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Creativity encouraged at Teen Paint Sip Fun in Hampden

By Kristin Rivers
 Staff Writer
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HAMPDEN -- Children and teens stopped by the Rochford Reading Room from noon to 2 p.m. on July 29 for a Teen Paint Sip Fun event.

The program, led by Erin Boughamer, a professional artist, educator and entrepreneur, had participants learning step-by-step how to create an “Underwater Adventure” painting with an underwater scene, seaweed, a sea turtle and a dolphin.

The painting required three types of brushes and used the colors black, white, blue and green for the underwater theme.

Near the end, participants experimented with the color pink and adding extra underwater-themed pieces, including a pineapple resembling Sponge-Bob’s house, jellyfish, bubbles, fish-hooks, a barracuda, underwater flowers, a humpback whale and other kinds of fish.

Boughamer shared how she got into doing Paint Sip Fun.

“I’ve been an artist my whole life, so I saw somebody doing this 10 years ago and thought, ‘Oh my God I can do that, so why not?’ and I did. So, I started my own business and I’ve been doing it ever since,” Boughamer said.

Boughamer explained her prior classes included paintings of landscapes, flowers, cancer awareness paintings, animals, paint your own pets and many more.

Additionally, Boughamer launched an event painting ven-



Turley photos by Kristin Rivers

Participants show off their “Underwater Adventure” paintings made during the Teen Paint Sip Fun event at Hampden Free Public Library.

ture, Event Painting by Erin, where she does live paintings at weddings.

Boughamer also became an art teacher right before the pandemic hit, which helped her continue teaching art when everything shut down.

She continued doing Paint Sip Fun events virtually.

“I did this for free during COVID online. Every night

I went live on Facebook, so it kind of kept people interested in knowing the business and here we are after,” Boughamer said. “People are loving it again post-COVID. So, I come to you, set it up, whether it’s at your house, the library or restaurants. Anywhere, really, and I can teach a class.”

She also enjoys teaching the classes to children and adults to

help empower them in utilizing creativity and expressing themselves through art.

“My favorite thing is to see someone come in and they’re all, ‘I can’t draw a straight line,’ and they walk out going, ‘I did that.’ That transformation during this hour-and-a-half, two-hour class, that yes, you can do this. Everyone is an artist,” Boughamer said. “Me helping

them realize that is what fuels me to continue to do this.”

Boughamer said the classes are important “especially now with the stress of world events.”

“Creativity is a way to use the other side of your brain and to let out your emotions,” Boughamer said. “So, creativity is definitely a way to help with

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New Federated Community Church pastor looks to connect with next generation

Pastor Kwan Kim, of South Korea, has arrived in Hampden

By Dalton Zbierski
 Editor
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HAMPDEN -- Kwan Kim, the new pastor at the Federated Community Church on Main Street, is focused on connecting with the next generation.

Kim hopes to use his new platform to grow the community and inspire others, particularly the youth.

“My goal is to approach the next generation. My passion has always been in evangelism and (the) next generation,” he said. “The next generation should be happier than the current generation. That is what I hope for, so I’d like to build the church together.”



Submitted photo

Kwan Kim is the new pastor at Federated Community Church in Hampden.

Kim’s journey, which ultimately led him to Hampden, has taken him thousands of miles. Kim was born and raised in South Korea; his father was a Methodist preacher

who retired as a bishop for the Korean Methodist Church.

Kim was inspired at an early

Please see **PASTOR**, page 7

Wilbraham and Hampden Boards of Selectmen discuss regional dispatch

By Kristin Rivers
 Staff Writer
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HAMPDEN -- The Hampden Board of Selectmen hosted the Wilbraham Board of Selectmen in the Selectmen’s Office on July 31 to discuss regional topics, including Belchertown’s interest in joining the regional dispatch.

Regional Communications Director Anthony Gentile provided an overview, including plans to hire three people with one promotion to deputy director and the state paying the salary for Gentile’s role and the deputy director for the next three fiscal years.

“Overall, I think it would be great for all three communities to be able to come together and support one another,” Gentile said. “I feel having a third community come in wouldn’t be that much of a hard step for us to take on.”

Chair John Flynn asked about extending 100% grant

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Hampden Selectboard discusses 'eye sore' properties



On July 24, the Board of Selectmen discussed how to clean up the pond on Mill Road.

By Dalton Zbierski
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HAMPDEN -- When the Board of Selectmen met on July 24, it discussed numerous eye sore properties, including the pond on Mill Road and the former Cumberland Farms on Main Street.

"One area in town that's always been an eye sore to me is the pond on Mill Road," Selectman Craig Rivest said. "Years ago, it was done, parking benches (were added), it was cleaned up, but in the last 10 years, as I recall, the parking benches are in the water, it's all overgrown, (it is) uneven land there. I think we can utilize that as open space recreation and work on preserving that area with some kind of layout where people can actually picnic there and sit there."

Rivest noted that the town property has a usable landscape. He suggested implementing parallel, straight-line roadside parking, removing the benches from the water, repurposing them, installing a picnic table and having the land regularly mowed and upkept.

Rivest said the Parks & Recreation Department could use the space for recreational outings. He wants to make it a "great spot to go read a book or fish."

Doug Boyd, chair of the Community Preservation Committee, discussed the issue with Rivest several weeks ago. He said the pond was dredged about 20 to 25

years ago, but it was implied during last Monday's conversation that new statues could prevent similar action. Action, however, can be taken on land.

"It's town property so generally speaking CPA funds can be applied to it. We obviously would have to work on the specifics of it, but as a general proposition it would qualify," Boyd said. "We could put it under recreation or open space. It would most likely be recreation because CPA encourages passive recreation. They don't want artificial turf or to pay for stadiums and they specifically exclude commercial type activities on properties, but we're not talking anything of that nature. This would be more the nature of a town park."

Rivest noted that the water is shallow and that the pond is good for skating during the winter. He said the Parks & Recreation Department could potentially build a seasonal ice rink there.

"Just throwing things out there, but we could facilitate something for recreation in the winter," he said.

The former Cumberland Farms at 500 Main Street was also labeled as an "eye sore" by Rivest and Boyd. The building has sat empty for nearly two decades and was deemed unsafe during past meetings in previous years.

In 2019, the board reported that a local contractor volunteered to demolish it, but condemning the building then was out of the question and still appears to be so.

It is believed the town sought to turn the property into a parking lot.



Staff photos by Dalton Zbierski

The Old Cumberland Farms at 500 Main St. has been an "eye sore" in Hampden for years.

site has been remediated by new owners so it could be time to reconsider a project that was proposed about five years ago. The discussion on July 24 did not go into expansive detail about the old, proposed project, but Board Chair John Flynn is displeased the site isn't being utilized.

"The discouraging thing is there's so little business land in town, I hate to take something out of the inventory," Flynn said.

Boyd was more skeptical and spoke of water and septic issues that plague the "decrepit piece of property."



He added that it lies in a flood zone for the Scantic River, which steered the town away from building the police department there, and that no one has genuine interest in revitalizing the parcel.

"Water and septic, there's a reason it hasn't sold, at least as a commercial property," he said. "We only have a limited number of commercial parcels in town, but I'm not sure I would consider this a viable commercial parcel because if it were, somebody would have done something with it."

"We've got a vacant building there that just looks hideous," Rivest said. "Nobody's buying it. Nobody wants to use it."

Rivest noted that the

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Toe Jam Puppet Band entertains families at Wilbraham library

By Kristin Rivers
Staff Writer
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WILBRAHAM -- The library's Brooks Room was packed with families on July 28 to see Toe Jam Puppet Band perform music, comedy and more.

The program was supported by the Friends of the Wilbraham Public Library.

The band, consisting of Vinny Lovegrove, a hand puppet and children's performer, and Tom Poitras, a children's songwriter and guitarist, performed songs including "Green Light a Go-Go," "The Laundry Song" while throwing laundry to the audience, comedy with water and bubbles, barn dancing and more.

Lovegrove explained Toe Jam Puppet Band has been together for 23 years and formed after Poitras became a father.

"Tom reached out to me. He said, 'Hey I'm making kid's songs, I know you do stuff with kids, you want to work together?'" and that just blew up from there," Lovegrove said.

Lovegrove said in addition to libraries, Toe Jam Puppet Band has performed in children's hospital waiting rooms, preschools, 1,000-seat theaters, festivals, farmers markets, parades, the Springfield Museums and even four weddings.

They also do shows for different age groups from toddlers to fifth and sixth graders.

"Again, Tom and I lucked out. What we do is very versatile," Lovegrove said.

Lovegrove was grateful to be performing again post-pandemic, explaining the band's show at the library was their first one in a long time.

"The unemployment for gig workers was very important to both of us, but we did a lot of Zoom shows and some outdoor stuff that we wouldn't normally do outside at different parts of the year," Lovegrove said. "And fortunately, for us, we were so well established before the pandemic, once things started opening up again, people knew us and were ready to have us back."

Assistant Children's Librarian Rachel Smythe was thrilled about the turnout and having the band perform.

"Toe Jam Puppet Band is one of the highlights of our summer program series. We haven't had them here for a while because of the pandemic, but it's wonderful to have them back," Smythe said.



Turley photos by Kristin Rivers

Vinny Lovegrove and Tom Poitras of Toe Jam Puppet Band hold props and raise their hands in the air to motivate the audience during their July 28 performance at the Wilbraham Public Library.



Vinny Lovegrove of Toe Jam Puppet Band holds up a green paddle board during the "Green Light a Go-Go" song as children and families move in place during the Toe Jam Puppet Band show at Wilbraham Public Library on July 28.

adults love them and it's so fun to see everybody together with so much energy, enjoying the music and the interactive nature of the programming is really wonderful."

Smythe explained the concerts help connect families, friends and neighbors together, adding "it's wonderful" to have the events again.

"I don't think anything can replace the live, in-person feel of a concert like this. You just can't get the same feel without it being in person, so it's wonderful to have everyone here together," Smythe said.

Smythe wants residents to know when you support the Friends or become a member, the money donated or used to purchase books during their book sales supports the library and its programming.

"That directly helps us to bring in programming like this for the community, and we really appreciate that, the

community really appreciates that and it's a win for everyone," Smythe said.

Lovegrove wants the community to know the band loves libraries, stressing the importance of supporting libraries and how the Friends supports library programming.

"Libraries are our favorite places to go. They honestly are usually the start of everything we do in any community. They are the first place that people in any town or city get to see us, so we love libraries," Lovegrove said. "We also just happen to love the ideals and the sentiments and all the motivation that the library has, which is to reach out to the community, bring them in, get them excited, stimulate them when they're here and stuff, so we love all that stuff."

To learn more about Toe Jam Puppet Band, visit www.toejampuppetband.com/ or check out their Facebook page.

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Jayne, one of the teens at the event, paints a humpback whale for her "Underwater Adventure" painting during Teen Paint Sip Fun at Hampden Free Public Library.



Erin Boughamer, professional artist, educator and entrepreneur, is introduced by Maxine Girard, young adult librarian at Hampden Free Public Library, to participants at the Teen Paint Sip Fun event at Hampden Free Public Library.



A close-up of the "Underwater Adventure" painting participants learned to paint during the Teen Paint Sip Fun event at Hampden Free Public Library.



Erin Boughamer, professional artist, educator and entrepreneur, demonstrates a painting step to attendees during the Teen Paint Sup Fun event at Hampden Free Public Library.



A full group shot of Erin Boughamer, professional artist, educator and entrepreneur, leading participants in the next step of painting their "Underwater Adventure" paintings during the Teen Paint Sip Fun event at Hampden Free Public Library. The event took place in the Rochford Reading Room.



Erin Boughamer, professional artist, educator and entrepreneur, assists Allie with her painting during the Teen Paint Sip Fun event at Hampden Free Public Library.

Turley photos by Kristin Rivers

Erin Boughamer, professional artist, educator and entrepreneur, holds up a color palette and paint brush to show participants how to create the lines for the sea creatures during the Teen Paint Sip Fun event at Hampden Free Public Library.



PAINT | from page 1

emotions and help handle the stresses of life."

Boughamer shared creating art has also helped her destress personally, especially when she hasn't created for a couple of days.

"As soon as I get into the studio, I relax. Again, you're just not worried about everything else that's going on. You're 100% present in the moment creating, and that in of itself is healing," Boughamer said. "I can't encourage people enough to get their kids out to create, and themselves too. Adults too. If you think you can't draw, you can color, use an adult coloring book."

