

# TOWN Reminder

FREE  
July 19, 2024  
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## Planning board updates bylaws

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

SOUTH HADLEY – The Planning Board met last week in order to discuss and review the various flexible development by-laws and provide a definition for open space.

The board also discussed two requests from members of the community regarding the expansion of a lot, and the refacing of an illuminated sign.

The July 8 meeting was held by Chair Diane Supczak-Mulvaney, and she was accompanied by Vice Chair Nate Therian, Clerk Joanna Brown, and members Brad Hutchison, and Rob Watchilla.

Also in attendance were staff members Anne Capra and Colleen Caring from the Planning and Conservation Department.

### Amendments to flexible bylaws: Multifamily developments and open space

The board moved into discussing the flexible development bylaws and various amendments, including changes to open space, and also affordable housing markets and organization.

Capra also presented the proposed zoning bylaws and their

Please see **BYLAWS**, page 6

## Little Free Libraries

offer personal connections with **BOOKS**

By Tina Lesniak  
Correspondent

SOUTH HADLEY - For many who have started a little free library, the goal is to help people connect with books and to give back to their communities. These free book exchanges provide access to books with the hope of readers finding books that spark joy and are relevant to them. There are many little free libraries in South Hadley and surrounding communities.

Please see **LIBRARIES**, page 3



Submitted photos by Lilah Smith  
**Nora's Little Free Library generally has mostly children's books because of its family-friendly location, but adult and chapter books are also available.**

## Dangerous dog public hearing discussed

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

SOUTH HADLEY – The Select Board got together last week to hold a joint meeting with the Appropriations Committee and discuss the plan for a public hearing regarding a dangerous dog.

The July 9 meeting was held by Chair Andrea Miles, and she was accompanied by Vice Chair Jeff Cyr, Clerk Carol Constant, and members Renee Sweeney and Nicole Casolari.

Also in attendance was Town Administrator Lisa Wong, Town Accountant William Sutton, and members of the appropriations committee.

### Board looks to open a dangerous dog hearing

On June 24, a pit bull escaped from its owner's yard and attacked and killed a small dog, named Harper, and injured another on Pyncheon Road.

Currently, the dog is in quarantine, while the police report and final evidence are being collected, reviewed, and put forward to set a date for the official hearing regarding the dangerous dog.

Miles allowed community members to come forward to share their thoughts regarding the hearing of the dangerous

Please see **HEARING**, page 5

## Cottonwood among performers at summer concert series

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

SOUTH HADLEY – The town has begun their official summer concert series, and this year, the Village Commons will not disappoint.

There will be many bands performing from June 27 to Aug. 29, with popular local bands like Cottonwood, The Willies, and the Berkshires.

Attendees are welcome to bring their chairs and blankets to the Town Common near Mount Holyoke College and enjoy the music. All concerts will begin at 6:30 p.m., and end around 8 p.m.

The concert series is presented by the South Hadley Recreation Department, and the businesses of the Village also donated to support the concerts.

Cottonwood, one of the most well-known bands of the area, has been together for thirty-two years, and have been creating music together since.

They sing covers and their own songs in the country and rock and roll genres and provide plenty of fun music for people of all ages to enjoy.

The band is currently on tour, calling it "We Ain't Done Yet", celebrating coming back together to perform once again.

The band runs a charity for The Shriners Hospital for Children in Springfield and Boston, raising \$126,000 so far.

The band travels all over New England, performing on stages for audiences from all over. Their next events are in Deerfield on the common on September 2, and later that month you can find them at the Big E on Sept. 23.



Submitted photo  
(l-r) Joe Pereira, Russ Oliveira, John Corbett, John Drake, Dan Whalen, and Greg Dwinell, the members that make up Cottonwood.

# ► South Hadley

## Buttery Brook Park *Happenings*

**Friday, July 19** - Cruise Night, 5-7:30 p.m.  
**Wednesday, July 24** - Farmers Market 2-6 p.m.  
**Wednesday, July 24** - Kids Concert 10 a.m.  
**Friday, July 26** - Concert, Midlife Crisis 5 p.m.  
*Pickleball Courts* - Daily Open Play (Mon-Sun), 8:30-11a.m. / Weeknight Open Play (Mon-Fri), 4:30-10 p.m.  
*Spray Park* - Open Daily, 10:30 a.m.-6:30 p.m.



## 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@southhadleyma.gov](mailto:elections@southhadleyma.gov).

## Wednesday Folk Tradition concert series begins

HADLEY— The Porter-Phelps-Huntington Museum continues the 43rd season of Wednesday Folk Traditions concert series on Wednesday, July 31 with Thea Hopkins, acclaimed singer-songwriter and member of the Aquinnah Wampanoag Tribe, who performs modern "Red Roots Americana."



Submitted Photo

**Thea Hopkins, acclaimed singer-songwriter and member of the Aquinnah Wampanoag Tribe, will perform modern "Red Roots Americana."**

Concerts are held Wednesday evenings at 6:30 p.m. in the Sunken Garden at the Porter-Phelps-Huntington Museum, 130 River Drive, 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](http://www.pphmuseum.org).

Hopkins a member of the Aquinnah Wampanoag Tribe of Martha's Vineyard, is acclaimed for the narratives and vivid imagery of her songs. In 2020 she won the Grand Prize of the 22nd Great American Song Contest for, "The Ghost of Emmett Till" and was featured at various music venues and international competitions. Her EP "Love Come Down", was nominated for a 2019 Indigenous Music Award in the folk category. Many fans have commented on the beauty of Thea's vocals and lyrics.

In 2021, Hopkins was selected by Folk Alliance International for Global Music Match, an internationally artist led multi-month collaborative effort, as part of the USA team. Her EP "Love Come Down," was nominated for a 2019 Indigenous Music Award in the folk category, also an international competition. Hopkins was selected by the Western Arts Alliance as a 2019 Native Launchpad Artist, a three-year artist development program. She has performed at the Kennedy Center, TD Music Hall/Massey Hall, Banff Centre For The Arts, the Atkinson, and the Bluebird Cafe. Thea first came to wider public notice when Peter, Paul & Mary recorded her song "Jesus Is On The Wire" in 2004, and then again in 2010 with the Prague Symphony Orchestra.



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## Hampshire County Survey on Opioid Settlement Funds

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### Here's how it works:

Scan the QR code to take the survey on your smart phone, or type in [bit.ly/hampshirefunds](http://bit.ly/hampshirefunds) to begin.

This survey is voluntary, anonymous, & should take 10 min.

Please complete the survey by **August 10, 2024**.

Surveys completed by this date will be analyzed for a regional report shared with municipal leaders & community members.

Your response will help identify strategies to address the impacts of addiction and opioid overdoses in Hampshire County.

For more information:

[www.HampshireHOPE.org/opioid-settlement](http://www.HampshireHOPE.org/opioid-settlement)



Hampshire HOPE is a county-wide coalition working with regional public health partners. It is a program of the City of Northampton's Dept. of Health & Human Services.

[facebook.com/HampshireHOPE](https://facebook.com/HampshireHOPE)

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# ► South Hadley

## Call for investigation into Health center

SOUTH HADLEY— State Sen. Jake Oliveira (Hampden, Hampshire & Worcester District) and State Rep. Dan Carey (2nd Hampshire District) have issued a joint letter to Attorney General Andrea Campbell and Secretary of Health and Human Services Kate Walsh requesting their agencies conduct a formal investigation into what they are calling severe concerns at the Pioneer Valley Health and Rehabilitation Center in South Hadley. The facility, currently operated by BluPoint Healthcare, has been the subject of alarming allegations and evidence of misconduct for months.

For several months, South Hadley nursing home employees have faced numerous problems, including bounced

checks, understaffing, and unpaid wages. The situation has led to staff protests outside the facility, where they have highlighted their financial struggles and the inability to meet patients' basic needs. These issues have persisted for five months following the change in ownership to BluPoint Healthcare.

"The residents and staff at the South Hadley nursing home deserve better," said Oliveira. "Unpaid wages, deteriorating and unsanitary working and living conditions, and clear financial mismanagement by BluPoint have created a dire situation for the employees and residents at Pioneer Valley Health and Rehabilitation Center. We're calling on the Attorney General and the Executive

Office of Health and Human Services to launch an official investigation and hold those responsible accountable."

"This is a terrible situation for the residents, their family members, and the entire staff. Everyone deserves better. I will continue to work to hold those at fault accountable and to bring dignity and respect back to those who so deserve it," said Carey.

Staff members allege they have gone unpaid for the last four weeks due to bounced checks, causing significant financial hardship and forcing employees to pay out of pocket for materials to care for patients. The workers also claim that severe staff shortages have forced employees to work over 60 hours per week, leading to

extreme fatigue and fear among the staff, jeopardizing both employee well-being and resident safety.

The Town of South Hadley has also reported multiple grievances, including a lack of essential resources such as cleaning products. To the point of residents being forced to sit in excrement and staff resorting to using pillowcases for cleaning due to the absence of proper supplies.

In addition, BluPoint Healthcare owes the Town of South Hadley \$160,000. It has outstanding bills to utility companies and other vendors, raising concerns about the facility's financial stability and ability to provide care and essential services.

## Traffic alert for local streets thru July 26

SOUTH HADLEY — James Street will re-open to traffic! Montcalm Street will now be closed Monday thru Friday to thru traffic between James and Britton Streets.

Local traffic will be allowed access as needed. Police details will be in place to assist motorists.

Work schedule as of July 11, 2024

July 15-26 - Installation of water main on Montcalm St (Starting near Lukasik St. and moving Northerly)- ROAD CLOSED to thru traffic

July 22-26 - Installation of water services on Broad St.

July 15-26 - Installation of drainage main on Dorothy and May St.

## Town of South Hadley Treasurer/ Collector's office

SOUTH HADLEY— FY 2025 quarter 1 Real Estate and Personal Property bills were mailed out to residents on July 1. The due date for Real Estate and Personal Property bills is Aug. 1.

If you have not received your bills, please email our

office at: collector@southhadley.ma.gov or call 413-538-5030, ext. 6189 and we can mail out a new bill. Bills can also be viewed/printed through Invoice Cloud which can be accessed from our website.

Bills can be paid online through the Town of South

Hadley's website, southhadley.ma.gov, by phone at 1-855-906-0402, by mail, dropped in the Dropbox located behind the Police Department on Bridge Street or you can pay in person Monday through Friday from 8:30 a.m. to 4 p.m.

## 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.

### LIBRARIES from page 1

"The community seems to love it! I don't find it's always full, but I know books don't stay for long," said Amanda Adams, who runs a little free library at McCray's Farm on Alvord Street. "People drop off bunches at a time. Some people bring one to exchange and sometimes people just take a book. The turnover is great and it's nice to see kids get excited for it! They don't know I put it there so it's special to get to see when they run up or when a child is looking through."

