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



Turley photos by Kristin Rivers
Sarah the Fiddler entertains the audience during the St. Patrick's Day Luncheon at the Hampden Senior Center.

Hampden celebrates St. Patrick's Day with festive luncheon

Sarah the Fiddler provided entertainment

By Kristin Rivers
Editor
krivers@turley.com

HAMPDEN - The senior center was a full house on March 15 for a festive St. Patrick's Day luncheon. The luncheon included a meal of

corned beef, cabbage, carrots, red bliss potatoes, rye bread and cake for dessert, with performances by Sarah the Fiddler.

The event was sponsored by the Hampden Cultural Council.

Lifelong friends Audrey O'Connor and Marion Holden were among the many attendees at the luncheon, decked out in St. Patrick's Day-themed attire to celebrate the occasion.

Holden enjoyed the performanc-

es, food and the opportunity to spend time with each other and new and old friends.

"The meal was great and the entertainment was better. It was wonderful, she could go on all day," Holden said. "It was wonderful, it was very nice."

For O'Connor, it's also an opportunity to gather and spend time together, praising the senior center for

Please see **ST. PAT'S**, page 4

Author Hanna Perlstein Marcus reflects on sewing and family

By Kristin Rivers
Editor
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HAMPDEN - Author Hanna Perlstein Marcus visited the library on March 16 to talk about her latest book, "Sidonia's Seam Binding."

The book is the third in a memoir trilogy about her upbringing and her late mother, Sidonia Perlstein, a Holocaust survivor of three different concentration camps who was originally from Hungary.



Turley photos by Kristin Rivers
Author Hanna Perlstein Marcus signs copies of her books to attendees during her author talk at the Hampden Free Public Library on March 15.

Perlstein later immigrated to the United States and settled in Springfield, turning to sewing and dressmaking to make a living.

The first two books are "Sidonia's Thread" and "Surviving Remnant," with all three books available

Please see **SEWING**, page 9

Wilbraham's new senior center holds soft opening

The grand opening occurs on April 20

By Kristin Rivers
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WILBRAHAM - The town's new senior center held a soft opening on March 18 to introduce the community to its new space.

Located at 250 Springfield St. behind Town Hall, the new space includes an information station, lounge space, a cafe area, a library space and a large multipurpose room, with a divider included between that and the cafeteria and commercial kitchen. Opening the folding glass doors in the multipurpose room brings you to an outdoor space that is ADA-accessible and will soon contain patio furniture and bocce courts.

Heading upstairs, residents will find a game room with two billiards tables and additional



Turley photos by Kristin Rivers
An exterior shot of the new Wilbraham Senior Center on Springfield Street in Wilbraham. The senior center held a soft opening for the community on March 18.

lounge space, a bar-type area with stools and a counter, a fitness room, a wellness room for appointments including massage, foot care, reiki, attorney

visits, massage, reflexology and SHINE visits and two activity rooms.

The fitness room includes a membership of \$10 per month

for Wilbraham seniors and \$20 per month for non-Wilbraham seniors.

Paula Dubord, director of elder affairs, was excited to see

residents come in to check out the new space.

"It's been a long time in the making. I've been working on this for 14 years, so this is a day that we've been waiting for for a long time," Dubord said. "We're excited."

Dubord is also excited about providing multiple spaces for seniors to spend time together, which the prior space did not have.

"We have a cafe that will have pastries and muffins and coffee daily available for folks. You take a few steps forward and you're into the lounge area and around the corner from the lounge area is a beautiful library. All places that people can just come and sit, meet a friend, a play a game of chess or checkers or whatever," Dubord said. "Upstairs, we have more space for people that we didn't have before."

Dubord said everything was

Please see **SENIORS**, page 5

Finance Committee learns more about HWRSD budget cuts

Other topics include computers and future staffing

By Harrison Giza
Staff Writer
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WILBRAHAM – The Finance Committee came together on March 13 to hear about budget cuts, computers and future staffing moving forward into the 2025 year for the school district.

Aaron Osborne, assistant superintendent for finance, operations and human resources, led most of the computer purchase discussion, detailing just how much HWRSD would be losing and gaining.

“In past years,” Osborne said, “we did offer an insurance plan. I think we had two, maybe three papers. It wasn’t very popular, quite honestly, I do not believe we will continue that because it didn’t really go anywhere. The challenge becomes the ability to control any of those devices and durability to integrate with those devices. Some of the devices that come in might be laptops, they might be iPads, they might be Apple MacBooks, things like that and it is really hard to provide support for all of those and then knowing what students might put on their own personal Chromebook.”

Osborne then explained the status of fiscal year computer plans, expanding on Chromebook stability.

“Dealing with those,” Osborne said, “we also have the ability when we are using our own Chromebooks, to really just swap a Chromebook for a student, so if there is an issue or a problem with that student’s Chromebook, we literally take it out of service, give them a new one and then we get that one fixed or we fix it ourselves. So, it is something that we have had in the conversation, but as we talk to other districts, they’ve had some real challenges dealing with that.”

The room changed tone as the conversation switched to the issue of cutting future HWRSD staff.

“As I think we talked about a number of times,” Osborne said, “our Green Meadows Middle School enrollment in the past year has all but dried up. We have a handful of, I believe, five total students at the Green Meadows Middle School right now. All of the other students have transferred to Wilbraham Middle School, so we have really eliminated those middle school teaching positions.”

Osborne then showed a series of slideshow panels he had brought for the presentation to explain the situation, displaying over 20 expected position cuts ranging from school counselors to custodial positions.

“Those are not layoffs of staff,” Osborne said, “most of those positions are sitting vacant for people who have already moved to other positions. So, we are not anticipating staff re-

FY24 & 25 Staffing Reductions To Meet Budget = \$1,055,201

Year:	Position:	Location:	FTE:	Amount:
FY24	School Counselor	District	1.00	\$57,187
FY24	School Counselor	District	1.00	\$56,541
FY24	School Counselor	District	1.00	\$64,362
FY24	BCBA	District	1.00	\$72,440
FY24	BCBA	District	1.00	\$57,187
FY24	Assistant Principal	GMS	1.00	\$96,900
FY25	BCBA	District	1.00	\$76,294
FY25	Custodial	TWB	1.00	\$45,685
FY25	MS ELA Teacher	GMS	1.00	\$92,531
FY25	MS SS Teacher	GMS	1.00	\$77,629
FY25	MS MA Teacher	GMS	1.00	\$77,629
FY25	MS SC Teacher	GMS	1.00	\$77,629
FY25	MS Language Teacher	GMS	0.20	\$15,526
FY25	MS Team Leads (s)	GMS	0.00	\$4,080
FY25	COTA/Ed Coach	TWB	1.00	\$30,063
FY25	SPED Teacher	WMS	1.00	\$76,684
FY25	SPED Para	WMS	1.00	\$26,760
FY25	SPED Para	WMS	1.00	\$25,248
FY25	SS 12 Mo Admin	District	0.25	\$14,304
FY25	SS 10 Mo Admin	District	0.25	\$10,522

Total FTE = 16.7

Turley photo by Harrison Giza

A screenshot of a slide depicting staffing reductions to meet the FY24 and FY25 budget for the Hampden-Wilbraham Regional School District presented during the March 13 Finance Committee meeting.

duction to do that... we are planning on moving middle school students out of TWB (Thornton W. Burgess Middle School) this coming year so there are some staff that will be able to reduce due to those students moving to Minnechaug.”

Another important note Osborne spoke about was the significant amount of revenue changes over the past year, explaining HWRSD did not qualify for the Circuit Breaker Relief Reserve.

“We lost our ESSER Grant,” Osborne said, “as you know all of our ESSER/COVID money dries up this year. We were supporting the budget with \$350,000 a year to retain positions and keep the budget stable. We, as we alluded to before, have run through most

of our excess and deficiency. We have \$763,000 available and last year we put \$1,050,000 into the budget so that resulting difference is \$287,000 of revenue.”

Finance Committee member Xiomara Albán DeLobato, who is also chief of staff and vice president for the Western Massachusetts Economic Development Council, spoke her mind on the series of educational changes.

“Like the majority of any municipal budget,” DeLobato said, “whether it is us, Springfield or whoever, goes to education... and I am a very firm believer that we do need to give when we have the ability to do it, give our young people and our students something... they are the future. When we are all

gone, these kids are the ones that are leading our governments, our jobs, everything and there is a responsibility to make sure that our educators have the tools that they need in order to best prepare our students, and I can’t ignore the fact that this past year, and I say this also because I am a trustee for another school, and the amount emotional burden and labour that has gone into the educational system in general for our teachers is just brutal. It is just different than pre-pandemic. So I just feel that there is a lot of that as well, that our teachers and educators are not just dealing with literal operational costs of running a school... it is also a major emotional shift that our children has experienced, that our teachers are dealing with outside of the classroom, it is just intensified times 100.”

DeLobato continued to speak with students and others in mind.

“I am a big advocate for making sure that our school districts are funded,” DeLobato said, “because our educational system, in general, is always one of the first ones on the chopping block when we are looking at budget cuts and we forget that we all benefited from education when we were in it. So, for this presentation overall, thank you for clarifying any questions that we have. The last thing that I’ll say is that I think it is important to ensure that we are from a strategic vision of just smart investment. Just really thinking innovatively, creatively. I like that and I heard that tonight.”

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>.

Correction

In our story on the March 4 Select Board meeting, there were errors brought to our attention that need to be clarified. The bill supported by State Sen. Jacob Oliveira is S1319 and by State Sen. Joanne Comerford and State Rep. Aaron Saunders is H3230.

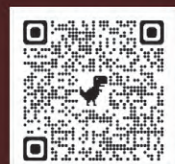
The bill mentioned in the article, S2164, was not mentioned in the meeting in question and had been provided as additional background information to us around the issue.

We apologize for these errors.



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Selectmen hold public hearing on National Grid/Verizon pole petition

Double pole issue also discussed

By Kristin Rivers
Editor
krivers@turley.com

HAMPDEN - The Board of Selectmen held a public hearing on March 18 on a National Grid/Verizon pole petition.

The support pole would be installed approximately southeast of the intersection of Pinewood Road and Allen Street.

Kyle Jewers, a representative from National Grid, explained the petition pertains to a single pole location required to support pole loading analysis.

"It will be three or four feet off of the roadway and it's just simply to support one of the utility poles along Allen Street," Jewers said.

After Selectman member John Flynn asked if it was a support pole and Jewers confirmed yes, Craig Rivest wondered about the location.

"So it's going to be directly across the street with a guy wire riding above to support the pole on the other side?" Rivest said.

"Yes," Jewers replied.

"Is the pole compromised that it's going to be supporting?" Rivest said. "I'm assuming that's why it's supporting it, I mean, because there's something wrong with the pole."

