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

## Conservation Comm. discuss Wetlands Protection Act

Solar panels project also topic on residents' minds

By Harrison Giza  
Staff Writer  
hgiza@turley.com

HAMPDEN - Members of the Hampden Conservation Commission came together on March 6 to discuss the Wetlands Protection Act proposal as well as a future solar panel system detailed in the Stormwater Peer Review.

"Basically, we are asking them to reconsider most of the processes of the wetlands," said co-chair Judy McKinley Brewer, "then things that extend into the wetlands or into the buffer areas."



Turley photos by Harrison Giza  
Meeting attendee Joe Stabilo with daughter and vocal participant Gina.

Brewer then asked attendees if they had any questions. Darla Lavicoli was one of the first in the crowd to speak, questioning Brewer about a track in the area.

"What we said was that the play track was it was meant for horses," Brewer said, "it is a compacted track with, as far as we can tell, not much under bed and there is gravel on top of it, so it looks like a road, and some of it is planned on being used as a road, and we wanted to especially direct the Planning Board's attention to that... but it may not be capable of carrying large trucks."

Lavicoli thanked Brewer for her input as Sandra Howell, another Glendale resident, spoke next.

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Turley photos by Kristin Rivers

From the left, Aurora Broussard, Shannon Wietecha and Leon Broussard pose for a group photo with their DIY Plant Pals.

## Teens get ready for spring with DIY Plant Pals

By Kristin Rivers  
Editor  
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HAMPDEN - Teens prepared for the coming spring on March 9 with a DIY Plant Pals event at the library.

During the event, attendees created their own plant friend with recycled water bottles as the containers, soil, cat grass or wildflower seeds and varying foam stickers and googly eyes.

After each attendee keeps their plant pal moist for a period of five to seven days, grass would begin to grow to create "hair" for their plant

pals.

Shannon Wietecha and siblings Aurora and Leon Broussard enjoyed decorating the plant pals.

All three used cat grass for their seeds, enjoying the opportunity to learn and create alongside their parents and each other.

"All the stuff to make these guys," Leon Broussard said. "I learned that wildflowers get big."

"The more kids, the more kids get out and get to do stuff," Wietecha said.

Leon Broussard hopes if he does the event again in the future there will be other options for seeds.

"Like roses," he said.

Young Adult Librarian Maxine

Girard explained she found the idea for the event online and the library typically holds plant-themed events to help usher in spring.

Girard was excited to have the parents also create their own plant pals.

"It's fun when you're able to have programs that are ageless and anyone's interested in it. Gardening, plants, being connected to nature is for everyone," Girard said. "It's nice to see that even that we were making silly little plant pals, there's still that child-like enjoyment for adults too."

Girard also looks forward to the library's Earth Day programming

Please see **PLANTS**, page 9

## School Committee addresses "the tale of the nuisance tree"

By Kristin Rivers  
Editor  
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WILBRAHAM - School Committee addressed concerns on March 7 around a tree on the tree belt of the access road to Stony Hill Elementary School.

The tree in question has been dropping branches onto a neighbor's yard.

Superintendent Dr. John Provost called the situation "a little bit unusual" and the committee has been aware of it for "a little bit over a year."

"In communication with various town officials and the resident trying to achieve a resolution, the director of Public

Works has explained that the tree warden's jurisdiction funds only extend to trees along town roads and the access road to Stony Hill is not considered a town road," Provost said. "So the town doesn't feel that it can be dealt with from the tree warden's budget. Our rental agreement, however, only requires us to do general maintenance, which we've interpreted as raking, mowing, snow removal and trimming bushes. Those types of minor things but not major work such as tree removal."

Provost said Town Administrator Nick Breault proposed the town split the cost of removing the tree with the school district "since it is in somewhat of an



Turley Photo by Kristin Rivers

Photo of Stony Hill Elementary School in Wilbraham

unknown status around responsibility," but he felt uncomfortable "authorizing the use of funds that have been designated for

educational purposes for tree removal."

Instead, he would present it to the School Committee for

their thoughts.

"So that's why it's here tonight. I'm looking for some direction from you on whether or not you want me to enter that deal with the town manager," Provost said.

An estimate was not received before the meeting.

School Committee member Michael Tirabassi asked if the tree, falling leaves and limbs "pose a threat to the students in the school."

Provost said, "I don't believe it does."

Next, Sherrill Caruana asked if it falls under the EB Safety Program.

Provost replied that, to his

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## Select Board hears about paint stewardship legislation for Mass.

By Kristin Rivers  
Editor  
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*EDITOR'S NOTE: Due to technical issues this week, we do not have a story on the March 11 Select Board meeting. Instead, we have a story on another topic from the March 4 meeting.*

WILBRAHAM - Select Board met with Thomas Irwin on March 4 to hear about paint stewardship legislation for Massachusetts.

"Irwin, a retired chemical engineer and primary care doctor, explained how his town of Dalton was facing "with the same daunting waste crisis that Wilbraham faces: rapidly increasing hauling costs and tipping fees and looking for a solution."

After talking with multiple retailers and consumers in other states to learn how well paint stewardship was working and favored, he became an advocate for the law in Massachusetts.

"The need for paint stewardship is a result of Massachusetts' solid waste problem. This problem results from six million tons of waste being generated annually...and only 3.2 million tons of fixed annual consideration capacity," Irwin said.

Irwin said product stewardship is one way to approach this, an item endorsed by the Massachusetts Department of Environmental Protection Solid Waste Master Plan.

He explained how paint stewardship works.

"Paint stewardship is a program where unwanted paint can be returned to any participating paint retail store or

transfer station whenever they're open without a disposal cost. The cost to consumers is 75 cents to a \$1 fee paid per gallon of paint at the time of purchase. The collected paint is hauled to reprocessing plants, where 80% of the collected latex can be processed to original specs and sold at 50% of its original cost, usually through stores like Restore, and 100% of oil-based paint can be incinerated in co-generation facilities," Irwin said. "They have particular filters and scrubbers so there's no impact to the environment."

"Irwin said "it's going to be a service that Wilbraham residents are going to value" as 92% of residents in the state return waste during Hazardous Waste Days and file petitions to representatives to co-sponsors bills to support these topics. He added it shows Wilbraham residents would also support this bill."

"I respectfully request the Wilbraham Select Board to add their valued endorsement of paint stewardship by supporting a passage of the resolution," Irwin said.

Sue Bunnell said she would be interested in endorsing it.

"I certainly would be interested in (DPW Director) Tonya's (Capparelo) thoughts about it," Bunnell said. "From what I've seen, I believe this legislation's been kind of kicking around like so many bills do."

After Chairman Theresa Goodrich asked who was paying the 75 cents fee, Irwin said, "It's going to be by the consumer who buys the gallon of paint."

Select Board member Michael Squinido then shared his perspective.

"It looks like, at this point, as far

Please see **SELECT BOARD**, page 8

## Water Commission presents water project next steps to Selectmen

By Kristin Rivers  
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HAMPDEN - The Water Commission met with the Board of Selectmen on March 11 to present the next steps on their water project.

Water Commission Chair John Plaster explained the Water Commission met on Jan. 29 to discuss the state's recommendations for connecting individuals within the existing water district, which is the Scantic River.

Plaster said the initial quote would be \$81,900, but it didn't include items such as road detail, conservation work, meetings, interior plumbing and so on.

On the PFAs cost, he said it's in two stages.

"One is the people within the existing water district and then the second stage is the ones are the homes that the estate wants or recommends that we take care of. So that total comes to--with 17 services currently in use--it would be adding another 19 services for a total of 36 services," Plaster said.

Plaster said the senior engineer of Tighe & Bond "doesn't see our pump station can handle that" in terms of the full additional 19.

After Selectman John Flynn asked about the well capacity, Plaster clarified the wells were fine.

"Luckily, we're doing good there," Plaster said.

After Selectman Craig Rivest asked if a larger well capacity was needed, Plaster confirmed yes.

"That would be operating capacity plus reserve capacity in one thing," Plaster said.

Flynn asked about the pump house in terms of potentially expanding the tank storage part.

"But it sounds like you're also concerned about the ability of the pump to handle the increased galvanized if we added the seven homes," Flynn said. "But is there an AB that could be done? As I say, the tank storage part needs to be done. But does it need to

be done to add the seven homes, or is the pumping part a part that really needs to be done because that could break down by pumping an extra couple thousand gallons a day? Is that the one we're concerned more than the actual tank part at this phase?"

Water Commissioner Paul Gawrocki said yes.

"It's at least both," Gawrocki said.

"I think we have to get the pump house situation resolved first before we expand," Plaster said.

Gawrocki said, "We're dealing with unknowns here" on the exact costs and numbers, including a lack of historical data.

"What they do is put in two filters, so you have one and then a secondary filter and they draw samples before, in-between and at the end. As long as there's nothing in-between then filters are good," Gawrocki said.

After further discussion, Flynn brought up the town warrant as he wanted to get a sense of the timing.

"We have X number of dollars in ARPA, which we verbally have kind of committed saying, 'Look, the rest of the APRA money is going to go towards the water project.' We don't know a hard number. It's somewhere between, I'm thinking around, \$450,000 to \$500,000," Flynn said. "Worst case or other thing we're looking for is \$750,000 to \$800,000. That's \$650,000 to \$700,000 for the pump house and \$80,000 to \$100,000 for the other."

Flynn asked if the board should entertain a warrant article for up to \$500,000 expanding the water district infrastructure and start getting it done.

Plaster and Gawrocki said yes.

"Absolutely, I think we need to move forward on this," Gawrocki said.

Rivest agreed.

"That would cover infrastructure and the seven homes if we were to put it on the warrant article. The others down the road, we'll still have to pay for testing and maybe down the road, expand them in," Rivest said.

The Selectmen agreed to add a warrant article for the water project.

## Creation Care Advocates meets on March 15

WILBRAHAM - The Creation Care Advocates at Christ the King-Epiphany Church will welcome two guest speakers from the Western Massachusetts Master Gardeners on March 15 at 7 p.m. The speakers will share their tips and tricks to help plan and maintain your gardens through showcasing a PowerPoint presentation and providing an opportunity to ask questions during a question and answer session.

The event is free and open to the public, taking place at the church.

To learn more, contact Tracy DeBruyn at 978-549-0436.

## CORRECTION:

In our March 7 story on the HB Real Estate Wilbraham office officially opening its doors in Wilbraham, it came to our attention that the number listed for the business was incorrect. The correct phone number is 413-575-5751. We apologize for the mistake.



### It's time for the Falcon's Swim Club Summer season!

**Stroke and Turn Clinic:**  
**April 1st - 12th (Mon.-Fri.) at Minnechaug**  
**Cost: \$95**

Times: 6-7 p.m. for age 10 and Under  
7-8 p.m. for age 11 and up.

#### Tryouts for New Swimmers:

**Monday, April 1st at 4:30pm at the Minnechaug Pool.**

\*\*\*Anyone new to our club must try out before the team starts. Each new swimmer will be asked to swim the length of the pool (25 yards) without help.

**FSC Team: Mon., April 22nd - Sat., July 27th**  
**(Practice at Minnechaug)**

**Group 1- 6:00-6:45 Monday- Thursday - \$225**

For all swimmers age 8 and under and non-high schoolers who are new to FSC

**Group 2- 6:45-7:45 Monday- Thursday - \$250**

For age 9 through 8th grade, who have at least one season of past experience with FSC.

**Group 3- 4:30-6:00 Monday-Thursday, & Friday 3:00-4:30 - \$300**

This Group is all High School swimmers plus middle school swimmers with permission from coaching staff. Email fscswimrec@gmail.com if you feel your swimmer might be considered for this group, or if you have any general questions.

<https://www.teamunify.com/team/rechwfst/page/team-registration>

## Hampden - Wilbraham Regional School District The Road to Kindergarten 2024-2025



Parents and Guardians please join us for **The Road to Kindergarten.** This program will address Kindergarten Readiness, Screening, Curriculum, and a typical Kindergarten day.

**Date: Thursday, March 21, 2024**

**Time: 6:00 - 7:00 p.m.**

**Location: Minnechaug Regional High School Auditorium**

**(In the event of a snow day, it will be rescheduled to Thursday, March 28, 2024.)**



# Residents meet Judge Mulcahy during information session

By Kristin Rivers  
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WILBRAHAM - Residents had the opportunity to meet Judge Michael Mulcahy during an information session at the senior center on March 11.

Mulcahy, joined by Assistant Chief Probation Officer Brian Clune, serves as first justice at Palmer District Court and the presiding justice of recovery with justice for the Springfield District Court's mental health court.

During the informational session, Mulcahy and Clune highlighted the matters addressed in district courts, the role of probation officers and the available resources offered in mental health courts.

Mulcahy explained the information session is part of programming provided during Massachusetts Judicial Outreach Month.

"The Massachusetts Trial Court encourages all judges and trial court employees to get out in the community to share with the community what we do in our respective courts," Mulcahy said.

Clune added Commissioner Pamerson Ifill is creating opportunities for getting out in the community as done in the past.

