

LIBRARY
Hampden
Anime &
Manga Club
Page 2

SPORTS
Boys
gets big
win
Page 12

Dedicated to Improving the Quality of Life in the Communities We Serve



Submitted photos from Kaytee Long Becker

Wilbraham native Carla Patullo, a 1997 graduate of Minnechaug Regional High School, is nominated for her first Grammy Award at the upcoming 66th Annual Grammy Awards, airing on Sunday, Feb. 4.

Minnechaug grad Carla Patullo nominated for Grammy Award

By Kristin Rivers
Staff Writer
krivers@turley.com

WILBRAHAM – Recording Artist Carla Patullo is nominated for a Grammy Award for Best New Age, Ambient or Chant Album for her album “SO SHE HOWLS.”

Patullo, who was born in Springfield and grew up in Wilbraham, graduated from Minnechaug Regional High School in 1997.

She is a four-time Hollywood Music in Media Award nominee and decorated film composer, having created over 30 scores for the upcoming Disney+ film “Maxine”, “Everybody Dies... Sometimes”, “My Name is



The album cover for Grammy Award Nominee Carla Patullo's latest album, “SO SHE HOWLS.” The album is nominated in the Best New Age, Ambient or Chant Album category.

Maria De Jesus” and many more.

Patullo said she was shocked, thrilled and honored to be nominated for the first time. She is also the first openly gay woman to be nominated in her category.

“Writing the album was a long and trying journey, and to have it culminate with the recognition from the Recording Academy was incredibly cathartic,” Patullo said.

Patullo, a breast cancer survivor, began writing the album during that time, as it became “a sort of journal to help get me through the tough days.”

She reflected on the Grammy Awards falling on Feb. 4, as it’s rec-

Please see **PATULLO**, page 7

Hampden looks to ‘reprogram’ \$203,100 from Gaming Commission

By Dalton Zbierski
Editor
dzbierski@turley.com

HAMPDEN – Hampden must find new use for the \$203,100 it received from the state’s Gaming Commission last year, and the Board of Selectmen chose several options on Jan. 8.

The money was to be spent on expanding the Main Street sidewalk as part of a \$1.3 million project. However, it was contingent on the town receiving funding through the state’s transportation bond.



Turley photo by Dalton Zbierski

Town Administrator Bob Markel explained during last Monday’s meeting that Gov. Maura Healey made \$375 million in budget cuts that morning and it is unlikely Hampden will receive the funding.

“The question would be how to use those funds... We have to figure out how to reprogram \$203,100,” Markel said. “(The Gaming Commission has) expanded the effort and the categories where they’re willing to provide funds.”

The town has received several hundred thousand dollars from the Gaming Commission because of its proximity to the MGM Springfield casino. Through the Community Mitigation Fund, the commission has paid out millions to communities such as Hampden that surround Springfield, as those towns are most impacted by the casino’s presence.

The commission’s grant funding supports community needs, including education, transportation, infrastructure, housing, environmental issues, public safety and emergency services. This year, as Markel inferred, the commission has added job readiness programming and tourism marketing to the mix.

Markel encouraged the Selectmen to designate \$50,000 as the town’s match for a grant to repair the Main Street Bridge.

“One option for the Gaming Commission money

Please see **GAMING**, page 4

Hampden library kicks off 2024 with new programming

By Kristin Rivers
Staff Writer
krivers@turley.com

HAMPDEN – The Hampden library has kicked off 2024 with events that encourage reading and are aimed to foster the community.

Upcoming programs include Teen Coding & 3D Printing, fun craft activities every month, the launch of teen book boxes at the beginning of February and more.

Young Adult Librarian Maxine Girard explained the book boxes will follow a theme and contain a library book and treats including a Playaway or a DVD pertaining to the box’s theme.

“So, the fun of it is that you select the

box with the theme that you like, and you don’t know what you’re getting until you get home,” Girard said. “We have fandom, award winners, better than the movie, mystery, graphic novels, a fantasy theme.”

Girard added other options are custom book boxes and fourth through sixth grade and seventh through 12th grade book boxes.

“We have on the flyer that’s going out

Please see **LIBRARY**, page 16

Turley photo by Kristin Rivers

Young Adult Librarian Maxine Girard shows off the book boxes in the Sheila R. Flynn Teen Center that will be part of this year’s programming at Hampden Free Public Library.





From the left, Library Page Gracen Moriarty oversees as Elijah Corbin, Olivia Martowska and sisters Charlotte and Lauren Beaulieu discuss during their favorite anime and mangas at the Anime & Manga Club at Hampden Free Public Library. The club meets in the Sheila R. Flynn Teen Center twice a month.



From the left, Olivia Martowska listens as Charlotte Beaulieu shares her thoughts, her sister, Lauren, also observing, during the Anime & Manga Club at Hampden Free Public Library.



Library Page Gracen Moriarty reaches for a copy of "Jujutsu Kaisen," a manga, during the Anime & Manga Club at Hampden Free Public Library on Jan. 11.

Turley photos by Kristin Rivers

Teens form friendships, talk fandom in Anime & Manga Club

The club meets twice a month

By **Kristin Rivers**
Staff Writer
krivers@turley.com

HAMPDEN – Teens gathered in the Sheila R. Flynn Teen Center on Jan. 11 to take part in their first Anime & Manga Club meeting after the winter break.

The club meets at the Hampden library on the second and fourth Thursday from 4 – 5 p.m.

During the meetings, led by Library employee Gracen Moriarty, teens talk about their favorite anime and manga and participate in activities based on them, enjoying snacks inspired by them.

Anime is a style of Japanese film and television animation, and manga are comics or graphic novels also originating in

Japan, conforming to style developed in the late 19th Century.

Charlotte Beaulieu attends the club with her sister, Lauren, expressing excitement at being part of a club where she could talk about one of her favorite passions and have some laughs with friends.

Her favorite anime or manga are "Naruto," "One Piece," "Seven Deadly Sins," "Demon Slayer" and "Jujutsu Kaisen."

"I can talk about anime that I like and the specific parts that I like with people who will actually listen," Beaulieu said.

Beaulieu stressed that the Anime & Manga Club provides a space for teens to come together and share a common interest.

"I feel like it's kind of important because sometimes at school you can't find the exact kids that enjoy that kind of stuff, so when you go to these kinds of these things, you get to meet those kinds of peo-

ple and it's specific," Beaulieu said.

Beaulieu also enjoys the library's other teen program offerings, including their Video Game Nights.

"It was really fun because everybody plays video games, and they have snacks and stuff and more talking about anime," Beaulieu said. "So that was fun."

Olivia Martowska's favorite anime and manga is "Demon Slayer", sharing she loves making jokes, talking about random topics including memes and enjoying the snacks at the club.

"It's really nice how I get to see others that have the same interests as me or others that have the same interest, so I'm like, 'Oh, that's nice,'" Martowska said.

Martowska added the club is great for making friends; she heard about it after moving to Hampden last year.

"My mom was working all the time, so I just went to the library almost every single day. Gracen said, 'Hey, we're setting up an Anime & Manga Club' and he said, 'If you want to participate, you can.' (I said) 'I have nothing else to do, so sure!'" Martowska said.

Moriarty, an avid fan of anime and manga, said the group is very welcoming

to everyone, whether they are huge fans or are brand new to the material.

"This is a fantastic group of kids, and I love this community that we've made. It's just fun for me and I think it's fun for them as well because I'm an adult in the community who knows about anime," Moriarty said. "They can talk to someone who has a job and is still into this stuff. Because you hear like, 'Oh this is for kids,' but it stays interesting."

Moriarty said the club also provides a space for teens to hang out, emphasizing its importance in a community.

"In Hampden/Wilbraham, there aren't too many places for the teens to go, so we love bringing them back to the library," Moriarty said. "Libraries are for everyone and that includes the teens no matter what their interests are."

Beaulieu, Martowska and Moriarty encourage local teens to check out the club, which is always looking for more members.

"They should join the club because we need (more) people in the club to talk about manga and anime," Beaulieu said.

"It's really nice and it's easy to make friends here," Martowska said.

"Come by," Moriarty said. "We love getting new recommendations."

the **Y** YMCA OF GREATER SPRINGFIELD

JOIN NOW AND GET YOUR FIRST MONTH FREE!



SCANTIC VALLEY YMCA
P: 413.596.2749
www.springfieldy.org

Adventure tours of Warren
Share the Adventure with us!

SHADES OF IRELAND
September 17-27, 2024
Call now - Availability Limited!

Jan. 27	Ain't Too Proud - Temptations	\$99
March 16	Frozen at P.P.A.C.	\$130
May 4	Kennedy Library	\$95
June 11-14	..	Boothbay Harbor Vacation	\$799
Aug. 30	7-night Nova Scotia Cruise	..	from \$1499

Share the Adventure with us soon!
For further information call Randall at (413) 436-5357 or email adventuretours@att.net or go to www.adventuretoursofwarren.com

NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

New Owners

Units & Sizes Available:
Climate Controlled 5x10/10x10
Regular Units 5x10/10x10/10x15/10x20/10x30

Climate Controlled Units Available

COMPLETE STORAGE
COMPLETESTORAGEDBA.COM
413-308-6904
148 Carmelinas Circle Ludlow, MA

Outside Parking Spaces Also Available for Boats, RVs, Trailers, Etc.

Wilbraham Select Board considers alternative dates for Annual Town Meeting

By Kristin Rivers
Staff Writer
krivers@turley.com

WILBRAHAM – The Select Board considered possible alternative dates for this year’s Annual Town Meeting at Minnechaug Regional High School during their Jan. 8 meeting.

Town Administrator Nick Breault explained factors to consider include the upcoming May 18 town elections and the availability of town council.

Traditionally, the Annual Town Meeting is held the Monday prior to town elections, which are held on the third Saturday of May. This year, that Monday is May 13, but the town Council has a scheduling conflict.

“Our own town council already has two annual town meetings booked that evening. His approach would be to either send another attorney from the firm (to Minnechaug or) maybe come himself and get somebody to cover the different one, but that sounds less likely,” Breault said. “In speaking with (current Town Moderator) Jim (Jurgens), my recommendation to the board... would be to not schedule the meeting knowing that we wouldn’t have council present.”

Breault clarified the Annual Town Meeting could still take place without the Town Council.

“Certainly, the meeting could go on without council. It’s not required that council be present. But, on any given town meeting, there could be legal questions rather than procedural questions that come up,” Breault said.

Another factor, Breault added, is the terms for town moderator and town clerk expire this year.

“May 20th is 36 hours after the town moderator and new clerk would be elected, so we don’t know, obviously, who’s running,” Breault said. “So, I don’t think the board would want to schedule necessarily on the 20th of May. The following Monday’s Memorial Day so we wouldn’t have it then.”

Breault said the board would still



Turley photo by Kristin Rivers
From the left, Select Board Clerk Michael Squindo, Chairman Theresa Goodrich, Vice Chairman Sue Bunnell and Town Administrator Nick Breault discuss an agenda item during the Jan. 8 Select Board meeting in Wilbraham.

need to set a deadline for petitioned town warrant articles.

“Typically, petitioned articles have a deadline of end of January by tradition. Again, there’s nothing stating that has to be that way and then other departments and Select Board articles typically are due the end of February, March,” Breault said.

Michael Squindo asked if any day during the week of May 13 could work.

