Aug. 4, at noon, the doors to the Pine Room on the lower level of the St. Francis Parish Hall on Park Street will open to accept donations. Donations will be accepted Monday to Saturday from 9 a.m. to 7 p.m. Sunday donations will be accepted noon to 5 p.m.

After volunteers spend hundreds of hours sorting and boxing, the many donated items become the treasured inventory of the well-organized and departmentalized St. Francis Parish Giant Tag Sale that will occupy nearly half of the Town Common on Aug. 24. The finished Tag Sale effort will resemble the large well thought out department stores of days gone-by.

When donors are searching their

personal treasures for donation possibilities, the Tag Sale Team encourages donors to consider the following items: bed and table linens, craft items, hardware, kitchenware, luggage, backpacks, handbags, children’s clothes up to 4T, small working appliances, working lamps, toys, pictures, frames, holiday decorations, hand tools, yard tools, jewelry, shoes, boots, sporting goods, children’s books, cookbooks, baby gear, small but not-upholstered furniture, knick-knacks, and collectibles. Candles, clothing, pillows, and large furniture items are not accepted. All items that are dropped off will only be included if they are clean and in working condition. The Team requests that donors clear all donated items of storage dust, bugs, mold, and critter residue. All donors and their donations will be greeted by a volunteer worker.

The proceeds from this annual effort are earmarked for a new parish hall which will be built on the present grounds of the Jabish Street church.

SEPTEMBER 2024 magazine

autumn fest 2024

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Family Fun
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CALL TODAY!
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July 24, 2020

Basketball players are allowed back on the blacktop at Buttery Brook Park.

South Hadley Council on Aging

45 Dayton Street, South Hadley • 413-538-5030 • www.southhadley.org/324/Council-on-Aging

**Summer Concert Series begins
July 5th - the Elderly Brothers
at 2 p.m.**

New! Aqua Fit at the YMCA
Mondays in July 9-9:45a.m.

Cost \$4 limit 18 participants Must register and pay at the welcome desk.

A combination of cardio and strength conditioning with low impact on your joints, in the pool! Participation in the class will improve cardiovascular endurance and muscle strength.

**Office Hours with
Police Chief Jennifer Gundersen**
*Wednesday, July 10th
10 a.m.-12 p.m.*

The Chief of Police in South Hadley will be holding office hours. This is your opportunity to ask questions and engage directly with the Chief. Don't miss this chance to connect and share your concerns.

Conversation with Ann Capra
Wednesday, July 10th 2 p.m.

Ann Capra is the Director of Planning and Conservation in South Hadley. Learn about conservation and development plans for the town.

Opportunity for Q&A as well as updates on MVP 2.0 initiatives.

**Introduction to Medicine
Drums for Health, Wellness &
Joy with Jan Lucier**
Thurs., July 11th at 10:30 a.m.

Join us to lift your vibration and experience the meditative and playful aspects of group drumming.

Medicine/buffalo drums will be provided. She will also be sharing, answering questions and taking orders for the upcoming Medicine Drum making workshop.

Westmass Eldercare Day
Thurs., July 11th at 12:30 p.m.

Get to know us before you need us. WestMass ElderCare, your local Area Agency on Aging, will be on site to share program and support options. Join us for a sweet treat; stay for the information!

Social Dance Club with Richie Mitnick!
Wednesday, July 17th 2-4 p.m.

Cost \$4.00
Richie plays all the songs you want to hear, and dance to! Two hours of great music to get you moving and feeling great!

**Lotus Lantern Making with Korean Spirit and
Culture Promotion Project**
Thursday, July 18th 2 p.m.

Registration and payment required, kit cost \$9.00.
This program is open to all ages! Discover the art of lantern-making as you dive into the history of the Lotus Lantern Festival with a virtual workshop, presented by the Korean Spirit and Culture Promotion Project.

Gentlemen's Breakfast
July 19th at 8:30 a.m.

HOSTS: Joe Rodio & SHPL Board Members

Table Talk: Blue Cross Blue Shield
Tuesday, July 23rd 11 a.m. -1 p.m.

Brian Guagnini, Field Outreach Consultant, will have handouts and be available to talk with folks.

• July Events •

**Birthday & Anniversary Party with
The Agawam Melody Band**
Wednesday, July 31st, 2 p.m.

Join us as we celebrate the birthdays and anniversaries for the month with cake and great music by the Agawam Melody Band sponsored by the Friends of the South Hadley Seniors. Don't forget to enter your name into our raffle if you are celebrating a birthday or anniversary.

WELLNESS

"Stay Well" Wellness Fund

The Wellness Fund is available to South Hadley Residents 60 years and over. A Maximum of \$150 yearly can be used to cover the cost of exercise classes, activities, or programs. Please contact Emily Joslin for more info.

Nutrition Counseling Appointments
Tuesday July 16th 9 a.m.-12 p.m.

Jennifer is an experienced Registered Dietitian (RD). Jennifer will be offering individual nutrition counseling for people 60 and older. Registration Required Foot Nurse, Sharon Beaulieu, RN

Hampshire Hearing & Speech Services
Tuesday, July 9th 8:30 a.m. By Appt.

Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour
Wednesday, July 10th 9 a.m.

Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260.

Visit with Public Health Nurse,
Thursdays from 1 p.m.- 3 p.m.

Appt. Available but not required.
Visit for blood pressure checks, share a concern, or ask a question.

Community Companion Volunteers
Thursday, July 25th at 2 p.m.

We will be visiting with our community friends at Hubert Place for an ice cream social. Stop by for friendship and refreshments provided by the Friends of the South Hadley Seniors! Contact Kathy if you want to volunteer. kflorence@southhadleyma.gov

LGBTQ+ Coffee Hour
Thursday, July 18th 10:30 a.m.

Neil Broome, LCSW MSW to facilitate.
Refreshments sponsored by The Friends of The South Hadley Seniors.

CRAFT CLUB

Container Gardening
Friday July 12th 1:30 p.m.

Limit 8 & Cost \$35
Make a beautiful container garden for your deck or patio. All supplies included

Summer Flower Arranging
Friday, July 26th at 1:30 p.m.

Cost \$10 limit 10 participants Brighten your day with a flower arrangement with a fun summer theme! All supplies included.

July Art Exhibit: Neil Broome

Fascination with photography, impressionism and avant garde art at an early age, Neil brings his eclectic art to the Senior Center's exhibit spaces. For this exhibit Neil shares a range of abstract, landscapes, and a book of photographs. Meet the Artist! Friday, July 5th 1 p.m.

Learn more about our artist of the month, Neil Broome, his early influences and his artistic expressions.

Arts & Language Activities
*Contact Kathy for links/questions
kflorence@southhadleyma.gov*

Academic Drawing & Painting
Mondays 9:30 a.m. Fee \$3.00

Learn from classically trained artist Anne Mueller. Bring your own supplies and subject matter.

Color Me Calm
Mondays at 1 p.m.

Enjoy the company of friends while you create. Supplies provided.

Tuesday Trivia Club
Tuesdays at 3 p.m.

Test your knowledge weekly.

Mystery Book Club
Tuesday, July 2nd at 3 p.m.

The group will meet to discuss None of This Is True by Lisa Jewell. The group's selection for August is Squeeze Me, by Carl Hiassen with a meeting scheduled for Aug. 6th.

Book Club (hybrid)
Wed., June 24th at 2 p.m.