"So this is a perfect example of coming out in the community explaining to people what the probationary court does and the services that we provide to our serving communities, including Wilbraham," Clune said.

Mulcahy and Clune appreciated the engagement from attendees.

"I thought they were a very intune and engaged crowd throughout and appreciated their questions," Mulcahy said. "They showed real, genuine interest in what we're doing over in district court."

"The people that came today, they're all stakeholders. They get to see that as much as Judge Mulcahy is in charge of the court and I'm one of the supervisors of the Probation Department, they're all part of what we do," Clune said. "And the more input we get and the more feedback that we get, the more it helps us in our day-to-day operations."



Turley photo by Kristin Rivers

**Brian Clune, assistant chief probation officer, and Judge Michael Mulcahy, first justice at Palmer District Court and presiding justice of recovery with justice for Springfield District Court, share their thoughts during their information session at the Wilbraham Senior Center on March 11.**

Mulcahy said he loves bringing these informational sessions to the community.

"It's a great opportunity," Mulcahy said. "I love my job. I think it's an important job, I think the work that the court does is essential for a community and to be able to come out and just present what we're doing and kind of shine a light on it, it's an important responsibility."

He added the sessions bring light to what really goes on in the courts.

"There can be so much negativity and I like to be able to be optimistic and explain to everyone that there's laws designed to protect the community and everyone in the court system takes it seriously to try and use those laws to provide someone a fair trial and protect the community," Mulcahy said.

Clune agreed, adding the information sessions provides further insight into what each system does and how they work.

"So, it's important for us to come out and kind of explain to people what a district court does, what a judge

does, what a Probation Department does and how we can help," Clune said. "And if there's services that somehow that people didn't know they could use a district court for, it's good that we educate them on how we can be of help to them."

Mulcahy, who also serves as chairman of the Public Outreach Committee for the district court, said they also do outreach for the schools through the "Law School for a Day" program at Western New England University.

Their next program is on April 5.

"It's a really great program and we're just trying to get kids who traditionally are underrepresented in the legal community, get them interested in law school," Mulcahy said.

Mulcahy and Clune want the community to know there are resources available to them and they are still hard at work.

They also enjoy working with the Wilbraham Police Department.

"I hope that they got a better understanding of what we do in the district courts," Mulcahy said.

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- GREEN Granny Smith Apples ..... \$1.49/lb.
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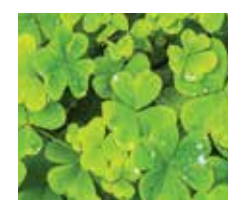
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## SENIORS

### Monthly Highlights for March at the Hampden Senior Center

HAMPDEN – The following programs will occur at the senior center on Allen Street in the coming weeks.

**“African Drumming” with Jason**  
12-week Session – through April 12  
Fridays, 2:15 p.m. to 3:15 p.m.,  
March 1 and 8

*No classes on March 15 and 29.*  
The cost is \$6 per class. Please call 566-5588 for availability and put your name on our waitlist for future classes.

**You’ve Got Mail**  
Joe Green began a 3-part class on the use of email.  
Wednesdays from 9 a.m. to 9:45 a.m., March 20.

**Part 3: Tips & Tricks**  
Bring your own personal device; laptop, tablet, or mobile phone *fully charged.*

Sessions are free. Please call 566-5588 to sign up. Space is limited.

**Elms College Nursing Students will be here**

Wednesdays, 9:15 a.m. to Noon  
They will do blood pressure screening and provide educational health information.

In celebrating National Nutrition Month, come and enjoy a free Blueberry Smoothie with the nursing students on **Wednesday, March 13 at 10 a.m.**

Please call 566-5588 to let us know you will be joining us.

**STCC Dental Hygiene Students are coming!**

Students will be here on **Thursdays, 9 a.m. to 11 a.m., March 21 and 28.**

Topics will include discussions about cavities, periodontal disease, dental prosthetics, and oral-systemic link. They will have raffle prizes, free goodies, and lots of information. Stop by their table to learn about the importance of oral health!

They will be providing oral cancer screenings on March 21.

**STCC Dental offers the following procedures:**

Dental Exams, Regular Cleanings with X-rays, Deep Cleanings, Full Mouth X-Rays, Panoramic X-rays, etc. A full menu of procedures and fees is available at reception at the Hampden Senior Center.

Springfield Technical Community College dental hygiene students are under the direct supervision of licensed dental hygienists. Dentists provide all treatment procedures.

*Please call 413-755-4900 to make an*

*appointment.*

**St. Patrick’s Day Luncheon**  
Friday, March 15 at Noon  
*Entertainment provided by Sarah the Fiddler.*

Come and enjoy a delicious meal of Corned Beef, Cabbage & Carrots, Red Bliss Potatoes, Rye Bread, and Dessert. The cost is \$2 per person suggested donation to GSSSI for lunch.

Please call 566-5588 *starting March 1* to reserve your seat. Space is limited.

*Sponsored by Hampden Cultural Council.*

This program is supported in part by a grant from the Hampden Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

**Easter Breakfast**  
Wednesday, March 27 at 9 a.m.

Becky and Wendy will be making a hot breakfast, so join us for Egg Bake, Breakfast Potatoes, Fruit, Coffee, and Juice.

The cost is \$3.00 per person. Please call 566-5588 to reserve your seat. Space is limited.

**Grab & Go East Dinner**  
Thursday, March 28, pick up from 2 p.m. to 2:30 p.m.

Enjoy a delicious Easter Dinner of Ham, Potatoes, Vegetable, and Dessert.

The cost is \$5 per person. Please call 566-5588 *starting March 1st* to order your dinner.

**HELP US STOCK OUR SHELVES with Toothbrushes & Toothpaste!**

Thank you to those who donated liquid dish soap last month. Every month we will target a different item to fill our shelves to provide non-food items to SNAP recipients.

**D & R Winter Farm Share**  
PICK-UP is on Wednesdays, March 6 and 20 at 9:30 a.m.

D & R Farm is offering fresh produce twice a month FREE with SNAP/HIP if you qualify.

If you do not qualify for SNAP/HIP, you may purchase a share for \$40 per month.

*New applications are required.* If interested, please contact Wendy to get your application in! Please let us know if you need your shares delivered. Shares are limited.

Please call Wendy at 566-5588, or email outreach@hampdenma.gov to sign up.

### Hampden Senior Center Forum scheduled for March 21

HAMPDEN – The Hampden Senior Center Building Committee will host an informational forum on March 21 at 6 p.m. at the Hampden Senior Center, 104 Allen St. The intent of the forum is to introduce the work of the Senior Center Building Committee and its consultant regarding the planned renovation and expansion of the center. The committee will present a brief presentation of the results of their year and a half review of the current and future needs of the senior center.

The presentation will begin at 6 p.m.

and will be followed by a tour of the center for those wishing to participate. Committee members will also be available during this time to answer questions which might arise.

In April, a second forum will be presented at the senior center with a date to be announced. Town of Hampden residents are encouraged to attend one or both forums and may obtain additional information from the committee at the Town of Hampden website: <https://www.hampdenma.gov/senior-center-building-committee>.

### Bobbi’s Senior Trips – Hampden

HAMPDEN – The following senior trips are made available through the Hampden Senior Center. A minimum of 40 travelers are needed for any trip to run. All prices include a driver’s tip. Flyers are available at the senior center on Allen Street. Coach seat assigned as your \$20 deposit is received (unless otherwise noted).

Please write a separate check to Bobbi for each trip; note trip name in the check memo.

**MARCH 28, Thursday** – Newport Playhouse for “The Ladies Foursome”, lunch, show (a little golf, a lot of secrets), cabaret; \$ 125 per person. Full Payment Due March 7.

**APRIL 23-25, Tuesday – Thursday** – Lancaster, Pa. Amish country tour; play “Daniel” at Sight ‘n’ Sound Theater; \$100 per person, deposit due at sign-up; \$539 per person double; Full Payment due 3/15. Optional Cancellation Insurance. \$49 per person.

**MAY 7, Tuesday** – Aqua Turf show with Debby Boone, family-style lunch; \$131 per person. Full Payment Due April 19.

**JULY 4, Thursday** – Tanglewood lawn seats, James Taylor concert, fireworks; \$ 100 per person. Full Payment Due June 7.

**JULY 10, Wednesday** – Log Cabin ‘Margaritaville’ Jimmy Buffet Tribute featuring “Changes in Latitude”, Twin Lobster or Prime Rib; Self-Drive \$92 per person. Full Payment Due June 14.

**AUGUST** – Mt. Washington Cog Railway, stop in Manchester halfway, lunch; Cost, date to be announced.

**AUG. 26, Mon** – Newport Playhouse” Nonsense: A Musical” buffet lunch, show, cabaret; \$125 per person. Full Payment Due Aug. 7.

### GFCW Wilbraham Junior Women’s Club seeks volunteers

WILBRAHAM - Do you have a desire to get involved in our community and volunteer? GFCW Wilbraham Junior Women’s is a volunteer organization providing services and programs in Arts & Culture, Civic Engagement & Outreach, Education & Libraries, Environment, and Health & Wellness. This month we are planning for a Read Across America event and our annual Bunny Breakfast. Membership is open

to any woman over 18 years old, living in Wilbraham or any other community that doesn’t have its own GFCW Club. Our next meeting is Tuesday March 19 at 6:30 p.m. at 250 Springfield St. at Wilbraham Senior Center. See our website for more information at [WilbrahamJuniorWomens.org](http://WilbrahamJuniorWomens.org). We can’t wait to meet you and please note the new location.

### Flu cases on the rise; in some cases antiviral medications can help

SPRINGFIELD – Despite all the efforts to avoid the flu, inevitably some people will catch it. For those who do, antiviral medications may help. Just what are antivirals? How do they work? Who should take them and when? The healthcare providers at American Family Care explain patients need to know.

“The first line of defense against the flu is to get vaccinated,” said Dr. Andrew Koslow, associate medical director of AFC for Massachusetts. “Antiviral medications are a second line—when the vaccine doesn’t prevent infection, or someone didn’t receive the vaccine. Antiviral medications are mostly used for

rest, drinking plenty of water and other clear liquids and taking over-the-counter medications such as Tylenol and ibuprofen to reduce fever and relieve symptoms. However, in some cases, prescription antiviral medications are recommended.

Antiviral medications are always prescribed for flu patients who are hospitalized, have severe flu symptoms but are not in the hospital, meet certain age criteria or have underlying health conditions that put them at higher risk of complications from the flu.

Sometimes antiviral medications are prescribed for cases of the flu diagnosed early (within the first 48 hours of developing symptoms) or for those who are exposed to high-risk populations

either at home or work. Antiviral medications are sometimes prescribed to help prevent the flu for people who cannot receive the flu vaccine.

“When antiviral medications are recommended, patients should discuss all possible side effects and drug interactions with their doctor,” Koslow said. “Nausea and vomiting are possible, as are headaches. And certain other medications may reduce the effectiveness of antiviral medications.”

Koslow reiterates these important reminders to reduce the spread of infections:

Wash hands frequently with soap and water for two minutes and dry them thoroughly.

Maintain social distancing and/or wear masks, especially at

large, indoor gatherings.

Stay home if you have symptoms such as fever, coughing, sneezing, runny nose, aches, chills and fatigue.

Regularly disinfect high-touch surfaces like doorknobs, countertops and faucets.

The medical providers at AFC Springfield and AFC West Springfield offer convenient, walk-in care seven days a week for patients of all ages. Services include urgent care for illnesses, sprains and strains; stitches for minor cuts and lacerations; flu vaccines and testing; diagnostic rapid tests and antigen tests for COVID-19; physicals and on-site x-rays.

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**Wilbraham-Hampden Times**



# Ozempic, Zepbound and more: Behavioral interventions & weight loss medications to aid in heart health

SPRINGFIELD – The numbers tell the story in what is being called a twin epidemic of obesity and type 2 diabetes worldwide, something which endocrinologists and other physicians across the country and at Baystate Health are helping their patients to battle.

In the United States alone, nearly one in three adults (30.7%) are overweight. More than two in five adults (42.4%) have obesity. About one in 11 adults (9.2%) have severe obesity. Obesity is also increasing in children. Roughly one in six youths ages 10-17 have obesity. Also, more than 38 million people in the U.S. have diabetes, most with type 2 which can be fueled by obesity and other factors. This number continues to rise, and we are seeing type 2 diabetes diagnosed at younger ages in children and adolescents.

“Diabetes is an independent risk factor for heart disease without even considering other risks a person might have such as obesity, high blood pressure, high cholesterol, sleep apnea and excess inflammation which can all increase the risk for cardiovascular disease and stroke. And with cardiovascular disease the leading cause of death today, it is very important for anyone with diabetes to maintain a healthy heart,” said Baystate Health endocrinologist Dr. Michele Gortakowski, who treats both adult and pediatric patients.

February is American Heart Month, a reminder for all Americans to keep their weight and diabetes in check.

Endocrinologists like Gortakowski, who are specialists in hormones and metabolism, evaluate and treat obesity as well as related diseases, such as type 2 diabetes. She noted that obesity is about more than just what you eat. Obesity is a complex, chronic condition that involves interactions between one’s health, genetic, environmental, social, and lifestyle/behavioral factors.

