

TOWN Reminder

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Serving the town of South Hadley

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Learning to make sourdough at the library

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

SOUTH HADLEY – During COVID, many people took on the challenge of trying some new hobbies, including making and baking sourdough bread.

For Brandon Cochran, he found a true love and passion for making the bread, and teaching others to as well.

The South Hadley Public Library hosted Cochran for a talk on Wednesday evening where he came with his small business, Sourdough Brandon, to teach people how to make sourdough bread, and get their starter going.

Cochran has been leading these sourdough workshops for years, travelling

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Brandon Cochran ready to give his presentation on how to create your own sourdough.

Turley photos by Emily-Rose Pappas

Santa returns to Buttery Brook

By Tina Lesniak
Correspondent

SOUTH HADLEY – For nearly half a century, Santa’s Land at Buttery Brook Park has been a cherished holiday tradition in South Hadley, drawing generations of families back year after year for a festive visit with Santa Claus. Hosted by the Friends of Buttery Brook Park, the beloved event will once again transform the park into a winter wonderland this December.

“For readers that are new to the area, Santa’s Land has been a Friends of But-

tery Brook Park tradition for close to fifty years,” said David Bernier, chair of Santa’s Land and co-chair of Friends of Buttery Brook Park. “It has become a family tradition for many generations of families in the area. The Park is decorated with lights and inflatables for viewing pleasure, and the cabin is also decorated for the holiday, where the children see Santa.”

Each season, families stroll through the decorated park, enjoying lights, larger-than-life inflatables, and

Please see **SANTA**, page 9



Santa with two little children, who are telling him their Christmas lists.

Turley photos by Emily-Rose Pappas

Helpful Hand community shelf gets upgrade to serve neighbors better

By Emily-Rose Pappas
Staff Writer
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SOUTH HADLEY – Sometimes, everybody needs a little help, and it’s nothing to be ashamed of, especially as costs increase and things get hard, and that’s where community can come in and truly make a difference.

Dorina Dion, a stay-at-home mom in town, wanted to find a way to help her neighbors and came up with the Helpful Hand Community Shelf, which started just this past week and is already getting filled by her neighbors and friends to help people in need.

Donations and items to bring to the Shelf include clothes for infants, children, and adults, books, card and board games, canned and shelf-stable food, pet food, costumes, home décor, outdoor toys, and more.

“I have three of my own kids and a bonus daughter. We all need help sometimes, and I think it’s important we have somewhere we can go for that help, with no questions asked,” said Dion.



Welcome to the Community Shed, here to help those in need.

Submitted photo

Recently, Dion was able to purchase a shed in order to keep the items in the Helping Hand Community Shelf safe from the weather, and to provide a way for her to host real open hours for the shed.

Dion purchased the shed from Chateau Sheds in Granby, and the physical space for the items in the Community Shelf will be an excellent way to keep the items safe and organized for the community.

“I’m so excited because now I don’t have to worry about items getting damaged, and it’s a little more manageable, and I can have

Please see **COMMUNITY**, page 12

Fund seeks to revitalize the South Hadley Falls

By Emily-Rose Pappas
Staff Writer
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SOUTH HADLEY – The people who work in our community have helped to shape it into what it is today, and many make a huge impact, not just on the town, but on the people who live within it.

Frank DeToma was one of those people, and he was very involved in the South Hadley community before his passing in 2024. He served on multiple committees, including the Selectboard and Redevelopment Authority, and was a chemistry professor at Mount Holyoke College.

“DeToma always saw great opportunity in revitalizing the Falls,” said Director of Planning and Conservation Anne Capra. “The Redevelopment Authority felt that

the best way to remember him was to create the Frank DeToma South Hadley Falls Redevelopment Fund.”

The Fund was created just after DeToma passed, and the money raised by the Fund is used to support the Falls Business Improvement Grants.

The Falls Business Improvement Grants are each up to \$1,500 and serve to support capital improvements and exterior or façade improvements.

“The Redevelopment Authority has been working to do whatever they can to support local businesses and do whatever they can to help the neighborhood,” said Capra.

The Authority’s, and therefore the Fund’s, major focus is on revitalizing the

Please see **FALLS**, page 9

Winter Recreation at Buttery Brook Park

By Kim Prough
Correspondent

SOUTH HADLEY – Buttery Brook Park has much to offer throughout the winter months. The disc golf course, which now has both nine standard tees along with the recently completed nine short tees, is playable all winter long. Keep an eye on the Buttery Brook Disc Golf Facebook page for their Sunday Bag Tag league, which is open to all. The disc golf course also offers a wonderful location to snowshoe.

Start at the first tee box by the kiosk and follow the course throughout the woods for a great snowshoeing workout.

The half-mile walking trail around the park serves as a guide for a cross-half-mile-country ski route. To follow the route, start at the kiosk, make your way behind the new bandstand, cross over the walking bridge, and pass by the two new benches. Then, cross back over the water toward the center pavilion, make your way along the edge of the playground, loop around the tall play structure,

and head back to the kiosk for your first half-mile ski.

The pickleball nets are kept out all winter long, and the courts will be actively used on warmer winter days. The die-hard crew that plays there in temps above 30 degrees will likely have the courts shoveled off and ready to go. Check out the winter play rules at the courts to keep players and courts safe.

The park offers a beautiful landscape for recreation throughout every season. Be

Please see **WINTER**, page 6



The pickleball courts and cleared for playing.

Submitted photo

Police raise awareness of local pantry's needs, food drive



Submitted photo

Officer Farber and Mary Lou Guarnera at the Neighbors Helping Neighbors Food Pantry.

SOUTH HADLEY – Officer Farber met with Mary Lou from Neighbors Helping Neighbors last week. She told Officer Farber and Detective Camp that NHN are in need of personal hygiene items such as toothpaste, shampoo, deodorant, soap, etc. They are also in need of soups, canned pasta (Chef Boyardee), canned meat,

baked beans, hot and cold cereals, and condiment items such as ketchup. We will accept these items at the police department up until December 20, 2025. You can stop by the station any day, and at any time, as we are open 24/7. Thank you for supporting our food drive and those in need.

Residents invited to Budget Task Force listening session

SOUTH HADLEY – South Hadley residents are invited to share their priorities for town services and spending. Tell us what matters most, which services are essential, and how you want your tax dollars used. Your input will help guide the Task Force as

it develops budget recommendations. The listening session will take place on Monday, December 8 at 7 p.m., at the South Hadley Public Library and on Zoom. You can find the Zoom link on the town website.

Building Committee announces Dec. 11 community meeting and milestones

SOUTH HADLEY – The South Hadley Elementary School Building Committee invites all community members to attend a Mosier School Tour and Community Meeting on Thursday, December 11.

The tour will begin at 5:15 p.m. at Mosier Elementary School, followed by a 6 to 7 p.m. Community Meeting (in-person or virtual). Residents will have the opportunity to learn more about the project process, review emerging design options, understand preliminary costs, and ask questions as the project reaches a key point in its planning timeline.

Project Update
The project team is preparing to submit the Preliminary Design Program (PDP), a major milestone in the Massachusetts School Building Authority (MSBA) process, at the end of December. The PDP defines the District's educational goals, outlines space needs, summarizes ex-

isting building conditions, and evaluates a range of design options for addressing Mosier Elementary School's long-term facility needs.

The PDP submission will help guide the next phase, when the Committee, Mount Vernon Group Architects (MVG), the District's Owner's Project Manager, Skanska, and the MSBA will refine and narrow options in advance of the Preferred Schematic Report in Spring 2026. South Hadley was one of only 19 districts selected from 63 applicants in 2023 to join the MSBA's highly competitive grant program, reflecting the urgent facility needs at Mosier Elementary.

The Massachusetts School Building Authority (MSBA) is a quasi-independent state authority that supports communities across the Commonwealth in creating educationally appropriate, cost-effective, sustainable, and energy-efficient schools. The MSBA provides tax-

payers with significant reimbursement for eligible school construction costs and is funded through a dedicated portion of the state sales tax.

A once-in-a-generation opportunity. Built in 1969, Mosier Elementary has reached the end of its useful life. Through the partnership with the MSBA, South Hadley has a rare opportunity to address significant facility challenges while shaping an elementary school that supports today's instructional needs and reflects the community's vision for the future.

"We encourage residents to join us on December 11 and stay engaged as we move into this next stage," said Diane Mulvaney, Chair of the South Hadley Elementary School Building Committee. "This is a pivotal moment for the project, and community input is essential as we work toward a cost-effective and educationally sound solution that serves South Hadley for decades to come."

How to Join the Mosier School Tour and Community Meeting

Date: Thursday, December 11, 2025

Tour: 5:15 p.m. (in-person at Mosier Elementary School, 101 Mosier Street)

Community Meeting: 6 to 7 p.m. (in-person or virtual) Zoom Link for the 6 p.m. session: <https://us02web.zoom.us/j/86814657875?pwd=Mii5FnXOMSm7gQr-1ZhwCoyIE3FNjXR.1> Passcode: 691717 Childcare will be provided by South Hadley High School students. Guests may check in at the Mosier Gymnasium. Stay Connected. Sign up for our email distribution list on our project website.

