

# TOWN Reminder

FREE  
July 26, 2024  
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## Buttery Brook hosts **BIG RIGS**



Arlo McCormick getting ready to ring the bell with his junior firefighter hat.



Bobbi, Alex, and Aaron Brouillette on the Fiberspring truck.

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

SOUTH HADLEY – Big Rig Day has been a staple event to the community since it was started by the Plains School and SHELd before moving to Buttery Brook Park in 2009.

“The South Hadley Recreation Department joined the group to help host the event which is now sponsored by SHELd, Fiberspring, All Star Dairy, the Friends of Buttery Brook Park,” Kim Prough with Fundraising Chair for the Friends said.

The event featured fire trucks from Districts 1 and 2, Water Department 1, the Police Department, DPW, 911

Please see **BIG RIGS**, page 8

Turley photos by Emily-Rose Pappas

## Conservation commission allows removal of dead trees

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

SOUTH HADLEY – The conservation commission got together last week to discuss and address several important topics, including tree removals, licenses, and trail monitoring.

The July 17 meeting was held by Chair Neva Tolopko, and she was joined by Vice Chair April Doroski, and members Tom Dennis, William DeLuca, Kathleen Davis, and Terry Rosenfeld.

Also in attendance were Colleen Canning and Rebekah Cornell.

### 2024 farm license agreements

Cornell brought to the board the continuation of a discussion from the previous meeting on July 10 regarding the milkweed growing.

“Rangeview Meadow is only going to be mowed once a year after Aug. 15 to support grassland habitat in the field on Mul-

ligan Drive,” Cornell explained.

The board discussed the best way to use the land, which has historically always been used as farmland, in order for farmers to harvest hay for their crops, and then allow the grasses to regrow.

“If this is meant to be conservation land, then I think it’s well within our rights to come up with

a compromise that works for both of us,” DeLuca said. “Not something that just works for the farmer, not something that just works for us.”

They also discussed the ways in which the time they mow and how much they do in the later

Please see **COMMISSION**, page 6

## Reading program offers fun for adults

By Tina Lesniak  
Correspondent

SOUTH HADLEY - Although summer reading programs generally focus on children and youth, the South Hadley Public Library offers a similar program for adults, complete with games, prizes and themed events.

“The Adult South Hadley Summer program has been happening for 16 years because why should the kids have all the fun?” explained Desiree Smelcer, the adult services librarian at South Hadley Public Library. “Everyone ages 18 through 105 can participate in the iRead adult program. This program was created by librarians and the Illinois Library Association. However, all events and programs are developed and promoted by the South Hadley Public Library staff.”

The theme for 2024 is Read, Renew, Repeat, a program focused on protecting species from extinction, maintaining and restoring habitats, enhancing ecosystem services and protecting biological diversity. People can read any sort of books they choose, but the programming and events focus on this theme.

Interested adults can sign up at the library with their name and phone number or email. Each participant receives library scratch tickets that offer prizes such as shirts, tote bags or a free bag of books from the library’s sale corner. Anyone who doesn’t win on the scratch tickets can enter a drawing for a gift card. The library also has bingo cards for participants to take home. A completed bingo line earns a leather or wooden bookmark.

“The summer program helps adults to feel connected to their

community and their children, and helps them grow and learn,” explained Smelcer. “The best way to raise a reader is for your child to emulate your habits. This includes reading, listening or watching whatever it is you are interested in. The summer program allows the adults to reconnect with the summer programs of their youth, but also reminds adults that it is never too late to enjoy yourself and have fun.”

Smelcer added that the library and its programs also offer adults a space to come and interact with other people, or just relax, without the expectation of spending money and come out “more knowledgeable and entertained.”

“So far, we have had over 500 adults sign up this summer.

Please see **READING**, page 7



Stock photo

During the summertime reading outdoors is a great way to enjoy fresh air and enjoy your environment.

# wildlife ON WHEELS

By Emily-Rose Pappas  
Staff Writer  
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SOUTH HADLEY – The library got to host five special guests over the weekend, and Sara Hogendoorn brought them to come and meet the kids in attendance.

With her was August the Pekin Duck, Ivy the Leopard Gecko, Meatball the Lionhead Rabbit, Colby the Ball Python, and Ellis the Siamese cat and professional mouser.

Sara taught the kids gathered about the different kinds of animals and what they eat, as well as where they live, and which animals can be kept as pets, which are wild animals, and which are both.

She walked around to let every child pet the animals, reminding them to only touch their backs, and even gave them the option to pet Colby’s smooth belly.

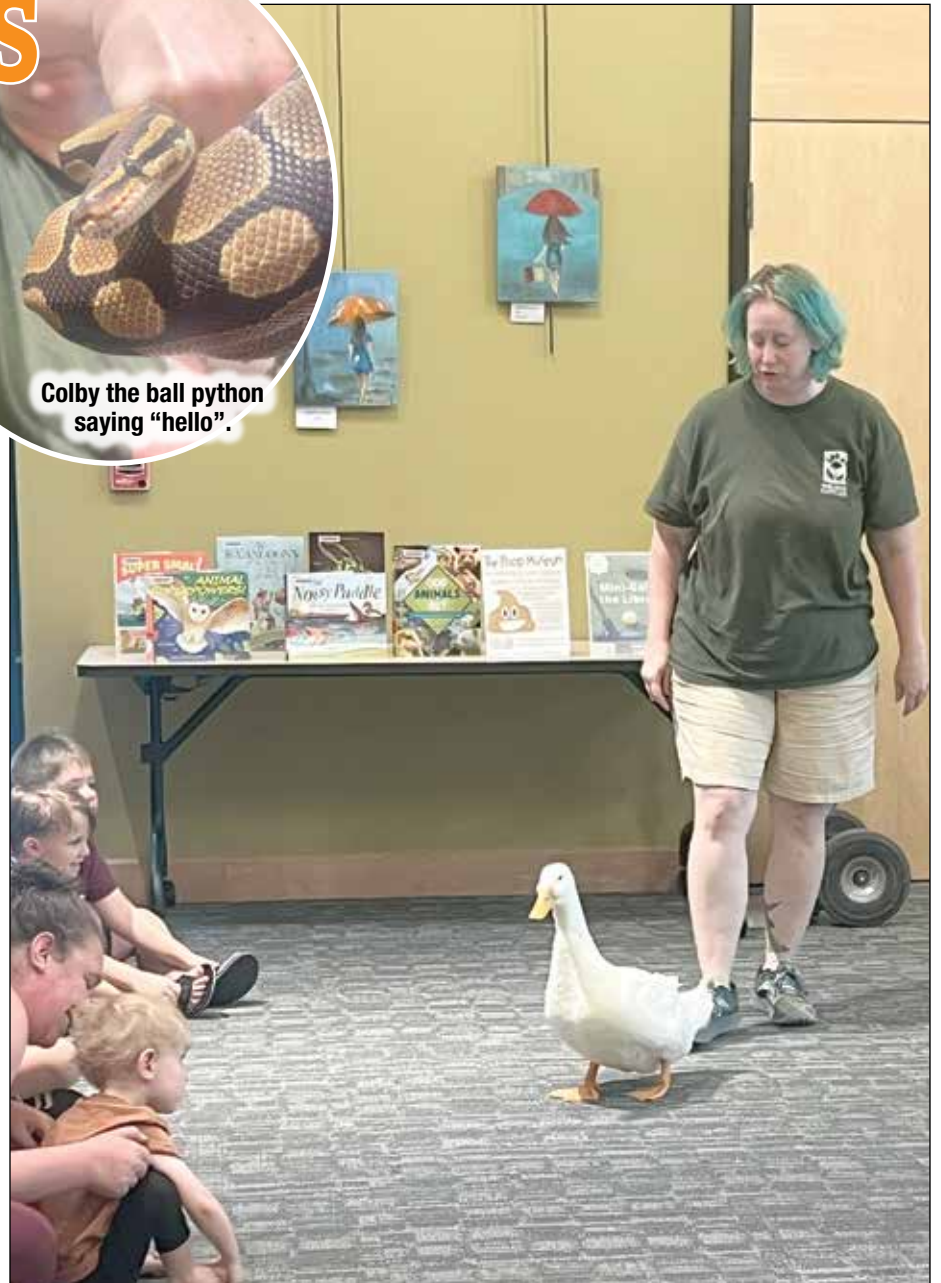
These animals, who have been trained to be special animal ambassadors, came from their homes at the Forest Park Zoo in Springfield.