“I don’t know if that’s an option, but it’s an odd thing to do, but it sounds to me (like) we’re in an odd situation,” Squindo said.

Chairman Theresa Goodrich thought it was a good idea.

“Does it always have to be a Monday? Everyone always talks about, ‘Could it be a different day?’ Maybe this is the year to try a different day,” Goodrich said.

After Breault clarified the board could call the town meeting on any day during the week of May 13, Squindo elaborated on his suggestion.

“I guess I would approach it from the standpoint of if we did it on the 13th, my negative response would be it’ll be the one time we find out

Mr. Jurgens can’t be there and that the lawyer can’t be there and then we don’t have somebody to guide the moderator who’s voted in that night,” Squindo said.

Sue Bunnell was also open to the idea.

“I would be very interested in having our town council present just based on what I’ve seen at town meeting, so I think it’s certainly worth asking them,” Bunnell said.

The board also considered a survey for the community to share their input.

“I’m just wondering if that’s something potential that we could do, like give them a week’s timeframe,” Goodrich said. “We’ve got a town of how many, almost 15,000 people...10,000 registered voters and we have 300, 400 people at a meeting, so here’s a chance for people to speak up and say, ‘I’d really love to see it on Tuesday.’”

Breault said he could work with the IT Department to organize one.

The motion to set the deadline for the Annual Town Meeting petitioned warrant articles by Feb. 2, 2024, passed 3-0.

THE BEST FRESH FOR GOOD HEALTH!

Winter Warmer Specials January 17 - 23

- California Carrots
1lb Bags 99¢ each
- Butternut Squash
Locally Grown 99¢ lb
- Sweet Onions 99¢ lb
- Idaho Russet, Yukon Gold &
Red Potatoes 99¢ lb
- Grahy Smith Apples \$1.49 lb
- Gala Apples \$1.49 lb
- Boar’s Head
EverRoast Chicken \$11.99 lb
- Boar’s Head
Havarti Cheese \$9.99 lb

January is National Soup Month Fresh “Homemade” Soups



TWO VARIETIES EACH DAY!
Plus All The Ingredients
To Make Your Own
Favorite Soups
GREAT SELECTION
OF SOUP MIXES

Randall’s Chicken Pot Pies

EVERY WEDNESDAY

Find Our
Daily Menu
Selections at



www.randallsfarm.net

BEAT THE WINTER BLUES



Colorful Blooming
PRIMROSE
\$3.99 each
4-inch Pots

Colorful Fresh Cut
TULIPS
\$7.99 Bunch

JANUARY FLOWER
OF THE MONTH
Fresh Carnations
99¢ each
Lots Of Colors!

ALWAYS FRESH AT



631 CENTER ST., Route 21, Mass Tpke Exit 54
LUDLOW • 589-7071 • www.randallsfarm.net

WINTER HOURS
OPEN MONDAY - FRIDAY 7AM – 8PM
OPEN SATURDAY & SUNDAY 7AM -7PM

Find us on [facebook](#) and [YouTube](#)



PHONE

413.283.8393
Fax: 413.289.1977
Subscriptions: 413.283.8393

EMAIL

Advertising Sales
Jocelyn Walker
jwalker@turley.com

Editor

Dalton Zbierski
dzbierski@turley.com

Subscriptions

\$45 per year pre-paid
(\$50 out of state)

WEB

www.wilbrahamhampdentimes.turley.com

[f](#) @Wilbraham-Hampden Times

The Wilbraham-Hampden Times
is published by
Turley Publications, Inc. • www.turley.com

Purse Bingo is back!

Purses for a Purpose!

Friday, February 2
5:00pm
Gremio Lusitano Club

Tickets: \$50
Ticket includes dinner, dessert,
and entry to 10 games, each with
a designer handbag prize.

Arrive at 5pm to eat, drink, and pick your
seat. Games start at 6pm. Full Tables can
be reserved by purchasing 8 tickets. Cash
bar, raffles, and extra games available!

Scan the square with
your smartphone
camera
to buy tickets.



413-583-2072
www.ludlowbgc.org

Must be 18+ to play



Policy Subcommittee tables policy item on compensation rates and expenses

The item concerns compensation for School Committee members

By Kristin Rivers
Staff Writer
krivers@turley.com

WILBRAHAM – On Jan. 11, the Hampden-Wilbraham Regional School District Policy Subcommittee tabled a policy pertaining to compensation rates and expenses.

The Section B policy, labeled BID, concerns compensation rates for School Committee members. The provisions under which they fall would depend on the type of town charter.

School Committee member Michael Tirabassi provided an overview, with two drafts provided by Superintendent Dr. John Provost.

“Our current version of this policy only lists the procedures for setting compensation of regional School Committee members,” Tirabassi said. “The first version was to remove the procedures and the second version includes all the MASC language attached.”

William Bontempi motioned to table the item, explaining it involves compensation of representatives from Wilbraham and Hampden, which would require a vote from both communities, involves funding and a change to the regional agreement.

“We can have this here, but the funding for the salaries would, I believe, have to go through a town vote,” Bontempi said.

After clarifying with Tirabassi that School Committee members currently do not receive compensation and adding he wanted the item tabled for the full School Committee to share their thoughts, Bontempi explained how he was considering what would happen if there was a discussion about this in the future.

“It makes me a little nervous because this has budgetary implications as well as policy implications, so I would just want to make sure,” Bontempi said. “Because nowhere else in our regional agreement do we have anything that talks about compensation of School Committee members.”

After rereading the two versions, Tirabassi asked a clarification question to

Provost.

“Correct me if I’m wrong, John, but the difference between version one and version two is version one is really only for a regional school district and version two just includes all of the language?” Tirabassi asked.

Provost confirmed this was correct.

When Tirabassi later said he preferred going with MASC and version one, Provost shared his thoughts on another issue around employment and School Committee membership.

“Your current version of the policy says, ‘No member of the committee shall be eligible for employment within the public schools of the district.’ The revised language says, ‘No member of a School Committee in any town shall be eligible for the position of teacher, superintendent of public schools, therein or in any union or school superintendency union or district in which their town participates,’” Provost said. “So, under your current policy, all school employees are not eligible to be School Committee members. In this revised version, only the superintendent and teachers are not able to be School Committee members, which could create some interesting situations that are concerning me.”

Some of the scenarios Provost shared include if an assistant superintendent was a committee member, which also appoints the assistant superintendent, or a principal as a committee member, where they would be supervising the person who supervises them.

“So, I just worry about going to sort of that less restrictive language that only bars the superintendent and teachers,” Provost said. “I don’t like that, but both of your versions have that because that’s what the current MASC recommendation is, so I’m putting it in there. But I’m also noting it as a concern that comes to my mind that you may want to think about. It is what the law says, it’s correct under the law.”

After conversation and back and forth about the law and its interpretation, Bontempi and Tirabassi agreed to pass the policy item along for additional opinions from legal counsel on both concerns.

The BID policy item on compensation and expenses for School Committee members was tabled for a discussion with the full School Committee, pending legal opinion.

mote businesses to draw in people traveling to and from the casino. He also said several towns have spent the money on tourism development.

“One thought was we could do tourism development of local resources to expand and promote recreational activities for Hampden’s hiking trails and nature paths along Minnechaug Mountain and Goat Rock. We could use the funds for that,” Rivest said.

Selectman John Flynn noted that Rivest’s ideas were very realistic, and Board Chair Donald Davenport agreed, adding that he liked the tourism idea. Each board member also embraced the idea of adding a flashing light outside of Town Hall at the intersection of Main Street and North Road. They committed funding to both ideas.

Markel offered his wisdom on how the board should proceed with the remainder of the money, and the Selectmen took it, ultimately choosing to roll the funds into the Gaming Commission’s next round of funding. It could then be put towards a future project, which could be the sidewalk.

“Maybe you want to take the tourism thing (and Main Street, North Road signal) and take what remains, roll it into another proposal to design and build that sidewalk. As long as they’re willing to provide funds to make improvements, why leave it on the table,” Markel said.

GAMING from page 1

would be to take \$50,000 and use that as our local match for the bridge design. That would leave you with \$150,000 roughly to reallocate,” Markel said.

The board agreed with Markel’s advice and decided to assign \$50,000 towards the bridge project. Selectman Craig Rivest presented a variety of options for his fellow board members to consider using the remainder of the money on.

“There’s a bunch of different ideas I came up with. I can list through them,” Rivest said.

One idea included adding a crosswalk warning system to the Main Street and North Road intersection. He also proposed having a safety audit completed, studying the intersection of East Longmeadow Road, Allen Street and Wilbraham Road.

He also offered several thoughts aimed to increase public safety.

“You could use it to reduce impaired driving by instituting checkpoints, saturation patrols, education programs or other demonstrated measures to reduce impaired driving,” Rivest said. “Another one is efforts to identify, monitor and address issues related to human trafficking, drug trafficking and money laundering. Those are some pretty serious things that have been going on in our country lately that we could potentially help mitigate in the area.”

Pertaining to community planning, Rivest the money could be spent to pro-

HISTORICAL WILBRAHAM

Random trips through the past

Abandoned roads, a tragic farm fire and wood stove vs fireplace?

By Charles F. Bennett
Times Editor Emeritus

We came across a pamphlet about a historic walking tour of Maple Street that former Historic Commissioner Carol Albano had put together for the celebration of Wilbraham’s 250th anniversary. It is hard to believe it has been 12 years since planning began for the celebration events.

The pamphlet describes houses up



The look back, with Albano’s brochure, supports a recent effort by the Wilbraham Historic Commission’s to apply to the Community Preservation Committee (CPC) for funding of street signs denoting the historic area.

Abandoned Roads

Recently we were talking with Dave Bourcier, author of the “Wilbraham Historic Tidbits” website, about certain roads in town that were abandoned at one time or another. A good example was a section of Meeting House Lane, which you can see driving up Monson Road to the right.

According to a map in the Charlie Merrick history book, the lane ran southeast to the Ministers House and the first Meeting House in town next to Wigwam Hill at Tinkham Road. It then intersected with Tinkham Road and went due south along the mountain towards the Scantic area of what is now Hampden.

Another abandoned road is at the



A house on historic Maple Street at the corner of Chapel St. (Charles F. Bennett photo)



The beginning of Hollow Road. Sometimes an abandoned road can become an excellent hiking trail. (Charles F. Bennett photo)

and down the Maple Street that were open to the public, back in 2013, to tour. Helping Albano to compile the brochure was Rev. David Hurst of Grace Union Church and the late Richard Eisold, a town booster who served on the 250th Committee chaired by Patti Diotlavi and former selectman Kevin Moriarty.

The street, began at the northern end of Main Street, across from the NEPM building, is known for its historical architecture. It was originally part of Boston Road, then known as the Bay Path that ran from Boston to Albany and began in 1636, only 16 years after the Pilgrims landed.

When the Cutler Company and the Collins Manufacturing Company built mills in Wilbraham in the 1870’s, the area became an industrial center.

A vital anchor of the district is Grace Union Church, dedicated in 1877. Nearby Chapel Street and Maple Street features various styles of architecture. Gothic Revival, three French Second Empire houses, a modest Queen Anne style home and an elaborate carriage house, and a blacksmith shop are good examples.

western end of Faculty Street. Now the street stops at the corner of Main Street next to Rich Hall of Wilbraham & Monson Academy. But, on old maps, it used to cross Main Street, continued through the academy campus and connected with Mountain Road.