Project Website: <https://www.southhadleyschools.org/our-schools/south-hadley-elementary-building-project> Email: sbuidls@southhadleyschools.org

Facebook: @SouthHadleySchools

Delaney's Market launches first Holiday Food Drive, offering 10% discount on meal purchases to donors

SOUTH HADLEY – Delaney's Market today announced the launch of its first holiday canned food drive, designed to rally community support for local hunger relief efforts during the crucial holiday season. In a special initiative to encourage donations, the Market will offer a 10% discount on all food purchases to any customer who contributes a canned food item.

The drive will officially run from December 1, 2025, through December 22, 2025. "This holiday season, the team at Delaney's Market wants to make a difference," said Peter Rosskoth, Owner. "While we regularly donate food to our local partners, we know the need

is even greater during the winter months. By offering a 10% discount, we hope to make it easy and rewarding for our customers to pitch in and ensure that all families in our area have access to nourishing meals."

How to Participate
Customers are invited to bring cans of non-perishable food items to any Delaney's Market location. Upon donation, they will receive a 10% discount applicable to their total food purchase (meals only), helping them stock up on delicious entrees while supporting a critical cause.

All collected food will be distributed equally among Delaney's Market's long-standing charitable partners:

St. Vincent De Paul
Bethany Assembly of God
Lorraine's Soup Kitchen
Rachel's Table

These organizations provide essential food assistance and meals to individuals and families facing food insecurity in the local community.

"This is about more than just a discount; it's about using our business as a platform for positive change," added Rosskoth. "We look forward to working with our

community to come together to support the incredible work done by St. Vincent De Paul, Bethany Assembly of God, Lorraine's Soup Kitchen, and Rachel's Table."

About Delaney's Market
Delaney's Market is a local, family-owned and fresh ready-to-eat meals company committed to providing high-quality fresh meals and supporting the Western Massachusetts community.

Granby Public Safety to host a stuff-a-cruiser

GRANBY – The Granby Police and Fire Associations invite the public to help stuff a cruiser with toys. Please bring new, in-box, unopened, unwrapped toys to place in a

cruiser that will be gifted to children in need. The event will take place on Saturday, December 6, from 10 a.m. to 2 p.m.



South Hadley Police to host food and toy drive

SOUTH HADLEY – The SHPD is collecting food to be distributed by Neighbors Helping Neighbors Inc., serving South Hadley and Granby. Needed: any non-perishable food items.

They are also accepting new, unwrapped toys and gift cards for families in need in our community. All collect-

ed items will be brought to Neighbors Helping Neighbors for distribution.

The donation drives are taking place from November 20 to December 20, and donations can be delivered to the police station at 41 Bridge Street at any time within those dates.

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First responders prepare sand buckets for seniors

SOUTH HADLEY – Last week, Officer Farber, along with Director Dave Fenton, and Lt. Marcy Brougham from the Hampshire County Sheriff’s Office, South Hadley Fire District 2 firefighters Towne and Powers, Captain Houle, and firefighter Stratton from South Hadley Fire District 1, distributed buckets of sand for senior citizens living in South Hadley.

This event is held annually by the TRIAD S.A.L.T. Council (Seniors and Law Enforcement Together). Sand is distributed to those seniors in town who request it in an effort to make their walkways safer during the winter months.

This great event is just one of the programs that are put on by the TRIAD program in South Hadley.

Council is a great way for seniors to get involved with the community and connect with local law enforcement in a meaningful way.

If you have any questions or would like to attend a TRIAD meeting to see if you might want to join this great group of people, please contact the South Hadley Police Department for more information.

The TRIAD S.A.L.T.



Scooping the sand into buckets from the shipment.



Submitted photos

Police officers helping to scoop sand into the buckets to be delivered.



The firefighters and police officers standing with their completed buckets of sand.



The truck is full of buckets ready to go.



Officer Farber making a sand delivery.



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Opinion

SOCIAL SECURITY

Matters

By Russell Gloor

Is Social Security really a “good deal?”

Dear Rusty:

You've said in the past that most people recoup their SS contributions within five years of starting benefits, thus Social Security "is an exceptionally good deal."

Your calculation is correct but misleading; if it were not, SS would have been insolvent long ago. I will, in fact, get "my" contributions back in about five years, but my employer's contributions will take another five years and that is money that my employer could have been paying me, so they are really "my" contributions. But even that ignores the time value of money.

I did a calculation as if my contributions, along with those of my employer, were invested in an account earning 5% per year. That would provide me the equivalent of SS income for 24 years, approximately what my life expectancy was when I retired. So, it's not a bad deal, but it is hardly exceptional. It is roughly the equivalent of me investing that money throughout my career and using the total to buy an annuity.

Of course, Social Security does have the advantage of certainty, at least until it goes broke. My portfolio would not earn a steady 5% every year, though that is at the low end of what financial managers would expect over a long period. And it does force people to save, many of whom would otherwise make no provision for retirement.

Signed: Realistic Senior

Dear Realistic:

Thanks very much for your feedback on my previous article. I think it's important to draw a distinction for SS contributions made by an employer, because that is not money the individual personally pays, but rather an obligation for employers to help fund the Social Security program.

Without that federal obligation, it is doubtful that employers would, instead, provide employees with equivalent additional compensation, so the thought that these are really your contributions is not a fair assessment. Indeed, they are contributions which happen to be tied to your earnings level (to a cap), for which employers receive relief on their corporate income tax and likely would not make if not required by law.

As you have noted, Social Security has the advantage of certainty, something which is lacking when it comes to investing the equivalent amounts in the financial markets. And, as you have hinted, there exists a substantial failure by future American retirees to save adequately for their retirement, a problem well known in most financial circles. Thus, the certainty of Social Security makes it a crucial part of everyone's retirement planning and it will be there.

Despite all the angst attributed to the current financial issues facing the program, there is little doubt that Social Security is here to stay. The question is what reform is needed to make the program fully solvent for generations of future Americans? The Association of Mature American Citizens has developed a proposal to sensibly reform Social Security and avoid the currently projected 2033 date that the SS Trust Funds are expected to be depleted, which will necessitate an across-the-board cut for everyone.

We have little doubt that the reform needed will happen; it would be political suicide for Congress if it did not and hopefully soon. You can read about AMAC's proposed solution at this link by visiting www.amac.us/social-security-guarantee.

Please see **SECURITY**, page 5

Wreaths and swags for one and all

For the last two weeks we've been busy decorating Old Sturbridge Village for their Christmas by Candlelight program.

The garland, wreaths, bows and swags are all up, and the planters have been filled with greens. It was fast-paced fun, and oh so rewarding. The museum looks absolutely magical.

I filled planters side by side with a coworker who, in her 30 plus years, has never done this part of the job with me. As we stuck greens and stood back to assess our work, it occurred to me that I've grown up making all of these decorations, like my parents before me!

I had assumed everyone else had too, but here we had Nina, who in her 60s, was at it for the first time. If you find yourself ready to make your own decorations, here are a few pointers from the archives.

My Dad was the wreath-maker in the family, and usually a post Thanksgiving walk in the woods would yield his raw materials. The wreaths he made would be taken back to decorate a college dorm or whatever apartment my older siblings would return to after Thanksgiving break some 40 plus years ago.

One wreath would also make its way to the front door of our little red house, too. Decorated with a red ribbon and a few pine cones, it really was something so simple and so beautiful in the same right.

His approach is the same one I'll recommend today.

Start with a wire coat

hanger bent into a circle and attach some pliable wire to it. Then, wrap little bunches of greens to the base one after another.

Be careful to lay them alongside, not on top of each other. It's important, however,



to have the wire catch a little bit of the stem of the prior bunch – that way the wreath will be good and tight.

You can make a wreath of just extra boughs from your Christmas tree, but mixing in other types of greens will make it more interesting. I like to use prunings from my home landscape: mountain laurel, boxwood, juniper, and white pine among others will look great together because they vary in color and texture.

You can dress up a green wreath with pinecones, winterberries and artificial fruit, not to mention a big bow. Most types of Christmas tree boughs are conducive to wreath making, but wear thick gloves if you are using Colorado blue spruce as your base – it sure is picky!

When my Dad gave up making his famous wreaths, Mom took a simpler yet more elaborate approach to decorating our house. She would make a swag for each window!

First determine how many

you want to make, then set up an assembly-line of sorts. Choose a sturdy green for the base of the swag- extra Christmas tree boughs would be perfect for this as well.

I cut however many I need to the same size, and I lay them out pretty side up. Next, I choose another type of green a bit smaller and put it on top.

I repeat the process six or seven times until I have a nice upside-down "fan."