Hogendoorn has been working with the zoo and these animals to train them to become good ambassadors and has ten years of education experience and animal volunteer work.

Please see **WILDLIFE**, page 6



Colby the ball python saying “hello”.



Turley photos by Emily-Rose Pappas



Meatball the lionhead rabbit is truly a meatball- so fluffy.



Ellis the Siamese cat, standing proudly in her role as zoo mouser.

Sara and August the duck, making his way to go and say hi to the kids.

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# Candidate for senate visits area to discuss political issues

By **Marcelo Gusmão**  
Staff Writer  
mgusmao@turley.com

REGION – Last week, Republican candidate for state senator John Deaton visited SummerFest to talk with the public about his campaign.

Deaton said that he decided to run because of some of the issues the state and the country are facing today, for which he said the commonwealth is “ground zero.” He cited inflation, particularly in the housing market, as well as the debt crisis and immigration as some of these key issues.

“The big one is illegal immigration,” Deaton said. “We have a debt crisis in the country; 40% of the people don’t have \$500 in case of emergency, right? On top of that, the government is \$34 trillion in debt, credit card debt is at \$1.2 trillion, student loans are at \$1.6 trillion, so we have a debt crisis on top of that.”

Deaton comes from a history of poverty, growing up with a single mother living off welfare and food stamps in what he describes as “one of the worst neighborhoods in America.”

“I represent the American dream, and I’ve been watching it die,” Deaton said. “After seven years in the Marine Corps., I’ve been representing, for two decades, across the commonwealth, working families that get asbestos exposure and get mesothelioma, or lung cancer.

“My clients are the working class,” Deaton continued. “You’re talking about electricians, laborers, sheet-rockers, auto mechanics, plumbers, pipe-fitters, ship-



John Deaton (center) pictured with his campaign aides Sam O'Connor and Claire Hardwick.

Photo by Marcelo Gusmão

yard workers, navy service members. For two decades, I’ve been working, sitting at their tables, talking to them, and they’re not well-represented in the Senate.”

Deaton said that when he looks at his opponent, he doesn’t see someone who’s overcome poverty or has struggled to pay their bills.

“I feel compelled to get in the race to give those people a true voice,” Deaton said.

Deaton described Massachusetts as the most expensive state to live in for working families in the country, “beating out Hawaii and California.”

“When you look at inflation, groceries, housing costs, Massachusetts is the third highest for housing,” Deaton said. “The median home price is \$610,000, that’s \$200,000 above the national average.”

Deaton also noted that in the greater Boston area, groceries are 25% higher than anywhere else in the country.

“Then you look overseas and we have foreign wars everywhere,” Deaton said. “It seems like the world is slipping in chaos.”

However, Deaton identified the greatest crisis as a crisis of leadership in Washington, D.C., for which he credited “ca-

reer politicians like Elizabeth Warren.”  
“There’s Republicans, too,” Deaton said. “They want to fuel the division that exists in the country so that they can stay empowered.”

Deaton estimated that Warren’s immigration plan would cost between \$1-2 billion, based on an estimate of \$78,000 in spending per migrant each year.

“The emergency fund that the governor was using has run out of money,” Deaton said. “When you look at the estimates that are coming from Beacon Hill, it’s projected to be between \$1-2 billion that it’s going to cost taxpayers to house and feed these migrants that are coming here.”

Deaton said that Warren voted against an immigration reform bill which he said would have “stopped the bleeding.”

“She doesn’t think there’s a problem,” Deaton said. “The reason she doesn’t think there’s a migrant problem is because she’s not here, she’s in Washington, D.C. trying to get her face on TV.”

On the subject of foreign policy, Deaton also criticized Warren for comments that he felt equated Israel with Hamas.

“Hamas is, by their charter, a terrorist organization whose goal in existing is (...) the complete destruction and annihilation of Israel,” Deaton said. “She has basically equated Israel with Hamas, and so I think she’s turned her back on the Jewish community.”

Deaton will be on the ballot for the state senate election on Nov. 5.

## Dual stream recycling still in effect

SOUTH HADLEY — This is a reminder to South Hadley residents that dual stream recycling is still in effect until June 30, 2025.

Recycling materials need to be separated into 2 bins: paper and cardboard in one bin, and bottle/cans/glass into another bin. Republic Services has reported that combined recyclable violations have increased since July 1.

The single stream recyclable collections will coincide with the new trash carts starting July 1, 2025. For any questions, please contact the DPW at 413-538-5030.

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## Swift River Sportsman’s Club hosting a Chicken BBQ

BELCHERTOWN— The Swift River Sportsman’s Club, 350 Cold Spring Road, is hosting a Chicken BBQ on Saturday, Aug. 24, from noon to 6 p.m. Entertainment will be provided by The Time Trippers from 1 to 5 p.m. Tickets are just \$20 each which includes a meal

consisting of 1/2 chicken, baked potato, corn on the cob and a roll. A cash bar will also be available.

For more information, including tickets, please contact Mike at 413-205-6778 or Ed at 508-981-7249.

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You can help determine how funds are spent in your city/town to address the opioid overdose crisis

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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

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## Should I retire at 65 or 67? And what about earnings and taxes?

### Dear Rusty:

I'm just trying to figure out how to determine whether to retire at 65 or 67 and, if I retire, approximately how much could I make outside of my Social Security without being overly taxed.

Signed: Thinking About Retiring

### Dear Thinking:

Deciding when to retire is serious business, because it affects your future and what your retirement income will be going forward. Thus, it's good you are taking the time to fully understand your options and we're happy to assist you with that. Here are some things which should help you decide whether to retire at 65 or 67.

Social Security benefits are subject to income tax by the IRS if your combined income from all sources, which includes your Adjusted Gross Income on your tax return, plus half of the SS benefits you received during the tax year, exceeds certain thresholds for your income tax filing status. If you file your income tax as "married/jointly" and your combined income from all sources is more than \$32,000, then 50% of your received SS benefits are subject to income tax at your normal IRS tax rate. But if your combined income as a married couple is more than \$44,000, then 85% of the SS benefits you received during the tax year becomes part of your taxable income. FYI, the taxation thresholds are lower for those, who file taxes as an individual, \$25,000 and \$34,000 respectively.

Born in 1960 or later, your Full Retirement Age for Social Security's purposes is 67. If you claim SS benefits before your FRA, not only will your monthly amount be permanently reduced, but you'll also be subject to Social Security's "earnings test," which limits how much you can earn before they take away some of your benefits. The earnings limit changes annually, but for 2024 it is \$22,320, future year's limits will be a bit higher each year.

If your work earnings exceed the annual limit, Social Security will take away \$1 in benefits for every \$2 you are over the limit. They take away by withholding future benefits for as many months as necessary for them to recover what you owe for exceeding the annual limit. FYI, the limit goes up during the year you attain FRA, and the earnings test no longer applies after you reach your full retirement age.

If you claim SS before your FRA, your monthly amount will be permanently reduced. If you claim at age 65, you will get about 87% of the amount you would get by waiting until age 67 to claim. If you claim at age 66, your monthly amount would be about 93% of your FRA entitlement and, by claiming at 67 you'll get 100% of the benefit you've earned from a lifetime of working.

The reductions for early claiming are permanent reductions except for the Annual Cost of Living Adjustments. Note that you can also delay longer than your FRA to get an even larger benefit amount; you can delay up to age 70 when your maximum benefit is reached. Just remember, the earnings test, as described above, will apply if you claim SS before your FRA and you are still working.

If your plan is to continue to work full time, be aware that if you claim early SS and significantly exceed the annual earnings limit, you may even be temporarily ineligible to collect SS benefits. If your work income is high enough that the penalty for exceeding the earnings limit is more than SS can recover through withheld benefits in one year, they will tell you that you're unable to collect benefits at this time, until you either earn less or reach your FRA. So, deciding whether to claim Social Security at 65 or 67 is your personal choice and, hopefully, the above provides the information you need to make an informed decision.