Jewers said no. "There's an additional circuit going on top of the whole line on the east side of the road. It's just needed for the support of the new circuit, really," Jewers said.

When Rivest asked why other poles aren't needed for this type of support, Jewers explained this pole has a slight angle with a couple of services.

"The loading analysis that we do on these double circuit poles, we hold them to a higher standard because they're more critical," Jewers said.

Chair Donald Davenport then brought up double poles, explaining how there's a backlog of 50 in town to be replaced and "there's probably another 50 here, so it's like 100 double poles."

"I sent a letter--I sent an email to National Grid and to Verizon and neither one had the courtesy to respond. So, I'm probably going to be petty and vote against this one," Davenport said.

Davenport showed Jewers photos of double poles in town, including one dangling off the base and being held up, he assumed, by the wires. Braces were also moved.

He explained his concerns about no response from Verizon and National Grid, stressing the importance of being kept up-to-date.

"Because two things. Number one, they're dangerous. Number two, they're on a main street and I

think the people pay enough money in rates to National Grid and Verizon and Spectrum that, you know, we could at least take care of this in an expeditious manner," Davenport said. "At least with what the law says, which is 90 days. But that one that's floating in air, the mystery pole, is quite interesting."

Rivest added reports of power outages and cable interruptions within the area where the infrastructure is being replaced as another concern.

"Today, for instance, there was a momentary--I don't know how long it was--but there was a power outage which set off fire alarms in a building," Rivest said. "So I mean there's a little bit going on over there."

Lisa Jasinski, another representative from National Grid who used to work in Hampden, suggested Davenport send her his initial email so she can make sure someone gets in touch about the double poles.

"If there is a pole set, typically, I can't say the top of it, but typically, electric or National Grid's wires are transferred," Jasinski said. "Because we transfer and then we cut off that old pole down so that the next utilities can (work)."

Everyone agreed to have Administrative Assistant Lauren McCormick forward the email to Jasinski.

No abutters or residents were present at the meeting to share their thoughts.

The petition was approved 2-1.

2nd Annual Earth Day Community Clean-Up seeking volunteers and sponsors

WILBRAHAM - The Keep Wilbraham Beautiful Committee (KWBC) has announced that the 2nd Annual Earth Day Community Clean-Up will take place on Saturday, April 20. Those interested in volunteering can report to Fountain Park between 8 - 9 a.m., where safety vests, gloves, trash pickers, and garbage bags will be provided. KWBC representatives will direct volunteers to areas of town in need of trash removal. A complimentary lunch will be provided to all volunteers at Fountain Park following the clean-up.

KWBC is appreciative of the generous continued support and collaboration of the DPW, local police, USA Waste, NEPM, and Wilbraham Select Board. Rice Fruit Farm and Friendly's are joining the efforts for 2024, and additional sponsors are sought to offset the costs related to the volunteer appreciation luncheon and the purchase of additional safety vests, signage, and trash pickers for the event. If you are inclined to offer monetary support, checks can be made out to the Town of Wilbraham and earmarked for Earth Day. All sponsors will be recognized both on the KWBC website and Facebook page.

KWBC is also seeking organizations who would like to host a table at Fountain Park during the event. These tables could offer information about taking care of the Earth or family-friendly activities.

For more information on how to get involved in this community event, please visit KWBC's website: <https://sites.google.com/view/wilbraham-earth-day-cleanup/home>. KWBC can also be found on Facebook by searching "Keep Wilbraham Beautiful" or <https://www.facebook.com/groups/keepwilbrahambeautiful/>.

You can also contact Event Chair Megan Harrigan at keepwilbrahambeautiful@gmail.com.



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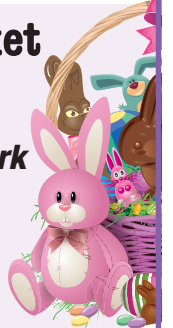


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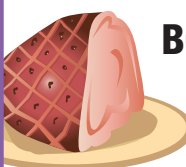
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Sarah the Fiddler with her music as she awaits meeting attendees during the St. Patrick's Day Luncheon at the Hampden Senior Center on March 15.



From the left, Audrey O'Connor, Marion Holden and Cathy Roissing smile for a group photo during the St. Patrick's Day Luncheon at the Hampden Senior Center.



Turley photos by Kristin Rivers
Sarah the Fiddler plays her fiddle as attendees watch during the St. Patrick's Day Luncheon.



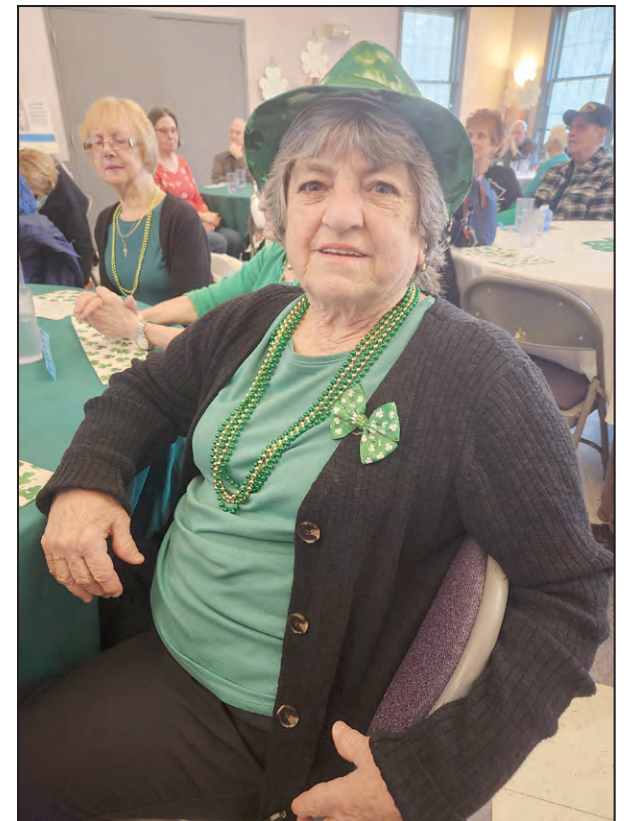
Submitted photo Diane Marino
A group shot, from the left, of Mindy Meeker, Patty Tabb, Angie Jacque, Claudia Kapinos, Mikki Langone, Caryn Greco, Lil Fedora and Tom Farrow, the volunteers who helped the senior center prep and serve during the St. Patrick's Day Luncheon at the Hampden Senior Center.



Joe Dziok sings "Danny Boy" during the St. Patrick's Day Luncheon at Hampden Senior Center. Dziok performed alongside Sarah the Fiddler and her husband, Keith DaSilva.



Sarah the Fiddler and Arthur Audet get into the groove during the St. Patrick's Day Luncheon at the Hampden Senior Center. Audet would frequently dance to the songs throughout the luncheon.



Judy Fleury was one of many attendees decked out in St. Patrick's Day-themed attire.

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providing events such as the luncheon for seniors to enjoy.

She added how the senior center holds luncheons for every holiday.

"It's been great because you're always looking for things to do now that you're retired," O'Connor said. "When we have a gathering like this, we make it a point to come."

Holden was thrilled to see so many people turn out for the luncheon, with O'Connor saying it was unbelievable.

"I think it's wonderful. It shows that, even though we live in a little town, it shows that we can do big things," Holden said.

Sarah the Fiddler, her real name Sar-

ah Lynn Michel DaSilva, loves bringing her shows to the community to share the power of music and connection, explaining she also performs at nursing homes.

She also works with people who have Alzheimer's and dementia, watching how music transforms them.

"What's fascinating about music is that they can still sing. It's really powerful. So I can go into a room and know that I got somebody who's Irish and I can play 'When Irish Eyes Are Smiling' and they will start singing," Michel DaSilva said. "And a lot of times, if there's a family member there, the family member would say, 'I haven't heard his voice in years, because he hasn't talked but he will sing.'"

Michel DaSilva hopes attendees

learned "there's a lot more to the fiddle than people think."

"Today, the community was brought on a journey. We did Old-time, we did Irish, we did Cape Breton, we did Scottish, we did Bluegrass. The fiddle is capable of so many styles that no matter who you are, there's going to be a style that you're going to be able to connect with," Michel DaSilva said.

Diane Marino, the senior center's activities coordinator, was elated with the event and praised the volunteers who lent their support.

"It was amazing. Everybody was clapping and enjoying it so, so much. Every time someone walked by me when they left, they congratulated the event. 'Please have more of these' and 'Get more people

like Sarah.' She was great," Marino said. "It was just so exciting for us to be able to do this for our seniors."

Marino wants the community to keep an eye out for future events, so they don't miss them.

"We fill up very quickly, so if you read about anything that's going on, please call right away and reserve a seat," Marino said. "I hope that you can come and enjoy all of our events."

O'Connor and Holden also encourage the community to attend future luncheons.

"Don't miss it! Come and you'll have a good time," O'Connor said.

"The more people that come, the more they'll be able to have it every year and that's important, I think," Holden said.



A look inside the fitness room at the new Wilbraham Senior Center in Wilbraham containing 13 pieces of fitness equipment including treadmills, bikes, ellipticals and more.



A photo of one of the activity spaces inside the new Wilbraham Senior Center in Wilbraham.

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possible due to the community support, expressing gratitude to the Friends of Wilbraham Seniors and everyone who donated to their capital campaign.

“All of the furniture, the equipment you see in here, all of the accessories, the art, everything was paid for through those donations. They worked very hard to raise it,” Dubord said.

Dubord said the new space will also encourage socialization for seniors and places to connect, sharing how people are already talking about forming friendship groups or friendship clubs.

“That’s what it’s all about. We are hoping for people to come in, feel connected, get connections with people and make this a place they just want to come and hang out,” Dubord said.

Dubord encouraged the community to share their ideas on what events and programming they would like to see in the new senior center, expressing excitement at the opportunity to provide more for seniors.

“The possibilities here are endless, so we really want to hear from folks. What do they want and we will try to make it happen,” Dubord said.



From the left, Jered Sassen, director of Veterans Services, Paula Dubord, director of elder affairs at the Wilbraham Senior Center, Barbara Harrington, social services coordinator at the Wilbraham Senior Center, and Jennifer Finnigan, activities/volunteer coordinator at the Wilbraham Senior Center, smile for a group photo.



A wide shot of the library space at the new Wilbraham Senior Center.

Dubord wants the community to know the senior center “is a center for the community” and they look forward to offering space for events, meetings and for local and community groups.

“We’re really excited about having the whole community come in to use this space,” Dubord said.

Dubord’s message for residents about the soft opening was this.

“We appreciate everyone’s support and we welcome everyone to come by and take a look. We couldn’t have done this without the entire community’s support, so we appreciate that and we look forward to many years here in this building,” Dubord said.

The new senior center will, next, hold its grand opening on April 20 at 10 a.m. with a ribbon-cutting ceremony followed by an open house until 1 p.m. The following day, April 21, another open house will take place from 11 a.m. to 1 p.m.