For Adams, the little free library allows her to repeatedly do an act of kindness in memory of her daughter who was stillborn in 2019.

"I wanted to do as many acts of kindness in her memory as I could, and the idea of a little library, especially in a great location like McCray's that would reach so many, was a great way to give back and also have people saying her name and thinking of her."

Nora's Little Free Library generally has mostly children's books because of its family-friendly location, but adult and chapter books are also available.

"It's a great way to connect the community through books and promote reading," explained Adams. "People can give up books they're done with or have outgrown and others can choose from a variety of books for free- there's no down-

side."

Andrea Miles, selectboard member and operator of a little free library on Route 202 agrees.

"Little Free Libraries allow people to step outside the consumer vacuum we often find ourselves in. They help encourage reading, discourage unnecessary spending, and provide a good option for folks who are decluttering," said Miles. "They also help feed the longing to give and share with people right around us that is so often lost in our increasingly online culture."


Miles's husband created her library as an anniversary present in October 2023 and she's been pleased by the success of it. Both she and her husband are authors and avid readers, so a little free library just made sense.

"Our little free library is busy! I was a little worried we wouldn't see much action, being right on 202, but there's lots of turnover and it's always exciting to see what's new," said Miles. "I hope people come to check us out, along with all the other little free libraries around town."

Popping up all over towns, Little Free Library is a nationwide non-profit program based in St. Paul, Minn. with a mission of "building community, inspiring readers, and expanding book access for all through a global network of volunteer-led Little Free Library book-exchange boxes...a book for every reader."

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# Opinion



## Comments on CONGRESS

By Lee Hamilton

### HAMILTON ON FOREIGN POLICY

## NATO's 75-year history is worth celebrating

The North Atlantic Treaty Organization is marking its 75th anniversary this month. The observance, part of a NATO summit hosted by the U.S. in Washington, D.C., will be a big deal, and it should be. NATO is one of the most successful and important alliances in history.

For any partnership of diverse nations to endure for 75 years is no small accomplishment. NATO has not only endured; it has thrived, and it has grown, from its original 12 members to 32 nations. It has been effective in its central missions of deterring aggression by the Soviet Union – and later by Russia – and promoting security and unity among democracies.

Ever since Russia invaded Ukraine in February 2022, there has been no question about NATO's relevance. While Ukraine is not yet a NATO member, the alliance has rallied to its support.

It's well understood that, if Russia can win in Ukraine, the security of Europe is at risk.

And America's security is intimately bound with Europe's. China may pose a greater threat; it is certainly our most significant rival, but a strong and united NATO lets the U.S. focus attention and resources on countering China's aggression in the Asia Pacific region.

When the U.S., Canada and 10 Western European nations created NATO, World War II had left much of Europe in ruins. Over 36 million Europeans had died, more than half of them civilians. Millions were homeless, many in refugee camps.

Children wandered the streets of burned-out cities. Food shortages and power outages were frequent.

The U.S. had launched the Marshall Plan to provide material aid and rebuild Europe's economy, and NATO was needed for the continent's security. The Soviet Union was the primary threat, but the alliance also aimed to deter the rise of militant nationalism and promote democracy.

Its key feature was Article 5, which declared that an attack on any NATO member would be considered an attack on all of them. The agreement now enhances security for nearly 1 billion people.

With the collapse of the Soviet Union, it made sense to wonder if NATO has served its purpose.

The alliance had its ups and downs. Donald Trump, as president, criticized it and our allies for not spending enough on defense.

But new threats challenged our security, including terrorism, cyberattacks, nuclear proliferation, pandemics and natural disasters. NATO still mattered.

Then Russia sent troops and tanks into Ukraine. NATO became the platform for coordinating the European and North American response.

At this month's summit of NATO heads of state, affirming unwavering support for Ukraine will top the agenda. Ukraine will participate through the NATO-Ukraine Council, launched last year.

In an important transition, Jens Stoltenberg will step down after 10 years as secretary-general and will be replaced by Mark Rutte, prime minister of the Netherlands.

President Joe Biden has aptly called NATO "the greatest military alliance in the history of the world," and we're right to celebrate its history. At the same time, we need to ensure the alliance continues to safeguard our security in the future and there are reasons for concern.

Please see **HAMILTON**, page 5



### Zucchini days of summer

In the last three days I have picked 10 zucchini. The seeds were sown around Memorial Day and I ended up with six plants total.

I am thrilled that the harvest is starting to come in. I just wish I had air conditioning in my kitchen so I'd feel like baking!

Zucchini is the brunt of many jokes due to its prolific nature. Some years, though, the harvest isn't so great. Either borers take out the plants or powdery mildew slows them down until the inevitable comes.

Anyhow, I'll count my blessings this year and try my best to preserve and prolong the harvest as much as possible. If you are blessed with your own supply of zucchini or you have been gifted a few, read on, straight from the archives, as to how to make the best use of your bounty.

#### Store it

Zucchini will keep in the refrigerator for at least one week. Smaller squashes are more flavorful, and less seedy than their overgrown counterparts.

Harvest when the fruits are six inches long or less, and still narrow. It is likely that baseball bat-sized squashes will develop now and then, especially if you are away from the garden for a few days.

Don't worry; they can be used in most recipes that call for zucchini, although you may wish to remove the largest seeds first; they have a tendency to get tough and chewy.

#### Freeze it

Simply shred whole zucchinis, skin and all. Drain in a colander to remove excess liquid and pack in containers or freezer bags.

Nothing beats zucchini bread in the middle of winter. It is helpful to freeze in amounts compatible with your recipe; in other words if you need two cups to make bread, freeze in two cup portions.

If fried veggies are a favorite treat, you can freeze raw, peeled zucchini sections after coating them with bread crumbs.

First, prefreeze on a plate or cookie sheet, then, pack in freezer bags with as much air

removed as possible. Fry up at a later date.

I have never been very successful freezing blanched zucchini slices. Experiment yourself and maybe you will have better luck.

#### Steam it

Who likes soggy zucchini? No one. Cut in slices one quarter of an inch thick and steam for a mere two or three minutes.

Sprinkle with dill or lemon juice and thyme for a wonderful summer side dish.

#### Stuff it

Here is the perfect use for the aforementioned baseball bat sized squash. Making zucchini boats are my sister-in-law Janice's favorite way to utilize the vegetable. I can always count on her to take a few biggies off my hands.

With a spoon hollow out the seed cavity. Stuff it with a mixture of cooked rice, sauce and ground beef or turkey. Top with shredded cheese and bake until it bubbles. Yummy!

Put a Mexican spin on this recipe by using black beans, salsa and taco cheese along with brown rice in place of the other ingredients. Freeze individual portions of this dish for a quick dinner.

#### Bake with it

Zucchini bread and muffins are one thing, but double chocolate zucchini cake? Yes, and there are more enticing dessert recipes where that came from.

Consult your local library or the internet for other mouth-watering selections.

One pointer: drain shredded zucchini well before using in any recipe. Place it in a colander and apply pressure with clean hands or a large mixing spoon. Squeeze all the liquid right out of it.

This way your desserts will be moist but not soggy.

Be creative and experiment to find your own favorite ways of cooking with this vegetable. Zucchini pickles, perhaps? How about zucchini pancakes? Zucchini wedges in place of cucumbers with dip?

The list is endless!

*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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## We want to claim SS at 62. When should we apply?

### Dear Rusty:

My wife and I are going to be taking Social Security at 62. She will be 62 on April 15, 2025. I will be 62 Aug. 7, 2025. When should we apply for Social Security?

Signed: Ready to file

### Dear Ready:

Social Security recommends you apply for benefits about two – three months prior to when they want their benefits to start to get them time to process the application. You will specify on your application when you wish your benefit to start, so applying early isn't a problem.

Just a few things to keep in mind:

Your first month of eligibility will be the first month you are 62 for the entire month. In your wife's case, her first month of eligibility will be May 2025 and in your case your first month of eligibility will be September 2025. Your wife's benefits will be paid on the third Wednesday of every month and your benefits will be received on the second Wednesday of every month, payment dates depend on when your birthday falls.

Social Security has an earnings test for those collecting early benefits (before your full retirement age). If you are working and exceed the earnings limit, SS will take away some of your benefits. The earning limit for 2024 is \$22,320 and, if that is exceeded, SS will take away \$1 in benefit for every \$2 you are over the limit (the limit changes annually, so the 2025 limit will be more).

Thus, if you plan to work after collecting, you must stay aware of the earning test. If you earn substantially more than the earnings limit, you even may be temporarily ineligible to collect benefits until you either earn less or reach your Full Retirement Age when the earning test no longer applies.

By claiming at 62, you will incur a cut in benefits of about 30% from the amount you would get by waiting until your FRA to claim. And, except for annual cost of

living adjustments, that is a permanent reduction. FYI, your benefit will continue to grow if you wait longer to claim.

Deciding when to claim Social Security should take into account your financial needs, your life expectancy and your goals as a couple. Claiming at 62 is the right choice for many, but waiting longer, if feasible, will result in a higher monthly amount, which could be beneficial if your life expectancy is long. Of course, we are here for you if you have any additional questions, so please don't hesitate to contact us again if needed.

*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](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). Russell Gloor is a Social Security advisor for AMAC.*

## HEARING from page 1

dog, and then would move into hearing from the police and animal control to discuss the attack that occurred.

"The trauma that everyone endure that night as Harper died, helplessly, is incredibly devastating and heartbreaking," Kevin Lum, a resident who's right rotator cuff completely tore in the pit bull attack, said.

"The amount of trauma that we all have felt is unbelievable... this should not have happened," another resident, Chelsea Udry, said, sharing her daughter now experiences nightmares after hearing about the attack.

Another resident came, sharing that another attack happened last year on August 11, with the police report, sharing her concerns for keeping a dangerous dog in the neighborhood.

Miles moved forward to discuss when to hold the hearing in order to ensure that there is ample time for respective parties notified, make information publicly available, and announce the public hearing itself to be notified to the community.

"We offer our sincere condolences to the Wall family for your loss," Cyr said.

During the hearing, the victim and any attorney or witnesses will be able to speak, including the animal control officer. After that, the dog owner and any attorney or witnesses will also be able to speak on the attack.

The end of the meeting will have the selectboard discuss and deliberate, and either label the dog as a danger or a nuisance, and it will move forward from there.

The selectboard will host their hearing on August 5 at 6:00 p.m. at the Senior Center, and any community member is welcome to attend.

The board asks that any evidence or statements be emailed to the board prior to the hearing.