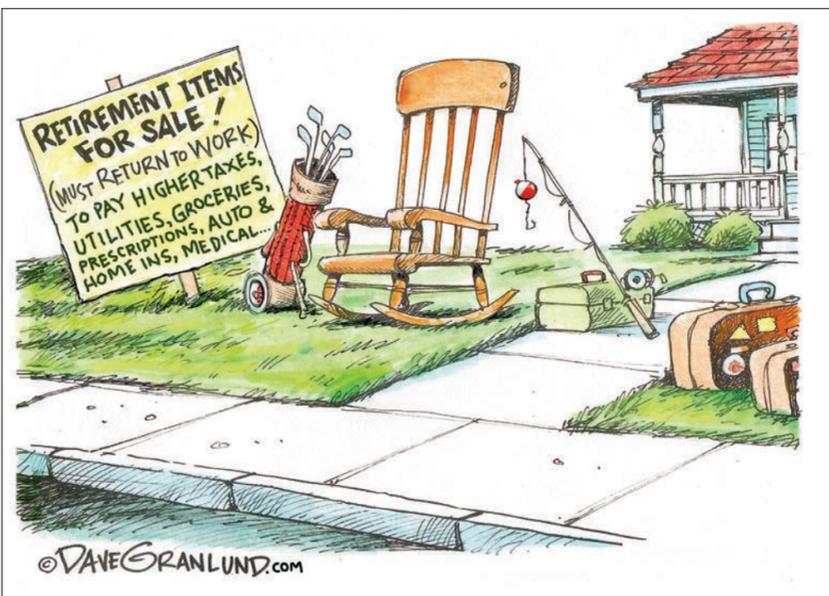
Here too, varying texture is nice, although Mom's feathery white pine and pine cone swags are pretty by themselves.

To complete your swag, wrap wire around the stems four or five inches down from the top, leaving a loop on the back for a hanger. You can cover the wire with a bow. I have often wired two swags together horizontally.

Place a bow in the middle, where the two intersect and hang your creation over a window or door, or even underneath a window for a different take on decorating.

Whether this is your first attempt at wreath and swag making or you've been at it for years, enjoy this holiday ritual, just as my mom and dad did.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 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.



A Brimfield resident sent an email to report seeing a golden-crowned kinglet on Nov. 17 in a dwarf Alberta spruce tree in front of his house.

He said, "[It was] very active, but I got to see the bright yellow crown patch!"

Golden-crowned kinglets are a small bird, not much larger than a hummingbird. The male is boldly marked with a black eyebrow stripe and flashy lemon-yellow crest.

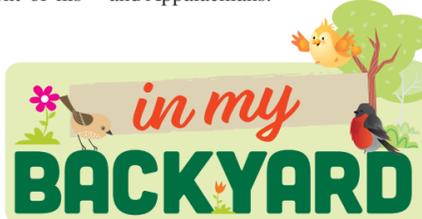
They spend much of their time high up in dense spruce or fir foliage and that is the place to find them.

Their high, thin call notes and song is often heard before catching sight of them.

The Brimfield resident called them "very active." They can survive 40 degrees below Fahrenheit nights. Sometimes huddling together for warmth.

They breed in the far north and montane west and visit most of North America during winter. Although it used to nest almost exclusively in boreal spruce-fir forests,

the golden-crowned kinglet has expanded its breeding range southward into conifer stands of the Midwest and Appalachians.



By Ellenor Downer

They usually raises two large broods of young, despite the short nesting season of the northern boreal forest. The female feeds her first brood only up until the day after they leave the nest. She then starts laying the second set of eggs while the male takes care of the first brood. The male manages to feed eight or nine nestlings himself and he occasionally feeds the incubating female too.

An interesting facts about golden-crowned kinglet's is each nostril is covered by a single, tiny feather.

The oldest golden-crowned kinglet on record was a male and at least 6 years, 4 months old when

it was recaptured and re-released by a Minnesota bird bander in 1976.

Other Brimfield birds

This month the Brimfield resident saw a Carolina wren flipping over leaves in his garden. He said, "We joined the 'leave the leaves' movement and don't do a major fall cleanup to benefit the critters that survive the winter under the leave and in the other material left in the garden."

He also noticed robins and cedar waxwings in the crab apple tree in his yard. He said, "We don't usually see these species eating the crab apples until later in the winter. Fortunately there is a bumper crop of fruit on the trees this year. A couple of robins were also on the ground searching for food and I saw one robin at some pokeberry aka, pokeweed, eating the fruit. He has not seen any water fowl at the local ponds he visits regularly."

Lots of bluebirds

I received an email from a reader, who said his wife saw approximately 40 bluebirds on the causeway stone wall at Quabbin Reservoir.



Golden-crowned kinglet

Bald eagles

My daughter, Paula, took photos of a bald eagle in a field along the Ware River, on Church Street in Ware recently.

I saw a bald eagle perched in a tree on the shore of the Ware River not far from the Gilbertville line. It may have been the same eagle.

Migrating geese

I saw a large flock of Canada geese in a small, pond along Route 32 in Ware on Nov. 15. They covered over half the pond.

Helping birds

When it is time to take the Christmas tree down,

place it outside to offer shelter to birds and other critters. Some people hang peanut butter filled pine cones rolled in birdseed or pieces of suet to provide some high energy food. Planting evergreen trees especially spruce and firs are away to attract the golden-crowned kinglets and offer a living shelter year round.

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.

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.

Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.

TOWN Reminder

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Tips for navigating the holidays while grieving loss

By Rev. Peter-Michael Preble

The holiday season is often described as a time of joy, celebration, and togetherness. But for many people, this time of year also brings an immense sense of grief, loneliness, and longing. When someone we love is missing from the table, the lights seem a little dimmer, and the familiar traditions feel different. If you are grieving this year, you are not alone. There are

ways to move gently through the season and even find moments of peace amid sorrow.

Permit Yourself to Feel

What You Feel

The pressure to be “festive” can be overwhelming, especially when you are grieving. It is okay, more than okay, to feel sad, tired, or disconnected. You have endured a loss. Grief doesn’t follow a schedule, and it cannot be pushed aside for the sake of holiday cheer. Let go of the expectations you place on

yourself and the expectations others may have of you. Allow your emotions to come and go as they need to.

Adjust Traditions Instead of Erasing Them

Traditions can bring comfort, but they can also stir deep pain. You are allowed to decide which ones you want to keep, which ones you want to set aside, and which ones you might choose to reinvent. You might find meaning in continuing a loved one’s favorite ritual. Or it may feel right to pause it for a year. You may even begin something new that honors their memory. Remember: if you do something twice, it becomes a tradition.

Set Boundaries with Events and People

Boundaries are essential when grieving. You do not have to attend every gathering or celebration. Give yourself permission to say no without guilt. If you do choose to go, you may leave early or step outside for a moment of quiet if needed. Your wellbeing matters, and it is okay to protect your energy.

Plan for the Hard Moments

Difficult moments will come, but planning for them can help. Identify the days or events that may feel especially heavy and create a

gentle plan for how to navigate them. Have someone you trust available to check in with you. Step outside for a walk. Find a quiet place to pray or meditate. Often, the anticipation of the day is harder than the day itself, so prepare, but don’t overprepare.

Accept Help—Practical and Emotional

Many grieving people struggle to ask for help, especially if they are used to being the helper. But you do not need to carry everything by yourself. If you usually host a holiday gathering, ask someone else to take the lead this year. Let others support you with meals, rides, company, or simply their presence. Isolation can intensify grief; staying connected, even in small ways, can ease the burden.

Create Space to Remember

Remembering your loved one can be healing. Share stories, look through photos, prepare their favorite dish, or set a place at the table in their honor. Some find comfort in lighting a candle or displaying a picture. But if remembering feels too painful right now, you can set it aside. There is no right or wrong way to honor memory.

Care for Your Body and

Nervous System

Grief is exhausting, emotionally and physically. Pay attention to your body’s needs: drink water, eat nourishing food, rest when you can. Gentle movement, like stretching or walking, can help calm your nervous system. Listen to what your body is telling you; it often knows what you need before your mind does.

Seek Moments of Comfort, Not Joy

This season is often labeled as “joyful,” but joy can feel out of reach when your heart is heavy. Instead of forcing joy, look for pockets of comfort: a warm cup of tea, soft music, a quiet corner, a pet curled beside you. These small moments of peace are enough. Joy will return in its own time.

Name Your Needs to Someone You Trust

People often want to help but don’t know how. Tell someone you trust what you need, whether it’s a phone call, company at an event, help with meals, or space to talk. Be honest about your struggles. Sharing your needs allows others to show up for you in meaningful ways.

Consider Simple Ritual or Spiritual Practices

Ritual can be grounding in seasons of grief. Lighting a candle, journaling, praying, reading Scripture, or attending a simple service can offer a sense of presence and connection. Rituals do not need to be elaborate; sometimes the smallest act can be the most comforting.

Seek Support When You Feel Overwhelmed

You do not have to walk this path alone. Counselors, chaplains, and grief groups can offer guidance, tools, and companionship. Don’t wait until you feel overwhelmed, reach out early. Sharing your experience with others who understand can be deeply healing.

Grief does not disappear for the holidays, and it does not need to. But with tenderness, boundaries, and support, you can move through this season with compassion for yourself. May you find moments of comfort, rest, and light as you navigate the days ahead.