A photo of the new information station kiosk as residents arrive in the new Wilbraham Senior Center. The kiosk includes information on events, volunteer opportunities, the lunch menu and more.



The game room, containing two billiards tables, a bar-type space with a counter and seating and more lounge space inside the new Wilbraham Senior Center on Springfield Street in Wilbraham.



The wellness space for appointments including massage, foot care, reiki, attorney visits, massage, reflexology and SHINE visits inside the new Wilbraham Senior Center.

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USDA INSP. FRESH BONELESS AMERICAN LEG OF LAMB **\$4.99** lb

USDA INSP. FRESH BONELESS BEEF TOP SIRLOIN SPOON ROAST **\$5.55** lb

USDA INSP. FRESH BONELESS HOLIDAY PORK ROAST STUFFED W/ HAM CHEESE, PEPPER, BACON, OLIVES **\$4.49** lb

USDA INSP. FROZEN KINGFISH STEAKS w/ HEAD OR TAIL..... **\$4.99** lb

USDA INSP. FROZEN AT SEA HADDOCK FILLETS **\$5.99** lb

USDA INSP. FROZEN WILD CAUGHT SALMON FILLETS 1 LB BAG..... **\$5.99** lb

USDA INSP. FROZEN CLEANED CONCH MEAT 5 LB BOX..... **\$49.99** ea

USDA INSP. FROZEN COOKED SHRIMP 16/20 COUNT 1 LB BAG..... **\$7.99** ea

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VIEWPOINTS



A Fiskdale couple reported seeing an American woodcock in their large field.

They said, "On Saturday, March 9 we heard the first woodcocks of the season. So happy to have them back."

The woodcock has an extremely long bill, a short neck, a dark back and buff breast. Its feathers blend into the leaf litter. The long bill allows the bird to probe into the earth and it can open its beak below the surface to grab prey.

It can eat its weight in earthworms within 24 hours. It also eats insects and seeds. Woodcocks inhabit woods and thickets bordered by open areas.

Both sexes make a "peent" call. In spring, woodcocks display in open fields. The male rises in the air in wide circles. When he reaches about 50 feet about the ground his wings start to make a twittering sound. At about 200 to 300 feet the twittering stops. He give a canary like flight song and begins a zig zag descent.

Several males may display in the same field. Woodcocks are polygamous. Females are attracted to the area and mate with the males. Males continue to display after mating and may mate with other females.

After mating, the females raise their brood alone. The nest is a scraped depression in the ground lined with twigs or grass and placed within 100 to 200 yards of the male's display ground. The female lays four buff eggs with brown splotches.



Photo by Keith Ramos/USFWS

American woodcock

Canada geese

On Friday, March 1 I saw a large flock of Canada geese in a field in Spencer. On Monday, March 4 I heard the honking of geese. I looked up and saw two large flocks of Canada geese fly overhead. The first flock flew lower and lower and landed in my hayfield and the pond next to it. The second flock flew much higher and headed northward.

Belted kingfisher

On Feb. 29, a spotted pair of belted kingfishers at a small pond in Ware on my way back from the Ware River News/Barre Gazette office. I was surprised to see them this early.

Black bears and more

I received an email from a Wilbraham resident. He said, "It was March 1, when I woke to see the damage a bear did to our poles and feeders. This was the second time our poles and feeders were damaged by a bear, in the last few years. Shame on me, for not bringing the feeders in at dusk."

He said, "We have been casual bird watchers and feeders for over thirty years. It is relaxing and fun to see the local and migratory birds visit our feeders. Unfortunately, we have to consider the risks associated with placing food sources in our back yards. It means we have to be aware and maybe take the feeders in at dusk, putting them back out in the morning." He also

said, "However, that will not eliminate the chance for a bear/human encounter. Last year, a black bear was in our neighbors back yard, at 10:30 a.m. in the morning. The bear was attracted by the chickens in the coup. Fortunately, they have an electrified fence, surrounding the coup. After getting shocked, it ran across the street and into Cedar Swamp woods. It will be back, since a bear does remember where the food sources are located." He said he recently saw a male, pileated woodpecker.

Loon fact

The Loon Preservation Committee in Moultonborough New Hampshire included these interesting loon facts in their newsletter. Loons are physiologically adapted for life in the water, so much so that they struggle to walk on land as a result. Their dense, thick walled bones help to weigh them down in the water. The extreme rear-placement of their legs and feet allows them to maximize the propulsive force that they can exert with each kick.

Many studies documented the duration of observed loon dives. Most of these studies have reported that average loon dives last somewhere between 33 and 52 seconds, regardless of season or location. Loons diving to deeper depths tend to spend more time underwater than those diving in more shallow areas.

In a study of loons using Lake Michigan as a stopover site during fall migration, Kenow et al. (2018) found that loons diving to depths of 40 m (131 feet) were spending, on average, 139 seconds (over 2 minutes) underwater per dive. In contrast, loons diving to depths of just 20 meters (65 feet) in that study were spending less time under water per dive (87 seconds, on average).

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



News from my garden to yours

I received a text from a friend earlier today asking what is covering my strawberry plants.

I answered her with one word: water.

Yes indeed, a good portion of my garden is drowning at the moment, as are various parts of my yard. We have had too much rain in too short of a period and the ground is still frozen partway down.

It's happened before and will likely happen again, but every time it does, I wonder how these areas could possibly rebound and look good come spring. Usually, they do and with little help from me.

The water recedes and spring comes.

Keep in mind that the soil, be it in your garden or yard, will lose some of its fertility because of leaching, and it will be compacted from such excessive rainfall. Give your plants a side dressing of compost this spring; it will be sure to help restore fertility and improve the condition of the soil in general.

According to a soil test, my garden was notoriously low in nitrogen, so I incorporated blood meal into the soil at planting time with another dose a few weeks later. It didn't occur to me at the time, but flooding a couple of times early in the year could be the culprit of the low nitrogen reading.

Soil that is heavy with water literally pushes out the space that was meant for oxygen and becomes compacted. Without oxygen, plants' vascular systems won't function properly.

As I said before, a few days in the off season likely won't hurt much, but if this were to

happen during the growing season, your plants may look wilted even though they are sitting in water.

Root rot, perhaps, or simply that the roots are unable to absorb the water around them.

Lawns should be aerated to remedy this problem, and garden soil should be loosened – once it's dry of course – to get some air into the soil. This can be done numerous ways, by use of various hand tools.

Although scratching around with a three tine cultivator will likely bring some weed seeds to the surface, it is one of my favorite things to do in the garden. I find it a great stress-buster, too.

Do remember to try not to walk on saturated soil or it will compound the problem. Even in the spring when you are working in your garden, place a board under your feet to distribute your weight evenly and prevent more compaction.

Have you noticed that your houseplants have begun to put on an abundance of new growth? Mine sure have! Support this with a

dose of half strength liquid fertilizer.

I need to take cuttings of fuchsia and geranium plants that I overwintered. It will sure be great to make cemetery logs with our own geraniums this year.

I will simply cut a terminal (meaning top) stem about 4-5 inches long just after a node (that's where the leaved join the stem). I'll carefully take off all but the top two or three leaves and insert the leafless section into a small pot (say around 2-3 inches in diameter) of good quality moist potting soil.

The two or three leaves you left will be above the soil line. If you have rooting hormone on hand, you can dip the stem into that first, but you don't have to; plants in active growth usually root fine even without it.

I will place my cuttings in indirect light and mist with a spray bottle a couple of times a day to keep them from wilting before they root. Check in about a month, and if you are lucky, roots will have formed.

Please see **IN THE GARDEN**, page 12



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

Election letters to the editor policy

The Wilbraham-Hampden Times welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to Wilbraham-Hampden Times, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to krivers@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call the editor at 413-283-8393.

Campaign news
As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in Wilbraham-Hampden Times.

Select Board to meet with Finance Committee on Memorial School

Highlights include costs and safety

By Kristin Rivers
Editor
krivers@turley.com

WILBRAHAM - Select Board agreed on March 18 to have another meeting with the Finance Committee on Memorial School.

Chairman Theresa Goodrich was absent this week.

Town Administrator Nick Breault explained a formal letter from the Finance Committee was drafted to the board seeking several pieces of information on the future of Memorial School.

"Basically, in summary, how much will it be for the proposed amount to fix the building, to reduce what is being proposed for rec complex and perhaps other uses and over what period of time and that the Finance Committee would like this to be brought to town meeting for a vote," Breault said.

Breault said he was unsure if they had time to propose an actual plan.

"Even though we do have that plan from the recreation study and we also have previous needs from the building study that outlined like a baseline to keep the building, but I think what Finance is looking for is beyond that and they're looking for those costs, but then also what will it cost to continue to keep the building," Breault said.

Another suggestion, Breault said, was a warrant article presented by the board, binding or not binding, about moving forward with Memorial School "in some fashion."

"And perhaps state, if it passes, that the town would come back at a subsequent meeting with the actual plan and the numbers," Breault said.

Select Board member Michael Squindo said he struggles to understand "how you could project the cost of a building into the future."

"I mean, nobody would have thought in 2022, 2023, that we'd have an increase in inflation after years of relatively controlled, if I may, inflation," Squindo said. "So, I don't see how that's a viable exercise to the detriment of moving forward with making a building safe, a building

that is currently being used by a significant portion of a demographic that's in town, a building that has recently been submitted for historical relevance. So, even if we, as a Select Board, agreed to pull all the programs out of there, the town as an entity is still pursuing historical designation. So we're going to go through two years of historical designation for a building that's going to collapse? I don't see how that makes logical sense either."

Squindo added when he rewatched the Finance Committee meeting where Brian Litz, director of Parks & Recreation, proposed this year's budget, Litz explained how portions of the gymnasium ceiling collapsed.

"Thankfully nobody was in there, but there's no question as to whether or not this building needs to be repaired. So, from a long-term plan proposal, my question would be what's the plan for if that building collapses on people?" Squindo said. "That's far more expensive in every sense of the concept than any plan going forward to maintain or sustain that building that, clearly, the town has presented an investment in keeping."

Squindo suggested a plan barring any future plans to change the course and focus on "getting the building to a place where it can be sustained, maintained and kept safely."

After a shift in conversation on 521 CMR upgrades and how much the building was appraised for years before, Vice Chairman Sue Bunnell explained how she had attended the last two Finance Committee meetings where roof repairs for Memorial School "was kind of not a question" and needed to be fixed.

"But there's more than one ask, correct, and I think that was where it started to trigger some of the Finance Committee members because how much is the roof and then how much is the other piece of it that we're looking to do and then you add in the pickleball courts, which, frankly, we made a decision so that's not really in their purview," Bunnell said.

After reviewing what the recreation budget is for this year, along with other budget items, it was determined that \$110,000 was recommended for the Memorial School roof repairs.

