

TOWN Reminder

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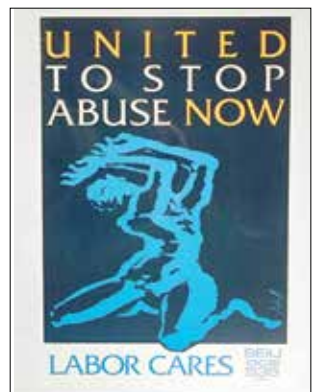
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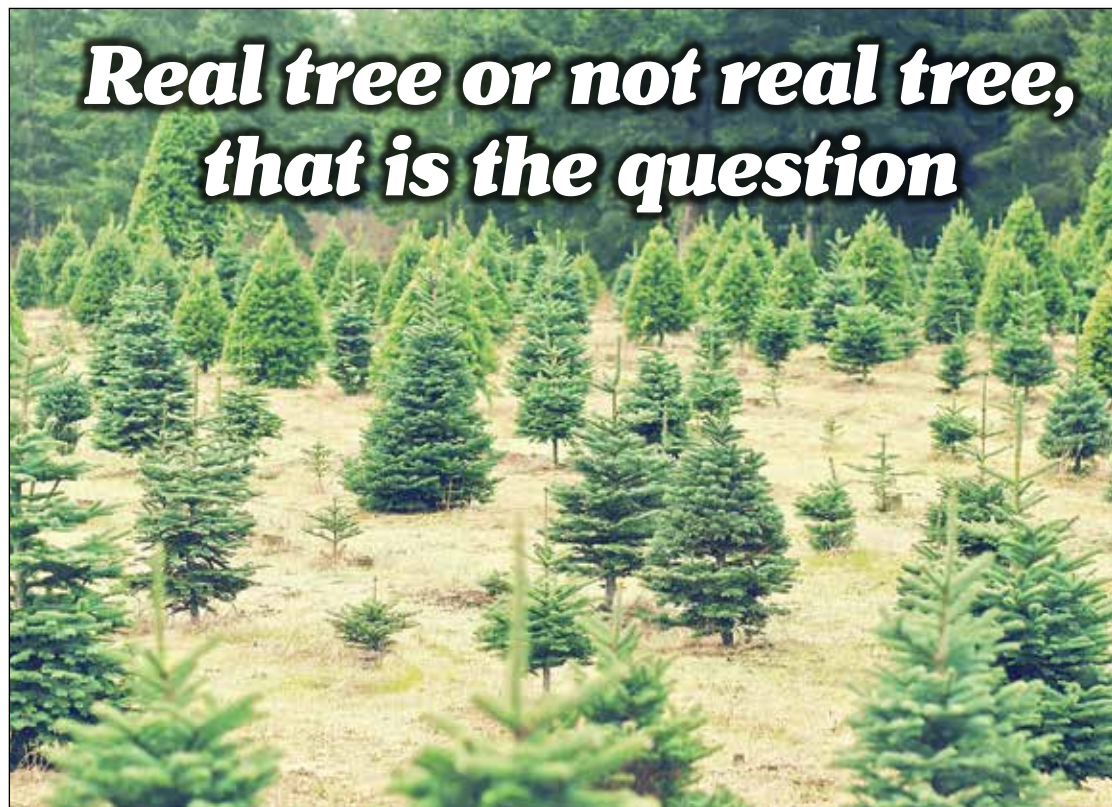
Santa's Land returns to Buttery Brook Park

By Tina Lesniak
Correspondent

SOUTH HADLEY -- Santa's Land returns to Buttery Brook Park this year for the first time since 2019, thanks to the work of Friends of Buttery Brook Park. Santa's Land has been operating for roughly 40 years. The free event will be open from 5:30 to 7:30 p.m. from Dec. 8 to Dec. 11 and again from Dec. 15 to Dec. 18. The highlight of each night will be meeting and having a picture taken with Santa Claus.

The event offers families an opportunity to spend quality time with St. Nick and for children to share their wish lists. An elf will guide families to Santa's decorated cabin where the children will be welcomed and have a few moments to chat with Santa Claus and tell him all about what they'd like.

Please see **SANTA**, page 2



Real tree or not real tree, that is the question

Real trees help fight climate change, and even though the Christmas tree is cut down, farmers are supporting forests by replanting quicker than removing.

By Carly Phaneuf
Staff Writer
cphaneuf@turley.com

Live evergreen or artificial shrub? As shoppers choose between the two choices in trees this holiday season, Andy Fin-

ton, Forest Ecologist for The Nature Conservancy in Massachusetts, has a few climate-friendly tips about the advantages and disadvantages of each choice.

"Between 10 and 20 million artificial trees are purchased each season. The upside is that

they last a long time. The downside is that artificial trees are made of PVC plastic or polyvinyl chloride," said Finton.

PVC, like all plastics, is non-biodegradable, making it

Please see **TREES**, page 11

Happy Holidays!

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▶ South Hadley

Local resident turns 100

By Carly Phaneuf
Staff Writer
cphaneuf@turley.com

SOUTH HADLEY -- Adele B. Reynolds of Brittany Road celebrated her 100th birthday on Thursday, Dec. 8. Reynolds is a lifelong resident of South Hadley. She is the

mother of five children: Shakti Reynolds of Martha's Vineyard; Rhonda Jacobs, Shirley MacKenzie, and Russell Reynolds of Granby; and Brad Reynolds of Easthampton. Her stepson, Leslie Reynolds of Granby, is deceased. Adele has ten grandchildren and thirteen great-grandchildren.



Photo courtesy of Rhonda Jacobs.
Adele B. Reynolds turned 100 years old on Thursday.

'Tis the season for giving at the SH Public Library

SOUTH HADLEY -- During the month of December, the library at 2 Canal St. will be accepting more than just book donations. For those that are feeling generous or want to help out this holiday season, the library is accepting food and toiletry donations for Neighbors Helping Neighbors.

Neighbors Helping Neighbors is a client-choice food pantry in South

Hadley that serves over 150 families in the South Hadley and Granby areas. During this difficult time, more and more people are experiencing economic hardship and are in need of food assistance.

There is a donation wish list on display at the library or on the Neighbors Helping Neighbors website, nhnfoodpantry.org/donate, which includes items needed by specific fam-

ilies. Items can be dropped off in the donation gift boxes under the tree by the elevator in the library. Monetary donations may also be gifted to the Neighbors Helping Neighbors Facebook page.

Please check the expiration dates on any items that will be donated. Items can be dropped off anytime this month during open hours.

SANTA from page 1

After taking a picture, the children will receive a coloring book and a cookie from Mrs. Claus. There will also be various light displays and hot chocolate for attendees to enjoy.

Although some children are nervous around Santa Claus, Linda Young, chair of Santa's Land, says that Santa usually finds a way to put them at ease.

"Santa is very laid back that 99% of the children will eventually end up sitting on his knees or standing beside him while they tell him all the things they want for Christmas," said Young.

The family experience is what makes it all worthwhile for those who work diligently to make Santa's Land a successful event. Many vol-

unteers get to see generations of families continuing this tradition.

"Just watching the kids so wide-eyed when they come in the door and see Santa is worth it all to me. They are just adorable and their parents and grandparents are wide-eyed as well just watching their kids," said Young.

Putting together this holiday tradition is a team effort for the Friends of Buttery Brook Park and one that they really enjoy and look forward to.

"The Friends are a relatively close-knit group and we tend to work well together," said Young. "While I am chairing Santa Land this year, many other members have made their own contributions. The Friends put on Santa's Land as our gift back to the community."

To assist Friends of Buttery Brook Park with Santa's Land, students from MacDuffie and town members volunteer their time during the event. The Department of Public Works is responsible for the setup of the light displays and other decorations.

"Santa's Land would not happen if it was not for the magic that Bill Simard, parks division supervisor, and his crew put on in setting up all of the lights, blow-ups, and decorations to change this into a fairyland for kids," said Young. "The time they put in is enormous and the Friends certainly deeply appreciate all that they do."

Pictures with Santa Claus cost \$5 or adults can take their own for no cost. Donations are welcome to support the event and the maintenance of Buttery Brook Park.

NEWSPAPER EDITOR

Turley Publications is seeking an energetic candidate who loves telling stories to be the editor for its weekly publication: the Country Journal. This full-time position is based in our Palmer office at 24 Water St. The successful candidate will have strong community journalism skills. They must also be able to manage a staff writer, copy edit submitted items and staff stories, and guide coverage. The editor is also expected to gather news and write stories for the two papers as well as for other occasional companywide publications.

This is a job for a self-starter who has a vision for growing and connecting with our valued readers, and who thoroughly enjoys community journalism.

Qualifications should include:

- Bachelor's degree or equivalent experience
- Willingness to mentor a staff writer and correspondents
- Own camera and have some photography experience
- Editing experience and ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style
- Management experience and/or experience managing content for a print publication.

Please send resume and writing examples to Cliff Clark, Executive Editor at cclark@turley.com.

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SEEKING STAFF WRITER

Award-winning, family-owned Turley Publications, based in Palmer, is seeking a storyteller who is curious about everything, and who understands how town government works to join our team of weekly reporters.

Experience in covering town government is a huge plus, and any experience in community journalism is as well. Staff writers cover all aspects of communities from features to municipal meetings to crimes and fires. Successful candidates must have people skills, plenty of curiosity and able to tell a story.