To discuss What Alice Forgot by Lianne Moriarty.

Painting with Christiane
Wednesdays 9:30 a.m. Fee \$3.00

Bring your supplies and projects to this free class. Christiane will offer assistance and guidance.

Creative Collage with Linda
Wednesdays at 1 p.m. (Free)

Linda leads this free fun class.

Uplifting Karaoke with Ronnie
Thurs. 2 p.m.

Ronnie has been leading Karaoke for 20 years! Come join the fun!

Sit and Sew
Thurs. at 1 p.m.

Open to quilters, sewers, and mending. Come sew with friends!

Ukulele Group Sessions
Thursday at 11 a.m.

Intermediate level group playing in a Round Robin setting.

Fiber Arts
Fridays at 1 p.m.

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CURRICULUM from page 3

out to the community and share the progress being made.

"It's been a lot of work. Each month we have something we need to present to them (the MSBA), but it's well worth it," McLaughlin said.

Investigation into SHEA Vote of No Confidence

At the May 16th School Committee meeting, South Hadley Education Association President Amy Foley announced

that staff at Mosier Elementary issued a vote of no confidence in principal Cindy Flynn," McLaughlin explained.

The message was delivered without prior knowledge of the school committee, and afterwards, McLaughlin went on to investigate the claims brought to the board by Foley.

The board listened to the requests of SHEA, and the lists of reasons for concern taken from a survey the association conducted.

The board, along with McLaughlin, plan to have meetings in the future with

SHEA and the members of Mosier School in the coming future.

Regular business items

The board went over and approved three warrants in the amounts of \$458,825.61, \$406,255.42, and \$139,428.39, respectively.

The board also accepted two biweekly payrolls of \$865,049.28 and \$925,754.37. They also reviewed and approved of the meeting minutes from May 16, 2024, and June 6, 2024.



The featured band of the night, Acousticca, with members (left to right) Dave Stern, Paul Sticca, Greg Loughran, and Rich Adelson.



Red, blue, yellow, and even more behind them.

Cruise Nights

CRUISE from page 1

The 50/50 served as a fundraiser for the park and the updates and construction on it to take place this fall after the season ends.

There will be many new additions, including a handicap accessible path in the woods, the current stage taken down, and special ground substrate to replace the woodchips at the playground.

"I'm a car guy. I love seeing all the cars here," Steve Lachowetz, the Coordinator of the Cruise Nights said. "I love the history."

The corvettes that came for the event ranged in years from the most current in 2024, and the vintage cars from years back.

"We try to encompass as many things as possible," Dubois said.

The night not only featured the many different cars for the themed night, but also local band Acousticca, hot dogs from Foley's Franks food truck, beverages from the Commission, and more.

"We've been very successful this year. It's kind of like a summer concert car show," Lachowetz said, hinting at even bigger and more things to come in future Cruise Nights.

"There's a lot of variation in what we get here," Dubois said. "A lot of people who bring in their cars- you can tell it's a labor of love. The cars are custom to them."

The cruise nights will continue on through the summer, so don't miss out on the ones coming up, and be sure to bring a chair, and sit back with a drink, listen to some music, and get a chance to see some cool cars.



A beautiful green Stingray convertible.



A line-up of warm-toned corvettes, hoods up, and admired by all.



Janet Bannister and her son, Jason Bannister, enjoying the nice weather and fun of the night.



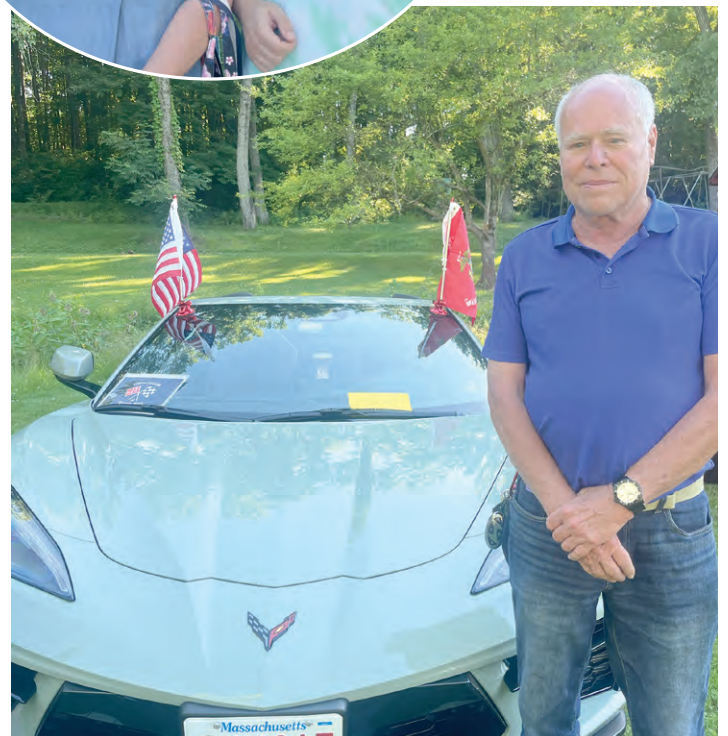
Acousticca playing their hearts out.



The band tuning up their instruments, and getting ready to play.



Jeff Rys with his 2021 Corvette Z51, ready to go for a drive.



Bill Marchand, a veteran, standing with his 2024 Corvette.

Turley photos by Emily-Rose Pappas



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South Hadley's Lauren Marjanski awarded \$3,000

William J. Wagner Memorial Scholarship Award

Lauren graduated from South Hadley High School upon completion of an impressive transcript of AP and Honors courses. Lauren's academic strengths and passion revolve around mathematics and biology, which she states may lead her to majoring in these subjects as she ponders her career path while continuing her educational journey at Siena College in New York.

Throughout high school, Lauren was active in many extracurriculars, including the National Honor Society and the school's Positivity Committee. She played a significant role in her school's athletic community, where she was a standout player on the girls indoor/outdoor track and field teams and the girls varsity soccer team. Her passion and commitment to soccer resulted in her selection as team captain her junior year and helped the team end its year with



Lily, Abby and Karen Lazeration-Wagner with Lauren Marjanski and Foundation president Guida Sajdak.

a state championship. Lauren earned many accolades in soccer, including All-Western Mass, All-League, All-State and All-New England. She was further recognized by the Daily Hampshire Gazette as the Girls Soccer

Player of the Year – twice! Her passion and skill for the game led her to achieve an impressive 150 career points and 112 career goals. Lauren also participated in the Baystate Games as a member of the West Team.

Volunteering as a community servant has always been a priority for Lauren, who was often seen at Make-A-Wish car wash events, organizing food pantry fundraisers, volunteering for Bag the Community and serving

her parish in a myriad of ways. When off the field and away from community activities, Lauren enjoys spending time outdoors hiking, swimming, kayaking and paddle boarding.

The Chicopee Savings Bank Charitable Foundation grants funding to qualified 501(c)(3) organizations serving the communities of Chicopee, Ludlow, South Hadley, Ware, West Springfield and their immediate surrounding communities. In 2022, the Foundation's Board of Directors proudly renamed its scholarship to the William J. Wagner Memorial Scholarship in recognition of the Foundation's founding President, who served in that capacity until his passing in 2021. Mr. Wagner was a community servant, who was notably passionate about helping youth succeed and lived by the ol' adage that, "What you do has far greater impact than what you say." Through and since Mr. Wagner's leadership, the Foundation has proudly awarded 137 academic scholarships totaling \$409,000 to eligible high school graduates.