Bunnell also considered the idea of the non-binding question or warrant article, but Squindo said he doesn't "see any direction changing with a non-binding vote" regarding Memorial School given the push to preserve and use it.

"I hear you, but I'm not opposed to it. I don't think it's a justification to stall any of what we're trying to do," Squindo said.

The conversation concluded when Bunnell suggested another meeting with the Finance Committee, with Breault saying he would speak with Finance Committee Chair Kevin Hanks to schedule it.

Town of 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.

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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.

Wilbraham Garden Club April meeting takes place April 4

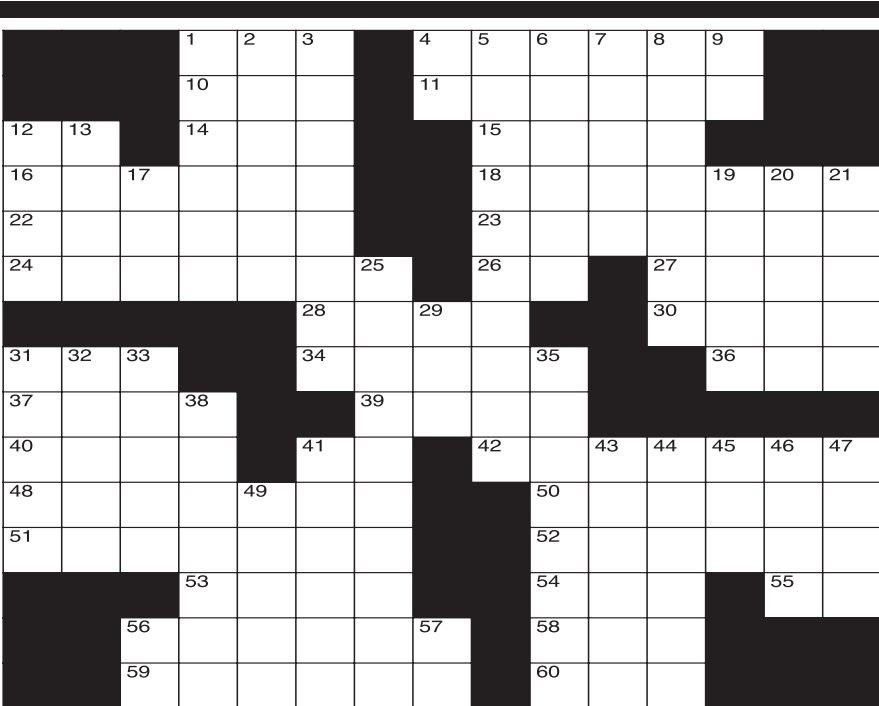
WILBRAHAM - The April meeting of the Wilbraham Garden Club will hold a sandwich luncheon at Noon on Thurs., April 4. We do need a reservation for this meeting as we are inviting all surrounding Garden Clubs. Please call Norma at 596-8173 for a reservation.

The speaker for the day will be the well-known, Bob Whitney, whose topic will be "Stix, Twigs, Moss, Stones & Flowers." Bob brings a "breath of spring" to us at this meeting. His program will consist of arrangements using items from nature that can be found in our yards. His finished creations will be raffled at the end of the program.

Wilbraham Women's Club meets April 11

WILBRAHAM - The April meeting of the Wilbraham Women's Club will be on Thursday, April 11 in St. Cecelia's Parish Center on Main St. in Wilbraham. The luncheon at noon will be "Make Your Own Sundaes". Sandwiches will also be served.

The speaker for the day will be Big Y Dietician, Kathy Jordan, who is a consulting dietician for the Big Y. She will give us the tools to live the life we deserve. She will be sharing lots of tips and ideas to help us make healthy choices when buying food and cooking meals.



CLUES ACROSS

- 1. Small Eurasian deer
- 4. Irish county
- 10. A major division of geological time
- 11. Broadway actor Lane
- 12. Canadian province (abbr.)
- 14. Human gene
- 15. Two
- 16. A famous one is blue
- 18. Utter repeatedly
- 22. Ring-shaped objects
- 23. Spoils
- 24. Occurs
- 26. Commercial
- 27. Near
- 28. Products you may need
- 30. Pledge thrown down as a challenge

- 31. TV network
- 34. Silk or cotton garments
- 36. Soviet Socialist Republics
- 37. Retired American football coach Dean
- 39. Hot dish
- 40. A type of gin
- 41. Atomic #84
- 42. Sawhorse
- 48. About ground
- 50. Medicine man
- 51. Seedless raisin
- 52. Capital of Albania
- 53. Appendage
- 54. OJ trial judge
- 55. By the way (abbr.)
- 56. Bicycle parts
- 58. Barbie's friend
- 59. Moved one's neck to see
- 60. Commercials

CLUES DOWN

- 1. Make up for
- 2. Baltimore ballplayer
- 3. Salary
- 4. Influential world body
- 5. Engravers (abbr.)
- 6. Declared as fact
- 7. One who steals
- 8. Jewelry
- 9. Hospital employee (abbr.)
- 12. Nonsense (slang)
- 13. Town in Galilee
- 17. Value
- 19. A fake name
- 20. Sheep in their second year
- 21. Town in Surrey, England
- 25. Appropriate for a particular time of year

- 29. Creative works
- 31. Recesses
- 32. W. Pacific island group
- 33. Tolkien character
- 35. Ancient symbol co-opted by the Nazi party
- 38. Pioneer
- 41. Scribe
- 43. Painted a bright color
- 44. Lowest members of British nobility
- 45. Actress Thurman
- 46. Type of sugar
- 47. Crest of a hill
- 49. N. American people of British Columbia
- 56. Device
- 57. The Mount Rushmore State

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 dzbiarski@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.

OBITUARIES

Death Notices

Lawrence W. Hatch
Died March 11, 2024
Services were
March 17, 2024
Lombard Funeral
Home

Lawrence W. Hatch 1939-2024

HAMPDEN — Lawrence W. Hatch, 84, passed away Monday, March 11, 2024, surrounded by love of family. Larry was born in Stafford Springs, CT to the late Carl H. and Barbara D. (King) Hatch. He was a lifelong resident of Hampden. Larry was a graduate of Agawam High School where they had an agricultural program. He was a heavy equipment operator and truck driver working for area companies before his retirement.



Larry was active for over 40 years with the Hampden Volunteer Fire Department, retiring as Chief. He was a member of the Mass Fire Chiefs Association and Hampden County Mutual Aid. In the Town of Hampden, he served on the planning board for many years and was an auxiliary police officer in the 1970's.

He was an avid NASCAR fan traveling to the Daytona 500 for 34 consecutive years and also visiting Loudon and Dover as often as he could. He enjoyed gardening and sharing the bountiful harvest with family and friends. He also enjoyed old engines and tractor shows.

Larry leaves his life partner, Eva A. Wiseman; his son, Carl A. Hatch and his wife Terry of Hampden; daughter, Linda J. Hatch of Palmer, stepson, Donald Wiseman and partner, Ellen Nelligan of Southbridge; six grandchildren, Karlyse, Samantha, Jeremy, Zachary, Melissa, Jonathan; five great grandchildren and many nieces, nephews, extended family members and friends. Larry was predeceased by a son Edward L Hatch; his brothers, Rollyn, Richard and Norman as well as his best friend and partner in crime David "Davey" Sutcliffe.

Lombard Funeral Home of Monson was entrusted with the arrangements. Visiting hours were held Sunday, March 17, 2024 from 1 – 4 p.m. Burial will be at the convenience of the family. In lieu of flowers memorial contributions may be made to the Springfield Shriners Hospital for Children 516 Carew St. Springfield, MA 01104. For online condolences please visit www.lombardfuneralhome.com.

Wilbraham-Hampden Times OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph.

Death Notices & Paid Obituaries

should be submitted through a funeral home to: obits@turley.com.

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

BBB Scam Alert: New tech creates fake phone calls and voicemails

Paula Fleming
pffleming@boston.bbb.org

Everyone knows to look for phony emails - they can appear in your email inbox or even at work. Scammers can easily make messages that appear to come from anywhere, like your boss's email account or a close family member. But what about phone calls and voicemail?

Scammers can use new AI technology to mimic the voice of someone you know and create a phone call or voicemail recording. This "voice cloning" technology has recently advanced, and anyone with the right software can clone a voice from a very small audio sample.

How the Scam Works

At work, you get a voicemail from your boss. They instruct you to wire thousands of dollars to a vendor for a rush project. The request is out of the blue. But it's the boss's orders, so you make the transfer. A few hours later, you see your boss and confirm that you sent the payment. But there's one big problem; your manager has no idea what you are talking about! It turns out that the message was fake.

At home, you may receive a phone call or voicemail from a family member in an urgent situation like an accident or a medical emergency. They provide convincing details and ask for money immediately via a digital wallet payment app like Venmo or PayPal. You find out later that the story wasn't true, and your money is gone.

A consumer recently shared on Scam Tracker, "Received call on 1-26-24 I thought it was my daughter-in-law she said Hi mom calling to say she was pulled over driving and has a broken nose and is now being. She was frantic to have me

call the lawyer right away. She asked me 3 times if I wrote the name & number down. I said yes. She said she had to go right now as they are taking her. Her voice sounded just like my daughter-in-law."

With the US now amid the 2024 election season, scammers may use the technology to mimic candidates' voices to sway voters or potentially drum up "donations."

How to avoid AI voice cloning scams:

Resist the urge to act immediately. No matter how convincing a phone call or voicemail may sound, hang up or close the message if something doesn't feel right. Call the person who claimed to have called you directly with the phone number you have saved for them. Don't call back the number provided by the caller or caller ID. Ask questions that would be hard for an impostor to answer correctly.

Don't send money if you're in doubt. If the caller urgently asks you to send money via a digital wallet payment app or a gift card, that may be a red flag for a scam. If you wire money to someone and later realize it's a fraud, the police must be alerted.

Secure your accounts: Whether at work or home, set up multifactor authentication for email logins and other changes in email settings. At work, verify changes in information about customers, employees, or vendors.

At work, train your staff: Create a secure culture at your office by training employees in internet security. Make it a policy to confirm all change and payment requests before transferring. Don't rely on email or voicemail.

For more information

For more information on emergency scams, read the BBB's scam alert or the FTC's article.



By Barb Turcotte

I know I have lost loved ones to cancer and in fact I don't know anyone who hasn't, but this story isn't about loss but rather about hope and what one woman has created because of her cancer journey! Just by her unselfishness she has helped so many with what I consider, Random Acts of Kindness as she doesn't always know the recipients of her efforts.

