

**SENIORS**  
Toto makes a visit  
Page 5

**SPORTS**  
Fall pre-season begins  
Page 15

# TIMES

PRSR STD  
U.S. POSTAGE  
PAID  
PALMER, MA  
PERMIT NO. 22

ECR-WSS  
LOCAL POSTAL CUSTOMER

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

A TURLEY PUBLICATION | www.turley.com

AUGUST 31, 2023

www.wilbrahamhampdentimes.turley.com



(L to R) Allison Demetri, Kiki Brook, Charlotte Powell painted a mural on the side of the Main Street Mart.

## Girl Scouts paint interactive mural on Main St.

By Dalton Zbierski  
Editor  
dzbierski@turley.com

WILBRAHAM -- Three long-time Girl Scouts from Troop 64587 recently completed a mural at the the Main Street Mart in the center of town.

Its name is "Umbrellas". The project was completed by Wilbraham residents Kiki Brook, a sophomore at Wilbraham & Monson Academy, Allison Demetri, a sophomore at Minnechaug Regional High School, and Charlotte Powell, a sophomore at the Pioneer Valley Performing Arts charter school. Each participant is 15 and has been in Troop 64587 for eight years.

"As Girl Scouts, we needed

something to do over the summer and we also wanted to help the community out, and what better way to do that than with a bit of public art, so we decided that we should paint a mural," Powell said.

The three Girl Scouts had completed murals before, but this was perhaps the most challenging. After hours of scraping and power washing the wall, it took 14 gallons of paint to complete the mural, which should be visible on Main Street for at least 15 years.

Carl Levesque, a local painter with 35 years of professional experience, was called in by Powell's mother Jennifer to assess the wall before the painting began. He provided equipment and supplies from John's Paint Store in Palmer, as well

as knowledge.

"They had a good idea in mind, and I think it came out great," Levesque said. "I was pretty impressed because that wall was in tough shape."

Levesque recently finished a project on a concrete wall and noted that it took two employees an entire day to scrape the wall, so he could testify to the hard work that the Girl Scouts put in. He said he approved of the power washing method as well.

Powell explained the interactive component of the artwork. A variety of umbrellas are featured so those who walk up to the mural can pretend to grab one and take a picture.

"We had one of the girls who is

Please see **MURAL**, page 4



Photo submitted by Charlie Bennett

Judy Cmero, director of the Friends of Wilbraham Seniors, enjoys her role as "Applelonia" at the Bushels of Fun Fest at Fern Valley Farms in Wilbraham Aug. 27. She was joined by her young helpers (from left) Georgia Serra, Sienna Dansereau and Olivia Rucki.

## Bushels of Fun Fest draws community's support

Event benefited the Friends of Wilbraham Seniors

By Kristin Rivers  
Staff Writer  
krivers@turley.com

WILBRAHAM -- Residents came in droves from 11 a.m. - 7 p.m. on Aug. 27 for Bushels of Fun Fest at Fern Valley Farms.

The community event was organized by the Friends of the Wilbraham Senior Center, with the proceeds supporting the capital campaign for the new senior center.

Throughout the day, attendees enjoyed Cornhole Tournaments, disc golf, Children's Storytime with Friends of the Wilbraham Public Library, photos with apple mascot "Applelonia", live music from DRB and One Was Johnny, balloon art from Melha Shriners, tractor rides from Fern Valley Farms and more.

Additionally, vendors included Hampden Federated Community Church, One Book One Community, Spudley's Sweets, Tastefully Simple, J.R.'s Burned

Please see **FUN FEST**, page 9

## Library preps incoming kindergarteners during Storytime

By Kristin Rivers  
Staff Writer  
krivers@turley.com

HAMPDEN -- The library held a Kindergarten Storytime from 11 - 11:45 a.m. on Aug. 22 to help children learn and prepare for their first day of kindergarten.

The event, led by Youth Services Librarian Kate Rumpalik, took place in the Rochford Reading Room.

During the event, Rumpalik led attendees in activities to get them excited for the first day of school, including making paper hats saying "I am ready to start Kindergarten!", learning to write, spell and color their first name, a "Just Like Me" game to help the children find people

with similar interests and foster new friendships and learning letters through finding words with the first letter in their name.

Additionally, Rumpalik read three children's books related to the first day of school: "The Pigeon HAS To Go To School!" by Mo Willems, "We Don't Eat Our Classmates" by Ryan Higgins and "First Day Jitters" by Julie Danneberg.

The children also learned who their teachers would be heading into the first day of school.

Rumpalik explained she's done this event "for quite a while" and had it set up as a morning meeting similar to what takes place in kindergarten with crafts, a message to read together, reading books and more.



Turley photos by Kristin Rivers

Youth Services Librarian Kate Rumpalik and the children smile for a group photo during the Kindergarten Storytime event at Hampden Free Public Library.

"I do it mainly so the kids can kind of meet somebody that hopefully will be in class with them. They'll recognize faces on

the first day of school, things like that," Rumpalik said.

She shared what she enjoys about doing the Kindergarten Storytime.

"I like to hear all the kids' excitement about going to school and hopefully helping them get a little more comfortable with what they're going to see on their first day and have some friends that they meet and things like that. So, I really enjoy having the kids here," Rumpalik said.

Rumpalik added Preschool Storytime, held on Tuesdays, will resume on Sept. 5 at 11 a.m.

"That's for preschoolers about ages three to five and we do that every week," Rumpalik said.

Please see **STORYTIME**, page 12



# Hampden hires Precise Paving Inc. for road resurfacing work

Chief Poulin, fire department eye new F-550 truck

By Dalton Zbierski  
Editor  
dzbierski@turley.com

HAMPDEN — Highway Superintendent Mark Langone announced on Aug. 21 that the town plans to hire Precise Paving Inc. of Brimfield to complete \$561,835 of road resurfacing and related work during fiscal year 2024.

On Aug. 16, the Highway Department received three bids. Precise Paving Inc. submitted the lowest.

"They're making an aggressive move towards municipalities. They've actually been highly recommended from people I talk to that are in the business. They do a lot of work for the gas company. They did submit several pages of references," Langone said.

Langone spoke with the owner of the business earlier this month, and the two men made tentative plans to review the streets.

Langone said the owner was "very amenable about getting us down where we needed to be."

The lowest bid is more expensive than ones received in previous years because the state has changed the materials/process required for paving.

"Since a lot of the work is being done through grant type programs, Chapter 90, and other kind of funding from the state, the state is always

requiring this super-paved... basically, it's not so much of a different type of asphalt. It's more quality control that goes into the testing and making of it," Langone said.

The board would unanimously endorse the bid, and Selectboard Chair John Flynn said, "Look, as long as it's not radioactive like Florida's paving, it's fine."

## Fire Department updates

The Hampden Fire Department is eyeing a new vehicle, a Ford F-550 that they would acquire from Brush Rapid Attack Trucks. The B.R.A.T. vehicle the department is looking at is in Sturbridge and could be acquired mostly with grant money from the Federal Emergency Management Agency.

Fire Chief Ed Poulin explained that the town applied for and was awarded a FEMA grant. The town would be expected to cover a portion of the purchase, and voters approved the sum at a previous town meeting.