SHHS Marching 100 reunion set for 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

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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Chicopee resident named director

SOUTH HADLEY— Adam Quenneville Roofing and Siding, a locally-owned residential and commercial roofing and siding company, is welcoming new team member, Morgan Bennett, as the Business Development director. In this role she will support the company in continuing to grow and develop their customer base and geographic reach.



Morgan Bennett

Prior to joining the AQRS team, Bennett dedicated ten years to the Holyoke Medical Center, a community facility invested in fostering innovation and growth through compassionate care and educational resources, and she also worked at WWLP 22 News, a Springfield, Mass. television station. Her past roles have helped shape her approach to customer engagement and given her notable experience supporting individuals within the community.

The recently created role at AQRS attracted Bennett because of her remarkable level of comfort and passion for engaging with customers. Her personal mission is to develop a strong understanding of the needs of both the residential and commercial customer base and deliver effective solutions.

“When I met Morgan, I knew she was what I was looking for in this role,” shares Adam Quenneville, AQRS owner. “My company prides itself on referrals and reputation, in some cases we’ve done the roof on the home of three different generations in a family. When I saw that creating and maintaining relationships with key stakeholders in the community was at the forefront of Morgan’s past roles, and quite frankly her DNA, I knew she was going to be a great addition to the team.”

The Business Development director position incorporates a variety of responsibilities. Bennett will represent the company at local events, discuss options and guide customers through the decision-making process, work with industry partners to strengthen customer knowledge about the industry and assist individuals in learning so they can make the right roofing or siding decision to support their needs, and work with organizations to continue to pay forward community giving.

Bennett, a lifelong resident of Chicopee, still resides there today with her family: her husband, Greg, and four children ranging in age from 6-15 years old. When she isn’t representing AQRS, she can be found on the field (or court) as a proud ‘sports mom’ at either volleyball, softball, or soccer. She is also currently enrolled at South New Hampshire University pursuing her Marketing and Business degree.

Real Estate, Personal Property bills mailed

SOUTH HADLEY – FY 2025 Quarter 1 Real Estate & Personal Property bills were mailed out to residents on July 1, 2024. The due date for Real Estate & Personal Property bills is August 1, 2024.

If you have not received your bill, please email our office at: collector@southhadley.ma.gov or call 413-538-5030 ext. 6189 and we can send you a new one. Bills can also be viewed/printed through Invoice Cloud which can be accessed from our website.

Payment can be made online through the Town of South Hadley’s website, southhadley.ma.gov, click on the online bill pay square to access the bill menu, by mail, dropped in our Dropbox conveniently located the Police Department on Bridge Street or you can pay in person Monday through Friday from 8:30 a.m. to 4 p.m.

BOARD from page 1

dimensional standards,” Capra said.

Capra gave a detailed overview of the different kinds of housing that can be put in within the Open Space available to the town to begin construction of housing.

The plans detailed duplexes, and triplexes, with an organization into two tiers in order to figure out the best course of action based upon a discussion from the meeting on May 20, 2024.

The main idea and concern was to ensure that the acreage in these Open Spaces is used to the fullest advantage by providing multi-family housing in the form of duplexes and triplexes.

The idea came to the board to discuss amongst each other whether or not to approve of these new construction projects, and how they will in turn affect the community, where there are not many housing units like them already in place.

“What we’re doing is trying to create,

in these new flexible development by-laws, is creating new opportunities for a different kind of housing than we have in town now,” Therian said.

The board discussed the idea of ensuring that these flexible housing situations met the requirements of the zoning by-laws, but also served the community well.

They also addressed the idea of managers taking over units to rent them out, and that the square footage of these apartments will suit the needs of the people who will rent them out.

With so many factors and areas to address when it comes to these new housing units for the Open Spaces within the town, there’s lots to consider and cover, from the driveways to the square-footage of the rooms, to the size of the buildings.

“This is going to be multiple (meetings),” Capra said of the many different new items that will be discussed through different meetings in the coming future.

Public comment

Resident Martha Terry came to the

board to express her opinions on conducting hybrid meetings.

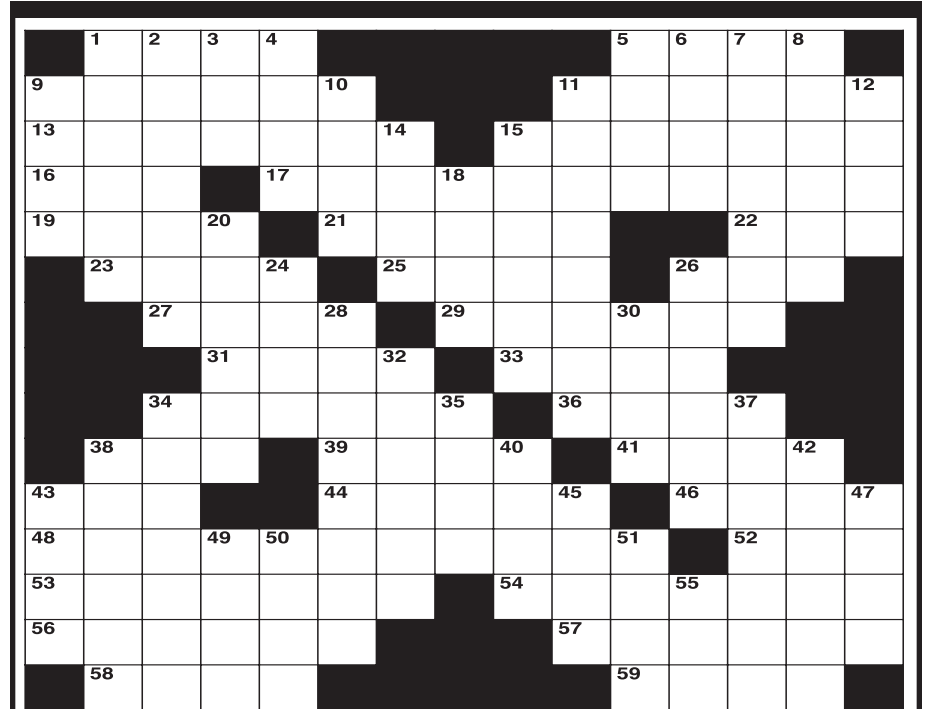
“All committees, to me, should be hybrid, especially when there is a public hearing,” Terry said. “We should be able to see the applicant, see their representative or whatever, and speak to the planning board. It’s very hard to do that when we are virtual.”

She urged the board to consider, especially for public hearings, to go hybrid instead of virtual, so that the applicants can be seen in person.

Planning and Conservation Department Report

Anne Capra gave a reminder that on August 6, there will be a joint meeting with the select board and AMPEC, and it is asked that the planning board attend in person.

For the nature trail, there is now new seating area and parking lot thanks to a generous sponsor. “We are really excited about those new initiatives,” Capra said.