Cindy Sheridan-Murphy was diagnosed with breast cancer for the first time in 2009, she endured all the treatments, was considered cancer-free and then she was diagnosed with her second bout of breast cancer in 2014. For those who know Cindy, you would also know something as I learned when chatting with her, she's a fighter and has a determination to make a difference by helping others. With that determination to make a difference she co-partnered with singer/song-writer Debra Lynn Alt and created a 501(c)3 non-profit in 2019 called 'Each Moment We're Alive'.

Cindy met Debra shortly after her second cancer diagnosis. Debra had written a song in honor of her dear friend Monica who was an incredible photographer that unfortunately lost her battle with cancer in 2012. Monica and Debra were able to collaborate and created a wonderful book that captured many of Monica's photographs and includes a CD of Debra's inspiring song along with other beautiful creations. Because of their collaboration and now Cindy's partnership with Debra, to name their charity after Debra's song was a natural fit.

Cindy has always lived a life of giving back. She was a youth soccer coach plus a high school soccer coach for five years and actually brought her team to their first tournament in ten years. She loved all the coaching but when her daughter became a high school student she knew it was time to stop so her daughter could play sports without mom being the coach.

After coaching sports and being diagnosed, Cindy realized coaching was coaching regardless for what and so the non-profit was created. During COVID, Cindy wanted to continue to help people by supplying the tools and support to survivors when going through treatments or completing them. She learned how to do Zoom meetings and has captured members from Indiana, Florida, Michigan and New Jersey as well as local audiences.

Cindy has expanded this non-profit to include everyone regardless of their type of cancer. She knows that cancer doesn't just impact that person but their circle of people as well. Her Zoom meetings are every Tuesday and it's an opportunity for survivors to connect for support and inspiration. She has monthly local gatherings for continued cancer support, and quarterly webinars. Her after cancer support programs include the

context of 'Living a new day' and 'I survived cancer, what's next?'

March is the cancer awareness month for colorectal, kidney and multiple myeloma. As we know, cancer knows no season so please do your screenings.

Cindy has a couple of things she uses as her mottos, "Cancer is something that happens to you, it doesn't define you." And she also believes, "We don't walk this earth alone, we have a circle of Angels."

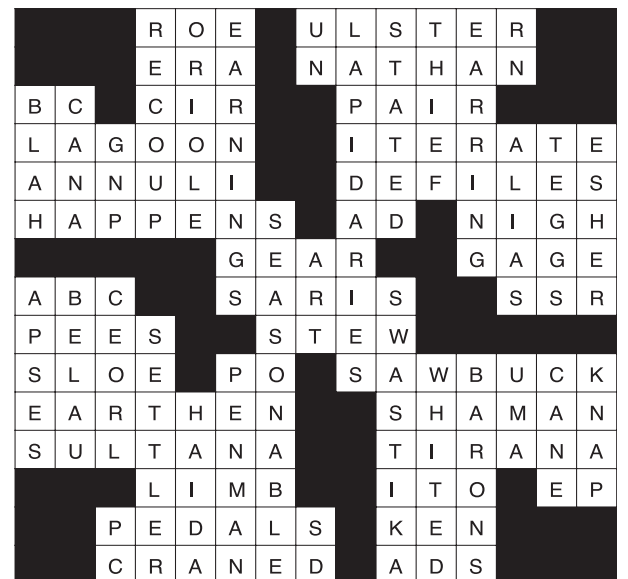
Cindy is the Angel for many and continues finding ways to help others. She offers seminars to educate employers about the needs of a person dealing with cancer. Her charity will be hosting their 5th Canine's Fur Cancer Support walk in West Springfield on June 28 as she knows that dogs are a great support for people on their cancer journey. Cindy holds a position on the Baystate Noble Hospital Patient Family Advisory Council representing the voice between the hospital and the patient. Her charity decorates a tree each year for the Ronald McDonald House to support them. She's involved with Our Lady of Hibernian in Holyoke which is for Irish Catholic Women and with this group once a month makes sandwiches for Kate's Kitchen. She is also a Rotarian and they strive to promote services for the personal, business and community life. She believes in giving back to make a positive impact. So as you can see, Cindy is an inspiration to others by leading the way of doing Random Acts of Kindness.

This past January, Gary Rome's Hyundai Hope on Wheels presented Cindy as the representative of 'Each Moment We're Alive,' a \$10,000 check so she can continue her very important supportive cancer work. What an honor to be chosen for this award! Congratulations Cindy! You truly are making an incredible difference!

If you would like to know more about Cindy's incredible work, please see her website. <https://www.eachmomentwerealive.org> You'll find events happening, how to find help for support and you'll feel the warmth she emits from the pages. Thank you, Cindy, for all the help you so willingly offer to others.

If you would like to tell me a story about a Random Act of Kindness please contact me at bdt514@aol.com or 413-788-7514. Who knows, you might see your story in this column, 'Just 'Cause' you witnessed, did or received something nice being done. See you next month with another Random Act of Kindness!

~ Barb





A close-up shot of a day dress designed by Sidonia Perlstein, a Holocaust survivor, that her daughter, Hanna Perlstein Marcus, displayed during her author talk at the Hampden Free Public Library on March 16.

SEWING from page 1

on Amazon, Barnes & Noble and wherever books are sold.

The event, along with refreshments, was made possible by the Friends of the Hampden Free Public Library.

Perlstein Marcus shared after her first book became popular, she wrote a follow-up and, later, the third and latest book.

"It's just a story that's true to my heart and I felt that other people might want to hear about it, and particularly people in the Springfield, Hampden, Longmeadow area, find places and names of stores and names of streets that they're familiar with, that I grew up with," Perlstein Marcus said.

Reflecting on her mother, Perlstein Marcus focused on her talent for sewing and fashion, explaining how 35 of her dressmaking pieces are part of an exhibition titled "Sidonia's Thread: Crafting a Life from Holocaust to High Fashion" in Connecticut.

Three of her mother's pieces were also displayed at the author talk.

"I'm really proud of the skill that my mother had and I was

proud of myself for being part of her enterprise," Perlstein Marcus said.

Perlstein Marcus was humbled by the impact her books have made on readers.

"I feel honored that I've been able to do that. As I was telling other people, everybody has a story. You have a story, everybody here has a story. I intended to write my story and so that people would know that story. I didn't keep it to myself and that's not very easy to do, to reveal a lot of these things to the public," Perlstein Marcus said. "But we all have stories. We all have stories and these are just mine. As it turns out, they resonate with a lot of other people."

Perlstein Marcus also stressed the importance of never forgetting the Holocaust.

"I think the Holocaust is an example of how hatred can get out of control. It not only affects the people during that period of time that were victims, but it affects us today. I'm not shaped by the Holocaust but, in part, it's such an important part of my



Author Hanna Perlstein Marcus speaks with attendees about her latest book "Sidonia's Seam Binding" during her author talk on March 16. The talk took place in the Townhouse Auditorium.



A shot of a slideshow displaying Haute Couture during Hanna Perlstein Marcus's author talk at the Hampden Free Public Library on March 16.



Attendees check out pieces designed by Sidonia Perlstein during the author talk event with Hanna Perlstein Marcus at the Hampden Free Public Library on March 16.



Hampden Free Public Library Director Ellen Moriarty provides opening remarks during the author talk with Hanna Perlstein Marcus at the Hampden Free Public Library on March 16.

background," Perlstein Marcus said. "For me to be able to write about it is such an important piece and I'd like to think that my family is proud of me for being able to do that, so I get a lot of satisfaction out of that."

After her latest release, Perlstein Marcus plans to work on a historical fiction book, currently in the early stages of development.

"So we'll see in the next year or two what I come up with," Perlstein Marcus said.

Perlstein Marcus thanked everyone for attending.

"I'm just so pleased that so many people are still interested in knowing about me, coming to see me, particularly in this area. This is my hometown, so what greater satisfaction can



Copies of Hanna Perlstein Marcus's books, "Sidonia's Seam Binding," "Surviving Remnant" and "Sidonia's Thread" during Perlstein Marcus's author talk at the Hampden Free Public Library. The event included Perlstein Marcus talking about her latest book and participating in a Q & A and book signing.

a person have than to have people in your own hometown area come and see them and want to know more about them?" Perlstein Marcus said. "I love coming up to this area."

To learn more, visit hampdenperlsteinmarcus.com. To also learn more about the exhibition of Sidonia Perlstein's dressmaking pieces, visit sidoniathreadexhibit.org.

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A COMMUNITY GALLERY

Wilbraham Women's Club inducts new members



The Wilbraham Women's Club inducted two new members at the club's March meeting. Pictured left to right are: President Maureen Mikuszewski, new members Mary Jane Kostek and Deb Campfield and Membership Chairman Pam Auslander. Photo and caption submitted by Sue Agnew

Life in & WILBRAHAM

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

Wilbraham Middle School students 'Shut Down the School'

On Friday, March 1 the students at Wilbraham Middle School Shut Down The School to have some fun and continue to build a strong school community. Students played Family Feud, Basketball Pass and Live Action Hungry Hungry Hippo. It was a ton of fun and the kids of Wilbraham Middle School loved it! Photos and caption submitted by Kristen VanDerBeken

A visit from Cadence the therapy dog



Heidi Kane, children's librarian at Wilbraham Public Library, was all smiles when Megan Marshall and her dog therapy, Cadence, paid a recent visit to the library. Marshall and Cadence have been coming to the kid's reading program for the past few years, volunteering their time and services through the Bright Spot Reading Buddles program. The photo was also taken by Jamie Hageman.