*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.*

## Opinion



## July questions for the Garden Lady

Michelle, who is enjoying the gardens in her new home in Worthington, sent the Garden Lady a picture of a spiky leafed plant that produces strong stems of creamy-white bell shaped flowers.

She asked for the plant to be identified and also wanted some tips on caring for the unidentified species.

The plant that Michelle discovered growing in her new landscape is Yucca (Yucca filamentosa), also known by the common names Adam's Needle or Ghost Lily. The plant produces basal foliage that is stiff, long and sharp to the touch due to needle-like tips.

Arising from the center of the plant are stems that carry the flowers. They can range up to eight feet tall.

It's my theory that the tall flower-covered stems must give it a ghostly appearance by the light of the moon, hence where it gets its other common name. Thread-like filaments line the leaves, giving it the species name "filamentosa."

These threads provide added interest in the landscape.

As long as it isn't planted in dense shade or moist soil, the Yucca can grow in just about any difficult spot that you can imagine. Animals won't touch it. Salt spray won't affect it.

Your soil, as long as it's of neutral pH can even be of poor quality. Your choice spot can also be droughty and hot.

It requires very little in the maintenance department other than cutting away brown leaves and flower stalks that have gone by. More severe pruning is only needed if the plant is growing out of bounds.

Sometimes Yuccas produce a branch – this can be pruned away so that the basal foliage remains the center of attention.

It was interesting to learn that the Yucca moth pollinates the plant at night. I read that they have a relationship whereby the moths only let an appropriate number of seeds become viable.

Nature is so amazing, isn't it?

Fruits that form are toxic to cats, dogs and horses but apparently not to humans, although don't take my word for it!

Enjoy your Yucca plant and all of the discoveries a new landscape affords.



Adams Needle

Here is another question for the Garden Lady – this time involving the strawberry. Melissa is curious why the leaves of her strawberry plants have red blotches on them and if it is something she needs to worry about.

She noted that she just installed new plants in an area where old strawberry plants were recently removed.

This problem is a common one, especially with the weather we've been experiencing. I tackled it once before and the advice still holds true! Read on.

What you describe sounds like leaf spot fungus to me. All of the recent rain apparently awakened some spores from your previous strawberry growing experiences, and the awful humidity set it on its course.

I assessed my own patch and sure enough I too am afflicted! Had I put more thought into my garden I would have ordered resistant varieties, but alas, I was more concerned with size, flavor and freezing ability when I made my selection – it sounds like you were too!

Rest assured that most of the experts usually consider this a cosmetic problem.

To try and get the upper hand on leaf spot, remove affected leaves and put them in the trash. Provide plenty of air flow by thinning away extra runners as recommended and avoid overhead watering.

Not that we can help what Mother Nature dishes out, since it has been coming from "on high" by the bucket of late!

Next year after harvest, renovate your strawberry patch with the lawn mower on an elevated setting. Rake up and get rid of the chopped leaves, thin out the patch and watch as it grows back happy and healthy.

*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](mailto: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](mailto:townreminder@turley.com). Mailed letters can be sent to Town Reminder, 24 Water Street, Palmer, MA 01069.

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Male scarlet tanager

Early this week I saw two scarlet tanagers on the ground in my daughter's driveway.

As I drove in, they flew up. The red of the male was clearly visible. I think the second bird was either a juvenile or a female. It has been years since I have seen a scarlet tanager. The previous sighting was one along the side of the road near my house.

The scarlet tanager is about seven inches long. The male is scarlet red as the name implies with black wings and tails. The female is yellowish below and greenish feathers above with grayish brown wings. The juvenile male has patches of red and yellow with dark brown wings and tail. The juvenile female is like the adult female.

They feed on the ground where I spotted these two and in foliage. They eat insects and wild berries. The female lays two to five pale blue green eggs with brown dots in a nest of twigs, grasses and rootlets placed in a tree from five to 75 feet above the ground.

Scarlet tanagers inhabit mature, deciduous forests. Tanagers are often heard rather than seen despite the males bright red when in the forest canopy. They make a two part whistle "zureet zeeyeer zeeero." Their call is a metallic "chip."

**Other birds**

This past weekend while traveling on Route 122 in Barre, I saw three great blue heron fly over. I often see a lone wild turkey on New Braintree Road in Oakham.

**Whippoorwills**

I received two more comments about whippoorwills since the last column. A Pelham resident sent an email. He said, "I live in Pelham and hear an eastern whippoorwill most nights around 8:30. It's a beautiful call." A Brimfield resident, who regularly sends emails about birds in his area, also had a comment about the whippoorwill. He said, "I saw you most recent column where you wrote about a woman reporting whippoorwills. We built our house in Brimfield in 1981 and during the summer of 1984 we heard whippoorwills calling behind the house all summer. Unfortunately they have never returned."

**Brimfield birds**

In the most recent email from the Brimfield resident, he said, "In the yard I have started to see young birds recently out of their nests. Three juvenile Baltimore orioles were following an adult male around the yard, also juvenile cardinal (dark bill), male hairy woodpecker (red on top of it head), blue jays (young begging with quivering wings) and towhee have been seen recently. House wren and great crested flycatcher used nesting boxes in the yard and the young have fledged."

**Birds near water**

The Brimfield resident frequently checks local ponds. He reported the common grackle nesting in a tree cavity, king-bird, chickadee and tree swallow with nests he watched at a pond in Warren all fledged their young.

He also keeps track of four great blue heron nests and said the first nesting herons to start incubating fledged their young a week ago. The other three nests still have young herons in them. He also watches an osprey nest, which has three chicks. He said, "About a week ago on a very hot and sunny day I saw that the adult on the nest was spreading its wings to provide shade for the chicks. I watched the nest for over an hour and the adult kept its wings spread the entire time trying to provide shade for the young birds." He said the young stay around the pond for awhile after fledging, sometimes until late August.

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

# Scammers pretend to be government agencies

The Better Business Bureau Scam Tracker continues to receive reports of scammers impersonating government or law enforcement agencies, tricking consumers into giving up personal information and money with threatening messages.



**Missed jury duty scam**

In this long-running scam, someone contacts you via phone call or text, claiming to be from your local law enforcement or judicial agency, and tells you you've missed a jury duty summons and could be arrested.

The scammer may even send a fake jury summons to your email to convince you. They say you can avoid arrest by paying a very hefty fine, sometimes up to thousands of dollars. Of course, the fine and the jury summons were never real.

**Process server phishing scam**

This scam also starts with an intimidating phone call or text message from a "debt collector" who needs you to pay immediately. If not, the scammer states that a police officer has a warrant for your arrest.

Recent reports of this scam involve a phony "process server" and a non-existent court case against you.

**How to avoid similar scams**

Be wary of scare tactics and unsolicited phone calls. Scammers love to threaten people with legal action or hefty fines, scaring them into giving up their personal information and money. They hope fear will make you act without thinking.

Always remember that representatives of a reputable business or legal office will be polite and civil, even in a seri-

ous situation. They won't pressure you to act immediately "or else."

Do your research. If you ever question whether you need to appear in court, call the appropriate judicial agency and ask.

If you receive an email with a fake jury summons, don't call the number in the email, as that will likely lead you to the scammer who sent the email. If you receive a call, remember that scammers may be able to spoof a legitimate agency's phone number.

To be safe, look for official websites in your jurisdiction and find their phone number on their website to call. Always be on the lookout for fake websites, too.

Beware of requests to pay via wire transfer, prepaid debit or gift cards, digital wallet apps, or cryptocurrency. These payment methods are almost always a sign of fraud because you won't be able to get your money back.

**For more information**

Reading up on phishing and impostor scams can help you spot a con before it's too late. If a scammer contacts you, report your experience to [BBB.org/ScamTracker](http://BBB.org/ScamTracker).

## UMass Amherst 2024 dean's list

AMHERST— Below is a list of local students who were named to the dean's list at the University of Massachusetts Amherst for the spring 2024 semester.