If you're a self-starter who enjoys community journalism and who can envision themselves connecting with our communities, we encourage you to apply for this position.

Qualifications should include:

- Bachelor's degree or equivalent experience
- A determination to get the story, whatever it might be
- Equally comfortable writing hard news, features and event coverage
- Ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style

Please tell us in a cover letter why you would be a good fit for our editor's position and send it along with a resume and three writing samples to Executive Editor Cliff Clark at cclark@turley.com.



Lisa Wong's

• WEEKLY WRAP UP •

Housing Forum

The Housing Production Plan Community Forum will be held from 7 p.m. to 9 p.m. on Monday, Dec. 12 at the library's Community Meeting Room.

Funds raised to Protect Farmland

The \$190,000 local match toward the cost of protecting the Lauzier Family Farm on Alvord Street has been met thanks to generous donations from the community. This will match the \$1.7 million in state and federal funds to purchase a permanent Agricultural Preservation Restriction for "Forever Farmland."

Town meeting review

Town meeting members assembled at the High School this week to weigh in on 5 articles. All five passed including a resolution to support changes to the State's flag and seal, changes to the wetlands bylaw to allow for mitigation payments, the creation of a Veterans Assistance Fund and a Veterans Council, and the removal of the Police Department from Civil Service. The next steps will include a resolution that will be sent to the elected officials as outlined in the vote. The Town Clerk will send the articles about the Wetlands Bylaw change and the Veterans Council to the Attorney General's office for review. The Town Administrator will work with the Veterans' Agent to create an application process for the assistance fund as well as raise funds. The Select Board will vote at their next meeting to file civil service special legislation.

Town administrator's new position

Lisa Wong has been appointed to the Healey-Driscoll Transition team as a member of the Affordable, Abundant Housing Committee. There are six transition policy committees including transportation, housing, climate readiness, jobs, youth, and safe and healthy communities. Find out more at healeydriscolltransi6on.com/transition-committees.

Visit from Santa

AMHERST -- Santa will visit the Strong House, from 6 to 7 p.m. on Friday, Dec. 6 to chat and have his photograph taken with children. The gallery and parlor are decorated to welcome him. The Strong House is located at 67 Amity St.



COA's Golden Chronicle highlights

All events are located at the Council on Aging, 45 Dayton St. unless otherwise specified.

Hearing and vision group

From 8:30 a.m. to 11:30 a.m. on Tuesday, Dec. 13, audiologists Allison Holmberg and Lisa Howard along with Hampshire Hearing and Speech Services Hearing will be providing screenings and hearing aid cleanings.

Also starting at 10 a.m., the low-vision group will meet. The group continues to welcome new members. Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

To sign up for the low vision group contact Ann Andras at 538-5030 x6206.

Veterans social hour

From 9 a.m. to 11 a.m. on Wednesday, Dec. 14, complimentary pastry and coffee will be provided by VFW Post 3104 and American Legion Post 260. Visit with Mike Slater, the South Hadley Veteran Service Provider, and fellow veterans.

Caring for winter birds

At 1 p.m. on Wednesday, Dec. 14, join Pattie Steinman from the Mass Audubon Society as she talks about "Caring for our Winter Birds". She'll discuss birdhouses and different kinds of birds that will be out all winter long.

Lunch and learn: senior safety

Arrive by 11:30 a.m. on Thursday, Dec. 15 for Senior Safety with SHELDT Presented by Ray Gouley. Gouley will offer practical and useful information about how to stay safe. He will also give away an individual Table Talk pie for everyone. There will also be a raffle for \$50.00 gift cards to Big Y.

The Hanukkah tour

From 2 p.m. to 3 p.m. on Tuesday, Dec. 15 only 50 participants will be able to experience the magic of the Maccabees. Learn about where they are from, why they were fighting the Greeks, and what happened with their dynasty ultimately. The tour will visit different sites virtually. Sites include the Modi'in, Maresha, Mitzpah, the City of David in Jerusalem, and much more. Come unfold the story of the Maccabees in a fascinating way that will give a new perspective and understanding of Hanukkah.

Men's free breakfast club

At 9 a.m. on Friday, Dec. 16, gather with others to enjoy a free, homemade breakfast. Pre-registration is required to determine purchasing needs. The breakfast will be served by local South Hadley department members, and folks from area civic groups, and businesses. Call 538-5030 and press 3 to register.

Supper club cookie swap

At 6 p.m. on Tuesday, Dec. 20, come for cookies and stay for

entertainment provided by the South Hadley Community Band. Co-Sponsored by the Friends of the South Hadley Seniors.

Blue Christmas holiday lunch and concert

From noon to 2 p.m. on Thursday, Dec. 22 Ray Guillemette Jr., one of today's leading, premier, Elvis Tribute Artists will perform. This 10-time, international, first-place Elvis Presley impersonator will rock in the holidays. His Lunch menu will include ham with sweet glaze, rosemary potatoes, glazed brussels sprouts, and apple pie provided by WestMass ElderCare with a suggested voluntary donation of \$2.25. This Event is currently full but there is an open waitlist. Pre-register for this event before noon on Dec. 21.

A special holiday trip to bright nights

At 5 p.m. on Tuesday, Dec. 27, join friends and take in all the beauty of Bright Nights. The cost is \$5.00 and 6 people minimum for the trip to run. There will be free cocoa and cookies. The Woodlawn Cafe will be open at 3:30 for dinner before the trip.

Book club hybrid

At 2 p.m. on Tuesday, Dec. 27 discuss "The Poisoned Bible" by Barbara Kingfisher. Books are available at South Hadley and Gaylord Public Libraries. Contact Kathy Florence for the zoom link kfflorence@southhadleyma.gov

Black Cat Theater seeking community input

SOUTH HADLEY -- Black Cat Theater, Inc., a community theater, is looking for input from the community as it moves forward.

"We are hoping those who participate in or attend our shows will want to help guide the future of Black Cat Theater," said Dick Matteson, board president. "For years, Black Cat Theater has been similar to other area community theaters. Our hope is that we will find a unique niche if that's what folks want," said Matteson.

Black Cat Theater wants to know what a former audience member, cast or crew participant,

or volunteer worker, has liked about BCT in the past, what they might like to see from BCT in the future, and the potential willingness to get involved in some capacity.

"Because we have chosen to dedicate our energies to this task of bettering BCT's future, we are on a production hiatus at this time. We invite you to answer the questions on the short survey to help us plan the future of Black Cat Theater," said Matteson.

The survey may be accessed on the Black Cat Theater Facebook page: <https://www.facebook.com/BlackCatTheater>.

Coffee and fine chocolates

GRANBY --At 11:30 a.m. on Saturday, Dec. 10, learn everything there is to know about java. The interesting history, benefits, how and where coffee and chocolate hail from, the famous pioneers in both industries, interactive trivia quiz, best brewing and roasting methods, and fun coffee terminology.

Chocolate tasting wheel for each patron, a fun display of vintage coffee grinders and coffee pots, chocolate samplings that include Espresso chocolate, "coffee cup" molded chocolates, bittersweet, and a classic decaf Italian Affogato. Specialty Coffee Association of America Certified in "Coffee Foundations."

Please sign up for this event at <http://www.granbylibrary.com>. The library is located at 297 E State St.

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Opinion

Relaxed Recipes

Huevos Rancheros

By Carly Phaneuf
cphaneuf@turley.com

“Huevos rancheros” simply translates to “rancher’s eggs.” Egg dishes like this were served in Mexico at “almuerzo,” a second breakfast that was served to ranch hands and farm workers after their early-morning chores. This traditional Mexican breakfast features a corn tortilla, a fried egg or sunny-side-up egg, refried beans, and plenty of cooked salsa. It’s easy to make and perfect for a late breakfast or brunch.



Ingredients

6 Roma tomatoes
2 seeded serrano peppers
1 peeled yellow onion, thickly cut
4 garlic cloves
3 tablespoons neutral flavored oil + more for frying
8 corn tortillas
8 eggs
2 cups refried beans
queso fresco for garnish
chopped fresh cilantro for garnish
salt and pepper to taste

Instructions

Preheat the oven to 425°.

Add the tomatoes, peppers, onions, and garlic to a sheet tray lined with parchment paper, coat in oil, and season with salt and pepper.

Roast in the oven at 425° for 30 minutes and then add to a food processor and pulse a few times so that it is like a chunky salsa.

Transfer to a saucepot, adjust seasonings with salt and pepper and keep warm over low heat.

While the vegetables are roasting, add some neutral-flavored oil to a large frying pan and heat over medium heat.

Fry the corn tortillas until crispy in batches, about 1 minute per side. Place them on a rack over a sheet tray to drain.

In that same oil, fry eggs to your desired amount of doneness. Season them with salt and pepper.

Place eggs on top of the crispy tortillas and top off with salsa.

Serve with warm refried beans, queso fresco, and cilantro.

USDA to conduct bee and honey production, disposition, and income

HARRISBURG, PA -- The U.S. Department of Agriculture’s National Agricultural Statistics Service will contact beekeepers during the bee and honey production, disposition, and income Inquiry to gather information on colony numbers, honey production, stocks, and sales.