### Adjustment counselor request

Interim Superintendent Mark McLaughlin joined the meeting to discuss the request for an adjustment counselor to have at the schools, regarding the process in acquiring and providing a counselor for the students.

Town Administrator Lisa Wong gave the board an update of where to put funding towards regarding the ways in which the youth of South Hadley can face chal-

lenges, one of which being the challenges of opiates and addiction.

"We are really looking for community input, especially by those impacted by opiates," Wong said. "WE see this youth and prevention piece over and over again. So, this is something that is right in front of us, that's a need."

"Mental health and wellness of students is a significant factor in their ability to access their education, which is our number one priority," McLaughlin said.

"We're trying to acknowledge the things that are challenges for our students, and get ahead of them," McLaughlin said, explaining how an adjustment counselor will be able to accomplish the task of aiding students quickly and efficiently as they go through schooling.

"And one of the ways... is to provide that sort of support at the middle school grades so they can be successful in middle school, but then build upon a foundation where they can be successful as they enter high school," McLaughlin said.

The board moved to approve the use of \$140,000 from the opiate funds given to the state in order to fund an adjustment counselor for the middle school in the next two years.

### MVP 2.0 Project

Anne Capra came onto the meeting to explain the MVP 2.0 project, which has been a joint effort from the Planning Board, as well as the committee, and support from the community.

"We've been really focusing in the last couple of years, in terms of climate resiliency and infrastructure," Capra explained. "This program was really focused on people, and how people are affected by extreme weather in particular."

Capra shared that after holding several sessions in order to hear from the community and address their concerns, including housing affordability, and finished up plans for an affordable housing trust and mote.

The board approved of the funds needed for the project, and

### Old Firehouse Museum to be made historic district

A member of the South Hadley Historical Society came to the board with the request to make the Old Firehouse Museum, and the lands a round, become marked as a historical district.

It's often said that eternal vigilance is the price of liberty. NATO and other alliances keep us vigilant about our freedom and security, and we should do our best to maintain and strengthen them.

*Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.*

The society went to the proper people, including the planning board, and the next step is to have an open public hearing to make the final decision.

### Board announcements

The board members shared various updates and announcements, and Constant shared a reminder for the Big Rig Day, which will take place on July 18, at Buttery Brook.

"The Pioneer Valley Rehabilitation Center and Health Rehab Center at 543 Granby Road, is underperforming in terms of its responsibilities and its duties to the families of its patients, as well as the patients themselves," Casolari said,

She provided a report from a constituent she received earlier that day, and what the reporter gave for information regarding their family member being removed.

"It's concerning to me," Casolari said.

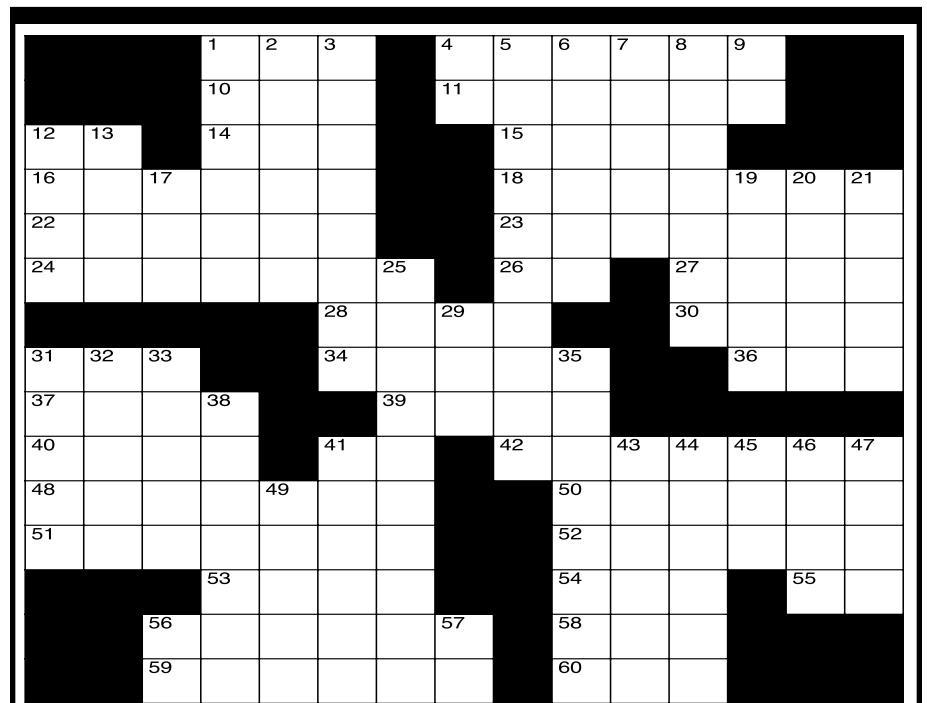
Miles shared that the town's Board of Health submitted an official complaint to look into resolving this issue. "It's an all-encompassing issue," Miles said.

### Public comment

Moving into public comment, a member of the community came forward on behalf of the South Hadley Falls Neighborhood Association, regarding the building that collapsed.

"We would like to put a public date stamp on our concerns that this situation not languish the way it is right now," Diane LaRoach said, referring to the last meeting the association had. "It is not safe."

She referred to the current fence installed is not keeping people out, and it is in the vicinity of the day-to-day activities of the neighborhood.



### CLUES ACROSS

- Letter of the Greek alphabet
- Cause to become entangled
- Swiss river
- Conversation
- "Magnum" was one
- Small integer
- Christmas
- Of a specific mountain region
- Burrowing bugs
- Of a symbol worthy of veneration
- A type of syndrome
- Cephalopod mollusks
- Metric ton
- Ornamental box
- As quickly as can be done
- "Hoop Dreams" subject Arthur
- Old TV part
- Extinct flightless birds
- Former CIA
- Successor
- Archaic form of you
- Within
- Danny Hurler's alma mater
- Not sacred or biblical
- Written law
- Popular hairstyle
- Congressman
- Type of font
- A predetermined period in office
- Pouch
- Hormone that stimulates ovulation (abbr.)
- One from a particular Asian region
- One's sense of self-esteem
- Headgear used to control a horse
- The habitat of wild animals

### CLUES DOWN

- A right conferred through legal means
- American island state
- Inflexibly entrenched
- "Pollock" actor Harris
- Foolish person
- Follows a particular Chairman
- Choose
- Sunrooms
- One hundred grams (abbr.)
- A symptom of some physical hurt or disorder
- South American hummingbird
- "Girl Chopping Onions" painter
- Wild dog
- Units of land
- Footwear
- Possessing a constant temperature
- Hormone that promotes water retention (abbr.)
- Popular game
- Pension (German)
- Giant of industry
- Inferred
- One who revolves
- Kept possession of
- Loss of electricity
- Stoppered bottle
- Everything
- First to walk on the moon
- Engrave
- Female organs
- Equal to 1,024 bytes (abbr.)
- Northeast

## HAMILTON from page 4

Russia's war in Ukraine, should it succeed, could embolden Vladimir Putin to threaten more of Europe. The increasing cooperation by Russia, China and North Korea, all of them nuclear-armed, is worrisome.

Recent years have seen the growth of militant nationalism in Europe, one of the trends NATO was founded to counter. Trump's "America First" movement has reawakened the American isolationism that was prevalent before World War II.

## ► Region

# BBB offers tips to avoid summer festival scams

Many people are looking forward to fun festivals this summer and as usual, scammers are taking advantage of the building excitement.

This time, they are cashing in with phony tickets-and even fake events.

### How the scam works

You see a fantastic deal on tickets to a summer festival in your area, usually through a link on social media. The event promises live music, all-you-can-eat meals, craft beer or wine, or other fun activities.

When you click the social media link, it takes you to a professional website with fantastic pictures. You enter your credit card information to buy tickets and think you are all set.

But before you buy, do a little research. Whether the event is non-existent, merely disappointing, or you just bought phony tickets, the result is the same: someone pockets your hard-earned money.

BBB Scam Tracker has received numerous reports from people who purchased fake tickets to actual events or events that have yet to materialize.

A customer in Memphis, Tennessee reported buying tickets for \$220 for a concert: "I saw an offer for presale tickets for the group Khruangbin for a concert in May. I clicked on the links and it led me to what looked like a legit site until I realized that they are a resellers site and had marked up the ticket prices tremendously. The prices were also in USD and the service charge was astounding. I contacted the company right away but they just dismiss and ignore. They are scammers and need to be off the market. They have scammed lots of people and it is very humiliating and stressful."

One consumer who purchased tickets to a fake beer crawl reported: "Reviews across multiple platforms make it clear that these events are at best extremely misleading or at worst canceled. No refunds are given, even when their inconsistent and mostly unreachable customer service email address responds to confirm a refund will be provided."

### How to spot a fake festival

Research before you buy. Search online for the festival's name and ensure the name advertised matches the website. Scammers often use names that sound similar to those of real festivals.

Check for (working) contact information. The festival website should have a real phone number and email address.

Watch out for prices that sound too good to be true. There is no way a festival can offer tickets at extremely low prices without losing money. If the prices are much lower than elsewhere, it's likely a scam.

### What can you do?

Pay with a credit card. You can dispute the charges if the business doesn't come through. Be wary of online sellers that don't accept credit cards.

Look for secure sites. The website should begin with HTTPS (the extra "s" is for security) and have a lock symbol on the address bar.

Avoid tickets sold on Craigslist, Facebook Marketplace, and other free online listings. Scammers are skilled at providing realistic tickets and fake receipts.

For more information, check out third-party ticket sites at BBB.org before making purchases.



# Declutter with a purpose

BELCHERTOWN— July has arrived and it is time to start decluttering your houses with a purpose. As you begin to sort through your collected stuff the St Francis Parish Giant Tag Sale team requests that the annual sale on August 24, be your purpose. The team will gratefully accept many of the items that you have determined to no longer be needed in your households. Sorting through the accumulated "stuff" will provide two broad goals as it will first help to better define your household spaces, understand which of your belongings you value, curate your surroundings to bring joy, clarity, and purpose, and secondly, add to the St. Francis Parish Giant Tag Sale inventory.

As you sort, please be aware that the following items are gratefully accepted: bed and table linens, new dust-free candles, craft items, hardware, kitchenware, luggage, backpacks, handbags, children's clothes up to size 4T only, small working appliances, working lamps, toys, pictures, frames, holiday decorations, hand tools, yard tools, jewelry, shoes, boots, sporting goods, children's books, baby gear, small but not-upholstered furniture, knick-knacks, and collectibles. Unfortunately, the team cannot accept: used dusty candles, clothing larger than

size 4T, cookbooks or any adult book genre, decorative or bed pillows, and any large furniture items. All items that are dropped off will only be accepted if they are clean and in working condition. The Team politely requests that donors clear all donated items of storage dust, bugs, mold, and critter residue. All donors and their donations will be greeted at the lower level of the St. Francis Parish Hall by a pleasant volunteer worker.