Boughamer wants the community to know "everyone can be creative," encouraging residents to try out events like Paint Sip Fun.

"Everyone's an artist, whether you think you are or you think you're not. If you can move a pencil across a piece of paper or a pen or hold a paintbrush or even not - you don't need hands - you can do it. I've seen artists do it with their feet, you know. Everyone is an artist, so get out there and try. Don't be afraid," Boughamer said.

To learn more, visit paintsipfun.com.

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Wilbraham-Hampden Times

50th Reunion for Minnechaug Class of 1973 to occur in October

By Karen Amerman and Brad Hughes

WILBRAHAM -- The Minnechaug Regional High School Class of 1973 will commemorate their 50th reunion with a four-day, event-filled celebration from Thursday, Oct. 12, through Sunday, Oct. 15, 2023.

For the Class of 1973, this year has been one of remembering, reconnecting, reflecting and rejoicing. In October 2022, classmates began meeting on Zoom to plan the reunion, share memories, rekindle old friendships and spark new ones. The October 2023 reunion will offer a wide array of options to celebrate and reconnect with classmates and the community, including a tour of the "new" Minnechaug, a trivia contest, gatherings at craft breweries, hikes, golf, a Falcon football game and tailgate and a

dinner-dance at the Country Club of Wilbraham. In order to preserve and celebrate the school's tradition of musical excellence, the class of 1973 is also digitizing and sharing music from the record albums made by the Minnechaug Swing Band, Choralyres, and Men's Chorus from all four years we were in high school.

To give back to our communities and schools and to inspire the next generation of scientists, our class has established a fund to honor our classmate Dr. Janice E. Voss, a NASA astronaut who flew five shuttle missions in space before she passed away in 2012. Through this fund, the class of 1973 will donate STEM-related books for the libraries in the Wilbraham and Hampden schools, send one nine-to-11-year-old student to Space Camp in Huntsville, AL, and create a \$2,500 annual scholarship to be awarded to



Minnechaug Regional High School Class of 1973 alumni and retired faculty enjoy a June mini-reunion at Rice Fruit Farm in Wilbraham. Submitted photo

Scantic Valley YMCA launches Parkinson's Total Body Class

WILBRAHAM -- Parkinson's Total Body Class uses interval-style instruction for individuals with Parkinson's disease. Meeting twice a week, activities include strength, cardio, boxing, cycling, agility, flexibility and balance training. This modality of exercise has been shown to increase neuronal activity, which is usually decreased in individuals with Parkinson's disease. Total Body Parkinson's class is an additional benefit of YMCA of

Greater Springfield membership. Classes are also available to the community with a non-member fee of \$30 per month. This program is supported, in part, by a grant from the American Parkinson Disease Association Massachusetts Chapter.

For more information or to register, contact the Scantic Valley YMCA, a branch of the YMCA of Greater Springfield, at 413.596.2749 x3107.

a graduating Minnechaug senior from Wilbraham or Hampden with plans to study for a career in STEM.

In addition to the Zoom meetings, classmates have already held more than 70 mini-reunions all over the country. Closer to home, in June several class members and two former teachers met at Rice Fruit Farm in Wilbraham for an afternoon of coffee and conversation. Classmates had fun reminiscing and were fascinated to hear the teachers share stories

about their lives inside and outside of school.

It is our hope that all members of our class family will know that they are invited to attend this reunion. We experienced years together in the Hampden-Wilbraham school system, so we welcome others who may have been part of our educational journey, including teachers and friends whose time at Minnechaug overlapped with ours. If you know someone from the Minnechaug Class of 1973 (they would have

been born in 1954 or 1955) or would like to know more about the Janice Voss Memorial projects, please contact Ricardo Perez at perezr9@gmail.com or 919-757-7679.

Fifty years have flown by and now "as the years roll on, each time we hear our favorite song, the memories come along, older times we're missing, spending the hours reminiscing" (Little River Band). Let's celebrate together 50 years of life and stories!

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VIEWPOINTS



Juvenile red-tailed hawk

Several people spotted a juvenile red-tailed hawk by Coldbrook Road in Oakham last week. People, who saw the bird, hoped its parents were near by and take care of it. That did not happen. When no parent appeared by the next day, the bird was brought to a wildlife rehabilitator. The red-tailed hawk is the most commonly

seen hawk in this area. It is about 19 inches long. It gets its name from its reddish upper tail. It also has a white chest with a belly band and markings on the chest. Plumage varies considerably. The immature has a finely, banded gray-brown tail and keeps this plumage for one year.

The female lays one to five bluish white eggs with dark marks in a platform of sticks lined with bark and greens in a tree. The nest can be 15 to 120 feet high.

They often are seen perched in a tree by a field. They make a slurred scream like "tsee-aarr" often directed at an intruder. Fledglings and adults also make a "klooeek" sound. During courtship or territorial encounters, they make a piercing "chwirk."

Bird talk

On July 7, I spoke about birds at the Oakham Senior Center. Ava, age 7, won the door prize of a "Squirrel Slammer" feeder. She came to the event with her great-aunt, who also took the photo of the young red-tailed hawk in this column. She related the story of its rescue since it appeared to be abandoned.

One Oakham woman attending the talk said a robin nested near the house. She and her husband could watch it from their home. One day, they saw the mother shove all her babies out of the nest.

Wild turkeys

Recently, I saw a turkey dust bathing along the side of the road. An Oakham resident had one doing the same thing in her yard. At first, she was concerned it was injured, but it did get up and leave.

Several people reported wild turkeys in their yard with youngsters. I saw one group on someone lawn recently. The poultts looked adorable.

Loons

Most loon pairs hatch their young the first two weeks of July. Both Wachusett Reservoir and Quabbin Reservoir have nesting loons. Floating nests not only provide suitable nesting sites, but they also rise and fall with the water level. This is especially important this year with all the heavy rain in preventing flooding of the nests.

Massachusetts Audubon Society sighting

In Berkshire County, sightings reported to Massachusetts Audubon Society included a northern goshawk and two hooded warblers in Great Barrington and a single hooded warbler at the Hopkins Memorial Forest in Williamstown. Other sightings were a least bittern at Richmond Marsh and merlins in Pittsfield and Lenox.

In Worcester County, sightings included a Brewster's warbler in Harvard, two black vultures soaring near the Hardwick Winery and five evening grosbeaks.

It is good to hear there are evening grosbeak sightings as many of the people at the bird talk at the Oakham Senior Center said they had not seen evening grosbeaks in some time.

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.

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The daylily, both friend and foe

I have never been a daylily aficionado, but as of late, they are growing on me.

Why I write is because on Cape Cod they are everywhere. The last few days I have seen them paired with shrubs, other perennials and even as a backdrop to carefully placed annuals.

Read on as I resurrect a column from the archives with new and updated factoids.

We've all seen the clumps of orange daylilies (Hemerocallis fulva) blooming along roadsides each summer. These remnants of long ago have oftentimes outlived the people who planted them and the farmhouse in which they were planted around.

Arriving from Asia in the late 1800s, the common daylily is now considered invasive because it crowds out native plants. While experts advise not planting daylilies that are known to run amok, there are many cultivars that rightly deserve a place in the landscape.

Two varieties of daylilies presently occupy space in my landscape, one that is a family heirloom, and another that was purchased on a whim.

The lemon lily (Hemerocallis lilioasphodelus) was a family heirloom, although I am not sure where it originated. I think it was my grand babci that first gave it to my mother back in the 1950s.

It has been almost entirely choked out of the banking of my childhood home by lily of the valley, but I am lucky enough to have saved a piece and it is thriving in my perennial garden. It is delicate as far as daylilies go, perfectly lemon yellow and subtly scented.

The lemon lily has a short bloom time, a week or less in early June, but it makes a perfect bed fellow to deep purple bearded iris.

Today, thousands of cultivars of daylilies are available, many of which bloom for longer periods of time than the old-fashioned types. They are offered in shades of all colors except blue and pure white.

Please see **GARDEN**, page 8

Letter To The Editor

Minnechaug Booster Club controversy

To the Editor:

As reported in your publication July 27, the Hampden-Wilbraham Regional School Committee is currently engaged in sorting out a controversy regarding the operation of the Minnechaug Booster Club.

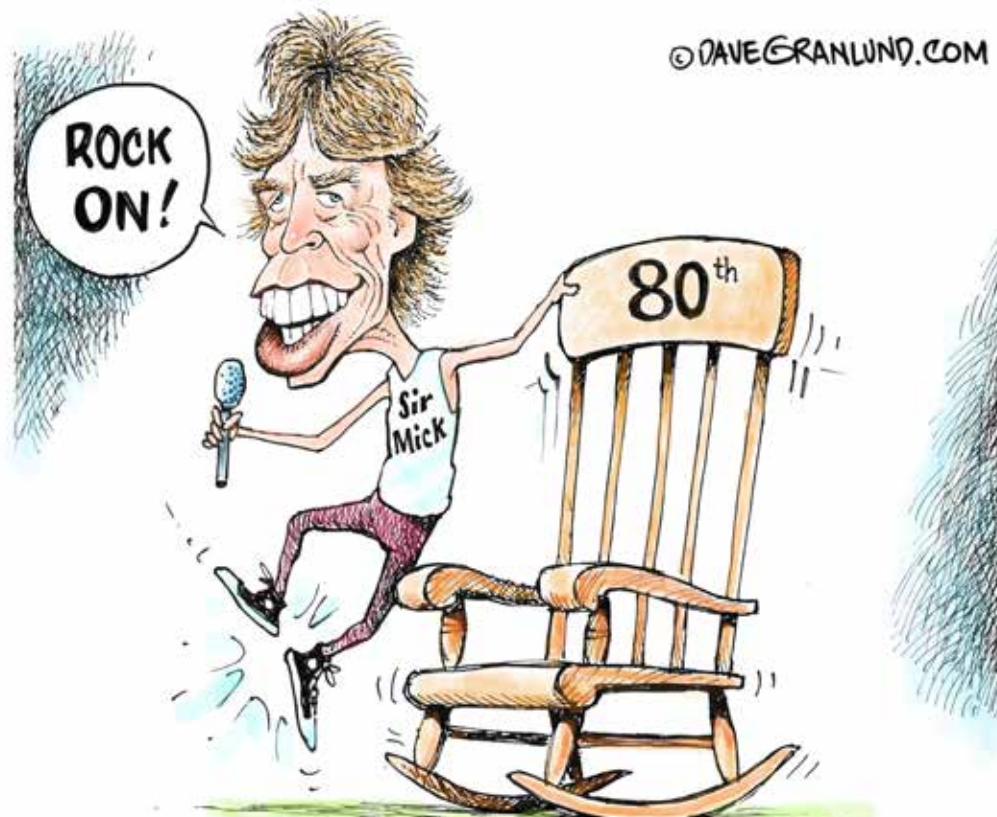
In reporting on the events of the last School Committee meeting your reporter writes. "Ron DeCurzio and Mike Flynn provided a history and background on current events. Flynn explained the club was restarted in the mid-1980's " because there were a lot of problems occurring at the time."

The article continues, "Many of the issues Flynn added included illegal actions such as embezzlement. In response the school committee and others decided to have one organization fundraise for the booster club. Flynn

said the key issue is, "what happened back in the 80's is happening now."

If Mr. Flynn is correct that, "what happened back in the 80's (illegal actions such as embezzlement) is happening now." that is a startling revelation. That along with the announcement that the entire board of the Booster Club had resigned on May 11 leads to only one conclusion which is, at the very least, there needs to be a through independent audit of the Minnechaug Booster Club and the Turf At Chaug accounts. Only in this way will the transparency and accountability that is necessary to restore the credibility of the Booster Club be obtained.

Donald Davenport
Hampden



Editorial Policy

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

Correction Policy

The TIMES will gladly correct factual errors that appear in this paper and can be substantiated. Corrections or clarifications will always appear on the editorial pages. To request a correction, send information in an e-mail or mailed communication to the editor at the above address listed above. The Wilbraham-Hampden TIMES is published every Thursday by Turley Publications, Inc. One year out of town subscriptions are available at \$45, out of state \$50 by calling 800-824-6458 Ext. 201. The deadline for submission of news material, letters to the editor and photos is Monday at 12 p.m. The TIMES is not responsible for submitted photos.