The following the students are from Granby: Markus Theodore Baran, Joseph

Paul Boyington, Jenna Lyn Learned, Miranda Lynn Longo, Isha Ghanshyam Patel, Alexander Richard Pogorzelski, Eric Tarpinian-Jachym, Maxim Tishchenko, Shannon Marie Tremblay, Emily M Vallee and Katherine Vallee.

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

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Bride's Town Residence: \_\_\_\_\_

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**August investigating the crowd from his box.**

**WILDLIFE** from page 1

“I love the education part and bringing animals to kids,” Hogendoorn said. “The younger ones really pay attention—even when they wiggle- and working with kids and seeing them light up when they learn about the animals is just the best.”

Hogendoorn specializes in reptiles and birds, spending most of her time training and caring for them, including Peaches the Boa, who is her favorite to talk about, and Harvey the Macaw, a new addition to the zoo learning to become an ambassador.

“Each one has something special,” Hogendoorn said about the animals at the zoo. There are 225 different animals, and about 30 have been trained to become ambassadors for the zoo, going out for education shows.

The type of animal will depend on the age group of the people at the show. This weekend for the young kids, the best fits were picked to be the best for the kids to say hello to.

“When I was young, I learned in a book about how we lost passenger pigeons during a school project,” Hogendoorn explained. “So I started learning more about conservation and what we can do to help in any capacity.”

Hogendoorn’s love and care for these animals is apparent in the way she loves and talks about them, and she loves her job, bringing awareness and a love for animals to all.

The Forest Park’s Education Center is now open from 10 a.m. to 2 p.m., and you can go there to meet other reptiles like Ivy the Leopard Gecko and Colby the Ball Python.



Turley photos by Emily-Rose Pappas  
**Ivy the leopard gecko, hanging out on Sara’s arm.**

**COMMISSION** from page 1

summer can affect the local wildlife, as well as the Monarch butterfly migration south for the winter.

The board moved to approve the 2024 Farm License, with the condition that the spraying of herbicides or pesticides to the river to range field.

**Work request within buffer zone bordering wetland**

Nicholas Magnolia came to the board with a request in order to complete work bordering the wetlands at 5 Ethan Circle.

Magnolia’s request is to remove trees that are dead, and stay within compliance with the rules and regulations surrounding the protection of these wetlands.

The trees, one of them dying and the other with a dead branch, is posing a safe-

ty hazard, and is being discussed as replacing the trees with some native species in order to keep the area flourishing.

The board moved to take down the dead tree and spruce the one with dead branches in accordance to the conservation rules and requirements for native species.

**Conservation area enforcement guidelines**

The guidelines are specific to the trails and other protected areas within the Conservation Area. These include how to address breaches of policy, and improper use of the grounds.

The board discussed some ongoing issues that would result in the installation of cameras along the trails and more, in order to address repeated concerns brought to the police.

However, there was pushback from the

board about whether or not to install these cameras, and what that would do to affect the community’s use of the trails and the conservation lands.

While the idea of including cameras could be potentially beneficial for the board, there are still many areas of conflict with the idea the board hopes to address at a later date after more consideration.

Cornell recommended the board work together to discuss and create an official policy in a future meeting, and the board moved to approve the continuation of the discussion to the September 4 meeting.

**Regular meeting business and other business**

The board addressed the removal of a tree request at Stony Brook Village, “where the restoration plantings were installed last year that the commission re-

viewed,” Tolopko said.

The next meetings, which have lighter agendas, will be able to hold space for these bigger topics, including the trail cameras, conservation enforcement, and the 2024 farm licenses.

The board moved to having the next meeting to be held on Sept. 4, where all members will be able to be present, in order to discuss these important topics.

The Gaylord Library, with the help of volunteers from Mount Holyoke College, planted a pollinator garden.

“It looks really nice, and it’s worth going to take a look at it. Everybody brought something, it was very productive,” Davis said of the time spent at the gardens.

On September 4 before the meeting at 5 p.m., the commission will hold a short meeting for DEIB as well.

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## Fall school sports equipment swap

SOUTH HADLEY— There will be a school sports equipment swap on Aug. 17, at the South Hadley Public Library. 1st Grade through High School equipment will be accepted; Field Hockey, Soccer or Football. Bring the cleaned sports equipment, and gear and trade them for something in a different size. Drop offs will begin on Monday, July 29, and run until Friday, August 16. Participants will receive a ticket for each item dropped off. Example: a pair of cleats equals one ticket for a pair of gloves, etc. Bring the tickets to swap on Saturday, Aug. 17. The library doors open at 9:30 a.m. Participants can begin to line up at the Community Room Door then. Doors don't open until 10 a.m.

### READING from page 4

I hope to break our goal of 600 from last year," said Smelcer.

As part of the summer reading program, several different events have been set up throughout the summer. The South Hadley Department of Public Works held a discussion about how recycling works from beginning to end and the South Hadley Conservation Department offered a talk on native pollinator species. On July 31, the library will host the Connecticut River Conservancy for River Clean Up: From Source to Sea. The following week on Aug. 7, a master gardener will present The Fascinating Story of Where Our Vegetables Come From. Magic Wings Butterfly Conservatory of South Deerfield will present the final program on Aug. 10 at 10 a.m.

## Ride N2B on MCRT

*Three-day cycling event covers 104 miles of rail trail*

NORTHAMPTON – A three-day cycling adventure will cover 104-miles of Mass Central Rail Trail Sept. 20-22, starting in Northampton and ending in Boston.

This historic rail corridor is becoming the longest rail trail in New England. Currently, the corridor is 60% finished and its completion is a state priority, expected to bring in over \$200 million in new revenue to cities and towns it passes through.

Once completed, the MCRT will span 120 miles across the commonwealth.

"Ride N2B on the MCRT" will make roughly 12 stops along the route with overnight stays in Ware and Hudson. Presentations by local advocates, community leaders and historians will be made at these stops to spread awareness about efforts to continue the MCRT.

"Each day we'll be having rest stops, an outdoor lunch, and an evening dinner event. At each of the stops and events, we'll be meeting with local leaders who are eager to get the rail trail finished," Norwottuck Network Chairman Craig Della Penna said in a pre-release.

The ride will have 12-15 riders for the whole route with other riders encouraged to join for parts of each day.

For information about the ride and joining a section, contact Della Penna at craigdp413@gmail.com.

## Annual Co-ed softball tournament

LUDLOW— On Saturday, Aug. 10, our third annual co-ed softball tournament will be held at the Ludlow Fish and Game club, 200 Sportsman Road, from 9 a.m. to 3 p.m. The tournament is to benefit Forever Young Veterans, a 501c (3) organization out of Tennessee. Forever Young Vets provide trips and wishes for veterans to military sights and locales including Washington and Hawaii. They sent several veterans to Normandy's 80th celebration this year where they met President Biden and several other dignitaries from all over the globe. Four teams representing branches of the service: Air Force, Army, Navy and the Marines will play a total of five games and the cost to enter is \$20 per person. Free refreshments, a 50/50 raffle will



be available and military members of the community will be on hand for any questions participants may have about the organization. Any questions about team participation or Forever Young Veterans please call 413-209-2594.

## SHHS band reunion set for Aug. 16-18

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

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

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

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

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

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

## Watercolor art class scheduled for Aug. 13

HOLYOKE — The Holyoke Public Library will be one more pop-up art class. On Tuesday, Aug. 13 at 11:30 a.m., there will be a class featuring watercolor flowers. Discover the beauty of watercolor paints. You will learn how to mix colors like a pro and learn tips and tricks for creating colorful flowers and leaves.

This class is limited to just 15 people. Pre-registration is strongly recommended. You can sign up online at Holyokelibrary.org or call (413) 420-8109.

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# Buttery Brook hosts **BIG RIGS**



Members of SHELd handing out ice cream sandwiches donated by All Star Dairy.



Boston Holt working with his firefighter friend to put out the fires with the hose.



Members of dispatching handing out information outside the Mobile State 911 Truck.

Turley photos by Emily-Rose Pappas

### BIG RIGS from page 1

Trailer, Interstate Towing, 413 Dumpster, Hampshire Towing, Carleton Lawngistics, and Marion Excavating.