Rev. Peter-Michael Preble is the Chaplain for the Hull Fire Department and a Hospice Chaplain with Crof Health (Formerly Norwell VNA) in Norwell, Massachusetts. Follow him at www.peterpreble.net

SECURITY from page 4

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Deadline for photos and forms is Friday, December 12, 2025



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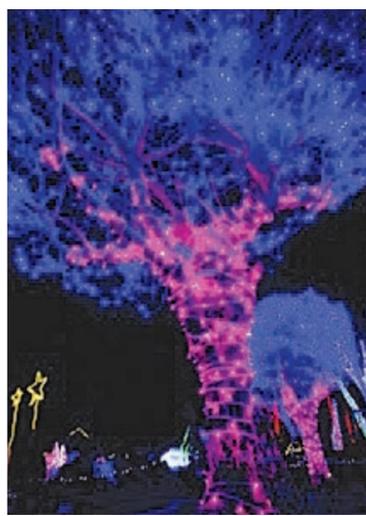
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Getting cozy this holiday season at the libraries

SOUTH HADLEY—Winter weather and a good book just seem to go together. As we move into December, we invite you to visit the South Hadley Public and Gaylord Memorial Libraries to pick up a bestseller, discover a new author, or reconnect with a classic. You can find the most recent additions to the collection by clicking here. The page is updated weekly, and you can even sign up for email alerts for new materials. And we're much more than books...

Adult Programs at SHPL
December is full of festive programs at the South Hadley Public Library! Our *Level Up Your Sourdough Breadmaking* workshop with Sourdough Brandon on December 3 is now full, but we're excited to welcome everyone who signed up for an evening of fermentation and flour power. Interested in more programs like this? Please share your ideas with Adult Services Librarian Desi Smelcer.
Puzzle lovers can join us for a **Jigsaw Puzzle Swap on Saturday, December 13 at 10 a.m.**-drop off complete puzzles (no missing pieces) at the Front Desk from December 1-12 to receive swap tickets and pick up new-to-you puzzles the morning of the event.
Celebrate the season with **Wassail! A Victorian Holiday on Wednesday, December 17 at 6 p.m.** The Small Planet Dancers will feature songs, a parlor

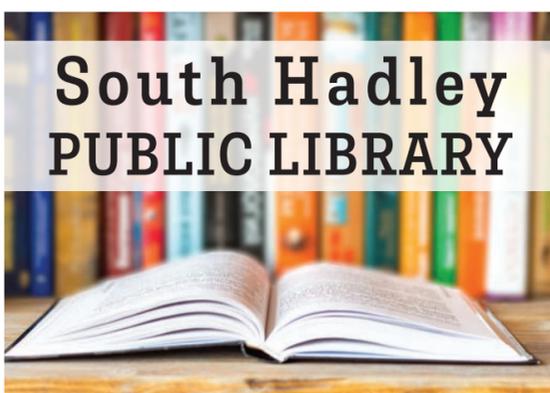
game, and a festive march through a lively Victorian-inspired holiday ball. This program is sponsored by the South Hadley Cultural Council; registration is required by clicking here.

Looking to join a book club? The library has a selection of books being talked about by groups at the library and senior center. Library groups include the **Hello Sunshine Book Club meeting on Wednesday, December 3 at 6:30 p.m.** to discuss *The Book of Doors* by Gareth Brown. We also have our **Between the Covers Romance Book Club meeting on Tuesday, December 9 from 3 to 4 p.m.** to talk about *Mrs. Nash's Ashes* by Sarah Adler.

Online Author Programs (click each program for more information)
Scheming Wives and High-Stakes Hilarity with Author Sue Hincenbergs, Author of *The Retirement Plan* and Award-Winning Television Producer. Tuesday, December 2 at 2 p.m.
The Creative and Compassionate Art of Seeing Others Deeply with David Brooks, Leading Cultural and Political Commentator and Bestselling Author of *The Road to Character*. Tuesday, January 13 at 2 p.m.

Children's Programs at SHPL
This month we celebrate the shortest day of the year, followed by New Year's Eve. Join us as we count down to «noon

year» with a **comedy magic show on December 31 at 10:30 a.m.**! But before that, we have our **Toy Swap on Saturday, December 6 at 10:30 a.m.** Drop off toys and get tickets at the main desk between December 1-5, and «shop the swap» on Saturday!
But wait, there's more: **Japanese Story Time with Kanae on Saturday, December 13 at 10:30 a.m.**, and **music with Mr. Liam on Saturday, December 20 at 10:30 a.m.** And during school vacation, try out our new **1 Spy board**, come play **Book Bingo on Tuesday, December 23 at 2 p.m.**, and make a **paper snowflake craft on Tuesday, December 30 between 2 to 4 p.m.** (drop in).
Need some reading suggestions? Request a **Book Bundle** (these can work as gift guides as well! Books make great gifts!).
All our regular programs



continue as usual while the library is open: Pajama Storytime, Lego & Games, Rhyme Time, Story Time, CFCE Playgroup, Baby Lapsit Storytime, Read to a Dog (12/9), Pride Club, and Graphic Novel Book Club (12/11). See the whole calendar here, and email Jenny if you have any questions.

Teen Programs at SHPL
This month for Teens (ages 11 through 19) we have a lot of great offerings! **YA Book Tasting**, which happens on the first Monday of the month from 3:30 to 5 p.m. This month's **Crafternoon** takes place on **Thursday, December 11, from 4 to 5 p.m.** We will be making Bookmarks. No sign-up is needed. **Night Craft** will be happening on **Tuesday, December 30, from 6:30 to 7:30 p.m.** We will be crafting Glue Snowflakes. None of these programs requires signing up unless you would like an email

reminder.
Our monthly gaming sessions will be held on **Tuesday, December 16, for Xbox X**, and **Tuesday, December 9, for Switch**. All gaming sessions start at 3:30 p.m. and run until 5 p.m. No sign-up is needed.
Snackternoon will be on **Thursday, December 18, from 4 to 5 p.m.** Please note this is the third Thursday this month due to Christmas Day. This month features Dill Pickle Chex Mix. Please sign up so we can have enough supplies for all teen participants.
Our monthly **Teen Takeaways** continue to be available. This month features Silhouette Pom Pom Painting. Sign up once and get a new Teen Takeaway every month. We also have our latest **Booktrovert** pick: *Conceal, Don't Feel* by Jen Calonita. There are no in-person meet ups, just enjoy the book on your own time. Copies are available in the Teen Room for check out.
December introduces our brand new Teen Book Club! **The Read Whatever Book Club**. Come and talk about whatever you're reading with other teens! Hot cocoa and popcorn provided. This program takes place on **Monday, December 22, from 4:30 to 5:30 p.m.**, and no sign-up is needed unless you want an email reminder.
Finally, during school vacation week, there is **Drip Sculpture** with day 1 taking

place **Monday, December 29, from 3 to 4 p.m.** and day 2 taking place **Tuesday, December 30 3 to 4 p.m.** We will also have **Open Gaming on Wednesday, December 31 from 3 to 5 p.m.** Gaming consoles and board games will be available for teens to play. Please email Bethany with any questions.

Gaylord Memorial Library Programs
Castle Nitor returns to Gaylord on **Thursday, December 11, at 6:30 p.m.** for **Tablet Weaving**. Learn one of the most unique weaving techniques from the past and take home a new treasure that you made on your own! Register here.
For kids, we also have our usual **Story Times (Fridays at 10:30 a.m.)**. **LEGO Club** meets **Thursday, December 18, from 3 to 6 p.m.**, and we have **Drop-In Crafts Thursday, December 11, from 3 to 6 p.m.**
Families can also join us on **Saturday, December 13, at 10:15 a.m.** for special **Holiday Games**, and **Saturday, December 27, at 10:15 a.m.** for **Trains-n-Tracks**.

December Holidays
Happy Holidays! Our schedule has some adjustments this month:
Wednesday, December 24, closing at 1 p.m.
Thursday, December 25, both libraries are closed
Friday, December 26, open normal hours at SHPL and GML
Wednesday, December 31, closing at 6 p.m.

WINTER from page 1

sure to follow Buttery Brook Park, South Hadley Pickleball, and Buttery Brook Disc Golf on Facebook to keep up with all the happenings at the park. And don't forget to

visit Santa at the log cabin at the center of the park starting on December 11th, where he'll be offering free coloring books, cookies, and hot cocoa.



The disc golf course with some cleared patches.



Buttery Brook Park is ready for the holidays.

Submitted photos



Disc golf is up and ready, even in the snow.



Come by the disc golf course and see the festive hats.



Take a walk by the beautiful benches for a snowy photo op.

SPORTS

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Tigers score shutout on Thanksgiving



Griffin Soderbaum launches a pass attempt.



Brayden Koske stops the ball carrier.



Cooper Wall sends a kick away.