One of my favorite abandoned roads is Hollow Road where Minnechaug teens use to go drinking and was a great place to stay out of the eye of the local police force.

And, it wasn’t just Wilbraham students at Minnechaug perpetrating the underage drinking, it was also Hampden students including certain unnamed Hampden selectmen who admitted hiding out on the road with a beer.

Hampden officials wanted to keep the road open but the Wilbraham selectmen ordered it closed due to disuse and a gate installed across the road at the forested Hampden-Wilbraham line. The gate was locked with both fire departments each having the only keys. In an emergency they could unlock the gate and get through to either town quickly in an emergency.

Please see **HISTORICAL**, page 10

INSURED AND CERTIFIED

Tree Removal



Structural Pruning



Crane Service



Storm Damage



Stump Grinding



Lot Clearing



Give us a call for your free estimate and tree evaluation

413-478-4212

DL&G TREE



VIEWPOINTS



Dear Rusty

If a person is collecting Social Security disability benefits, can they, at any point, work at all? If they can, what is the maximum they can earn and still keep the disability benefit? I am asking because my husband is still young, but his injuries will not allow him to go back to the job he had prior to his injuries and surgeries. He does not just want to sit at home doing nothing.

Signed: Concerned Wife

Dear Concerned:

Actually, the Social Security Administration encourages those collecting Social Security Disability Insurance benefits to attempt to go back to work and they provide considerable leeway for them to do so. The monthly earnings limit for those collecting SSDI benefits in 2024 is \$1,550 and as long as your husband earns less than the limit while working, his SSDI benefits will not be in jeopardy. Your husband should contact Social Security's Ticket to Work program directly to protect his disability status and discuss returning to work while collecting SSDI benefits.

The Ticket to Work program assists those now receiving SSDI benefits who wish to test their abil-

Can someone work while collecting Social Security Disability?

ity to return to work without putting their SSDI benefits at risk. The program provides considerable assistance, including new career training opportunities and connection to potential employers and it is voluntary and costs nothing. Here is a link to Social Security's information on the Ticket to Work program: <https://choosework.ssa.gov/>

It's not mandatory for your husband to enroll in the Ticket to Work program but, in addition to other available assistance, he can request a Trial Work Period, which would allow for nine months, over a rolling five year period, during which he can earn any amount even over the normal monthly limit mentioned above without risking his SSDI benefits.

Within the Trial Work Period, only those months he earns over the normal monthly SSDI limit would count as a Trial Work Month. So, for example, your husband could work part time regularly earning under the normal monthly limit and if, in some months (up to nine), he earned more it wouldn't affect his SSDI benefits.

So, your younger disabled husband can, indeed, work while on Social Security disability, for as long as he wishes while earning under the monthly SSDI limit, the SSDI earnings limit changes yearly. He may also wish to enroll in Social Security's Ticket to Work program for assistance with developing a new career. Plus, he can take advantage of using tri-

al work months in the event his work earnings will, at times, exceed the monthly SSDI limit.

If your husband earns over the SSDI limit for more than the nine trial work months and his benefits are consequently stopped, he can within the five-year Trial Work Period have his benefits reinstated (without again going through the full application process) if his disability, once more, renders him unable to work full time.

For starters, I suggest your husband contact Social Security's Ticket to Work program directly at 1.833-889-0108 to discuss returning to work part time. Social Security will guide him through the entire process.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

Letters to the Editor

Spectrum 'is not sitting still'

Has evolved into full connectivity service company

By Eric Tracy,

Hampden resident and maintenance technician for Charter Communications

HAMPDEN – As a veteran of the broadband and cable industry, I've witnessed first-hand how my company, Spectrum, has innovated and evolved. What was once a company that offered dozens of television channels has become a full connectivity service company, providing Gigabit speed internet, the best value in mobile, and of course, the video programming and land-line phone service that so many still count on and I'm proud to work for a company that values its workers, including more than 600 employees who call Massachusetts home.

As a resident of Hampden, I'm also proud to work for a company that offers these services here in my hometown where I have lived and raised a family for the past 15 years. As someone who has worked for the company for 20 years, I can tell you from firsthand experience that we're not sitting still. In fact, we recently launched a major initiative that will deliver symmetrical Gigabit internet speeds - that means 1000 megabits per second upstream and downstream - to every one of our customers and will be capable of multiple Gigabit speeds in the future. This project will benefit thousands of local families and businesses and doesn't require a dime of our Town's money. Money that we could better use for our schools, our Town's brave firefighters and our seniors.

That's why I was glad to see our Town vote down Article 2 at the October Town Meeting. Spectrum is no stranger to competition. We live it every day. But it's important that the competition is fair and that we can operate on a level playing field. A government-subsidized network isn't fair competition; far from it. And worse, we've already seen these types of government owned and subsidized networks fail in other areas of Massachusetts and across New England where taxpayers were on the hook for the losses. That happened in Braintree and Russell, where those towns sold their networks because they couldn't keep up with the millions of dollars necessary for ongoing operation and maintenance costs.

Hampden's families and businesses can be assured that they have a broadband provider in Spectrum that is keeping them on the cutting-edge of technology - and it will not require \$8.5 million in taxpayer dollars to do it. We make these investments in our products, service and workforce because it's the right thing to do for our customers and the communities we serve. Hampden is no exception.

Tree Lighting & Santa Clause Reception

I want to thank Brad Sperry, our Club Secretary, for stepping up, as he always does, while I was in the hospital being treated for my injuries. Our chairman of the tree lighting had taken a leave of absence, and I picked up the sign and supplies to get the date changed before falling off my roof.

Brad had called Sam Boyd, the facilities manager for Wilbraham because there was no electricity at Gazebo Park. Sam called an electrician who found that the circuit breakers needed to be replaced. Brad noticed that there was a cherry picker at the site where the new building being built by Glen Garvey and Mark Pafumi was and asked Mark if they could use it to realign the lights that were sagging.

Mark Pafumi said that he and his friends would take down the existing lights and decorate the tree with new lights and ornaments at no expense to our Rotary Club. I want to publicly thank Mark Pafumi and his friends for their contributions to the celebration, the Town of Wilbraham and the Fire Department that brings Santa on their fire truck and Brad Sperry for holding everything together as he always does.

— Don Flannery,
Wilbraham

Thank you to the community from the Friends of Hampden Seniors

The Friends of Hampden Seniors would like to thank all of those people involved in our Christmas 'Shop 'Til You Drop' Fund Raiser. It was a great success thanks to the many wonderful donations received and the patronage of so many frequent shoppers. We so appreciate your help in reaching our goals for the benefit of our seniors. Starting in September, we will happily accept donations for our "Shop 'Til You Drop '24" Christmas Fundraiser. Thanks again.

Sincerely,
Bobbi Grant,
Hampden Senior Center

How the Iowa caucus works...



The Wilbraham-Hampden TIMES TEAM



EDITOR
Dalton Zbierski
dzbierski@turley.com



ADVERTISING SALES
Jocelyn Walker
jwalker@turley.com



SPORTS EDITOR
Greg Scibelli
sports@turley.com



STAFF WRITER
Kristin Rivers
krivers@turley.com

The Wilbraham-Hampden Times is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.



@Wilbraham-Hampden Times

WEB

www.wilbrahamhampdentimes.turley.com

PATRICK H. TURLEY
CEO

KEITH TURLEY
President

DEANNA SLOAT
Graphics Manager

Turley
Publications, Inc.
www.turley.com

Turley Publications, Inc. cannot assume liability for the loss of photographs or other materials submitted for publication. Materials will not be returned except upon specific request when submitted.

Editorial Policy

Letters to the editor should be 350 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources. Send letters to: Editor, Wilbraham-Hampden Times, 24 Water Street, Palmer, MA 01069, faxed to 413-682-0013 or via e-mail to dzbierski@turley.com. The deadline for submissions is Friday at noon.

Correction Policy

The TIMES will gladly correct factual errors that appear in this paper and can be substantiated. Corrections or clarifications will always appear on the editorial pages. To request a correction, send information in an e-mail or mailed communication to the editor at the above address listed above.

The Wilbraham-Hampden TIMES is published every Thursday by Turley Publications, Inc. One year out of town subscriptions are available at \$45, out of state \$50 by calling 800-824-6458 Ext. 201. The deadline for submission of news material, letters to the editor and photos is Monday at 12 p.m. The TIMES is not responsible for submitted photos.

Local owner takes Common Grounds Café in new direction

By Dalton Zbierski
 Editor
 dzbierski@turley.com

WILBRAHAM – When Wilbraham resident Kris Barthelette acquired Common Grounds Café on Oct. 1, 2023, she wasn't a coffee drinker, but much changed as she dove headfirst into her new role as a small business owner.

"I've changed that and have learned a lot about coffee," Barthelette said. "I jumped in and haven't looked back. I am finding a lot of passion in making people's days. Caffeine seems to energize people even more, and this is going to be home for me."

Common Grounds Café, located at 2341 Boston Road, is more than a coffee shop. It's a place to relax, throw a party, finish homework, catch up with friends or do an interview.

Featuring two levels, the newly remodeled downstairs and upstairs are open to patrons from all over the region looking to find common ground and a good cup of coffee. To better understand the café's new success, one must be familiar with Barthelette, who left a corporate position during a successful but high-risk pregnancy.

About a year ago, Barthelette gave birth to her daughter Braelyn and became a stay-at-home mom. After about eight months, she decided to discover how she could balance having a career with being a mother.

Barthelette and her husband live in Wilbraham and built a house in town several years ago. Her love for the town inspired her to pursue a new career where she could give back to the community she loves.

"We love to do things in the community, and so, when I started to look into businesses for sale, I saw this was for sale, and it's just a few minutes from home. It kind of checked all the boxes for me as far as what I was looking to achieve," Barthelette said.

Since she became owner, Barthelette said the community has been kind, supportive and giving. She said it's all about the people



Common Grounds Café features two levels.



Kris Barthelette acquired Common Grounds Café on Oct. 1, 2023.



The newly owned Common Grounds Café has been completely remodeled.

and enjoys seeing their various passions and how cheerful they are when they walk through the doors.

Despite not having been an avid coffee drinker, Barthelette has an abundance of corporate management experience, and she's used those skills to invest in a team she believes in at the café.

"I've used all of the skills I've learned over the years in managing an operation and what motivates your staff to want to work here, and I've tried to implement good practices that keep people safe," Barthelette said.

The café closed for two weeks when Barthelette first acquired it, as she completely remodeled. She considers the remodel to be successful, as patrons have commented daily about the décor and how nice it looks.

"We did everything from painting to doing the ceilings over, we've made it more of a boho look. I just wanted something that people felt was warm and welcoming when they walked in," Barthelette said.

In the process of making the business her own, Barthelette said creativity was key. She noted that she still has much to learn, as she becomes more accustomed to the coffee industry and develops her eye for what might grab everyone's attention rather than just that of a few people.



Kris Barthelette, new owner of Common Grounds Café, pictured with her daughter Braelyn.

Barthelette described the difference between the upstairs and the downstairs. She said downstairs is more for the "quick in and out" while upstairs is trending towards being a space to hang out or have meetings.

"We're tapping into renting the space out so people can (hold events). We've had birthday parties; we've had baby showers up here already. So, this seems to be either a space where people can hang out, breathe or decompress. We have a fireplace going, music going, where downstairs is a little bit more of that busy scene," Barthelette said.