However, the fire department will have to bring a new total to town voters this fall.

"We went back and forth with the factory of the truck we selected and, as we made changes, obviously the cost goes up. It's a year later, and the cost came in higher than we planned," Poulin said.

The truck itself will cost between \$270,000 and \$275,000. The town could be expected to cover approximately \$40,000, Poulin estimated roughly.

"So, we appropriated so much at the spring town meeting, we're going to need a second warrant article for

the additional amount," Flynn said.

A firefighter named Andy, last name not provided, said several members of the department traveled to Sturbridge to examine the truck. The Hampden Fire Department declined to provide Andy's last name on Aug. 29.

Andy said several things needed to be changed, and safety measures needed to be implemented.

"The first thing we all said is we wanted everything accessible, ground level when we're at the fire scene," Andy said. "Nobody should be climbing up on top of the truck or anything like that to try to get anything. Afterwards, when you're packing the stuff back, everybody's in a controlled environment."

He added that the department wants the vehicle to be more universal than a "pickup truck on steroids," which he later repeated.

When changes are complete, the vehicle will include a 500-gallon permitted water pump, longer roll up doors, extra scene lighting for being in the woods and the ability to pump water while moving at a slow rate of speed, allowing the vehicle to aggressively attack structure fires before they become out of control.

"We're not looking for speed. We're looking for climbing and looking to go through the woods," Andy said. "To do all that, we were trying to make the best truck we can for this town. We can get 30 possibly 40 years out of it instead of going for the basic 'on steroid' pickup truck. The problem is with the pricing of everything, it came out to around \$270,000."

The Selectmen unanimously voted in favor of endorsing a request for additional funding to purchase a better truck, to be voted on during the fall town meeting.

# Post Office will be closed to celebrate Labor Day

Full retail and delivery service will resume on Tuesday

BOSTON — Postal Service employees across the commonwealth will celebrate Labor Day as all Post Offices will be closed on Monday, Sept. 4, 2023. There will be no delivery of mail on the 4th, except for guaranteed overnight parcels. Full retail and delivery services will resume on Tuesday, Sept. 5, 2023.

As we celebrate our nation's labor force, if you're considering a new career or looking for work visit [www.usps.com/careers](http://www.usps.com/careers) and you can search, by state, for available jobs near you. As the Postal Service's Delivering for America Plan transforms USPS into the premier shipping provider in the nation, we need your help moving the nation's mail and are currently hiring for positions in your area.

# Voters must register for town meeting by Oct. 13

WILBRAHAM — According to Wilbraham Town Clerk, Carole J. Tardif, residents who are not registered voters, who wish to vote in the upcoming Special Town Meeting on Oct. 23, 2023, must register to vote by 5 p.m. on Friday, Oct. 13, 2023.

Registration hours are daily 8:30 a.m. to 4:30 p.m., Monday through Friday, and 8:30 a.m. to 5 p.m. on Friday, Oct. 13, 2023.

Voter registration will be held in the Town Clerk's Office, 240 Springfield St. or online at [registertovotema.com](http://registertovotema.com). Please contact the Town Clerk's Office if you have any questions at 596-2800, ext. 200.

# You're invited to Hampden's Homecoming!

HAMPDEN — The Federated Community Church on Main Street invites you to bring your chairs, blankets and funny bones on Saturday, Sept. 9 from 5-7 p.m. for Hampden's Homecoming.

A cookout will occur from 5-6 p.m., including grilled burgers and dogs, chips, lemonade and make your own sundaes.

The event will feature the Michael Wald Comedy Magic Show, fun for all ages. Be part of the show from 6-7 p.m.

A ball game will take place between local police and fire after the show at Spec Pond in Wilbraham.

Catie's Closet is collecting new and gently used school clothes for students of all ages. [CatiesCloset.org](http://CatiesCloset.org).



## It's time for the Falcon's Swim Club Fall/Winter season!

**Stroke and Turn Clinic:**  
**September 26th to October 6th.**  
**Cost: \$95**

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

### Tryouts for New Swimmers:

Thursday, September 26th at 4:30pm at the Minnechaug Pool.

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

### FSC Team: Tuesday, October 10th through January 20-21

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

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

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

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

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

This Group is all High School swimmers plus middle school swimmers with permission from Coach Mandell. Email [falconsswim@gmail.com](mailto:falconsswim@gmail.com) if you feel your swimmer might be considered for this group, or if you have any general questions.

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



## CENTER STREET AUTO PARTS OF CHICOPEE, INC.

We will pay you top dollar for your car  
AND we will pick it up! Call us for a price!

- Top-Of-The-Line Auto Salvaging Services
  - First-Rate Used Auto Parts
  - Top-Grade Auto Body Parts
  - Sell Your Old or Used Car to Us
- "Serving all of Western Mass."

\$\$\$  
Money on the Spot for All Vehicles

[centerstreetautoparts.com](http://centerstreetautoparts.com)  
651 Center St., Chicopee 413-733-2778

# HAMPDEN SEPTIC

WE'RE STILL TAKING CARE OF BUSINESS!

Time To Get Your Septic Pumped, Call To Book Now!



WE ARE A LOCALLY OWNED AND OPERATED BUSINESS

Pumping • Installation • Title 5 Inspections • Perc Tests  
SEWER PUMP REPAIRS • FULLY INSURED • FAMILY OWNED  
Evening & Weekend Appointments Available!

Evening & Weekend Appointments Available!

566-2916



# Board of Selectmen interviews four firefighter/EMT candidates

By Kristin Rivers  
Staff Writer  
krivers@turley.com

WILBRAHAM -- The Board of Selectmen conducted interviews on Aug. 28 with four candidates for appointment as Firefighters/EMTs.

The candidates were Evan Grimes, Hollie Mullane, Christopher Dawson and Nichole O'Donnell.

Grimes has been part of the Three Rivers Fire Department for three years, sharing he originally wanted to become a police officer until his brother talked him into considering firefighting.

"After six months there, I felt this was my new interest, what I wanted to do with the rest of my life," Grimes said.

Grimes stressed the importance of communication during his interview.

"In Three Rivers, we're really good about talking to each other, communicating with one another on our issues, and I think that's what helped me is talking to myself, co-workers, about what we saw and what we did and how to do better, what we could have done differently or what we can get from it," Grimes said.

Mullane previously worked as a machinist and in quality manufacturing for 13 years until changing careers last year.

When Sue Bunnell asked Mullane what drew her to the role, she explained how she always admired first responders.

"The fact that they go out and they risk their lives, and they do what they can to help the community. That's something I feel that I always wanted to do for a long time, so I felt now was the time for me to do it," Mullane said.

For Mullane, she focuses on improving herself in the role.

"I always like to ask questions on how I can improve on my skills, so I want to be better at what I do," Mullane said.

Dawson is currently with South Hadley Fire Department District 1



Turley photo by Kristin Rivers  
**Board of Selectmen Clerk Michael Squindo, Chairman Theresa Goodrich and Vice Chairman Sue Bunnell ask Evan Grimes questions about becoming a firefighter/EMT as Town Administrator Nick Breault looks on during the Aug. 28 Board of Selectmen meeting in Wilbraham.**

and previously worked at Baystate Medical Center.