HOLYOKE – Last Thursday morning, South Hadley High School continued its strong showing on the holiday with another win against Holyoke High School. South Hadley has just one loss against the Knights since the two teams started playing each other on Thanksgiving. This time, the Tigers scored big with a shutout 33-0. Griffin Soderbaum had 129 yards passing with three touchdowns. Noah Hambley ran for 161 yards for the Tigers in the win. Holyoke's season finishes at 3-8 with South Hadley improving to 5-6 for the year.

Turley photos by David Henry www.sweetdogphotos.com

Jhaymhar Henry protects the quarterback.



Micah Litovich goes for the tackle.



Noah Hambley tries to get through defenders.



Chase Pecia heads up the field on a return.

Rams suffer OT loss in state semis

By Tim Peterson
Sports Correspondent
WEST SPRINGFIELD—As an eighth grader, Hannah Murphy recorded a hat-trick and had an assist helping the Monson girls' soccer team post an 8-2 victory over Granby in the Western Mass. Class D semifinals.

Murphy and her Lady Mustangs teammates also swept the season series against the Lady Rams during the next three seasons.

The tide turned this fall, as Granby squeaked out a pair one-goal victories against Monson during the regular season.

The third meeting of the 2025 campaign between the Central Division rivals took place in Division 5 state semifinals.

Murphy, who broke the state record for goals during the regular season, managed to keep her outstanding high school soccer career alive for one more match. She netted the game-winning goal with 2:32 remaining in the second overtime, giving the fourth-seeded Lady Mustangs a 2-1 victory over the top-seeded Lady Rams



Margaret Healey looks to get through midfield traffic.

on a windy and cold evening at Clark Field located on the West Springfield High School campus on Nov. 17.

"I just told Hannah that she was the best player on the field tonight," said Monson head coach Larry Pagliaro.

"It was an unbelievable goal by her in overtime. We're now looking forward to playing one final game in the state finals."

Monson (12-10-1) was scheduled to face third-seeded Hull in the state finals at

Curry College in Milton, last Saturday afternoon. The Lady Mustangs advanced into the state semifinals following home victories against 29th-seeded Franklin

Please see **RAMS**, page 8



Meredith Bartosz makes a save.

MIAA sets deadlines for finalized schedules

FRANKLIN – The 2025 Schedule Commitment Deadline and Process Reminder that the MIAA winter schedule commitment deadline is Friday, Dec. 19 for basketball and ice hockey. After that point, no changes can be made to your opponents or the number of games/matches that can be played.

After the Dec. 19 commitment deadline, all schedules will be considered final.

Three days before the Schedule Commitment deadline, MIAA staff will produce and publish schedules for each sport based on the avail-

able data for review and verification by member schools. Below is the breakdown for 2025-26 school year:

- WINTER 2025-2026
 - o First contest date: Thursday, Dec. 11
 - o Schedule data published for review: Tuesday, Dec. 16
 - o Schedule Commitment deadline: Friday, Dec. 19
- SPRING 2026
 - o First contest date: Thursday, Mar. 26 (Monday, March 23 for Spring Golf)
 - o Schedule data published for review: Tuesday, Mar. 31
 - o Schedule Commitment deadline: Friday, Apr. 3

T-Birds fall in shootout against Islanders

SPRINGFIELD – The Springfield Thunderbirds (5-10-2-2) caught an unfortunate break on a late game-tying goal in regulation before falling, 3-2, in a shootout to the Bridgeport Islanders (7-10-1-1) before a sellout crowd inside the MassMutual Center on Saturday night.

For a second straight night, the Islanders' first period excellence came to the forefront, and the visitors picked up the lone goal in the first on a weird and painful sequence. Forward Eetu Liukas was in the wrong place at the wrong time when a Sean Day point shot struck him under the visor, forcing him down to the ice injured. As Liukas lay near the crease, Liam Foudy arrived at the loose puck and fired it off the post behind Georgi Romanov. However, Liukas turned out to be in the right place as the puck glanced off the iron, then off his leg, before finding its way across the line at 13:16 for the first goal of the game.

Henrik Tikkanen made his season debut in the Bridgeport goal crease and proved to be

tough to beat through the first half of the game, but Springfield's shorthanded group finally solved the tall Finn at 9:49 of the second as Hugh McGing moved down the left wing and fired a sneaky, short-side shot past the netminder, tying the game, 1-1, on the T-Birds' second shorthanded goal in as many days.

Romanov kept his game elevated throughout a busy second period, as he successfully turned away all 14 Bridgeport shot attempts to keep his team deadlocked heading into the final period. The tight checking continued in the final period, with Springfield's forecheck continuing to work over the Islander defense. Eventually, they broke through at 9:55 of the third with Juraj Pekarcik finding his way to the low slot and firing a shot upstairs past Tikkanen, giving Springfield the 2-1 advantage.

The T-Birds' power play missed a chance to add insurance, and the one-goal margin carried into the final two minutes. With Tikkanen on his way to the bench for an extra attacker, Luke Rowe

uncorked a blistering slapper from the left point that glanced off the underside of the crossbar, beating Romanov to tie the game, 2-2, at 18:11. For the second time this month, the division rivals went to overtime.

Springfield carried much of the play in overtime, but Tikkanen answered with five stops, and the T-Birds failed to strike on a 4-on-3 advantage in the last 1:31 of overtime after Rowe committed a tripping infraction.

With the game coming down to a shootout, Matt Luff got Springfield off on the right foot, beating Tikkanen to begin the festivities, but Chris Terry and Matt Maggio both connected against Romanov, while Matthew Peca and Nikita Alexandrov could not solve Tikkanen. Springfield, despite the bitter defeat, extended its point streak to five straight games, going 3-0-1-1 over that stretch.

The T-Birds are back in action next Friday in Hartford for another meeting with the Wolf Pack inside PeoplesBank Arena. Puck drop is set for 7 p.m. to begin the three-game weekend.

Students chosen for sports ambassador program

Woburn, MA - The Massachusetts Amateur Sports Foundation / Bay State Games is proud to announce the 80 selected high school student-athletes who have been chosen to serve as Ambassadors for the 2025-2026 academic year. These student leaders were selected from schools and communities across Massachusetts based on their involvement in athletics, commitment to leadership, and desire to inspire future participation in the Bay State Games and statewide community sport initiatives. The Ambassador Program provides leadership development, event experience, and networking opportunities while ambassadors serve as representatives of Bay State Games in their schools, on their teams, and in their communities. Ambassadors play a key role in growing awareness, supporting recruitment efforts, and connecting their peers to the opportunities and events offered through Bay State Games including the Summer & Winter Games, scholarships, internships, and other year-round programs. "The Ambassador Program helps expand statewide awareness and impact of Bay State Games programs while mentoring

high school students on the career and education opportunities available in the world of sports" said Kevin Cummings, Bay State Games Executive Director.

"This class of ambassadors represents the next generation of leaders in sport from across Massachusetts. We are excited to support them as they help inspire participation in the Bay State Games and lay the foundation for their future careers" The 2025-2025 Ambassador program kicked off on November 2 with a statewide Ambassador Summit at the Natick Armory, hosted by the Massachusetts Army National Guard. Ambassadors from across the state participated in the program that included a fitness warm up and team building exercises, a panel discussion on the college athletic recruiting process and an address from motivational speaker, philanthropist, athlete and race director Dave McGillivray.

The Ambassador term began in October 2025 and runs through July 2026.

Among local student-athletes selected, Makenzie Casey of Quabbin Regional, Kendall Placzek and Richard Hale of Minnechaug Regional, Logan Millet of Ware, and Madelyn Moreau of Monson.

RAMS from page 7

County Tech (4-0), 13th-seeded Holbrook (7-0) and fifth-seeded Saint John Paul II (5-3).

Granby finished their outstanding season with a 15-4-4 record.

"We beat Monson twice during the regular season, but the game that really mattered was this one," said Granby head coach Bob Weaver. "It's a frustrating loss because you never know if you'll ever make it back here again. We had a great season."

The Lady Rams defeated 32nd-seeded Mahar Regional (2-0), 17th-seeded West Boylston (8-1), and the ninth-seeded Rising Tide Charter School (3-0) in the state tournament.

While Murphy is the only senior listed on the Lady Mustangs roster, the three Lady Rams seniors are Kaitlyn Curran, Mylin Laliberte, and Ava Elizabeth Loughman, who's recovering from an ACL injury. She's hoping to play lacrosse next spring.

One of the Lady Rams younger players is junior Kalli White, who has more than 100 career points.

During the first 30 minutes of the opening half, White and freshman Marcela Tapia had a

couple of shot attempts for the Lady Rams.

However, the contest remained scoreless until the 31st minute.

That's when Murphy blasted a free kick from the top of the box into the upper right corner of the net past Granby junior goalie Meredith Bartosz, who made four saves.

At the end of the regular season, Murphy was selected to the All-New England All-Star team.

The other four Western Mass. All New England players are Mila Dillard (Pope Francis), Maeve Turmel (Pope Francis), Gracie DiStefano (Longmeadow High School), and Rhaya Manning (Longmeadow High School).