Barthelette stressed the importance of accommodating everyone who walks into the café. She said if she doesn't, they will



Common Grounds Café is a place where a customer can enter and leave quickly or stay for hours.

Photos courtesy of Kris Barthelette

find other places to go.

She also hopes to partner with other local coffee shops to see what they can do to help the community together.

Barthelette noted that there is a group of people born and bred in Wilbraham that frequent the café, but she has also observed people coming in from the surrounding communities of Hampden, Ludlow and Springfield.

The café's location in a bustling plaza along a busy stretch of Boston Road certainly helps. Moving forward, Barthelette is excited to see what the future holds. She welcomes new customers to come in to get out of their

comfort zone.

"I know they might just hit Dunkin' or Starbucks, and I wouldn't want to take away from that, but just come in because even if it's not for a cup of coffee or a cup of tea, it might just be to put your head down and just sit by the fireplace for a couple minutes or people watch and just get out and try something new because you never know where it might go or who you might meet along the way," Barthelette said.

One can learn more about Common Grounds Café on Facebook.

PATULLO from page 1

ognized as World Cancer Day.

"I didn't realize that I was doing it at the time but writing and recording the album was just my daily process of getting through the challenges, both mental and physical. I hope the album creates a space for people who are dealing with a difficult situation to process their emotions and eventually find the things that they are thankful for," Patullo said.

Patullo teamed up with vocal ensemble Tonality, the Scorchio Quartet and Lili Hadyn for the album. She expressed excitement at the opportunity to collaborate with them.

"I had met Martha Mooke, the leader of the Scorchio Quartet, at a BMI Film Music workshop in New York. I was so blown away by her immense talent and I knew that one day I wanted to collaborate with her," Patullo said. "I also knew that I wanted to have a choir on the album to bring in some warmth, and I had heard about the LA-based choir here in Los Angeles that blew me away! Finally, I wanted to bring Lili's violin playing and voice in on the last few tracks to evoke the feeling of soaring new beginnings."

For film composing, Patullo said

she loves the art of storytelling.

"Music can set the tone and mood in a film, and it's a great challenge to compose to picture. The added parameters of timing, character development and thematic threads push me to find creative solutions that I otherwise wouldn't come up with," Patullo said. "I also draw inspiration from the director and their vision for their film or from the writing or the visuals. By the time a project gets to my studio, it has a lot of ideas to work from, and I just try to parse and prioritize those concepts and then convert them into sounds and melodies."

Patullo wants the community to know she hopes her album "is something that people can turn to when in need of a calming pick-me-up" and encourages aspiring musicians to "keep your ears open and listen deeply."

"It's an album to relax to or to find an emotional catharsis inside yourself. I've always been very interested in music therapy, and I think that music can really help people," Patullo said. "I began writing this album during such a tough period, thinking that it could possibly be the last music I would ever write, and I'd like to share that message with oth-

ers. Let yourself be vulnerable, and work hard to leave something behind that you are proud of."

To learn more, visit carlapatullo.com or find her music on your favorite streaming platforms.

ROBERTS ROOFS

SPECIALIZING IN
 Slate • Copper • Architectural Shingles • Gutters
 Historical Restoration • Flat Roofing
Snow Removal
Snow/Ice Damage Repair

Tel. 413-283-4395
 Cell 413-237-9434

www.RobertsRoofsInc.com



Trusted Name Since 1982

HANNOUSH JEWELERS CHICOPEE

TURN YOUR GOLD INTO CASH!



WE BUY GOLD

Present This Coupon for **10% more** on your unwanted gold.

Expires 12/31/24

704 MEMORIAL DRIVE, CHICOPEE, MA • 413-377-1433

www.hannoush.com

A COMMUNITY GALLERY



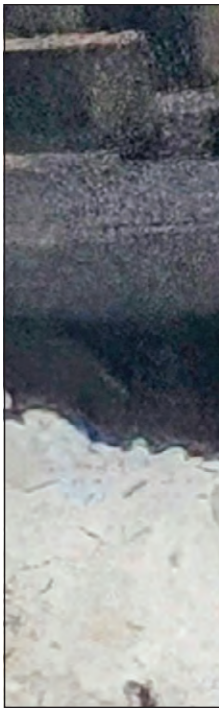
Hampden firefighters were called to extinguish a school bus fire that occurred on Jan. 12 around 3 p.m. All of the passengers were evacuated safely, and no injuries were reported. Officials are investigating the cause of the fire. Photos courtesy of the Hampden Fire Department.



Life in & **WILBRAHAM-HAMPDEN**

Readers are encouraged to send in medium to high resolution photos for this page by e-mail to dzbierski@turley.com or mail to TIMES, 24 Water Street, Palmer, MA 01069. Please note that if you send us a photo of the Times in different parts of the world, please include a recognizable landmark in the background. Examples: Eiffel Tower; castle in Spain.

Chris Lima captured and submitted this image of a hawk taken from his car at Wilbraham United Church.



Thank you to all those who donated to the Holiday Library Gift Giving Program. We have received and donated over 80 books to the Soule Road School Library. Thank you for your generosity.

THIS PAGE IS BROUGHT TO YOU BY

WILLIAM RAVEIS
 REAL ESTATE
 264 N Main St. Unit 12, East Longmeadow, MA
 413-687-4339
 Heidi.Pafumi@raveis.com

New Year
New Home

WILBRAHAM HAMPDEN



Event held at Soule Road School. The Soule Road Families and the PTO are showing generosity! Photo submitted by Cheryl Erskine.

Community Bulletin Board

Send us in
your announcements!
Happy Birthdays, Anniversaries, etc.

We will pick one each week to run here free of charge,
please keep it to less than 50 words.
Please send to dzbierski@turley.com



The Hampden Fire Department would like to welcome Firefighter Brendan Kennedy to its team, who joins as the department's newest full-time firefighter. Brendan comes to Hampden with prior firefighting and EMS experience. The department would like to wish Brendan a happy and healthy career here in Hampden.

Photo and caption courtesy of Hampden Fire Department.

AS A COMMUNITY SERVICE BY:



Heidi Pafumi

Realtor®



This Week in Rec

Summer Employment Opportunities

By Andrea Rust
Administrative Clerk

Winter has finally shown its face here in Wilbraham and across New England which means here at the Recreation Department we are already planning for Spec Day Camp. With six weeks of camp and over 500 campers, it takes a dedicated staff to make camp a success. This year, we are hiring for both the Camp Director and Assistant Director positions. Both of these positions are incredibly important in the planning and implementation of Spec Day Camp to ensure campers have a memorable experience.



The Spec Day Camp Director should be a minimum of 21 years of age and have completed a course in camping administration or have at least two seasons of previous experience as part of the administrative staff of a recreational camp program for children. The Director is responsible for planning and developing a varied schedule of age appropriate themes and activities for the six weeks of camp. The Director plans the scheduled field trips, secures all necessary supplies needed to execute the chosen themes, provides proper guidance and instruction to campers during the day, and oversees parent/guardian communication. Additionally, the Camp Director develops and implements the training orientation, meetings, and evaluations for hired staff, works closely with and updates the Parks and Recreation Director, supervises

camp counselors, and ensures safety and emergency policies are in place and checks the program area daily for safety, cleanliness and repair.

The Spec Day Camp Assistant Director should be a minimum of 20 years of age and have experience working with children. Under the direction of the Camp Director, the Assistant Camp Director is responsible for assisting in the running of the day-to-day program, which may include securing supplies, maintaining attendance and medical

records, setting up and cleaning up after the day's events as well as assisting in the coordination of the entire camp program. The Assistant Director assists the specialty aquatic staff as needed, keeps accurate daily attendance, maintains positive relationships with participants and parents at all times and coordinates arts and crafts activities. In addition to assisting the Camp Director with all camp operations, the Assistant Director is responsible for developing and leading all aspects of the Counselor-In-Training Program.

The Spec Day Camp Director and Assistant Director positions are vital to creating a safe, successful, and diversified Spec Day Camp. Applications for those interested in applying for either position, will be available on the Town of Wilbraham Website at Wilbraham-ma.gov beginning Feb. 11. All applications must be received by Friday, March 22.

HISTORICAL from page 4

Hollow Road now gets a lot of use as a hiking trail improved by the Wilbraham Open Space and Recreation Committee. A graded parking lot was installed a few years ago for the hikers to leave their cars.

Peak Road

In his "Wilbraham Stories", a memoir by Henry Edson, he writes that Peak Road (not abandoned) was built as a continuation of Ridge Road and a way to get from the north to the south parts of town. It was a way to schoolhouses until 1802 when Ridge Road finally connected to Glendale Road. He wrote, "Passing close to the west side of Rattlesnake Peak, then popular as a scenic spot, it went straight down the hill, joining what is now a road to Hampden." That road was discontinued as a public way but left open as a bridle path, said Edson.

Federal Lane, built during the Civil War, use to cross Main Street, go up a hill and connect to Monson Road. Sadly my father, Francis Bennett, who use to ride an Indian Motorcycle, had a good friend, a fellow motorcyclist, who was riding up the lane on a motorcycle when he fell victim to a tragic accident and perished. After that incident my Dad decided to give up motorcycle riding.

School District 7

For many years, Edson wrote, there were only two schoolhouses in Wilbraham, one on Main Street and the other at the junction of Glendale and Mountain roads, which was known as

District. No. 8. In those early days of the town schools were kept in private homes and there was not much record or stories about them, he said.

But, Edson said they must have had some good teachers and diligent pupils because the writing and spelling records of that time were excellent.

In 1790 a school-building program was started and three prominent men were appointed as a committee to build a schoolhouse in District No. 7 located on Main Street near where the Academy is located now. Back then Main Street was simply knick-named "The Street".

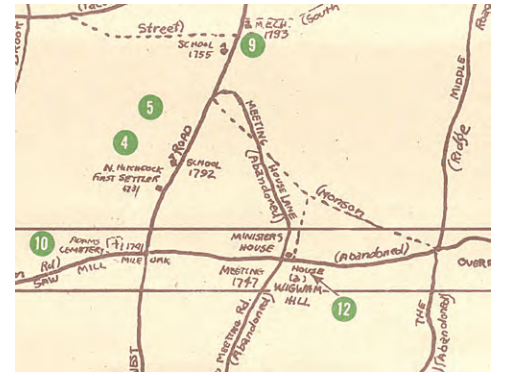
The school building committee was Zebulon Chapin, a Revolutionary War veteran, Ebenezer Cadwell and Samuel Bishop. They selected a site for the schoolhouse that was on Chapin's land. When the school was opened Edson imagined a big celebration although there was nothing written about it.

But he did know there was a local character from the school neighborhood called Kittridge Davis who was also a Revolutionary War veteran.

Davis was known to thrill crowds by standing on his head on a gin-pole. (Wikipedia defines a "gin-pole" as derived from a gyn, and considered a form of derrick, called a standing derrick or pole derrick, distinguished from shear legs by having a single boom rather than a two-legged one.)

The schoolhouse was described as a "low building with an ell, set back far enough to accommodate a window at the southwest corner. "The schoolroom was well-lighted with three windows on a side, two on the north end. During its first years a big fireplace and chimney took up much of the north end," wrote Edson.