“There is a complex system of hormones that come from your brain, your gut, your fat cells, and your pancreas that can lead to both appetite stimulation and suppression. This hormonal signaling can become maladaptive when you gain excess weight or become obese and can be

part of why it is difficult to lose weight and maintain weight loss,” said Gortakowski.

“The last few years have brought about several new medications that target some of the hormones involved in these complex pathways that are beneficial for diabetes, weight loss and heart health,” she added.

These new classes of medications, known as GLP-1 and GIP/GLP-1 receptor agonists, include liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon), dulaglutide (Trulicity), semaglutide (Ozempic, Rybelsus, Wegovy), and tirzepatide (Mounjaro, Zepbound), respectively. Approved initially by the FDA to treat diabetes, liraglutide, semaglutide and tirzepatide also have FDA approval to treat adults with obesity or with excess weight and weight-related medical problems.

These drugs mimic the action of the hormone called glucagon-like peptide 1 (GLP-1), which helps lower blood sugar. It also helps promote fullness and satiety by working on the hormonal signaling from the brain and gut. Tirzepatide is the first dual agonist and is a GLP-1 and a glucose-dependent insulinotropic polypeptide (GIP) agonist, which has further glucose lowering and weight loss effects.

“These are exciting medications for diabetes and weight loss. Some individuals can experience a 15-20 percent weight loss which can have a significant impact on their risk for cardiovascular disease. As a physician who prescribes these medications for my patients with diabetes who also struggle with obesity, I have seen individuals have significant improvement in their glycemic (sugar) control. Some patients significantly reduce their insulin or come off it entirely. However, we must keep in mind that these medications do not work the same for everyone, and there is a variation between individuals on how much weight they may lose. They also come with side effects. So, it is important to work with your doctor on deciding which medication, if any, is good for you,” said Dr. Gortakowski.

But you can’t rely on medications alone, noted Baystate Health internist Dr.

Kathryn Jobbins, trained in internal medicine and fellowship trained in obesity medicine. Her role is to discuss behavioral and lifestyle interventions to be used in conjunction with medications or on their own to help with weight management and reducing the risk of cardiac disease. She calls what is needed as a mindset for change asking yourself, “What am I doing on a daily basis to have a healthier lifestyle for the rest of my life?”

“You don’t have to go out and run a marathon. Instead, place your focus on how you live your life and introduce behavioral modifications such as reducing your tobacco intake or drinking less alcohol. Thinking about the food you are putting into your body and how much you move your body is also important. Traditionally, it has always been about counting calories. But it is so much more than that. It is educating ourselves to make realistic changes that are sustainable - finding a way with tangible things that we can do to make small steps toward a healthier life,” said Dr. Jobbins.

And it’s not one size fits all.

“We need to consider what we do with our bodies—how we move it and what we put into it. If you walk 10,000 steps a day you will increase your longevity. But if you look at the data, 5,000 steps are also enough to support a healthy lifestyle for some. Sedentary lifestyles can be as harmful as smoking cigarettes for your heart health. Also, the idea of what we put into our bodies matters. The best approach is to find harmony on your plate, color matters. If you eat the rainbow, you are going to get all the minerals, the proper micronutrients, important for maintaining a healthy lifestyle such as tomatoes, raspberries, carrots, spinach, fish, rice, and chicken. It was previously thought that alcohol - including one glass of wine a day - was good for heart health. But research shows there is not a safe level of any alcohol that benefits our health. Also, as we get older, most of us will probably need more protein to make sure we are not losing muscle mass instead of fat,” she added.

Jobbins offered some additional thoughts on weight loss and behavior:

- It’s about the small wins, such as eating a large bowl of pasta then feeling terrible and exhausted afterwards and noting that a smaller portion may not make you feel the same way.

- It’s not only about the numbers on the scale or your BMI per se. Think about measuring the circumference of your body around the waist, arms, hips and thighs. You want to see a shift in distribution, for example, those who have a large abdominal girth have a greater risk for heart disease, so that is where you want to lose your fat. It is not just getting rid of the weight, but body fat while not losing muscle.

- Half of our body weight is water, and it is important to drink between 64 to 120 ounces of water a day in order to stay hydrated and help improve weight loss. And if you don’t like plain water, try adding slices of your favorite fruit to add some flavor.

- Consider forsaking a large dinner plate for a salad plate that contains all the colors of the rainbow. It is easy to reduce your calorie intake that way, while not eliminating essential nutrients that we need to maintain good health. Over time, you will find that smaller portions are actually enough for you to feel full and mindfully recognize that you don’t need that big plate piled high with food.

- Find a weight loss partner for accountability, someone who can help keep you motivated, and perhaps share in your goals of walking more or choosing wisely when you eat together.

- The addition of fiber to your dietary intake can also aid and improve the effectiveness of weight loss medications and reduce your cardiovascular risk. Ensuring you have 25 grams per day is all you need.

“Once again, the hope is that over time making these behavioral changes in conjunction with medications will help you reach a point where you are feeling better, you have lost weight and decreased your cardiovascular risk, and you may be able to come off the medications you are taking,” said Jobbins.

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

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## VIEWPOINTS

### Bob Markel bids Hampden farewell

The letter was written after his final Selectmen meeting on March 4

#### To: The Selectmen, Town Employees and Residents of Hampden:

This is my final week as Hampden Town Administrator. On March 11, Brian Domina will step in to serve the Town as its full-time Town Administrator.



Since retiring as Ipswich Town Manager, I have been doing brief interim assignments in a variety of Massachusetts communities while they recruit a new administrator. I came to Hampden thinking that I would be here four to six months until the Town was able to identify and hire a full-time person. It has been four and a half years.

The work of a Town Administrator can be frustrating. New initiatives take time; and as everyone knows, the wheels of government turn slowly. New initiatives are often met with an array of veto groups.

To be effective, the Administrator must work in partnership with the Board of Selectmen and have the benefit of professional municipal departments. That is what I have experienced in Hampden. The Selectmen are very different individuals, but they work together, and they maintain an atmosphere of civility.

Hampden is also fortunate to have municipal departments that do their job conscientiously and effectively. They anticipate problems, avoid crises, and they work cooperatively with the Town Administrator, the Selectmen and with other municipal departments.

In the twilight of my career, I had a rewarding and memorable experience in Hampden. Thank you to the people of Hampden who have been most kind and supportive.

Farewell. I will miss the Town of Hampden, but I will be watching.

### Blueberry pruning 101

My blueberry bushes came to me as full grown plants uprooted from an acquaintance's yard.

He needed the space for something else, so I happily agreed to take the eight bushes off of his hands. They struggled a lot the first few years of being in their new home, I think because the move was a stressful one.

Over the last couple of seasons we've seen more fruit production, thankfully, but I know there should be more. I think I may need to improve my pruning practices.

We are nearing the end of the dormant season, but if I get right to it, the job can still be accomplished this year.

There are many good reasons to prune in the dormant season. Because there are no leaves on the bushes, you can really take a good look at what you have to work with. You can notice off-colors, bent branches and the like when there is no leaf cover.

Late February into early March is perfect timing because theoretically the coldest part of the winter has passed. Sometimes pruning reduces cold hardiness, but like I mentioned, we should be OK since we are nearing winter's end.

Some rules transfer from pruning one type of plant to another; in other words, you'd make these same type of considerations for pruning roses or other woody plants. Let's call these the obvious cuts.

First concentrate on dead wood. Prune away any entirely dead branches all the way to the ground.

If parts of branches are dead, make a cut to the next living part of the branch. If you see anything that looks diseased or a little "off," cut that section or branch away too.

Sometimes branches get damaged from animals or ice storms. Likewise, cut damaged branches back to a section that shows no signs of damage.

Now it gets a little more tricky, but it still should be straightforward and it applies to mature blueberry plants, not new plantings or super old neglected bushes.



Look at the base of your plant. Is it wider than 18 inches in any direction from the center? If so, cut away these stems at ground level or try to dig them up, roots and all in the coming weeks, then move them to a new spot, preferably a nursery bed where they can grow up a bit. I'm into

a whole new topic, so let's get back to the task at hand.

Once the plant has been cut back to within its limits, look for growth coming from the base that is on an angle or crossing over other branches. Cut that away too, so that we encourage upright growth instead.

Okay, with that behind us, let's dive into more difficult territory. Here is when you begin to rejuvenate the plant (listen carefully, self).

Old canes will be gray in appearance and thick. You probably don't want to cut away every one, but perhaps removing one-third of these stems would be a good plan.

Cut them back to ground level. Your next cuts will be what I can "fine tuning," or making cuts that thin out older twiggy growth in the upper part of the plant by cutting back stems to a younger, upright branch.

Go by color here. Younger growth is reddish in appearance. Hand pruners are your desired tool of choice, while bypass loppers or a hand saw is essential for the bigger cuts I mentioned first.

You'll be surprised by how great your blueberry bushes will look and just how productive they will be with this type of maintenance pruning accomplished annually. I think there is just enough daylight for me to get to my own pruning.

I can almost taste the blueberry pie come July. Yum.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [pouimette@turley.com](mailto:pouimette@turley.com) with "Gardening Question" in the subject line.

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### Foreign policy rises in public attention

Americans seem to be more interested in foreign policy than usual.

Four in 10 U.S. adults named it as an important issue to address in 2024, according to a recent poll from The Associated Press-NORC Center for Public Affairs. That's twice as many as a year earlier.

That sounds right to me. From what I can tell, Americans are paying closer attention to foreign policy than they have for some time.

Part of it, no doubt, is driven by media coverage of the wars in the Middle East and Ukraine. When the media pay attention to a topic, the public pays attention; and when the public pays attention, the media pay attention.

It works both ways.

Of course, what really captures the public eye is the prospect of U.S. casualties, as we saw in the Iraq and Afghanistan wars, which killed thousands of Americans. There's been nothing like that yet in the current conflicts, although about 30 U.S. citizens were killed in Hamas' Oct. 7 attack on Israel and an estimat-

ed 300 Americans were stranded in Gaza by the fighting.

In the AP-NORC poll, 20% of respondents said they were concerned about U.S. involvement overseas, up from 5% a year earlier. That's a significant increase, and it's reflected by debates in Congress over helping fund the wars.

But whether foreign policy has much of an impact on the 2024 elections is an open question.

Even if Americans follow foreign policy,

I don't have the sense that they vote on those issues. Problems at home are more meaningful to most voters, by far.

They're worried about inflation, affordable health care, gas prices and the cost of housing and food. They are concerned about crime and public safety. They pay attention to interest rates, jobs and other economic indicators.

Many Americans are deeply concerned about immigration, especially at the southern border. Immigration is a domestic matter, but

Please see **HAMILTON**, page 17



### 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 [dzberski@turley.com](mailto:dzberski@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.





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# OBITUARIES

## Death Notices

**Mark Allen Gurney**  
Died March 3, 2024  
Services  
March 23, 2024  
Forastiere Smith  
Funeral & Cremation

## Mark Allen Gurney 1966 – 2024

HAMPDEN – Mark Allen Gurney, 57, passed away at home unexpectedly on March 3, 2024. Mark was born in Springfield, MA on December 4, 1966. He was the second born son to Robert and Gail (Borthwick) Gurney. Mark spent his whole life in Hampden, MA. He graduated from Minnechaug High School in 1985. Mark discovered a passion for cooking, and he worked for many years at Hometown Buffet as a Chef and Manager. Mark explored the outdoors through hiking and camping with his family in Maine, Vermont, and along the Appalachian Trail in North Adams. He had a creative spirit, and he fashioned together pieces of jewelry he would display and sell at craft fairs and he had a remarkable talent for drawing cartoons. He gave each character a life of their own, with a unique personality. He took to creating a wonderful garden in his yard full of vegetables, which he shared in delicious meals with family and friends. He was a kind, generous and sincere man who gave everything from his heart.

He will be deeply missed by his parents Robert and Gail Gurney of Hampden MA, his brothers Austin Gurney and his wife Umit of San Francisco CA, and Todd Gurney and his wife Rebecca of Wilbraham Mass., his three nieces, his cousins Candis Johnson and her husband Bill, Susan Lenkowski and her husband Todd, Karen Stockwell, Robert Guinis, Bill Mireault and his wife Gigi, and Danni Faber and her husband Jim and many extended family and friends.

His family would like to thank the doctors and nurses of the D'Amour Center for Cancer Care, for their attentive care for Mark and his family. A special thank you to his oncologist Dr. McCann.

All are welcome to celebrate Mark's life at his memorial service on Saturday March 23, 2024, at 11 a.m. at St. Mark's Episcopal Church, 1 Porter Rd., East Longmeadow MA. The funeral will be followed by burial in St. Mark's Memorial Garden.

His care is entrusted to Forastiere Smith Funeral & Cremation, East Longmeadow MA.

In lieu of flowers, memorial donations may be made in Mark's name to St. Mark's Episcopal Church. To leave an online condolence visit [www.forastiere.com](http://www.forastiere.com).