Wilbraham Hiking Club invites you to complete its survey

WILBRAHAM -- The Wilbraham Hiking Club is continuing its weekly hikes throughout the summer. August hikes are now posted. Both Wilbraham residents and non-residents are welcome to check out the hikes and register at wilbra-

hamrec.com. As always, all hikes are free. The club hopes you will help it refine its hiking options by completing this short nine-question survey: [https://docs.google.com/forms/d/e/1FAIpQLSc1B64p9x9Z-kRB210uzA_m9ROttFGEDefssm-](https://docs.google.com/forms/d/e/1FAIpQLSc1B64p9x9Z-kRB210uzA_m9ROttFGEDefssm-ST2NHW4c63h1Q/viewform?usp=sf_link)

ST2NHW4c63h1Q/viewform?usp=sf_link
For more information about the survey, or if you are interested in leading hikes for the WHC, please write to wilbrahamhiking@gmail.com.

Staying safe and emotionally healthy during out-of-school time

HOLYOKE – It is that time of year when school vacation hands students a stretch of free time welcomed by most, but less so perhaps by parents as it raises the question: How do working parents and other caregivers with demanding schedules ensure children stay emotionally healthy and safe during a long break from school?

Dr. Negar Beheshti, a board-certified adult, child and adolescent psychiatrist and Chief Medical Officer for Holyoke-based MiraVista Behavioral Health Center and sister hospital, TaraVista Behavioral Health Center in Devens, recommends a balance of structured fun and learning. She recommends as well that primary care givers do “their due diligence” to keep everyone engaged in safe behavior that supports mental health.

Conversations around behavior and activities, she adds, should be age-appropriate.

“For example, children in elementary school may be doing a lot of summer camp activities and this is an opportunity to talk to them about ap-

propriate behavior with other peers at the camp,” Beheshti said. “When you get to the tweens, they may not want the regular, structured routine of summer camp. However, it is still good to do some type of structured program as it gives middle-schoolers the opportunity to continue social development and promotes new learning opportunities. Some school districts offer enriched learning programming at least part of the day that holds the potential to explore something new in a fun way.”

High school, she adds, “brings a little more autonomy for teenagers, and the need for more candid discussions on dating and substance use, including that the minimum legal age for buying, transporting or drinking alcoholic beverages is 21.”

“There is value for a teen who is old enough to look for a job,” Beheshti notes. “It gives the ability to have more autonomy, cash to spend and save, and is a good use of their free time.”

College students, she said, may be told that they “are coming back home as adults and you will hold

them to that standard in terms of their personal habits around the house.”

She recommends parents know other parents and caregivers involved in a young person’s activities as well as friends.

Other tips and recommendations for a safe and enjoyable summer break for young people from Beheshti, including what routines should be maintained, how to approach a difficult topic, including a change in normal behavior, and support available to a child questioning their sexual orientation or gender identity, can be found at <https://www.miravistabhc.care/staying-emotionally-healthy-during-school-break/>

The state Executive Office of Health and Human Services recently created new resource hubs for LGBTQ+ individuals including at <https://www.mass.gov/lgbtq-youth-mental-health-resources>, as well as a web resource page on summer programs for youth that are a mix of the academic and the recreational at <https://www.mass.gov/info-details/summer-learning>.

PASTOR from page 1

age to follow in his father’s footsteps and set his eyes on his eventual career as a teenager.

“I heard God’s calling during the high school years. Since then, my calling and my passion haven’t changed,” he said. “I naturally became Korean Methodist and came to the U.S. so very naturally started serving the United Methodist Church because that is a sister denomination.”

Kim was ordained in the Korean Methodist Church and accumulated ministry experience in South Korea before arriving in the United States in 2003, where he attended Duke Divinity School in North Carolina. There, he earned multiple degrees.

“After finishing another master’s degree in Duke Divinity School, I happened to start serving the United Methodist Church. Since then, I’ve been a United Methodist pastor for about 17 years,” Kim said.

Over the course of his career in the United States, Kim has spent most of his time in North Carolina, although he did spend multi-year stints in Cincinnati, OH and Rock-

ville, MD. Recently, he felt a desire to serve in a new environment and looked up north.

Kim applied to annual conferences of the United Methodist Church. The United States has 54 annual conferences, supervised by bishops in 46 episcopal areas.

Kim said the New England conference replied to him very quickly and offered him an appointment in Hampden. He took the position and is pleased he did.

“It’s a true welcoming community (with) beautiful nature, and everybody has really open minds,” Kim said.

Kim was asked what the difference is between the north and south, and he said he feels like he can be himself in his new home. People are more accepting of different cultures here.

“The real difference between north and south is I haven’t experienced any piercing eyesight (or staring). I don’t have to realize, ‘Okay, I’m Asian American,’ anymore. I feel like people just accept me and treat me like one of the community members. That’s really appreciated and a wonder-

ful thing,” Kim said.

In Hampden, Kim feels that he can devote himself fully in ministry and serve the Lord together with the congregation.

“If this is the situation, then this is the place where I want to be,” he said. “Definitely, I truly appreciate that.”

When speaking of the next generation, Kim said it’s about more than preaching. It’s about being there to serve them in their times of need.

Kim said if there’s any chance for him to reach out to the next generation, he’d love to do whatever he can. He will make himself available to the community.

“If they have a football game at the high school, I’d like to go and encourage them and be with them,” he said. “If they have any sorrow or any pain, I’d like to be one of those who can be with them as well. If they need any help, I want to be one of those who can help. I’m available and more than ready to give myself to them.”

BOARD from page 1

funding. Next year, it will go down to 50%, followed by 25% in 2025.

“Would we continue on with that course or with the change in the district makeup, would our number change up again?” Flynn said.

Gentile provided context on the percentages.

“I don’t believe the state would add on another three years. The town of Belchertown would have the same benefit that Hampden had. The first three years would be 100%, the fourth year would be 50% and then the fifth year is 25%,” Gentile said. “I don’t believe there is a parameter where the town of Hampden could get another three fiscal years funded by the state, but I will definitely check on that because maybe that is something that they could do or extend up 50% for another two years or two fiscal cycles.”

Donald Davenport discussed possible amendments to the intermissive agreement and how some agreements vary depending on populations and the number of calls received.

“Belchertown’s about 15,000 and Wilbraham’s about 15,000 and we’re just around 5,000 so we would be around 14 or 15%,” Davenport said. “So, if your budget is \$600,000, we pay 15% or they would base it on the population or on-call volume or on the call volume and population together and then divide it by two and they come up with a percentage. So, we would have to negotiate that, I believe, with Belchertown and Wilbraham if we have to change that.”

Gentile explained the new IMA would be between Belchertown and Wilbraham and Wilbraham would assess Belchertown a fee.

The percentages, he added, pertain to dispatches run by special municipalities.

“We are hosted by a host community which is Wilbraham and any regional center that wants to come on board would sign another agreement to add that community onboard,” Gentile said. “The board of directors would be the police and fire chief would be for the town of Belchertown as well.”

After Davenport, Flynn and Sue Bunnell discussed the agreements in further detail, with Craig Rivest reviewing the current agreement, Wilbraham Chairman Theresa Goodrich explained how Gentile can help the towns.

“I think he’s going to direct us to the right steps, so they’re all good questions that we’re all posing and bringing up, but I think, ultimately, there’s a template,” Goodrich said.

Gentile said he would reach out to other regional dispatches to learn more.

“I think it would be two different contracts, but there may need to be something added to the Hampden IMA that shows Belchertown coming up, so I don’t think it’s heavy lifting at all,” Gentile said.

“The point about the governing board is certainly important,” Bunnell added.

When Goodrich asked Gentile about meeting with Belchertown, he shared he spoke with them last week and will meet with the town administrator on Friday, Aug. 4.

More next week as the boards also discussed the Shared Public Health District and the Hampden-Wilbraham Regional School District agreement.

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Death Notices

Chet F. Grondalski
of Wilbraham
died July 25, 2023
Wilbraham Funeral
Home is in charge of the
arrangements.

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.

Extreme heat and medications

Caution and care during periods of intense heat

PIONEER VALLEY -- Government data indicates that more people die in heat-related weather events than in other types of extreme weather events, and this summer's intensive heat waves have brought some of the hottest days ever recorded on Earth.

"Increased temperatures can affect the impact of medications," said Dr. Negar Beheshti, chief medical officer for MiraVista Behavioral Health Center and sister hospital, Devens-based TaraVista Behavioral Health Center. "It is important for anyone on medications, including those which may be prescribed for a mental health diagnosis, to talk with their health care provider about how extreme temperatures and exposure to sun may change how they feel, cause certain side effects and what they can do during periods of increasingly hot weather to be safe."

A board-certified psychia-

trist for adults, children, and adolescents, Beheshti noted that heat-related complications have been found to be contributing factors in deaths where alcohol poisoning and drug overdose are the underlying causes.

"People are often unaware of the threat in body temperature from heat exposure until it is too late," she said. "However, heat-related illnesses are considered preventable through education and awareness both on the personal and community level. Staying out of direct sunlight, drinking water regularly even when not thirsty, and being aware of one's mental health state, and getting help if needed for oneself or another are all important preventative measures."

More than 59 million people in the U.S. are currently under active National Weather Service extreme heat advisories, watches, and warnings with many states experiencing a Heat Index well into the 100s.

The National Weather Service defines The Heat Index as a measure of how hot it feels when relative humidity is factored in with actual air tempera-

ture. The index between 90- and 103-degrees F comes with the warning classification of "extreme caution" as heat stroke, heat cramps or heat exhaustion are "possible" with prolonged exposure or activity.

Recommendations from the Centers for Disease Control and Prevention for avoiding heat-related illnesses, especially during periods of extreme heat, include eating regular meals,

avoiding strenuous activity, especially during the heat of the day, taking cool showers and calling 9-1-1 immediately if someone shows signs of heat stroke, which include a body temperature of 103-degrees F or higher, a fast, strong pulse, and confusion.

To learn more, please visit Heat Health Awareness: Why it's Important for Persons with Substance Use Disorders and Mental Health Conditions, Caregivers and Health Care Providers | SAMHSA. For more information about MiraVista Behavioral Health Center, visit www.miravistabhc.care.

Monson Polish Club Line Dance Class

MONSON -- Have you wanted to try line dancing but can't find a beginner class in the area? Line dancing is fun, great exercise, social and you don't need a partner!

Come, drop in and join us for Beginner Line Dance classes at the Polish American Club, 7 Bliss St. in Monson on Thursday evenings from 6:30-8 p.m. Classes are located upstairs from the bar. Classes are \$8.

Contact: Rose Sullivan, Instructor at 413-682-4120 for more information on classes.