The teacher's desk was in the middle of the room, There was no blackboard until Luke Calkins made one about 1838. A wood stove replaced the fireplace in the 1850s. There was a huge controversy



Map of early Wilbraham shows Meeting House Lane as "abandoned". (Map courtesy Digital Commonwealth)

about whether the wood stove would be more efficient than the large fireplace. Things got "more heated" when a standing room only school district meeting was called to hear arguments over stove vs. fireplace.

Edson described the dramatic arguments: "Opponents of the stove presented their arguments, which they did with marked effect. Then those in favor of the change had the floor next and the agent for the stove company was given a prominent part. He grew eloquent in extolling the virtues of the stove, and seeking to appeal to the economic trait of his Yankee audience, said 'Why my friends, this stove will save half the wood'. He was interrupted by Chauncey Bishop, who said, "If that is so, lets buy two stoves! The laugh at his Irish logic relieved the growing tension of the meeting. They voted for the stove," wrote Edson.

As I like to do often, see what was going on out in the world while the citizens of Wilbraham decided to build a school on Main Street in 1790: Philadelphia became the federal capital of the U.S., Benjamin Franklin died (born in 1706), and Mozart wrote "Cosi fan Tutte" opera in Vienna.

Fire at Glendale Farm

In 1961 Wilbraham still had a number of farms operating but the Glendale section of town saw a tragedy when 4,500 chicks died in a \$10,000 fire on Saturday, January 7 at the Glendale Turkey Farm. "Firemen fought the first fire of 1961 in near-zero temperatures on Saturday afternoon when the chicks perished in a two-story brooder house at 1063 Glendale Road," wrote my mother Ethel Bennett, the Wilbraham reporter for the Springfield Morning Union.

The loss was suffered by Wallace Nietupski, one of three brothers who owned the farm. The other brothers were Bert and Joseph Nietupski. Fire Chief Ralph Tupper said the building and its contents, including two tons of feed, six electric and four coal-burning brooders were destroyed.

While the firemen were fighting the cold and the flames at the Glendale Turkey Farm, Cuban exiled rebels attempted an unsuccessful invasion of Cuba at the Bay of Pigs; Pres. Kennedy and Nikita Khrushshev met in Vienna to discuss disarmament. Ernest Hemingway died, and popular songs were "Moon River" and "Where the Boys Are".

Sources: "History of Wilbraham Bicentennial Edition 1763-1963" edited by Charles Merrick; Chauncey Peck who wrote "The History of Wilbraham, 1731, 1763-1913. Wikipedia. "Historical Address, Centennial Celebration, Town of Wilbraham" by Rufus P. Stebbins, D.D., 1864. "The Timetables of History" by Bernard Grun, a Touchstone Book published by Simon & Schuster.

Editor Emeritus Charlie Bennett is a member of the Historic Commission and a trustee of the Wilbraham Athenaeum Society. Readers can contact him with comments or ideas for the column at cbennett4765@charter.net.

LUDLOW MEMORIAL COMPANY INC.

Celebrating over 60 Years in Business ~ The Trusz Family

- ❖ Benches ❖ Statues ❖ Monuments ❖ Custom Design Work
 - ❖ Plot Maintenance ❖ Bronze Plaques ❖ Cleaning ❖ Markers ❖ Vases
 - ❖ On-Site Lettering ❖ Restorations ❖ Cemetery Signage ❖ Granite Signs
- 201 East St., Ludlow, MA 01056 ❖ www.ludlowmemorialcompany.com
413-589-7564 Office ❖ 413-589-7588 Fax ❖ 413-531-5360



SOUP COOK OFF

SATURDAY, FEBRUARY 3, 2023
1:00 pm til 3:00 pm

LIGHT UP PALMER would like to ask for your support of Tailgate Tavern's Soup Cook Off

Spend a few hours together at the tavern, have a chance to win door prizes, and vote for your favorite soup...

Prizes are awarded for the 1st, 2nd and 3rd place winners.

Stop by the Tavern now and ask the Tailgate bartender for the sign-up sheet to enter a soup. Come, enjoy the fun!

Soup, Prizes and Monetary Donations are accepted.

Proceeds from the Soup Off will go toward additions and maintenance of Light Up Palmer's community programs; including the Purple Heart banner, American flag and flower display on Main Street, Depot Village, as well as the Xmas holiday decorations and event. LUP thanks the Tailgate Tavern, their employees, and patrons for their continued support of our efforts to honor resident Veterans who have received the Purple Heart medal.

If you, or someone you know is a recipient and does not currently have a banner recognition, please see the Town of Palmer's Veterans agent (Tina Brohman) to have their name added.

With Sincere Thanks to the Tailgate Tavern
Palmer Business Partnership Inc.

LIGHT UP PALMER COMMITTEE

A 501 C 3 NON PROFIT WITH THE ABILITY TO ACCEPT TAX DEDUCTIBLE DONATIONS

LOCAL KETONE PROMOTER

Call For Information
413-813-2391

Leave Message

Check Out Facebook at
Denise Dubowski

Save Up To 25% OFF
Retail Prices

SPORTS

A TURLEY PUBLICATION | www.turley.com

SEND US YOUR SPORTS SUBMISSIONS

www.sports.turley.com

Minnechaug staves off comeback for win

By Tim Peterson
Sports Correspondent

WILBRAHAM—In order for them to qualify for the Western Mass. Class A tournament for the second consecutive year and earn a berth in the Division 2 state tournament for the first time, the Minnechaug boys' basketball team can't afford to look past any opponent.

After watching a 19-point third quarter lead slip away in a home game against the High School of Commerce Raiders, the Falcons scored the final six points of the Suburban South League contest and squeaked out a 58-52 victory, last Thursday night.

"This was one of our worst games of the season, but we still managed to pull out the win in the end," said Minnechaug senior captain Nick Disa, who's a starting guard. "We just need to play a lot better than we did in tonight's game. You can't overlook any high school basketball team from Western Massachusetts even if they only had won one game. This was a very good

Please see **CHAUG**, page 12



Gus Pryzbyl fakes and heads for the basket.

Turley photos by Sofia DiGrande



Cronin scores 16 in Falcons win

WILBRAHAM – Last Tuesday night, Minnechaug girls basketball took advantage of a younger East Longmeadow squad and squashed their offense in a 61-14 win. Kelly Cronin scored 16 points while Ava Manning added 12 points. The win, along with a victory over Pittsfield has Minnechaug on the brink of a tournament berth at 8-2 on the season.



Falcons defeat Chicopee



Abdullah Khan gets ready to lock up at 144 pounds.

Turley photos by David Henry
www.sweetdogphotos.com

CHICOPEE – In a very short meet, Minnechaug wrestling rode forfeits and a number of wins to a victory over Chicopee's co-op wrestling program with Chicopee Comprehensive. The Falcons competed last night against Central and heads to Concord-Carlisle High School for a set of meets on Saturday.



Zeke Vargas goes for the pin at 106 pounds.



Zayde Faccetti looks to gain an advantage.



Matt MacPhail starts his match at 190 pounds.



Owen Goldberg goes for a takedown in the 138-pound match.

Divisional win streak ends in Utica

UTICA, N.Y. — The Springfield Thunderbirds (18-13-3-2) saw their five-game win streak against North Division opponents come to an end on Saturday in a 6-3 loss to the Utica Comets (12-13-3-3) at Adirondack Bank Center.

The T-Birds quieted the notoriously noisy "Aud" just 49 seconds into the first period. In his first shift back with the T-Birds since being returned from St. Louis, Jakub Vrana gathered in a puck near the top of the right circle and whipped a pass toward the crease. Nikita Alexandrov deflected the first attempt off the pads of Utica goalie Isaac Poulter, but Alexandrov jammed his own rebound into the twine, giving Springfield a 1-0 lead for a second straight night.

After shutting out the Comets on Nov. 24, Vadim Zherenko had tougher sledding in the first period on this night, as the Comets evened the score, 1-1, at 9:50 on a well-placed wrister from Filip Engaras under the crossbar.

With time winding down, Comet defenseman Michael Vukojevic crept up into the high slot and was given room to slap one along the ice past Zherenko at 17:51 to give Utica a 2-1 advantage.

With less than a minute to play in the period, the Comets added insurance after a lengthy stretch of zone pressure. It culminated in a funky goal at the 19:29 mark. Ryan Schmelzer arrived for a one-timer from the high slot. The Comets captain muffed the shot, as it badly missed wide of the goal, but glanced off a defender and careened behind Zherenko to give Utica a 3-1 lead into the

intermission.

Things took another turn in Utica's favor when Chase Stillman drew a penalty shot when he was hooked on a breakaway chance just 1:21 into the second period. The rookie winger made no mistake from there, as he bested Zherenko with a backhand-to-forehand deke, giving the Comets a 4-1 advantage.

Springfield stopped the four-goal run at 9:25 shortly after the first of three power-play chances that eluded the visitors. After winning puck control in the left corner, Alexandrov saucered a pass into the middle of the ice for Will Bitten. Bitten's backhander caromed off Poulter's chest and, in turn, found Zach Bolduc, who one-timed the rebound through the Comets goalie to cut the Utica lead down to 4-2, a score that stood to the end of the period.

Dylan Coghlan made things even more interesting when he one-timed his league-leading 11th goal from the blue line at 7:13 of the final period to cut the deficit down to 4-3. However, this time around, the T-Birds ran out of comeback magic. Graeme Clarke scored a momentum-killing goal at 10:02, using a screen to beat Zherenko over the glove from the left-wing circle.

Springfield's power play scuffled on the evening against the AHL's top PK unit, going 0-for-4 and leaving another chance on the table in the final period while trailing 5-3. In the end, the T-Birds ran out of time in this comeback try, and Justin Dowling rounded out the scoring with a tally into an empty net in the final minute.

Railers falls at home to Admirals

WORCESTER — It wasn't that the Railers ran out gas Sunday afternoon so much as they never had any in their 3-0 loss to the Norfolk Admirals.

Both teams were on the last leg of one of those dreaded 3 in 3 weekends, but the Admirals played it smarter than Worcester. Norfolk followed the script by jumping out to an early lead and keeping things under control the rest of the way.

It helped that the Admirals got admirable goaltending from Kristian Stead. He made 25 saves to record his first career ECHL shutout in his 11th ECHL game. It was Norfolk's second shutout of the season over Worcester. Thomas Milic beat the Railers, 4-0, on October 29. The game marked the third time this season Worcester has been whitewashed.

Brandon Osmundson, Denis Smirnov and Andrew McLean scored the game's goals. McLean's went into an empty net at 19:15 of the third period.

It was a very good goaltending game overall as Josh Boyko was excellent in the Railers net. He stopped 32 of 34 shots and kept it winnable.

"I thought he played really well," coach Jordan Smotherman said. "He made some great saves...I was really happy with his game."

"Playing from behind three nights in a row; you just can't do that to yourself," Smotherman said.

Although Norfolk had 34-25 edge

in shots, the teams had about the same number of great chances. Worcester had two breakaways in the first period. Railers players hit iron twice later on. John Copeland hit a post, Anthony Callin a crossbar.

The breakaways were by Worcester's two top scorers, Ashton Calder and Anthony Repaci. Both players made good moves. Stead made two good saves.

In contrast, when Norfolk scored at 4:57 of the first period to go ahead, 1-0, Osmundson's shot went post to post and in, hitting the right one first.

"Over the course of a three-game weekend," Smotherman said, "you're not always gonna get the bounces and you can't rely on them."