Last year, after many years of attempting to lessen the "after the sale dumpster toss" per the requests of participants, the team made great strides and curated a list of organizations who will claim, repurpose, and remove the unsold treasures after the sale.

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.

The Tag Sale Team will accept donations for a two-week period – 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.

# Wood Walk hike at Ashley Reservoir

CHICOPEE - Step into Nature's classroom and embark on a fun-filled exploration of our local plants and animals.

Our nature hike is the perfect chance for kids to connect with the great outdoors, learn about the fascinating plants and animals that call our community home.

The next hikes are July 20, July 27 and Aug. 3.

Things to bring :

- \*Comfortable shoes to walk in ;
- \*Water and snack will be provided
- \*Bring a want to explore

Location: Ashley Reservoir, Whitney Ave Holyoke, Saturday 10 a.m. to noon rain or shine!

Contact [wrights@headstart.org](mailto:wrights@headstart.org) or call 413-310-1632

### BY-LAWS from page 1

changes in order to bring to a public hearing to meet with to discuss a proposal for open space.

Regarding the proposal for 255-95 Common Drive, the board discussed the addition of section I, which states that "the Planning Board may require applicants to post financial Performance Guarantees to ensure that..." the changes are within conformity.

"What we are proposing with this is to take out a flexible development bylaw 255-31... and we're putting in a new bylaw that would be in the zoning bylaw called Required Common Open Space," Capra explained.

The changes included defining open space as "areas suitable for use as facilities and sites for play, tot lots, gardens, biking/jogging trails or similar facilities, as well as land for conservation purposes", according to the Required Open Space Proposal.

Capra explained that the use of open spaces have a great importance to the community, including habitats like sand pits for birds like cliff swallows.

"In our multifamily projects... if you are gonna have multifamily, which is defined as four or more units.. you have to conform with the density standards and flexible development, and you also have to have required open space," Capra said.

Multifamily and multiple dwellings zoning bylaws were reviewed and edited to include and alter language and other various edits.

The Multifamily and Multiple Developments zoning bylaws' main change was to specify entrances and the way they open into parking lots and open spaces.

"There's a real desire, particularly in a multifamily building, for people to

be able to access the building easily," Hutchison said, mentioning the idea of parking lots and where they connect at the buildings.

Entrances that face the street are not used generally, and Hutchison referenced the idea of residents using the entrances at the parking lots and around the open spaces, instead of the main entrances.

The board moved to plan a special town meeting on September 9, 2024, in order to bring these changes to the public to give the community a chance to provide feedback and cote.

### A Request for a lot expansion

Stephen Doyle filed a request with the Planning Board to create two lots from one existing lot at 654 New Ludlow Road.

Doyle has expressed his desire to create a new parcel, labeled Parcel B on the submitted plans, and donate the land in Parcel B, a total of 13.8 square acres, to the Conservation Commission.

The parcel itself meets all zoning requirements, including minimum frontage requirements, and the board moved to accept the donation of the parcel to the Conservation Commission.

### Request for an illuminated sign

The owners of Ben and Meg's Farm and Garden Center came forward to the board with the request for the refacing of an existing free-standing illuminated sign for the business.

The change in the sign will add at the bottom of the sign the name of the garden center, as well as a request to make it visible during days and nights.

The board discussed the specifics of the illuminated sign, and after considering and ensuring the request was within the limits and regulations for illuminated signs, approved of the request.

magazine

SEPTEMBER 2024

# autumn fest

## 2024



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# CAMPUS Notes

## Elms College announces Dean's List for Spring 2024

The College of Our Lady of the Elms has named the following students to the dean's list for the spring 2024 semester. Congratulations to all the students who are named to the list.

- Simon Abbott** of Granby
- Samuel Ackah-Yensu** of South Hadley
- Camille Banas** of South Hadley
- Alicia D'Amour** of South Hadley
- Haley Dusseault** of South Hadley
- W. Henry Fidler** of South Hadley
- Dylan Holubowich** of Granby
- Myah Houle** of South Hadley
- Megan Lawson** of Granby
- Kaitlyn Lynes** of South Hadley
- Deirdre McDaniel** of South Hadley
- Alexis Neill** of South Hadley
- Gage Pfister** of South Hadley
- Alexandra Plotniak** of South Hadley
- Abbie Sierzego** of South Hadley
- Alina Stefoglo** of South Hadley

## University of Hartford students named to Dean's, President's Lists

The University of Hartford is pleased to announce that 1,927 students have been named to the Dean's List and President's List for the spring 2024 semester.

The Dean's List recognizes students achieving superior academic standing. The requirement, with some exceptions based on school or college, is a grade point average of at least 3.0 and no grade below C.

The President's List recognizes a select group of students reaching the highest level of academic standing. To be placed on the President's List, students must maintain a GPA of at least a 3.75 and receive grades of C or better.

Among the students honored for their academic achievements are:

- Samantha Grabherr** of Granby -- President's List
- Owen Strand** of South Hadley -- Dean's List

We recognize all our students for their hard work and congratulate them on their achievements!

## Richardson named to Hamilton College Spring 2024 Dean's List

**Anna Richardson**, of Granby, has been named to the Dean's List at Hamilton College for the spring 2024 semester.

To be named to the Dean's List, a student must have carried a course load of four or more graded credits throughout the semester and earned an average GPA of 3.5 or above on a 4.0 scale.

Richardson, a rising senior majoring in government and Hispanic studies, is a graduate of Williston Northampton School.

## Earle of South Hadley graduates from Plymouth State University

**Isabella Earle** of South Hadley, MA, graduated from Plymouth State University during its 153rd Anniversary Commencement Ceremony on May 11, 2024. Earle graduated Cum Laude with a Bachelor of Science in Nursing.

Earle was among more than 500 Class of 2024 undergraduate students who received degrees.

## Roger Williams University announces Spring 2024 Dean's List

Select students have been named to the Spring 2024 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. The following students are residents of your coverage area:

- Cole Hambley** of South Hadley, MA
- Allie Sowers** of South Hadley, MA

## Spring 2024 Dean's List at Saint Michael's College

The following local students were named to the Dean's List at Saint Michael's College for the Spring 2024 semester. Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in a particular semester are cited on the Dean's List for that semester.

- Braden C. Dwinell** of Granby
- Felicia R. Fil** of Hadley

## Spring 2024 President's List at Dean College

**Hannah King** of South Hadley has earned a place on the President's List for the Spring 2024 semester. Students named to the President's List have demonstrated a serious commitment to their studies while at Dean College.

## Local residents graduate from Saint Michael's College

The following local students graduated from Saint Michael's College in May 2024.

**Henry Ferrari** of Florence graduated with a degree in Environmental Science.

**Braden Clifford Dwinell** of Granby graduated magna cum laude with a degree in History, Education Studies and Sociology and Anthropology.

**Felicia Rose Fil** of Hadley graduated summa cum laude with a degree in Psychology and Criminology.

## Holy Cross' Spring 2024 Dean's List

**Amy Hampson** of South Hadley was named to the College of the Holy Cross Spring 2024 Dean's List.

A member of the Class of 2024, Hampson was named to the Dean's List for outstanding academic achievement during the spring semester of the 2023-24 academic year.

To qualify, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

## Seton Hall University announces Spring 2024 Dean's List

Seton Hall University is pleased to announce **Farrell Dawson** of South Hadley, MA has qualified for the Spring 2024 Dean's List.

After the close of every semester, undergraduate students completing all courses with a GPA of 3.4, with no grades lower than "C", qualify for the Dean's List.

## Home Builders Found. awards Scholarships and Tool Stipends

The Home Builders Foundation, the charitable arm of the Home Builders & Remodelers Association of Western Massachusetts, is pleased to announce the 2024 winners of their \$1,000 Member Scholarship Awards: Declan Buchanan, grandson of James Walsh- WLC Consultants Inc; Beau Walton, grandson of Wayne Walton- LP Adams; John Fitzpatrick, son of Mark & Margaret Fitzpatrick- Fitzpatrick Painting; Lauren Tomala, daughter of Walt & Heather Tomala- TNT General Contracting; Michael Nevins, employee- Laplante Construction; Savannah Hebert, Student of Chicopee Comprehensive School; Brooke Sellica, daughter of Charlene Clark- Connecticut Lighting Centers; and Gabriella Noonan Pear, granddaughter of Edward Noonan- Noonan Energy.

These annual scholarships are available to members of the Home Builders Association, their family members, their employees, and the families of employees. All applications are reviewed and voted on by a scholarship committee through a blind ballot process. Scholarships are awarded based on academic performance, employment history, essay quality, and community or charitable involvement.

The association is also proud to announce that it has awarded nine \$750 Tool Stipends to the fol-

Please see **AWARDS**, page 13



**Donovan's Irish Pub**  
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<p><b>Friday, July 19</b></p> <p><b>Jim McArdle &amp; Jerry Murphy</b></p> 	<p><b>Friday, July 26</b></p> <p><b>Dee Reilly</b></p> 
<p><b>Saturday, July 20</b></p> <p><b>The Healys</b></p> 	<p><b>Saturday, July 27</b></p> <p><b>Eagle Eyes</b></p> 

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POWERED BY 

# MSB gives local scholarships

MONSON— Monson Savings Bank frequently shows their dedication to supporting local community members. This includes supporting the younger generations, like high school students who will make a difference in surrounding communities for years to come. Monson Savings recently announced they have awarded \$28,000 in scholarships to 14 graduating seniors of local high schools.

In early June, the Bank held their annual Monson Savings Bank Scholarship Ceremony at their Corporate Office located in Monson. At the ceremony students and their loved ones enjoyed refreshments while mingling with Monson Saving Bank's team members before receiving their scholarship checks and a gift to take with them on their journey into higher education.

Monson Savings Bank awarded \$2,000 scholarships to the following local high school recipients:

- Aniah Myrie, Monson High School
- Ciara Monaghan, Monson High School
- Colin Beaupre, Monson High School
- Delianah Wolf, Monson High School
- Emily Baker, East Longmeadow High School
- Emily Chagnon, Ware Junior/Senior High School
- Emily Roberts, Monson High School
- Grace Moltenbrey, East Longmeadow High School
- Maggie Stevens, East Longmeadow High School
- Noah Fales, Ware Junior/Senior High School
- Norah Dumala, Minnechaug Regional High School



Submitted photo

**At the Monson Savings Bank scholarship presentation reception, attending recipients were awarded their scholarships by Dan Moriarty, president & CEO (right), and Michael Rouette, EVP & COO (left).**

- Rose Caltabiano, Minnechaug Regional High School
- Serina Chan, Minnechaug Regional High School
- Tyler Bonilla, Ware Junior/Senior High School

President and CEO of Monson Savings Bank Dan Moriarty and Michael Rouette, EVP and COO of Monson Savings Bank each gave a brief speech to the recipients at the ceremony. Moriarty expressed how proud he and the whole Bank were of the graduates for their resilience and commitment. He encouraged them to listen to the guidance of their elders and enjoy life.