Also, in attendance to contribute to the event were the Board of Health, Happy Face Painter for facepainting, Texas Roadhouse, and the Children's Advocacy Center of Hampshire County.

"Big Rig Day has become one of my favorite days of the year," Andy Rogers, South Hadley's Human Services Director said. "To see so many happy kids enjoying all of the vehicles is so exciting. Thanks to everyone who contributes to the event."

Kids got the opportunity to climb inside the trucks, honk the horns, and sit in the driver's seats with junior firefighter hats and police badges.

All Star Dairy donated a freezer and ice cream sandwiches for all to enjoy, and SHELd passed them out.

Kim Prough, a member of the Friends of Buttery Brook Park, was there to enjoy the day and pass out stickers and bubbles while sharing the future plans for the park.

The Friends are raising money in order to fill a \$300,000 gap in the funds needed to finish improvements on the park and its trails and equipment.

"Buttery Brook Park is about to undertake a massive park renovation project which includes accessible trails and walkways, new playground pieces, new disc golf course, new band stage, new pickleball courts, and more," Prough said.

South Hadley received a PARC Grant as well as funding from the town towards the project, resulting in a total of \$715,000 of funding towards the \$1million budget.

The Friends of Buttery Brook Park, a 501 (c)(3) non-profit are working on a fundraising campaign in order to fill in the gap, but so far have raised \$35,000.

"There is so much to love about Buttery Brook Park, which is an incredible asset to the community of South Hadley," Prough said. "We're excited to bring more improvements to the park and we're grateful for the public and private support from our fundraising campaign."

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Siblings Aniebella and Jae'ceon controlling the Water District bulldozer.



Turley photos by Emily-Rose Pappas  
Lila Guzowski (left) and Laura Spivack (right) with the Children's Advocacy Center of Hampshire County.



Nolan Bombardier driving the police cruiser.

# BIG RIGS



Officers Josh Helms and Corey Whelihan of the South Hadley Police Department with special junior badges, crayons, and coloring books.



Willow Gao ready to drive the excavator.



Emiliana Palmer and Captain Jay Houle with South Hadley Fire District 1 handing out stickers, fire hats, crayons, and coloring books to teach about fire safety.



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## Girls B headed for playoffs



Simone Quinn makes a pass forward.

Turley photos by David Henry  
www.sweetdogphotos.com

**SOUTH HADLEY** – Despite a loss 3-2 to Somers last Friday, South Hadley girls B summer soccer is looking to be a part of the playoffs. Heading into the final week of play, the girls are 4-4-1 with 13 points overall, currently holding a tie for fifth place in the division.



Hannah Haesaert dribbles up the field.



Kelcey Zraunig heads up the field with possession.



Maya Legowski makes a strong throw-in for the Tigers.



Olivia Athas circles around as she attempts to evade the opposing defense.

## Pioneers start championship hunt with win

By Tim Peterson  
Sports Correspondent

**LUDLOW**—Joao Bernardo has been the public address announcer at historic Lusitano Stadium in Ludlow for many years.

Bernardo made his usual announcements during last Tuesday night's USL-League 2 qualifying playoff match between FC Motown STA and the Western Mass. Pioneers. He didn't make his famous goal call for the home squad until the 83rd minute.

The Pioneers tied the score at 1-1 with a penalty kick goal before taking the lead for the first time in the 104th minute. They also added an empty net goal in the final seconds of extra time giving them a 3-1 victory.

"We had a lot of opportunities during the first half, but we just couldn't score a goal," said West Mass Pioneers head coach Federico Molinari. "We were able to score three goals in the second half, which was nice to see."

The Pioneers, who finished the regular season in second place in the Northeast Division with an 11-2-1 record, faced FC Motown for the first time. It was also the Pioneers first playoff victory since they defeated Manhattan SC in the 2022 quarterfinals at Lusitano Stadium.

FC Motown, who are from Morristown, New Jersey, also finished in second place in the Metropolitan Division with an 8-1-3 mark. They joined USL-League 2 in 2021 and qualified for the playoffs for the first time.

The Pioneers had three cor-

Please see **PIONEERS**, page 12

## Mutiny wins in double OT to capture conference title

By Tim Peterson  
Sports Correspondent

**LUDLOW**—The New England Mutiny lost a heartbreaker to the Lancaster Inferno FC, 2-1, in the 2019 United Women's Soccer East Conference championship match. The 2019 season was also the Mutiny's first year playing home matches at Lusitano Stadium in Ludlow.

Five years later, the top-seeded Mutiny faced second-seeded Sporting CT in the East Conference finals at Lusitano July 14.

It took 120 minutes to get the job done, but the Mutiny players celebrated a 1-0 overtime victory on a very hot afternoon, last Sunday.

"We went undefeated during the regular season, and it just

feels awesome to finally win a championship title," said Agawam's Hope Santaniello, who's the only remaining Mutiny player from the 2019 squad. This has been our number one goal since the start of the regular season."

In the second game of the 2024 regular season, the Mutiny (10-0-0) defeated Sporting CT, 4-1, at Lusitano Stadium. Cat Barry, who only played in a couple of matches for the Mutiny, recorded a hat-trick.

It wound up being the only regular loss for Sporting CT (8-2-0), who captured the East Conference championship trophy a year ago.

The Mutiny will be playing in the National Semifinals for

Please see **MUTINY**, page 11



The New England Mutiny has won its conference championship.

## Blue Sox pull off big win over Bristol

HOLYOKE — The Valley Blue Sox walked into Saturday night's game on a two game losing streak, 3.5 games behind the Bristol Blues for the division lead, and fell out of the playoff picture. It was a must-win situation against the division leader themselves, the Bristol Blues, in a possible season-changing win. Win and hope to make the playoffs increases monumentally, lose and the chances plummet.

Before the game even began, the weather decided to make its own imprint on today's game. A late storm before gametime pushed the first pitch back in a 30-minute delay. Regardless, it was just a prelude for the storm that was about to take place on the field.

Tonight's game was a thriller, plain and simple. From the opening pitch, to the final strike, it was eye-gluing baseball and a battle of both pitching and hitting. Both teams went out the depth of their bullpen to the test,

with the Blue Sox using four pitchers, and the Blues seven.

From the opening pitch however, it was clear tonight's game would not be a pitcher's paradise. Off an early Jay Bant single in the bottom of the first inning, the Blue Sox brought Logan

Hugo home early to take a 1-0 lead. Minutes later, in the top of the second, the Blues tied it up thanks to a Thomas Rollaver RBI single.

In the bottom of the third and fourth inning, the Blue Sox began growing their lead, scoring six unanswered runs of their own to take their lead to 7-2 going into the fifth. Ethan Lyke started on the mound for the Blue Sox, pitching four innings total while giving up two earned runs off five hits, tacking-in two strikeouts of his own.

Moving to the sixth inning, the Blues closed the distance, scoring two runs in the top of the inning to cut the lead to three.

However, Jonathan Hogart and Derek Williams had other plans. In a two punch combo, Hogart hit a double first to bring Logan Hugo home first. Minutes after, on a 0-1 count with two outs and Hogart now stranded at third base, Williams hit a massive shot deep out of the park to center field to give the Blue Sox a 10-4 advantage. Williams now leads the Blue Sox with the most home-runs hit so far this year with four.

The Blues ended up making things interesting by cutting the lead to 10-8, but the pitching of Chris Torres over the last two innings sealed the door for a comeback.

This Blue Sox win now puts them just 2.5 games behind the Blues for the division lead with two meetings to go, both split at Muzzy and Mackenzie fields. This game also puts the Blue Sox back in the playoff picture as they hold the series lead tiebreaker over the Upper Valley Nighthawks, with no meetings left between the two. With eight games to go on the season, the Blue Sox are once again in full control of their destiny, and their eyes on the Blue's division lead.



## Thunderbirds announce promotions of staff members

SPRINGFIELD — The Springfield Thunderbirds announced multiple promotions and hires in the team's hockey operations department.

First, the club has announced that Steve Passineau, formerly the Thunderbirds' Head Equipment Manager, has accepted a promotion to join the St. Louis Blues as an Assistant Equipment Manager.