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Turley Publications offers two types of obituaries.

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should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

### SELECT BOARD from page 2

as most of, if not all of Massachusetts-bordering states have it but New Hampshire," Squindo said. "Have we looked at how much that potential impact could be from New Hampshire residents driving over the Mass border, as you said, that Vermont is increasing their fees to their consumers because of the process?"

Irwin said New Hampshire is also considering their own law themselves.

"They haven't made quite as much progress as we have, but at least they're entertaining, recognizing their own responsibility," Irwin said.

After Goodrich thanked him for sharing the information, Irwin said he sees himself as an information source for people.

"I'm not trying to sell the idea, I'm trying to inform and then let people make their own decisions as to whether it's in their best interest for their community," Irwin said.

Squindo then asked what the make-or-break timeline would be for Irwin.

"Well, the absolute deadline is Dec. 31 of this year. However, the realistic deadline is July 31 of this year. They haven't passed it from the House to the Senate by that time, it's probably going to die," Irwin said.

Goodrich said the board would review the information and come to a decision.

## Hampden Rabies Clinic for dogs and cats takes place April 6

*Dog licenses also available*

HAMPDEN - A Rabies Clinic will held at the Hampden Veterinary Clinic at 28 Somers Rd, on Saturday, April 6 from 9 a.m. to Noon. The cost of the rabies vaccination will be \$25 for dogs, cats for one-year vaccine will be \$25 and cost for a three-year vaccine will be \$50.

By Massachusetts state law, all cats over six months of age should be vaccinated.

A Rabies vaccination is good for one or three years, depending on the dog's or cat's

previous vaccination history.

Make sure you bring your two most recent rabies certificates for the doctor to review.

All cats should be in a carrier and all dogs must be on a leash.

Our Town Clerk, Eva Wiseman, will be available to sell dog licenses. The license costs \$10 for male or female dogs and \$5 for neutered or spayed dogs. A rabies certificate is required to obtain a dog license.

For more information, please call the Board of Health office at 566-2151 ext. 102.

## Scantic Valley YMCA holding Interactive Health Fair March 19

WILBRAHAM – The Scantic Valley YMCA will be holding an Interactive Health Fair on March 19 from 5 – 7 p.m. The interactive event will focus on healthy eating, weight management, balance and blood pressure screening, chronic disease programming and much more. Everyone can participate in healthy meal prep options by making and taking a mason jar meal.

The event is open to people ages 40 to

100 and will have prizes and free food.

You must register at the Scantic Valley YMCA at 45 Post Office Park in Wilbraham, with registration limited to the first 50 people.

The event is sponsored by the Ludlow Elks.

For more information, contact Dawn Lapierre at [dlapierre@springfieldy.org](mailto:dlapierre@springfieldy.org) or at 413-596-2749, ext. X3107.

## Hartsprings Drive coming to Hampden Senior Center April 6

HAMPDEN – A Hartsprings Drive will be taking place at the senior center on Saturday, April 6 from 10 a.m. to 1 p.m., rain or shine.

The Hartsprings Truck will be at the Hampden Senior Center, 104 Allen St., Hampden to collect your items that may be too large to put in the bin. As you begin your spring cleaning, please save all your unwanted clothing, books, dishes, towels, sheets, bedspreads, glassware, sporting equipment, suitcases in good condition. However, we cannot accept bed pillows or baby items such as car seats or toys. We accept small kitchen

items, such as toasters, microwaves and toaster ovens

If you have any questions in regards to what you may bring or if assistance is needed, please contact Joan Shea at 566-8224. The Hartsprings Bin will remain in place before and after the Truck Drive in the parking lot of the Hampden Senior Center. This special pick-up will assist you with the many bags you may have or if they are large in size.

Again, thank you for your continuing support of this special fundraiser which raises money for The Hampden Senior Center Building Fund.

## The Theatre Guild of Hampden presents 'Oklahoma!'

Tickets are on sale now

HAMPDEN – Tickets are now on sale for The Theatre Guild of Hampden's production of the Rodgers and Hammerstein classic musical "Oklahoma!"

The musical, which was the first collaboration from the legendary composers, is set in 1906 and centers on farmgirl Laurey Williams, who is courted by two rival suitors, cowboy Curly McLain and farmhand Jud Fry.

The directors are Christopher Rojas and Mark Giza, Bobby Scott as music director

and Dina DelBuono serving as choreographer.

The show takes place at The Red Barn at Fountain Park at 883 Tinkham Rd. in Wilbraham, with the show dates scheduled for April 5, 6 and 7 and April 12, 13 and 14.

The Friday and Saturday evening shows take place at 7 p.m., while the Sunday matinee shows take place at 2 p.m.

Tickets can be purchased online at <https://www.theatreguildofhampden.org/tickets.html>.

To learn more, contact Mark Giza at 413-204-5333 or 413-543-4203.

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Young Adult Librarian Maxine Girard instructs Jake Vanderleede, Kayla Vanderleede and Calvin Webster on how to fill their plant pals during the DIY Plant Pals event on March 9.



Aurora Broussard with her blue-themed plant pal during the DIY Plant Pals event at the Hampden Free Public Library.

Turley photos by Kristin Rivers



Kayla Vanderleede adds soil to her plant pal during the DIY Plant Pals event at the Hampden Free Public Library.



A close-up of Leon Brossard's plant pal during the DIY Plant Pals event.



Bridget Wietecha and Anne Broussard smile with their plant pals during the DIY Plant Pals event at the Hampden Free Public Library.



Eli Webster adds soil to his plant pal during the DIY Plant Pals event.



A close-up of Calvin Webster's plant pal he made during the DIY Plant Pals event at the Hampden Free Public Library on March 9.

**PLANTS** from page 1  
coming up on April 20 and holding more programming outdoors. "In the past, around March or April, we've done some kind of planting or growing programs and people seem to like it," Girard said. "So, it's fun to take what you know people like and try to build on it and have an approach to it that makes it interesting and fun." Besides creating a teaching

opportunity, Girard enjoys programming like this to foster creativity. "I think one of the really nice things about a lot of the programming that we try to do here is that there's not one right way to do something. In a lot of cases, we'll provide materials and a rough idea of the steps to take," Girard said. "So, today it was you put some googly eyes and different foam shapes on a water bottle and add some soil, but

there's so many opportunities to make it your own. We saw that today. Every single plant pal was unique." Girard added seeing how attendees turn something into their own is inspiring. "It's just nice to have a space and a time to do something where you just get to do it. There's no pressure to make it perfect, whatever that means or that you did it wrong or you have to follow it perfectly, and if it doesn't

look like that then it's not right," Girard said. "Be yourself. Do something that makes you happy. I'm hopeful that when they see their little plant pals on the windowsill, it just kind of makes them smile. It's like 'I made that and that's really cool.'" Girard wants the community to know the library is always here to serve them and to visit anytime, thanking attendees for stopping by. "Just a huge thank you. It

makes me happy to see patrons come in excited to participate in the programs, to have really great turnouts," Girard said. "It makes me happy that we're able to provide this sense of community." In turn, Wietecha and the Broussard siblings said thank you. "Thank you!" they said.



# A COMMUNITY GALLERY



Left to right: Mercy Warren Chapter Regent Samantha Seamans-Frizzell, DAR Good Citizen Chapter Chair Margaret Superneau, Dr. Samson Haile, DAR Good Citizen Abyssinia Haile and Mrs. Reta Haile of The Mercy Warren Chapter of the Daughters of the American Revolution presented Minnechaug Regional High School senior Aby Haile with the DAR Good Citizen Award at their March 2 meeting. This award honors a high school senior who most exemplifies the ideals of patriotism, leadership, service and dependability. Aby plans to attend Yale University.

Photo and caption submitted by Margaret Superneau

*Life in &*

Readers are encouraged to send in medium to high resolution photos for this page by e-mail to [dzbierski@turley.com](mailto: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.

# WIL HAMPDEN

Boomer encourages reading in the library.

## Springfield Thunderbirds Stick to Reading Program



Soule Road Elementary School took part in the Springfield Thunderbirds Stick to Reading Program and received a visit from Thunderbirds' mascot, Boomer, during the kickoff to get the students excited for reading. Students read every day for five weeks, filling in a reading log from Feb. 7 through March 13. They later received a free ticket to a Thunderbirds game, a certificate of completion and a bookmark. The game is on Friday, March 22, when the Thunderbirds take on the Charlotte Checkers. Photos and captions submitted by Cheryl Erskine



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# WILBRAHAM HAMPDEN



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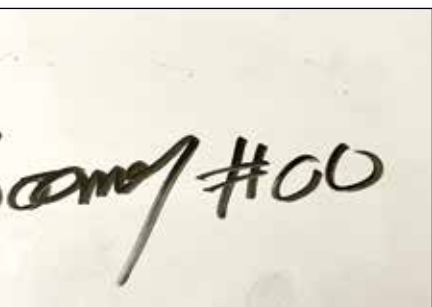


Ferri and Boomer from the Thunderbirds take "the face off" to start the program.



Photos courtesy of Hampden Fire Department

The day crew at the Hampden Fire Department took advantage of mild weather on March 4 to train on hoseline advancement. The department trains on various skills to make sure they will always be ready whenever an emergency may arise.



Boomer leaves his mark.

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# Events & announcements schedule

## Wilbraham Women's Club to meet March 14

WILBRAHAM – The March meeting of the Wilbraham Women's Club will be held on March 14 at Noon in the Parish Center at St. Cecilia Church on Main Street. Sandwiches and dessert will be served.

The speaker for the day will be Jen, who is the owner of the Flower Shed in Wilbraham's Post Office Park. Jen will be holding a workshop for us at this meeting. She will teach us how to make a lovely succulent to enjoy in our homes. The cost for this meeting will be \$10 and reservations are needed. Please call Michele Axtmann at 413-596-3325 or Linda Raffa at 413-596-8245.

## Wilbraham history books available at Wilbraham Public Library

WILBRAHAM – A limited number of copies of the Wilbraham History and Culture Volume IV, 1963-2013 Sestercentennial Edition are available free of charge while supplies last. Copies can be picked up at the Wilbraham Public Library's service desk. Please call 596-6141 if you wish to reserve a copy. This edition of Wilbraham's history was published in 2015 as a part of the town's 250th Anniversary Celebration.

## Wilbraham Women's Club to Award Scholarships

WILBRAHAM – The Wilbraham Women's Club will be awarding several \$1,000 scholarships to graduating seniors who are residents of Wilbraham or Hampden and who will be attending a four-year college or university.

The criteria considered are academic achievement, character and leadership. Applications are available in the Guidance Office at Minnechaug Regional High School. For those attending other high schools, please email Mrs. Teed, at rae.teed@gmail.com. All applications must be postmarked by Tuesday, March 26, 2024, to be considered.

## Wilbraham Junior Women's Club Scholarship

WILBRAHAM – The GFWC Wilbraham Junior Women's Club is dedicated to community improvement by enhancing the lives of others through volunteer service. In keeping with who we are, The Wilbraham Junior Women's Club is offering a \$1,000 scholarship to a Minnechaug High School graduating senior who will be attending a two-year, four-year or other accredited institution of higher learning.

Applications are available in the Minnechaug Regional High School Guidance Office.

Completed applications must be postmarked by March 25 and mailed to: Wilbraham Junior Women's Club, Attention Scholarship committee, PO Box 14, Wilbraham, MA 01095

## Rotary Scholarship applications now available

WILBRAHAM – The Wilbraham-Hampden Rotary Club Scholarship Committee, has announced that applications for the 2024 Rotary Club scholarships are now available in the Guidance Departments of Minnechaug Regional High School, Wilbraham & Monson Academy and Pope Francis Preparatory School.

Applications are due no later than April 1, 2024. The scholarships are available to qualified high school students who are residents of Wilbraham or Hampden.

The club will again award nine scholarships, each in the amount of \$1,500. Applications may also be obtained from Brad Sperry by calling 413-537-4171.

## Hampden Senior Center to host Pie Sale

The Hampden Senior Center, 104 Allen St., is having another great Pie Sale. This year, the fundraiser is offering juicy Apple, delicious Fruit of the Forest and mouth-watering Blueberry. Orders for pies at \$19 each will be taken at the senior center starting March 1, paid in

full in advance. Pies will be boxed and bagged and available for drive-up pick up at the center on Saturday, April 27 from Noon to 1:30 p.m. Call 413-566-8271 with any questions.

## Pastel Workshop to be held at the Wilbraham library

WILBRAHAM – Award-winning pastel artist Gregory Maichack will return to the Wilbraham Public Library to teach his new workshop, Seascapes inspired by Winslow Homer, on Monday, March 18 from 5:30 – 7:30 p.m. This pastel painting workshop is designed for beginners to experienced artists. Participants ages 18+ will experiment with the artist's professional-grade pastels, pencils and paper. Materials will be provided and all attendees will get to take their artwork home. Registration opens Monday, Feb. 26, and space is limited. To register, please contact the library at 413-596-6141 or visit the Event Calendar at [www.wilbrahamlibrary.org](http://www.wilbrahamlibrary.org). This program is supported in part by a grant from the Wilbraham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Funding is also provided by the Wilbraham Friends of the Library.