CLUES ACROSS

- 1. Six (Spanish)
- 5. Invests in little enterprises
- 9. Large dung beetle
- 11. Gored
- 13. Partially paralyzed
- 15. Still a little wet
- 16. Legal field media company
- 17. Not working
- 19. 500 sheets of paper
- 21. Church structure
- 22. Sheep disease
- 23. Small drink of whiskey
- 25. Weaving tradition
- 26. Pestilence
- 27. Body part
- 29. Nabs
- 31. Places to stay
- 33. Witnesses
- 34. Looked for
- 36. Arranges
- 38. Political action committee
- 39. Middle eastern nation (alt. sp.)
- 41. Hair-like structure
- 43. Parts producer
- 44. Greek city
- 46. Subway dwellers
- 48. Norm from “Cheers”
- 52. Clean a floor
- 53. Vied for
- 54. Canned fish
- 56. Inspire with love
- 57. Sent down moisture
- 58. Wrest
- 59. Partner to carrots

CLUES DOWN

- 2. Assign
- 3. Wrath
- 4. Self-immolation by fire ritual
- 5. Parts of an organism
- 6. Person from England
- 7. Tropical plants of the pea family
- 8. Body part
- 9. Practice boxing
- 10. Containers
- 11. Contrary beliefs
- 12. Bleached
- 14. Pre-Islamic Egyptian
- 15. A group of similar things ordered one after another
- 18. Innermost spinal cord membranes
- 20. Cassava
- 24. A restaurant’s list of offerings
- 26. Annoy constantly
- 28. Orchestrate
- 30. Z Z Z
- 32. Astute
- 34. Highly decorated tea urn
- 35. Teach to behave
- 37. Endurance
- 38. Urinating
- 40. Barbie friend dolls
- 42. Repents
- 43. Man-eating giant
- 45. Jewish calendar month
- 47. Accelerated
- 49. Husband of Sita in Hindu
- 50. Lump of semiliquid substance
- 51. Lying in wait
- 55. Cease to exist

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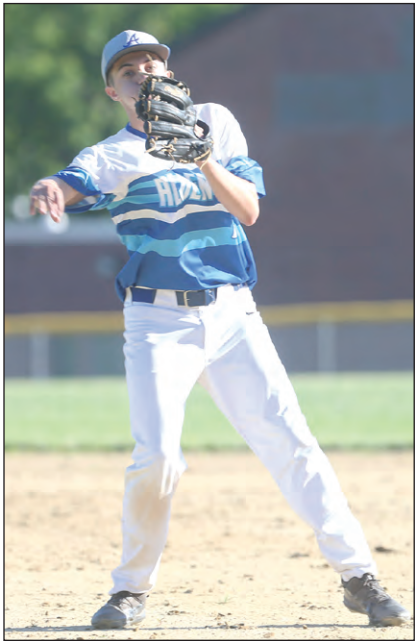
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Zach Oldenburg, of Chicopee, makes a throw to first.

Aldenville suffers loss to Monson

By Tim Peterson
Sports Correspondent

SOUTH HADLEY – Because of a couple of postponements, the Monson Post 241 Legion baseball team had only played three games during the first 18 days of the regular season.

Monson evened its overall record to 2-2 following a 6-1 win against Aldenville Post 337, at Thomas B. Landers Baseball Diamond in South Hadley, last Friday night.

“This was only our fourth

game since the Legion season began on June 10. We’re still trying to figure things out,” said Monson manager Steve Tripp. “We did play very well defensively, and we also had a couple of timely base hits. I’m very happy with the way that we played in tonight’s game.”

The winning pitcher was righthander Brayden Mega, who was a junior on the Pathfinder Tech varsity baseball team this past spring. He allowed one run on three hits

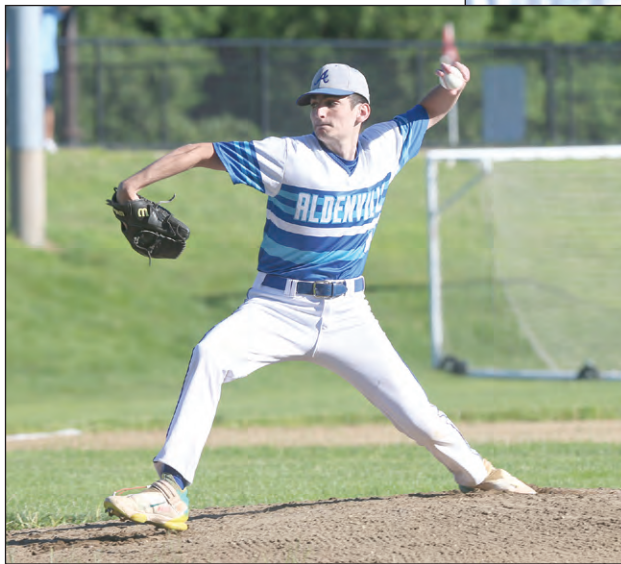
Please see **BLUE SOX**, page 11



Turley photos by David Henry www.sweetdogphotos.com
Nate Carillon, of South Hadley, fires a throw to first.



Spencer LaBonte, of Granby, sizes up a grounder to third.



Brady Burnett, of Chicopee, sends a pitch home.

Mutiny racks up another home win

By Tim Peterson
Sports Correspondent

LUDLOW—A parade, a block party, and fireworks were held June 16 as part of Ludlow’s yearlong 250th anniversary celebration.

The New England Mutiny joined in the fun by celebrating a 4-0 shutout victory in their first ever meeting against the Hudson Valley Crusaders before a large gathering at Lusitano Stadium.

“This is a very good win for the ladies,” said Mutiny assistant coach Ciro Viviane. “I thought we played very well in tonight’s match, especially during the second half.”

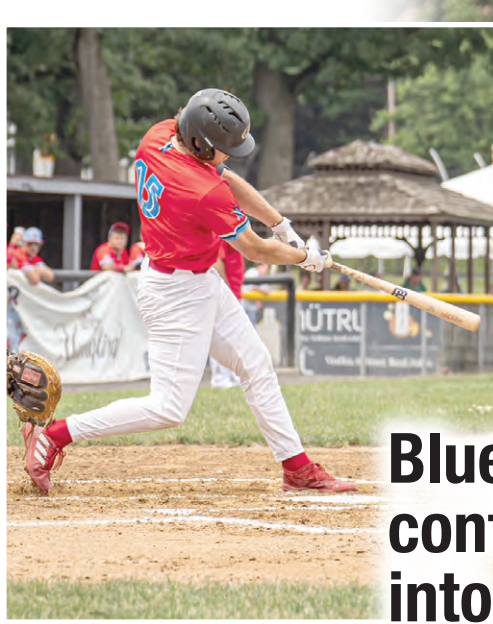
Viviane and Joe Ferrara, who’s the Mutiny’s Owner and General Manager, shared the coaching duties during last Saturday’s home match.

Federico Molinari, who’s the Mutiny’s first-year head coach, is also the longtime head coach of the Western Mass. Pioneers.