"Everyone at Monson Savings Bank is very proud of these students for the dedication they have demonstrated. The past four years have been challenging for everyone, and despite it all they persevered through a pandemic and completed high school," said Moriarty. "We are glad to extend financial support to help offset the costs of pursuing further education."

To learn more about Monson Savings Bank's community commitment, please visit: <https://www.monsonsavings.bank/connect/our-community/our-community-commitment.html>

# Big Y investigates skimmer incident

SPRINGFIELD— The security and privacy of customers is of utmost importance to us Big Y. As such, they take their daily security protocols to protect our customers and business very seriously.

On June 29, Big Y discovered an unknown individual attached a skimming device to one single terminal in each of the Naugatuck and Plainville Connecticut locations. Big Y is actively

investigating the circumstances surrounding this incident. Big Y notified and are working with law enforcement.

Big Y has inspected all of the terminals, and will continue to do so. If Big Y learns that any particular customer's information was compromised, they will promptly notify them and provide them with additional information so that they can take steps to protect themselves. As a

best practice, customers should always review their bank and credit card statements for any signs of fraudulent activity and, if they have any questions or concerns, contact their bank or credit card company directly. If any Big Y customers have questions or concerns about this matter, please contact us at 1-800-828-2688 between the hours of 8 a.m. and 4:30 p.m.

# Annual Giant 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.

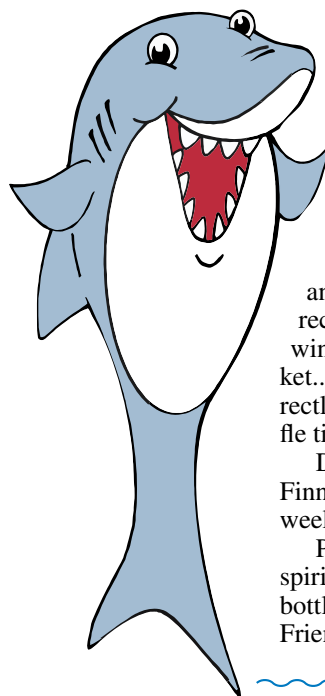
On Sunday, Aug. 4, at noon, the doors to the Pine Room on the lower level of the St. Francis Parish Hall on Park Street will open to accept donations. Donations will be accepted Monday to Saturday from 9 a.m. to 7 p.m. Sunday donations will be accepted noon to 5 p.m.

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.



# July is shark month at GPL

GRANBY— Join the Granby Library celebrating shark month. There will be fun for all ages.

Stop by the library and check out any shark themed book or movie to receive a raffle ticket for a chance to win our "Crazy for Sharks" Gift Basket. Take the shark trivia quiz or correctly answer a shark joke to earn a raffle ticket.

Don't forget to stop in to say hello to Finn, Granby Library's very own shark week mascot.

Patrons can also show their shark spirit by purchasing a cute shark water bottle cozy. All proceeds benefit the Friends of the Granby Public Library.

# Road work starting August

GRANBY— Road resurfacing on East Street between New Ludlow Road and Ludlow Town Line will commence on the week of Aug. 26. Please seek alternate routes if possible.

Roadway detours and/or closures are anticipated.

Residents may experience short term inconvenience/delays due to construction operations.

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# How to Stay Safe in Extreme Heat Conditions This Summer

## Tips to Protect Adults, Children and Infants

SPRINGFIELD - Heat-related deaths have been increasing in the U.S., with approximately 1,602 occurring in 2021, 1,722 in 2022, and 2,302 in 2023, a record for U.S. health deaths.

While bright sunny days seem alluring, the heat can put many people's health at risk, especially if your area is experiencing a heat index at or about 90 F.

"Those at greatest risk for developing a heat-related illness are children under 5 and people 65 years of age and older, who have the least ability to regulate their body temperatures, as well as athletes and those who work outdoors for a living," said Dr. Seth Gemme, FACEP, chair, Department of Emergency Medicine, Baystate Health.

Overweight people and others with chronic illnesses such as heart disease or high blood pressure, as well as those on certain medications, are also at high risk.

According to Dr. Gemme, extreme heat affects the body's ability to safely regulate its temperature, often resulting in heat-related illnesses such as heat exhaustion, heat stroke, heat cramps, cardiovascular and respiratory complications, renal failure, electrolyte imbalance, kidney stones, as well as having a negative impact on fetal health and preterm birth.

Sweating is the body's natural defense to cooling itself. However, when humidity is high, sweat does not evaporate as quickly, preventing the body from releasing heat quickly and resulting in a rapid rise of body temperature.

### Warning signs in adults and children

Warning signs of an oncoming heat-related illness in adults or children could include excessive sweating, leg cramps, flushed skin, nausea and vomiting, dizziness, headache, confusion, rapid pulse and a body temperature of 103° F or higher. If these occur, get out of the heat and drink liquids. If you don't feel better soon, Dr. Gemme recommends calling your doctor or visit your local emergency room because heat stroke can cause death or permanent disability and cause damage to the brain and other vital organs.

"Infants and young children depend on adults to keep them safe and healthy during times of high heat, and every step must be taken to protect their young bodies on hot days," said Dr. Michael Cronin Cooper, chief, Division of Pediatric Emergency Medicine at Baystate Children's Hospital.

"Similar to adults, extremely high temperatures can cause children to become sick very quickly resulting in dehydration, heat exhaustion, heat cramps and heat stroke which is a medical emergency. You need to diligently watch for symptoms that your child may have a heat illness and bring them to a cooler environment. Call your pediatrician for mild symptoms or go to your local emergency room for more severe symptoms," he added.

The elderly also need to be closely watched.

"Since they are at greater risk from the ill-effects of the heat, make it a habit, to check on elderly relatives and neighbors several times a day to make sure they are safe and free from any signs of heat exhaustion or heat stroke," Dr. Gemme said.

### Tips for keeping cool

However, adults can stay cool and safe this summer by observing some important tips to prevent heat-related illnesses.

As with many illnesses, the best defense is prevention, consider the following tips to keep safe in the high



heat:

**Stay out of the heat** – Avoid direct sunlight and strenuous activity outdoors. If possible, remain indoors. If you do not have air conditioning, consider visiting a location that does, such as the mall or a movie theater or library. Call your local health department to see if there are any heat-relief shelters in your area.

**Dress for the weather** – Wear lightweight, light-colored, loose-fitting clothing and a broad-brimmed hat when outdoors. Stay away from polyester in favor of cotton and linens which are better at repelling the sun's heat. Also, consider wearing sunglasses and putting on a sunscreen with an SPF 15 or greater.

**Drink plenty of liquids** – Begin drinking before you go outside and, if exercising, drink one quart of liquid an hour to replace lost fluid. Avoid caffeinated beverages, sugary drinks and alcohol which can contribute to the loss of more body fluid. Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. Also, if taking water pills, on a fluid restrictive diet, on a low salt diet or have diabetes, high blood pressure or other chronic conditions, consult with your physician before increasing your liquid intake. Avoid very cold drinks which can cause stomach cramps.

**Take it slow and easy with athletic activity and working outdoors** – Postpone athletic activity during high heat and humidity. Limit outdoor activities to the morning and evening. Drinking sports beverages can replace lost salt and minerals when you sweat. However, those on low-salt diets should check with their doctor before drinking sports beverages. If you work outdoors, in addition to drinking plenty of liquids and dressing appropriately, pace yourself and take frequent short breaks in the shade and know when to stop activity - if exertion in the heat makes your heart pound and leaves you gasping for breath, stop all activity and make your way into a cool area or in the shade, especially if you become lightheaded, confused, weak or faint.

**Eat smaller meals** – Instead of the usual rule of eating three square meals a day, eat smaller meals more frequently on days when the sun turns up the heat. Also, avoid hot and heavy meals and high-protein foods which can increase metabolic heat.

**Take a cool shower or bath to cool down.**

Tips to beat the heat for infants and children are similar, but with differences, according to healthychildren.org of the American Academy of Pediatrics.

**Stay hydrated** - Encourage your children to drink water frequently and have it readily available—even before they ask for it. Take water bottles with you if you go out. On hot days, infants receiving breast milk in a bottle can be given additional breast milk in a bottle, but they

should not be given water, especially in the first 6 months of life. Infants receiving formula can be given additional formula in a bottle.

**Dress lightly** - Light-colored clothing can help kids stay cool and prevent heat stress from excessive heat absorption; darker colored clothing typically provides slightly better protection against sun damage to skin. Also try to choose loose fitting clothing—ideally that offers both adequate ventilation and protection against direct sun exposure. Clothing made with just one layer of absorbent material can help maximize the evaporation of sweat, which has a cooling effect (kids have lower sweat rates adults). Be sure to use plenty of sunscreen appropriate for infants and children.

**Plan for extra rest time** - Heat can often make children (and their parents) feel tired. High heat can not only cause people to feel tired, but it may also contribute to irritability. Go inside regularly to cool off, rest and drink water.

**Cool off with water** - When your child is feeling hot, give them a cool bath or water mist to cool down. Swimming is another great way to cool off while staying active. Remember that children should always be supervised while swimming or playing in water to prevent drowning.

### Kids in hot cars

Dr. Cooper reminds parents and caregivers that hot weather and vehicles can be a deadly combination for kids.

According to the National Safety Council, the number of child hot car deaths for 2023 was 29. So far, several deaths have been reported this year. On average, 37 children under the age of 15 die each year from heat-stroke after being left in a vehicle. Nearly every state has experienced at least one death since 1998. In both 2018 and 2019 a record number of 53 children died after being left in a hot vehicle.

Kids and Cars, a nonprofit focused on improving child safety around cars, suggests in a "Look Before You Lock" flier to place an item in the back seat that you will need to get before starting your day such as a laptop, handbag, phone, employee badge and more; keep vehicles locked at all times so young ones can't sneak in unknown to you; and teach kids to honk the horn if they become stuck inside a car. More tips are available at kidsandcars.org.