In addition, Abe Edson, formerly the Thunderbirds' Strength and Conditioning Coach, will join the NHL's Minnesota Wild as an Assistant Strength and Conditioning Coach.

Casey Barile has been promoted to Head Equipment Manager with the Thunderbirds after serving as an assistant for the last three seasons. A graduate of Kent State University and a native of St. Louis, MO, Barile previously has experience in the ECHL with the Orlando Solar Bears as an Assistant Equipment Manager during the 2020-21 season.

The Thunderbirds will also welcome two new members to the hockey operations staff for the 2024-25 season. Phil Currier will join the organi-

zation as a Strength and Conditioning Coach. A Haverhill, N.H. native, Currier most recently served as the Director of Hockey Performance at the University of Vermont last season. His prior experience also includes stints at the University of Maine and his alma mater, Plymouth State University, where he graduated with a Bachelor's degree in Exercise and Sport Physiology and a Master's degree in Applied Exercise Physiology and Human Performance.

Lastly, Steven Smith will join the Thunderbirds as Assistant Equipment Manager. The McAllen, Texas native most recently served as the Head Equipment Manager for the United States Hockey League's Youngstown Phantoms from 2022-24, where he was a member of Youngstown's Clark Cup championship in 2023. He has served in the same capacity for six organizations, including the ECHL's Wichita Thunder and the North American Hockey League's Rio Grande Valley Killer Bees, Amarillo Bulls, Jamestown Rebels, and New Jersey Titans.

### MUTINY from page 10

the first time since joining the U.W.S. in 2016.

"It's a very nice feeling winning a championship game, especially since this is my first season coaching a women's soccer team," said first-year Mutiny head coach Federico Molinari. "We now have one more weekend to go. I'm very happy for these players."

The U.W.S. National semifinals and finals are scheduled to be held at All-High Stadium in Buffalo, New York on Friday and Saturday night.

The other three teams who'll be trying to take home the National championship trophy, which is very similar to the Stanley Cup, are the Michigan Jaguars, the Santa Clarita Blue Heat, and FC Buffalo, who earned an automatic bid to the championship weekend because they're the host team.

The Jaguars are the U.W.S. defending National champions,

Another local player listed on the Mutiny roster is Avery Klingensmith, who graduated from Belchertown High School. She was one of the starters in the final home match of the season.

"This is the farthest we've gone in the three years that I've been a member of this soccer team," said Klingensmith, who's also a member of the women's soccer team at American University. "Winning a championship with this team is very special. We have a couple of local players on this year's team, along with several other players who live a little bit farther away. It's really cool that we can all come together and win a championship."

The other local Mutiny players who were starters in the East Conference finals are Maddy Theriault (Palmer) and Alex Legowski (South Hadley).



Alexis Legowski, of South Hadley, goes through the opposing defense.

Several of the Mutiny players are current or former players members of the UConn women's soccer team.

Two of the current UConn players are Chioma Okafor and Maddie Fried, who played a key role in last Sunday's match

The contest was scoreless until the duo hooked up five minutes into the second 15-minute overtime session.

Okafor, who's a first-year player for the Mutiny, sent a crossing pass from the left side of the penalty box to the far post where Fried put a shot into the back of the net past Sporting CT goalie Abby McCarthy.

"It just feels amazing to score what turned out to be the game winning goal," said Fried, who transferred to UConn from Villanova. "Chioma sent me an incredible pass and I just didn't want to miss that shot. We really wanted to win today's game."

Fried, who has scored three goals this season, has been playing for the Mutiny for the past

four seasons. She's from Monroe Connecticut and was an All-American high school soccer player at St. Joseph High School, in Trumbull, Conn.

The other UConn players listed on the Mutiny roster are Anna Carson, Laci Lewis, Jess Mazo, Abbey Jones, and Rachel Marchini, who's the Mutiny captain.

Joe Ferrera, who's the Mutiny's owner and general manager, has built a very good relationship with UConn women's soccer coach Margaret Rodriguez.

"We wanted to win this championship title for Joe, and I hope he's happy," Fried said. "He's like a dad to us. He treats us like his own kids."

Okafor would like to see a few more UConn soccer players play for the Mutiny during the next couple of years.

"It's very special having some of my UConn teammates on the field with me. We know each other very well," Okafor said. "I hope more UConn players come



Abbey Jones fights to keep the ball. Turley photos by David Henry www.sweetdogphotos.com

play for this team in the future. It's a great atmosphere here."

When Okafor was a freshman at UConn, the Huskies lost to St. John's in a penalty shootout in the quarterfinals of the Big East tournament. She really didn't want to see the East Conference championship game end in another shootout.

"I was really hoping that we could score an overtime goal because any team could win the penalty shootout regardless of who the better team is. I don't like that aspect of soccer," Okafor added. "When I passed the ball to Maddie, I knew that she was going to put the ball into the back of the net."

Mutiny goalie Natalie Mutscheler made a couple saves during the next ten minutes before the celebration began.

The Mutiny players are looking forward to making a six hour bus ride to Buffalo this weekend.

Win or lose, the 2024 season has been a memorable one for them.



Madalyn Theriault, of Palmer, looks to shoot.

# Sports

## Quabbin Valley Over-28 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 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.quabbinvalleybaseball.org](http://www.quabbinvalleybaseball.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.



**Lawrence Goddard fights to keep the ball just past midfield.**



**Mamadi Jiana sprints upfield with the ball.**



**Franco Vila Nievas shoots in traffic.**



**Scott Testori looks to make a pass.**

**PIONEERS** from page 10

ner kicks during the first ten minutes of the opening half.

Two of them were headers by Ker-man Sukia, who’s a member of the Bryant University men’s soccer team. Both of Sukia’s headers sailed high over the crossbar.

FC Motown took a 1-0 lead during the 12th minute following an unassisted goal by Jason Bouregy.

The Pioneers had five more corner kicks during the first 45 minutes of the contest, but the visitors from New Jersey held a 1-0 halftime advantage.

The Pioneers also outshot FC Motown, 12-4, during the first half.

In the 61st minute, Laurie Goddard, who’ll be a member of the Hofstra men’s soccer team in the fall, fired a low shot from the top of the box, but FC Motown goalie Ryan Friedberg made a diving save keeping the score at 1-0 for a little while longer.

Friedberg made another save on a shot attempt by Jared Smith in the 75th minute.

The Pioneers were given a penalty kick seven minutes later by referee Dan Aloï following a foul in the box. Alec



Turley photos by David Henry [www.sweetdogphotos.com](http://www.sweetdogphotos.com)  
**Alec Hughes takes a shot on goal.**

Hughes, who’s the USL-2 Golden Boot winner with 16 regular season goals, fired a low shot into the left corner of the net tying the score at 1-1.

“We had a lot of chances to score the entire game,” said Hughes, who’ll be playing one more season of college soccer at UMass Amherst. “Before I took the PK, I tried not to think about it very much. I was relieved when I saw the ball go into the net. I knew we would be able to take control of the game after that.”

With less than five minutes remaining in regulation, FC Motown’s Bryce LeBel received his second yellow card resulting in a red card.

The Pioneers held a man advantage until the 101st minute of extra time when Aidan Kelly received a straight red from the referee.

The home team took the lead for the first time on a goal from Ali Taleb three minutes later.

Goddard was credited with the assist on the go-ahead goal.

“Laurie made an amazing pass to me, and I just finished off the play with a goal,” said Taleb, who’s a first-year Pioneers player. “It just felt amazing, especially doing it in a home playoff match. This place has a lot of history.”

Taleb, who’s from Glastonbury, Con-

necticut, entered the match for the first time during the 93rd minute. Taleb and Hughes attended the same high school, but they weren’t teammates on the same soccer team.

“Alec is from my hometown, and I grew up watching him play soccer,” said Taleb, who scored four goals for the Pioneers this summer. “He broke a lot of records for the high school soccer team, but I played for the Oakwood Soccer Club. It’s nice to finally be teammates with him.”

Taleb began his collegiate soccer career at AIC before transferring to Northern Kentucky University.