The Admirals finished that period with a 14-4 edge in shots on goal. For the weekend, Worcester was outshot by 38-17 in the three first periods.

Smirnov doubled his team's lead early in the second period, scoring at 2:29. Danny Katic set up his teammate with a great pass from the right boards. Smirnov was just outside left post and had an easy re-direct from there.

The Railers lineup included familiar face Blake Jenkins, back from his brief time on the Hartford roster, and unfamiliar face Ryan Dickinson. The rookie defenseman made his professional debut as Zsombor Garat got a break. He had played in 32 of the season's first 34 games.



Nick Disa looks for an open teammate.



Nate Pace looks to shoot.



Miles Fergus makes his way down the court.

CHAUG from page 11

learning experience for us."

The Raiders (1-10) only win came against West Springfield (66-64) in the season opener.

The Falcons (6-3) won their fifth consecutive game after beginning the 2023-24 regular season with a 1-3 record.

It was the first meeting on the hardwood between the two teams since the 2019-20 regular season when the Raiders celebrated a 67-65 victory.

The last time that Minnechaug defeated Commerce was a 49-46 victory on December 29, 2015.

"We hadn't played Commerce since I've been a member of the varsity basketball team," said Disa, who joined the team as a sophomore. "We've been playing very well lately, and we really expected to win tonight's game a lot easier than we did. The upperclassmen didn't do a very good job of leading the team."

A year ago, the Falcons celebrated a 56-55 win over Springfield Central in the Class A quarterfinals before losing to West

Springfield in the semifinals. They just missed qualifying for the state tournament.

When the MIAA power rankings were released for the first time this winter, Minnechaug was the 25th ranked team in Division 2.

The top 32 boys' teams in each of the five Divisions automatically qualify for the state tournament. All the other teams with a .500 or better record also qualify for the state tournament.

Disa scored all seven of his points in last Thursday's game against the Raiders from the free throw line.

Junior forward Nate Pace also scored nine of his team-leading 15 points from the charity stripe. It was the fifth time that Pace had reached double digits this season.

Overall, the Falcons, who never trailed against the Raiders, made a total of 19 free throws in their fifth home win of the regular season.

The duo of junior guard Gus Przybyl and sophomore guard Miles Fergus chipped in offensively for the Falcons with 11

points apiece.

Another Minnechaug underclassman is junior forward Josh Disa, who scored four first half points.

Nick Disa, who's an honor roll student in the classroom, is hoping to play college basketball next year. He has really enjoyed being teammates with his younger brother on the varsity basketball team this winter.

"It has been awesome having my younger brother on the varsity basketball team for the first time this year," he said. "Josh works very hard everyday at practice and I'm glad he had an opportunity to play in tonight's game. I just love being teammates with him."

Rounding out the scoring column for the Falcons were senior forward Dajzuan Johnson (4 points), senior forward John Fitzgerald (4 points), and sophomore Caden Duke (2 points).

Pace and Johnson combined to eight points in the opening quarter, which helped the Falcons build a 14-10 lead.

In the middle of the second quarter, Fergus made a base-line

lay-up and Pace added two free throws, which gave the home team a 20-12 advantage.

The Falcons, who outscored the Raiders, 18-8 in the second stanza, held a 32-18 half-time lead after Przybyl buried a 3-pointer from the right corner at the buzzer.

Following a Fergus steal, a tip-in basket by Pace gave the Falcons a 40-21 lead with 5:20 remaining in the third quarter.

Commerce finished the third quarter with a 16-6 run, which closed the gap to 46-36 entering the final eight minutes of the contest.

The Raiders comeback would continue as junior guard Yahir Nieves hit a 3-pointer from NBA range cutting the deficit to 46-41 with 7:15 remaining.

Six minutes later, Nieves, who scored a game-high 22 points, was fouled while making a lay-up. His bonus free throw tied the score for the first time at 52-52.

Nieves, along with junior guard Savighan Watkins (12 points), and junior guard Chase Johnson (10 points) combined to



Turley photos by Sofia DiGrande
Andrew Grasso eyes the hoop while he continues his dribble.

score 44 of the Raiders 52 points.

The Falcons retook the lead following a Fergus floater from the right baseline. Then Nick Disa made four foul shots during the final minute of the contest, which sealed the deal for the home team.

Students represent Minnechaug at state-wide World Language Teachers' Conference

Editor's Note: This article ran initially on Jan. 4 but did not attribute the text to Teresa A. Benedetti of the World Language Department at Minnechaug. We apologize for the editorial error and oversight. - DZ

By Teresa A. Benedetti, PhD
World Language
Department Chairperson
Minnechaug Regional HS

Sometimes, the best advocates for educational programs are the students themselves. This was the case in late October when ten Minnechaug Regional High School students from grades 10, 11, and 12 shared their insights about the relevance of learning a second language at the 54th Annual MAFLA Conference at the Sheraton Monarch Hotel in Springfield.

The conference session entitled, "When Students Become Our Teachers," allowed MRHS students to take center stage by participating in a panel discussion moderated by two MAFLA Board of Directors members. The purpose of the session sought student input on what motivates them to learn world languages, how they learn languages best, and what they hope to experience in and gain from their classroom world language learning experiences.

Students highlighted the importance of several routines and activities that they believe help them to develop and improve their second language proficiency. They highlighted classroom experiences such as daily partner conversations, access to a digital library, thematic units centered around cultural themes and the experiences of learning about the world, current global topics

and world cultures through their second language. Project-based learning was mentioned as a way to dive deeply into topics such as ecotourism and art, which helped students learn the perspectives of individuals and communities from other cultures. According to senior McKenzie Murray, these types of projects and research are "when you learn the most".

Several students mentioned that their world language classes help them build a sense of community by always having partners to talk to and practice the second language. They appreciate the proficiency-based model of teaching because it allows them to practice and receive feedback from other students and their teacher without the focus on getting every form correct but being successful while communicating ideas. This community theme was further developed when senior Makayla Acevedo mentioned how her study of Spanish in school allows her to more fully interact with her native Spanish-speaking relatives crediting the daily unrehearsed peer to peer speaking practice in class.

Frequent writing and speaking practice was noted by sophomores Laila Hosnander and Connor Seymour as the key to their second language development. According to Connor, his writing improved by the ability to add details and describe more fully by using a variety of sentence types. Laila noted that when her teacher asked the class to compare their very first writing assignment with their last written assignment, it made a strong visual impact by showing the growth she demonstrated over the course of the 20 week semester.

Also mentioned by the students were the life benefits they believed are

made available to them through world language classes. Senior Ainsley Sheehan said that general cognitive growth and brain development is a benefit of learning another language while sophomore Christian Lowe noted that his proficiency in English, his first language, has improved through the study of Spanish. Senior Aby Haile noted that through the study of Spanish she has been able to understand the perspectives of others which is greatly needed in her future field of study of journalism to help "eliminate biases and misperceptions since language barriers can cause misinterpretations."

When asked for their recommendations for the language teaching profession and schools in general, several students noted that an earlier start to world language study beginning in elementary school is necessary. Junior Sadie Blair noted that, before she was a high school student at MRHS, she was enrolled in a school that taught Spanish since the early grades which "increased her interest and familiarity with Spanish". Seniors Mia Fraga and Ainsley Sheehan both noted that their cousins in Portugal and Colombia, respectively, speak and write English so well and that American students should have the same opportunities for an earlier start for second language learning in order to reach higher levels of proficiency by the time they begin high school.

Aby, Ainsley, Aidan, Christian, Connor, Laila, Makayla, McKenzie, Mia and Sadie, thank you for sharing your voices to make a positive impact on the world language teaching profession. The profession, Minnechaug, and your teachers thank you for being our advocates!

CAMPUS NOTES

Quinnipiac Dean's List

HAMDEN, Conn. - The following area students were named to the Dean's List for the Fall 2023 semester at Quinnipiac University:

Hampden: Alyssa Penna

Wilbraham: Aelan Lisowski, Samantha Moore, Andrew O'Toole and Kevin Tescicini

To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester. Names followed by an asterisk denotes with honors.

Roger Williams University

BRISTOL, R.I. - The following local students have been named to the Fall 2023 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

Wilbraham: McKenna Hatch and Cody Tenczar; **Hampden:** McKenna Patterson

SUNY Canton

CANTON, N.Y. - SUNY Canton President Zvi Szafran recognizes Conor C. O'Brien, a SUNY Canton Computer Information Systems major from Wilbraham, for earning a spot on the President's List during the fall 2023 semester.

UNC Wilmington Dean's List

WILMINGTON, N.C. - Sarah Malandrinos, a sophomore at University of North Carolina Wilmington, was named to the Dean's List for the Fall 2023 semester. Her parents are Paul and Cheryl Malandrinos of Wilbraham.

HOMETOWN
SPOTLIGHT
WILBRAHAM-HAMPDEN TIMES

Affordable Waste Solutions

You Know Us For Our Great Roll Off Dumpster Service, Now Let Us Be Your Go To For Front Load Service Too!

We are your hometown neighbors offering great customer service, individual attention and quick response time. We look forward to serving you! Call Today.

413-244-1943




Roll Off Dumpsters
10, 15, 20 & 30 Yard Sizes

Front Load Dumpsters



POST Computer Systems

Repairs • Upgrades
New & Used Equipment • Trade-ins

Where Technology Has Met It's Match

Expert support beyond the sale for small businesses, home offices, family systems, mobile professionals and everyone in between is what separates POST from all the rest.

2785 Boston Road, Wilbraham, MA 01095
413-596-5177 • www.pocosys.com



Your Hometown Dry Cleaners

Family owned and operated since 1935

GET TO KNOW OUR GREAT SERVICE

Ask about special pricing for first responders

"We get stains out like it never happened."

15% OFF DRY CLEANING when you pre-pay!

262 Allen St., Springfield Mon.-Fri. 8am-6pm, Sat. 8am-3pm Sun. 9am-2pm
2 Convenient Locations
413-736-5476 • parkcleaners413.com

464 Main St., Wilbraham Mon.-Fri. 8am-4pm, Sat. 9am-1pm Sun. closed

Affordable Waste Solutions

Your Hometown Provider for Rolloff and Front Load Dumpster Service




413-244-1943

A portion of every rental is donated to Breast Cancer Research

The KEY to your ADVERTISING SUCCESS is REPETITION!

Keep your business "Top of Mind" by running on this Spotlight Page twice each month.

Pay for a 2x2 and get the bonus quarter page ad FREE!
Call Jocelyn at 413-575-4197 or email: jwalker@turley.com to claim this ad spot.

Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

FOR SALE

MAXIMUM EFFICIENCY. EXTRAORDINARY performance. Central Boiler certified Classic Edge Titanium HDX OUTDOOR WOOD FURNACE. Call today **413-296-4320**.