The information helps evaluate conditions from year to year, and promote programs designed to ensure the viability of beekeepers and agricultural pollination services. NASS will conduct the survey in January and February 2023, collecting data from more than 8,500 beekeepers nationwide.

“The survey results provide a statistical benchmark on U.S. honey production and value,” said King Whetstone, director of the NASS

Please see **HONEY**, page 11



GUEST COLUMN

Bird sighting extravaganza

By Ed Jasiewicz

I saw an eagle land atop the light pole in the parking lot of the Union Mart on Granby Road in Chicopee.

I originally thought that it was a commonly seen bald eagle, but it didn’t display any of its distinctive markings, i.e., a white head and a white tail.

What I was witnessing was a rarely seen golden eagle, much larger than his counterpart, the bald eagle.

As I eyed it for a few minutes, it suddenly started to unfurl its humongous wing span that collectively measured about 14 feet across.

It kept them in an erect and upright position for a duration of 15 minutes. Its body remained rigid as it slowly swayed from side to side like a pendulum propelled by a gentle zephyr.

For the entire 15-minute period, the golden eagle was facing an American flag located directly across the street on the Knights of Columbus Council 69’s front lawn.

The eagle swayed in a back-and-forth motion as though it was displaying a patriotic gesture by saluting the American flag.

It was obviously in the vicinity to partake in a luncheon feast. Just a stone’s throw away in the middle of the road, at the front entrance of the K of C’s parking lot, was an appetizing rabbit carcass that the eagle-eyed raptor spied.

After concluding his seemingly 15-minute tribute to the American flag, he swooped down from his lofty perch and attempted to eat his lunch.

However, he kept lunging back and forth to avoid the onslaught of the oncoming vehicular traffic on the newly paved roadway.

He then decided to have lunch in a safer environment. I saw him lift the rabbit carcass in his beak and boldly walk across the street to the safety of Vital’s Automotive Service parking lot to complete his snack.

One can only speculate the eagle’s mindset in what appeared to be a bona fide patriotic gesture.

What made this incident to be of wow factor status as well as a once-in-a-lifetime sighting, was its timely happening.

What also made this eventful happening even more intriguing is that it occurred earlier this year, in the late morning of the fourth of July.

After the election comes the reality



Right now, all across the country, politicians who just got elected to Congress or their state legislature for the first time are reveling in their victories. It’s an intoxicating time -- and I can tell you, when you win an election it feels like the world’s at your fingertips. People are calling and texting and emailing, you’re in great demand, and nothing seems impossible.

But as exciting as it is, I’m also reminded after every election of a letter John Adams wrote to his wife, Abigail, back in 1774, when the Continental Congress was meeting in Philadelphia. “The business of the Congress is tedious beyond expression,” he wrote. “This assembly is like no other that ever existed. Every man in it is a great man, an orator, a critic, a statesman; and therefore, every man, upon every question, must show his oratory, his criticism and his political abilities.”

Allowing for the passage of time and a changed Congress, Adams still captured

something essential: for all the rewards of serving in office, the job carries with it a lot of frustrations. The challenge for any newly elected official is to learn to accept them.

For one thing, progress in any legislative body -- from Congress to a town council -- comes slowly; it’s a matter of inches over months or years, not miles over days. Debates drag on and political posturing is annoying and endless. (If Adams thought it was bad in the 1770s, he couldn’t possibly imagine what the age of TV cameras and social media has wrought.) Sometimes it feels as if a given initiative spends more time getting sidetracked than resolved.

Moreover, as anyone who has served in elected office can tell you, the hours can be brutal. Days begin early, finish late, and it almost never feels as if there are enough hours to get everything done.

This is especially true for those quiet legislators who do get the actual hard work done, which can be tedious: It demands mastering the subject at hand, negotiating with colleagues and interest groups, and then going over legislation as carefully as possible, often line by line and word by word.

Moreover, if you’re interested in substantive policy-making, then the legislative process, with its endless duplication of votes and

Please see **HAMILTON**, page 5

OPINION PAGE/ LETTERS POLICY

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

Unsigned or anonymous letters will NOT be published.

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

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

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TOWN Reminder

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Stephen Lewis brings awareness to domestic violence

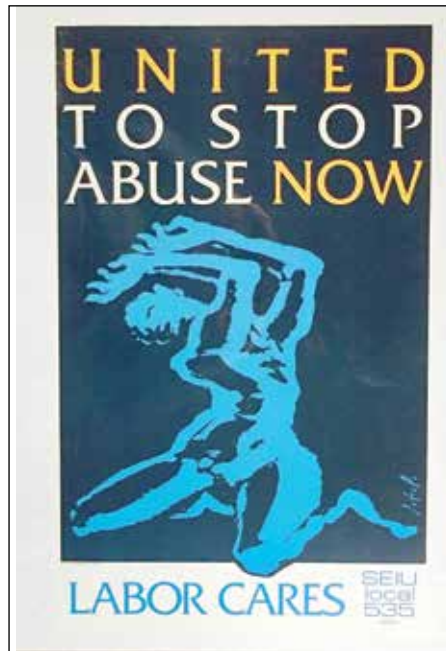
By Carly Phaneuf
Staff writer
cphaneuf@turley.com

GRANBY -- The Granby Free Public Library is hosting an important exhibit of posters during the rest of the month. The theme is violence directed against women. This exhibit informs viewers through creative graphic art, that violence is not only prevalent, but it is also international. The exhibit shows that the source of this violence is frequently the spouse or partner of the victim.

These posters come from the collection of Stephen Lewis, who has exhibited interesting poster displays at many libraries in past years including at the Palmer library. His "Stop Violence Against Women" is one of several themed exhibits he shows that depict issues of social injustice.

This violence also often translates to violence against law enforcement personnel who respond to calls of domestic violence. This exhibition bears witness to this often-hidden crime.

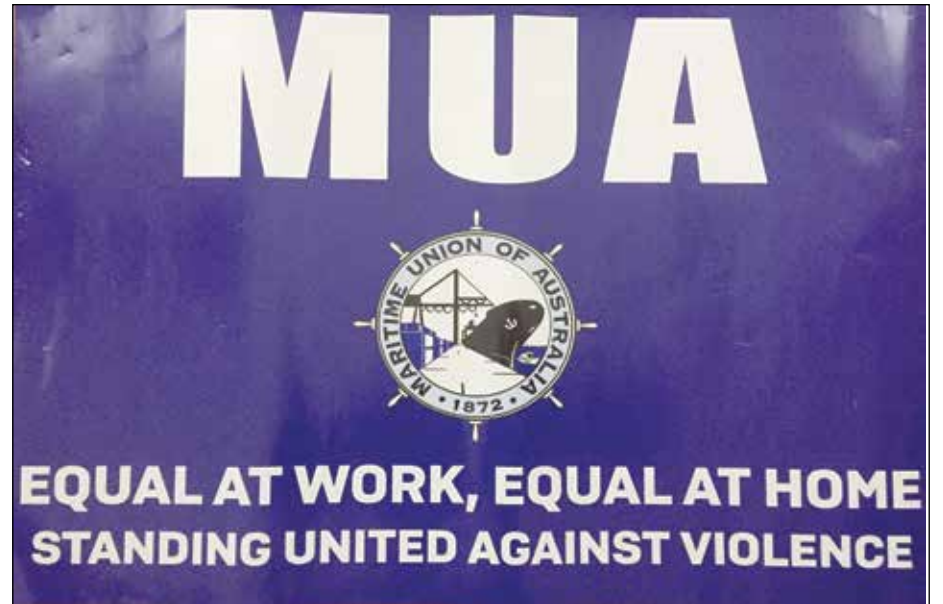
"History has shown that women who have been a victim of domestic violence are hesitant to report it or seek help because she may think it won't happen again, or that the batterer apologizes, or because there is a child involved, or because the batterer is the one who supports her financially, or because the victim is in love, and other reasons. Unfortunately,



One of the thousands of Lewis' posters that brings awareness to domestic violence.

history has shown over and over that the situation does not improve," said Lewis.

The posters in the exhibit are from several countries. Violence against women is not confined to domestic violence. Some societies practice genital mutilation of women, some cultures practice honor killings, and the list continues with recent



The posters will be on display at the library until Dec. 31.

events in Iran and Afghanistan.

The breadth of this exhibit bears witness to how widespread violence against women is. Lewis hopes people who view this exhibit will want to obtain more information about the causes of this violence, how to help prevent it, what their community can do, and what resources are available.

The posters are meant to inform and inspire action. Lewis has been collecting

posters for the past 20 years and bringing them to the public for the past 15 years. He has exhibited at many public libraries around the state. This is his second exhibit at the Granby library. He estimates having over 10,000 posters in his collection.

For more information, Lewis can be contacted at Lewisposters@gmail.com.

This project is supported in part by a grant from the Granby Cultural Council.

HAMILTON from page 4

constant inconsequential resolutions that were drafted to please some minor constituency, can drive you to distraction.

For all these reasons, other parts of a legislator's life can take a back seat: family events, baptisms, ballgames, even vacations. It's hard to plan ahead when every day can bring a new crisis or development that requires attention, and I well remember times in Congress when some late-breaking event required staying in session past the start of the summer recess and having no choice but to shake my head as we gave up some lakeside cabin we'd reserved.

And then, of course, there are a legislator's colleagues.

It's not unusual to watch aghast as one or another postures for the cameras or grabs credit for work that -- almost always -- required a collective effort.