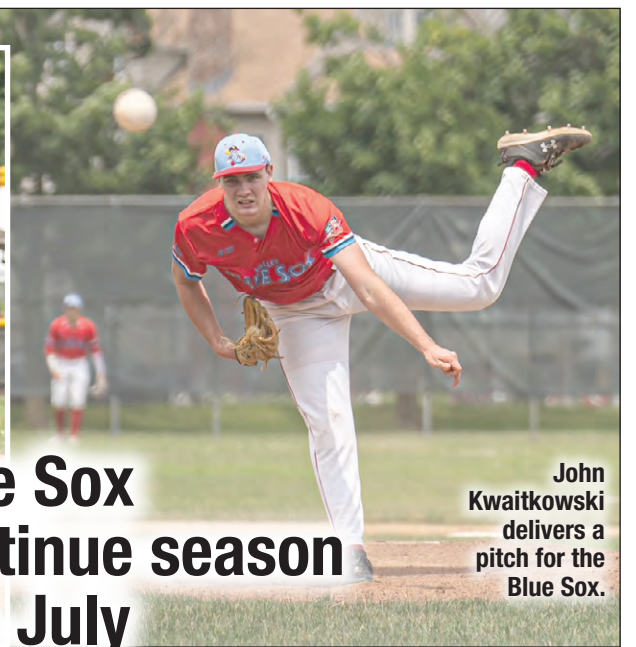
Please see **MUTINY**, page 11



Michael O'Connor enters the field.

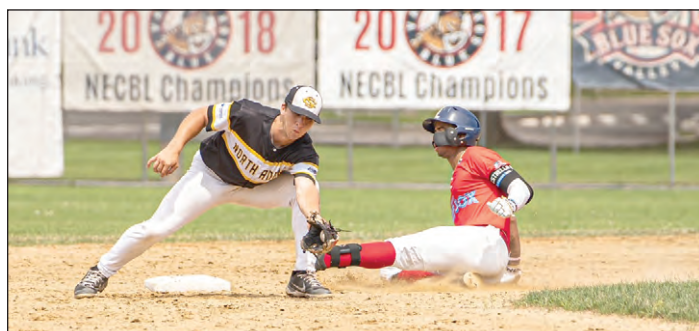


Jonathan Hogart swings and connects.



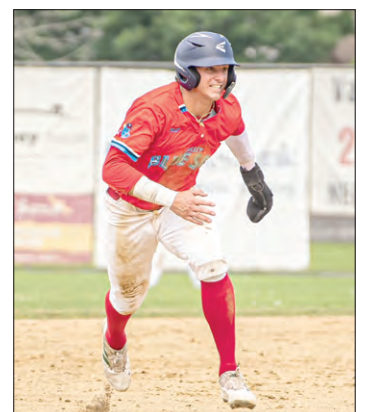
Blue Sox continue season into July

John Kwaitkowski delivers a pitch for the Blue Sox.



Andrew Estrella slides safely into second.

Turley photos by Sofia DiGrande



Logan Hugo leads off second base.

HOLYOKE – The Valley Blue Sox are the local attraction for college baseball. The Blue Sox have played about half its schedule and continue their 42-game slate into July. Home games are played at Mackenzie Stadium in Holyoke. There are numerous promotions and fun deals for individuals and families. The Blue Sox have several home games throughout July and hopefully beyond with the New England Collegiate Baseball League playoffs.

New matchup announced for showcase

SPRINGFIELD – The Na-smith Basketball Hall of Fame announced the updated lineup for the 2024 Basketball Hall of Fame Showcase. The event will now take place on Dec. 14 at Mohegan Sun Arena in Uncasville, Connecticut.

Revised Hall of Fame Showcase matchups:

Saturday, Dec. 14

Providence vs.

St. Bonaventure

Bryant vs. Fordham

Tickets for the 2024 Basketball Hall of Fame Showcase will go on sale Friday, September 6, via Ticketmaster and on sale at the Mohegan Sun Arena Box Office

starting Saturday, September 7.

Details surrounding the game time, broadcast information, and credentials will be provided at a later date. For more information, please visit hoophall.com.

Coaches participating in the event commented.

“We are always looking for unique situations in scheduling where we can put our program on a big stage. We are very thankful for the Basketball Hall of Fame continuing to allow us these opportunities,” said Phil Martelli Jr., Bryant.

“We are excited to be invited to play in the Basketball Hall of Fame Men’s Showcase. The Basketball Hall of Fame does a fan-

tastic job at hosting these events and Mohegan Sun is a great venue for basketball. It will be a tremendous experience and test for our program as we compete against some strong early season competition. I’m sure that Fordham fans are just as excited and will come out to support their Rams,” said Keith Urgo, Fordham.

“We are looking forward to the opportunity to participate in the 2024 Basketball Hall of Fame Showcase at Mohegan Sun. Providence College has a proud tradition of participating in past Hall of Fame events at Mohegan Sun. This is a great event for our team and our fans in a first-class

facility. It also will be a good chance for our team to compete against one of the top programs in the Atlantic 10,” said Kim English, Providence.

“We are excited to participate in this season’s Basketball Hall of Fame Showcase at Mohegan Sun. These are exactly the types of games we strive to play every year. Providence is a storied program with good players who are very well-coached. This will be a great challenge, but one we are looking forward to. I anticipate a large contingent of Bona Nation in the building that day. Thanks to the BHOFF for another great opportunity,” said Mark Schmidt, St. Bonaventure.

T-Birds announce coaches and promotions for upcoming season

SPRINGFIELD – The Springfield Thunderbirds today announced the promotion of James Woodward and Katherine Ferri to Account Executives, as well as the hiring of Joe Manning as an Inside Sales Representative.

Originally from Hartford, Conn., Woodward joined the Thunderbirds as a Game Operations and Merchandise intern before joining the sales department as an Inside Sales Representative for the 2023-24 season. He graduated with a degree in Sport Management from Western New England University.

A Springfield native, Ferri is a graduate of Westfield State University, where she competed on the swimming and diving team while completing her degree in communication with a concentration in Media Arts and Analysis. She joined the Thunderbirds during the 2022-23 season as an intern in the ticket sales department before serving as an Inside Sales Representative during the 2023-24 season.

A recent graduate of Springfield College, Manning joins the Thunderbirds as an Inside Sales Representative after interning in the ticket sales and media relations departments during the 2023-24 season. The native of Wilbraham, Mass., was also a member of Springfield College’s club ice hockey team during his time in school.

BLUE SOX from page 10

with four walks and four strikeouts in 5 1/3 innings. Righty James Delaney, who graduated from Belchertown High School in 2023, only allowed one hit over the final 1 2/3 innings.

“Mega pitched an outstanding game,” Tripp said. “He kept the Aldenville batters at bay. He threw around 80 pitches and just kept throwing strikes.”

Aldenville, who normally plays his home games at Szot Park in Chicopee, had a 3-3 record following the loss to Monson.

“We were missing five starters tonight and we found enough players together to play the game. We didn’t want to forfeit tonight’s game,” said Aldenville assistant coach Steve Burnett. “I think they only scored one earned run against us. We just made a couple of costly mistakes.”

Aldenville manager Mason Scott also didn’t attend last Fri-

day’s game against Monson because he was on vacation.

Aldenville did take a 1-0 lead in the bottom of the first inning.

With one-out in the frame, shortstop Nathan Carillon, who graduated from South Hadley High School a year ago, hit a chopper off the pitcher’s glove for an infield hit. He advanced to second base on a wild pitch before Brady Burnett, who was Aldenville’s starting pitcher, drew a walk. Then another infield hit by second baseman Zach Oldenburg loaded the bases. Left fielder Ryan Netkovick, who was a sophomore on this year’s South Hadley varsity baseball team, drove home the game’s first run with a groundball out to third.

Aldenville managed to hold onto the one run lead until the third inning.

That’s when Monson took advantage of a couple of errors to take a 3-1 lead against lefty Brady Burnett.