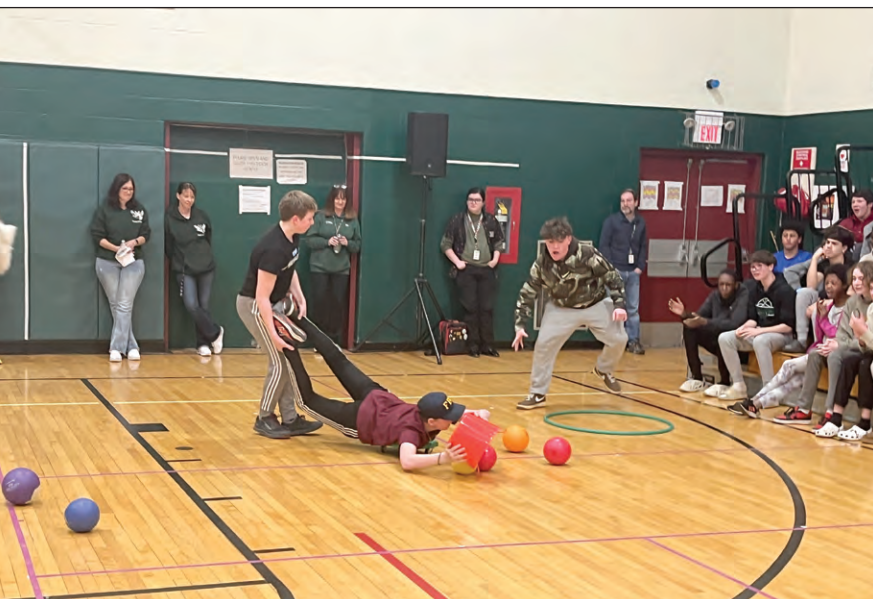
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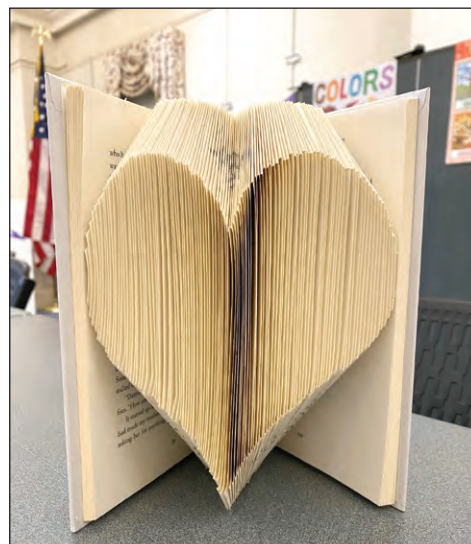
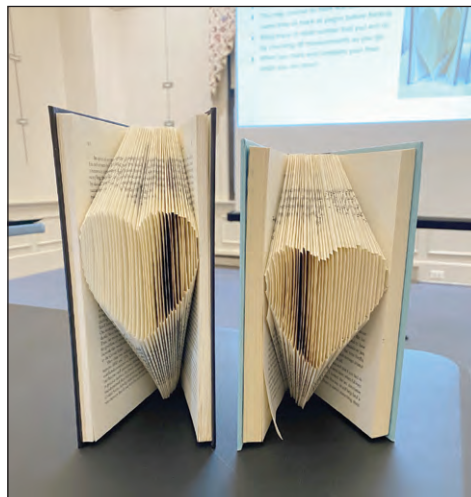
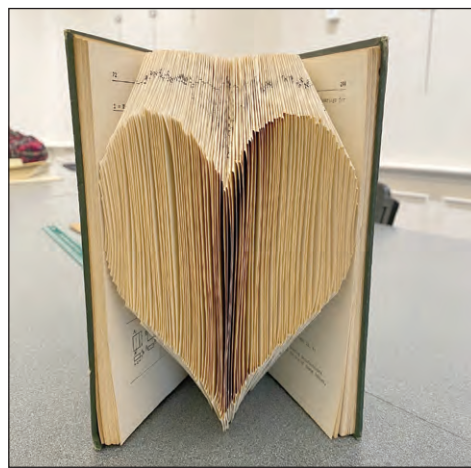


Community Bulletin Board

**Happy Birthday
Owen Alves**

*Love,
Your Mom, Dad and sister Adeline*

Send us in your announcements!
Happy Birthdays, Anniversaries, etc.
We will pick one each week to run here free of charge, please keep it
to less than 50 words. Please send to krivers@turley.com



Tom O'Carroll entertained attendees at Wilbraham Public Library on March 4 with an Irish music concert. Photos submitted by Emilie Lang

Patrons enjoyed an adult craft event creating folded book hearts at Wilbraham Public Library on March 11.

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IN THE GARDEN from page 6

Depending on the size pot you used, and the size of the roots, it may be a good time to put the plants into a bigger pot and place them in a sunnier window until it's safe to plant them outside.

My daffodil plants are starting to pop

up here and there in the yard. I had a little bit of balanced organic granular fertilizer left from last year, so I sprinkled it around the clusters.

Now and once the flowers have gone by are the two best times to fertilize narcissus. I am so excited to enjoy the varied colors and scents from this huge Genus of

plants.

To me, they are the epitome of a true spring flower. Soon enough, soon enough!

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 years she has held the position of staff

horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

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94.7 WMAS CMN Radiothon raises \$289,355 for Baystate Children's Hospital

SPRINGFIELD - The annual 94.7 WMAS CMN Radiothon, held on March 5-6, transformed the 94.7 WMAS studios at the Naismith Memorial Basketball Hall of Fame into a bustling hub of generosity and compassion. This year, the Radiothon successfully raised an impressive \$289,355 in support of the Baystate Children's Hospital, demonstrating the unwavering commitment of the Western Massachusetts community to its local children.

Throughout the two-day event, the Kellogg Krew, alongside other 94.7 WMAS personalities, spearheaded fundraising efforts, rallying listeners and supporters to contribute to this vital cause. The overwhelming response underscored the deep-rooted compassion and generosity prevalent in Western Mass to make a difference in the lives of children facing medical challenges.

Reflecting on the remarkable support garnered during the Radiothon, Audacy Senior Vice President Craig Swimm expressed gratitude, stating, "We can't believe the support Radiothon receives from the local community. We are so lucky to have a hospital like Baystate in our backyard." Swimm's sentiments echo the sentiment shared by many, highlighting the invaluable role played by Baystate Children's Hospital in providing essential care and support to children and families in need.

The impact of the 94.7 WMAS Radiothon extends far beyond monetary donations, embodying a collective dedication to nurturing and safeguarding the well-being of the youngest members of the community, while also spotlighting the tireless efforts of Baystate Children's Hospital's world-class doctors, nurses, and staff. Since its inception, the Radiothon has been a beacon of hope, raising over \$5,000,000 for local children, and serving as a testament to the power of unity and compassion in our local community.

As Western Massachusetts continues to rally behind the Baystate Children's Hospital, the legacy of the 94.7 WMAS CMN Radiothon shines brightly, illuminating a path of kindness and generosity. Donations are still being accepted: Log onto wmaskids.com for more info.

BBB Tip: Choosing a mortgage lender

Paula Fleming
pfleming@boston.bbb.org

The housing market is constantly changing. Whether it's competitive or slow, if you want to buy a home, you need to be prepared.

As a prospective buyer, you can make your offers on homes more competitive by getting pre-approved for financing from a mortgage lender before even bidding on a house. This lets the seller know you're a serious buyer and provides reassurance that the sale will close without issues.

Fortunately, shopping around, comparing prices, and negotiating deals can save you thousands of dollars on a mortgage. To get the best deal, compare all the costs, and understand how mortgages work.

If you are buying a home, refinancing your home, or taking out a home equity loan, follow these tips to help make your search for a mortgage lender a success.

How to shop for a mortgage lender
Know how much you can spend upfront. Before you ask for information from a lender, it's a good idea to know how much you can spend on a loan and the maximum monthly payment you can afford. This information will be crucial to your home search and negotiations, so review your budget beforehand. Get familiar with interest rates, too. Depending on the economy and if mortgage loan interest rates are high or low, this may impact how much you can spend on a home.

Get to know your loan options. Loan options include loan terms, interest rates, and the loan type. The loan term refers to the length of the loan, which may be 15 or 30 years. Shorter loans usually have higher monthly payments with lower interest

rates. Interest rate types may be fixed or adjustable. Fixed-rate loans are lower risk but carry higher interest rates. Adjustable-rate mortgages (ARMs) have lower interest rates, but the rates can change over time. Loan types may be conventional or part of a government program. A trustworthy mortgage lender can help you understand your options and choose the best loan for you.

Understand the difference between a broker and a lender. According to ConsumerFinance.gov, a lender is a bank or other financial institution that loans money directly to you. A broker acts as a middleman, comparing loan options on your behalf. The Federal Trade Commission adds, "It might not always be clear if you're dealing with a lender or a broker, so if you're not sure, ask." You'll want to know who you're working with since brokers usually pay a service fee separate from the lender's fees. There are brokers and lenders, so evaluate those differences and see what works best for you.

Get information from multiple lenders and brokers before making a decision. The FTC advises getting as much information from each lender as possible. Keep your options open since different lenders may offer different rates. Ask about interest rates, loan types, annual percentage rates, points, down payments, mortgage insurance, and all other fees. This will help you get a clear view of the actual cost of the mortgage.

Understand whether you should pay points. Your mortgage lender will likely give you the option of paying for discount points. Mortgage points are fees you pay a lender to reduce the interest rate on a mortgage. Typically, one discount point equals 1% of the mortgage amount and will reduce your interest rate by .25%. Depending on how long you plan to keep your home and your

mortgage, this extra cost may or may not make sense. This calculator will help you figure that out.

Working with a broker? Make sure they find you the best deal. If you prefer to hire a broker to shop for loans for you, know that while brokers can access several lenders, they aren't obligated to find the best deal for you unless they sign a contract to act as your agent. Always ask questions and be sure you're comfortable with the loan you choose.

Be prepared to negotiate the best deal. Loan officers and brokers can keep some or all of the overages (the difference between the lowest available price and any higher price you agree to) of a loan as extra compensation. This means you can negotiate a price lower than what they initially offered. The best way to negotiate is to have the broker or lender give you a written list of all the costs and fees of the loan. Then, ask if they will reduce or waive completely one or more of the fees. You can also show them a competitor's offer to see if they will give you a better deal.

Watch out for scams. Shopping around for a mortgage lender will help you get a general idea of how much a loan costs, which will help you spot and avoid any offers that seem too good to be true. Be wary of unsolicited calls and emails offering you great rates on a mortgage or «no-cost» loans. Never give in to high-pressure sales tactics. ConsumerFinance.gov warns about phishing scams where con artists attempt to divert your closing costs and down payment by suggesting you wire the money into a fraudulent account right before your loan closes. Never wire money until you verify the closing instructions in person with your trusted loan representatives.

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SENIORS



AGING WELL IN WILBRAHAM

This is a topic that will be hard for some of us to read. As we age, there are so many changes in our bodies that can make it difficult to be the skillful driver we once were. Perhaps family or friends have identified that they have concerns about our driving, or maybe it is much more subtle, friends are no longer eager to accept our offers for a ride. On a personal note, we may notice it is harder to keep up with the maintenance of a car, the pumping of gas, the confusion of inspection stickers and registration renewals and insurance issues. The decision to seek evaluation of our driving skills is a personal one. It may be to reassure ourselves or others that we are safe to operate a car. Some of these issues can be mitigated by changing our driving habits, others may reveal that we need to strategize new modes of transportation going forward.

Physical Changes – It is well documented that there is a higher incidence of arthritis in the aging population, as well as lessening of muscle mass as we age. This can make it harder to grip a steering wheel, engage a brake,

or even turn adequately to assess oncoming traffic.

What can help: Make sure your pain and joint stiffness is adequately treated to maximize function (this may require a visit to your primary care provider or specialist), drive a car with an automatic transmission, have it fitted with larger rear-view mirrors, stay physically active to improve your strength and flexibility. For those with leg problems, hand controls can be installed in vehicles for both the gas a brake pedals.

Vision Changes – For people needing glasses or contact lenses to see distance, these prescriptions need to be kept up to date and visual acuity checked on a regular (yearly) basis. The increased incidence of cataracts in the aging eye can also cause a considerable decrease in night vision, both acuity and issue of glare from oncoming headlights or even traffic and warning lights.