FIREWOOD

FIREWOOD
Fresh cut & split \$200.00
Seasoned cut & split \$300.00
All hardwood.
Tree length available
*Also have seasoned softwood for outdoor boilers (Cheap). Quality & volumes **guaranteed!** New England Forest Products **(413)477-0083**

MORE HEAT LESS WOOD. Central Boiler Classic Edge HDX Outdoor Wood Furnace. EPA Certified. Titanium Stainless Steel. 26% Tax Credit. Call **(508)882-0178**

WANTED

WANTED TO BUY

ANTIQUES AND OLD STUFF WANTED **BUYING** Bottles, Crocks, Jugs, Pottery, Costume Jewelry, Toys, Games, coins, sterling, Glassware, Silver-plated items, watches, Musical instruments, typewriters, sewing machines, tools, radios, clocks, lanterns, lamps, kitchenware, cookware, knives, military, automotive, fire department, masonic, license plates, beer-cans, barware, books, oil cans, advertising tins, hunting, fishing, signs, and more Donald Roy **(860) 874-8396**

CLASSIFIED DEADLINES

QUABBIN & SUBURBAN FRIDAY AT NOON
HILLTOWNS MONDAY AT NOON

JUNK REMOVAL

A Call We Haul FAST REMOVAL
Junk, Appliance, Cleanouts.
We load it & take it.
413-531-1936
CREDIT CARDS ACCEPTED

SERVICES

A DUMP TRUCK
Cleaning out attics, cellars, garages, estate cleanouts, scrap metal removal. **413-569-1611 or 413-374-5377.**

DRYWALL AND CEILINGS, plaster repair. Drywall hanging. Taping & complete finishing. All ceiling textures. Fully insured. Jason at Great Walls. **(413)563-0487**

SERVICES

MEDIATION

MEDIATION **UNRESOLVED DISPUTE?** Try no-risk ZOOM resolution. Pay only if satisfied. Certified mediator Jeffrey Allard MD, JD. Email: **manomed@live.com** or text **413-544-8998**.

HOME IMPROVEMENT

HOME IMPROVEMENTS, REMODELING Kitchens, baths. Ceramic tile, windows, painting, wallpapering, siding, decks. Insurance work. Fully insured. Free estimates. **(413)246-2783 Ron.**

Find archives of this local newspaper at www.newspapers.turley.com

SERVICES

HOME REPAIR & REMODELING

for all your interior & exterior needs. Carpentry, woodworking, porches, patios, windows, doors, painting, drywall, siding, landscaping, clean-outs. Competitive pricing. References. Please call Brendan **(413)687-5552**

LANDSCAPING

A+ ROZELL'S LANDSCAPING & BOBCAT SERVICE
Excavator Services
Overgrown property?
Extreme Brush Cutting!
Shrub, Stump, Tree Removal
Lawn/Arborvite Installed
Loam, Stone, Mulch, Sand
Storm Clean-up
Small Demolition/ Junk Removal Insured
Josh Rozell 413-636-5957

MASONRY

STOP WET BASEMENTS

ABC MASONRY & BASEMENT WATERPROOFING
All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call **(413)569-1611, (413)374-5377**

RUBBISH REMOVAL

BOB ROBILLARD'S RUBBISH REMOVAL Attics, Cellars, Garages cleaned, Pools/Hot Tubs Removed. Family owned/operated since 1950 **(413)537-5090**

SERVICES

TREE WORK

DL & G TREE SERVICE- Everything from tree pruning, tree removal, stump grinding, storm damage and brush chipping. Honest and Dependable. Fully insured. Now offering a Senior Citizen and Veteran discount. Call today for free estimate **(413)478-4212**

H & H TREE SERVICE All phases of tree care. Call Dave **413-668-6560** day/night.

TUNE-UPS

SNOWBLOWER & LAWNMOWER TUNE UP & REPAIR
A&M TUNE-UPS
Snowblowers, Push Lawnmowers, Riding Mowers & Small Engine Repair. Work done at your home.
Call Mike **(413) 348-7967**

AUTO

CASH FOR JUNK AND REPAIRABLE CARS
FREE TOWING FAST SERVICE CASH PAID AS IS CALL OR TEXT 413-219-6839

STUMP GRINDING

DL & G STUMP GRINDING Grinding stumps of all sizes, insured & certified. Senior discounts. Call Dave **413-478-4212**

HELP WANTED

The Town of Huntington is seeking an **INTERIM TOWN CLERK**. This is a salaried position for approximately 18 hours per week. Application and complete job description are available online at www.huntingtonma.us or by emailing **admin@huntingtonma.us**. Applications are due by January 26, 2024. Town of Huntington is an Equal Opportunity Employer

REAL ESTATE FOR RENT

EQUAL HOUSING OPPORTUNITY

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

Post your job openings in our classifieds. We get results! Call 413-283-8393

2024 TAX TIME

CHANTEL BLEAU ACCOUNTING SERVICES
For Full Accounting & Tax Service
Registered Tax Return Preparer
228 West St., Ware, MA 01082
413-967-8364
Call For An Appointment
The IRS does not endorse any particular individual tax return preparer. For more information on tax preparers go to irs.gov.

TAX-TIME SURVIVAL GUIDE
Call your local Turley Publications sales representative for information and rates on advertising your tax service here!
413-283-8393

Call Your Local Turley Publications Sales Representative For Information And Rates On Advertising Your Tax Service Here
CALL 413-283-8393 TO PLACE YOUR AD TODAY!

FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069 DEADLINES: **MONDAY AT NOON**
or call: 413-283-8393

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	Base Price \$26.50	22	Base Price \$27.00
23	Base Price \$27.50	24	Base Price \$28.00
25	Base Price \$28.50	26	Base Price \$29.00
27	Base Price \$29.50	28	Base Price \$30.00
29	Base Price \$30.50	30	Base Price \$31.00
31	Base Price \$31.50	32	Base Price \$32.00
33	Base Price \$32.50	34	Base Price \$33.00
35	Base Price \$33.50	36	Base Price \$34.00
37	Base Price \$34.50	38	Base Price \$35.00
39	Base Price \$35.50	40	Base Price \$36.00

Quabbin Village Hills
Circulation: 50,500

Hilltowns
Circulation: 9,800

Suburban Residential
Circulation: 59,000

All Three ZONES for \$26.00 for 20 words plus 50¢ for each additional word.

Name: _____ Phone: _____
Address: _____
Town: _____ State: _____ Zip: _____
Number of Weeks: _____ X per week rate = \$ _____
Credit Card: MasterCard VISA Discover Cash Check# _____
Card #: _____ Exp. Date _____ CVV _____
Amount of charge: _____ Date: _____

OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

GREAT VALUE!
ALL 3 ZONES NOW FOR THE PRICE OF ONE!

Health tips and more for 2024

Baystate Health caregivers weigh in on what's good for your health and soul

SPRINGFIELD – Did you include better health in your New Year's resolutions?

Health experts at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2024.

Some goals for your health and soul to consider as you continue on your journey include:

Improving your blood sugars

There are three important approaches to improve your blood sugar numbers as we start the new year. First, moderate your carbohydrate intake. No dramatic approach needed. If before you would take two scoops of potatoes, now consistently take one and fill the empty space with non-starchy vegetables. Second, increase your physical activity. Using our muscles will push sugar into our cells and out of our bloodstream. The more we move and be physically active, the better our numbers will look. Third, modest weight loss. Losing between 5-10% of our body weight will have a dramatic impact on how we metabolize sugar. Speak with your healthcare provider to personalize this approach for you. We have specialists for lifestyle approaches to improved metabolic health at Baystate called diabetes educators who can provide you with additional personalized information.

-Dr. Cecilia A. Lozier, chief, Division of Endocrinology and Diabetes, Baystate Health

Don't allow sleep problems to affect your health

Stress levels are higher today in the world we live in. While stress can make sleeping well more challenging, it is important to prioritize sleep, which is necessary for health and well-being. Most adults function best with seven to eight hours of sleep and teenagers need around

nine hours. Good quality sleep is important for preventing infections and keeping your immune system working well. Studies have shown that sleep-deprived people don't mount the same immune response after vaccinations as good sleepers, so it is important to make sure you get a good night's sleep prior to getting a flu or COVID vaccine, for example. Keeping a regular sleep schedule will allow your body's internal clock to help you get the best night's sleep. If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation at Baystate. Sleep studies are available by referral from your doctor, or for more information call 413-794-5600.

-Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory, Baystate Health

Staying safe from COVID-19 and seasonal respiratory infections

Staying up to date with vaccinations against COVID-19, flu, and RSV is important if you want to remain healthy in 2024. It is not too late to get these shots, particularly if you are 60 years old or older, have a weak immune system or have medical conditions that put you at risk of having severe respiratory infection. Talk with your healthcare provider if you have questions. It is prudent to wear your mask if you are in an indoor public setting or in any crowded area with poor ventilation.

-Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health

Keeping kids healthy

As we settle into the "new normal" of a post-pandemic world, our children have navigated many challenges that have impacted their well-being. Mental health struggles, including increased rates of depression, anxiety, and self-harm, highlight the importance of making sure that children have strong relationships with caring adults and peers. Let's focus on guiding our children towards continued healing and growth. In addition to daily

expressions of love and assurance, encourage your children to explore creative outlets that bring joy and foster resilience. Real-world connections and mindful screen time are key to balancing the digital landscape. As families, we can prioritize age-appropriate approaches to wellness, whether through regular movement or fostering healthy eating habits. Adapting our approach ensures children are not just equipped to handle challenges they encounter but are empowered to thrive in an ever-evolving world.

-Dr. Amy J. Starmer, MPH, chief, Division of General Pediatrics and Family Health

Addressing your mental health

As we come off the season of giving, the past months have been a time when it is customary for people to make an effort to be generous and compassionate to others. My tip for the new year is for people to save a measure of generosity and compassion for themselves. An example of being self-compassionate includes being patient and gentle with yourself when you make a mistake or when you're unable to achieve a goal. If you notice being angry, even hateful, towards yourself, or feeling ashamed about a shortcoming, ask yourself if you would have that same attitude towards a dear friend, or even a beloved child when they fail to live up to some ideal. If not, consider whether you deserve to treat yourself just as well. Compassion defies the laws of physics: when you save compassion for yourself, it doesn't reduce the amount of compassion left for other people-it actually increases it.

-Dr. Barry Sarvet, Harold Grinspoon Endowed Chair of Psychiatry, Baystate Health

Women's Health

Women's health is about more than Pap smears and mammograms. It is good to see your women's health provider on a regular (every one to two years) basis to talk about family planning, cancer screening, sexual wellness, and your menstrual cycle. It is normal for your menstrual cycle to change a little bit over time, and it is important to understand the difference

between an expected, physiologic change and an atypical change. Your provider can help with menstrual suppression, heavy periods and pre-menstrual symptoms. The transition to menopause may be barely noticeable or may impact your sleeping and moods, but fortunately there are treatments available to help with these symptoms. Any bleeding after a year of no periods in menopause should be brought to the attention of your provider right away. If you are planning a pregnancy, it can be helpful to discuss screening tests and healthy lifestyle changes in advance, such as a reduction in nicotine and alcohol intake, exercise, and healthy eating habits. Taking folic acid every day while trying to conceive may prevent certain kinds of birth defects. If you do not want to get pregnant and want contraception there are many options, with new methods becoming available every year. See your women's health provider if you notice any changes that concern you, such as abnormal vaginal bleeding, pain with intercourse or vaginal discharge. Your body may be telling you that something is wrong and your provider can help.

-Dr. Heather Z. Sankey, Burkman Endowed Chair of Obstetrics & Gynecology, Baystate Health

Controlling Your Weight

Is your New Year's resolution to eat healthier, exercise more, or achieve another health-related goal? The new year brings with it the opportunity to start on a path toward wellness or if you've already done so, to maintain healthy habits. However, it can be difficult to make these goals stick with all the challenges the year throws our way. What is the best way to be successful in achieving your health resolutions? Consider the following.