To learn more, contact Emilie Lang at 413-596-6141 or [elang@wilbrahamlibrary.org](mailto:elang@wilbrahamlibrary.org).

## Town Clerk: Nomination papers are available

WILBRAHAM – Wilbraham Town Clerk Carole J. Tardif is announcing that nomination papers are available in her office by calling 596-2800 ext. 200 and setting up an appointment. The last day to obtain nomination papers is Wednesday, March 27, 2024, for the Annual Town Election scheduled for May 18, 2024.

The positions being voted that day are Selectman for three years, Town Clerk for three years, Moderator for three years, Assessor for three years, two Regional School Committee members for three years, Cemetery Commissioner for three years, Water Commissioner for three years, two Library Trustees for three years, one Planning Board Member for five years.

The deadline for submission to the

Registrars for certification is Friday, March 29, 2024, at 5 p.m. Town Clerk's office hours are Monday thru Friday, 8:30 a.m. to 4:30 p.m., 50 signatures from registered Wilbraham voters are required to have a name listed on the ballot as a candidate. A letter stating the candidate's name, address and the office being sought must be submitted at the time of the request to the Town Clerk. Contact the Town Clerk's Office at 596-2800, ext. 200 if you have any questions.

## Wilbraham Women's Club hosting Fashion Show Luncheon

WILBRAHAM – A Fashion Show Luncheon featuring CHICO'S is being sponsored by the Wilbraham Women's Club, Thursday, April 25, at the Saint Cecilia Parish Center, 42 Main St., Wilbraham. The social hour begins at 11:30 a.m. with luncheon served at Noon. The meal choices are chicken francaise and salmon with dill sauce. The \$35 donation for the luncheon also helps to fund the club's scholarships and community service projects. In addition, there will be a raffle for many prizes. For reservations, please contact Norma Bandarra at 413-596-8173 by April 17.

## Fish Dinners available at Immaculate Conception Church

INDIAN ORCHARD – Fish dinners of baked fish, mashed potatoes and coleslaw for take-out only will be available on Friday, March 15 from 5 p.m. – 7 p.m. at the Immaculate Conception Church Hall on 25 Parker St., Indian Orchard, Ma.

Tickets cost \$20.

For tickets, please call Ania at 413-265-0575, Darek at 413-265-0573 or Ala at 413-543-1434.



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## Hampden looking for Zoom Operator

HAMPDEN - The Town of Hampden is looking for a Zoom Operator for evening municipal meetings.

Please contact the Hampden Selectmen's office for more information at 413-566-2151, ext. 100, or [selectmen@hampdenma.gov](mailto:selectmen@hampdenma.gov).

## WPL holding Teen Makers: Diamond Painting event

WILBRAHAM – On Tuesday, March 26 from 5 - 6:30 p.m., teens in grades six through 12 can join us for Teen Makers: Diamond Painting. Teens will relax through creativity and feel the stress melt away as they craft beautiful shiny wall art. Each teen will choose one design from PaintGem's "Ocean Edition" or

"Fruits Edition" to make their very own masterpiece. This is a good project for beginners interested in trying diamond painting for the first time. All materials will be provided. Online registration is required at [wilbrahamlibrary.org](http://wilbrahamlibrary.org) or call 413-596-6141, as space is limited.



**BUSINESS**

# MSB announces new Wilbraham Branch Management Team

MONSON - Monson Savings Bank has been committed to serving local customers, business, and communities since 1872. Likewise, the locally operated bank has remained steadfast in their commitment to their team and offering their team members new opportunities for professional growth.

The Bank has announced that Vicki Baldyga, former Ware Branch Manager, and Amber Messer, former Assistant Ware Branch Manager, have transferred to Monson Savings Bank's Wilbraham Branch to take the helm as the new management team of the 100 Post Office Park location.

"At Monson Savings Bank, we strive to offer our team members new opportunities. Whether it be a transfer to a new location, a role in a different department, or something else that better suits their professional goals, we're happy to support our team members throughout their journey with us," said Dan Moriarty, Monson Savings Bank President and CEO. "I am confident in Vicki and Amber's leadership based on the years of dedication and support they have provided our customers up to today. I know that they will help to make this a smooth transition and provide our customers with the same amazing service as the previous management of the Wilbraham Branch."

**Vicki L. Baldyga** is a resident of Bondsville. She has 25 years of experience in the banking industry, 17 of which

have been in branch management. Baldyga has been employed with Monson Savings Bank for five years.

Baldyga is always committed to expanding her knowledge and skillset. She is currently enrolled in the Massachusetts Bankers Association New England School for Financial Studies and holds several diplomas and certificates from the Center for Financial Training (CFT).

In her role as Wilbraham Branch Manager, Baldyga will be responsible for planning, organizing, and directing branch operations. She will foster an environment of teamwork and provide a high level of leadership to her team. Baldyga will provide a high level of customer service with a positive, respectful, and courteous attitude.

Baldyga is very involved in the local community. When she is not at work, you can likely find her volunteering at Crossway Community Clothing Outreach, serving on the Board of the Three Rivers Chamber of Commerce, or donating blood to the Red Cross.

"I have always strived to help others grow and achieve their goals, both personally and professionally. I have a servant's heart and do my best to help others," says



**Vicki L. Baldyga**



**Amber E. Messer**

Baldyga. "Whether it is a new couple looking for their first home, a small business owner looking for the best products and services, a teen going off to college that needs financial literacy, or an elderly person that has just lost their spouse and needs help navigating their bank accounts - I truly love to help others and see them smile as they achieve their goals! I am so grateful for this opportunity to help people in the Wilbraham community reach their banking goals!"

To contact Vicki for your banking needs, please call her at (413) 267-1281 or email her at vbaldyga@monsonsavings.com

**Amber E. Messer** is a Monson resident. She began her banking career as a Customer Service Representative/Teller at Monson Savings Bank 6 and a half years ago. Throughout her career she has proven to be an asset to the Bank and has achieved several promotions, ultimately attaining the position of Assistant Branch Manager.

In 2023, Messer was a nominee for Monson Savings Bank's President's Award. She was recognized by a peer for her commitment to customer and community service, teamwork, and excellence.

She has also received several customer service excellence awards during her time with Monson Savings Bank for going above and beyond.

As the Assistant Wilbraham Branch Manager, Messer will be supporting Baldyga to manage the Branch. Additionally, Messer will assist customers with their banking transactions, drawing on her extensive knowledge of Bank products and services, while also promoting an atmosphere filled positive staff morale by inspiring trust and respect.

"As I continue my career journey with Monson Savings Bank, I am looking forward to becoming an active member of the Wilbraham community and forming deeper relationships with our Wilbraham customers. I have enjoyed advancing my leadership skills and contributing to our overall team efforts. Through my patient and empathic personality, I can provide the highest level of customer service to help individuals achieve their financial goals. I like looking for opportunities to provide our customers with products and services that will make their banking easier," says Messer "I am excited to expand on my skillset and continue to do my part to lead the Bank to success."

To contact Amber for your banking needs, please call her at 413-267-1283 or email her at amesser@monsonsavings.com.

## BBB Tip: How to buy furniture online

**Paula Fleming**  
pflaming@boston.bbb.org

The online home furniture industry revenue has grown to \$15.4 billion in the past five years. This increase likely reflects the home improvements many homeowners are making, parents shopping for desks for home school learning, and employees who have permanently switched to a work-from-home situation.

Convenience aside, making large purchases online should always be approached with care. The following tips will help you select quality furniture at a reasonable price and avoid a few common online shopping pitfalls.

**Tips for purchasing furniture online**  
**Only shop with reputable retailers.** Research a retailer's page before deciding to do business with them. Reputable sellers provide information about their company and always have valid contact information. Look for company reviews online; for example, on BBB.org, shoppers can find out if an online retailer is BBB Accredited, read consumer complaints and reviews.

**Understand the store's return and refund policy.** Return shipping for heavy items, such as furniture, can get costly. Some retailers may have unique restrictions for delivery and returns because of the coronavirus pandemic. Before placing an order, read carefully or call the retailer directly to find out upfront if a retailer has a return policy, if refunds are available, how refunds are issued, what the return process is, who pays for return shipping, and whether or not a restocking fee is charged. This information will often help decide whether or not you will complete the order.

**Get to know the delivery options.** Typically, furniture retailers offer three kinds of shipping, and each one may have a different cost.

Front door delivery: the packaged product will be shipped to your front door

and no further.

Inside delivery: the delivery person will take the packaged furniture into your home, sometimes into the room of your choice.

White glove delivery: the delivery person will take the packaged box to the room of your choice, unbox it and assemble it if necessary. They will also clean up any mess from the packaging and take it with them.

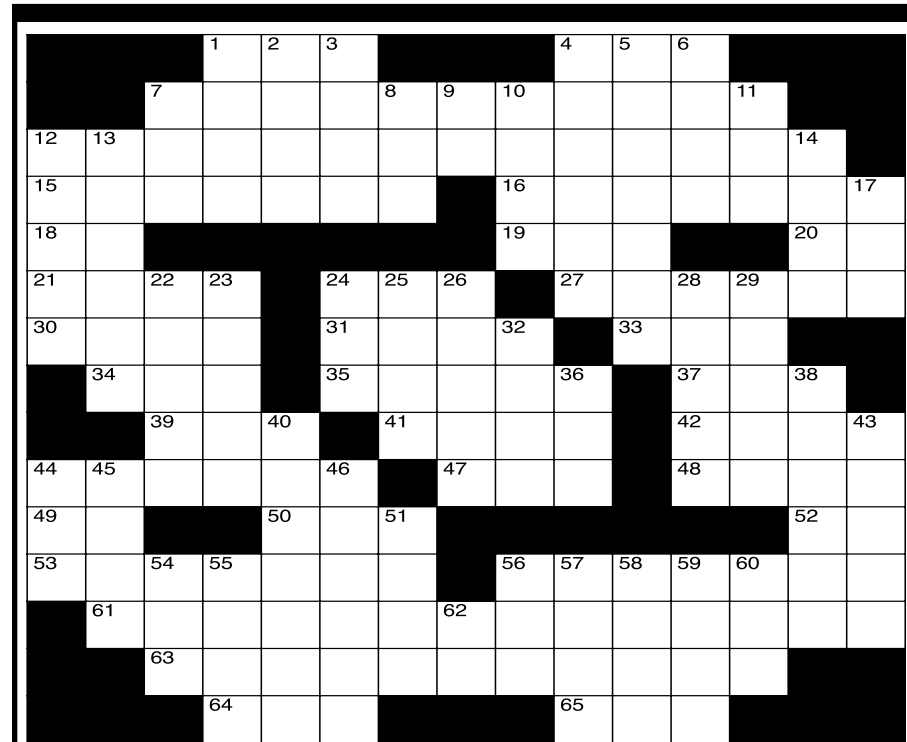
Ask before placing the order if these delivery options are available, as some retailers have changed to curbside or simply front door delivery service to avoid contact delivery.

**Measure your space - will it fit through the door?** Be extra conscientious when measuring the space where the new furniture will go. A small mistake when taking measurements can mean the difference between the new sofa fitting comfortably in the living room or not fitting through the doorway and down the hall! Make sure to measure doorways, ceiling heights, and any hallway space (including banisters) the furniture must get through to reach its final destination.

**Choose the color carefully.** As they appear on a computer screen, furniture colors can be significantly different from how they look in real life. Look at furniture images on different devices to get a better feel for the color. Consumer reviews can be helpful, too, as many people will comment if the furniture is darker or lighter than it appears online.

**Read several reviews.** When finding the ideal piece or furniture, read as many consumer reviews as possible, keeping a critical eye out for comments about the quality of the furniture and the experience with the retailer. Use these for reference before making a final purchasing decision.