What can help: Have a comprehensive eye evaluation to keep your eyeglass prescription up to date. Consider cutting back on night driving or times

when you will be susceptible to the sun's glare. Keep sunglasses handy for driving in bright sunlight.

Hearing changes - As we age our ability to hear sounds on several frequencies changes. Noises from horns, sirens or warning sounds from our own cars can be more difficult to hear. This issue is worsened when background noise of conversations or the radio is competing for our attention.

What can help: Have your hearing acuity checked at least every three years. Use assistive devices as recommended. Try to keep the inside environment of your car as quiet as possible to facilitate hearing sounds outside the vehicle.

Slower reaction time and reflexes – As we age, even normally, our reflexes slow, making it difficult to react to sudden changes in our environment. Shortened attention spans can contribute to our inability to do two things at once, such as turning or braking to avoid sudden changes in traffic patterns.

What can help: Leave more than adequate space between

you and the car ahead of you, start braking early when you need to stop, avoid heavy or rush hour traffic. Consider different routes to take to avoid highway driving.

Medications - Some medications taken for chronic medical conditions can have side effects. Drowsiness, lightheadedness, mental foginess, can all impair our ability to be safe behind the wheel.

What can help: Be honest with your primary care provider about all of the medicines you are taking; even the ones that are not prescriptions. Seek the advice of a pharmacist about meds that may affect your driving. Don't ever drive if you feel lightheaded or drowsy.

Overall, be proactive. Express your concerns to your health care provider, have your driving skills checked by an occupational therapist or other trained professions. Seek information about driving skills through your auto insurance provider, AARP or AAA.

And be honest with yourself! Do other drivers honk at you? Have you had some acci-

dents, even minor "fender benders"?

Do you get lost, even on roads that you know?

Do cars or pedestrians seem to appear out of nowhere when you are driving?

Do you find yourself being distracted while driving??

Each of these things do not necessarily mean you will be considered unsafe and be forced to surrender your license, but they should give you food for thought. When will you know it is time to make other arrangements to ensure your continued independence?

Evaluate your own driving using a self-rating tool.

www.exchange.AAA.com - Senior Driver Safety

Mark your calendar to join us for the official Wilbraham Senior Center Grand Opening and Ribbon Cutting Ceremony to be held on Saturday, April 20, 2024!!

As always, feel free to send questions/ comments to seniorinfo2021@gmail.com or leave a voicemail at 596-2800 ext. 315.

Linda Tatko Cooper
RN for Wilbraham 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.

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.
No classes on March 29.

The cost is \$6 per class. Please call 566-5588 for availability and put your name on our waitlist for future classes.

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.

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.

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.

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More than 6,000 brighten great day at St. Patrick's Road Race



Reese Laviolette, of Wilbraham, finishes at 37:36.



Mckenzie Sinnott heads for the finish line.

By Gregory A. Scibelli
gscibelli@turley.com

HOLYOKE – After some dreary, cold, or rainy weather during the past few years, the people attending the Holyoke St. Patrick's Day Road Race drew a winner yesterday.

On a sun-splashed afternoon with comfortable temperatures, the 47th running of the popular 10K Road Race took place.

Please see **ROAD RACE**, page 16



Turley photos by David Henry www.sweetdogphotos.com

Wilbraham's 5-6 Girls Suburban Basketball team captured the league championship on Sunday, March 10.

Wilbraham 5-6 team takes title



McKinley Jaeger goes for the open layup.



Mia Newman passes on the run.



Molly Baroni pushes a shot on the hoop.



CHICOPEE – On Sunday, March 10, Wilbraham's 5-6 Suburban Girls Basketball defeated Chicopee to take the championship. The matchup was held at Chicopee High School, which hosted the playoffs this year.

Maycie Eldridge angles toward the basket.



Julie Torres starts her way down the court.

More players needed to fill Quabbin Valley League rosters

With April looming, the Quabbin Valley Over-28 Baseball League is looking for more players to fill its open roster spots.

There are more than 15 open roster spots as the league heads for its open practice and tryout date and teams are looking to fill their 14-player rosters for a 2024 season that will see the league get back to its normal schedule.

The league is very enthusiastic to welcome new members to the league to fill these roster spots so all teams have the full depth they need. To register, go to: www.quabbinvalleybaseball.org and click on the Registration tab.

Following heavy turnover between 2022 and 2023, the league had to downsize to five teams and ran a modified schedule that included scheduled doubleheaders and bye weeks for teams in order to complete a 15-game schedule. Rain

also hampered the league's schedule as well last year.

On March 3, the league's board voted to bring in a new team, bringing the league back up to six teams and creating an even schedule with every team playing on 15 Sunday morning starting on Sunday, April 21 through late August with play-offs to follow.

The league is also voted to play a segment of its schedule using wood bats only. The middle five games of the schedule will be played that way while the rest of schedule is played with either metal or wood bats.

The league will be holding an open practice for all league players and especially players who are new to the league on Sunday, April 7 at 10 a.m. at Beachgrounds Park in South Hadley.

Prior to that, the next meeting is scheduled for Sunday March 24 at 12 noon at the Hangar Pub & Grill

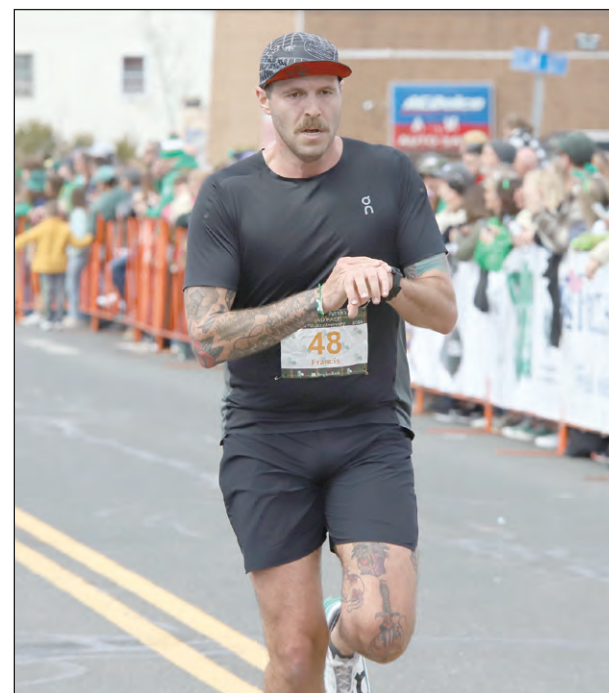
in South Hadley. All are welcome to attend the meeting, ask questions and express interest in joining. The league's board will be discussing final preparations for the 2024 season.

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.

Games are typically held in the Easthampton and South Hadley area with some expansion to Chicopee, West Springfield, Agawam, and Granby being considered.



Ian Wall is neck-and-neck with another runner as he heads for the final stretch.



Turley photos by Gregory A. Scibelli
Francis Nick checks his watch as he nears the finish line.

ROAD RACE from page 15

With more than 6,000 harriers competing, and many more taking part in the Fun Run or walking events, the first part of St. Patrick's weekend was definitely a success.

Louis Serafini was the big winner of the main event. He completed the very hilly, 6.2-mile course in 30:12. Serafini is from Cambridge.

The top female was a local runner from Western Massachusetts. Anna Steinmen, of Springfield, came across the finish line at 37:00.

Ryan Davis, of South Hadley, was one of the top local finishers at 34:36. He was 20th overall.

This year's race would feature runners from all over the region, the state, and surrounding states as many are preparing for the Boston Marathon, set to take place in just under a month on Monday, April 15. Many runners over the years have enjoyed using the St. Patrick's Day Road Race as practice for the marathon because of the challenging hills throughout the streets of Holyoke that runners must navigate through.

Of the more than 6,000 runners who were registered, 4,442 finished the 10K course this year. Race officials have said the participation level in the event is still rebounding from the pandemic. Prior to the pandemic in 2019, race participants totaled about 7,000. The race was not held in 2020 and 2021 before it returned in 2022 with around 5,000 participants. More made their way out to the race last year, but that number was surpassed this year.

Because of that, the start of the race featured multiple waves, though 4RUN3 ran the bibs and electronic results kept accurate results for all those involved.

A number of this year's participants were featured in the usual celebratory costumes and outfits for St. Patrick's Day, while many others opted for cartoon and other fictional characters, such as Spider-Man. Several local running clubs also made their way to the race, as did the youth of the region. Youth participants in the race were as young as seven-years-old.

Security was in full force at the event with plenty of presence from the Massachusetts State Police, Holyoke Police, and Hampden County Sheriff's Department, and the event went off without any incidents.

Candlepin League News

By Ryan Drago

Staff Writer

rdrago@turley.com

Tuesday Night Commercial Elks League

PALMER – The Tuesday Night Commercial Elks League is nearing the end of the regular season.

The top five teams in the third and final round are seeking a play-off spot at the end of the season. As of March 5, Acres are in first place at 10-2. Close behind Acres in second place is The Blue B's at 9-3.

In third place, The Champs R Here are at 8-4 and still lead with team high single (439) and team high triple (1253). Team BK and Last in Line are tied for fourth place at 6-6. The two lower seeded teams, Compression and Life is Good, have already clinched a playoff berth after each team won a round.

Another match was between the #1 seed Acres against Last in Line. In game one, Acres won by a score of 374-363. Paul Tereso of Acres led the team with a 107 to start in the match.

In game two, Acres continued with a strong performance on the lanes and won 381-341. Matt Bertelli bowled a 104 and Kenny Trudel led the team with a 111.

In game three, Acres won the last game by a score of 408-379. Trudel finished the night with a 121 and Dave Cobleigh finished with a 113.

Acres won total pinfall 1163-1083 and all four points to maintain their #1 seed position.

The winners of round one Compression bowled against the Blue B's. In game one, Blue B's won 387-375. Bobby Ward of Blue B's started off with a 101.

In game two, Compression defeated Blue B's 369-365. In game three, Blue B's won the last game by a score of 370-360. Blue B's won total pinfall by a final score of 1122-1104.

Thursday Night Mixed League

After league night on March 14, The Thursday Night Mixed League will have two weeks left of the season.

In one match, Team Three bowled against Team Two. In game one, Team Three was victorious by a score of 412-379. Jesse Danek of Team Three led the team with a 106 to start the evening.

In game two, Team Three dominated with another win 433-378. Danek bowled his best game of the season 132, which is now the leading high single of the league.

In game three, Team Three won again for a three-game sweep by a score of 402-391. Danek finished with a 99 and a series of 337.

Total pinfall scores were Team Three at 1247 and Team Two at 1148.

Team Six, the winning team of round one, bowled against Team One. In game one, Team Six won 414-385. In game two, Team Six won again 416-390. Dan Mahoney of Team Six led the team in game two with a 107.