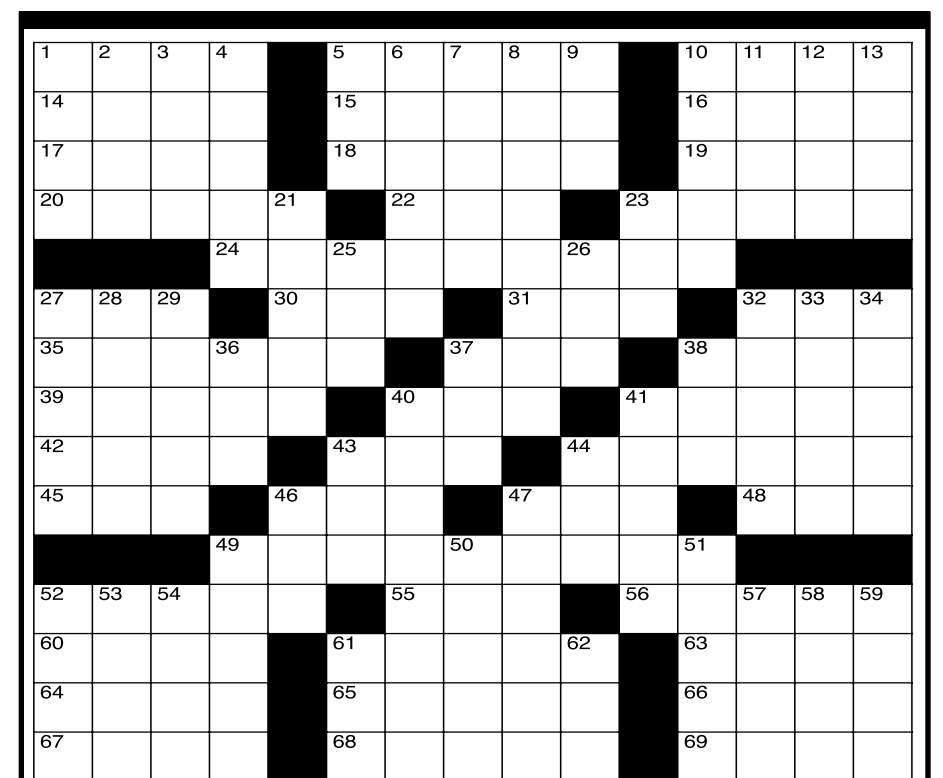
On the whole, it often feels as though the maneuvering for political advantage in Congress and many legislatures has grown more aggressive than it used to be, both in terms of hardball partisan tactics and members' own elbow-throwing efforts to

garner attention. That doesn't bring out the best in people, and it can make it tougher to make meaningful progress on addressing national and state challenges.

By now, I'd guess you're wondering why on earth anyone would want the job. The answer, of course, is simple: Because if you believe in representative government and in helping to make your community or state or nation better, there's no better place to be than in the thick of things.

For all the frustrations and setbacks, there are also heady moments when some long-sought goal suddenly comes into view. There's the pleasure of meeting as broad a cross-section of America as you could hope to find. And above all, there's the satisfaction of knowing that, even if it's just in a small way, you played a role in improving the lives of your fellow citizens.

Hamilton is a senior advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a professor of practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years



CLUES ACROSS

- | | | | |
|---|---------------------------------|---------------------------------------|--|
| 1. Chop up | 42. Marvin and Horsley are two | 2. Small water buffalo | 33. Pea stems (British) |
| 5. Ones who utilize | 43. Partner to cheese | 3. A mark left behind | 34. Double or multiple fold |
| 10. Sings with closed lips | 44. Unpleasant smell | 4. Archaic form of have | 36. No longer is |
| 14. South American hummingbird | 45. Field force unit (abbr.) | 5. Fiddler crabs | 37. Lakers' crosstown rivals (abbr.) |
| 15. Serves as a coxswain | 46. Fashion accessory | 6. Popular Hyundai sedan | 38. S. American plant cultivated in Peru |
| 16. Liquor distilled from coconut or rice | 47. Cool! | 7. Deport | 40. Cloth or fabric |
| 17. Spur | 48. Time zone | 8. Making over | 41. Flanks |
| 18. Senile | 49. Songs to one's lover | 9. Midway between south and southeast | 43. Disfigure |
| 19. Tanzanian people | 52. German river | 10. Arabic masculine name | 44. Angry |
| 20. Cruel | 55. Go bad | 11. Type of acid | 46. Baltic coast peninsula |
| 22. Boxing's "GOAT" | 60. Very eager | 12. Popular 1980s Cher film | 47. Large, flightless birds |
| 23. Yokels | 61. Leaf bug | 13. Outdoor enthusiasts' tools | 49. Plants of the lily family |
| 24. London soccer team | 63. Italian seaport | 21. Chinese city | 50. Medieval Norwegian language |
| 27. Chinese chess piece | 64. Napoleon Dynamite's uncle | 23. "Star Wars" character Solo | 51. Polio vaccine developer |
| 30. Supervises flying | 65. Member of Jamaican religion | 25. The bill in a restaurant | 52. Not soft |
| 31. 007's creator | 66. Large wading bird | 26. Old, ugly witch | 53. Exchange rate |
| 32. Shaft horsepower (abbr.) | 67. Carries out | 27. Burn with a hot liquid | 54. Voice (Italian) |
| 35. A spider makes one | 68. Eternal rest | 28. To claim or demand | 57. Baseball's Ruth |
| 37. Liquefied natural gas | 69. It holds up your headwords | 29. "A Doll's House" playwright | 58. Famed guitarist Clapton |
| 38. Opaque gem | | 32. Involuntary muscular contraction | 59. Take a chance |
| 39. Brazilian palm | | | 61. Wife |
| 40. Periodical (slang) | | | 62. Elaborate handshake |
| 41. You might step on one | | | |

Early Deadlines

for all LEGAL NOTICES...

All Papers Will Deadline Thursday, Dec. 22 at Noon for Publication Dec. 27-30

Happy Holidays!

Happy New Year!

All Papers Will Deadline Thursday, Dec. 29 at Noon for Publication Jan. 3-6

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Let's go to the mall

Amherst Winter Farmers Market heads indoors

By Richard Murphy
Correspondent

HADLEY – Saturday morning was dark, overcast, and gray with intermittent rain.

Though warm, it was not a day to venture out to a town common for a farmer's market.

No problem, the outdoor markets have fled from the village greens and the ones that are left have moved indoors.

Shoppers do not have to fear the elements once inside the Hampshire Mall, where the Amherst Winter Farmers Market is held on Saturdays.

When one thinks of farmers markets, a mall is not the first thought that comes to mind. Indeed, the story begins in the Amherst Middle School where the Amherst Winter Farmers Market met every Saturday.

A few years back, the middle school and the market did not agree on costs, so the search was on for a new home.

The hall next to the Target store was available. An agreement was worked out and both the mall and the market have shoppers they might not have reached otherwise.

So, at 10 a.m., the vendors have set up and await the customers. The early part of the day is slowest, but picks up as time goes on.

Were you to come to the market on the first Saturday and proceeded along the right wall, you would have met the market manager, Cathleen O'Keefe who oversees affairs and has mushrooms for sale from Mycoterra Farm.

Assisting her for the season are Aimee Whittington and Megan Murphy.

Next along the wall is Donna whose Fiber to Fashion offers all kinds of warm alpaca clothing for the winter as well as alpaca stuffed animals and finger puppets. She also brings eggs and honey.

Quabbin Hill Farms has onions, garlic, squash and greens as well as kale and microgreens and pesto and whole and crushed tomatoes. They also have a line of CBD products.

Buzz Off Bee Co. has a plethora of honey and beeswax items as well as gear.

Barbara and Eric Goodchild are Barberic Farm and they have

ready to bake pies and frozen meat, dried hops, sheepskins and numerous other products too many to mention. Also, if you need a bagpiper, that's available.

Cold Spring Soapery with their goat and coconut milk soaps will leave you with no excuse but to clean yourself up. They also have body butter, bath bombs, sugar scrubs, lip balms, bubble bath, bath salts, soap decks, sisal bags and pads.

Those bath bombs sound ominous. I don't know about you, but I don't want to be around when one explodes.

Carol Joyce's White Buffalo Herbs has aromatherapy products and herbs and teas and body care products and medicinal as well as THC-free CBD items.

Pro tip, if you make pizza and don't put her Herbs de Provence in your dough, you are missing out.

Next, Barb April's Creative Alchemy has rolls and packs of upcycled flannel towels to replace disposable paper towels.

Crossing to the other side of the hallway and there is Alex Evora and all his numerous jewelry and creations.

After Evora, we come to Sir Barks-A-Lot which is Sue Shaw's dog treats in 10 flavors. The dogs might not bark, but they will be happy.

Adele Smith-Penniman's Weaving Artcetera has lovely handwoven garments: scarves, hats, bags. Handwoven wall hangings, fabric note cards and journals.

David of Home Fruit Wine has twenty flavors made from local fruit.

Berkshire Mountain Bakery comes not far from the New York border in far Western Massachusetts. The stunning variety of breads they arrive with and how fast they deplete is testament as to why they make such a long trip.