He shared his thoughts on the physical and mechanical requirements of the role.

"You're going into a lot of different homes, so you have to understand, one, who built these houses, you have to understand how the whole house is set up, you have to understand how fire goes through these homes," Dawson said. "But what I also say is very important is fitness, so even before getting into this role, I would very much be someone who goes to the gym and trains five times a week just to make sure I can actually do the job."

Dawson gained experience working with equipment by learning from his team.

"Being able to talk to those people about what they do, how you do it, how they assess things, or in learning those skills, how to operate the pump has been very helpful for me," Dawson said.

O'Donnell works for the Hampden Fire Department and in Wilbraham as a heavy equipment operator.

Community is important to her in this role, along with professionalism.

"We're here to help you. You're invited to people's houses, and you're trusted by the public in their most vulnerable time of their life, the worst day of their life, and you're invited into their house to make them feel better, give them comfort, give them closure," O'Donnell said. "Also, being a firefighter, you're held to a high standard, and I hold myself to a very high standard."

The Board appointed the hiring of Grimes and O'Donnell as firefighter EMTs 3-0 contingent upon satisfactory background checks, including a CORI check, EMT and pre-employment physical and subject to signing an agreement to obtain permanent paramedic certification within one year to the date of appointment, which can be extended by the fire chief upon successful completion of the state fire academy on a date to be determined by the fire chief.

More on the Aug. 28 meeting next week.



**PHONE**

413.283.8393  
Fax: 413.289.1977  
Subscriptions: 413.283.8393

**EMAIL**

Advertising Sales  
Jocelyn Walker  
jwalker@turley.com

**Editor**

Dalton Zbierski  
dzbierski@turley.com

**Subscriptions**

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

**WEB**

www.wilbrahamhampdentimes.com  
turley.com

@Wilbraham-Hampden Times

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

**NOTICE**

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

**LOCAL KETONE PROMOTER**

Call For Information  
**413-813-2391**

Leave Message

Check Out Facebook at  
**Denise Dubowski**  
Save Up To 25% OFF  
Retail Prices

Family Owned

Since 1985



Visit [TJBarkMulch.com](http://TJBarkMulch.com) for Coupons

18 Different All Organic Double Ground Premium Mulches

Pine • Spruce • Hemlock • Cedar • Red, Black & Brown  
Playground • Forest Blend • Topsoil • Seasoned Firewood

**NOW CARRYING DECORATIVE STONE**

We are a mulch manufacturer, not a reseller of other people's products. This means no middleman, and you save on the best product around. Come visit us on the web for great deals!

413-569-2400 | 25 Sam West Road, Southwick, MA | 860-654-1975

**THE BEST FRESH for LABOR DAY WEEKEND!**

**Celebrate Festa 2023**

AUGUST 31ST - SEPTEMBER 4TH

**Local Field Grown TOMATOES**  
Red, Ripe, Delicious  
**\$1.99** lb.

**Locally Grown BUTTER & SUGAR SWEET CORN**  
Locally Grown from Nearby Farms

**Locally Grown Green Peppers, Eggplant, Plum Tomatoes, Juliet & Cherry Tomatoes Red Raspberries, Blackberries New Crop Local Apples**

**"Back To School" LUNCHES**

FROM RANDALL'S DELI

**Boar's Head Specials 8/30 - 9/5**

- BH EverRoast Chicken ..... **\$11.99**/lb
- BH Monterey Jack Cheese..... **\$7.99**/lb
- BH Deluxe Ham ..... **\$10.99**/lb
- BH American Cheese ..... **\$5.99**/lb

**"Mums" The Word**

**Locally Grown Hardy Mums**  
Budded & Blooming  
9" Pots **\$8.99**  
Favorite Fall Colors

**HARDY ASTERS**

**Locally Grown Beautiful Purple**  
9" Pots **\$8.99**

**Elsie's Creamery**

**The Best Homemade Ice Cream**  
**WINNER OF READER RAVES 2024!**

**New Hours for Creamery Window Service**

Starting September 5th  
Open Wednesday through Sunday  
Closed Monday & Tuesday

**ALWAYS FRESH AT**



631 CENTER ST., Route 21, Mass Tpke Exit 54  
LUDLOW • 589-7071 • [www.randallsfarm.net](http://www.randallsfarm.net)

**OPEN EVERY DAY 7AM - 8PM**

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





Wiping the slate clean was required before a mural could be painted on Main Street.



Allison Demetri uses the power washer.



The Girl Scouts traced their artwork at night before completing the mural the next day.



Charlotte Powell, pictured with an umbrella.



Allison Demetri, Kiki Brook, Charlotte Powell painted a mural on Main Street.



Allison Demetri, a sophomore at Minnechaug, contributes to painting a mural on Main Street.



Kiki Brook, a sophomore at the Academy, works on a mural on Main Street.



Charlotte Powell, a sophomore at PVPA, adds to the mural on the side of the Main Street Mart.

Photos submitted by Jennifer Powell

*Celebrating Over 20 Years of Dance!*

# The Dance Studio

**Classes Start Sept. 11th!**

**REGISTER NOW FOR FALL CLASSES!**  
**OPEN HOUSE Thursday, September 7th 5-7pm**  
*In person registration every Tuesday 5-7pm*

**PRESCHOOL POPUP EVENT**  
*Sat., Sept. 9th 10am-noon*

- Early Childhood Dance Registration
- Bounce House • Give-a-ways in the studio!

**PERFORMANCE TEAM CAR WASH**  
*Sat., Sept. 9th 9am-noon*  
 Monson Savings Bank  
 100 Post Office Park, Wilbraham

**COME SUPPORT OUR DANCERS!**

*Adult Fitness & Dance Classes as low as \$5 per class when you pre-register monthly or \$10 for drop-ins*

**Classes for Toddler through Adult**  
 Classical Ballet, Jazz, Tap, Musical Theater Dance, Modern/Contemporary, Pre-dance, Ballet Fairy Tales, Combo Classes, Street Hip-Hop, Break Dance and Funk, Competition & Performance Team  
**Toddler Class**

Family & Multi-class Discount  
 1 hour classes, 90 minute recitals  
 Professional Adult  
 College Educated Instructors

35 Post Office Park, Wilbraham **596-0121** • REGISTER ONLINE! [www.thedancestudio.co](http://www.thedancestudio.co)

**MURAL** from page 1

about average height, Allison, stand up by the interactive part, which was where the main umbrella is, and we kind of figured out a general height we could do that would allow everyone to be able to interact with it. Basically, that just allowed for all the umbrellas to be average size," Powell said.

Next to the mural will be a plaque that reads, "Life is not about waiting for the storm to pass. It's about learning how to dance in the rain," said Vivian Greene.

Powell explained what the quote means to her. "It's a quote that will help people realize that storms will pass, and even though it's bad right now, you can figure out how to make a good situation out of a bad one," she said.

For Levesque, it was incredible to see the creativity and passion displayed by the Girl Scouts, as they completed the mural. He praised their effort.

"I give them all the credit in the world because they worked hard. It was a group effort. I was blown away," he said. "With the products that they used and the procedures that they took, it will last. It will look good for a long time."