**Ask questions right up until making a purchasing decision.** Reputable fur-



**CLUES ACROSS**

- 1. Helps little firms
- 4. Political action committee
- 7. Allowed
- 12. Olivia Colman played one
- 15. Open
- 16. He had a notable lamp
- 18. Promotional material
- 19. Domesticated animal
- 20. Larry and Curly's buddy
- 21. The best ever
- 24. TV network
- 27. Checked for
- 30. Dry or withered
- 31. Expression of annoyance
- 33. Dash
- 34. Fifth note of a major scale
- 35. A secret clique
- 37. Partner to

- cheese
- 39. \_\_\_ school: where to learn healing
- 41. City in ancient Syria
- 42. Gasteyer and de Armas are two
- 44. Established practice
- 47. Thanksgiving side dish
- 48. District in Peru
- 49. It's becoming more prevalent
- 50. State in India
- 52. Measure of illumination
- 53. Raised platform
- 56. Japanese warrior
- 61. R.L. Stevenson novel
- 63. Transitory
- 64. Advanced degree
- 65. Fiddler crabs

**CLUES DOWN**

- 1. Prevent from
- 2. Czech city
- 3. \_\_\_ and Andy, TV show
- 4. A young pig
- 5. Removed surgically
- 6. Covered with
- 7. Chest muscle (slang)
- 8. Nigerian City
- 9. Midway between south and east
- 10. A way to shut
- 11. Stop playing
- 12. Marshy places
- 13. Takes apart
- 14. Ten cents
- 17. A gesture of assent
- 22. Scent
- 23. Teletypewriter
- 24. General's assistant (abbr.)
- 25. Hillside
- 26. Taxi driver
- 28. Semitic Sun god
- 29. Town in India
- 32. Traditional rhythmic pattern
- 36. Fugitives are on the \_\_\_
- 38. Type of dance
- 40. Two letters, one sound
- 43. Having a strong, pleasant taste
- 44. Golf score
- 45. Mayhem
- 46. Drenched
- 51. River in northeastern Asia
- 54. Drug to treat anxiety (abbr.)
- 55. Part-time employee
- 56. A very large body of water
- 57. Aboriginal people of Japan
- 58. Millisecond
- 59. Forearm bone
- 60. Subway dweller
- 62. Royal Mail



# CAMPUS NOTES

## Local students named to Endicott College Dean's List

Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2023 Dean's List of students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

The following students have met these requirements from Wilbraham:

**Norah Doyle**, Digital Media, daughter of Kathleen Doyle and Christopher Doyle

**Camden Rigney**, Accounting, son of Carrie Rigney and John Rigney

**Kayla Rivera**, Graphic Design, daughter of Maureen Aitchison

The following students have met these requirements from Hampden:

**Aidan O'Connor**, Marketing, son of Jennifer O'Connor and Gregory O'Connor

## SCHOOL from page 1

knowledge, it does not.

"I don't know that the tree is diseased. I don't know that it's been evaluated by the tree warden," Provost said. "I think that was part of Nick Breault's proposal is that we get some kind of assessment of the health of the tree, but my communications around it have been that it drops leaves in the neighbor's yard, that it drops branches in the neighbor's yard. Regular tree-type things, not necessarily that it's at risk of falling either into the road or onto the neighbor's property."

However, Provost said there are concerns tree branches could fall and crush a pool house on the property.

Vice Chair Sean Kennedy shared how a neighbor's tree branch fell and crushed his chicken run.

"We had to have that tree limb removed and we had to get the chicken run replaced," Kennedy said. "It was not their responsibility nor did we ask them for it to be their responsibility, but we wanted to be good neighbors."

On this issue, Kennedy said it's town property.

"There's got to be a precedent for something like this," Kennedy said.

Chair Michal Boudreau was not in favor of going into an agreement.

"I don't think it's appropriate we blindly go into an agreement to pay half of a bill where we don't know the amount," Boudreau said.

Kennedy said it's in the town and "we need to be good partners with our town."

"Let's at least take this some couple steps further and continue the conversation, I would say," Kennedy said.

Provost said trimming the tree could be a less costly option.

"If one of the things you want me to do is go back and say, 'We need a figure,' I could say, 'Could we also get a figure for trimming that might be less costly?'" Provost said.

The conversation concluded when Kennedy said he would reach out to past School Committee members for their thoughts, with everyone agreeing to that and getting a cost for trimming or taking down the tree.

Boudreau said further discussion will occur after they receive more information.

## This Week in Rec

### Spring volleyball sign-ups open March 12

#### WILBRAHAM

- Last August, an astounding 92,003 fans showed up to witness the University of Nebraska Women's Volleyball team host a match against the University of Nebraska-Omaha. This attendance broke a world record for the largest audience to ever witness a women's sporting event in the United States. Internationally, the USA Women's team is the defending 2020 Olympic Gold Medalists. Locally, the Springfield College Men's Volleyball team has won more Division III National Championships (5) than any other college team in the country. Last but not least, the Volleyball Hall of Fame is located 15 miles up the road where the sport was invented in 1895, in Holyoke, Massachusetts.

As the popularity of volleyball continues to grow, more and more beginners are looking for their first exposure to this fast and exciting sport. Here in Wilbraham, I have had the pleasure of running the Falcon Youth Volleyball program for the past 20 years. The goal of our program has always remained the same: to introduce the sport of volleyball in a FUN, SAFE and POSITIVE environment, allowing equal time for skill development and game play. This co-ed program is open to all levels of play, from beginning to advanced. Many of our players have gone on to play at the high school, club and D1, D2 and D3 college level. Recently we have collaborated with Wilbraham and Monson Academy who hosts the program in the beautiful and spacious Greenhalgh Gymnasium.

Sign-ups for our Spring Program begin on March 12 for in-town residents and March 18 for out-of-town residents. Registration is through the WPRD website. The program begins Sunday, April 7 and runs for six consecutive Sundays. There are two age groups: third, fourth and fifth graders play from 9 a.m. - 11 a.m. and sixth, seventh and eighth graders play from 11 a.m. - 1 p.m. I am assisted by several current and former HS volleyball players and coaches. The total cost of the program is \$75 (in-town) and \$100 (out-of-town). There is a 45-player limit for each session and all play is held at Wilbraham and Monson Academy. Sign up early and come join the fun!

To learn more, contact John Devine, head coach of Girls Varsity Volleyball at Wilbraham and Monson Academy, at [jdevine@wma.us](mailto:jdevine@wma.us).



## CONSERVATION from page 1

"How much wetland is there when they want to build this," Howell asked, "and how much is really permissible? I remember a time when wetlands were forbidden to do anything with. (I) knew people who couldn't even (have) a building on wetlands and now this is a ton of wetlands, there is all kinds of brooks and springs through there, I know that property... how much is able to be done without disturbing everything and causing more water flowing down the mountain?"

Within seconds, Brewer responded to Howell.

"It was delineated last year before we started," said Brewer, "and generally speaking they have not gone into the wetlands, they have gone into the buffers but there are places where they have gone into the do not disturb zones and as a good example, this, what would we call it, connector, is a power line essentially that they are planning to run under the ground and as a PVW (Poorly Vegetated Wetland) that is surrounded by that green line. One of the things that we asked them to defend specifically was 'why does that have to go in the ground' 'why does it have to go there' and that sort of thing. Basically, what we are saying is tell us why it has to be in one of these places that essentially intrudes on the buffers to the wetlands or on the wetlands."

Principal Engineer of Tighe & Bond, INC, Jean E. Christy, began to break down the Stormwater Peer Review, a packet distributed to all meeting members who attended. The information inside detailed the proposed Agricultural Ground Mounted Solar System project located at 530 Glendale Rd, alongside 22 highlight standards and comments.

Senior Project Manager Melissa P. Coady sat next to Christy, doing her best to field any questions that the audience had for her and her colleague.

Gina Stabilo was in attendance for the entire meeting, getting up when it came to the question-and-



Turley photos by Harrison Giza

### The Conservation Commission discussing future plans for Hampden wetlands during their March 6 meeting in Hampden.

swer part of the evening.

"Has there been any talk about all of this equipment and any runoff coming from this project?" Stabilo asked, "I don't even know if this would be for Conservation or if that would be for Planning Board?"

Brewer responded with this.

"My understanding is that current solar panels are so sealed," said Brewer, "that even if they break, essentially nothing comes out because it issued within the glass. When they recycle it, they have to crush it very, very fine to get the toxins out."

Stabilo shot back with energy, engaging Brewer further.

"Well that is interesting," said Stabilo, "because I saw a study recently that a lot of the panels that actually show up on these sites are actually damaged, a pretty high percentage and I can find that study and send it to you, but that is a concern because we are all on wells and it seems like more homes in town are being hooked up to the public water supply, so it seems like something that we probably need to help."

A few members of the board and meeting attendees let slight laughter go.

"I think it really is a serious concern," Stabilo said, "and I don't think

it is a laughing matter."

Another resident, Leo Coughlin, began to ask a few questions for all Conservation members in attendance.

"It might just be my ignorance," Coughlin said, "I've been told that these solar panels only last 25 years, is that correct?"

Brewer answered Coughlin as best as he could.

"They are guaranteed for different lengths," Brewer said, "it is anywhere from like 15 or 20 to like 30 or 40."

Coughlin continued to raise concerns.

"So, what happens 25 years from now," Coughlin asked, "when all these thousands of panels in Hampden are obsolete?"

Coughlin was then informed that the older panels would be recycled.

The purpose of the Hampden Conservation Commission is to locally administer the provisions of the Town's Wetland Protection By-laws and the Massachusetts Wetland Protection and River Protection Acts. Meetings are the first (when needed) and third Wednesday of every month and been at 6 p.m. at the Townhouse Auditorium.

## HISTORICAL from page 1

niture companies will happily answer any questions about a specific product until the button to purchase it is clicked. When in doubt, contact the company directly. For example, maybe it's essential to know whether the feet of a couch unscrew so it will fit through a tight doorway. Many companies are also willing to send fabric swatches for a reasonable fee - a good idea if there is a specific color or texture preference to match in the room.

**Do a price comparison.** Some pieces of furniture are available from multiple retailers, so always compare prices before getting the best deal. Don't forget to factor in shipping fees and taxes when comparing prices.

**For store financing, rent-to-own, and layaway plans, carefully read the fine print.** Since furniture can get expensive, many retailers offer store financing, layaway plans, and rent-to-own options. If you are considering one option, carefully read the financing plan. How much interest is charged? How long does the payment plan last? How many payments over how many months or years will it last? Is there a fee to pay the balance in full? Get the answers to all of these questions before signing a finance agreement.

**Inspect furniture upon delivery.** Before signing any delivery paperwork, inspect the furniture. If it is damaged or missing pieces, you don't have to accept it. When a delivery is refused because of damage, you will no longer be responsible for payment.



# SPORTS

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## Falcons wrestling excels in tournaments

By Tim Peterson  
Sports Correspondent

WILBRAHAM—When Taylor Pfaff walked into the wrestling room at the Memorial School in Wilbraham for the first time on November 27, he didn't know very many of the wrestlers listed on the Minnechaug roster. A couple of months later, the Falcons wrestling team captured the Division 2 state championship title for the first time in school history.

"I never expected to win a state title in my first season as a high school wrestling head coach," said Pfaff during a recent interview. "My main goal coming into this season was to give the kids what they needed to become better wrestlers."

Pfaff, who grew up just outside of Albany, New York, has given personal wrestling lessons in the past, but he had never coached a wrestling team before.

Pfaff recorded more than 100 career victories during his high school wrestling career. He

then wrestled at Western New England University under head coach Mike Sugermeyer, who was an outstanding wrestler at Minnechaug Regional.

"I was speaking with coach Sugermeyer one day and I told him that I was interested in becoming a wrestling coach," Pfaff said. "He told me that they were looking for a wrestling coach here at Minnechaug."

It turned out to be a perfect fit for Pfaff, who has also been a Wilbraham Police Officer for almost two years. Pfaff replaced

Jake Strohm as the Minnechaug wrestling coach.

"On the first day of practice, I told my wrestlers what I expected from them," Pfaff said. "I just wanted them to be in better shape than every other team that we wrestle against. The kids bought into everything that I told them, and we kept improving every day."

There were a total of 25 wrestlers listed on the Falcons roster, so Pfaff was able to fill all 14 weight classes in every dual match.

Minnechaug, who captured the Valley League title, finished in second place at the Western Mass. championships, which were held at Northbridge High School at the beginning of February. The only time that the Falcons have won the Western Mass. title was in 2021.

"We wound up finishing in second place at the sectionals by only a couple of points behind West Springfield," Pfaff said. "We also had nine kids

Please see **FALCONS**, page 17

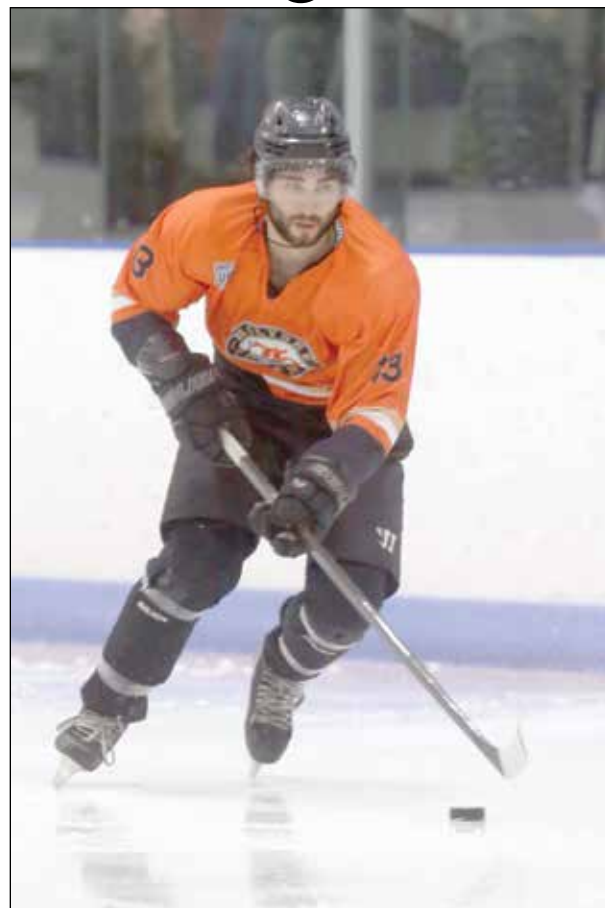
## Papermen represent region in new league



Mark Laviolette, of Ludlow makes his way up the right side of the ice.