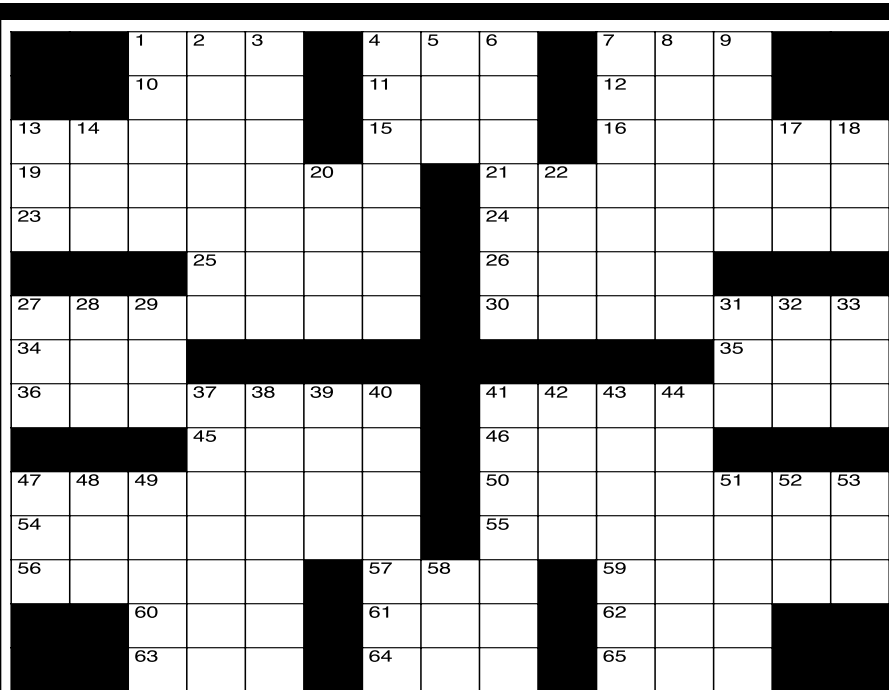
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CLUES ACROSS

1. Indicates tire pressure
4. Request
7. Clairvoyance
10. 007's creator
11. Adult male
12. Scandinavian god of battle
13. Cloths spread on a coffin
15. Breeze through
16. Ladyfish genus
19. It's good to take them
21. Noble-governed territory
23. Members of U.S. Navy
24. Card game resembling rummy
25. Affected by injury
26. Member of a Semitic people
27. Left
30. Woman's cloak

34. S. American plant
35. Prohibit
36. Offense
41. Dish soap brand
45. Ottoman military commanders
46. Ancient Greek City
47. Makes unhappy
50. Discuss again
54. Medical instrument
55. Promote
56. A beloved carb
57. Tag the base runner to get him out
59. Prehistoric people
60. Large African antelope
61. Vehicle
62. Georgia rockers
63. Scientific instrument (abbr.)
64. A major division of geological time
65. Attempt

CLUES DOWN

1. Plant of the nettle family
2. Fit to be sold
3. Rather
4. Collected
5. A baglike structure in a plant or animal
6. Patella
7. Ageless
8. Lists of course requirements
9. Pokes at
13. TV network
14. They ___
17. Cooking hardware
18. U.S. Army title
20. Iron-containing compound
22. Swiss river (alt. spelling)
27. Former French coin
28. Electronic countermeasures
29. Taxi

31. Helps little firms
32. Woeful
33. Midway between northeast and east
37. Glowing
38. Tasks which should be done
39. An informal body of friends
40. Intrinsic nature
41. Neural structures
42. Brews
43. Where ships unload cargo
44. Singer
47. Sino-Soviet block (abbr.)
48. Southwest Scotland town
49. Most worthless parts
51. Viscous
52. Put to work
53. Old world, new
58. Swiss river

GARDEN from page 6

Miniatures look great in rock gardens, while more beefy types work well to stabilize bankings. The majority blend nicely with annuals, perennials, and shrubbery, as mentioned.

Daylilies belong to the genus *Hemerocallis*- hemero being Greek for "beautiful," and callis Greek for "day." Individual flowers do open and perish in 24 hours or less.

Luckily though, there are usually several flowers per scape (stem), and when one goes by another is waiting to take its place. A desirable variety will bloom for at least two weeks, or will repeat blooming later in the season.

When shopping for daylilies at the nursery simply count the number of buds per scape of the potted plant. The number of buds (or the number of scars if blooming is nearly finished) coincides with the number of days that particular variety is expected to

bloom.

Unfortunately, my lemon lily had a mere four.

If you choose carefully and plan accordingly by including early, mid, and late season bloomers in your mix, it is possible to achieve continuous bloom over a three month period in a mixed border of daylilies.

Many people are opting to plant a single variety for a season's worth of flowers. Different than varieties that rebloom, ever-bloomers offer a nonstop performance from the beginning of their bloom period until frost.

It is said that Dr. Darrel Apps, a geneticist and master breeder evaluated some 11,000 seedlings to end up with a mere few that flower continuously.

Breeding continues, so look for the newest introductions each year. My whim purchase from a few years back is a rebloomer called "Purple D'oro." I bought it because it was blooming in the nursery alongside Gayfeather, orange Helenium, and Purple Coneflower.

They are a power quartet in my summer border for sure, and the rebloom factor surely stretches out the show.

Locate daylilies where they will receive at least six hours of sun a day. Average soil, as long as it drains well, will grow strong plants.

Vigor determines whether clumps need to be separated and divided every few years, or if they can grow uninterrupted for many seasons. Division is best accomplished in early spring or immediately after bloom.

If you take the later approach, just be sure the plant has at least one month of growing time before frost hits. This way it will have an opportunity to root well, anchoring itself before winter freezing and thawing can heave it from the ground.

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.

JOB OPENING

STAFF WRITER

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

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

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Please tell us in a cover letter why you would be a good fit for this position and send it along with a resume and three writing samples to

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Eileen Kennedy, Executive Editor
24 Water St., Palmer, MA 01069
or email directly to ekennedy@turley.com



Turley Photos by Paula Ouimette
K-9 Knox demonstrates how to apprehend a suspect.



Mitchell Avellino, age 2 of Leicester, checks out "Roscoe" the State Police Bomb Squad's robotic dog.



Family and friends of State Police troopers enjoyed lunch in the shade.



Trooper John Ragosa and K-9 Scout play a game of hide and seek.



K-9 Knox waits to be rewarded with his toy.



Members of the State Police's Mounted Unit were at the State Police Academy.



The State Police had many vehicles displayed at Community Day, including this breast cancer awareness cruiser, dedicated to the memory of Trooper Tamar Bucci.



K-9 Knox responds to his Trooper's command.



K-9 Knox has secured the suspect.

Community Day highlighted State Police's specialty units

By Paula Ouimette
Staff Writer

NEW BRAINTREE – The State Police Academy hosted what is hoped to become an annual event, with the first ever Community Day.

On July 12, people had the opportunity to get an up close and personal look at the State Police's specialty units and the equipment they use, as well as meet with various Troopers as well as recruits attending the Academy.

Farmer Matt along with the Academy's commissary, Eurest, provided free food to the hundreds of people who attended Community Day.

The Mounted Unit was there with horses, as well as the K-9 unit with a variety of dogs to demonstrate their skills.

Remy, an almost 7-year-old black Labrador Retriever, is an accelerant detecting K-9 with the Fire and Explosive Investigation Unit, assigned to the State Fire Mar-

shal, along with her handler, Trooper Dan Riopel.

Riopel said Remy has a high work drive, and is food driven.

Remy has been in training since she was eight weeks old, raised by an inmate through the "Puppies Behind Bars" program.

She attended about six or seven fire scenes last month, searching for the use of an accelerant, which is about average, Riopel said. He added that the pair travels all around the country as Remy is a federal K-9.

Remy is one of 10 accelerant-detecting K-9s in the state.

"She's a regular dog at home," Riopel said.

K-9 Scout was also raised through the "Puppies Behind Bars" program and

is trained in explosives detection, assigned to the Bomb Squad.

Scout, a yellow Labrador Retriever celebrated his 5th birthday in December and lives with Trooper John Ragosa and his other dogs.

While Scout is skilled in his ability to detect explosives, he's also a hide and seek pro, as demonstrated at Community Day, when he quickly hid behind Ragosa when the Trooper covered his eyes.

Other K-9s can be trained to detect cadavers, find lost people or apprehend suspects.

K-9 Knox has received over 580 hours of training and originates from the Czech Republic, while K-9 Barry has received close to 1,000 hours and comes from Hol-

land.

Central and western Europe are the breeding grounds of the some of the top U.S. K-9 breeds, including the Belgian Malinois; a breed that trails closely behind the German Shepherd in K-9 use.

Trooper Nick D'Angelo said for K-9s like Barry and Knox, all of their "fun" is had on the job, and their home life is very calm, maybe even boring at times.

Community Day also offered people the chance to meet with their local law enforcement, as well as first responders, including the Hardwick-New Braintree Police Department, Hardwick Fire Department and West Brookfield Rescue Squad.

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A COMMUNITY GALLERY



July 18 was a huge night for St. Cecilia's Knights of Columbus Council 10195. At their meeting, over 50 knights celebrated and welcomed the newest addition to their council, Tim Gray (green polo). Grand Knight Ron Hale (right) presented Gray. Gray told his fellow knights he is really excited to help out his local community. On top of their newest member, the council announced the winner of the Knight of the Year as well as Knight Family of the Year. Joe Selva (grey polo), was voted on and awarded Knight of the Year by his fellow councilmen. Selva has been involved with cooking meals for the Knights' meetings as well as their big events. Fred Ferraro (middle) and his son-in-law, Josh Mitchell (left), were awarded with the Knight Family of the Year award. Ferraro organizes most raffles that are held at Knights events. While Mitchell, who just joined the back in 2021, has taken on their social media presence, including creating a website for the council. This is the second occasion that the Ferraro Family has been given this award (2013-2014).

Photos submitted by Don Flannery



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.

Tracey Perry was an outstanding President of our Rotary Club of Wilbraham-Hampden. If she couldn't find a member to chair an event, she would chair it herself. Turley photo by Charles Bennett



The Wilbraham Public Library held a Teen Paint Sip Fun event on Tuesday, July 18, 2023. The event was titled "Summer Butterfly". This free program was funded by the Wilbraham Friends of the Library, a local agency, supported by the Massachusetts Cultural Council.

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Sellers,
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WILBRAHAM HAMPDEN



Elizabeth Shea, granddaughter of Janet and Dan Shea in Wilbraham, began log rolling in August 2022. On July 20, Elizabeth came in fourth-place in the age seven and under division in log rolling at the Lumberjack World Championships in Hayward, WI. Her dad, Andrew Shea, is a 2004 graduate of MRHS and her mom is Emily Shea - they live in Middleton, WI. Elizabeth is the blonde girl in the two photos from the Championships. The Shea family is so proud of Elizabeth and all of her hard work in this sport over the past year. Her coach, Shana Verstegen, is a six-time Lumberjack World Champion. Photos submitted by the Shea family



Here is a fun photo from the Wilbraham Public Library's painting workshop with local artist Erin Gagne. Kids learned how to paint these beautiful dragonflies. This program was free to kids, who signed up, in grades three through five and paid for by funds from the Wilbraham Friends of the Library & the Wilbraham Cultural Council. Photos submitted by Children's Librarian Heidi Kane



18. Erin of Paint Sip Fun taught teens how to paint the Library and in part, by the Wilbraham Cultural Council. Photos submitted by Teen Services Librarian Rachel Haggood



This is a photo of two siblings, Anita and James Hutchinson, who completed their 1000 Books Before Kindergarten and received a free book and certificate each. Photos submitted by Children's Librarian Heidi Kane

AS A COMMUNITY SERVICE BY:



Heidi Pafumi

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arket!

Tips for driving safe with pets this summer

Distracted driving is of most concern in summer, when more people take the opportunity to travel, explore and visit family. Traveling with pets compounds this concern, as unrestrained pets can both cause distractions and make accidents more dangerous.

“Pets can easily take a driver’s attention from the road, posing a serious risk not only to the pet but also to the passengers riding in the same vehicle,” says Michael Leung, co-founder and lead product designer of Sleepypod, a manufacturer of premium pet carriers and pet restraint systems. “If there is nothing restraining a pet in a hard stop or car accident, the pet can become a projectile and potentially collide with fellow pets or human passengers.”

Such a collision could be catastrophic, regardless of a pet’s size. A 10-pound dog in a 50-mile-an-hour car crash exerts 500 pounds of force. Meanwhile, an 80-pound dog in a 30-mile-per-hour crash exerts 2,400 pounds of force.

Unrestrained pets may also fall or jump out of open windows or flee the car in fear after a crash, potentially becoming lost, injured, or worse.



A quality, rigorously tested pet restraint can make all the difference in preventing distracted driving and keeping human and pet passengers safe during an accident. Interestingly, an American Automobile Association survey found that, while more than 80% of drivers admitted that they recognize the dangers of driving with an unre-

strained pet, only 16% used pet restraints.

Leung spearheaded Sleepypod’s rigorous advanced crash-testing program. He and his research and development team gather real-life accident data through Sleepypod’s crash replacement program, which offers customers who have used a pet safety restraint while in an accident replacement pet restraints or discounts on new pet restraints.

Follow these tips for minimizing pet-related distractions and keeping pets safe during accidents:

Pets should always be restrained in a back seat to prevent them from injury if an airbag is deployed. If the pet cannot restrain your pet with a reputable, tested car restraint, the next safest option is to place the pet in the footwell behind the front seat. Smaller pets are safer when fully contained in a restrained carrier, while larger dogs should ride in a car safety harness that does not connect the pet with an extension tether. Pets should be unable to slide forward far enough to “submarine,” or drop off the seat, at any point during a collision.

PET OF THE MONTH Meet Gigi!

She is a 12 year old brindle Chihuahua. She was adopted by Vincent Sinischalchi of Ludlow when she was 1 year old, from a customer on his letter carrier route. Gigi loves the beach!