Powell said the experience was a great opportunity to see her friends, who go to different schools. She also appreciated people who shared words of support as they drove by Main Street during the painting process.

"It's a great accomplishment. Although we've painted murals before, I think this is our best one, and it was lots of fun making it and I'm very proud of the work we did and how it's affecting the community," Powell said.

For those looking to follow in their footsteps, Powell said all you must do is dream big and find a team.

"As long as you have the idea, you've pretty much got everything you need. You just need to find some people to help you out. Take hold of your ideas and make them into something," she said.



# Toto the Cat visits Hampden Senior Center for National Pet Day

Also, a visit from Bright Spot Therapy Dogs

By Kristin Rivers  
Staff Writer  
krivers@turley.com

HAMPDEN -- Toto the Cat of the children's book "Toto the Tornado Kitten" visited the senior center on Aug. 24 for National Pet Day.

Toto was joined by his owner, Brimfield Fire Department Paramedic and author Jonathan Hall, and Bright Spot Therapy Dogs.

During the intergenerational event, Hall read his books, with children measuring Toto to see how long he was and guessing how many whiskers he has.

Additionally, Hall taught the audience sign language after sharing the story of reading his books to a school with deaf children.

After the event, Hall signed copies of his books while attendees met Toto and therapy dogs Tripp and Trystan.

Diane Marino, the senior center's activities coordinator, was excited about the event and the opportunity to have seniors and children come together.

"I like getting the seniors mixed in with the intergeneration mix," Marino said. "That's what we're working towards doing more of and it just brings out the best in everybody when we're all mixed together, as it should be. So, it just worked out wonderful."

Marino said Lori Kellner from Bright Spot Therapy Dogs comes with Tripp to the senior center once or twice a week.

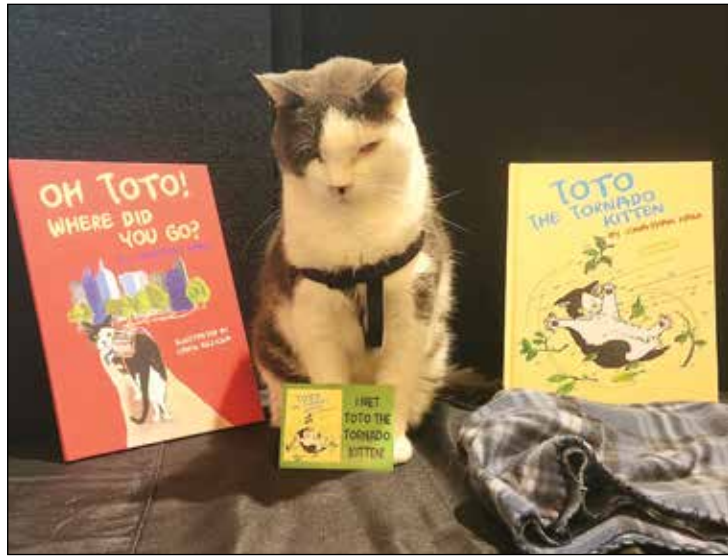
"It's wonderful how they come in and just sit on everyone's laps and make them smile and they're very, very good with all the people who come into our senior center, so Bright Spot is a bright spot here in our lives at the Hampden Senior Center. We love it," Marino said.

Hall said the event is "a fun day just to interact with everybody," and shared more about incorporating sign language into the events.

"A while back, we went to a school where all the students were deaf and so we got to learn to do the book in sign language, so I share that going forward. It's an opportunity to learn some sign language and, hopefully, the kids take that forward and learn some more sign language," Hall said.

Hall loves doing these events to reach out to people and hear their stories, particularly about their pets and the 2011 tornado. "A lot of people have stories about the tornado and so they tell me where they were or how they were affected, and then most importantly, a lot of people have pets, so they tell me stories about where they got their pets and stuff, so I love hearing stories about those two things," Hall said.

Hall said his events bring awareness, with his books raising



Turley photos by Kristin Rivers  
**Toto the cat poses with a postcard and the books about him written by author Jonathan Hall during the National Pet Day event at Hampden Senior Center.**



**Brimfield Fire Department Paramedic and author Jonathan Hall reads a page from one of his books to the audience during his and Toto the Cat's visit to the Hampden Senior Center on Aug. 24.**



**Brimfield Fire Department Paramedic and author Jonathan Hall signs a book for Gavin during his and Toto the Cat's visit to the Hampden Senior Center on Aug. 24 for National Pet Day.**



Submitted photo Diane Marino  
**Sally Morgan and Trystan, pet partners, and Lori Kellner and Tripp of Bright Spot Therapy Dogs smile for the camera during the National Pet Day event at Hampden Senior Center. Morgan and Kellner joined Brimfield Fire Department Paramedic and author Jonathan Hall and Toto the Cat for the event.**



**Brimfield Fire Department Paramedic and author Jonathan Hall holds Toto the Cat as kids hold measuring tape to measure how long he is during his and Toto the Cat's visit to the Hampden Senior Center on Aug. 24.**

\$72,000 for local animal shelters. "I think it's a chance for everybody to come together and talk about something that's common that we all share, which is mostly a love of the animals," Hall said.

Hall praised the senior center staff for their work, calling them "an important part of the community." "It's a place where people can gather and get together and get resources but just inter-

act, because sometimes as we age out, you get lonely and stuff and this provides a focus for people to come together, have a nutritious meal and interact with people, so that's good," Hall said.

Marino encourages the community to check out the senior center's programs.

"We have a lot of programs always coming up here and the newsletter will have everything in that," Marino said. "We work with

East Longmeadow, Longmeadow, Wilbraham, so you don't have to be a resident of Hampden to participate. The more the merrier!"

Hall shared this message about impacting others.

"You don't have to write a book, or you don't have to do a big project to make a difference in your local community. Small actions make big actions come true," Hall said.

**S.G. Racette Plumbing & Heating**  
Innovative Heating, Plumbing & Cooling Solutions  
Steve@Sgracetteplumbing.com  
Sgracetteplumbing.com  
Southwick, MA  
(Voice or text) 413-786-6764