Be specific with your goals. Instead of "I will eat healthier," consider something like "I will replace 4 sodas per week with water." Setting a more specific goal can help you actually "check off" whether you have completed the goal each day and thus, be successful long term.

Make sure your goals are measurable.

Please see **BAYSTATE**, page 16

PUBLIC NOTICES

WILBRAHAM PLANNING BOARD

The Wilbraham Planning Board will hold a Public Hearing on **Wednesday, January 31, 2024, at 5:45 PM** in the Town Office Building, 240 Springfield Street, on the application of 2 Crane Park, LLC for a Special Permit as required under Section 12.11 of the Wilbraham Zoning By-Law for a Sign Master Plan to govern all commercial signage for businesses owned or leased by 2 Crane Park, LLC on premises located at 6 Burt Lane as shown on information on file in the Planning Office and posted for public viewing on the Planning Board page of the Town of Wilbraham website at www.wilbraham-ma.gov/123/Planning-Board. Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/274121677> or call 877-309-2073 (Access Code: 274-121-677).

John McCloskey
Chair
01/11, 01/18/2024

WILBRAHAM BOARD OF APPEALS PUBLIC HEARING

The Wilbraham Zoning Board of Appeals will hold a Public Hearing on **Thursday, January 25, 2024 at 5:30**

PM on the application of Robert Ward for a special permit (ZBA23-09) under section 3.4.5.4 of the Wilbraham Zoning By-Law to allow the operation of a beer and wine retail store in a portion of the existing building owned by 2 Crane Park LLC located at 6 Burt Lane as further specified in the application on file in the Planning Office and posted for public viewing on the Zoning Board of Appeals page of the Town of Wilbraham website at www.wilbraham-ma.gov/135/Zoning-Board-of-Appeals.

Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/952191069> or call 866-899-4679 (Access Code: 952-191-069).

Edward Kivari Jr.,
Chairman
01/11, 01/18/2024

**Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD23C0345CA
In the matter of:
Maeve Leiola Frati
CITATION ON PETITION TO CHANGE NAME
A Petition to Change**

Name of Minor has been filed by **Maeve Leiola Frati of Wilbraham, MA** requesting that the court enter a Decree changing their name to:

Maeve Leiola Young
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court before 10:00 a.m. on the return day of 02/09/2024.**

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: January 12, 2024

Rosemary A Saccomani
Register of Probate
01/18/2024

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
Docket No. HD24P0023GD
In the matter of:
Rosa Soto Lopez
Of: Hampden, MA
RESPONDENT
Alleged Incapacitated Person
CITATION GIVING**

NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

To the named Respondent and all other interested persons, a petition has been filed by **Vantage At Hampden of Hampden, MA** in the above captioned matter alleging that **Rosa Soto Lopez** is in need of a Guardian and requesting that **Marianna Diaz of Holyoke, MA** (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **02/05/2024**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return

date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. **Barbara M. Hyland**, First Justice of this Court.
Date: January 05, 2024

Rosemary A. Saccomani
Register of Probate
01/18/2024

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No. HD23P1777EA
Estate of:
Dennis Albert Marceau
Date of Death: 06/19/2023
INFORMAL PROBATE**

PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Jeffrey S Gadoury of Manchester, CT** a Will has been admitted to informal probate.

Jeffrey S Gadoury of Manchester, CT has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
01/18/2024

LIBRARY from page 1

a QR code that they can scan and that's more of a personalized book box. So, they let us know what kind of themes they like, authors they've enjoyed, certain books, and I will tailor a box just for them," Girard said.

Girard said the book boxes are treated like library books.

"They check the book out the normal amount of time. They get to keep all the goodies inside of the box but return the library materials and the actual box so we can reuse them," Girard said.

Another event in the works for February is making friendship bracelets and no-sole heart pillows ahead of Valentine's Day.

"Registration will be available on the website and on our flyer," Girard said.

When asked to reflect on library events held in 2023, Girard said her favorites were Summer Reading, the Paint & Sip Fun events and the

Halloween Party.

Girard said there's currently a survey out for summer reading participants to share what they'd like to see in 2024.

"So, if they have insight into programs that they would like to do, what kind of prizes and raffle basket themes, gift cards, all of that kind of thing. We really want their input, so that we can continue to improve our summer reading offerings," Girard said.

Girard also hopes to provide more flexible options for programming to accommodate patrons with busy schedules.

"School's picking back up, winter sports are happening, so trying to offer programming and engagement that more so meets the time that our teens can put in is ideal. That's one of the reasons we're trying to do these book boxes because they check it out when it's convenient to them. They have their own time to read the book and engage with whatever it is they check out as opposed to you have to show up for an event on this day at this time,"

Girard said. "It just offers more flexibility."

Girard stressed this route helps the library better support the community and meet their patrons' needs, especially for the teens.

"That's what we're here for. We are here to support the community, bring people together, share a love of not only reading, but just community," Girard said. "Talking to each other, sharing a space and time, understanding other people, all of that good stuff."

Girard wants the community to know the library is excited for its 2024 offerings.

"Stop by and visit us! There's always something going on," Girard said. "If you're ever bored and you're looking for something to do, we might have something for you. Find any book or Playaway, audiobook, graphic novel, whatever works for you and just spend some time reading."

To learn more, visit hampden-library.org/events.

BAYSTATE from page 15

If your goal is weight loss, for example, set a measurable amount with a time frame to reach your goal by. For example, "I want to lose 10 pounds by April 2024" and "exercise for 30 minutes, three times per week" are more measurable goals than "lose weight this year."

Make your goals realistic for you. For example, if you travel daily for work, "no longer eat on the go" as a resolution may be unrealistic for your lifestyle. You may find yourself giving up by February if you have purchased any meals out. This hinders any progress you could have made in a longer period. Instead, try a more realistic and flexible goal such as "pack a healthy lunch to keep in a cooler four times per week."

Set yourself up for success this year by making resolutions that will work for you, that are specific and measurable. Otherwise, you may find yourself quickly frustrated by your inability to stick to and achieve your goals. -Eliana Terry, MS RD CSG LDN, Registered Dietitian, Baystate Noble Hospital

Be healthy in so many ways

RSV and flu are rampant in our community-sometimes co-infecting families at the same time. Be vigilant. Wash your hands, cover your coughs, consider wearing a mask, especially if traveling in crowded spaces or visiting a doctor's office. Prevention is key and it is still not too late to get vaccinated. Think of it as getting the next update on your favorite smart device. We need to keep our immune systems as strong and up-to-date as possible. Everyone 6 months and older should get an updated 2023-2024 COVID-19 vaccine and a 2023-2024 influenza vaccine. Those pregnant are included and should consider getting the RSV vaccine as well as for those over 60. There's also a new pneumonia vaccine, so for anyone who has received a pneumonia shot greater than 5 years ago, consider getting an update. If you do get sick, remember to get plenty of rest, fluff those pillows to prevent post-nasal drip, and stay hydrated. If it's a virus, antibiotics do not help and will only disrupt your GI system and cause resistance to serious infections in our community. For coughs and sore throats, honey is the #1 recommended treatment - just remember that you cannot give honey to children less than 1 year old and to always review over-the-counter medicines with your primary care provider. Most importantly, remember to be kind to yourself. If you need help, reach out. I always recommend families use 13cares.org.

-Dr. Nathan Macedo, Family Practice Physician, Baystate Family Medicine, Greenfield

Where to seek care

If you are not feeling well and can't wait for a regular primary care appointment with your Baystate Primary Care Provider, Convenient Care offers same-day, walk-in care with extended hours to fit your schedule. Baystate Convenient Care provides high-quality, convenient, and affordable care for non-life-threatening injuries and illnesses that require timely medical attention. In contrast, Emergency Departments (ED) offer 24/7 care for acute conditions or severe medical emergencies with expert care. Convenient Care complements our primary care and multi-specialty services at our Baystate Health & Wellness Centers. As part of Baystate Health, our Convenient Care locations use the same electronic records database, coordinating care with your Baystate Health primary care provider. When deciding whether or not to head to Convenient Care, consider whether the illness or injury is life-threatening and requires comprehensive medical treatment. If so, the ED should be your first destination. However, some common symptoms and conditions do not require a trip to the Emergency Department. Convenient Care offers same-day, walk-in treatment for current patients, new patients, and community members seeking care for common medical conditions including:

- Sports injuries, sprains, and strains
- Minor cuts or burns
- Cold, cough, flu, fever, and sore throat
- Earaches
- Rash, skin, and eye infections
- Stomach pain, nausea, diarrhea, and vomiting
- Urinary tract infections and much more.

Locations include Convenient Care at Baystate Wing Hospital, Baystate Convenient Care Longmeadow, Baystate Convenient Care Northampton, Baystate Convenient Care Springfield, and Baystate Convenient Care Westfield. For more information visit Baystate Convenient Care.

-Dr. Agnieszka Nicora, medical director, Baystate Convenient Care

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

wilbrahamhampdentimes.turley.com

LOWER PRICES TO BOOST YOUR BUDGET! **INFLATION** **PRICE BUSTERS** **PRICES IN RED ARE AT OR BELOW LAST YEAR'S PRICES!**

USDA INSP. FRESH PORK RIBS COUNTRY STYLE \$2.45 lb	USDA INSP. FRESH BONE-IN BEEF RIBEYE STEAKS \$8.44 lb	USDA INSP. FRESH BONELESS BEEF TOP ROUND ROAST or LONDON BROIL \$4.69 lb
USDA INSP. FRESH PORK SPARE RIBS..... \$2.35 lb	USDA INSP. FRESH BONELESS BEEF SIRLOIN STEAKHOUSE TIPS \$8.44 lb	USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG \$1.66 lb
USDA INSP. FRESH BONELESS PORK BUTT STRIPS \$2.99 lb	SLICED IN OUR DELI TURKEY BREAST \$3.99 lb	USDA INSP. FROZEN WHOLE CHICKEN..... 88¢ lb
TAILGATE SPECIALS	USDA INSP. STORE MADE CAROLINA GOLD MARINATED BONELESS CHICKEN THIGHS \$2.99 lb	USDA INSP. FROZEN BROCCOLI & CHEESE STUFFED CHICKEN BREAST..... \$3.99 lb
USDA INSP. STORE MADE KOREAN BBQ MARINATED BONELESS PORK BUTT STRIPS \$3.35 lb	USDA INSP. FROZEN FULLY COOKED BBQ BABY BACK RIBS..... \$3.99 lb	USDA INSP. FROZEN READY TO COOK PARMESAN BREADED TALAPIA FILLETS 24 OZ BAG..... \$4.99 ea

90 Meat Outlet 90 Avocado St. Springfield 413-737-1288 www.90meat.com

HOURS: Mon. - Wed. 8-4 Thurs. 8-6 • Fri. 8-6 • Sat. 8-3

SALE DATES: 1/18/24-1/24/24 BUY DIRECT FOR SAVINGS • SELECTION • SERVICE

We reserve the right to limit quantities.

WILBRAHAM & MONSON ACADEMY TITAN TALKS

Join us for coffee and conversation to learn more about WMA's programs and community.



MIDDLE SCHOOL

(families interested in grades 6-8)

Tue., Jan. 23, 9 - 10 a.m.

UPPER SCHOOL

(families interested in grades 9-12, PG)

Thu., Jan. 25, 8 - 9 a.m.

RSVP: www.wma.us/TitanTalks