PET PAGE

READERS!

Send in your pet picture for our “Pet of the Month” and receive a free weekend get-away or spa package for your pet courtesy of Porter Road Pet Care. Email your photos to: jwalker@turley.com. Please include your name and your pet’s name.

WILBRAHAM Animal Hospital

Andrew R. Hersman, DVM
Lynn Dgetluck, DVM
William D. Anderson, DVM
Hannah Belcher-Timme, DVM
Denise Chiminiello, DVM
Leah Guidry, DVM
Madison Harris, DVM

Amy Zander &
Andrew Hersman, DVM

Wilbraham Animal Hospital
2424 Boston Road, Wilbraham, MA
413.596.8395
wilbrahamanimalhospital.com

East Springfield Veterinary Hospital
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Benefits of Keeping Cats Indoors

If you are new to caring for a cat, one of the decisions you need to make is whether you will allow your cat access to the outdoors. Many cats are perfectly happy and content to lead a life that is almost exclusively inside. There are also a number of benefits to keeping your cat indoor:

- Keeping your cat indoors can help keep it safe from other animals**
- Foxes, raccoons, coyotes, and even large birds can all pose a considerable threat.
- An indoor cat is less likely to become lost**
- Accidents and injuries are less likely with an indoor cat**
- There are countless ways a cat be injured outside the home ; being hit by a car, poisoned by a toxic substance, or injuries from falling or becoming trapped.
- Protect your cat from contagious diseases and parasites**
- Vaccinating your pet against the most common infectious diseases is helpful. Keeping your cat indoors can further reduce risk of contact with fleas, ticks and other parasites.

(Adapted from petwellnessclinics.com)

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Summertime Group walks in Belchertown on Sundays & Socialization-Obedience Groups meet Saturdays in Wilbraham. Call for details.

- Private training in your home or my Wilbraham facility
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Events & announcements schedule

Portraits of Nature

WILBRAHAM — A collection of paintings by Carol Adamski-Maggi will be on display in the Wilbraham Public Library's Brooks Room from Aug. 2-30.

The opening reception will occur on Wednesday, Aug. 2 from 5-7 p.m. in the Brooks Room.

100 Books for 100 Kids

Saturday, Aug. 12, 10 a.m. to 3 p.m.

WILBRAHAM — Local author Kelly Partridge will be signing her book "How Owls Become Wise" during an author signing and free book event at the GRATI Shop at 2440 Boston Road, Unit C on Aug. 12 from 10 a.m. to 3 p.m.

The event is sponsored by Unify Against Bullying and will raise awareness and open up conversation around the issue of bullying.

A child must be present to receive a book.

Senior Center to host Alzheimer's Fundraiser Dinner Dance Aug. 5

HAMPDEN — Join the Hampden Senior Center for a fundraiser dinner dance on Aug. 5 at 5:30 p.m. with entertainment provided by Off The Record.

Cost is \$30 prepaid, per person. Includes Appetizers, Chicken Parmesan and Pasta, Complimentary Cocktail and Dessert. More details will follow. Cash Bar & Raffle Prizes! Reserve and purchase your tickets today by calling 566-5588. Please make checks payable to the Friends of Hampden Senior Citizens. All proceeds will benefit the Alzheimer's Association.

Main Street Farmers Market

WILBRAHAM — Come support local farms, specialty food producers, artisans,

food trucks and community groups every Wednesday from 2-6 p.m. between June 14-Aug. 30. Market is located on the front lawn of Wilbraham United Church, 500 Main Street, Wilbraham. We are grateful to our sponsors for their support of the market: InfinityEd, Iron Horse Flower Farm, Premier Exteriors & Design, Jeni Mei- Coldwell Banker Realty and Katie Beliveau- Geneva Financial Home Loans.

Hartsprings Bin to be located at senior center

HAMPDEN — As a reminder, the Hartsprings Bin will be located at The Hampden Senior Center through the Summer and Fall. This bin is a fundraiser sponsored by The Friends Of the Hampden Seniors, and items such as clothing, shoes, pocketbooks, books, towels, sheets and bedspreads or comforters and any small kitchen item can be accepted. However, No BED PILLOWS or FLOOR RUGS can be placed in this bin. If you have any item that is in a box or large bag and does not fit in the bin's door, please contact Joan Shea at (413) 566-8224 and arrangements will be made to help you.

Any additional questions in regards to an item you have, please feel free to contact Joan.

Amended instructions for Adult Summer Reading Challenge

The Adult Summer Reading Challenge for 2023 will run until Saturday, Aug. 12. Participants can register by downloading the free Beanstack app onto their device. Readers can also register by going to <https://www.beanstack.com/find-a-site>. Type "Wilbraham" and then click on the image for Wilbraham Public Library. Create an account and then follow the prompts to the Adult Summer Reading Challenge.

Patrons have the option of participating in the challenge by filling out review

forms each week at the library. A raffle ticket will be given for each review.

Contact tsymington@wilbrahamlibrary.org for information.

Contact tsymington@wilbrahamlibrary.org for answers to any questions.

Cornhole Tournament sign-ups

WILBRAHAM — Whether you enjoy playing CORNHOLE just for fun or you are a serious league player, the Bushels of Fun Fest event on Aug. 27 at Fern Valley Farms, 758 Main St, Wilbraham is where you need to be.

Here's the opportunity to try your skills against other like-minded enthusiasts. There will be three single elimination tournaments, at 12, 2, & 4 p.m. Each winning team will walk away with a Trophy, gift cards, and bragging rights!

Proceeds from this event will benefit the Friends of Wilbraham Seniors programs and the new Senior Center. Sign-ups for 2 person teams are going on NOW, so email Kate at katebelsky13@gmail.com to register your team.

For more information, call Kate at 413-949-6466. Spots are limited! Cost \$20 per team payable at the event. So, here's your chance to smoke out all your friends & family and attain the glory of "Bushels of Fun Fest" Cornhole Champions title while supporting the Friends of Wilbraham Seniors with their programs.

Car Show: Aug. 19 at Fountain Park

WILBRAHAM -- Sponsored by the Knights of Columbus Council 10195 with Body Works Unlimited Inc., a car show will occur at Fountain Park on Aug. 19.

The first 200 cars will receive a dashboard plaque and swag bag.

There will be 15 trophy classes; three trophies for each class.

\$20 entry fee.

Family fun, food, games and Cruising with Bruce: Classic Hits 97.7 FM & 1250

Hampden Senior Trips

HAMPDEN — Below are the upcoming Hampden Senior Trips. For more information, call Bobbi at 413-566-8271 or email bobbijg2@charter.net

The Aqua Turf Club Tuesday, Aug. 15: "Come Fly with Me". Dance to music from Sinatra, Kenny Rogers, Tim McGraw & more; coffee/donuts, free drink, family-style lunch, show & door prizes, \$119/pp. Payment deadline Aug. 1.

Boston's Duck Boats Tuesday, Sept. 12: with lunch @ Maggiano's Little Italy, Duck tour, Quincy Market; \$140/pp. Payment deadline Aug. 29.

Newport Playhouse Thursday, Sept. 28: All-You-Can-Eat Buffet, Hilarious Show "Ghost of a Chance" & Cabaret, NEW LOWER PRICE \$132/pp. Payment deadline Sept 14.

Atlantic City Tuesday — Thursday, Oct. 10 — 12: Caesars Resort Hotel, two shows, \$50 food & slot bonuses; \$295/pp double, \$285/pp triple, \$395/pp single; \$50 deposit due @ sign-up. Payment deadline Sept. 8. Cancellation Ins. Avail.

The Aqua Turf Club — ELVIS ISIN THE BUILDING! on Wednesday, Nov. 8; coffee/donuts, free drink, family-style lunch, show & door prizes, \$119/pp. Payment deadline Oct. 18.

Communication group meets Fridays from 1-2:30 p.m.

Are you having difficulty communicating with your partner, struggling with boundaries, and healthy relationships? We invite you to join us Friday afternoons from 1-2:30 pm to explore these topics and more. This group will be held in zoom, is educational, confidential and free. Please contact Pat James 413-726-8661.

Six tips to keep pets safe during summer storm season

While no one is immune from the devastation of a natural disaster, preparing before a storm hits is key to keeping everyone in your family—including your pets—safe. "What's good for us is good for our pets," said Kris Kiser, president of the TurfMutt Foundation, an environment education and stewardship program, and President

and CEO of the Outdoor Power Equipment Institute, an international trade association representing manufacturers and suppliers of power equipment, small engines and battery power, utility and personal transport vehicles, and golf cars. "My dog is a member of the family, so we have a plan for keeping her safe in the

event of an emergency, and we encourage all pet parents to do the same."

Here are six ideas from the TurfMutt Foundation to help you include pet safety when mapping out a disaster preparedness plan.

Have pets micro-chipped. In the event of an emergency-natural or otherwise-you want to ensure your pet can get back to you if you're separated. Collars and ID tags, though important, can break or detach. Microchips-computerized and scannable implants about the size of a grain of rice-are more fool-proof since they're inserted

under your pet's skin.

Bring pets inside at the first sign of danger. Disasters can be disorienting for pets, and they could run away or hurt themselves reacting to loud noises and strange changes to their landscape. Also, rain, flying debris and high winds pose a danger.

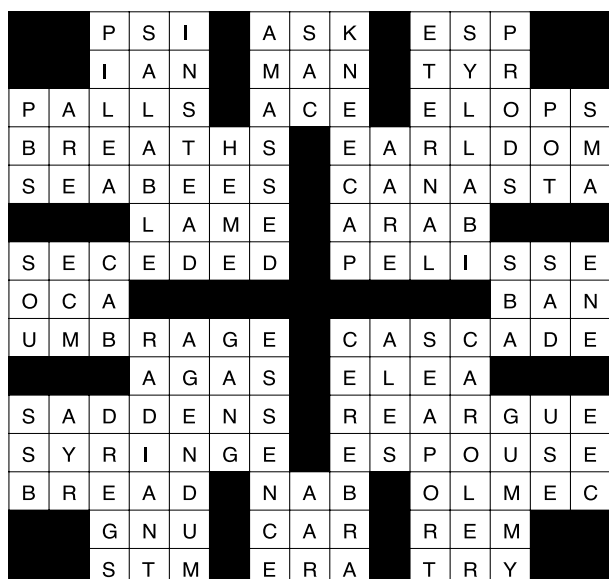
If you have to leave, keep pets with you. Leaving your pets behind during a natural disaster is never a good idea because they could escape or become exposed to a number of life-threatening hazards. Keep them on a leash or in a pet carrier so they don't escape, even if you are in a "familiar" neighborhood.

Determine where you'll go. You need a Plan B if you are advised by government officials to leave your home. Not all emergency shelters will accept pets and physical distancing guidelines may reduce capacity in public shelters. Make a plan and develop a list of pet-friendly hotels open for business and outside your immediate area that you might evacuate to.

Create a pet-friendly resource list. Research a list of veterinarians in the area should your pet need medical care

(your regular vet may have some recommendations). Also, figure out which boarding facilities are nearby in case you need to separate from your pet for a time.

Pack an emergency bag. Pack emergency provisions for pets well in advance of a catastrophe so you can evacuate your home quickly if needed. Choose an easy-to-carry bag, label it and keep it where everyone in the family can find it quickly. The bag should include a pet first aid kit; enough food and bottled water for a week (rotate this every couple of months to keep it from going bad); medications (check periodically to ensure medicines in your emergency bag don't expire); cleanup supplies; food and water dishes; bags (or litter for cats) for collecting waste; an extra collar and leash; photocopies of medical records; towels; recent photos of your pets; and a favorite toy or chewy for comfort. It's also a good idea to have a sturdy carrier or crate for each pet. By keeping in mind these ideas, pet preparedness plans can be put into action ahead of a storm instead of spending valuable time trying to determine what needs to be done to best protect pets.



SCHOOLS

Holyoke Community College STEM scholarship deadline extended to Aug. 15

HOLYOKE - Students enrolled full time in chemistry, biology, engineering, mathematics, physics or other STEM fields at Holyoke Community College now have until Tuesday, Aug. 15, to apply for a National Science Foundation scholarship of up to \$10,000 a year.

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

New and current HCC students are encouraged to apply. The application deadline for the fall 2023 semester has been extended until Aug. 15, 2023.