**PLUMBING HEATING**  
S.G. RACETTE

4 Generations of Quality & Trust  
MA Master 12192  
CT P-1 027797

BBB A+ rating  
NATIONAL ASSOCIATION OF PLUMBERS & HEATERS

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

USDA INSP. FRESH BONE-IN ASSORTED PORK LOIN ..... <b>\$2<sup>39</sup></b> lb	USDA INSP. FRESH BONELESS BEEF STRIP LOIN CUT FREE <b>\$6<sup>69</sup></b> lb	USDA INSP. FRESH BONELESS BEEF SHOULDER LONDON BROIL ..... <b>\$4<sup>79</sup></b> lb
USDA INSP. FRESH TWIN PAK PORK SPARE RIBS ..... <b>\$2<sup>19</sup></b> lb	USDA INSP. FRESH BONELESS CENTER CUT PORK LOIN .. <b>\$2<sup>09</sup></b> lb	USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG <b>\$1<sup>79</sup></b> lb
SLICED IN OUR DELI LAND O' LAKES SHARP CHEDDAR AMERICAN CHEESE ..... <b>\$3<sup>99</sup></b> lb	USDA INSP. STORE MADE ITALIAN MARINATED BONELESS CHICKEN BREAST ..... <b>\$2<sup>99</sup></b> lb	USDA INSP. FROZEN CHICKEN LEG 1/4 ..... <b>49¢</b> lb
USDA INSP. STORE MADE BEEF KABOBS W/ VEGGIES 2.5 LB BOX <b>\$7<sup>99</sup></b> lb	USDA INSP. STORE MADE FROZEN HAMBURGER PATTIES 80% LEAN 20 CT BOX <b>\$15<sup>69</sup></b> ea	USDA INSP. FROZEN BAR S HOT DOGS 1 LB PAK..... <b>\$1<sup>49</sup></b> ea
USDA INSP. NATURAL CASING KAYEM HOT DOGS..... <b>\$8<sup>88</sup></b> ea	USDA INSP. IQF FROZEN RAW SHRIMP 51/60 CT, 2 LB BAG ..... <b>\$7<sup>77</sup></b> ea	<b>90 Meat Outlet</b> 90 Avocado St. Springfield 413-737-1288 www.90meat.com

SALE DATES: 8/31/23-9/6/23 BUY DIRECT FOR SAVINGS • SELECTION • SERVICE

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



## VIEWPOINTS

# HOLY COW! HISTORY: The mysterious Mr. Schwamp

Who was Mayberry's 'Mystery Man'?

By J. Mark Powell  
jmarkpowell.com

I begin this week's column with a confession.

I'm a lifelong, dyed in the wool fan of "The Andy Griffith Show". It debuted just a few weeks before I was born, I grew up watching it in prime time, and I've religiously followed it in reruns for decades.

Andy and Barney, Opie and Aunt Bee, Floyd and Otis, and the whole gang feel like extended family. I belong to several Facebook fan groups where members vigorously debate the merits of their favorite characters and argue over who should and shouldn't have been Andy's girlfriend. (Helen Crump? Seriously?)

The show has attained a kind of cult status. Multiple books have been written about it, college courses have been taught on it, and we aging Baby Boomers secretly yearn to spend our golden years in a friendly little town just like Mayberry where people are nice, where right always triumphs over wrong, and where

the home cookin' is, in Andy Taylor's words, "extry gooo-ood!"

Given all that adoring attention, you may be surprised to learn a big mystery from the program remains unsolved more than 50 years later. Who played the mysterious Mr. Schwamp?

Who? It's easy to not remember him.

Although he appeared in over two dozen episodes, both black and white and color, he never spoke a single word. Not even once, although Andy and Barney frequently refer to him by name as "Old Man Schwamp" or Schwump, if you prefer.

We don't know the correct spelling because the character is never listed in the show's credits. In fact, nobody even knows the name of the round-faced actor of a certain age who portrayed him.

He smiles in acknowledgment of his name from time to time, but that's all.

There's a rumor among some fans that the actor was a personal friend of Andy Griffith who had fallen on hard times. He was given a small walk-on role with only a few lines as an act of charity.

Supposedly, according to this uncorroborated version, the actor forgot his lines and froze. So, Andy filmed the scene without him

speaking.

That supposedly amused the show's star, who got a kick out of it when he saw the finished product. So, Griffith had the writers insert brief, passing scenes with Old Man Schwamp from then on. (When your name is in the show's title, you can get away with things like that.)

Mr. Schwamp appears at a Mayberry stag dance, watches Ernest T. Bass throw a rock through a window, and of course passes time on a sidewalk bench outside the courthouse. He also pops up in a few episodes of the spinoffs Gomer Pyle, USMC and Mayberry RFD.

Always without speaking, and never mentioned in the closing credits. He remains the one complete mystery from a TV program millions of Americans know inside and out.

A few years ago, someone posted on YouTube a home movie taken by Ron Howard's father of a behind the scenes glimpse of "The Andy Griffith Show" set. In the background, standing among the crew, a gentleman is seen reading a newspaper who bears a strong resemblance to the mystery man.

Could he have been part of the production

Please see **HOLY COW**, page 7



*Editor's Note: The following information was acquired over the course of my career as a journalist, through my work as an animal advocate, and through common knowledge.*

## Ten ways to help adoptable pets

By Kimberly Palmucci  
sentinel@turley.com

**Volunteer** - There are many different ways one can volunteer with an animal rescue organization, and the experience is truly rewarding. Volunteering offers a way to personally get involved with adoptable pets while eschewing the responsibility of pet ownership itself.

Volunteering duties might include: walking dogs; cleaning; socializing cats; taking photos; office tasks; community outreach; fundraising; transporting animals; attending adoption events; and more.

**Donate** - Animal rescues and shelters need financial assistance, and monetary donations are a welcome way to aid the mission. Certain shelters and rescues don't even have an operating budget, funded solely through donations.

Donations can assist with daily operations, supplies, food, veterinary care, vaccinations, community outreach, and much more.

And if a financial donation is not possible, animal organizations are also in need of many items, such as: food; towels; blankets and pet beds; crates and carriers; pet toys; collars, leashes, or harnesses; cat litter; and more.

**Educate** - By educating others about the importance of adopting, as well as spaying and neutering our pets, we lay the groundwork needed for actual change. However, educating should not be confused with arguing; creating conflict and tension over these topics may feel befitting at times, but we can spend our time more wisely by having respectful, compassionate conversations with people who are willing to listen.

**Advocate** - Supporting legislation that improves the lives of animals is a pivotal step toward making change. There must be regulations in place for certain actions and behaviors—including legal consequences—to set a precedent. Also, many municipal animal shelters are relying on antiquated budgets to function. Contact your representatives by calling

or writing a letter so that you can share your thoughts regarding local and state bills.

**Wishlists** - An animal group near you may already have a "wish list" on its website, go check it out! These lists, which highlight the current needs and donation requests of the organization, can be independent or linked directly to a website such as "Amazon" or "Chewy."

Additionally, when shopping online, consider choosing one of your local animal rescues as your "AmazonSmile Charity"—this is a separate entry from the main website that offers consumers the same items and prices while also contributing a certain percentage of qualified purchases to a charitable group.

**Spay/Neuter** - Spaying and neutering our pets is unbelievably important. Pet overpopulation can best be described as a crisis, both in the U.S. and around the world, and unconstrained cat and dog breeding creates lasting impacts. Spaying/neutering presents pet owners with a way to not only be part of the solution, but also to keep their pets healthy and safe.

Three benefits of spay/neuter include: diminishing the burden on animal groups; keeping stray/feral pet populations in check; and protecting pets from health concerns.

**Events** - Hosting a fundraising event for an animal group is a unique and valuable way to help. You can design your own event, or combine efforts with an existing or upcoming event, such as a birthday party, wedding, or school function, asking attendees to bring a gift or donation for the animals.

**Share** - Talk about your own stories of adoption, both on social media and in your day-to-day life. The more we talk about our stories of adoption, the more we can share the

message that shelter pets are not less or broken because of their circumstance. They are resilient and capable of such a powerful love. Additionally, "sharing" can quite literally mean getting on social media and sharing posts or adoption profiles from animal groups, who are constantly posting their needs, adoptable pets, wishlists, and more. When you "like," "comment," or "share," those posts, you're boosting engagement and allowing more people to see and help.