Monson shortstop John

Mumper was safe at first base following a fielding error by the third baseman leading off the inning. His younger brother, Jason, who started in center field, followed with an infield hit. John Mumper scored the tying run on the play following a throwing error.

After a line-drive single to left field by first baseman Dylan Sutkaitis, designated hitter Dom Allen blasted a double to deep left field scoring two more runs.

Monson also had scoring chances in their next two at-bats. They left a runner at third base in the fourth and the bases loaded in the fifth.

Meanwhile, Mega retired ten batters in a row before walking both first baseman Justin Moskal and right fielder Noah Carillon with one-out in the bottom of the fifth inning.

Mega was able to retire the next two batters rather easily ending Aldenville’s threat.

After walking Netkovick with

one-out in the sixth, Delaney replaced Mega on the mound.

The Monson relief pitcher did receive some help from his defense when left fielder Austin Meachum made an outstanding diving catch.

“Austin is the starting shortstop for the Monson varsity baseball team and he’s a star in the making,” Tripp said. “His outstanding diving catch helped us get out of that inning.”

The next batter grounded out which ended the threat.

Monson scored three more runs in the top of the seventh inning. The biggest hit of that inning was an RBI single by right fielder Shane Szado, who also plays baseball at Monson High School.

Monson made a couple of errors in the bottom of the seventh, but Delaney got out of the jam without giving up any runs.

It was the only meeting of the regular season between the two squads.

MUTINY from page 10

He coached the Pioneers match at Vermont Green, which ended in a scoreless draw, last Saturday night.

The Mutiny remained in first place in the United Women Soccer East conference standings with a perfect 5-0-0 overall record.

“It feels really good to be 5-0,” said Mutiny defender Rachel Marchini, who scored her first goal wearing a Mutiny uniform. “We’re just looking forward to continuing playing well in each game.”

Because only the top four teams in the East Conference standings will qualify for the league playoffs, the Mutiny can’t afford a loss in their final three regular season matches.

They’re scheduled to play a road match against the Connecticut Rush on Saturday night.

The same two teams will face each other again seven days later at Lusitano Stadium, which will be the Mutiny final regular season home match.

The Mutiny will then close out the regular season with a road clash against the Worcester Fuel on June 30.

“We’re looking forward to finishing the regular season on a positive note,” said Viviane, who’s also the Pioneers goalie’s coach. “I think our next two matches against the Connecticut Rush will be hard fought battles. Worcester



Hope Santaniello gets past an opponent.

might be struggling, but you can’t overlook any team in this league.”

The Mutiny won’t have the services of forward Cat Berry, who’s one of the team’s leading scorers, during the final three regular season matches. She went back to the University of South Carolina last weekend to take summer classes and prepare for her final collegiate season as a member of the Gamecocks women’s soccer team.

Berry has been a member of the Mutiny for the past three seasons and is a fan favorite. She’ll most likely be drafted by a National Women’s Soccer League (N.W.S.L.) team next year.

“Cat will definitely be drafted

by a N.W.S.L. team next year,” Ferrara said. “It was awesome having her play for our soccer team during the past couple of years. Not only is she a very talented soccer player, but she’s also a great kid.”

The Mutiny, who outscored their first five opponents of this season, 19-3, have compiled an 18-5-2 overall record since the start of the 2022 regular season.

The Crusaders (3-1-1), who joined the U.W.S. this season, entered last Saturday’s contest with a 3-0-1 mark. They had only given up two goals in the first four matches. The Mutiny doubled that total in a span of 90 minutes.

The home side took a 1-0 lead



Avery Klingensmith follows through on a pass.

during the 11th minute of the opening half following a corner kick goal.

Mutiny midfielder Abbey Jones, who’s a member of the UConn women’s soccer team, booted the ball into the box from the left corner. Marchini, who also played soccer at UConn a couple of years ago, sent a volley shot into the back of the net past Hudson Valley goalie Natalie Kelchner.

“I’ve been playing for the Mutiny for two years now and I scored my first goal in tonight’s game,” said Marchini, who also scored only one goal during her collegiate career. “I was just in the right spot at the right time.

My goal gave us a lot more confidence because they were also an unbeaten team.”

Marchini was also a member of the Connecticut Fusion before joining the Mutiny.

“I used to play for the Fusion, but when they folded, I decided to come play here,” Marchini said. “It has been a lot of fun playing soccer at this stadium during the past couple of years.”

Marchini anchors the Mutiny defensive unit along with Logan Jacobs, Laci Lewis, and Sam Breton.

Goalkeeper Natalie Mutschler only had to make a couple of saves in recording her second consecutive shutout.

The Mutiny second goal was scored by forward Chioma Okafor during the 29th minute. Forward Maddy Theriault, who graduated from Palmer High School a couple of years ago, was credited with the assist.

Another local player listed on the Mutiny roster is Hope Santaniello, who was an All-American soccer player at Agawam High School.

Santaniello, who’ll be a member of the UMass-Lowell women’s soccer team in the fall, scored her team’s second corner kick goal, which was assisted by Okafor, during the 71st minute.

She also converted a penalty kick during the final minute of regulation, which kept the Mutiny undefeated heading into the home stretch of the regular season.

► Health

Ozempic, Zepbound and more

Behavioral interventions & weight loss medications to aid in heart health

SPRINGFIELD – The numbers tell the story in what is being called a twin epidemic of obesity and type 2 diabetes worldwide, something which endocrinologists and other physicians across the country and at Baystate Health are helping their patients to battle.

In the United States alone, nearly one in three adults (30.7%) are overweight. More than two in five adults (42.4%) have obesity. About one in 11 adults (9.2%) have severe obesity. Obesity is also increasing in children. Roughly one in six youths ages 10-17 have obesity. Also, more than 38 million people in the U.S. have diabetes, most with type 2 which can be fueled by obesity and other factors. This number continues to rise, and we are seeing type 2 diabetes diagnosed at younger ages in children and adolescents.

“Diabetes is an independent risk factor for heart disease without even considering other risks a person might have such as obesity, high blood pressure, high cholesterol, sleep apnea and excess inflammation which can all increase the risk for cardiovascular disease and stroke. And with cardiovascular disease the leading cause of death today, it is very important for anyone with diabetes to maintain a healthy heart,” said Baystate Health endocrinologist Dr. Michele Gortakowski, who treats both adult and pediatric patients.

February is American Heart Month, a reminder for all Americans to keep their weight and diabetes in check.

Endocrinologists like Gortakowski, who are specialists in hormones and metabolism, evaluate and treat obesity as well as related diseases, such as type 2 diabetes. She noted that obesity is about more than just what you eat. Obesity is a complex, chronic condition that involves interactions between one’s health, genetic, environmental, social, and lifestyle/behavioral factors.

“There is a complex system of hormones that come from your brain, your gut, your fat cells, and your pancreas that can lead to both appetite stimulation and suppression. This hormonal signaling can become maladaptive when you gain excess weight or become obese and can be part of why it is difficult to lose weight and maintain weight loss,” said Gortakowski.

“The last few years have brought about several new medications that target some of the hormones involved in these complex pathways that are beneficial for diabetes, weight loss and heart health,” she added.