The Lady Mustangs held onto the 1-0 lead for almost the entire second half.

With a little more than six minutes remaining in regulation, Granby sophomore Kaelyn Slapski delivered a forward pass to White, who beat a couple of defenders for the ball before firing a low shot into the right corner past Monson sophomore goalie Grace Berry (11 saves).

"We never felt like we were

out of the game," Weaver said. "We had a lot of chances in the first half, but we just didn't finish them. We continued putting pressure on them in the second half."

White was selected to the Class D All-State team for the second consecutive year. Bartosz was also named to the All-State team.

Neither team was able to score a goal during the final five minutes of regulation or in the first 10-minute overtime period.

Just when it looked like the outcome of the match would be decided in a penalty shootout, Murphy, who'll be playing college soccer at Sacred Heart University, became the hero late in the second OT.

Following a throw-in along the left sideline, Murphy dribbled the ball into the box before poking a shot into the back of the net for the game winning goal.

When the two rivals face each other again next fall, the Lady Rams defense won't have to worry about one of the best girls' high school soccer players in the state scoring anymore goals against them.



Brenna Moreno heads toward the right side.

Kaitlyn Curran makes a throw-in.



Marcela Tapia tries to make a play on the ball.



Eleanor Szlosek looks to overcome an opponent.



Kalli White advances toward the Monson goal.

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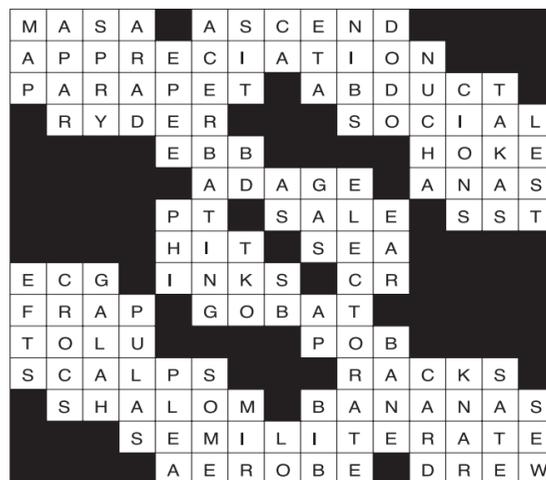
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TFN



SANTA from page 1

the cozy, festively trimmed cabin where Santa welcomes each child personally. Bernier said the event holds a special place in the community. "Next to the Holiday Stroll, it is the next biggest free community event that brings joy to the holiday season," he said. "It brings us such joy when you hear families talk about how they have been coming to see Santa at the park with their children and now grandchildren and some even great-grandchildren."

Visitors can expect a familiar look this year with a few festive upgrades. "This year we have an additional number of inflatables while the inside of the cabin will remain its nostalgic traditional decor," Bernier said.

Behind the scenes, the magic of Santa's Land is powered by a strong network of volunteers. "Volunteers are provided through the South Hadley High School National Honor Society and Service Club students, with additional volunteers from the Friends of the South Hadley Senior Center," Bernier explained. "However, this event would not be possible with-

out our cherished Santa, who has volunteered for countless years." He added that gifts from Santa are "generously donated by Brighter Beginnings DayCare."

Transforming the park into a holiday destination is no small feat. "To start with, there are 150 to 200 man-hours generously donated by the Parks and Recreation Department to put up the outside lights and decorate the outside of the park," Bernier said. Volunteers from the Friends of Buttery Brook Park also dedicate time to decorating the cabin and running the event.

Families return year after year for the simple joys Santa's Land offers. "For the most part, the people come to see the lights, and the children are mesmerized by the inflatable decorations around the cabin," Bernier said. "I think having the families be able to spend individualized time with Santa is what sets us apart from other attractions."

Bernier encourages visitors to come prepared. "When coming to the park, please use the South Entrance, the decorated entrance. Also, please dress warm as you will be waiting outside in



Turley photos by Emily-Rose Pappas
Picture of Santa with some of his South Hadley High School elves during the 2024 season.

the elements," he said. Families are encouraged to bring their own cameras, as photos are no longer offered for purchase.

Santa's Land will be open

Dec. 11, 12, 13, 14, 18, 19, 20 and 21 from 5:30 to 7 p.m. Donations are welcome and directly support park events and improvements throughout the year.

Greenfield / Northampton Cooperative Bank hosting toy drive to benefit Toys for Tots

REGION – Greenfield / Northampton Cooperative Bank is spreading holiday cheer by hosting a community toy drive at its Hampshire County branches to benefit Toys for Tots. From December 1 through December 12, community members are encouraged to drop off new, unwrapped toys to help bring joy to children in need this holiday season.

The Toys for Tots program, run by the U.S. Marine Corps Reserve, collects and distributes toys to ensure that every child experiences the magic of the holidays. Donations of all kinds are welcome, from classic toys and games to books and stuffed animals.

"We're proud to support an organization that brings

hope and happiness to families right here in our community," said Erin Cleary, Branch Manager of the South Hadley Branch. "Every toy donated helps make the season brighter for a local child."

Donations can be dropped off during business hours at the following branches:

South Hadley Branch: 487 Newton Street South Hadley, MA, 01075

Amherst Branch: 390 College Street, Amherst, MA, 01002

Northampton Branch: 67 King Street Northampton, MA, 01060

Florence Branch: 6 Main Street, Florence, MA, 01062

Together, we can spread the joy and magic of the season to children in our community.

FALLS from page 1

Falls we know and love today, helping them to grow and flourish.

The Business Improvement Grants "...provide commercial businesses, nonprofits, and commercial property owners in South Hadley Falls with financial support for the enhancement of small businesses through reimbursable grants of up to \$10,000. The grant is structured as a reimbursement of a property or business owner's investment in eligible storefront facade enhancements or other eligible business improvements."

"As a member of the SH Redevelopment Authority, the mission of it was to support to redevelopment of the Falls, which is blighted and running down, so the Authority was tasked to figure out how to

make projects happen," said Capra. "One of the things he always spoke out to me about was how to fix things. We knew nothing would make him happier than to create a fund that would raise private funds for the redevelopment of the Funds."

The impact that Frank left on the people of South Hadley that he served was real, and many people have left cards or notes with donations in his memory.

Anonymous cards with donations were sent in by community members with notes about what DeToma meant to them. Two of the cards read:

"To Frank DeToma's legacy. He was a fine man and a South Hadley treasure."

"In honor and in memory of my dear friend Frank, with whom I worked on the

CPA, the Bottle Bill, the Historic District, the Neighborhood Association, SHFNA, and shared Italian stories. Do good work, please, in his name."

"Frank was so committed to South Hadley, and he was kind and generous with his time," said Capra. "He was interested in the people and working with the people. It was a great loss to the town to lose him, so I hope that in his memory we can do some things to help the Falls move into a positive direction to raise funds in his name."

Redevelopment Authority has a newsletter that is published on the Authority's page on the town website, providing anyone interested in updates on the hard work they are making to revitalize this part of our town.

"They want to open up to

the town that things are happening in the Falls, and they are open to hearing from the community about what they can do to bring resources to them," said Capra.

People who are interested can donate a check payable to the Redevelopment Authority and mail it to the town hall, as they can only accept donations that way, as they are a small organization.

So far, they have raised \$4,180 and are looking to raise more in order to further the dreams of redeveloping this beloved part of town.

Working hard to maintain, protect, and respect the land around us is a duty the Authority takes seriously, as they work towards building South Hadley Falls that was dreamed of by a friend, mentor, and family member, carrying his legacy forward.

Get ready for the Knit and Basket Sale at the library

GRANBY – The Granby Free Public Library will hold a Holiday Gift Basket and Knit Sale on Saturday, December 6, from 10:30 a.m. to 1:30 p.m. The sales will continue to run through December during open library hours, while supplies last. Come shop from a variety of gift baskets, knitted & crocheted items, holiday ornaments, and much more. Do you have someone on your list who is hard to shop for? We have got you covered!

Donations of premade gift baskets and new handcrafted items are accepted until December 4th. *Sponsored by the In Stitches Knitting Group and the Friends of the Granby Library. The Granby Free Public Library is located at 297 E State St in Granby, MA. For more information and a listing of open library hours, please visit granbylibrary.org or call 413-467-3320.

Jingle Bell Bazaar returns to Church of Christ

GRANBY – The Jingle Bell Bazaar is coming up fast. December 6, 2024, from 9 a.m. to 3 p.m. Come enjoy our Cookie Walk, it will have hundreds of delicious cookies to choose from. Be sure to check out handmade crafts, freshly crafted greens, jewelry, a New to You section,

Bake Sale, hot Lunch, the Quilt Raffle, see Santa, and more. Santa will be in the building. Come and visit. This event helps support the work of our WOTC at Church of Christ Congregational, UCC Granby, MA. Come on down and get in the holiday spirit. a

SOURDOUGH from page 1

to thousands of workshops around the region at libraries and universities, and has a website, www.sourdoughbrandon.com, where he has posted a sourdough starter recipe, and other recipes that he has developed, tested, written, and photographed himself.