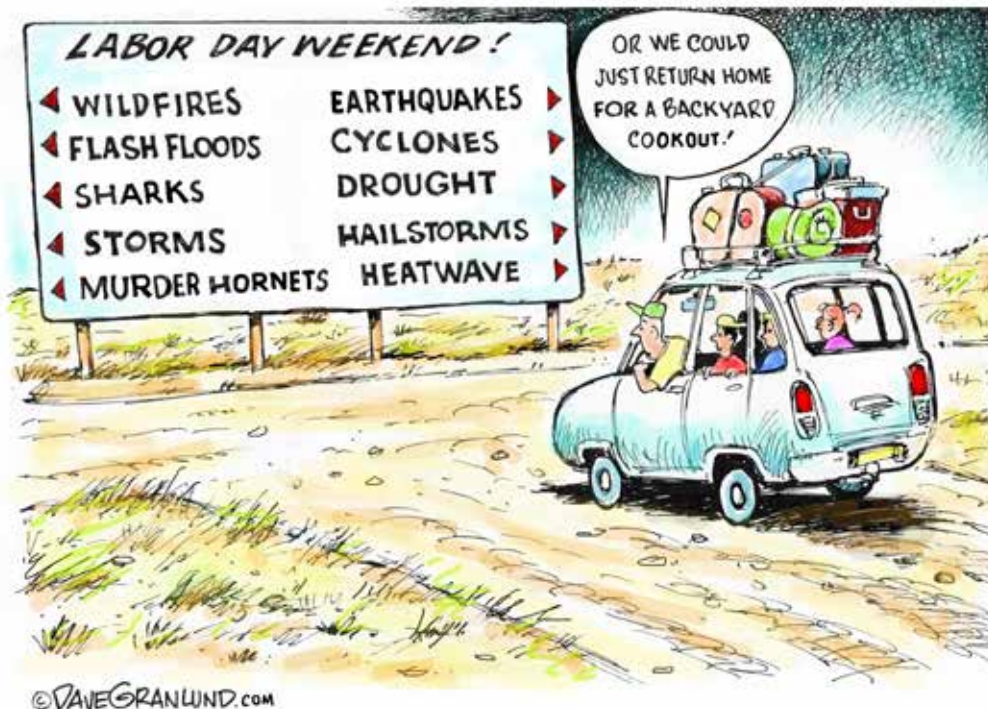
**Adopt** - According to various reports and statistics, more than 6.3 million domestic animals enter into animal shelters and rescues across the U.S. each year. Adopting a pet is a tremendous decision that not only saves one animal, but also creates space in an already overburdened system for another, doubling the impact with every adoption.

When you adopt a pet, it's a lifelong promise (the pet's life, of course). This is not a decision that should be made lightly; before you adopt, consider whether you will be able to provide that animal with the following basic needs for the pet's entire life: love and attention; food, water, and shelter; exercise and medical care.

**Foster** - Fostering a pet entails the temporary housing of an adoptable pet in one's home prior to adoption. Foster homes afford shelters and rescues the ability to save even more animals, and it helps animals that would otherwise be in a cage find comfort and support.

Fostering is not for everyone. The foster must be able to transport the pet to various places and provide the animal with care. It is

Please see **FUR-EVER**, page 7



The Wilbraham-Hampden  
**TIMES**  
TEAM



**EDITOR**  
Dalton Zbierski  
dzbierski@turley.com



**ADVERTISING SALES**  
Jocelyn Walker  
jwalker@turley.com



**SPORTS EDITOR**  
Greg Scibelli  
sports@turley.com



**STAFF WRITER**  
Kristin Rivers  
krivers@turley.com

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



@Wilbraham-Hampden Times

**WEB**

www.wilbrahamhampdentimes.turley.com

**PATRICK H. TURLEY**  
CEO

**KEITH TURLEY**  
President

**DEANNA SLOAT**  
Graphics Manager

**Turley**  
Publications, Inc.  
www.turley.com

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

## Editorial Policy

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

### Correction Policy

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

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



# Big E founder to be remembered at Atheneum's anniversary

By Charles F. Bennett  
Times Editor Emeritus

WILBRAHAM – Perhaps lost in all the years that the Eastern States Exposition (The Big E) in West Springfield has been a success, folks may not remember that the great New England state fair was founded by a Wilbraham resident, Joshua L. Brooks.

Since the 60<sup>th</sup> anniversary of the founding of the Wilbraham Atheneum Society falls during this time period, when the Big E is being held this month, the Society will celebrate one of Wilbraham's most important citizens at its Open House on Sunday, Sept. 10 at 2 p.m. in the Wilbraham & Monson Academy Chapel with guest speaker Dennis Picard. The open house is free and open to the public.

Picard, who was affiliated for years with Storowton Village at the fair, will give a presentation about Brooks' historic involvement in the exposition. Following Picard's talk the audience is invited to go across the street to the Atheneum's Old Meeting House Museum for a celebration with a large birthday cake, a toast the next 60 years with sparkling cider and anniversary-related activities for children.

In addition to the Atheneum's birthday cake and cider, the Museum Gift Shop will be open and will give each person attending, a memento from the museum.

### Museum Professional

This will be the third appearance of Picard since the museum reopened following the worst of



Folklorist Dennis Picard will return to the Old Meeting House Museum Open House to speak about Joshua Brooks, the founder of the Big E, on Sunday, Sept. 10 at 2 p.m.

the pandemic. Last year Picard held attendees spellbound with spooky tales that took place in historic times, just in time for Halloween.

Picard is in wide demand as a guest speaker about historical New England. He comes from a long line of guest lecturers hosted by The Atheneum Society, which oversees the museum owned by the Town of Wilbraham. Picard has been a museum professional in the living history field for over 40 years. He began his career in 1978 at Old Sturbridge Village, Sturbridge, and spent 12 years filling various positions including lead interpreter, where he researched and designed many public programs which are still offered by that in-



Times file photos

Industrialist and gentleman farmer from Wilbraham Joshua Brooks was a founder of the Big E.

stitution today.

Picard has served as a consultant for many historical societies and museums and is the author of articles on the lifestyles and folkways of New England. He has edited film scripts and reviewed historic novels for accuracy of content.

Picard held the position of Assistant Director and Director at several sites including Fort

Number Four in Charlestown, New Hampshire and the Sheffield Historical Society in the Berkshires. He recently retired after 27 years at Storowton Village Museum in West Springfield.

### Gentleman Farmer

The Brooks family has had a very close connection to the town of Wilbraham. Joshua

Brooks was an industrialist and gentleman farmer. He is the one reason that the Eastern States Exposition became a household word in Wilbraham and all of New England.

Joshua's son, J. Loring Brooks who was also a trustee and president of the Big E, lived at 400 Main St. next to the Wilbraham & Monson Academy soccer field. J. Loring is well-remembered for donating the land for the current Wilbraham Public Library in Crane Park as well as being a town leader serving on the Wilbraham Board of Selectmen for many years. He was involved in various town projects and activities that took place in the Post War Years.