These new classes of medications, known as GLP-1 and GIP/GLP-1 receptor agonists, include liraglutide (Victoza,



Saxenda), exenatide (Byetta, Bydureon), dulaglutide (Trulicity), semaglutide (Ozempic, Rybelsus, Wegovy), and tirzepatide (Mounjaro, Zepbound), respectively. Approved initially by the FDA to treat diabetes, liraglutide, semaglutide and tirzepatide also have FDA approval to treat adults with obesity or with excess weight and weight-related medical problems.

These drugs mimic the action of the hormone called glucagon-like peptide 1 (GLP-1), which helps lower blood sugar. It also helps promote fullness and satiety by working on the hormonal signaling from the brain and gut. Tirzepatide is the first dual agonist and is a GLP-1 and a glucose-dependent insulinotropic polypeptide (GIP) agonist, which has further glucose lowering and weight loss effects.

“These are exciting medications for diabetes and weight loss. Some individuals can experience a 15-20 percent weight loss which can have a significant impact on their risk for cardiovascular disease. As a physician who prescribes these medications for my patients with diabetes who also struggle with obesity, I have seen individuals have significant improvement in their glycemic (sugar) control. Some patients significantly reduce their insulin or come off it entirely. However, we must keep in mind that these medications do not work the same for everyone, and there is a variation between individuals on how much weight they may lose. They also come with side effects. So, it is important to work with your doctor on deciding which medication, if any, is good for you,” said Dr. Gortakowski.

But you can’t rely on medications alone, noted Baystate Health internist Dr.

Kathryn Jobbins, trained in internal medicine and fellowship trained in obesity medicine. Her role is to discuss behavioral and lifestyle interventions to be used in conjunction with medications or on their own to help with weight management and reducing the risk of cardiac disease. She calls what is needed as a mindset for change asking yourself, “What am I doing on a daily basis to have a healthier lifestyle for the rest of my life?”

“You don’t have to go out and run a marathon. Instead, place your focus on how you live your life and introduce behavioral modifications such as reducing your tobacco intake or drinking less alcohol. Thinking about the food you are putting into your body and how much you move your body is also important. Traditionally, it has always been about counting calories. But it is so much more than that. It is educating ourselves to make realistic changes that are sustainable - finding a way with tangible things that we can do to make small steps toward a healthier life,” said Dr. Jobbins.

And it’s not one size fits all.

“We need to consider what we do with our bodies—how we move it and what we put into it. If you walk 10,000 steps a day you will increase your longevity. But if you look at the data, 5,000 steps are also enough to support a healthy lifestyle for some. Sedentary lifestyles can be as harmful as smoking cigarettes for your heart health. Also, the idea of what we put into our bodies matters. The best approach is to find harmony on your plate, color matters. If you eat the rainbow, you are going to get all the minerals, the proper micronutrients, important for maintaining a healthy lifestyle such as tomatoes,

raspberries, carrots, spinach, fish, rice, and chicken. It was previously thought that alcohol - including one glass of wine a day - was good for heart health. But research shows there is not a safe level of any alcohol that benefits our health. Also, as we get older, most of us will probably need more protein to make sure we are not losing muscle mass instead of fat,” she added.

Jobbins offered some additional thoughts on weight loss and behavior:

- It’s about the small wins, such as eating a large bowl of pasta then feeling terrible and exhausted afterwards and noting that a smaller portion may not make you feel the same way.

- It’s not only about the numbers on the scale or your BMI per se. Think about measuring the circumference of your body around the waist, arms, hips and thighs. You want to see a shift in distribution, for example, those who have a large abdominal girth have a greater risk for heart disease, so that is where you want to lose your fat. It is not just getting rid of the weight, but body fat while not losing muscle.

- Half of our body weight is water, and it is important to drink between 64 to 120 ounces of water a day in order to stay hydrated and help improve weight loss. And if you don’t like plain water, try adding slices of your favorite fruit to add some flavor.

- Consider forsaking a large dinner plate for a salad plate that contains all the colors of the rainbow. It is easy to reduce your calorie intake that way, while not eliminating essential nutrients that we need to maintain good health. Over time, you will find that smaller portions are actually enough for you to feel full and mindfully recognize that you don’t need that big plate piled high with food.

- Find a weight loss partner for accountability, someone who can help keep you motivated, and perhaps share in your goals of walking more or choosing wisely when you eat together.

- The addition of fiber to your dietary intake can also aid and improve the effectiveness of weight loss medications and reduce your cardiovascular risk. Ensuring you have 25 grams per day is all you need.

“Once again, the hope is that over time making these behavioral changes in conjunction with medications will help you reach a point where you are feeling better, you have lost weight and decreased your cardiovascular risk, and you may be able to come off the medications you are taking,” said Jobbins.

For more information on Baystate Health, visit baystatehealth.org.

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MA Senate acts boost recycling, composting

BOSTON— The Massachusetts Senate passed legislation that builds on the state’s climate and environmental leadership by banning single-use plastic bags, making straws and plasticware available by request only, and making it easier to recycle. The legislation passed by a vote of 38-2.

“In Massachusetts, we take pride in being a leader when it comes to protecting our environment and people’s health, and this bill continues that leadership” said Senate President Karen E. Spilka (D-Ashland). “Limiting our plastics use means less trash in our water ways and on our streets, and giving our kids the green, clean planet they deserve to inherit. This is a crucial part of achieving the Commonwealth’s climate goals, and I want to thank Senator Rausch for her leadership, Chair Rodrigues, our members, and every advocate who has spoken up on this issue, for their hard work.”

“We’re seeing more and more the impact that plastics have on our lives and world, our health and future generations,” commented Senator Adam Gomez (D-Springfield). “Passing this bill is a step in the right direction towards transitioning these items out of our society, making them still available for those in need while encouraging the use of items that are reusable, safe and sustainable.”

OS.2830, An Act to reduce plastic would drastically reduce plastic waste that is too often found in streets and waterways-and too often fills landfills and disposal sites-ultimately harming the environment in Massachusetts communities and contributing to global climate change. Plastics are also made using fossil fuels.

The legislation will prohibit carry-out plastic bags at retail stores statewide and require stores to charge 10 cents for recycled paper bags, five cents of which will be allocated to environmental protection measures. The bill provides a limited exemption from the requirement to collect 10 cents for small local retailers. As of May 2023, 162 Massachusetts cities and towns, making up nearly 70 per cent of the state’s population, already regulated single-use plastic bags.

The bill will also prevent plastic utensils and straws from automatically being given to consumers, prohibit single-use plastic bottle purchases by state agencies, and create a statewide program for recycling large plastic objects such as car seats.

Further, it increases statewide bulk plastic recycling by creating a statewide program for the recycling of large plastic objects, such as car seats.

In an effort to reduce the \$10 million annually in avoidable costs directly caused by the flushing of non-flushable wipes, the bill will require non-flushable wipes to be clearly labeled with “Do Not Flush” warnings to prevent disruptions to the commonwealth’s sewer system.

The bill would boost composting, the natural recycling of organic food scraps and materials, by directing the Department of Environmental Protection to submit a report on the commonwealth’s progress toward expanding access to composting. It also establishes a new commission to make recommendations on ways in which the state can encourage or require businesses to support recycling of efforts for the products that they produce.

It is the second time the Massachusetts Senate has taken action to prohibit single-use plastic bags in the commonwealth.

Having passed the Senate, the legislation now goes to the House of Representatives for consideration.



GRANBY— Granby Library hours are Tuesday, Wednesday, and Friday from 10:30 a.m. to 5:30 p.m., Thursday from 10:30 a.m. to 7 p.m. and Saturday from 10:30 a.m. to 1:30 p.m.