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

STEM Scholars are expected to maintain enrollment in a STEM program, be in good academic standing, complete an associate degree at HCC, and/or transfer to an accredited STEM degree program at a four-year institution. The scholarships are renewable every year students continue to meet the eligi-



Submitted photo

bility criteria.

Beside the financial awards, STEM Scholars become part of a learning community that fosters a sense of belonging and academic success, and includes mentoring, research, and honors experiences; community service; and internships.

The application and eligibility guidelines can be viewed at hcc.edu/stem-scholarship.

STEM disciplines include biological sciences, physical sciences, math, computer and information services, geosciences, and engineering.

The program is led by HCC math professor Ileana Vasu, coordinator of the STEM Scholars program. She can be reached at ivasu@hcc.edu or 413-552-2438.

Wilbraham students named to University of Hartford Dean's List

WEST HARTFORD, CT -- The University of Hartford is pleased to announce the students from Wilbraham who have been named to the Dean's List for Spring 2023. Andrew Esteves, Katie Shea, Jacob Evans, Lea Kuselias and Peter Kuselias.

Wilbraham resident earns academic honors from Florida Tech

MELBOURNE, FL -- Sofiya Siryk of Wilbraham has been named to the Spring 2023 Dean's List at Florida Institute of Technology. To be included on the Dean's List, a student must complete 12 or more graded credits in a semester with a semester grade point average of at least 3.4.

University of Maine announces spring 2023 Dean's List

ORONO, ME -- The University of Maine recognized 3,016 students for achieving Dean's List honors in the spring 2023 semester. Of the students who made the Dean's List, 2,002 are from Maine, 932 are from 44 other states and 82 are from 33 countries other than the U.S.

Regan Kelly of Wilbraham and Reg Clarke and Joe Zeno of Hampden made the Dean's List.

The benefits of local newspapers

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

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

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

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

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

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



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

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

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

12 Weekly Newspapers Serving The Local Communities

Agawam Advertiser News • Barre Gazette • Chicopee Register • Country Journal

Journal Register • Quaboag Current • The Register • Sentinel • The Sun

Town Reminder • Ware River News • Wilbraham Times

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Bankers cash in for finals

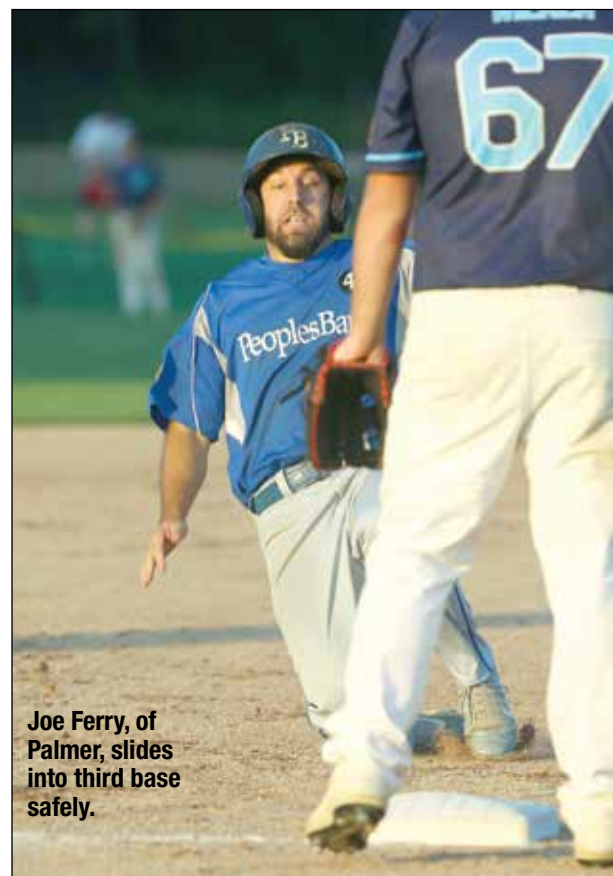
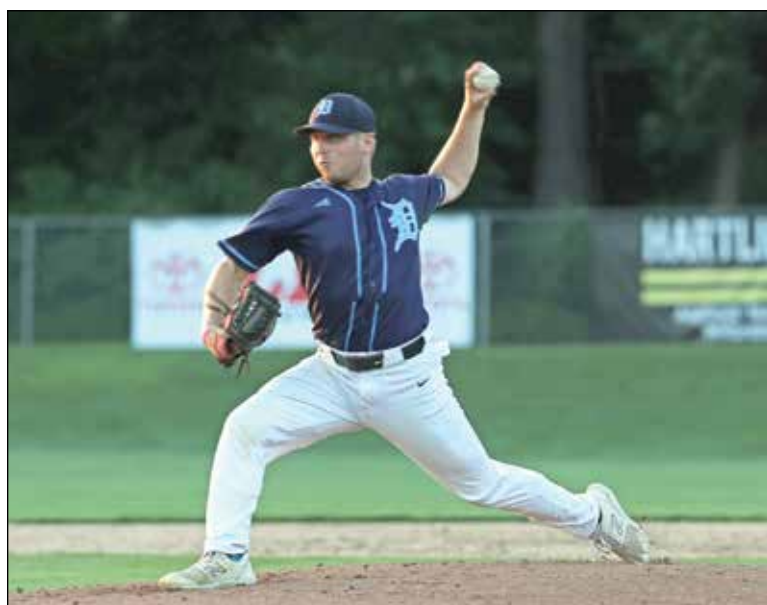


Zach Handzel, of Palmer, pitches for PeoplesBank.

WILBRAHAM – Last Friday night, PeoplesBank Tri-County baseball took down DiFranco in the opener of a best-of-three series 17-0 in five innings. The Bankers are the No. 1 seed in the Tri-County League playoffs. They would punch their ticket to the finals the following day when DiFranco forfeited the second game of the series, giving the Bankers the finals berth. The finals were scheduled to begin earlier this week.

Agawam's Cam Rivest delivers a pitch for DiFranco Realty.

Turley photos by David Henry
www.sweetdogphotos.com



Joe Ferry, of Palmer, slides into third base safely.



Cam McDonald throw to first.



Dave Clark fields a grounder for PeoplesBank.

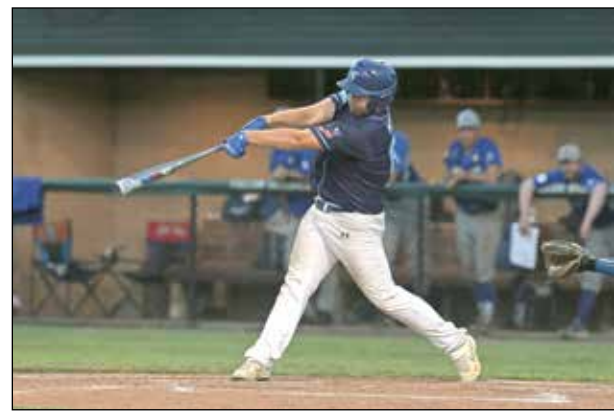
Nicholas Wilken, of Ludlow, swings and connects.



Braeden Lamirande gets an out at first for DiFranco.



Ryan Hemenway, of Wilbraham sizes up a pitch.



Chaug hosts summer football

Turley photos by David Henry
www.sweetdogphotos.com



Quarterback Jack Lucarelle looks for an opening.



WILBRAHAM – This year, Minnechaug was the host of a summer 7 versus 7 football league. Games were held every Tuesday night, with several teams from all over the region coming out to the turf field to engage in some passing, flag football action. The league helps teams get some work in prior to fall tryouts. The league has its final regular season games this week with playoffs coming next week.



C.J. Socha makes the reception and heads for the end zone.

Teams clinch playoff spots as Valley Wheel season nears close

WILBRAHAM – Sunday's action in the Valley Wheel Over-28 baseball league got a lot clearer as three teams cemented their spots in the playoffs while the fourth team will be determined by a matchup this week.

The Twins-Angels game held at Bruce Park in Suffield provided the stage for a preview to the playoffs.

The two teams have met in the last two playoff finals. It will not happen this year. Thanks to a complete game from Todd Bergstrom, as well as a two-run single in the ninth inning he also provided, the Twins prevailed over the Angels 6-4.

The game was close throughout, with the Angels and Twins trading leads a few times. Down 4-3 in the eighth, Trevor Portlock, of Wilbraham, drove home a run with a single to make the game 4-4. The

Angels, unfortunately, could not bring home the go-head runs, which were at second and third with one out. Bergstrom was able to close the game in the ninth.

With the win, the Angels fell to 8-7 and their regular season is finished. The Twins are 8-6, and had a makeup game scheduled with the Tigers on Wednesday at Spec Pond under the lights. A win gets the Twins to 9-6 and the final playoff spot. But a loss would make the Twins 8-7 like the Angels, and put the Angels in the playoffs. The Angels hold a 2-1 advantage in their tiebreaker over the Twins this year, winning the first two matchups the teams had.

Elsewhere in the league, the Cubs cemented their playoff spot, winning their ninth game of the season with a 14-12 win over the Ori-

oles. The Orioles would finish 1-14 and out of playoff contention.

The Cubs meet the Athletics on Thursday night with the top seeds on the line.

The Athletics defeated the Tigers on Sunday evening at Spec Pond 9-7. Both teams have already made the playoffs this year, but will look for momentum in their respective games later this week.

The two makeup games were necessitated from rainouts last Thursday night that wiped out all the action about two hours before the games were scheduled.

The playoffs are currently scheduled for this Sunday at Spec Pond with the 2 and 3 seeds playing at 2:30 p.m. and the 1 and 4 seeds playing at 6 p.m.

Blue Sox win the West, playoffs begin

HOLYOKE – The Valley Blue Sox are the 2023 NECBL West Division Champions. In their final game of the regular season, the Blue Sox defeated the Keene Swamp Bats 8-7, to finish 23-18-2 on the season.

In a game that saw 23 hits and four different position players on the mound, the Blue Sox scored runs in four different innings.

Brendan Yagesh started the game for the Blue Sox, pitching two innings while allowing four runs with three strikeouts.

Keene got on the board first in the top of the second inning, following three RBI singles and a wild pitch to put the Swamp Bats up 4-0 early.

Valley rallied back to quickly take the lead back in the bottom of the second inning, batting around their entire lineup. Conor Kiely hit an RBI single to score EJ Kreutzmann in his first at-bat of the season. Zach Ketterman hit an RBI single to score Michael Zarrillo.

Will Gale walked with the bases loaded, AJ Guerrero hit an RBI single, then EJ Kreutzmann was hit by a pitch with the bases loaded, to allow the Blue Sox to take the lead 5-4.

Kurt Thomas took over for Yagesh in the top of the third, pitching two innings while allowing one run.

Keene tied the game at five after Bryan Padillia was hit by a pitch with the bases loaded.

Valley took the lead back in the bottom of the fourth after Michael Zarrillo walked with the bases loaded to put the team ahead 6-5.

Third Baseman Zach Ketterman made his first appearance on the mound this season, taking over for Thomas in the top of the fifth inning. The right-hander pitched two innings with three strikeouts, allowing one run.

The Swamp Bats tied the game at six following an RBI single in the top of the fifth, but Valley quickly took the lead back in the bottom of the inning after Guerrero hit an RBI groundout.

Center Fielder Will Gale also made his first appearance on the mound this season, taking over for Ketterman in the top of the seventh inning. The speedy outfielder pitched one inning, allowing one run and striking out one batter.

The Swamp Bats tied the game at seven in the top of the seventh inning after an RBI single.

CJ Willis, a position player who has made four different appearances on the mound this season, once again saw himself on the mound after relieving Gale in the top of the eighth inning. Willis pitched two scoreless innings to earn himself his second win of the season.

The Blue Sox took the lead in the bottom of the eighth after 2023 All-Star EJ Kreutzmann hit an RBI single to score Collier Cranford.

Willis pitched a clean ninth inning to secure the victory and division title for the Blue Sox.

With the NECBL Playoffs beginning Monday night, the Blue Sox remained at home to host their division rival Bristol Blues in the first game of a best-of-three-game series.

West showcased in volleyball

BOSTON – In last month's Bay State Games, the Western part of the state featured a volleyball team. Here is a look at how they fared in some of their matchups held July 8 and 9:

The Central girls team opened up the Girls side of the showcase with strong play from Katy O'Connell (Northborough, Algonquin Reg. HS) and Lily Davidson (Rutland, Wachusett Reg. HS), leading them to a 25-13 first game win. The second game saw more of the same, as the Nault twins Victoria, and Sabrina (Shrewsbury, Shrewsbury HS) also helped power Central to a dominant game one performance, winning the second set 25-12.