Chase Hill Farm comes down from Warwick on Saturdays to bring raw milk, organic cheeses, frozen 100% grass fed beef, pasture raised pork as well as bone broths and other farm raised products.

If that were not enough, they also sell maple syrup and candies from their friends at Justamere Tree Farm.

Approaching the table of Har-Meladise Farm one sees plants that look like miniature Christmas trees complete with a star at the top. As there was an elf on duty, it seemed that was so.



Barb April of Creative Alchemy upcycles flannel as an ecofriendly paper towel alternative.

On closer inspection, they fooled some of us into thinking it might be something to smoke, but no, they are hemp.

The elf was Melinda Nielsen and with her was Harry Vandoloski. They were both able to discuss the healing properties of hemp, and the products they brought for that purpose.

The little hemp trees were also for sale and if one didn't want to go to the bother of putting up a big tree this year, an alternative was available.

Mark Gurney of Mark's Clay Creations has come back to the market again this year with his polymer clay jewelry, from earrings, rings and necklaces to belts and other wearables.

Andrea Lydick is clay by Dre and brought with her an assortment of colorful, microwave and dishwasher safe pottery.

Peacock's Nest came with skin and hair care items and paper quilling and ornaments. She was there with henna and would do glitter art, and face painting on site if desired.

Please note, many of the vendors accept SNAP and many are Healthy Incentive Program vendors.

Entertainment is part of the market. A string duo played as Ukes for Ukraine to raise money for civilian relief.

Andy, a juggler, often comes to the market, sometimes with other jugglers and if your child, or you would like to learn, it can



(Turley Publications Photos by Richard Murphy) Mark's Clay Creations offers polymer clay jewelry and other items.

only improve your coordination.

At 2 p.m. it was time to leave, and the vendors packed up for the trek home, but they will be back.

The market runs this year up until Christmas Eve and comes back on Jan. 7 and 21. It will be held every Saturday in February and then in March until the 18.

After that, we hunker down until the summer market comes back in April.

NOTICE

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Tigers looking forward to regular season



Braden Laduke, of Granby, dekes with the puck.

HOLYOKE – Last week at Fitzpatrick Rink in Holyoke, the South Hadley hockey team prepared for its regular season opener. The Tigers, which co-op with Granby High School, will be facing Chicopee to start the regular season on Saturday, Dec. 10 at 2 p.m. at Fitzpatrick. Chicopee will be co-oping with Chicopee Comprehensive this season.



The South Hadley hockey team goes through drills at practice.



Nate Loughan, of Granby, makes his way up the ice.



Tyler Denison starts a move up the ice.



The team gathers around the coaching staff for a chat.

Staff photos by David Henry www.sweetdogphotos.com

UMass hosting Pioneer Valley Tip-Off this weekend

The Pioneer Valley Tip-Off is a student-run high school basketball showcase featuring some of the best talent in Central and Western Massachusetts. The PVTO was started in 2011 by Scott Moses and Pat Salle, both students at the University of Massachusetts-Amherst and it continues to be entirely student-run by the McCormack Student Leaders Club today.

The PVTO is held each December on the University of Massachusetts Amherst campus, where we strive to create a professional environment for fans and players alike. This year's event will be held on Dec. 10 and 11 and will feature teams from throughout the region.

A schedule is online at www.pioneervalleytip-off.com.

All games will be held at the Mullins Center on the UMass-Amherst campus. South Hadley girls basketball will face Granby on Saturday, Dec. 10 while the boys teams from both schools will play on Sunday, Dec. 11.



Staff photos by David Henry www.sweetdogphotos.com

Eddie Wykowski and Charlie Anischik, both key players on the Division 4 State Champion South Hadley Tigers were named Western Mass. All-Stars.



State champs compete in All-Star Game

Eddie Wykowski was one of two all-stars that took part in the Class A-B All-Star Game held at Pope Francis on Nov. 21.

Providence Bruins hand Thunderbirds loss at home

SPRINGFIELD - The Springfield Thunderbirds (7-10-0-4) could not find an insurance marker in the third, which proved costly in a 2-1 Providence Bruins victory on Saturday night at America Mutual Pavilion.

The T-Birds came out with a purpose, forcing Providence Bruins goaltender Brandon Bussi to be busy in the opening five minutes with six saves in short order. The opening 20 minutes went without any tallies, but both Bussi and Springfield rookie backstop Vadim Zherenko were sturdy in turning away a dozen shots each.

The opening period also took on an old-time hockey feel, as, on two occasions, combatants from the two rivals dropped the mits in spirited tussles. The two teams combined for 40 first-period penalty minutes.

Even though the T-Birds could not take advantage of 1:50 worth of power play time to start the second, Nikita Alexandrov still got Springfield the game's first goal at 2:46 of the period. Alexandrov and Matthew Highmore crisscrossed their

way inside the Providence zone, and Alexandrov took the drop pass in the right circle and beat Bussi over the shoulder to give the visitors the 1-0 edge. Highmore's helper gave him at least one point in eight of his last nine games.

The Bruins were kept at bay for the most part in the middle period, but a late power play nearly got the game evened up in the closing minutes. After Zherenko made an initial save, the puck was sitting free just outside the blue paint for Oskar Steen, who thought he had an open net, until Tyler Tucker slid across to block the shot and maintain the 1-0 lead for Springfield into the intermission. Zherenko stopped all 24 shots he faced in the game's first 40 minutes.

Springfield had a golden opportunity to add onto their 1-0 lead when both Kai Wissmann and Nick Wolff were called for minor penalties at the 3:40 mark of the third period. In desperate need of a kill, Providence fended off the two-minute, two-man disadvantage, with Bussi making



Please see **T-BIRDS**, page 8

WINTER VARSITY SPORTS SCHEDULE

South Hadley High School 2022-2023

BOYS BASKETBALL

Sunday, Dec. 11	Away	Granby	8:45 p.m.
Thursday, Dec. 15	Away	Palmer	7 p.m.
Tuesday, Dec. 20	Home	Belchertown	7 p.m.
Friday, Dec. 23	Home	W. Springfield	7 p.m.
Monday, Jan. 2	Away	Bay State Acad.	7 p.m.
Wednesday, Jan. 4	Away	Westfield	7 p.m.
Friday, Jan. 6	Away	Wahconah	7 p.m.
Monday, Jan. 9	Away	Hoosac	7 p.m.
Thursday, Jan. 12	Home	Wahconah	7 p.m.
Friday, Jan. 20	Home	Bay State Acad.	7 p.m.
Monday, Jan. 23	Home	Palmer	7 p.m.
Wednesday, Jan. 25	Home	Agawam	7 p.m.
Friday, Jan. 27	Away	Monument Mtn.	7 p.m.
Monday, Jan. 30	Away	Easthampton	7 p.m.
Thursday, Feb. 2	Home	Ware	7 p.m.
Monday, Feb. 6	Home	Easthampton	7 p.m.
Wednesday, Feb. 8	Home	Monument Mtn.	7 p.m.
Friday, Feb. 10	Home	Hoosac	7 p.m.

GIRLS BASKETBALL

Thursday, Dec. 8	Away	Greenfield	7 p.m.
Saturday, Dec. 10	Home	Granby	5 p.m.
Friday, Dec. 16	Away	Hoosac	7 p.m.
Monday, Dec. 19	Home	Monson	7 p.m.
Friday, Jan. 6	Home	E. Longmeadow	7 p.m.
Tuesday, Jan. 10	Home	Hampshire	7 p.m.
Friday, Jan. 13	Away	Granby	7 p.m.
Tuesday, Jan. 17	Away	Monson	7 p.m.
Thursday, Jan. 19	Away	Amherst	7 p.m.
Saturday, Jan. 21	Home	Wahconah	5 p.m.
Tuesday, Jan. 24	Home	Frontier	7 p.m.
Thursday, Jan. 26	Away	Hampshire	7 p.m.
Friday, Jan. 27	Home	Amherst	7 p.m.
Thursday, Feb. 2	Away	Drury	7 p.m.
Tuesday, Feb. 7	Away	Wahconah	7 p.m.
Thursday, Feb. 9	Home	Hoosac	7 p.m.
Monday, Feb. 13	Home	Belchertown	7 p.m.
Wednesday, Feb. 15	Away	Agawam	7 p.m.

ICE HOCKEY (co-op with Granby)

Saturday, Dec. 10	Away	Chicopee	2 p.m.
Wednesday, Dec. 14	Away	Southwick	7 p.m.
Saturday, Dec. 17	Away	Ludlow	4:30 p.m.
Tuesday, Dec. 27	Away	Easthampton	8 p.m.
Thursday, Dec. 29	Away	Amherst	6 p.m.
Wednesday, Jan. 4	Home	Chicopee	5 p.m.
Saturday, Jan. 7	Home	McCann Tech	2 p.m.
Saturday, Jan. 14	Home	Taonic	2 p.m.
Monday, Jan. 16	Home	Ludlow	3 p.m.
Saturday, Jan. 21	Home	Agawam	2 p.m.
Saturday, Jan. 28	Home	Easthampton	2 p.m.
Friday, Feb. 3	Away	Agawam	8:30 p.m.
Saturday, Feb. 4	Home	Amherst	2 p.m.
Saturday, Feb. 11	Away	Mt. Everett	3 p.m.
Wednesday, Feb. 15	Away	Taonic	7:30 p.m.