The head coach of the NKU men’s soccer team is Tom Poitras, who was previously the head coach of the men’s soccer team at the University of Hartford.

The Pioneers sealed the home playoff victory with an empty net goal by Mamadi Jiana in the final seconds of extra time.

Jiana, who played high school soccer at Chicopee High School, scored another goal in last Friday night’s round of 32 contest against Lionsbridge FC giving the Pioneers a 1-0 halftime lead. Lionsbridge FC, who hosted the round of 32 playoffs, netted a pair of second half goals which ended the Pioneers outstanding season.

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# What kind of patient-doctor relationship do you have?



By Teri (Dreher) Frykenberg, RN  
Guest Column

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

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

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

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

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

Mutual participation, a relationship between two adults in which the physi-

cian helps the patient help themselves.

In this era of patient-centered care, there's a clear preference for the mutual participation model. Health-care providers who provide more than just competent care, who bring empathy, open communication, active listening and understanding into the examination room, are more likely to have satisfied patients.

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

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

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

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

Your relationship with your primary

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

### 1. Active communication

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

- Listen without interrupting?
  - Try to understand your perspective?
  - Validate your concerns?
  - Answer your questions?
  - Solicit information about what's going on in your life?
  - Express empathy and compassion?
- These behaviors on the part of your doctor take your relationship beyond the merely clinical.

### 2. Person-centered care

Person-centered care focuses on individuals and their particular health care needs. Clinicians are there to inform, advise and provide patient support, but it is ultimately up to individuals to determine their course of action. Does your doctor present all available options and alternatives for treatment and solicit your input in the decision-making?

### 3. No billing surprises

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

building your confidence and trust in the practice.

### 4. Efficient scheduling

Efficient scheduling and office procedures respect your time. Does your doctor offer new patient forms online, online appointment setting and flexible appointment options? Does the office minimize your wait times – and if there's going to be a delay – do they keep you informed?

### 5. Multiple touchpoints

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

If you experience this kind of relationship with your doctor, you're more likely to stick with that doctor, follow their advice as to lifestyle changes and adhere to their prescribed treatments. An advocate can always help you find a new physician, but remember to make sure that you're doing your part to make the relationship work.

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

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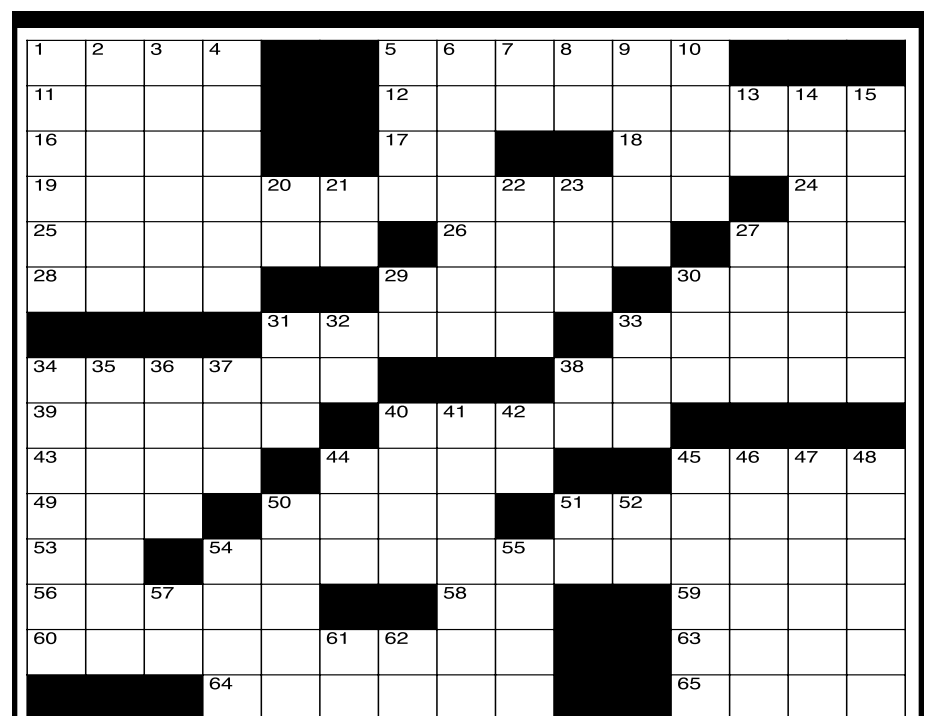
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#### CLUES ACROSS

- |  |  |                                     |   |
|--|--|-------------------------------------|---|
| 1. Average damage per system (abbr.)       | 40. Employees                                | 4. Boil at low temperature          | warm  |
| 5. Lustful woodland gods (Greek mythology) | 43. Ribosomal ribonucleic acid               | 5. Lapps of northern Scandinavia    | 35. One who scrapes                         |
| 11. Colombian Town                         | 44. Component of hemoglobin                  | 6. Poisonous plant                  | 36. Tear into two or more pieces            |
| 12. Sour                                   | 45. Quick and skillful in movement           | 7. Atomic #22                       | 37. Supervises flying                       |
| 16. A way to stuff                         | 49. Passing trend                            | 8. 36 inches                        | 38. Flying arm of the U.S. military (abbr.) |
| 17. Former AL MVP Vaughn                   | 50. Part of the eye                          | 9. Monetary unit of Russia          | 40. District in Peru                        |
| 18. Carried or transported                 | 51. One who acclaims                         | 10. Type of gin                     | 41. One died leaving a will                 |
| 19. Cannot even fathom                     | 53. Deadly amount (abbr.)                    | 13. An alternative                  | 42. Morning                                 |
| 24. Hammer is one                          | 54. Taste property                           | 14. Alone                           | 44. The world of the dead                   |
| 25. A way to separate                      | 56. Genus of mosquitoes                      | 15. A way to ooze                   | 45. Widen                                   |
| 26. Not moving                             | 58. Blood type                               | 20. Publicity                       | 46. Drink containing medicine               |
| 27. Women's service organization (abbr.)   | 59. A group of countries in special alliance | 21. American firm                   | 47. Celebrating                             |
| 28. German river                           | 60. Institute legal proceedings against      | 22. Jewish calendar month           | 48. Secret encounters                       |
| 29. Quantitative fact                      | 63. Shade of a color                         | 23. Popular sandwich                | 50. A type of tag                           |
| 30. A person's head                        | 64. Spoke                                    | 27. Comedian Cook                   | 51. Halfback                                |
| 31. Process that produces ammonia          | 65. Work units                               | 29. The NFL's big game (abbr.)      | 52. Modern tech                             |
| 33. French modernist painter               |  | 30. Political action committee      | 54. Monetary unit                           |
| 34. Too much noise                         |  | 31. Make a low, steady sound        | 55. Resigned to one's sleeping chamber      |
| 38. Agree to a demand                      |  | 32. Legendary sportscaster Michaels | 57. Execute or perform                      |
| 39. One a line at right angles to a ship's |  | 33. One thousand cubic feet (abbr.) | 61. "The Golden State" (abbr.)              |
|  |  | 34. Designed to keep ears           | 62. "The Beehive State" (abbr.)             |

#### CLUES DOWN

1. Charge with a crime
2. Mended with yarn
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# Public Notices

### LEGAL AD PUBLIC HEARING

September 9, 2024 @ 6:30 PM via Zoom  
PROPOSED ZONING BYLAW AMENDMENTS /  
NEW ZONING BYLAWS

The South Hadley Planning Board will hold a virtual public hearing on Monday, **September 9, 2024 at 6:30PM via the Zoom virtual platform** to discuss proposed amendments to the Zoning Bylaw Chapter 255 as indicated below, and on the adoption of two proposed new bylaws, as indicated below.