Nick McNally comes into the ice and immediately takes control of the puck.



Gaetano Delonge receives a pass.



Vinnie McAllister sends a pass away.



Zach Paisley heads up the left side of the ice.



Nick Cambria looks to center the puck.

HOLYOKE – The Holyoke Papermen, an amateur adult hockey team, was in action last Saturday afternoon. The Paper-

men are brand new adult team participating in the Union Hockey League, a new adult league in the New York and New

England region. The new team got started in January and is playing a 32-game season with seven other teams that joined the

league. Home games are played at Fitzpatrick Rink in Holyoke.

Turley photos by David Henry www.sweetdogphotos.com





The first wave of harriers are off in the 2023 St. Patrick's Road Race in Holyoke.



Race fans view the flag during the singing of the National Anthem.

Photos by Gregory A. Scibelli

## St. Patrick's Road Race set for this Saturday afternoon

By Gregory A. Scibelli  
gscibelli@turley.com

HOLYOKE – The weekend of St. Patrick's Day is synonymous with the popular parade in the streets of downtown Holyoke. But equally tradition is the 10K St. Patrick's Day Road Race.

The road race was disappointingly cancelled due to the COVID-19 pandemic in 2020 and again in 2021 when COVID-19 rates rose due to the vaccine not being as widely available at the time.

But last year, the race returned to the joy people through-

out the region and beyond and Holyoke once again became a hub of activity beginning with "Race Day."

And the sights and scenes of St. Patrick's Day weekend were also back in the Paper City the past two years as the downtown area around Maple and High Streets were lined with patrons. Bars and restaurants were filled with people going in and out, the Mummies gave their performance, and children and others were able to participate in the Kids Walk and Fun Run prior to the "main event" taking place at 1 p.m.

This year's race, the 47<sup>th</sup> run-

ning of the tradition, will take place this Saturday, March 16. Once again, many will be looking to add their name to the list of winners of the 10K.

In 2023, it was the ideal day for Jenna Gigliotti, an Amherst woman who won the 10K Road Race for the second consecutive year. She crossed the finish line at 35:29.

This year's male and overall winner was Michael Norberg, who also is from Amherst. He finished with a time 30:50. He was more than 30 seconds ahead of the second-place finisher, Bradley Mish, of Hadley.

There were more than 5,000

participants in this year's event, which is part of a big weekend in Holyoke, going along with the parade that took place on Sunday. It also is viewed as a practice course for runners participating in more races later in the year, including the Boston Marathon. There are harriers who will run 6.2-mile course multiple times to simulate 26.2-mile marathon distance, including participating in the main race.

Of the more than 5,000 harriers signed up, 3,813 registered finishes.

Benjamin Lasky, of Ludlow, was a top local finisher, coming in 14<sup>th</sup> at 33:41. Lasky has been

a top 10 finisher in the past.

The race continued traditions of participants running for various charities and other causes, in honor of deceased loved ones, and of course, the running of the race in costume.

The current cost, as of press time, to enter the race, is \$35. The two-mile walk price was \$25 as of press time, but was expected to rise on March 13.

The weather, as of press time, is expected to be warmer than in previous years, near 60 and sunny.

## Registration now open for Quabbin Valley baseball

The Quabbin Valley Over-28 Baseball League is looking to infuse new talent into its league for the 2024 season.

Registration for the 2024 season is now open and any interested players can go to [www.quabbinvalleybaseball.org](http://www.quabbinvalleybaseball.org) to get registered, or to seek more information or make inquiries about the league. The league website will also be updated over the next month with information about the upcoming season.

There are many open roster spots available in the league for the 2024 season, which is tenta-

tively scheduled to begin on Sunday, April 21. The league plays most Sunday from late April through late August with playoffs following that. The league plays a 15-game schedule and typically fields six teams each year. Games are usually played at 10 a.m. with fields in Easthampton and South Hadley normally used.

The Quabbin Valley league is an all-abilities league and all are welcome to join. Eligibility is players who are age 28 and over. You must be 30 to be eligible to pitch in the league. Your age for eligibility is whatever age you

will turn in 2024. The league is also able to entertaining taking in an entire group as a team to add to the league. Please email the league board for to inquire about entering a team.

The league is currently in the process of preparing for the 2024 season and held a meeting on Feb. 18 to discussion plans for the upcoming season. The next meeting is scheduled for Sunday March 24 at 11:40 a.m. at the Hangar Pub & Grill in South Hadley. All are welcome to attend the meeting, ask questions and express interest in joining.

## Candlepin League News

By Ryan Drago  
Staff Writer  
rdrago@turley.com

### Tuesday Night Commercial Elks League

PALMER – March has arrived for the Tuesday Night Commercial Elks League.

The standings as of Feb. 27 had Acres and Blue B's tied for first place at 6-2. In third place, Team BK has a record of 5-3. The Champs R Here, Compression and Last in Line are tied for fourth place with a record of 4-4.

Life is Good is in last place at 2-6.

Compression won in the first round and Life is Good won the second round. One more team is aiming to join them in the playoffs at the end of the season.

The Champs R Here bowled against Compression on this Tuesday night of March. In game one, The Champs prevailed with a commanding lead over Compression and won by a score of 423-378. Filling in for the Champs is Bryan Surprise starting off the evening with a 111.

John Colkos also bowled well over his average scoring 113.

In game two, Champs R Here won again by a score of 387-370. Surprise had the high score of game two out of both teams with a 102. In game three, The Champs won 395-368 for a three-game sweep over Compression.

Surprise finished strong with a 118 and a series of 331. Total pinfall was won by The Champs R Here with a score of 1205 with Compression having a total pinfall score of 1116.

### Thursday Night Mixed League

The Thursday Night Mixed League is several weeks away from wrapping up their season.

With a couple weeks left, several teams are aiming to win the second and final round. As of Feb. 29, Team Six, the winners of round one, are leading in round two at 25-15. Team One is in second place at 23.5-16.5. In third place, just one point behind Team One, Team Four is at 22.5-17.5.

In one match, Team Six bowled against Team Three. In game one, Team Six took the first game by a score of 412-400. Dan Mahoney of Team Six started off the evening with a 110.

In game two, Team Six won again by a score of 421-375. Josh Gorham of Team Six bowled well scoring 105.

In game three, Team Six won for a three-game sweep by a score of 430-422. Team Six won total pinfall by a score of 1263-1197.

Team One bowled against Team Five and attempted to take first place from Team Six. In game one, Team Five took the first game by a score of 427-401. Mike Wadas of Team Five led the team starting off with a 108.

In game two, Team Five won again by a score of 408-386. In game three, Team One managed to win the last game by a score of 422-400. Team Five was the winner of total pinfall by a score of 1235-1209. Team One only managed to win one point where Team Six won four points.

The Thursday Night Mixed League will conclude on Thursday, March 28.

## T-Birds suffer shutout against Bruins

SPRINGFIELD – The Springfield Thunderbirds (26-26-3-2) threw everything they could at the net of the Providence Bruins (35-17-3-2) without success in a 5-0 defeat on Sunday at Amica Mutual Pavilion.

It was evident from the onset that the goaltenders were not going to allow anything easily, as both Colten Ellis of Springfield and Brandon Bussi of Providence came out with laser-like focus. Bussi was exceptional from the get-go, as he turned away a trio of point-blank chances in the opening 10 minutes off of Will Bitten, Joey Duszak, and Zach Dean.

Operating on the first power play of the afternoon, the T-Birds instead saw the scoreless deadlock broken when Jayson Megna intercepted a pass and beat everyone up ice to beat Ellis on a backhand breakaway, giving the P-Bruins a 1-0 lead at 11:23 of the first period.

Megna's tally, which began Providence's Teddy Bear Toss, proved to be the only shot to beat

Bussi or Ellis for the next period and a half. The T-Birds peppered the Providence net from all angles and in all situations, but Bussi continued to bamboozle his division foes.

With Springfield still pushing hard to equalize, Oskar Steen finally afforded Bussi and his defense some insurance when he elevated a wrist shot past Ellis 3:58 into the final period. Joey Abate and John Beecher would follow suit, setting each other up for odd-man rush goals at 13:45 and 15:37 respectively. With the game well in hand, the Bruins' top power play unit added one more for good measure as Georgii Merkulov potted the Bruins' 5th goal at 19:28.

The T-Birds get some well-deserved rest before a crucial two-game series in Charlotte next Saturday and Sunday against the Checkers inside Bojangles' Coliseum. Puck drop on Saturday is set for 4 p.m., with a 1 p.m. matinee on tap for Sunday.

## Pioneers 2024 schedule released

LUDLOW – Earlier this week, the Western Mass. Pioneers have released their 2024 schedule. It includes potential participation in the U.S. Open Cup, which begins on March 19. The Pioneers have won an Open Cup match in the past. Later, the Pioneers have their "friendly" exhibition game scheduled for May 10. They will face 3<sup>rd</sup> Eye FC prior to the start of their USL-2 League schedule. Their opener for the regular season is against the Boston Bolts on the road May 14. Their home opener is scheduled for May 18 against Pathfinder FC of New York. The schedule continues through July 13 and includes a total of 14 games.



# Pitkat gets new ride as he returns to Stafford

STAFFORD SPRINGS, CT – Woody Pitkat announced today that he will return to competition in the Open Modified events at Stafford Motor Speedway during the 2024 season. Pitkat will drive the No. 8, a Chassis Pro machine, owned by Mike and Makayla Holmes.

Pitkat will run all of the Open Modified events, including the \$20,000 to win NAPA Spring Sizzler to open the season, April 27-28.

“Mike has been a friend over the years and driving for him in this new car is a great opportunity,” Pitkat said. “The team will remain very similar to our team with Dunleavy Racing, with Cam McDermott as the crew chief and many of our crew members. We’re looking forward to getting back to Stafford, a place I am lucky enough to call home. They have done a great job with their short-track racing program and we’re excited to chase wins in these major events.”

The team may also run additional events in New England if time allows. Pitkat announced last week he will return to Dunleavy Racing to compete for the full Monaco Modified Tri-Track Series schedule driving their No. 88.

Mike Holmes & Son Excavating includes services like septic installation, septic repairs, complete house lots, additions, yard expansions, drainage work, gravel driveways, trucking and more. They also have a 24-hour emergency service available.

“We’re beyond excited to finally be a car owner, especially with having a driver like Woody Pitkat behind the wheel,” Mike Holmes said. “Woody has become a great friend over the years and I’m blessed to have Cam and his wife, Lauren, who have become family to my wife Makayla and I, along with our entire crew. I can’t thank Todd Owen, the Chassis Pro team, and all of our sponsors and crew members enough. We’re looking forward to Stafford and some other races we will have scheduled to chase checkered flags and have a fun year.”

Pitkat is second on the all-time Stafford Motor Speedway wins list with 83 career victories, the most recent in 2023. He’s also a two-time Stafford Late Model champion and a former SK Modified champion at the Connecticut half-mile.

# Railers suffer loss to Lions

TROIS-RIVIÈRES, QC – The Worcester Railers HC (25-25-4-2, 56pts) lost to the Trois-Rivières Lions (23-26-3-3, 52pts) on Saturday afternoon by the final score of 3-1 in front of a crowd of 2,224 at the Colisée Videotron. The Railers head back home to play the Reading Royals for their second school-day game of the year on Wednesday, March 13th at 10:05am.

Trois-Rivières notched the game’s first two goals from Jakov Novak (1-0-1) and Justin Ducharme (1-0-1) to go up 2-0 entering the second. Nicolas Guay (1-0-1) extended the Lions lead to 3-0 with an early goal in the second. Trevor Cosgrove (1-0-1) scored the final goal of the game in the second on the power play as the Railers would go on to lose 3-1 to Trois-Rivières to wrap up the weekend.

Jakov Novak (21st) continued his hot play against the Railers with his 13th point against the team this year. Novak found the puck loose in front on a chaotic play in front of Ceci and proceeded to pat it past him to Put the Lions ahead 1-0. While short-handed, Cory Thomas airmailed a puck from his own corner into the neutral zone. Justin Ducharme (14th) skated past the Railers defense and scooped up the puck en route to scoring blocker side on a breakaway past Ceci to make it 2-0 Trois-Rivières going into the second.

Trois-Rivières picked up in the second where they left off in the first with a goal just 3:57 into the frame. Nicolas Guay (6th) entered the Railers zone on a three-on-one rush with Tyler Hylland and John Parker-Jones. As the puck bounced around the attacking zone, Guay placed a perfect shot bar-down past Ceci for his second goal in two games to make it 3-0 Lions. Worcester went to the power play for the second time off a trip from Nicolas Lariviere. Trevor Cosgrove (7th) hammered a one-timer off a pass from Keeghan Howdeshell and made it 3-1 Railers on the man-advantage. The Lions continued to pressure in the second, but Cole Ceci was strong the rest of the period as Worcester was outshot 13-7 in the second.