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



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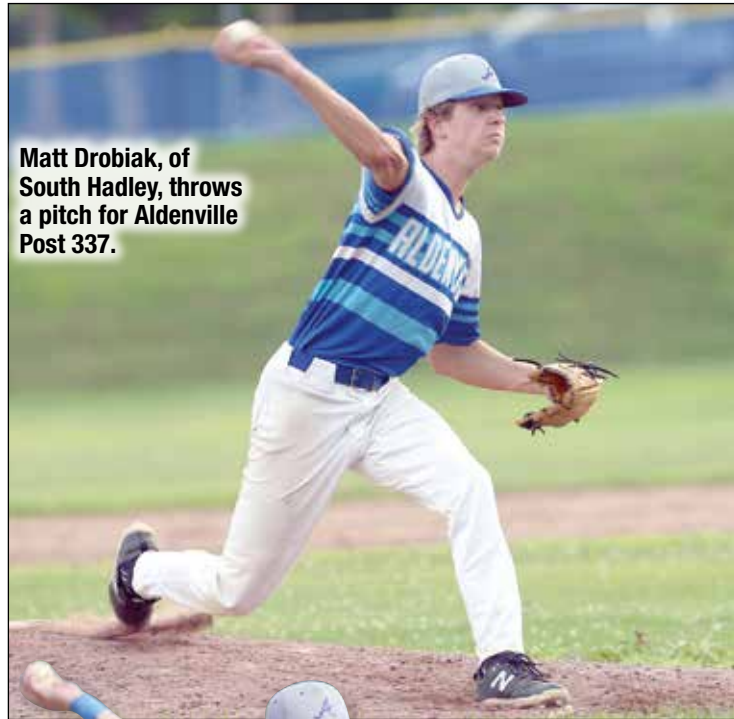
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Matt Drobiak, of South Hadley, throws a pitch for Aldenville Post 337.

## Post 239 cruises to another victory, perfect this summer

By Tim Peterson  
Sports Correspondent

BELCHERTOWN—Even with four players playing in the annual Bay State Summer Games and a couple of others on vacation, the Belchertown Post 239 Senior Legion baseball team didn't miss a beat against Aldenville Post 337.

The Post 239 squad improved to a perfect 12-0 following a 3-0 shutout victory over Post 337 on a windy night at the Belchertown High School baseball field, last

Wednesday.

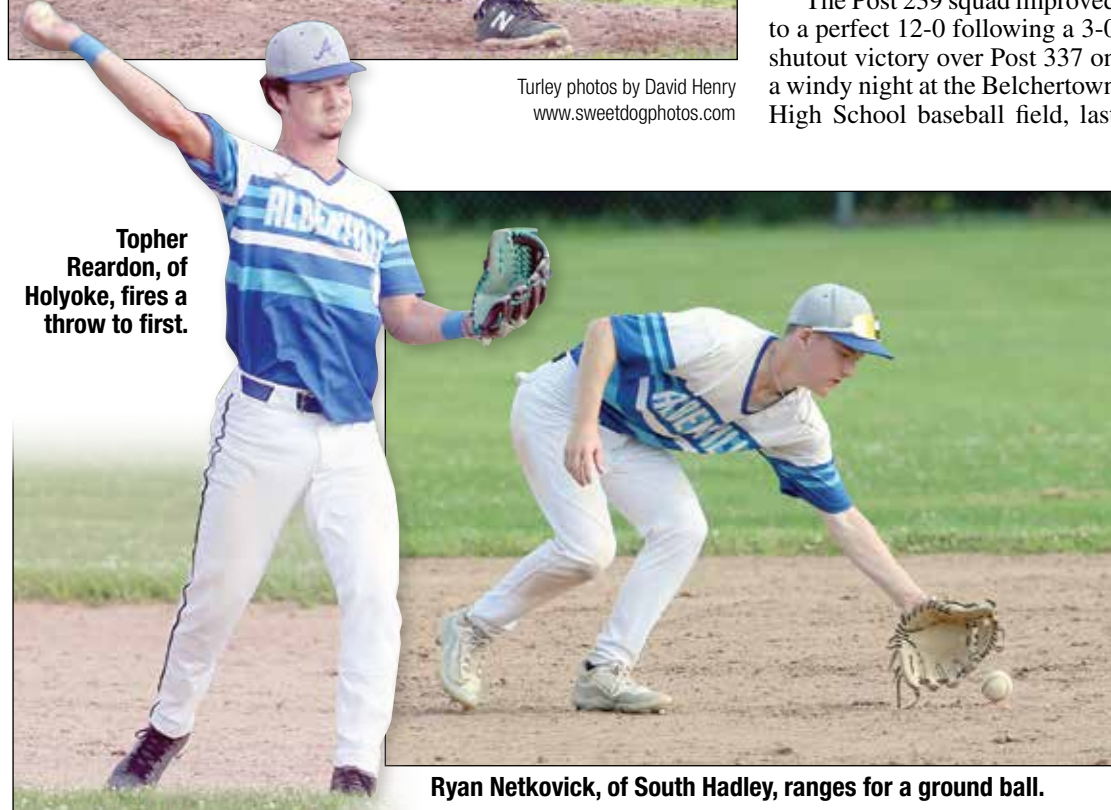
"We've been rotating guys in and out the whole season," said Belchertown Legion assistant coach Mark Zawistowski. "We want to keep them all fresh so that they're ready for the playoff run, and it also builds that team unity. When everyone is playing, everybody is involved, and everybody is engaged."

Belchertown manager Todd McDonald didn't coach

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Brady Burnett, of Chicopee, catches an out at first.



Topher Reardon, of Holyoke, fires a throw to first.

Ryan Netkovich, of South Hadley, ranges for a ground ball.



Nate Carillon, of South Hadley, takes a swing at the pitch.



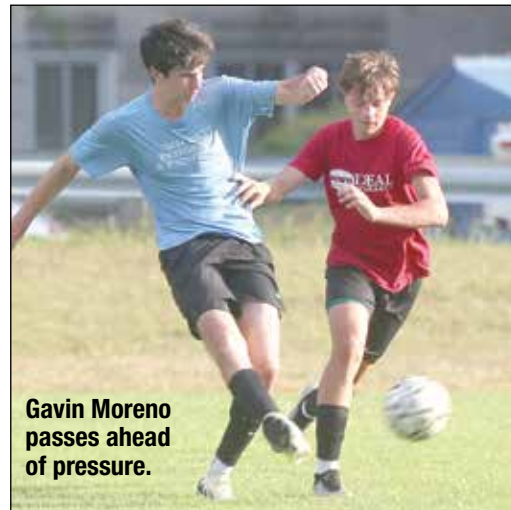
Turley photos by David Henry www.sweetdogphotos.com  
Logan Carmody tries to get by a defender.

## Granby edged by Ludlow

LUDLOW – Last Tuesday evening, Ludlow Ideal B boys summer soccer defeated Granby by a close 5-4. Despite the warm weather, there was a lot of action and a lot of scoring on both ends. The win brought Ludlow to 3-3-1 and they are currently in contention for a playoff spot in the B Division. Granby is 2-2-3 and hold the No. 8 spot.



Riley Goodhind sends a pass forward.



Gavin Moreno passes ahead of pressure.



Anthony Santiago lunges after the loose ball.



Cole Fuller looks upfield as he advances.

# Mutiny successful in league semifinals

By Tim Peterson  
Sports Correspondent

LUDLOW—Entering last Friday night’s United Women’s Soccer East Conference semifinal match, the New England Mutiny had outscored their previous five opponents, 35-3.

After a scoreless first 45 minutes of the contest, Steel City FC took a 1-0 lead by scoring an own goal in the 53rd minute. The Mutiny quickly tied the score by converting a penalty kick.

The score remained tied until the 68th minute. That’s when Emma Pedolzky, who lives in Westfield, became the hero for the home team. She scored a corner kick goal giving the Mutiny a 2-1 victory at historic Lusitano Stadium.

“Scoring the game winning goal is really exciting,” Pedolzky said. “I’m glad that we were able to win tonight’s game. We’re now looking forward to playing in the finals on Sunday.”

Emma Pedolzky, who began her collegiate soccer career at Bryant University transferred to UMass-Amherst last year. One of Emma’s teammates at UMass is her twin sister, Chandler, who also plays for the Mutiny. They’ll be seniors on this year’s squad.

“It has really fun playing on the same college soccer team with my sister,” Emma Pedolzky added. “I’m looking forward to playing with her for one more season.”

The semifinal victory improved the Mutiny’s overall record to a perfect 9-0-0. It was also their first playoff win in five years.

Steel City FC (5-1-3) also didn’t lose a match during the regular season.

“We didn’t know very much about Steel City, but they were organized and played well in the first half,” said Mutiny head coach Federico Molinari. “I thought we dominated in the second half after allowing a goal. It was very important for us to score the tying goal right away.”

The Mutiny were awarded a penalty kick in the 55th minute after Jess Mazo was fouled hard in the box. She was forced to leave the match with a right shoulder injury. Abbey Jones stepped up to the line and booted a low shot into the right corner of the net.

“I’ve been taking a lot of PK’s at practice,” Jones said. “It was the first time that I’ve taken a penalty shot during a game this season. I wasn’t very nervous be-



Hope Santaniello, of Agawam, fights to get the ball by the goalie.



Hannah Peric sends a pass forward.

Turley photos by David Henry www.sweetdogphotos.com

fore making the shot.”

Jones, who plays college soccer at UConn, also assisted on Emma Pedolzky’s game winning goal.

“Abbey is a very good techni-

cal soccer player,” Molinari said. “She understands the game very well.”

The Mutiny had an opportunity to take a 3-0 lead at the end of regulation, but a breakaway

shot attempt by Palmer’s Maddy Theriault was saved by Steel City goalie Payton O’Malley.

Highlights from the Mutiny’s appearance in the finals will be in next week’s edition.



Abbey Jones heads up the field.



Maddy Theriault, of Palmer eludes a defender.



Alexis Legowski, of South Hadley, moves up the field.

## POST 230 from page 10

in the home game versus Aldenville because he was in Malden watching his son, Ian, play for the West squad in the Bay State games.

The other three Belchertown Legion players who were also members of the West team, which was managed by long-time Ware varsity baseball coach Scott Slattery, are Thatcher Rudnik, Alex West, and Jake Waller.

Todd McDonald and the four players did get to Belchertown High School in time to watch the final couple innings of last Wednesday’s contest, which was an old fashion pitcher’s duel.

Belchertown lefthander Cody West hurled a complete game allowing no runs on seven base hits, which were all singles. He issued two walks and recorded five strikeouts while throwing a total of 107 pitches.

“Cody is one of the college kids we have back to pitch, and he’s just a great leader out there,” Zawistowski said. “When he’s

on the mound, he is in control. He’s in control of hitters, he’s in control of his emotions out there, and it just makes it a lot easier to play defense behind him.”