The public hearing will be conducted virtually/online using the Zoom Webinar platform and persons may join the meeting by either joining Zoom Webinar or by phone. The log-in information is as follows:

**Log in to the link below to join the webinar:**

<https://us02web.zoom.us/j/86701619414?pwd=bLiajbe9WjLPxEWlm9Z3F6uWyxDb6f.1>

**Webinar ID:** 867 0161 9414 **Passcode:** 609591

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The current drafts of the proposed bylaws and any accompanying documentation can be found here:

**255-31 Flexible Developments – Proposed Amendments**  
<https://southhadley.org/DocumentCenter/View/13057/255-31-Flexible-Development-Bylaw---Proposed-Amendments---752024>

**Use Regulations Schedule – Proposed Amendments**  
<https://southhadley.org/DocumentCenter/View/13046/Use-Schedule-Amendments-7524>

**255-47 Multifamily and multiple dwellings – Proposed Amendments**  
<https://southhadley.org/DocumentCenter/View/13058/255-47-Multifamily-and-multiple-dwellings---Proposed-Amendments---782024>

**Proposed NEW Bylaws – Common Drive and Common Open Space**

<https://southhadley.org/DocumentCenter/View/13059/255-95-Common-Drive-and-255-96-Common-Open-Space---Proposed-NEW-Bylaws---782024>

Alternatively, hard copies of the documents may be viewed at the South Hadley Planning and Conservation Department office.

Any person interested in, or wishing to be heard, regarding this application should appear/join the hearing at the time and in the manner designated. The public hearing is being conducted in accordance with the provisions of Chapter 40-A, Section 11, Massachusetts General Laws as modified by Chapter 53 of the Special Acts of 2020 and the Governor's Executive Orders pertaining to public gatherings during the COVID 19 State of Emergency.

Joanna Brown, Clerk  
South Hadley Planning Board

07/26, 08/02/2024

### TOWN OF SOUTH HADLEY NOTICE OF PUBLIC HEARING

The Conservation Commission will hold a public hearing pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw to consider a request for an Order of Conditions filed by MassDOT. The proposed project will address flooding at an existing culvert on Route 116 (Amherst Road) through the restoration of the downstream channel. The project will require work in Bordering Vegetated Wetland and Bank along an unnamed intermittent tributary to Batchelor Brook. Located at 315 Amherst Rd (Map 58 Parcel 86).

The hearing will be held on **Wednesday, August 7 at 6pm virtually**. Login information will be provided with the posted agenda on the Town website.

A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for

inspection between the hours of 8:30 AM to 4:00 PM Mon-Fri. Plans are also available online at [www.southhadley.org/603/Project-Plans](http://www.southhadley.org/603/Project-Plans).

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

Neva Tolopko  
Conservation Chair  
07/26/2024

### TOWN OF SOUTH HADLEY NOTICE OF PUBLIC HEARING

The Conservation Commission will hold a public hearing pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw to consider an Abbreviated Notice of Resource Area Delineation (ANRAD) filed by Big Y Foods, Inc. The area of delineation is located at the property identified as Map 14 Parcel 67. It is adjacent 44 Willimansett St in the Big Y Plaza.

**The hearing will be held on Wednesday, August 7, 2024 at 6 p.m. virtual-**

ly. Login information will be provided with the posted agenda on the Town website.

A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30 AM to 4:00 PM Mon-Fri. Plans are also available online at [www.southhadley.org/603/Project-Plans](http://www.southhadley.org/603/Project-Plans).

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

Neva Tolopko  
Conservation Chair  
07/26/2024

### TOWN OF SOUTH HADLEY NOTICE OF PUBLIC HEARING

The Conservation Commission will hold a public hearing pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw to consider a request for an Order of Conditions filed by MassDOT. The proposed project will address flood-

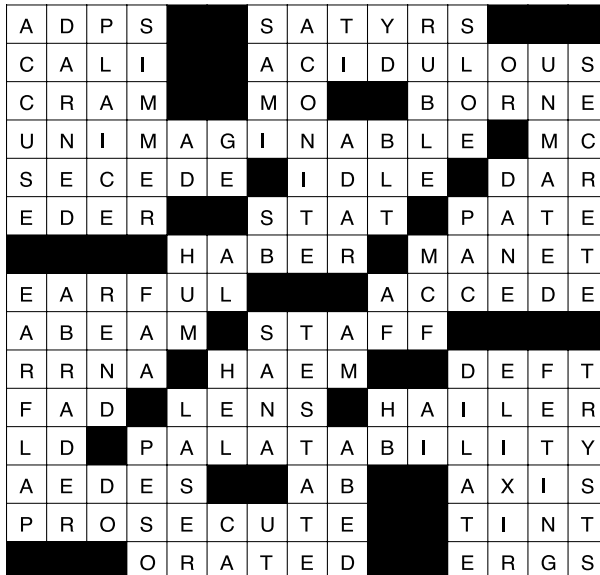
ing at an existing culvert on Route 116 (Amherst Road) through the restoration of the downstream channel. The project will require work in Bordering Vegetated Wetland and Bank along an unnamed intermittent tributary to Batchelor Brook. Located at 315 Amherst Rd (Map 58 Parcel 86).

The hearing will be held on **Wednesday, August 7 at 6pm virtually**. Login information will be provided with the posted agenda on the Town website.

A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30 AM to 4:00 PM Mon-Fri. Plans are also available online at [www.southhadley.org/603/Project-Plans](http://www.southhadley.org/603/Project-Plans).

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

Neva Tolopko  
Conservation Chair  
07/26/2024



## PUBLIC NOTICES ARE NOW ONLINE

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#### CAMPERS

**40' SEASONAL CAMPER.** Coastal Pines Campground, Wells, Maine. 2019 Wildwood DLX, 2 br., 2 bath, screenroom, shed. Pictures available upon request. \$59,400. **774-764-9414.**

### HELP WANTED

#### CHURCH ORGANIST/ PIANIST WANTED

**First Congregational Church of Chester** is looking for a Church Organist or Pianist. Paid position, it takes about one hour each Sunday. If interested, please call **413-685-5074.**



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#### FOR RENT



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**ALL REAL ESTATE** advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

**HARDWICK:** Two bedroom, one bath duplex, off street parking. No smoking, utilities, pets. \$1400 month. **774-200-4534.** Taking applications.

### REAL ESTATE


#### FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

Find archives of this local newspaper at  
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# Tee Off for women and girls

BELCHERTOWN— Join in for the 30th Annual Zonta Golf Tournament and help create a brighter future for women and girls in the community.

On Saturday, Sept. 7, at Cold Spring Country Club, tee off will be at 8:30 a.m. for a day of fun, friendly competition, and making a difference.

Whether a seasoned golfer or just looking for a fun day out, everyone is welcome. For \$120, individuals will enjoy a round of golf, a delicious box

lunch, and the chance to win amazing prizes.

Support directly funds scholarships and grants that empower women and girls to overcome challenges and achieve their full potential.

Sign up today at [zontaqv.org/golf](http://zontaqv.org/golf) or contact Mary Knight at 413-323-4806. We also welcome sponsorships from local businesses. Be a champion for women and girls. Join in on the green.

# Stanley Park's 75th Anniversary celebration

WESTFIELD — Stanley Park is celebrating its 75th Anniversary this August with a big day long celebration and are in need of unique vehicles take part in our "Touch a Truck" program taking place from 10 a.m. to 2 p.m. If you have a cool vehicle that the kids will love that you don't mind them touching we'd love to have you. There is a suggested donation of \$10 per vehicle.

There will also be a classic car show taking place from 10 a.m. to 2 p.m. that

day which more cars, trucks and motorcycles are needed for. There is a \$10 donation per vehicle entered and we ask that you register in advance.

Please call the Development Office at 413-568-9312 x108 or x 112 or email [development@stanleypark.org](mailto:development@stanleypark.org) to register.

For further information on the 75th Anniversary Celebration or to be a sponsor of the event please go to [www.stanleypark.org](http://www.stanleypark.org), our Facebook page or call the park office at 413-568-9312.



The Department of Developmental Services is looking for Direct Care Workers and Licensed Practical Nurses to join their team in the Central and Western Region



## Direct Care Worker & LPN Hiring Event

**Courtyard Marriott Hotel**  
423 Russell Street  
Hadley, MA 01035

**Thursday 8/8/24**  
10:00am-2:00pm

Register Here



RSVP recommended



<https://tinyurl.com/bdf7dtd7>

Benefits Include





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Benefits Include





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**\$34.16/HR**

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