SWIMMING (co-op with Holyoke)

Friday, Dec. 9	Home	Renaissance	4 p.m.
Monday, Dec. 12	Away	Sci-Tech	4 p.m.
Friday, Dec. 16	Away	Turners Falls	4:30 p.m.
Thursday, Dec. 22	Away	Ludlow	4 p.m.
Friday, Jan. 6	Away	Monson	4 p.m.
Friday, Jan. 13	Home	Easthampton	4 p.m.
Tuesday, Jan. 17	Home	SICS	4 p.m.
Thursday, Jan. 19	Away	Chicopee	4 p.m.
Tuesday, Jan. 24	Home	Sci-Tech	4 p.m.
Monday, Jan. 30	Home	Turners Falls	4 p.m.
Friday, Feb. 3	Away	Renaissance	4 p.m.

WRESTLING

Saturday, Dec. 10	Away	Ludlow Duals	9:30 a.m.
Wednesday, Dec. 14	Away	Holyoke	7 p.m.
Saturday, Dec. 17	Away	Holyoke Duals	9 a.m.
Friday, Dec. 30	Away	Phil Tomkiel Tournament	9 a.m.
Wednesday, Jan. 4	Home	Smith Voke	7 p.m.
Wednesday, Jan. 11	Away	Northampton	5 p.m.
Saturday, Jan. 14	Away	Quabbin Duals	10 a.m.
Wednesday, Jan. 18	Away	Mohawk	7 p.m.
Saturday, Jan. 21	Away	Granby Duals	9 a.m.
Wednesday, Jan. 25	Away	Longmeadow	7 p.m.
Saturday, Jan. 28	Away	Mt. Greylock Invitational	9 a.m.
Wednesday, Feb. 1	Home	Mahar	7 p.m.
Wednesday, Feb. 8	Away	Chicopee	7 p.m.

Granby High School 2022-2023

BOYS BASKETBALL

Sunday, Dec. 11	Home	South Hadley	8:45 p.m.
Tuesday, Dec. 13	Home	Renaissance	7 p.m.
Monday, Dec. 19	Home	Ware	7 p.m.
Thursday, Dec. 22	Away	Frontier	7:30 p.m.
Tuesday, Dec. 27	Home	Bay State Acad.	7 p.m.
Thursday, Dec. 29	Home	Easthampton	7 p.m.
Monday, Jan. 2	Away	Ware	7 p.m.
Thursday, Jan. 5	Away	Renaissance	7 p.m.
Monday, Jan. 9	Home	Monson	7 p.m.
Thursday, Jan. 12	Away	Belchertown	7 p.m.
Wednesday, Jan. 18	Away	E. Longmeadow	7 p.m.
Monday, Jan. 23	Home	Southwick	7 p.m.
Friday, Jan. 27	Away	Hampshire	7 p.m.
Monday, Jan. 30	Away	Southwick	7 p.m.
Friday, Feb. 3	Home	Palmer	7 p.m.
Monday, Feb. 6	Home	Hampshire	7 p.m.
Friday, Feb. 10	Home	Belchertown	7 p.m.
Monday, Feb. 13	Away	Monson	7 p.m.

GIRLS BASKETBALL

Friday, Dec. 9	Home	Monson	7 p.m.
Saturday, Dec. 10	Away	South Hadley	5 p.m.
Friday, Dec. 16	Home	Southwick	7 p.m.
Tuesday, Dec. 20	Home	Wahconah	7 p.m.
Thursday, Dec. 22	Home	Ludlow	7 p.m.
Friday, Dec. 30	Home	Chicopee Comp.	7 p.m.
Tuesday, Jan. 3	Home	Hoosac	7 p.m.
Friday, Jan. 6	Away	Amherst	7 p.m.
Tuesday, Jan. 10	Away	Wahconah	7 p.m.
Friday, Jan. 13	Home	South Hadley	7 p.m.
Thursday, Jan. 19	Away	Hampshire	7 p.m.
Tuesday, Jan. 24	Away	Monson	7 p.m.
Friday, Jan. 27	Away	Bay State Acad.	7 p.m.
Tuesday, Jan. 31	Home	Quaboag	7 p.m.
Thursday, Feb. 2	Away	Belchertown	7 p.m.
Tuesday, Feb. 7	Away	Hoosac	7 p.m.
Thursday, Feb. 9	Home	Hampshire	7 p.m.
Tuesday, Feb. 14	Home	Amherst	7 p.m.

ICE HOCKEY (co-op with South Hadley)

Saturday, Dec. 10	Away	Chicopee	2 p.m.
Wednesday, Dec. 14	Away	Southwick	7 p.m.
Saturday, Dec. 17	Away	Ludlow	4:30 p.m.
Tuesday, Dec. 27	Away	Easthampton	8 p.m.
Thursday, Dec. 29	Away	Amherst	6 p.m.
Wednesday, Jan. 4	Home	Chicopee	5 p.m.
Saturday, Jan. 7	Home	McCann Tech	2 p.m.
Saturday, Jan. 14	Home	Taonic	2 p.m.
Monday, Jan. 16	Home	Ludlow	3 p.m.
Saturday, Jan. 21	Home	Agawam	2 p.m.
Saturday, Jan. 28	Home	Easthampton	2 p.m.
Friday, Feb. 3	Away	Agawam	8:30 p.m.
Saturday, Feb. 4	Home	Amherst	2 p.m.
Saturday, Feb. 11	Away	Mt. Everett	3 p.m.
Wednesday, Feb. 15	Away	Taonic	7:30 p.m.

WRESTLING (co-op with South Hadley)

Wednesday, Dec. 14	Away	SICS	6 p.m.
Saturday, Dec. 17	Away	Holyoke Tourn.	9 a.m.
Wednesday, Dec. 21	Home	Smith Voke	7 p.m.
Wednesday, Dec. 28	Away	Frontier	7 p.m.
Wednesday, Jan. 4	Home	Montachusett	6 p.m.
Wednesday, Jan. 11	Away	Athol	6:30 p.m.
Saturday, Jan. 14	Away	Taonic Tourn.	9:30 a.m.
Wednesday, Jan. 18	Home	Mahar	6:30 p.m.
Saturday, Jan. 21	Home	Quad-Meet	9 a.m.
Wednesday, Jan. 25	Home	Franklin Tech	7 p.m.
Saturday, Jan. 28	Away	Mt. Greylock Invitational	9 a.m.
Wednesday, Feb. 1	Away	Holyoke	7 p.m.
Saturday, Feb. 4	Away	Burlington	10 a.m.
Tuesday, Feb. 7	Home	Tri-Meet	7 p.m.



Worcester Railers defeated at home

WORCESTER - The Worcester Railers HC (16-3-1-0, 33 pts) fell to the Newfoundland Growlers (14-5-1-0, 29pts) on Sunday afternoon by the final score of 3-2 in front of a crowd of 3,554 at the Mary Brown's Center in St. John's Newfoundland. The Railers wrap up their season-long seven-game road trip in Trois-Rivières, QC at the Colisée Vidéotron on Wednesday, December 7th against the Trois-Rivières Lions at 7:00 p.m.

Keenan Suthers (1-0-1) opened the scoring more than halfway through the game to put Newfoundland up 1-0 with 6:26 left in the second. Just 30 seconds later, Worcester's Jack Quinlivan (1-0-1) capped off an up-ice rush with Reece Newkirk and Liam Coughlin to tie the game at 1-1 going into the third period. Todd Skirving (1-0-1) beat Tikkanen to get Newfoundland back in front midway through the third, while Liam Coughlin (1-1-2) tied things up just over a minute later. Brett Budgell (1-1-2) capped things off with a snipe from the far circle top shelf to beat Tikkanen and the Railers 3-2.

It was a scoreless first period, as both Henrik Tikkanen for Worcester and Luke Cavallin for Newfoundland stood tall making big saves on both ends of the ice. Newfoundland led in shots 9-4 through the first 20 minutes of play from St. John's.

The first goal of the game didn't occur until the 13:34 mark of the second period, when Newfoundland's Keenan Suthers (2nd) beat Tikkanen to get the Growlers on the board ahead of Worcester 1-0. The Railers then charged back up ice 30 seconds later with Reece Newkirk, Liam Coughlin and Jack Quinlivan (2nd) on the rush. Newkirk threw a shot from the left side that rang off the far post, right back to Quinlivan out in front who then slammed it home for the goal to tie the game 1-1 going into the third period. Worcester was outshot 19-7 in the second period, and 28-11 through two.

Midway through the third period, Newfoundland jumped back on the scoreboard. Todd Skirving (6th) would beat Tikkanen to make it 2-1 Growlers with 8:21 left in regulation. 1:21 later, Liam Coughlin (2nd) after having assisted on Quinlivan's goal earlier in the game notched one himself to tie things back up. Jared Brandt flowed around a Growler defenseman and placed a perfect pass across the attacking end to the tape of Coughlin who then hammered a one-timer to beat Cavallin and tie the game 2-2. The Growlers came right back just 1:52 removed from Coughlin's goal and regathered the lead. Brett Budgell (7th) curled from beneath the net and was left wide open along the left dot, as he then sniped a shot past the helmet of Tikkanen just inside the near post to give the game its final score of 3-2. Worcester put together a flurry of chances at the end of the game with Tikkanen pulled, but couldn't break through Cavallin, as the Railers point streak came to an end at seven games. Worcester was outshot 19-8 in the third, and 47-19 in the game.