### More Programs

The museum is planning more programs this fall including a talk on Oct. 8 with History Interpreter Rich Howell. On Nov. 5, Wilbraham Veterans Agent Jared Sasen will salute the town's veterans with a talk on "A Veteran Looks at History." The Christmas Tree Festival will be held over two Sundays on Dec. 3 and 10. Mulled Cider will be served and an Ice Carving Demonstration will take place Dec. 3.

The museum has recently undergone a landscape revamping and a new accessible ramp made of bricks was added to the front of the building.

For more information about the museum or the Wilbraham Atheneum society email president@wilbrahamatheneum.org.

### HOLY COW from page 6

team, and the whole thing was just an elaborate inside joke? Probably. I agree with that theory.

But we'll never know the true story.

Don Knotts, who played the beloved bumbling Barney Fife, passed away in 2006. Andy Griffith followed six years later. Mr. Schwamp's identity likely went to the grave with them.

Why does it matter, you ask.

In the great scheme of things, it doesn't. But we humans love pondering

the unanswerable.

Americans have spent 82 years wondering what became of Amelia Earhart, after all.

And so Old Man Schwamp stares back at us from a half century old spool of celluloid.

The chubby face grins and his eyes twinkle. He clearly enjoys knowing what we don't know, and probably never will.

Holy Cow! History is written by novelist, former TV journalist and diehard history buff J. Mark Powell.

[wilbrahamhampdentimes.turley.com](http://wilbrahamhampdentimes.turley.com)

## LUDLOW MEMORIAL COMPANY INC.

Celebrating over 60 Years in Business ~ The Trusz Family

- ❖ Benches ❖ Statues ❖ Monuments ❖ Custom Design Work
- ❖ Plot Maintenance ❖ Bronze Plaques ❖ Cleaning ❖ Markers ❖ Vases
- ❖ On-Site Lettering ❖ Restorations ❖ Cemetery Signage ❖ Granite Signs

201 East St., Ludlow, MA 01056 ❖ [www.ludlowmemorialcompany.com](http://www.ludlowmemorialcompany.com)

413-589-7564 Office ❖ 413-589-7588 Fax ❖ 413-531-5360

### FUR-EVER

from page 6

also important to consider that fostering is intended to be temporary—many folks (like myself) have trouble saying goodbye, and that's okay, but if this is you, perhaps there's an alternative way to help.

Here are some questions you might ask yourself before fostering a pet:

Am I emotionally prepared to say goodbye?

Is everyone in my home equipped for this experience (other pets included)?

Am I able to transport this pet to vet visits and adoption events?

The best way to discover the needs of your local animal groups is by doing a search online, checking recent social media posts from the organization(s), or by contacting them directly and asking how you can help.

# Live Greek music, dancing Market place, beer garden

JOIN US SEPTEMBER 8, 9 & 10 AT  
**GLENDI 2023**  
GREEK CULTURAL CENTER | 22 ST. GEORGE ROAD



From 91N Exit 7A & 7B From 91S Exit 8

GLENDI ACCEPTS ALL MAJOR CREDIT AND DEBIT CARDS

Best homemade Greek food





Submitted photos

An informational meeting was held at The Gardens of Wilbraham on Aug. 24.

## The Gardens of Wilbraham held informational meeting on Aug. 24

Article courtesy of Rich Moore

WILBRAHAM -- Heather McMahon, outreach coordinator SAVE Team & Women Veterans' Network, Massachusetts Executive Office of Veterans' Services, presented the ongoing services available to Massachusetts veterans, specifically in the area of funeral preparations. Specifics surrounding the Agawam Veterans Cemetery were the main topic. Heather defined, in detail, the process for interment at the cemetery and the preparations that could be taken to ensure last requests can be met.

Also present was Ellen O'Brien, vice president and licensed funeral director of Wilbraham Funeral Home.

The meeting was well attended by

more than 30 Garden residents. The presentation was well-received and praised by the attendees for the quality and quantity of information. The topics covered were alarm systems, 911 emergency calling, home evacuation, pet safety, fire extinguisher use and other safe awareness issues. The audience included Garden resident Dick Chase, retired Wilbraham firefighter, who commented on the increased number of fire emergency responses involving fire protection or prevention, rescue, emergency medical or hazardous material response services.

"The current emergency staff responds to almost four times as many calls as we did when I retired some 13 years ago," Chase said.

## 'Fall into Fun' Card & Game Party & Luncheon to occur Sept. 28

WILBRAHAM -- The Wilbraham Women's Club is holding its annual "Fall Into Fun" Card & Game Party & Luncheon on Thursday, Sept. 28, at the St. Cecilia Parish Center, 42 Main St., Wilbraham.

Check-in begins at 11:30 a.m. with lunch served at noon. There will also be a

raffle for cash prizes.

The donation is \$8, and proceeds are used for the club's scholarships and other charitable endeavors. Please bring friends and join us for a delicious luncheon and play any game of your choice. For reservations, please call Sue Agnew, 596-9480.

## AGING WELL IN WILBRAHAM

This is the second article on the topic of aging. The first dealt with some of the biology of how our bodies change. This article will focus on physical factors that affect how we age. In researching these, I also found a good bit of information on psychological and social factors that affect our lifespan. This is a fairly new avenue of research, and I will be doing a third article on aging dealing with that topic.

If we are lucky, we all grow old, though there are some days we don't feel so lucky doing so! There are things we can't control, like our genetics, race or gender. Those can affect your lifespan. There are many pieces of aging that are not determined by heredity, and we can modify those with a few lifestyle changes. These changes can not only change how long we live, but how WELL we live as we get older. There is a huge difference between living into your nineties and being dependent on others, versus being over 90 and independent and mobile.

Many of us have heard the usual "rules" for living longer such as not smoking, not drinking alcohol to excess, healthy diet and proper weight, exercise, etc. There are exceptions to every rule (we have heard of those who drink and smoke into their 90's) but most of us would do well to follow them. As the different systems in our bodies age, there are steps to either slow the process or make the changes associated with aging less of a problem for us.

A big one is our cardiovascular system. No matter how good your diet, your blood vessels, especially arteries, will stiffen over time, causing your heart to work harder. Your heart changes to accommodate this such as raising your blood pressure. To help your heart, regular exercise and a healthy diet goes a very long way. Not smoking, managing stress and getting enough sleep helps your heart adapt and helps heal your blood vessels.

Our bones, joint and muscles change. Bones shrink in size and density which makes them weaker and easier to fracture. Muscles lose strength and flexibility, affecting balance and coordination. Falls are still a leading factor in death and disability in older people. Physical activity (that pesky exercise again!) is vital. Adequate amounts of calcium and Vitamin D as we age helps our bones and joints. The recommended amount of calcium is 1200 mg over

age 51 and Vitamin D is 600 IU under age 70 and 800 IU over 70. Good sources in our diets, besides milk products are broccoli, kale, salmon and tofu. Juices are sometimes fortified as well. Food sources include tuna, salmon, and eggs.

Our digestion and elimination systems are affected by age. A healthy diet full of fruits and vegetables, plenty of water, and proper weight all help. And once again with the pesky exercise (see a theme here?).