Coastal 2, West 0

This match featured an impressive start for the West squad, as they held the lead numerous times thanks to Sasha Fyfe (Dalton, Waconah Reg. HS) and Gabrielle Adams (Greenfield, Frontier Reg. HS). Unfortunately, they were unable to hold the lead, as Coastal stormed back to grab a 25:16 win in the first set, and rolled through the second game as well. Although closer in the end, the Coastal team found success thanks to consistent play from Haley Jenkins (Dartmouth, Dartmouth HS) and Hannah Storm (Swansea, Joseph Case HS).

West 2, Southeast 0

During this match, Southeast

used a 6-point run, along with multiple diving plays to help propel them to a quick 25-15 first-game win. In the second game, West used great efforts from Chloe Schott (Longmeadow, Longmeadow HS) and Gabriella Manes (Feeding Hills, Agawam HS), however it wasn't enough as Zoe Smallman (Weston, Weston HS) and Caroline Gray (Whitman, Whitman-Hanson Reg. HS) continued their good performances on the day, winning the second game 25-21.

The west would play in a challenge game on Sunday, July 9, but did not play in either of the medal games.

T-Birds caravan event moved

SPRINGFIELD - The Springfield Thunderbirds today announced that the first installment of the T-Birds Community Caravan presented by Dunkin' has been postponed to Saturday, Aug. 12 due to potential inclement weather this weekend. The T-Birds Community Caravan will still make a total of three stops

in the Springfield area throughout the summer months:

Saturday, Aug. 12 - Szot Park (Chicopee), 4:00 to 6:00 p.m.

Saturday, Aug. 19 - Amelia Ice Arena (Westfield), 9:00 a.m. to 1:00 p.m. in conjunction with the T-Birds Street Hockey Tournament

Public skating from 10:50 to 11:50 a.m.

Saturday, Sept. 9 - Forest Park & Cyr Arena (Springfield), 1:00 to 3:00 p.m.

Each event will feature an appearance from Thunderbirds mascot Boomer and team staff, as well as a wide variety of activities and vendors, including a Dunkin' Taste Truck, street hockey activities, and various food options.

Belanger, Grenier get first career wins in Monadnock races

WINCHESTER, N.H. – Joel Belanger and Carlos Grenier each scored his first career Monadnock Speedway victory Saturday at the historic high-banked oval.

Belanger won the nightcap 30-lapper in the NHSTRA Modifieds, while Nate Wenzel topped the first open-wheel go-round. Grenier earned his victory lap by holding Colton Martin at bay to win the 50-lap Pure Stock main event. In the NHSTRA Late Models, it was Hillary Renaud

scoring her first win of the summer and, in so doing, becoming the fifth different LM victor this year.

Steve Miller Jr. won for the first time this year in the Six Shooters, and Adrian Smith continued to outrun everyone as he dominated en route to his third 2023 Young Guns victory.

Wenzel's win in the first Modified feature came gift-wrapped in the form of a Brian Chapin/Tyler Leary last-lap tangle that saw Wenzel avoid the

mess immediately before him as he darted off to victory.

Chapin had taken control on lap three and was probably already making plans for where the night's trophy would later be displayed when he and Leary, up to second on lap 25, jingled in turn two as the checkers awaited them less than a lap away. Wenzel steered clear and blasted to his second win of the summer.

In the nightcap, Belanger held off all challengers to wire the event for his first career victory on the high banks. Geoff Rollins got up for second on lap 15 but, on this night, was no match for the speedy Belanger. Rollins was the night's overall Modified winner, putting together a pair of deuce runs. Aaron Fellows and Scott Zilinski each had a third for their hard night's work.

A field of 21 potent chargers went to war in the night's Pure Stock 50-lapper. Carlos Grenier, starting up front, had seen victory slip away from him in his last outing on the high banks and wasn't about to let it happen

again.

He led Dominick Stafford on laps one and two, with two-time winner Colton Martin then taking over on a restart and riding in Grenier's shadow the rest of the way.

While the lap-two jingle didn't affect the race's outcome, it strongly impacted the mid-season points chase. Multi-time track champ and points titan Chris Davis, along with Zach Phillips and Andrea St. Amour were the big victims in this one, with Davis' early demise dropping him to 20th on the night.

Grenier and Martin fought hard the rest of the way, with Zach Zilinski in close tow until 2022 Claremont champ Chris Chambers claimed third on lap 42. Grenier, third his last time out, prevailed to take a happy victory lap.

Hillary Renaud used her Saturday victory in the NHSTRA Late Models to leapfrog two spots in the points parade into second. She led all the way, with Haydon Grenier – up to second on lap two – strong in his run-

ner-up performance. Points leader and reigning track champ Tim Wenzel used a final-turn blast to snatch third from JD Stockwell.

Steve Miller Jr. took the lead from Jacob Scott on lap three of the Six Shooter feature and never looked back. Scott then had his hands full for much of the race holding off Miller's father, Steve Sr., for second, as Scott, Miller Sr., and Andrew Scott took the checkers nose-to-tail.

Adrian Smith took the lead from Madison Cousino on lap eight of the Young Guns feature and then blasted off to his third win of the summer. Cousino, impressive all night, held strong the rest of the way to earn her first career podium finish in second, while Markus O'Neil came home third.

After a week off, Monadnock Speedway will return to action on Saturday, August 5, when the high-banked speedplant will host another full night of oval track racing featuring 50 Lap Mini Stock Challenge.

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Wilbraham Hampden Times



This Week in Rec

Andrea Rust, Administrative Clerk

Despite the rainy summer we are experiencing this season, our summer programs are in full swing. From soccer, baseball, and flag football to ART-Ventures and Incredifix you can always find a program to fit the interests of all youth. We have a few more weeks of program offerings including Futsal and Street Soccer, Play-Well Lego and Fun at Fenway to round out the summer.

As a Recreation Department, we are always working towards the next season that is approaching. Soccer and field hockey registrations just ended, however during the month of August, registration begins for several other fall sports including volleyball, cross country, tennis, baseball, and dance. Falcon Volleyball is a fun, fast-paced program for both beginner and advanced players from third to eighth grade. Coach Devine from Wilbraham Monson Academy leads this well-rounded program that teaches the basics of the game.

The Cross Country program introduces participants to the sport with a strong emphasis on physical fitness and improving individual running times. The Tennis program, run by MRHS boys' tennis coach Toby Coffin, instructs beginners through advanced players of all ages. Participants learn and improve footwork, grips, strokes, volleys, and serves to develop the total player. Although baseball is typically a spring sport, registration and try outs for our 2024 Competitive U12 and U14 league begin in August. Our popular Stars of Tomorrow Dance program led by Mary Ann's Dance Studio for ages 3-teen, also starts in August. The warm and encouraging atmosphere of this program is designed to stimulate the love of dance as well as teach the art of dance.

We also offer Sport Explorers for the youngest athlete to teach basic sports and social skills. Additionally, there are several pickleball offerings for adults and families from daily open gym play to lessons to tournaments.

With a variety of fall activities to choose from, there is something for everyone to stay physically active throughout the fall. For more information on all our programs and to register, please visit WilbrahamRec.com.

Safety tips to help families protect themselves against the risks of electric shock drowning

With summer upon us and the 4th of July holiday just around the corner, the National Fire Protection Association® is reminding people about potential electrical hazards that exist in swimming pools and hot tubs, onboard boats, on docks and piers, and in waters surrounding boats, marinas, and launch ramps.

While most people are unaware of electrical dangers posed in water environments such as electric shock drowning, each year people are injured or killed from these hazards. ESD can occur when improperly installed or maintained electrical systems within marinas or boat electrical systems result in electrical current in the water, which can then pass through a person's body, causing a level of paralysis that can ultimately cause serious injury or drowning.

"Because ESD is not well known, NFPA continues to raise awareness about the presence of electrical hazards in water to help prevent deaths and injuries from happening in pools and waterways," said Lorraine Carli, NFPA vice president of Outreach & Advocacy. "Never swim near a marina, dock, or boatyard, and have a qualified electrician inspect your boat, swimming pool equipment, hot tub, and spa before engaging in any water activities to ensure all life-saving measures and protection systems are functioning properly."

Following are tips for swimmers, and boat and pool owners:

Swimmers

Never swim near a marina, dock, or boatyard.

While in a pool or hot tub look

out for underwater lights that are not working properly, flicker, or work intermittently.

If you feel a tingling sensation while in a pool, immediately stop swimming in the direction you are heading. Try and swim in a direction where you had not felt the tingling. Exit the water as quickly as possible; avoid using metal ladders or rails. Touching metal may increase the risk of shock.

Boat owners

Avoid entering the water when launching or loading a boat. These areas can contain stray electrical currents in the water, possibly leading to electric shock drowning or injury from shock, including death.

Each year, have the boat's electrical system inspected by a qualified marine electrician to be sure it meets the required codes of your area, including those set by the American Boat & Yacht Council. Make the necessary repairs, if recommended. Follow the same steps after any major storm that affects the boat.

Check with the marina owner about the marina's electrical system and whether it has recently been inspected to meet the required codes of your area, including the National Electrical Code® (NEC®).

Have ground fault circuit protection (GFCI and GFPE) installed on circuits supplying the boat; use only portable GFCIs or shore power cords (including "Y" adapters) that bear the proper listing mark for marine applications when using electricity near water. Test GFCIs monthly.

NEVER modify the electrical system on a boat or shore pow-

er to make something work. The code-required safety mechanisms in place are intended to alert people if something is wrong with the boat and with shore power. Find a licensed, qualified professional to help determine the cause of the problem.

Pool owners

If you are putting in a new pool or hot tub, be sure the wiring is performed by an electrician experienced in the special safety requirements for these types of installations and that the completed work is inspected by the authority having jurisdiction (AHJ).

Have a qualified electrician periodically inspect and - where necessary - replace or upgrade the electrical devices or equipment that keep your pool or hot tub electrically safe. Have the electrician show you how to turn off all power in case of an emergency.

If there are overhead electrical lines, make sure they have proper clearance over the pool and other structures, such as a diving board. If you have any doubts, contact a qualified electrician or your local utility company to make sure power lines are a safe distance away.

NFPA has resources for swimmers, boat and pool owners, including videos, tip sheets, and checklists, that can be downloaded and shared. Please visit www.nfpa.org/watersafety.

For this release and other announcements about NFPA initiatives, research, and resources, please visit the NFPA press room.

Research points to potential new medical therapy for Lyme disease

UMass Amherst study suggests medication used to halt cancer may be help fight tick-borne illness

AMHERST -- A medical therapy that inhibits the growth of cancer cells may one day be effective at treating Lyme disease, according to new research by a University of Massachusetts Amherst team at the New England Regional Center of Vector-borne Diseases.

"It's a long way from something you're going to pick up at CVS, but these early findings are very encouraging," said vector-borne disease expert Stephen Rich, professor of microbiology, executive director of NEWVEC and senior author of the study published in the journal *Pathogens*.

Lyme disease is the most common vector-borne disease in the U.S., spread by infected deer ticks. The potentially debilitating illness, which is diagnosed in about 476,000 people each year in the U.S., doesn't always respond to antibiotics.

"There are people who have cases of Lyme disease that go on and on," Rich said. "So there's always interest in finding new therapies or new ways to inhibit the growth of the bacterium. And based on what we're seeing in the lab, this may be one of those ways."

The discovery began with an "aha" moment by then-Ph.D. candidate Patrick Pearson, who was working in Rich's lab, along with graduate student Adam Lynch. Pearson, co-author of the paper, is now a NEWVEC post-doctoral researcher at UMass Amherst. Lynch, lead author, is now a research fellow in the Department of Veterinary and Animal Sciences.



Stephen Rich

Tumor cells and *Borrelia burgdorferi*, the cork-screw-shaped bacterium that causes Lyme disease, share an unusual feature about the way they grow, Pearson noted and pondered. "It turns out that cancer cells and *Borrelia* both rely solely on glycolysis for their metabolism," Rich said.

Glycolysis, in turn, is dependent on one molecule called lactate dehydrogenase, or LDH. Pearson wondered whether LDH inhibitors, which are used as drug therapies to target certain cancers, might also be an effective strategy against Lyme disease.