All library programs are free of charge and open to the public. Call the library at 413-467-3320 during open hours for more information and to pre-register for programs. The Granby Free Public Library is located at 297 East State St.

Reading Adventure Through - August 9, ages birth to 11yrs.

How the Granby Library’s Summer Reading Adventure Works.

1. Sign Up, Fill out a sign up slip,

then take an “Adventure” folder, all logsheet materials and instructions are included.

2. When you reach 25 days of reading - bring in your folder and logsheet. You will receive a Cindy’s Coupon & a free book. Turn your Adventure Log Sheet - it will be your raffle ticket for summer reading prizes which are: Grand Prize: FAMILY \$200. Gift Card to Southwick Zoo and Second Prize: A Seasonal Pass for Lupa’s Zoo. Weekly theme raffle baskets too.

Summer Reading Activities & Events:

Super Hero Take- Home Lego Mystery Challenge Boxes through July 25 Sign out a box of Lego and

return it by July 25 with a creation on the top using the included super hero figure. Returned creations on display July 25-31. Ages 4 and up.

Rock & Mineral Program: Saturdays: July 13 & August 3 at 10:30 a.m.. Jack Marcy, local rock and mineral enthusiast, will show you his collection & teach you how to identify and catalog rocks & minerals. Age 8 to 12. *Pre-register for each session.

Craft Camp - Thursday, July 11 at 3 p.m. Suncatchers, paint a plaster pet, Perler Beads, craft basket raffle & more. Get your craftiness on. Drop in, ages 3 and up.

CFCE Summer Playgroups - Wednesdays July 10 through August 21, at 10:30 a.m. Families with children birth through 5 years and siblings welcome.

Disney Week July 9 to July 13, Check out a Disney book or DVD this week and get a raffle ticket for a Disney Basket. Disney activity table too.

Artful Mechanisms Thursday, July 18 at 10:30 a.m. Jay Mankita of Playful Engineers presents this hands-on, creative engineering workshop in which imagination meets the marvels of mechanical movement. Construct your own mechanisms. Pre-register. Ages 7 through teens.

Guess What Book is in the Jar July 16 through July 30. If you guess what book is shredded in the jar you win a surprise (book related) pack!

Public Notices

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 Nicholas Magnolia to conduct within Buffer Zone at 5 Ethan Cir (Map 47, Parcel 81).

The meeting will be held on **Wednesday, July 17, 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
07/05/2024

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.

SEND US YOUR EVENT PHOTOS

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Email items to townreminder@turley.com

As a free service for our readers we accept and will print when space allows community event photos and announcements. Just scan the QR code above and send us your photos and any information.

Town Reminder

OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

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

PUBLIC NOTICES ARE NOW ONLINE

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

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

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PINE VALLEY ANNUAL TAG SALE: SATURDAY, July 13, 8-3. 281 Chauncey Walker St., Belchertown. - Dozens of tag sales throughout our community. Welcome station with maps, burgers/dogs/snacks/cold drinks. Restrooms. Huge variety of items!

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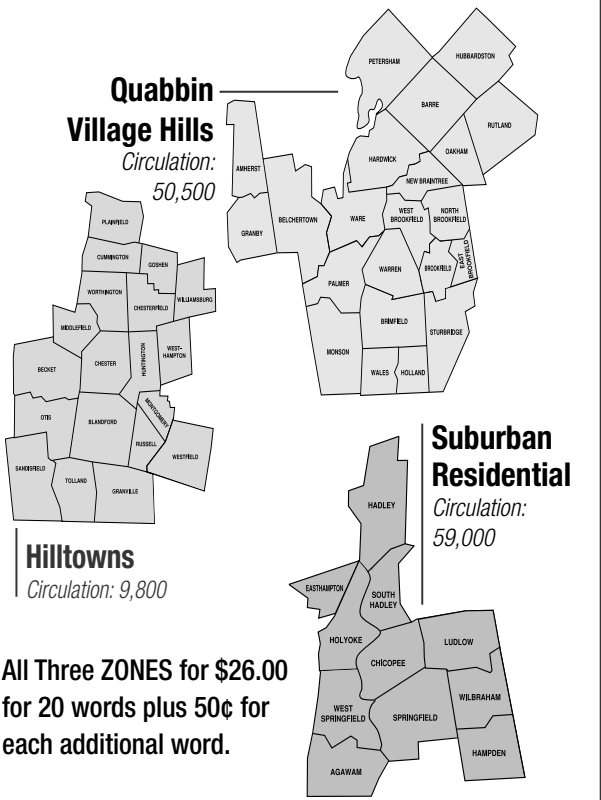
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Deadline for Calendar submissions is August 12.

Community Autumn Events

Event Should Be Non-Profit & Open to the Public

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or email* them to: jamie@turley.com
***Be sure to indicate "Autumn Event" in the subject line of your email.**

Education

CAMPUS Notes

Area residents receive degrees from Clark University

Clark University awarded 1,376 degrees (503 bachelor's, 847 master's, 26 doctoral degrees) to the Class of 2024 and conferred four honorary degrees during the University's 120th Commencement exercises on Monday, May 20. The graduates included 653 international students representing 39 countries.

Following is a list of area residents

who received degrees:

John Gregory Parrish, from South Hadley, graduated magna cum laude with a Bachelor of Arts. Parrish graduated with high honors in History.

Olivia Anne Blaney, from South Hadley, graduated with a Master of Science in Environmental Science and Policy.

Parker inducted into Alpha Phi Sigma

Granby resident **Nicholas Parker** was welcomed into Alpha Phi Sigma National Honor Society on May 2nd at the Western New England University chapter's annual induction ceremony in the Campus Center.

Alpha Phi Sigma is the national criminal justice honor society. The mission of the society is to promote critical thinking, rigorous scholarship,

and lifelong learning to keep abreast of the advances in scientific research; to elevate the ethical standards of the criminal justice profession; and to sustain in the public mind the benefit and necessity of education and professional training.

Parker is working toward a degree in Criminal Justice.

Spring 2024 Dean's List at Nichols College

Nolan Sullivan of Granby, MA, has achieved Dean's List honors for the spring 2024 semester at Nichols College.

Dean's List recognizes those students who achieve high grades during

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

Buttery Brook Park Happenings



UPCOMING

Friday, July 6 - Cruise Night, 5 p.m.-dusk

Wednesday, July 10 - Free children's Concert (center pavilion), 10 a.m.

Wednesday, July 10 - Farmer's Market, 2-6 p.m.

Friday, July 12 - Cruise Night featuring free concert with the band Axis, 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, 10:30 a.m. - 6:30 p.m.

The Friends of the South Hadley Seniors Host Annual Free Ice Cream Sundae Social with music by Sarah the Fiddler

On Monday, July 15, the Friends of the South Hadley Seniors will host their annual free ice cream sundae social with live entertainment by Sarah the Fiddler from 4:30-6:00pm at McCray's Farm. All seniors are welcome and no RSVP is needed. After arriving at McCray's, check in at the Friends' table by mini golf. All seniors will receive a coupon for a free ice cream sundae. There will be volunteers on hand to help carry sundaes for anyone needing assistance. Bring a lawn chair, relax, enjoy the ice cream and the music. Rain date will be July 16.

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