T-BIRDS from page 7

three superb saves on Alexandrov over the course of the two minutes.

Providence responded in kind with the tying goal from Vinni Lettieri just seven seconds into a power play, evening things up, 1-1, at 10:15 of the third.

With less than three minutes separating the division rivals from overtime, Lettieri was at the middle of the game-winning play, as he and Luke Toporowski freed up a loose puck behind the goal line, and Toporowski found Justin Brazeau at the edge of the crease. The big winger patiently outwaited Zherenko, deking to the backhand to tuck it home with 2:55 to play, giving Providence its first lead, 2-1.

Zherenko was saddled with a hard-luck defeat despite making 32 saves on 34 shots. Bussi finished with 25 saves on 26 Springfield shots.

Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports." We will regularly feature samples of photos that you will see in our publications on a weekly basis. Please follow and share with your friends and loved ones. We will be featuring photos from all 11 of our sports sections, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.



UMassFive employees raise over \$20,000 for local nonprofits

HADLEY -- UMassFive College Federal Credit Union announced that its employees have raised over \$20,000 for two local nonprofits during the fall of 2022.

According to the credit union, \$15,700 was raised in support of the UMass Cancer Center via participation in the UMass Cancer Walk and Run, and \$4,800 was raised for the Food Bank of Western Massachusetts via participation in Will Bike 4 Food.

A longstanding and top supporter of the UMass Cancer Walk and Run event for over 20 years, UMassFive employees join together as "Team UMassFive" to raise funds for the cause—both personally and in branch locations, according to a press release from the credit union.

In 2022, fundraising efforts included raffle baskets, bake sales, candy sales, and art/jewelry sales. Donations were also sought from Credit Union corporate partners, whose support helps bolster efforts each year.

Including the funds raised so far this year, Team UMassFive has raised over \$173,000 in donations to the UMass Cancer Center over the lifetime of their

participation.

For years now, UMassFive employees have also jumped on their bicycles in support of Will Bike 4 Food, a major fundraising event for the Food Bank of Western Mass. In 2022, six team members worked together to raise \$4,800 from supporters, which equates to 18,800 meals for our neighbors in need. At the Will Bike 4 Food event, the team rode 300 total miles for this cause.

"We are so proud of our employees for supporting local causes that they care about," said Cait Murray, Community Outreach Manager at UMassFive. "Together, our team can make a more significant impact than if we all participate in events on our own. These organizations make such a big difference in our communities and we are thrilled to support those efforts."

Anyone who wishes to support Team UMassFive may donate before the end of 2022 by visiting support.umasscancerwalk.org/umassfive22 or foodbankwma.org/events/will-bike-4-food/ and search for Team UMassFive.



Submitted Photo

UMassFive College Federal Credit Union's Will Bike 4 Food team helped raise money for the UMass Cancer Center. The bike team (from left) Emi Lee, Shelby Downey, Robert Boucher, Lauren Duffy, Tricia Loomis, and Taylor Robbins.

STEM scholarships available at Holyoke Community College for the spring semester

HOLYOKE - Students enrolled in chemistry, biology, engineering, mathematics, physics, or other STEM fields at Holyoke Community College can apply now for a National Science Foundation scholarship of up to \$10,000 a year for tuition and fees.

Through HCC, the National Science Foundation Scholarship offers on average of \$6,500 per year to qualified full-time students and prorated amounts for part-time students.

Both new and returning HCC students are encouraged to apply.

The application deadline for the Spring 2023 semester is Monday, Jan. 2, 2023. Students will be notified by Jan. 7.

Students are chosen for the NSF scholarship become members of HCC's STEM Scholars 2.0 Program, also known as SCoRE (STEM Cohorts for Research & Engagement).

"STEM means 'science,

technology, engineering, and mathematics,' but STEM also includes biology, biotechnology, computer science, any kind of engineering, environmental science, and even fields that are related to psychology, like neuroscience," said Ileana Vasu, HCC math professor, and coordinator of the HCC STEM Scholars program.

"There's a whole variety of opportunities available in other fields as well that involve critical thinking and problem solving, such as data science, which is an exciting and growing field. More and more subjects are starting to be included under the STEM umbrella, so if you're not sure if what you want is STEM, please ask us," said Vasu.

STEM Scholars at HCC are expected to maintain their enrollment in a STEM program, be in good academic standing, complete an associate degree at HCC, and transfer to an accredited

STEM degree program at a four-year institution.

The scholarships are renewable every year if students continue to meet the eligibility criteria.

Besides the financial awards, STEM Scholars become part of a learning community that includes mentoring, research, honors experiences, community service, and internships.

"That feeling of belonging is so important in terms of STEM success. We're a really close family here at HCC and very proud of our STEM community mentors and students," said Vasu.

Eligibility guidelines for the National Science Foundation Scholarship in STEM can be viewed at hcc.edu/stem-scholarship

For more information, please contact the program coordinator Ileana Vasu at ivasu@hcc.edu or 413-552-2438.

Assistant DA is one of 55 women to earn excellence awards

NORTHAMPTON – Northwestern Assistant District Attorney Becky Michaels was one of 55 women honored in the Massachusetts Lawyers Weekly Top Women of Law annual awards last week.

Michaels, 52, was the only prosecutor among the attorneys receiving awards in Boston on Nov. 16 in recognition of what the publication described as "significant contributions to the legal profession while also serving as role models for women entering the law."

Award recipients were chosen by a panel made up of members of the legal community and representatives of the Massachusetts Lawyers Weekly. ADA Michaels is the director of community prosecution projects for the Northwestern District Attorney's Office, which includes alternatives to incarceration, restorative justice initiatives, and a conviction integrity unit to examine claims of innocence.

"ADA Michaels is a valued part of our team. Her work on community prosecutions and diversity initiatives has been impactful. It's satisfying to see hard work and a commitment to excellence rewarded by one's peers," said Northwestern District Attorney David E. Sullivan, who joined Michaels in Boston for the awards ceremony.

Michaels graduated from Western New England University School of Law in Springfield in 2009 after which she clerked for two judges. She joined the Northwestern DA's office in 2012, left for a stint at the Attorney General's Office, and returned to the NWDA in 2019. Prior to law school, she had a career in publishing and non-profit communications.

Other award winners included attorneys in private practice, law professors, those working for nonprofits, public defender offices, and an assistant attorney general.

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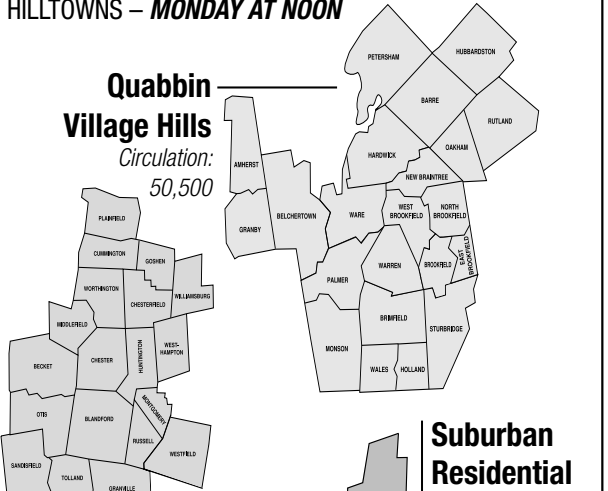
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HONEY from page 4

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To ensure all survey participants have an opportunity to respond, NASS will contact producers who do not respond online or by mail to conduct telephone interviews. NASS safeguards the privacy of all respondents and publishes only aggregate data, ensuring that no individual operation or producer can be identified.

Results of this survey are published annually in the Honey report, which will be available on March 17, 2023. This and all other NASS reports are available online at nass.usda.gov/Publications/.

For more information, call the NASS Northeastern Regional Field Office at 800-498-1518.

How to prepare for a heart-healthy holiday

By Carly Phaneuf Staff writer cphaneuf@turley.com

The joy of the winter holiday season wouldn't be complete without big holiday feasts, cases of cookies, and curling up for a good movie on the couch. However, this joy is often marred for many as research from the American Heart Association shows that more people die from heart attacks during the last week of December than at any other time of the year.

The American Heart Association, the world's leading voluntary organization focused on heart and brain health for all, says being aware of this annual phenomenon and taking a few important, heart-healthy steps may save lives.

"The holidays are a busy, often stressful, time for many of us. Routines are disrupted; we may tend to eat and drink more and exercise and relax less. We're

getting too little sleep and experiencing too much stress. We also may not be listening to our bodies or paying attention to warning signs, thinking a trip to the doctor can wait until after the new year," said American Heart Association Chief Clinical Science Officer Mitchell S.V. Elkind.

The unhealthy changes in diets, higher alcohol consumption, stress from family interactions, strained finances, increased travel and entertainment, and less time spent practicing self-care are all factors for heart attacks.

"While we don't know exactly why there are more deadly heart attacks during this time of year, it's important to be aware that all of these factors can be snowballing contributors to increasing the risk for a deadly cardiac event," said Elkind.

Scientific research finds an uptick in cardiac events during the winter holiday season. A study published in Circulation, the flagship journal of the Amer-

ican Heart Association, reported that more cardiac deaths occur on Christmas day than on any other day of the year. The second largest number of reported cardiac deaths is on Dec. 26 and the third largest number occurs on Jan. 1.