It was Belchertown’s second shutout of the Legion season, but their first one at home. They posted a 13-0 win at North Adams Post 125 on July 2. Ryan Gould tossed a no-hitter in that game.

Belchertown is trying to lock up the top seed in the single elimination Legion Senior Division playoffs, which is scheduled to begin on July 21.

Aldenville (8-5), who entered the road contest having won five of their previous six games, is also hoping to secure a high playoff seed during the final week of the regular season.

“I thought both teams were evenly matched,” said Aldenville manager Mason Scott, who has never celebrated a win against Belchertown during his coaching career. “We just made a couple of mistakes in one inning, which hurt us. We also

didn’t get the key base hit with runners on base. Belchertown is a good baseball team and we’re hoping to face them again in the playoffs.”

Aldenville righty Matt Drobiak also went the distance allowing three runs (one earned) on seven hits with two walks and four strikeouts.

“Matt pitched very well in tonight’s game,” Scott said. “I’m not happy with the result, but I thought it was an outstanding baseball game tonight.”

Leading the way offensively for the home team was right fielder Brady Perkins, who’s also a starting pitcher. He had two base hits and scored a pair of runs.

With one-out in the bottom of the second inning, Perkins lined a shot into the strong wind, which was blowing in from left field for a double and catcher Jacob Smith drew a walk. Drobiak retired the next batter on a pop-up, but he couldn’t record the third out of the inning before Belchertown took the lead.

First baseman Evan Fournier hit a groundball to the shortstop that was bobbled for an error loading the bases. Centerfielder Spencer Waite also reached first base on a throwing error which allowed two runs to cross the plate.

Aldenville only had a couple of scoring opportunities.

Drobiak led off the top of the fourth with an infield hit and he advanced to second base on a throwing error. After the next batter struck out, leftfielder Burke Belsky walked. West quickly ended that threat with back-to-back strikeouts.

Belchertown took a 3-0 lead in the bottom half of the frame when Perkins, who hit a leadoff

single, scored from first base on a double by Smith.

With one out in the sixth inning Drobiak, who went 3-for-3, hit a line-drive single to left center. He advanced to third base on another single to left field by Belsky with two outs. The next batter grounded out to third baseman Pat Fitzgibbons, who made a nice play to end the inning.

West walked a batter with two outs in the seventh inning before Perkins ended the game by catching a high flyball.

“This is probably the best baseball team that I’ve ever played for. It’s something very special,” Perkins said. “We just want to end the regular season with an undefeated record.”



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# Sports

## Hammann picks up win in late model event

STAFFORD SPRINGS, CT — Stafford Speedway's Limited Late Model division took center stage on Friday, July 12 with their lone extra distance feature event of the 2024 season, the Riley Generators 30. Rich Hammann was the big winner of the night, taking advantage of a late race restart to win the Riley 30. Hammann becomes the first repeat Limited Late Model feature winner after there were 9 different winners in the first 9 races. Other feature winners included Michael Christopher, Jr. in the SK Modified® feature, Adam Gray in the Late Model feature, Alexander Pearl in the SK Light feature, and Travis Hydar in the Street Stock feature.

In the 30-lap Riley Generators Limited Late Model feature event, Jeremy Lavoie brought the field to the green flag and he took the lead on the opening lap. Gary Patnode took second behind Lavoie with Connor Jencik, RJ Surdell, and Matt Clement making up the top-5. Surdell took third from Jencik on lap-5 while Adrien Paradis, III was on the move and he took fourth place on lap-6 to drop Jencik back to fifth as Lavoie continued

to hold the lead with Patnode giving chase from second place. Mike Hopkins backed into the turn 1 wall to bring the caution flag out with 9 laps complete.

Lavoie took the lead back under green with Patnode still holding second. Surdell was third in line with Kevin Cormier moving up to fourth. Rich Hammann took fifth on lap-13 to drop Paradis back to sixth. Surdell made a move on lap-19 to move into second and that move allowed Hammann to take third and drop Patnode back to fourth as Lavoie continued to lead. Ari Jencik spun in turn 1 to bring the caution flag back out with 22 laps complete.

Lavoie took the lead on the restart with Hammann moving into second. Surdell was third with Kevin Cormier up to fourth and Paradis in fifth. Hammann made a move in turn 3 to take the lead from Lavoie but Matt Winter, II spun in turn 2 to bring the caution flag out with 26 laps complete and negate that pass. Patnode was sent to the rear of the field by Stafford officials for making contact with Winter.

Hammann was able to stay even with Lavoie on the restart

and Hammann led lap-27 by a nose. Hammann cleared Lavoie on lap-28 while Surdell was third and Devon Jencik took fourth place from Paradis. Hammann took the checkered flag to pick up his second win of the season and become the first repeat Limited Late Model winner in 2024. Lavoie held off Surdell for second with Kyle Theriault and Devon Jencik rounding out the top-5.

In the 40-lap SK Modified® event, Wesley Prucker took the early lead at the drop of the green flag while Keith Rocco quickly moved up to second. Marcello Rufrano and Anthony Flannery were wheel to wheel for third with Andrew Mollere in fifth place. Rocco made a move to the inside of Prucker on lap-3 and he took the lead from Prucker on lap-4. Prucker came right back to the inside of Rocco on lap-5 and he retook the lead. RJ Marcotte and Curt Brainard spun on the frontstretch with Ethan Durocher getting collected to bring the caution flag out with 6 laps complete.

Prucker and Rocco went wheel to wheel on the restart with Rocco holding the lead by a

nose to complete lap-7. Prucker got clear into the lead on lap-8 with Rufrano taking second. Rufrano took the lead from Prucker on lap-10 with Flannery taking second. Michael Christopher, Jr. took third with Prucker falling from the lead back to fourth place with Rocco in fifth.

Michael Gervais, Jr. took fourth on lap-15 with Rocco taking fifth and Prucker falling back to sixth while Flannery took the lead from Rufrano on lap-16. Prucker's great night came to an end against the backstretch wall to bring the caution flag out with 16 laps complete.

Flannery took the lead back under green with Rufrano slotting into second behind him. Rufrano didn't stay behind Flannery for very long as he made a move going into turn 3 and came out of turn 4 with the lead. Christopher was now third behind Rufrano and Flannery with Rocco in fourth and Cory DiMatteo in fifth. Christopher started to apply heavy pressure to Flannery for second, but Flannery was able to keep Christopher behind him. Flannery then

Please see **RACING**, page 13

## T-Birds win community service award

SPRINGFIELD — The Springfield Thunderbirds received more recognition from the American Hockey League on Thursday night during the Awards Gala at the Board of Governors' Annual Meeting at Hilton Head Island, S.C.

The franchise was presented with the Eastern Conference Award of Excellence for Community Service following a record-setting year in the community. During the 2023-24 season, the Thunderbirds raised more than \$128,000 for local charities, while players and mascot Boomer combined to make over 300 visits in the area for various charitable causes.

"Being ingrained in the community has been among the top priorities for our franchise since the day we were established," said Thunderbirds President Nathan Costa. "We take immense pride in this award and are honored to be recognized by our peers, but ultimately, we want to continue to do right by the wonderful Springfield community in any way we can. As with everything else in our business, we want to raise the bar even higher."

A number of the Thunderbirds' marquee game nights in 2023-24 had distinct ties to the community, from the annual Pink in the Rink to benefit the Rays of Hope Foundation to the return of the annual Sensory-Friendly Sunday game in conjunction with the Center for Human Development (CHD). The organization is currently planning the 2023-24 promotional schedule, which will feature many returning events to benefit the local community around Springfield. A complete list of such promotions will be available later this summer.

## Quabbin League seeking to start fall league

The Quabbin Valley Over-28 Baseball League is looking to start an eight-game fall program for the over-28 population. The league, which plays a spring/summer regular season with six teams for 15 games followed by playoffs, is hoping to continue the fun into the fall with a short eight-game schedule for interested players.

Preliminary details are still being worked on, but the league is looking to have four teams with six "regular season" games followed by a semifinal in the seventh week, and a final/consolation game in the eighth week.

The league will be a bit more informal than the regular spring/summer league with the goal being for players to have fun playing more baseball, work on field and

Please see **QUABBIN**, page 13

## Blue Sox return home to get win

HOLYOKE — After not being home for seven days, the Valley Blue Sox played host to the Upper Valley Nighthawks. On a beautiful early Sunday afternoon, the players came out energized and bats hot, as the offensive later proved. The stage was set for a great game of summer baseball in Holyoke Massachusetts.

With Ethan Lyke starting on the mound for the Blue Sox, pitching was off to a good start. In six innings, Lyke gave up three runs, off five hits, with four additional strikeouts. While it was not the best day for the pitching crew, the offense picked up the slack.

Led by a monster Jonathon Hogart home run in the third inning, nine total runs over three innings. From the third to the fifth, it was an absolute clinic put on from the Blue Sox offense to take a strangle hold of this game as the lead bloomed to 9-1 at one point.

The Blue Sox biggest issue in today's game seemed to be fielding. With two errors notched in the stat sheet, the Blue Sox also gave up ten total runs in this game, as well four runs over the last four innings. This may seem like a simple stat, but with under a



month left in the season, every game is crucial and an opportunity to touch up these smaller issues that can show up against tougher competition. At the end of the day, it was another great showing from the home team. With this win, Valley broke even once again with a 0.500 record at 15-15.

### Martha's Vineyard 10, Blue Sox 3

The Blue Sox were plagued once again by one bad inning against the Martha's Vineyard Sharks.

Last Friday night's game featured a similar outcome to

Wednesday afternoon's game: One bad inning. Valley gave up five runs in the first inning en route to a 10-3 loss.

Blue Sox starter Gregory Shaw had a rough bottom of the first inning. He started off by giving up three straight singles. The inning was highlighted by a Reese Robinett grand slam to put the Sharks ahead 5-0.

Valley added two in the top of the third to make it a 5-2 game. But Vineyard responded with three in the bottom of the fourth to make it 8-2.

Robinett hit another home run, his seventh of the season, in the bottom of the fifth to make it 9-2. Derek Williams hit an RBI single in the top of the sixth to make it 9-3.

Tryston McCladdie hit a solo home run in the bottom of the eighth to make it 10-3. Out of the 10 runs Valley allowed, only seven of them were earned.

Vineyard starter Harry Deliyannis went 3 innings and allowed just two runs on four hits. He walked one and struck out four.

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# Fiber Arts for a cause

AMHERST— Knitters and those who crochet are invited to join us for a nine-week series of meetings in July and August as participants knit (or crochet) for a cause. Join us in the Amherst Room on Monday mornings from July 1 through Aug. 26 from 10 a.m. through noon for the return of this popular knitting program.