"It was a very clever idea," Rich said. "In principle, we thought these LDH inhibitors should work well to inhibit the growth of Lyme disease bacteria."

And in fact, in in vitro experiments, they did. "...a range of commercially available LDH inhibitors with various mechanisms of action and origins were tested on *Borrelia* in Culture," the paper states. "Of these inhibitors, gossypol, AT-101, and oxamate substantially impacted *B. burgdorferi* growth in vitro and

represent promising candidates against *Borrelia* infections in vivo."

Rich said the research will continue at NEWVEC, which was funded by the Centers for Disease Control and Prevention last year with a \$10 million award to prevent and reduce tick- and mosquito-borne diseases in New England. NEWVEC aims to bring together academic communities, public health practitioners, residents and visitors across the Northeast, where Lyme infections are concentrated.

"These experiments were done outside of hosts. Now we need to carry this out in mouse models and, eventually, in people," Rich said.

The researchers note that this drug therapy may also be effective against another tick-borne disease, babesiosis, a malaria-like infection. "This has the potential to kill two birds with one stone," Rich said. "And that makes this discovery even more tantalizing."

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PUBLIC NOTICES

WILBRAHAM PLANNING BOARD

The Wilbraham Planning Board will hold a Public Hearing on **Wednesday, August 16, 2023, at 6:00 PM** in the Town Office Building, 240 Springfield Street, on the application of Francis and Carol Federico, for a Special Permit as required under sections 3.9.2.15 and 4.10 of the Wilbraham Zoning By-Law to allow construction of an addition to the existing Federico residence located at 2 Merrill Road to be used as an accessory apartment as shown on information on file in the Planning Office and posted for public viewing on the Planning Board page of the Town of Wilbraham website at www.wilbraham-ma.gov/123/Planning-Board. Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/919551733> or call 877-309-2073 (Access Code: 919-551-7333).

John McCloskey
Chair

07/27, 08/03/2023

WILBRAHAM BOARD OF APPEALS PUBLIC HEARING

The Wilbraham Zoning Board of Appeals will hold a Public Hearing on **Thursday, August 17, 2023 starting at 5:45 PM** on the application of Timothy and Danelle Skorka for a variance from the provisions of Sections 4.4.7 and 4.4.10 of the Wilbraham Zoning By-Law

to construct an in-ground pool within the rear yard setback at 13 Devonshire Drive as further specified in the application and plan that are on file in the Planning Office and posted for public viewing on the Zoning Board of Appeals page of the Town of Wilbraham website at www.wilbraham-ma.gov/135/Zoning-Board-of-Appeals.

Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/668302645> or call 866-899-4679 (Access Code: 668-302-645).

Edward Kivari Jr.,
Chairman

08/03, 08/10/2023

WILBRAHAM BOARD OF APPEALS PUBLIC HEARING

The Wilbraham Zoning Board of Appeals will hold a Public Hearing on **Thursday, August 17, 2023 starting at 5:30PM** on the application of Marcel Verdon for a Special Permit under the provisions of Section 3.9.2.13 of the Wilbraham Zoning By-Law to allow a gutter business to be operated as a Home Occupation in the proposed detached accessory building on property owned by Marcel Verdon at 23 Pine Drive and as further specified in the application on file in the Planning Office and posted for public viewing on the Zoning Board of Appeals page of the Town of Wilbraham website at www.wilbraham-ma.gov/135/

Zoning-Board-of-Appeals.

Both in person and virtual participation are available. To participate virtually go to <https://meet.goto.com/668302645> or call 866-899-4679 (Access Code: 668-302-645).

Edward Kivari Jr.,
Chairman

08/03, 08/10/2023

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, August 16, 2023 at 6:30PM** in the Town Office Building, 240 Springfield Street, to give interested parties the opportunity to comment on the following proposed amendments to the Wilbraham Zoning By-Law:

A. Change "Board of Selectmen" to "Select Board" throughout the Zoning By-Law (Sections 1.3, 12.3.2, 12.10.1, 12.10.2, 13.6.2.1, 13.6.6.1.A, 15.1.1, 15.4.2.1 & 15.6)

B. Corrective Amendments related to Child Care Facilities and the Flood Plain Overlay District (Sections 1.3 & 2.3.2)

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 web-

site 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/919551733> or call 877-309-2073 (Access Code: 919-551-7333).

John McCloskey, Chair

07/27, 08/03/2023

WILBRAHAM PLANNING BOARD

The Wilbraham Planning Board will hold a Public Hearing on **Wednesday, August 16, 2023, at 6:15 PM** in the Town Office Building, 240 Springfield Street, on the application of Michael Lia to amend the Special Permit granted by the Planning Board on March 15, 1988 (as amended through 5/2023) for the existing Lia Toyota dealership located at 2145 Boston Road. The applicant is requesting modification of the previously approved plan to modify parking lot lighting under the provisions of Sections 3.4.5.20, 6.5 and 13.6.9 of the Wilbraham Zoning By-Law as shown on information on file in the Planning Office and posted for public viewing on the Planning Board page of the Town of Wilbraham website at www.wilbraham-ma.gov/123/Planning-Board. Both in person and virtual participation are available. To participate virtu-

ally go to <https://meet.goto.com/919551733> or call 877-309-2073 (Access Code: 919-551-7333).

John McCloskey
Chair

07/27, 08/03/2023

TOWN OF HAMPDEN CONSERVATION COMMISSION NOTICE OF PUBLIC HEARING

In accordance with the provisions of the Massachusetts Wetlands Protection Act, (MGL CH 131, S 40), it's implementing regulations (310 CMP 10.00) and the Town of Hampden's Wetlands Protection Bylaws, the Hampden Conservation Commission will hold a public hearing on **Wednesday, August 16, 2023 at 6 PM** at the Town House, 625

Main Street, Hampden, for a Request for Determination of Applicability, (RDA), submitted by Tighe & Bond on behalf of The Town of Hampden for borings of soil sampling for the purpose of evaluating the suitability for a water main along 0 Main Street, South Monson Road, Glendale Road and Cross Road. Additional information relating to this request is on file in the Conservation Commission office and available for review by the public by contacting the Commission. Anyone interested in or wishing to be heard on the request may appear at the time and place designated.

On Behalf of the Conservation Commission,
Judy McKinley-Brewer,
Ted Zebert, co-chairs
08/03/2023

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Bipartisan push to end violence against children around the world

WASHINGTON— Rep. Jim McGovern (D-MA), Ranking Member of the House Rules Committee, alongside Rep. Maria Salazar (R-FL) and Rep. Brian Fitzpatrick (R-PA) introduced a major new bill to update and strengthen existing U.S. Government efforts to end global violence against children, improve inter-agency coordination in addressing violence and promote the use of evidence-based strategies and information gathering capabilities.

Globally, half of all children experience violence. Violence includes abuse, neglect, and exploitation and can be physical, sexual, psychological, or emotional in nature. Violence can happen anywhere—in communities, schools, homes, workplaces, and in humanitarian settings. Sexual exploitation and abuse take many forms and include human trafficking, early and forced child marriage, homicide, online exploitation, and gender-based violence.

“America has played a leading role in developing strategies to reduce and end child violence, and our new bipartisan bill builds on that legacy to help put an end to violence against children once and for all,” said McGovern.

“We must do more to protect vulnerable children from being exploited by evil individuals across the world,” said Salazar. “I am proud to co-lead the Strengthening Efforts to End Violence Against

Children Act to help innocent children who are at risk of sexual exploitation, human trafficking, forced child marriages, online abuse, and gender-based violence.”

“It is our duty to protect children from exploitation and violence,” said Fitzpatrick. “I am grateful to partner with my colleagues on the bipartisan Strengthening Efforts to End Violence Against Children Act to ensure that appropriate resources are directed to protect vulnerable children at risk of violence around the world.”

Specifically, the Strengthening Efforts To End Violence Against Children Act will:

Align current interventions for vulnerable children with USAID’s Advancing Protection and Care for Children in Adversity Strategy and evidence-based interventions such as the INSPIRE strategies and Violence Against Children Surveys.

Elevate the USAID Special Advisor for Assistance to Orphans and Vulnerable Children and require the Special Advisor to advise USAID offices, bureaus, and field missions and other U.S. government agencies to address violence against children through the current whole-of-government strategy. Update USAID reporting requirements to identify how U.S. agencies are utilizing the INSPIRE strategies and findings from Violence Against Children and Youth Surveys, including in response to the effects of COVID-19.

Register for the 35th Annual Boston Marathon Jimmy Fund Walk

BOSTON - Registration is now open for the 2023 Boston Marathon Jimmy Fund Walk presented by Hyundai. Scheduled for Sunday, October 1, funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at one of the nation’s premier cancer centers, Dana-Farber Cancer Institute.

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon course, and participants have the flexibility to choose from four distance options:

5K walk, 10K walk, Half Marathon walk, or Marathon Walk. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

Register as an individual walker, team member, or start a team.

To register for the Walk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee.

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients displayed at each mile and half-mile marker as inspiration.

All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line. Due to construction

in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. The finish line will include a celebration complete with food, music, and a speaking program.

If walkers wish to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by walking their way from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Virtual programming and supporting materials will be available.

The 2023 Walk will be held during the Jimmy Fund’s 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

Funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute. The Boston Athletic Association has supported the Jimmy Fund Walk since 1989, and Hyundai has been the presenting sponsor for more than 20 years.

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PCG	164 Lyon St., Ludlow	7 room, 3 bed, 2f bath Log	\$669,900
CTG	41 Fernwood Dr., Hampden	8 room, 4 bed, 2f bath Cape	\$459,900
CTG	64 Old Farm Rd., Springfield	7 room, 4 bed, 1f 1h bath Ranch	\$259,900
UAG	144 Washington Rd., Brimfield	7 room, 3 bed, 1f 1h bath Cape	\$214,000
UAG	20 Martin Rd., Hampden	6 room, 3 bed, 1f bath Ranch	\$399,900
UAG	230 Prospect St., Ludlow	7 room, 3 bed, 1f 1h bath Bungalow	\$299,900
UAG	74 Judith St., Springfield	6 room, 2 bed, 1f 1h bath Ranch	\$222,500
SLD	843 Somers Rd., East Longmeadow	6 room, 3 bed, 1f 1h bath Ranch	\$289,900
SLD	26 Anthony Dr., East Longmeadow	7 room, 4 bed, 2f bath Cape	\$379,900
SLD	32 Edward St., Hampden	6 room, 3 bed, 1f bath Cape	\$399,000
SLD	48 Brimfield Rd., Monson	8 room, 4 bed, 1f bath Cape	\$314,900
SLD	5 County St., Springfield	6 room, 4 bed, 1f bath Cape	\$249,000
SLD	112 Duggan Circle, Springfield	5 room, 3 bed, 1f bath Cape	\$249,900
SLD	53 Keith St., Springfield	12 room, 6 bed, 1f 1h bath	\$299,900
SLD	160 Canterbury Rd., Springfield	7 room, 4 bed, 2f bath Colonial	\$430,000
SLD	42 Main St., Wales	5 room, 3 bed, 3f bath Contemporary, Ranch, Multi-Level	\$415,000
SLD	15 Rogers Ave., West Springfield	9 room, 5 bed, 2f bath Colonial	\$390,000
SLD	122 Manchonis Rd., Wilbraham	5 room, 3 bed, 1f bath Ranch	\$329,900
SLD	4 Inwood Dr., Wilbraham	8 room, 3 bed, 2f bath Ranch	\$380,000
CONDOMINIUMS LISTINGS			
CTG	98 Fuller St. U:32 Ludlow	4 room, 2 bed, 1f bath Garden	\$219,000
SLD	235 State Street U:305 Springfield	3 room, 1 bed, 1f bath Garden	\$169,900
LAND LISTINGS			
ACT	0 Springhouse Rd., Hampden	0.72 Residential acres (31,531 SqFt)	\$87,000
ACT	Lot 1 Silver, Monson	2.83 Residential acres (123,274 SqFt)	\$84,900
ACT	0 Old Reed Rd., lot:6, Monson	8.50 Residential acres (370,260 SqFt)	\$89,000
ACT	4 Hilltop Park, Wilbraham	20.20 Residential acres (879,930 SqFt)	\$259,900

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