Worcester woke up in the third, outshooting the Lions 18-2 in the frame. Worcester tested Strauss Mann heavily in the period, but the Greenwich, CT native was strong in net as he turned all 18 shots aside. He secured the third star of the game for the Lions, along with the win for Trois-Rivieres.

## FALCONS from page 15

qualify for the state tournament. The top six finishers in each weight class automatically qualify for states.”

The Division 2 state tournament was held at Algonquin Regional in Northborough the following weekend.

At the end of the first day of the Division 2 state tournament, the Falcons were sitting in seventh place.

Pfaff figured the chances of his team winning the state title was very slim at that point.

“I was just trying to get as many wrestlers as I could to advance to the next day,” he said. “We wound up having seven wrestlers advance.”

While most of the other wrestling teams spent the night at a hotel in the Northborough area, all the Minnechaug wrestlers headed home after the first day of competition.

“Going home gave us an opportunity to regroup,” Pfaff said. “All seven of our wrestlers won their first match of day two and we were able to move up to second place.”

After sophomore Kai Ly won the individual state title in the 126 weight class, the Falcons were trail-

ing first place Milford by four and a half points.

“I felt very good after winning the individual state title,” Ly said. “This was a very special season for us.”

Senior Sam Dean entered the finals of the 190 weight class needing at least a major decision (5 points) for the Falcons to capture the state title for the first time.

“I took Sam to the back of the gym to get him warmed up and into the right mindset,” Pfaff said. “We didn’t tell him how many points that we needed to win the state title. I just wanted him to focus on his match. I didn’t want to put any extra pressure on him.”

Dean, who joined the wrestling team as a sophomore, managed to pin his opponent 1:12 into the first period, which sealed the Falcons first state championship title.

“I didn’t realize my match would seal the deal for us,” said Dean, who’s planning to play football at Franklin Pierce next fall. “It just felt awesome when the coaches told me that we had won the state title.”

The other Falcons wrestlers, who competed on day two in the Divi-

sion 2 state tournament, are junior Ezekial Vargas (106 weight class), junior Hunter Gormally (157), sophomore Zayde Faccetti (165), junior Matthew MacPhil (175), and junior Johnny Bermudez (285).

“All of the kids worked very hard, and our depth was a key factor in winning the state title,” Pfaff said. “It’s something that they’ll cherish forever. Everyone was thrilled.”

The only other senior listed on the Minnechaug wrestling roster is Owen Goldberg.

The Falcons wrestling team, who had finished in second place at the state tournament during the past two years, had seven wrestlers compete at the All-State championships at Salem High School.

“To have seven kids qualify for All-States was incredible,” Pfaff said. “We competed against wrestlers from Division 1, 2, and 3 in that tournament.”

Dean finished in fifth place and Ly finished fourth in his weight class, which qualified them for the New England Championships.

## HAMILTON from page 6

it’s entwined with foreign policy.

Immigrants and refugees often are fleeing dire conditions in their home countries. We need to work with those regions to address the issue.

I learned early in my time in Congress that foreign policy wasn’t something most constituents were eager to discuss. I rarely spoke about foreign policy on visits to the district, where people were more likely to want to know about a local dam project or government actions that directly affected them.

Interestingly, I was most likely to get questions about foreign policy when I spoke at high schools. High school students were well prepared for my visits, and they would zero in on foreign policy issues.

With current issues, most Amer-

icans were outraged by Russia’s invasion of Ukraine in February 2022 and inspired by Ukraine’s brave resistance. But, as the war dragged on, it receded from the headlines, and interest in the U.S. has flagged.

Recently, center stage has gone to Hamas’ attack on Israel, which killed 1,200 people, and Israel’s response, which has reportedly killed 25,000 people in Gaza. The Middle East is almost in a category by itself for public attention.

Many Americans feel strongly about Israel’s importance in U.S. foreign policy. Conflicts in the Middle East, and relations between Israel and its neighbors, get more coverage in U.S. news media than news from Asia, Africa or even from Europe.

Wars and conflicts draw news coverage, but other foreign policy issues also matter a lot. Our relationship with China is the most im-

portant bilateral relationship in the world, and problems there can have a global impact.

Climate change is an existential issue that transcends national borders. Trade, terrorism, cybersecurity and global migration require multinational cooperation.

Foreign policy issues may not rise to the top of the public’s concerns, but voters – and politicians – should pay attention to them in this election year.

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

# PUBLIC NOTICES

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD24C0064CA  
In the matter of:  
Robbin Joy Lauzon  
CITATION ON PETITION  
TO CHANGE NAME  
A Petition to Change Name of Adult has been filed by Robbin Joy Lauzon of Wilbraham, MA requesting that the court enter a Decree changing their name to:  
Robbin Joy Vipond  
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 3/27/2024.****

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: February 27, 2024  
**Rosemary A Saccomani**  
Register of Probate  
03/14/2024

**Town of Hampden  
Notice of Public Hearing**  
The Hampden Planning Board will hold a Public Hearing on **Wednesday, March 27, 2024 at 6:30 PM** in the Town House, 625 Main Street, Hampden, MA on the application of Theresa Allen for a Special Permit under Section 6, Use 4.20, Business or Professional Offices or Banks, to operate Champs Fighting and Fitness,

a multi-purpose fitness studio within the Commercial District located at 106 East Longmeadow Road and owned by David J. Henry of 9 Commercial Drive, Hampden, MA. Information related to this application is on file in the Town Clerk’s Office and is available for review by the public during normal business hours.

For the Board,  
Madison Pixley, Chair  
Hampden Planning Board  
03/07, 03/14/2024

**WILBRAHAM  
BOARD OF APPEALS  
PUBLIC HEARING**  
The Wilbraham Zoning Board of Appeals will hold a Public Hearing on **Thursday, March 21, 2024 at 6:00 PM** on the application of ASD Three Rivers MA Solar, LLC for a special permit (ZBA24-03) under section 10.4 of the

Wilbraham Zoning By-Law to allow removal of approximately 5,000 cubic yards of rock from the construction site on the property owned by ASL Three Rivers Land Holding, LLC located at 285 Three Rivers Road 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](http://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/902233709> or call 877-309-2073 (Access Code: 902-233-709).

Edward Kivari Jr.,  
Chairman  
03/07, 03/14/2024

**MORE PUBLIC NOTICES ON PAGE 19**

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## HIGHWAY SUPERINTENDENT

The Town of Brookfield is seeking an experienced full-time Highway Superintendent. Full job description at **brookfieldma.us**. Please submit resume and cover letter to **selectmen@brookfieldma.us**. Application review will begin after March 28th. Resumes accepted until position is filled. Brookfield is an equal opportunity employer.

**SQUIER & CO.** is looking to hire an oil truck driver. \$40,000-\$60,000 full time. Squire will provide CDL school for the right candidate! **Email: squieroil@verizon.net. Call 413-267-3184** or visit us at 5 Squirer Ave., Monson, MA. Monday-Friday.

The Town of Huntington is seeking a part-time **HIGHWAY ADMINISTRATIVE ASSISTANT** for 16 hours per week. Applicants must be proficient in Microsoft Word, Excel, and Outlook. Hours are flexible, but must be worked during the regular highway department hours of Monday through Friday, 7:00 a.m. to 3:00 p.m. to assist the Highway Superintendent. Application and complete job description are available online at **www.huntingtonma.us** or by emailing **admin@huntingtonma.us**. Position is open until filled. Town of Huntington is an Equal Opportunity Employer.

## FILL OUT AND MAIL THIS MONEY MAKER

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MORE PUBLIC NOTICES ON PAGE 17

PUBLIC NOTICES

WILBRAHAM BOARD OF APPEALS PUBLIC HEARING

The Wilbraham Zoning Board of Appeals will hold a Public Hearing on Thursday, March 21, 2024 at 5:30 PM on the application of Antigone Panidis for a special permit (ZBA24-01) under section 3.4.5.5 of the Wilbraham Zoning By-Law to allow the operation of a medical spa on a portion of the property owned by Executive Home Offices LLC, located at 380 Main Street 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/902233709 or call 877-309-2073 (Access Code: 902-233-709).

Edward Kivari Jr., Chairman

03/07, 03/14/2024

WILBRAHAM BOARD OF APPEALS PUBLIC HEARING

The Wilbraham Zoning Board of Appeals will hold a Public Hearing on Thursday, March 21, 2024 at 5:45 PM on the application of Christopher Arillotta for a special permit (ZBA24-02) under sections 3.4.5.17 and 3.9.3.3 of the Wilbraham Zoning By-Law to allow an existing food service establishment (The Local Table n Tap) to add a 466± square foot addition to the existing outdoor

patio dining area on the property owned by Maxine N Dunitz Trustee located at 2039 Boston Road 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/902233709 or call 877-309-2073 (Access Code: 902-233-709).

Edward Kivari Jr., Chairman

03/07, 03/14/2024

TOWN OF HAMPDEN CONSERVATION COMMISSION NOTICE OF PUBLIC HEARING

In accordance with the provisions of the Massachusetts Wetlands Protection Act, (MGL CH 131, S 40), it's implementing regulations (310 CMP 10.00) and the Town of Hampden's Wetlands Protection Bylaws, the Hampden Conservation Commission will hold a public hearing on Wednesday, March 20, 2024 at 6 PM at the Town House, 625 Main Street, Hampden, for a Request for Determination of Applicability, (RDA), submitted by the BSC Group on behalf of Massachusetts Electric Company for the installation of two (2) utility poles with tree removal to permit installation of an overhead electrical utility line along 521-600 Glendale Rd. Additional information relating to this request is on file in the Conservation Commission

office and available for review by the public by contacting the Commission. Anyone interested in or wishing to be heard on the request may appear at the time and place designated.

On Behalf of the Conservation Commission, Judy McKinley-Brewer, Ted Zebert, co-chairs

03/14/2024

PUBLIC HEARING - APPLICATION FOR A NEW LIQUOR LICENSE

The Wilbraham Select Board will hold a public hearing under Massachusetts General Laws Chapter 138, Section 15 on Monday, April 1, 2024 at 7:05 PM at the Town Office Building, 240 Springfield Street, Wilbraham, to hear public comment on an application for a new annual Section 15 Wines and Malt Beverages license submitted by The Guilty Grape, LLC dba The Guilty Grape, located at 6 Burt Lane, Suite 103, Wilbraham with Robert Ward Jr as the Manager of Record. Anyone wishing to comment on the application will be heard. This meeting will be conducted in person and virtually (see meeting agenda for details).

WILBRAHAM SELECT BOARD Local Licensing Authority 03/14/2024

Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court

50 State Street Springfield, MA 01103 (413)748-7758

Docket No. HD24P0412EA Estate of: Michael Joseph O'Sullivan Date of Death: 12/24/2016 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for Late and Limited Formal Testacy and/or Appointment has been filed by Jason R O'Sullivan of Springfield, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that: Jason R O'Sullivan of Springfield, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 03/29/2024.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the

return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Barbara M Hyland, First Justice of this Court.

Date: March 01, 2024 Rosemary A Saccomani Register of Probate 03/14/2024

HAMPDEN WILBRAHAM REGIONAL SCHOOL FY2025 BUDGET HEARING LEGAL NOTICE

The Hampden-Wilbraham Regional School Committee announces the public hearing on the proposed regional budget for FY2025 is scheduled for Thursday, March 21, 2024, 6:30 p.m. at Minnechaug Regional High School IRC, 621 Main St., Wilbraham, MA and via Live Stream on YouTube: https://youtube.com/live/AIXC6RP1TqY?feature=

share For additional information visit: https://www.hwrds.org/03/14/2024

WILBRAHAM PLANNING BOARD PUBLIC HEARING

In accordance with M.G.L. Chapter 40A, Section 5, the Wilbraham Planning Board will hold a Public Hearing on Wednesday, April 3, 2024 at 5:45PM in the Town Office Building, 240 Springfield Street, to give interested parties the opportunity to comment on a proposed amendment to the Wilbraham Zoning By-Law to adopt regulations for Battery Energy Storage Systems and modify related regulations for Large-Scale Ground-Mounted Solar Energy Systems by amending Sections 1.3, 3.4, and 10.7 and by adding a new Section 10.9. The complete text of the proposed amendments is available for review in the Town Clerk's Office and the Planning Office during normal business hours and posted for public viewing on the Planning Board page of the Town of Wilbraham website at www.wilbraham-ma.gov/123/Planning-Board. All persons interested or wishing to be heard on this matter are urged to attend the public hearing.

Both in person and virtual participation are available. To participate virtually go to https://meet.goto.com/978691125 or call 877-309-2073 (Access Code: 978-691-125).

John McCloskey, Chair 03/14, 03/21/2024

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

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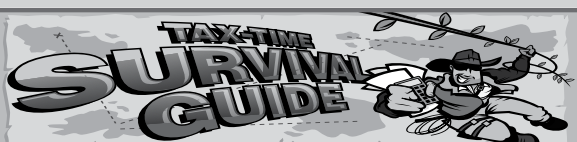
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# DL&G TREE