In game three, Team Six won 415-405 for a three-game sweep. Team Six won total pinfall by a final score of 1245-1180.

Locals named to Senior All-Star Game

SPRINGFIELD – The Naismith Basketball Hall of Fame announced the team rosters for the 2024 Western Massachusetts Senior High School All-Star Games. On Thursday, March 21, the Hall of Fame hosted the 2024 All-Star event on the Jerry Colangelo Court of Dreams at the Hall of Fame. A total of 60 players were selected from different divisions within the region to participate in three games that will showcase the top seniors in their final high school contest.

"The Basketball Hall of Fame is honored to host the top high school basketball players from Western Massachusetts at our 13th annual All-Star celebration," said John L. Doleva, President and CEO of the Naismith Basketball Hall of Fame. "We encourage the residents of Western Mass. to join us as we cel-

brate these outstanding seniors in the final game of their high school careers."

A committee of local coaches and media members who represent each division on the boys' and girls' sides selected the teams. Using the designated classes for the PVIAC Tournament, the players will be divided into six teams: two girls' teams, two boys' teams of Class A and B players, and two boys' teams of Class C and D players. Only graduating seniors are eligible for the All-Star Games. Rosters can be found on the next page.

For the 13th year, the Naismith Basketball Hall of Fame will recognize one boy and one girl as the Western Massachusetts Players of the Year. A special presentation will be made for the recipients during halftime of one of the par-

ticipating games. A panel of local media members selects the award winners, who are recognized for their achievements on the court, in addition to their sportsmanship and character off the court.

The three All-Star Games were held on Thursday, March 21. There were two boys games and a girls game on the slate.

Among the all-stars named were Granby's Colin Murdock, Monson's Colin Beaupre, Ware's Jack McKeever and Emily McGrail, Palmer's Andrew Menard, Minnechaug's Lylah Jeannotte, South Hadley's Drew Alley, Holyoke's Amilyan Treadwell-Mercedes and Shawn Rivera, Chicopee Comprehensive's Alyssa Caney and Tineus McCluster, and Agawam's Colin Smith.

This Week in Rec

9th Annual 5K Falcon Trail Race Sign-Ups

WILBRAHAM - Every year the Friends of Recreation hosts the Annual 5K Falcon Trail Race to support improvements at Town of Wilbraham Recreational Facilities. The race is held at McDonald Nature Preserve on Washington Road in Wilbraham. This year the race is scheduled for Sunday, April 14th with a start time of 10 a.m., rain or shine. All ages are welcome to run, but please leave strollers and

dogs at home. Prizes will be awarded for all age groups and all pre-registered participants will receive a custom designed moisture-wicking long sleeve shirt. Registration is available online through active.com or the day of the race at the registration table.

Grab a family member, friend, or neighbor and join others at the 9th Annual Falcon Trail Race on Sunday, April 14!

'They're Irish, They're Catholic & They're Guilty' at the Wilbraham library

WILBRAHAM— The Wilbraham Public Library will host "They're Irish, They're Catholic & They're Guilty" on Monday, April 8 at 6 p.m. in the Brooks Room. The informational presentation will cover the 1806 trial of Dominic Daley and James Halligan, two Irish immigrants who were unjustly hanged for a Wilbraham murder they did not commit. Convicted due to their ethnic and religious ties, the trial is considered one of the earliest documented examples of prejudices faced by Irish immigrants in America.

Presenters Bill O'Riordan, W. Michael Ryan, Tony Ryan and David Sul-

livan are dedicated to keeping the public aware of the history of Daley and Halligan. Members of the Daley & Halligan Bicentennial Committee, the four have hosted numerous ceremonies and speaking engagements throughout the area to discuss the events that took place more than 200 years ago.

Registration for this free event is encouraged and space is limited. To register, please contact the library at 413-596-6141 or visit the Event Calendar at www.wilbrahamlibrary.org.

To learn more, contact Emilie Lang at 413-596-6141 or elang@wilbraham-library.org.

WJWC Annual Bunny Breakfast takes place March 23



Submitted photo Brenda Willard

WILBRAHAM - The GFWC Wilbraham Junior Women's Club invites you to our Annual Bunny Breakfast on March 23 from 8 a.m. – 11 a.m. at St. Cecilia Church, 42 Main St. Wilbraham. The Annual Bunny Breakfast has been a tradition in Wilbraham for over 25 years and offers families a delicious pancake breakfast, crafts, face painting and an opportunity to meet the Easter Bunny. Please visit our website WilbrahamJuniorWomens.org for details and to purchase tickets. Same day tickets at the door will be available until sold out. You can learn more about Wilbraham Juniors on the website as well – new members are always welcome. For more information, contact Marva Walting 413-505-9022 or Marva_Walting@hotmail.com.

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. HD24P0536EA
Estate of:
Sandra Banas-Clark
Also known as:
Sandra B. Clark,
Sandra Ann B. Clark,
Sandra Ann Clark
Date of Death: 02/12/2024
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Phyllis Sharon of Rumford, RI requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Phyllis Sharon of Rumford, RI 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 04/17/2024.

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 13, 2024
Rosemary A Saccomani
Register of Probate
03/21/2024

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
50 State Street
Springfield, MA 01103
Docket No. HD23P0115GD
In the interests of:
Florentino Cardona Of: Hampden, MA
RESPONDENT
Incapacitated Person/
Protected Person
CITATION GIVING NOTICE OF PETITION TO EXPAND THE POWERS OF A GUARDIAN

To the named Respondent and all other interested persons, a petition has been filed by BAYSTATE MEDICAL CENTER of Springfield,

MA in the above captioned matter requesting that the court:

Expand the powers of a Guardian of the Respondent. The petition asks the court to make a determination that the powers of the Guardian should be expanded, modified, or limited since the time of the appointment. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of 04/08/2024. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

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

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.
Date: March 11, 2024
Rosemary A. Saccomani
Register of Probate
03/21/2024

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. HD24P0506EAA
Estate of:
Claire M Cotti
Also known as:
Claire Cotti
Date of Death: 10/22/2023
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Mark LeBeau of Indian Orchard, 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: Mark LeBeau of Indian Orchard, 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 04/05/2024.

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 12, 2024
Rosemary A Saccomani
Register of Probate
03/21/2024

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. HD24C0093CA

In the matter of: Samuel Isaac Dailey
CITATION ON PETITION TO CHANGE NAME
A Petition to Change Name of Adult has been filed by Samuel Isaac Dailey of Wilbraham, MA requesting that the court enter a Decree changing their name to:
Aleck Ysayle Milov

IMPORTANT NOTICE Any person may appear for purposes of objecting to the petition by filing an appear-

ance at: Hampden Probate and Family Court before 10:00 a.m. on the return day of 04/12/2024.

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: March 15, 2024
Rosemary A Saccomani
Register of Probate
03/21/2022

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
03/01, 03/08/2024

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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.

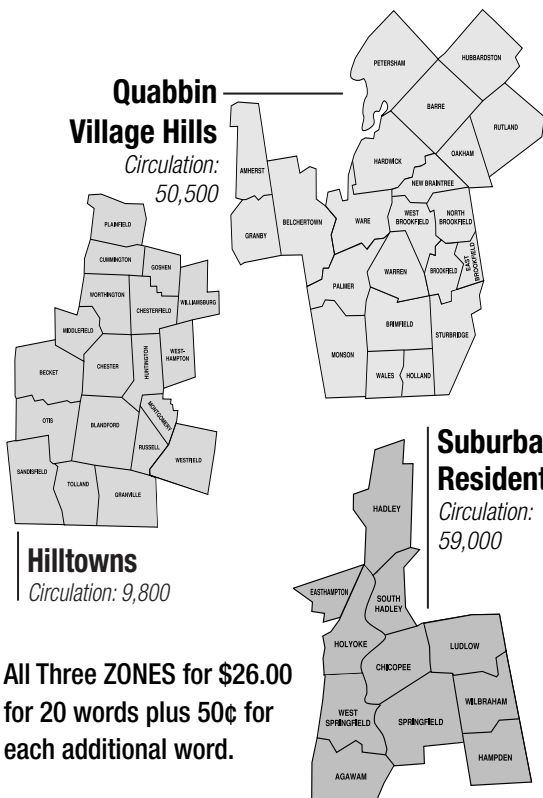
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The Town of Huntington is seeking a part-time **HIGHWAY ADMINISTRATIVE ASSISTANT** for 16 hours per week. Applicants must be proficient in Microsoft Word, Excel, and Outlook. Hours are flexible, but must be worked during the regular highway department 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.

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AROUND THE REGION

Eversource to trim trees from helicopters to help ensure reliable power for customers

What: As part of its efforts to ensure safe, reliable service for customers, the energy company will be using a low-fly-ing helicopter to trim tree limbs from the sides of a power line corridor in Western Massachusetts starting this week.

Eversource's transmission lines are the superhighway of the power grid and are critical to deliver clean energy to the region. When a tree grows too close or falls onto these critical portions of the electric system, it can interrupt service for thousands of customers across multiple communities.

necessary protection, which is why it's essential to keep this space free of vegetation to prevent a public safety issue and outages for customers.

When: Tuesday, March 12 through April 6. Weather permitting, flights will take place between 7:30 a.m. and 5 p.m.

Where: The helicopter will be working in the following towns crossing over the following roads:

Hampden, MA: Mill Rd., East Longmeadow Rd., Allen St.

Wilbraham, MA: Stony Hill Rd., Soule Rd., Tinkham Rd., Springfield St., Manhonis Rd.

Description of Aircraft: Color: Red, Silver, Black / Tail #: N107SF / Type: Hughes 369D

For more information, contact Priscilla Ressa at priscilla.ressa@eversource.com or 413-787-1055.

Freedom Credit Union accepting donations in support of Griffin's Friends

March Month of Giving Campaign focuses on bringing moments of joy to children with cancer

SPRINGFIELD - Freedom Credit Union is collecting cash donations through March 30 at its branches throughout western Massachusetts to benefit Griffin's Friends, a volunteer-led group dedicated to providing relief and support to children with cancer and their families.

"This is a cause we support annually because it is near and dear to the hearts of our members and staff," said Freedom Credit Union President Glenn Welch. "Griffin's Friends is committed to helping ease the hardships of children in treatment for cancer, and the families who love and support them."

All funds raised throughout the March

Month of Giving campaign will benefit the Griffin's Friends Children's Cancer Fund at Baystate Health Foundation, Inc. Established in 1994, Griffin's Friends is named for Griffin D. Kelleher who passed away from cancer when he was 14 months old. This fund is his legacy, uniquely supporting children in treatment for cancer and their families by providing small acts of kindness.

"We encourage our employees, members and community to donate to this worthy cause at any Freedom branch this month," said Welch. "Together, we can help ease the all-consuming burden of a child's cancer diagnosis for local families by providing them with moments of comfort and happiness."

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