"I really wanted to create a hub with step-by-step instructions for people that want to get into sourdough baking, and have a shoulder to lean on," said Cochran. "I really want bakers to succeed."

His website details what sourdough starter is and how to grow, store, and "feed" it, as well as how to use it, and the equipment and ingredients you'll need with a day-by-day walkthrough of caring for the starter.

The website also details how to maintain and adjust feedings of the starter, and what else you can make with the starter outside of bread.

"A sourdough started culture is alive," said Cochran. "This is a way people made sourdough for years before scientists created yeast pack-

ets in the 20th century, used in wartime to leaven bread quickly."

Sourdough starter is flour and water left to ferment over time and helps to create that classic sourdough taste.

What makes the starter grow is the yeast consuming carbohydrates, and the by-products of that consumption are the production of CO2, which leavens the bread, producing lactic acid, which contributes to the flavor and preservation of the bread.

Sourdough starter can last for generations when taken care of, and some families pass down and refresh the starter and pass it on as an heirloom. Sourdough starter also has various claimed health benefits, like easier digestion, and has a longer shelf life.

"It's like a science experiment right on your kitchen counter, and is something anyone can enjoy," said Cochran. "It's a meditative process, and allows you to slow down. Learning to make your own bread is great because you can't beat the smell of fresh bread baking in your

home, and its good to know all the ingredients you're putting into your body."

Sourdough starters can be made to make so many things beyond just loaves of bread, and can include different flours. Other baked goods include dinner rolls, cinnamon rolls, buns, yeasted donuts, bagels, pizza dough, croissants, and loaf breads.

The leftover or unused starter, sourdough discard, can be used to make biscuits, waffles, pancakes, cookies, and more, or to give as a gift for others to make their own sourdough.

To make your sourdough, you'll want a baking scale to measure by weight for better accuracy and consistency, as well as a glass jar and a small spatula.

Ingredients include bread flour for daily feedings, and rye flour, which is optional, and can be helpful with creating a starter, or if it's sluggish, and water.

The starter takes a week or two to begin, and the hardest part is getting it going and then having patience. Starting now will be perfect for the holidays. Once you add



Cochran showing one of the glass jars you can grow your starter in.

your first measured amounts of four and water, store it in a warm place, covered, and repeat, letting it ferment and develop on its own.

"There's millions of ways to use sourdough starter and discard," said Cochran. "Find

something that you're excited to make, and read through the recipes, and the recipe will tell you how much starter you'll need."

You can find more information on how to keep a sourdough starter going, and

for more recipes and ideas on his website, and you can email him at brandon@sourdoughbrandon.com with any questions. You can also find him on social media including Instagram and Facebook.



Some of the flours you'll need to create your sourdough starter.



There are many tools you'll need for sourdough.

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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 **www.newspapers.turley.com**

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Nomination Papers Available for 2026 Annual Town Election

SOUTH HADLEY - Nomination papers for the April 14, 2026, South Hadley Annual Town Election are available from Monday, December 8, 2025, until Friday, February 20, 2026 in the Town Clerk's Office at Town Hall, 116 Main St., South Hadley. Nomination papers may be obtained during office hours, Monday through Thursday, from 8:30 a.m. - 4 p.m. and Fridays from 8:30 a.m. - noon. Appointments outside of regular office hours may be available by request. Any changes in hours will be posted to the Clerk's webpage at www.southhadley.org/clerk.

Interested candidates must be registered voters in the town of South Hadley. To appear on the ballot, candidates must obtain nomination papers from the Town Clerk's Office and have them signed

by local registered voters. Town-wide offices require 50 signatures on nomination papers from registered voters in South Hadley. Town Meeting Member offices require 10 signatures from registered voters in their respective precinct. It is recommended that prospective candidates obtain more than the minimum number of signatures.

- Papers for the following seats will be available:
- Selectboard- Two Seats - Three-Year Term
 - School Committee - Two Seats - Three-Year Term
 - Board of Health - Two Seats - Three-Year Term
 - Municipal Light Board - One Seat - Three-Year Term
 - Board of Assessors - One Seat - Three-Year Term
 - Housing Authority - One Seat - Five-Year Term
 - Trustee Free Public Li-

- brary - Three Seats - Three-Year Term
- Planning Board - Two Seats - Three-Year Term
- Town Meeting Member - Eight Seats per precinct - Three-Year Term
- Town Meeting Member - One Seat, Precinct B - Two-Year Term
- Town Meeting Member - One Seat Precinct C - One-Year Term

Once the candidate has obtained all the signatures needed, nomination papers must be returned to the Town Clerk's Office by 5 p.m. on Tuesday, February 24, 2026 for signatures to be certified. Interested candidates may direct their questions and comments to the Town Clerk's Office by phone at 413-538-5030, ext. 6183 or by email at elections@southhadley-ma.gov.

Legal Notices

Town of South Hadley Notice of Public Meeting
The Conservation Commission will hold a Public Meeting pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw to consider a Request for Determination filed on behalf of Bruce Perron to consider removal of eight (8) mature oaks and replacement mitigation plantings within Riverfront Area at 12 Upper River Rd (Map 43, Parcel 2). The meeting will be held on **Wednesday, December 17 at 6:00pm virtually**. Login information will be provided with the posted agenda on the Town website.

A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30 - 4:00 Mon - Thurs. Plans are also available online at www.southhadley.org/603/Project-Plans. Any person interested or wishing to be heard should appear at the time and place designated.
April Doroski
Conservation Chair
12/05/2025

A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30 - 4:00 Mon - Thurs. Plans are also available online at www.southhadley.org/603/Project-Plans. Any person interested or wishing to be heard should appear at the time and place designated.
April Doroski
Conservation Chair
12/05/2025

TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF VIRTUAL PUBLIC HEARING

The Planning Board will hold a virtual public hearing on **December 22, 2025 at 6:30 p.m.** to consider an application for Site Plan Review filed by Jennifer Caisse to construct a detached Accessory Dwelling Unit (ADU) on a parcel with an existing single-family home at 373 Granby Road, Assessor's Map 29 Parcel 158. This application is being filed pursuant to South Hadley Zoning Bylaw Chapter 255 Article XII (Site Plan Review); 255-50 (Accessory Dwelling Units); and the Zoning Use and Dimensional Regulation Schedules. The public hearing will be held through virtual format with log-in information below:

URL to join: <https://us02web.zoom.us/j/86756960747?pwd=BdOA8q4X4J89fZgJl1aJOR5HeJBrNV.1>
Or join by phone: +1 (305) 224 1968 **Webinar ID:** 867 5696 0747 **Passcode:** 847516
The subject property is located within the Residential A-1 Zoning District and is an existing single-family home. The application is on file in the Planning & Conservation Department Office (Room U6)

in Town Hall and is posted at www.southhadley.org on the Planning Department page under 'Permit Applications'- 'Site Plan Review' under section 'Granby Road (373) - ADU' or can be viewed at: <https://www.southhadley.org/1179/Site-Plan-Review>. Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated.
Brad Hutchison, Clerk
South Hadley Planning Board
12/05, 12/12/2025

TOWN OF SOUTH HADLEY NOTICE OF PUBLIC MEETING

The Conservation Commission will hold a Public Meeting pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw to consider a Request for Determination filed by Marion Excavating Co. Inc. to determine whether the boundaries of resource areas are accurately delineated at New Ludlow Rd, Map 9, Parcel 5. The property is located behind 785 New Ludlow Rd (Map 9, Parcel 10). The meeting will be held on **Wednesday, December 17 at 6:00pm virtually**. Login information will be provided with the posted agenda on the Town website.

A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30 - 4:00 Mon - Thurs. Plans are also available online at www.southhadley.org/603/Project-Plans. Any person interested or wishing to be heard should appear at the time and place designated.
April Doroski
Conservation Chair
12/05/2025

Dan Kane and Friends Annual Holiday Concert, feat. Freddie Marion



Submitted photo

The Dan Kane and Friends group is ready to provide a wonderful holiday concert.

SOUTH HADLEY - The Friends of the South Hadley Seniors are hosting their annual Inspirational Holiday Concert with

Dane Kane, his singers, and Freddie Marion on Sunday, December 14, from 2 to 3:30 p.m. at St. Theresa's Church.

All are welcome to this free concert. Hot cocoa and cookies will be served following the event.