Winter weather could also be a trigger for increased heart attack risk due to restricted blood flow through constricted vessels caused by cold temperatures. However, another study published in Circulation found that even in the mild climate of Los Angeles County, about a third more heart attack deaths occur in December and January than in June through September. These findings were supported by a study published in the Journal of the American Heart Association by researchers in New Zealand, where the December holidays fall during that area's summer season.

"Research also shows that the biggest increases in these holiday heart attack deaths are among

people who are not in a hospital. This highlights the importance of recognizing symptoms and seeking immediate medical care. Don't ignore heart attack warning signs because you don't want to spoil the holidays, the consequences could be much worse," said Elkind.

Warning signs for a heart attack differ between men and women. For women, a heart attack may include symptoms such as; neck, jaw, shoulder, upper back, or upper belly discomfort, shortness of breath, pain in one or both arms, nausea or vomiting, sweating, dizziness, unusual fatigue, and indigestion. In men, a heart attack may present symptoms such as; chest discomfort, discomfort in other areas of the upper body, pain or discomfort in one or both arms, the back, neck, jaw, or stomach, shortness of breath, cold sweat, nausea, or lightheadedness.

Please see HEALTHY, page 12

TREES from page 1

an environmental pollutant. It induces land pollution because plastic does not disintegrate. When it's burned, it emits dioxin and hydrogen chloride, highly toxic chemicals to the environment. Plastics are often linked to different types of cancers. Plus, these tree have negative transportation impacts as well.

"Also, about 90 percent of artificial trees come from China, making long journeys on fossil-fuel-powered ships across the ocean and leaving a significant carbon footprint," said Finton. "However, if you keep an artifi-

cial tree for at least 10 years, it can be environmentally beneficial." But if the trees end up languishing in landfills, they take thousands of years to fully decompose, and cannot be burned due to the toxic chemicals that come from the plastic fumes.

"Live trees, conversely, are carbon-absorbing and oxygen-producing contributors to help ease climate change. Once they are harvested from tree farms, growers immediately replace them so they continuously contribute to a positive net environmental gain," said Finton.

Evergreens photosynthesize more months of the year than

other trees. According to the Arbor Day Foundation, in one year a mature tree will absorb more than 48 pounds of carbon dioxide from the atmosphere and release oxygen in exchange. Each year, one evergreen tree can produce up to 260 pounds of oxygen.

"Nationally, about 350-500 million trees are growing on tree farms in the US every year, but only 30 million are cut down for Christmas. For every tree purchased, farmers plant about one to three seedlings to replace them," said Finton. Although the replacement rate is positive on these farms, evergreen trees can take about seven to eight years to

fully mature.

"Purchasing live trees contributes to a local, responsibly managed tree farm system when done correctly. This incentivizes open lands from being developed," said Finton.

After the season is over, there are environmentally safe ways to dispose of natural trees. Communities will sometimes offer tree and yard waste mulching and composting areas. Trees can be chipped to be used as mulch. They also make great habitats for birds and other winter-roaming animals.

"A problem with disposing of live trees is that they contribute to

methane emissions if left in landfills," said Finton.

Methane is a powerful greenhouse gas about 80 times more potent than carbon dioxide. Methane's lifespan in the atmosphere is relatively short compared to those of other greenhouse gases and it is more efficient at trapping heat than those other gases.

To avoid harmful methane entering the atmosphere and for habitat restoration and erosion control, place the unwanted trees along streams and riverbanks.

"When placed in rivers and lakes, they can also help underwater habitats thrive," said Finton.

Public Notices

TOWN OF SOUTH HADLEY, MASSACHUSETTS CONSERVATION COMMISSION NOTICE OF PUBLIC MEETING The South Hadley Conservation Commission will hold a Public Meeting pursuant to the Wetlands Protection Act MGL Chapter 131, Section 40 and the South Hadley Wetlands Bylaw (Chapter 240 General Bylaws), to consider a Request for Determination for removal of vegetation within buffer zone of a natural resource area at Stony Brook Condominium (Map

28, Parcel 246). The meeting will be held on Wednesday, December 21, 2022 at 6:05pm virtually. Login information will be provided with the posted agenda on the Town website. A copy of the Request for Determination is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection by appointment between the hours of 8:30 A.M. to 3:30 P.M. Monday thru Thursday. Plans are also available online at www.southhadley.org/603/Project-Plans. Any person interested or wishing to be heard should

appear at the time and place designated. Neva Tolopko Conservation Chair 12/09/2022

GRANBY PLANNING BOARD PUBLIC HEARING NOTICE In accordance with MGL Ch. 40A, Sec. 11, the Granby Planning Board will hold a public hearing on December 19, 2022 at 5:15 PM, at 1 Library Lane, Old Carnegie Library, Top Floor, Granby, MA. The nature of the hearing is to consider the petition of Kim's Pet Resort,

LLC (Applicant) / T & A Associates and Properties, LLC (Owner), seeking Special Permit and Site Plan Approval under Sections 6.2 and 6.3 of the Granby Zoning Bylaws and applicable of Section III - Regulations, 3.5.3 - Services regarding a proposed pet care/pet related services business at 220 West State Street, and known as Assessors' Map 8B-B-1 in the town of Granby, MA. The complete applications and plans are available for public inspection during regular business hours (9:00AM - 3:00 PM, Monday-Thursday, and 9:00AM - 12:00 PM Fridays) at the

Selectmen's Office located in the Granby Senior Center Building, 2nd Floor, 10-B West State Street, Granby, MA 01033. Additionally, copies of the plan and application may be inspected on the Planning Board's web page at https://www.granby-ma.gov/planning-board/pages/public-hearing-notice Anyone wishing information and/or to be heard on this matter should appear at the time and place designated. James Trompke, Chair Granby Planning Board 12/02, 12/09/2022

TOWN OF GRANBY NOTICE OF PUBLIC HEARING GRANBY SELECTBOARD TAX CLASSIFICATION The Selectboard will hold a public hearing on Monday December 19, 2022 at 5:45 p.m. at 10-B West State Street, COA Building to decide whether or not all classes of property should be taxed at the same rate. Glen N Sexton Richard K Beaulieu Crystal A Dufresne Granby Selectboard 12/09/2022

Town Reminder OBITUARY POLICY Turley Publications offers two types of obituaries. One is a free, brief Death Notice listing the name of deceased, date of death and funeral date and place. The other is a Paid Obituary, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. Death Notices & Paid Obituaries should be submitted through a funeral home to: obits@turley.com. Exceptions will be made only when the family provides a death certificate and must be pre-paid.



PUBLIC NOTICES ARE NOW ONLINE 1 Email all notices to notices@turley.com 2 Access archives and digital tear sheets by newspaper title. 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers. Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays. visit www.publicnotices.turley.com

Celebrate Wassail, A Victorian Holiday

SOUTH HADLEY -- At 5:30 p.m. on Thursday, Dec. 15, at the senior center, the Small Planet Dancers are inviting anyone interested to a free 90-minute program of Victorian dancing, sing-alongs, readings, and seasonal music. Small Planet Dancers, a community-based educational performance troupe from Westfield, will transport visitors back in time. Josephine Sarnelli, Artistic Director, explains that this program is an interactive play within a dance performance. The audience is invited into their home to celebrate the holidays.

Popular during the Victorian era, a variety of waltzes, polkas,

and reels are performed to holiday music. The men perform in tails and the ladies in reproduction gowns of the early Victorian period with hoops.

The audience will be invited to participate in sing-alongs of holiday music play a parlor game and dance a final march with the troupe. Throughout the program Hanukkah, Christmas, and the New Year are celebrated through song, music, and readings.

The venue is wheelchair accessible and there is ample parking. For more information, call 413-746-9067 or visit www.SmallPlanetDancers.com.

HEALTHY from page 11

"It also calls attention to the need for increased awareness of knowing how to perform hands-only CPR. You could be out holiday shopping, enjoying an office party, or spending time at a family gathering and someone near you could have a heart attack and go into cardiac arrest. Starting CPR immediately and calling 9-1-1 could be the difference in life or death in those situations. Hands-only CPR is something nearly everyone can learn and do," said Elkind.

Elkind notes that while it's important to live heart-healthy all year long, there are a few tips to keep in mind as the holiday

season approaches.

Know symptoms and take action. Recognize them early and call 9-1-1 for help. The sooner medical treatment begins, the better the chances of survival and preventing heart damage.

Celebrate in moderation. Eating healthfully during the holidays doesn't have to mean depriving oneself, there are still ways to eat smart. Look for small, healthy changes and swaps to make. Eat and drink in moderation, and watch salt intake.

Plan for peace on earth and goodwill. Make time for self-care during the busy holiday. Reduce stress from family inter-

actions, strained finances, hectic schedules, and other stressors prevalent this time of year, including traveling.

Keep moving: The American Heart Association recommends at least 150 minutes of physical activity per week and this number usually drops during the hustle and bustle of the holidays. Get creative with ways to stay active, even if it's going for a family walk.

Stick to all regular medications. The busy holidays can cause people to skip medications, forget them when away from home, or not get refills in a timely manner. Be sure to keep tabs on blood pressure numbers.



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