In these sessions, we will be coming together to knit/crochet hats for babies and children who are in need. These items will be distributed through a variety of organizations. Come to as many sessions as you like. Patterns and yarn will be available, or use your own yarn (machine wash and dry only). Please bring your own needles/hooks. Hats in sizes preemie through adult are welcomed. The group will be facilitated by Pam Ledoux.

Finished hats can be brought to the sessions each week, or dropped off at the reference desk at other times through Aug. 26.

Free and open to the public. For more information, please contact Janet Ryan at 413-259-3223.

# Field Hockey coaches needed

AGAWAM – The Agawam Parks and Recreation Department is looking for youth field hockey coaches for bantams (grade 3 and 4) and juniors (grade 5 and 6). Youth field hockey runs mid-August through early October. Anyone interested in coaching or assisting should contact the Parks & Recreation Department at 821-0513.

## AWARDS from page 7

lowing trade school graduates: Jeffrey LeProvost from Lee High School; Aidan Lind from Taconic High School; Zander Melo from Smith Vocational & Agricultural High School; Zachary Kenyon from Pathfinder Regional Vocational Technical High School; Jesus Cintron Roman from Putnam High School; Aidan Layng from Westfield Technical Academy; Nathan Fox from Lower Pioneer Valley Career Tech; Hannah Boisvert from McCann Technical High School; and Joseph Sanchez from Pittsfield High School.

Guidance counselors from vocational and trade schools in the Hampden, Hampshire, Franklin, and Berkshire County areas nominate their top senior candidates for this prestigious annual award. The association collaborates with each student to purchase tools tailored to their chosen career path in their respective trades.

To date, the Home Builders Foundation has awarded over \$443,250 in scholarships and awards to deserving students since its inception in 1990. We extend our heartfelt congratulations to all these outstanding students and wish them the very best in their future careers.

For more information, please contact Heather Leclerc at the Home Builders Association of Western Massachusetts at 413-733-3126.

## RACING from page 12

started looking high and low for a way to get around Rufrano for the lead but wasn't able to make a pass. Flannery lost second to Christopher on lap-27 and Christopher immediately began to hound Rufrano for the race lead. Christopher made a bottom shot move going into turn 1 and he took the lead from Rufrano on lap-30.

With 5 laps to go it was still Christopher in the lead with Rufrano, Flannery, Rocco, and Gervais lined up behind him. Christopher led Rufrano and Flannery to the checkered flag to pick up his second win of the season. Rocco finished fourth and Gervais rounded out the top-5.

In the 30-lap Late Model feature event, Alexandra Fearn streaked into the lead at the start of the race with P.J. Zarrella in second. Tom Fearn was third in the early going followed by Tom Butler in fourth and Andrew Durand in fifth place. Darrell Keane spun in turn 4 to bring

the caution flag out with 5 laps complete.

Alexandra Fearn took the lead on the restart with Tom Fearn moving up to second. There was a scuffle midpack that saw cars scrambling but there was no contact or spins and everyone continued on under green. Durand moved up to third with Adam Gray up to fourth and Chris Buffone was now up to fifth on lap-8 with the two Fearn's leading the field.

Gray took third place on lap-11 with Durand falling back to fourth. Paul Varricchio, Jr. was up to fifth while Buffone fell back to sixth, just in front of Kevin Gambacorta, who was on a charge through the field after starting 12th. Varricchio took fourth on lap-13 with Durand and Gambacorta following him through to move into fourth and fifth and drop Buffone back to sixth.

Tom Fearn caught Alexandra Fearn on lap-15 and began to look for a way to move into the lead. Tom made his move on lap-17 to the inside of Alex-

andra in turn 4 and he took over the race lead. While the Fearn's were contesting the lead, Gray ran the two leaders down and on lap-19 it was now a 3-car fight for the lead with Varricchio just behind the lead trio in fourth. Gray worked his way around Alexandra on lap-20 to move into second with Varricchio now applying heavy pressure to Alexandra for third while Gray was all over the back bumper of Tom Fearn looking to take the lead.

Gray got to the inside of Tom Fearn on lap-25 and he took the lead on lap-26. Varricchio was now side by side with Alexandra Fearn for third with Varricchio taking the position on lap-27. Gambacorta was now in fifth with Durand back to sixth. Gambacorta took fourth on lap-29 to drop Alexandra Fearn back to fifth but it was Adam Gray taking down the feature win, his first of the season. Tom Fearn finished second with Varricchio, Gambacorta, and Alexandra Fearn rounding out the top-5.

## QUABBIN from page 12

batting skills through more innings in the field and extra at-bats, or potentially working on or trying out pitching.

As has been traditional in other fall leagues, the Quabbin League will likely be wood-bat only for the fall.

There is an interest form and survey interested players can fill out at [www.quabbin-valleybaseball.org](http://www.quabbin-valleybaseball.org). The league is open to all current Quabbin league players as well as players from other leagues who are

age 28 and over during the calendar year of 2024.

The league will look to keep the cost very low for the league with preliminary indications having the league in the \$40-50 range to play eight games.

Games will likely be held in the West Springfield, Agawam, Southwick area and are likely to be held on Sunday mornings, though a few games may be held at alternate times. Games are scheduled to begin in September after Labor Day.

# Obituary

## Rachel Eden (Allen) Tierney

SOUTH HADLEY — Rachel Eden (Allen) Tierney passed away peacefully at her home in Loomis Village, South Hadley, MA on Saturday, July 13, 2024 at the age 82. Her villa was her safe haven and absolute joy during her final years.



Rachel was born on Sept. 25, 1941 in Fall River, MA to Peg and Elmer Allen. She graduated from the University of Massachusetts with degrees in Nursing, B.S., Psychiatric and Mental Health Nursing, M.S., and finally a PhD in Public Health Policy and Management. All of which she used extensively over the course of her professional life.

Dr. Tierney enjoyed an important and illustrious career spanning over 40 years and continuing on in a volunteer capacity following her retirement. Her greatest employment pride was that of Professor of Nursing given her impact on her future nursing students. To this day former students regale the lasting impression she had on them as students, and currently as practitioners in the field.

Dr. Tierney was a leader, initiator, and innovator in her field of nursing including implementing new roles and programs, moving the nursing profession forward, and the first to advance nurse practitioners on the board of registration of nursing. She found great joy in these endeavors, reaping significant end results for the nursing profession overall!

She was the recipient of several prestigious awards including the Living Legends in Massachusetts Nursing Award, the Outstanding Alumni Nursing Education Award, and the Elvira Whiting Ball Award for Improving the Lives of Older Adults. Rachel is a legend indeed!

Rachel also had a full life outside of her professional obligations actively serving on several community groups including the Alzheimer's Association, Pioneer Valley Chapter, the West Springfield, MA School Committee, and the Pioneer Valley Area Health Education Center Advisory Board.

She was a longtime member of P.E.O. International, a sisterhood of women who are purposeful and passionate about cele-

brating, supporting, and motivating women. Their mission is to help women around the world advance through education. This membership was of very great pride and importance to Rachel.

In Rachel's free time she loved to travel and did so extensively throughout her entire life with friends and family members. She was also an attendee at numerous family celebrations with her large and extended family. She never missed a good time!

Rachel was predeceased by her beloved parents, brother Mark, first husband Howie Chandler, and second husband James Tierney. She tirelessly walked the Alzheimer journey with her beloved husband James for many years, finding joy together during some very difficult and heartbreaking days. They were the epitome of a team conquering and managing the day to day care, changes, demands, and needs. Talk about a legend! She was Jim's...

Survivors include Rachel's brother Steve, sister-in-law, Cheryl, nieces and nephews, James' six children and their spouses, 13 grandchildren, and 5 great grandchildren with two on the way. All of whom Rachel cherished and spoke highly of during each and every encounter she had with friends.

Rachel is also survived by many devoted personal, work, church, and travel friends who truly were her sisters in life.

Her nursing students meant the world to her, and she to them, many remaining in her life for years.

So, give a wave to the red VW Bugs that you may see along your travels thinking of the remarkable woman in the driver's seat. Truly a life well lived.

A funeral will be held at the First Church of Ludlow, Ludlow, MA this Friday, July 19, 2024 at 10 a.m. with a reception following at the Boathouse. There will be no calling hours. In lieu of flowers please consider sending donations to the First Church of Ludlow or the Alzheimer's Association at <http://act.alz.org>. Please visit [www.beersandstory.com](http://www.beersandstory.com) for more information.

### DEATH NOTICE

**Rachel Eden (Allen) Tierney**  
Died July 13, 2024  
Services July 19, 2024  
Beers & Story Funeral Home

## Town Reminder OBITUARY POLICY

Turley Publications offers two types of obituaries.

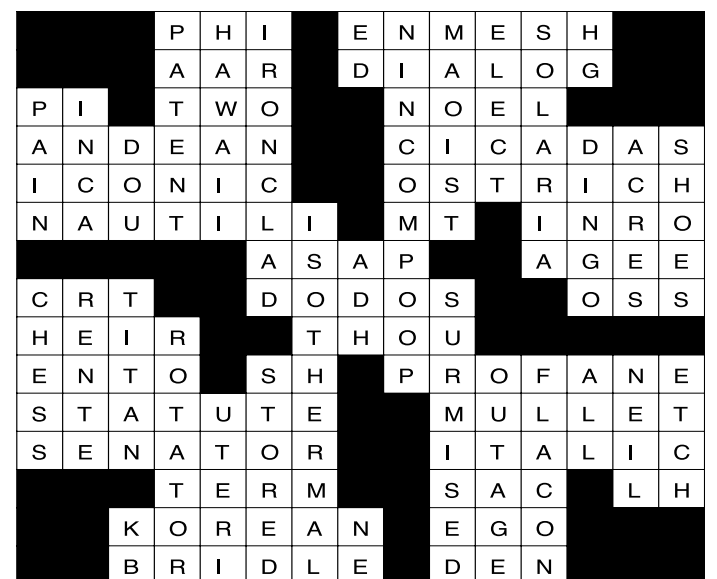
One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

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.

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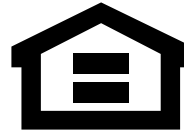
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Turley Publications will print your Autumn event **FREE OF CHARGE** in our **Autumn Fest Supplement** which will be published **September 11, 2024.**

Total circulation of 85,000 reaching over 200,000 readers in the Pioneer Valley.

**Deadline for Calendar submissions is August 12.**

## Community Autumn Events

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Date/Time \_\_\_\_\_

Location \_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

Cost \_\_\_\_\_

Contact name & phone number for more information \_\_\_\_\_

\_\_\_\_\_

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