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EARLY DEADLINES FOR ADS & LEGAL NOTICES

Christmas will bring early deadlines for all ads & legal notices to run in TURLEY PUBLICATIONS the week of December 22-26, 2025:

Wednesday, December 17 at 2 PM for December 25 issue

- Country Journal • The Register • Wilbraham-Hampden Times

Thursday, December 18 at 2 PM for December 25 Issue

- Agawam Advertiser News
- Sentinel • Quaboag Current • The Journal Register

Friday, December 19 at 2 PM for December 25 Issue

- Ware River News • Barre Gazette

Monday, December 22 at 2 PM for December 26 Issue

- Town Reminder • The Holyoke Sun • Chicopee Register

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EARLY DEADLINE

In observance of **CHRISTMAS** for Dec. 22-26 newspapers there will be an **EARLY CLASSIFIEDS DEADLINE!**

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				62						63	

CLUES ACROSS

1. Dough made from corn flour	36. Record of one's heartbeat	armadillo
5. Rise	39. Signs a contract	3. Mobile
11. Gratitude	41. Atomic #24	4. Romanian city
14. A low wall	42. Bind securely	5. Making sour
15. Kidnap	44. French Jesuit theologian	6. Take a seat
18. A cup golfers want to win	46. Fragrant brown balsam	7. "The Golden State"
19. Outgoing	47. Post office box	8. When you hope to arrive
21. "Partner" to flow	49. Sells tickets at inflated prices	9. Pointed ends of pens
23. Former Michigan coach Brady	52. Places to hang coats	10. Extinct flightless bird
24. Proverb	56. Jewish salutation	12. Sharp-pointed dueling sword
28. Gasteyer and de Armas are two	58. Yellow fruits	13. Nape of neck
29. Helps a body recover	60. Poorly educated	16. Problems (Spanish slang)
30. Baseball Cy Young winner	62. Microorganism	17. Narrow carpet
32. Very fast airplane	63. Talk show host Barrymore	20. To avoid the risk of
33. Offensive baseball stat		22. Spiritual academic degree (abbr.)
35. Body of water		25. Equally

CLUES DOWN

1. A way to plan	31. Body part	34. Referee-declared outcome
2. Three-banded	34. Referee-declared outcome	36. Means to moving money
	36. Means to moving money	37. Popular footwear brand
	37. Popular footwear brand	38. Cockatoo
	38. Cockatoo	40. NFL's big game
	40. NFL's big game	43. Botswana currencies
	43. Botswana currencies	45. News-reporting organization
	45. News-reporting organization	48. Batman villain
	48. Batman villain	50. Urgent request
	50. Urgent request	51. Not all
	51. Not all	53. Hallmark's specialty
	53. Hallmark's specialty	54. Knot in a tree
	54. Knot in a tree	55. Satisfy
	55. Satisfy	57. Notable space station
	57. Notable space station	58. Baby's dining accessory
	58. Baby's dining accessory	59. Stitch clothing
	59. Stitch clothing	61. ___ and behold

COMMUNITY from page 1

more items and store items for different seasons, so I think it will be very helpful," said Dion.

"With more places to store items, I was able to do a toy drive, and I got fourteen families to sign up for gift assistance, and so far I've been able to help 10 out of the 14," said Dion. "Holidays are so important to families, and it's a time to spend together and make memories with your kiddos, so any way I can help the better."

Specific items looking for right now for winter gear like coats, hats, gloves, and scarves, winter clothing and shoes of all sizes, and small holiday décor, art supplies, and pet supplies like food, toys, and other pet items, and the other basics like food, toys, and personal hygiene (all unexpired).

"Being able to help people out within the community and knowing that items that could be waste can be repurposed and make it easier for some families that are in need," said Dion.

The Shelf is a family endeavor, and Dion's kids help stock and organize the shed, and her stepdaughter and her mom, and her parents help, too.

"It's really to bring the community together, and be able to share the items, and helping out when you have the option to is great. A lot of people are having a hard time right now, but even the smallest thing can make a big difference. Having a place for people to come is super important, and it's a place to be a community," said Dion.

Donations are always helpful and welcome, whether monetary or items for the shed, and there is a plastic storage container outside that is emptied daily for items for the Shelf.

There are some families who are in need of gifts this holiday season, and toys and gifts are needed for girls age six through 15, and boys age eight through 15.

You can contact Dorina Dion via email at thehelpfulhandshelf@gmail.com, and



Submitted photos

Cleaning supplies and home décor are often taken for granted.

find her on Facebook, and join the group "The Helpful Hand Community Shelf" for more information.

Please do not donate items to the shelf that are broken, rusted, moldy, or expired. Donate items you would want

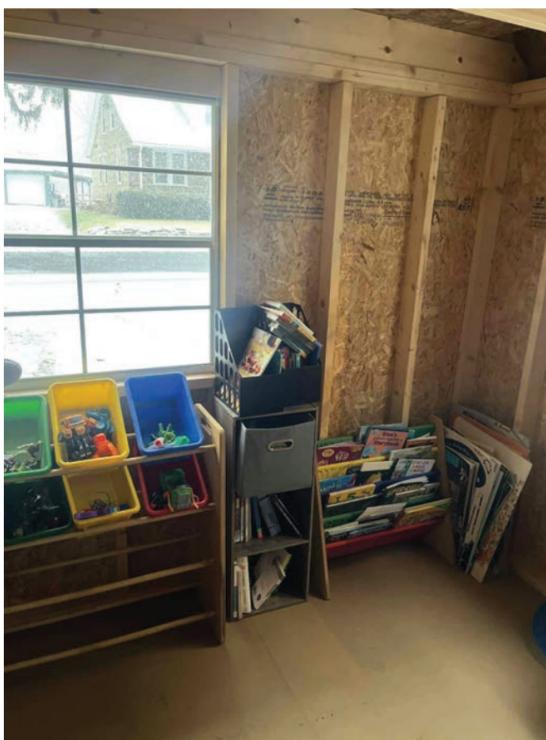


The shed standing strong against the snow.

to receive, with care and integrity.

It only takes one item to make a difference in someone

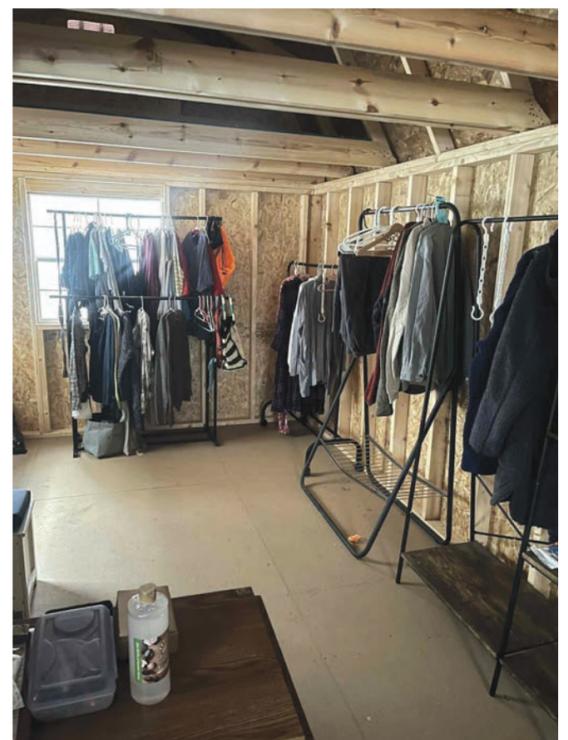
else's life, whether it be some food, gift bags, baby toys, or a Halloween costume.



Toys and books for the kids.



Toys and more for the littles.



Clothing racks set up and organized.

The benefits of local newspapers

Local newspapers play vital roles in communities across the globe. The Information Age has changed the way many people get their news, but local newspapers continue to serve as valuable resources for readers interested in learning more about and becoming more involved in their communities.

While local publishers continue to adapt to the changes brought about by technology, the following are a handful of benefits unique to local newspapers.

- **Local newspapers keep readers up-to-date on their own communities.** Globalization may be here to stay, but that does not mean local communities are no longer home to newsworthy events. National and international newspapers and 24-hour cable news channels can keep men and women up-to-date on national and world news, but in many instances, local newspapers are the only means people have to learn about what's going on in their own communities. Local politics impact residents' lives every day, and local newspapers cover local politics extensively.

- **Local newspapers benefit nearby businesses.** Small business owners often connect with community members via local newspapers. A strong, locally based small business community can improve economies in myriad ways, creating jobs in the community and contributing tax dollars that can be used to strengthen local schools and infrastructure. And local newspapers do their part by providing affordable and effective advertising space to local business owners looking to connect with their communities.

- **Local newspapers can strengthen communities.** Local newspapers are great resources for residents who want to become more active in their communities and learn more about community events. Local newspapers often showcase community events like carnivals, local theater productions and projects like park cleanups. These are great ways for readers to become more active in their communities and build stronger communities as a result.

- **Local newspapers can benefit children.** National newspapers may have



little age-appropriate content to offer young children, but local newspapers tend to include more soft news items than national periodicals, and such stories typically are appropriate for young readers. According to Newspapers in Education, students who participated in an NIE group in Florida performed significantly better in spelling and vocabulary

than nonreaders. Additional studies have indicated that students who use newspapers in the classroom perform better on standardized reading tests than those who do not use newspapers in class.

Many local newspapers have played vital roles in their communities for decades, providing a go-to resource for local readers and business owners.

12 Weekly Newspapers Serving The Local Communities

Agawam Advertiser News • Barre Gazette • Chicopee Register • Country Journal
Journal Register • Quaboag Current • The Register • Sentinel • The Holyoke Sun
Town Reminder • Ware River News • The Wilbraham-Hampden Times

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