Certain medications such as diuretics and iron supplements affect elimination and our ability to absorb certain vitamins. Chronic conditions such as diabetes affect the nerves in our stomach and intestines which can interfere with digestion and elimination. Knowing that this might be an issue can help us take steps to alleviate the effects.

Finally, our eyes, ears and teeth are affected by age. Many of us develop problems with reading and fine print, glare from the sun or headlights and cloudy vision from cataracts. Regular checkups are very important, along with wearing sunglasses when outside. Our hearing diminishes as we age so we might need assistive devices. Our gums recede causing more tooth sensitivity. Certain medications that treat allergies, asthma, blood pressure and high cholesterol can cause dry mouth, which makes our teeth more vulnerable to decay and infection. Once again, checkups are important to prevent small problems from progressing. Dental issues are often a factor in poor nutrition in older folks. Once again, proper nutrition and plenty of water helps minimize some of the aging on our senses.

The conclusion is that we can all grow older more easily if we eat well, maintain a good weight, and exercise. We may need to modify our diets and exercise plans, but staying active and eating right will help make the inevitable bodily changes we all will see less stressful and debilitating. Eat more small meals and have fruits and veggies as snacks. If you can no longer walk for hours, do 10-15 minutes twice a day. Have plain water with meals. Little changes can add up to big benefits.

As always, you can ask questions at seniorinfo2021@gmail.com or leave a message at 596-2800 ext. 315

**Diane Weston, RN BSN**  
Senior Center Building Committee

**EARLY DEADLINES**

In observance of Labor Day, the **CLASSIFIEDS** have an **EARLY AD DEADLINE.**

To advertise, place your ad no later than **NOON**

**Friday, September 1**

Thank you!

A TURLEY PUBLICATION  
www.turley.com

**EARLY DEADLINES**

In observance of Labor Day, there will be an **EARLY AD DEADLINE**

To advertise, place your ad no later than **NOON**

**Friday, September 1**

– Thank you!

A TURLEY PUBLICATION  
www.turley.com





Turley photos by Kristin Rivers  
**Children enjoy fun arts and crafts in the Crafts & Activities Center at Bushels of Fun Fest at Fern Valley Farms on Aug. 27.**

**FUN FEST** from page 1

Art, Diane's Little Creations, D & R Farm, Fieldcrest Brewing Company and many more.

Dee Gore of Wilbraham Candle was selling craft soy-blend candles, expressing excitement at meeting many people and promoting her microbusiness while supporting the seniors.

"We always want to support our seniors as much as we can. Without them, we wouldn't be here, so we're so excited for that," Gore said. "It's also a really great opportunity for local artisans. We have live music, the food trucks, everyone, so it's just a great experience for them and to be able to show our wares."

Joao Ferreira oversaw the Cornhole Tournaments, invited by Friends Vice President Maria Cacela to help due to his knowledge of the game.

"It's a fun game. Grandmas, young kids, it's for everybody," Ferreira said.

Ferreira also enjoys volunteering at community events.

"It's good. It helps out the community," Ferreira said. "I like to do a lot of volunteer stuff, so any time somebody needs something, if I'm available and I can help out, I try."

Dee Maziarz, her husband, Mike, and children Cam and Caroline assisted the Friends in organizing the event to help the children learn about community service and how to put together an event.

Dee Maziarz was happy to have a community event again post-COVID and support the seniors.

"I think for so long, everybody had to be distant, so it's nice to be back together again and supporting each other," Dee Maziarz said.

Mike Maziarz emphasized bringing everyone together right in their own backyard.

"We live in a small community, so it's nice to have events like this that are put on in your own community that bring out the people," Mike Maziarz said. "It's really nice. It's good to see."

Cam and Caroline Maziarz shared what they loved or learned while volunteering.

"It's a lot of hard work, it's a lot of teamwork, that you have to work with others to put certain stuff together," Cam Maziarz said.

"It's very accomplishing to work hard on this event and then see everybody smiling and enjoying it and really giving back to the community," Caroline Maziarz said.

Matt Villamaino, president of the Friends, was ecstatic for the turnout, calling it "a phenomenal success."

"It speaks volumes for our community, and it's not just Wilbraham. There are people from all the surrounding towns, many of them I know. It just brings us all together, so we're pretty happy about that," Villamaino said. "It's more than a fundraiser. This is a community event."

Chuck Pelouze, a Friends member who co-chaired the event, thanked the owners of Fern Valley Farms for hosting.

"They really have gone beyond my expectations in helping us celebrate this event, and this has been a very successful fundraiser for the Friends of the Wilbraham Seniors," Pelouze said.

Villamaino thanked everyone on behalf of the Friends for coming out to the event.

"Your support is extremely appreciated and it's just overwhelming, the support. It's mind-blowing," Villamaino said.



**Doc the Clown from Melha Shriners creates an inflatable balloon animal for a family during Bushels of Fun Fest at Fern Valley Farms in Wilbraham.**



**The Maziarz Family, consisting of Mike, his wife Dee and their two children, Caroline and Cam, take a family photo during Bushels of Fun Fest. The family was a huge support to the Friends of the Wilbraham Senior Center in helping organize the community event.**



**Rik Alvarez, frame artist and owner, at the Frame & Picture Shoppe poses for a photo inside his vendor tent.**



**Beverlee Corriveau of Little Oak Farm in Wilbraham smiles for the camera with her creations.**



**Jered Sasen, director of Veterans Services for the Town of Wilbraham, stands at attention at the Mobile Veterans Center table.**



**The One Was Johnny kicks up the music during the Bushels of Fun Fest at Fern Valley Farms.**



**Residents enjoy a game of cornhole during the Cornhole Tournament taking place during Bushels of Fun Fest.**



**Residents line up in droves to enjoy a meal from J.B.'s Mobile Café in Monson during Bushels of Fun Fest.**



**ROZELL'S**  
**LANDSCAPING**  
*& Beautification Service*  
"COMMITMENT TO YOURS' CURB APPEAL"  
**413-636-5957**



- Overgrown property?
- Excavator Services • Extreme Brush Cutting!
- Shrub, Stump, Tree Removal • Lawn/Arborvitae Installed
- Loam, Stone, Mulch, Sand • Storm Clean-up • Small Demo • Insured

**JOSH ROZELL 413.636.5957**



# A COMMUNITY GALLERY



*Life in* **WILBRAHAM-HAMPDEN**

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

# WILBRAHAM-HAMPDEN



More than 160 cars participated in the Knights of Columbus' Car Show on Aug. 19 at Fountain Park. Beyond the vehicles, the event featured food, family, friends and fun. Photo submitted by KFC Public Relations Coordinator Josh Mitchell



THIS PAGE IS BROUGHT TO YOU

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

*New For*  
**For A New Sch**



# WILBRAHAM HAMPDEN

**Community Bulletin Board**

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

---

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



St. Cecilia Women's Club members, Ellen Reich, Pat Serra and Linda Hitas, selling cookies baked by club members and ice cream cups provided by the Knights of Columbus at the Knights' Car Show on Aug. 19. Photo submitted by Sue Agnew



Diane Dufault reports that her dog Bella introduced her friend Augie to the Doggie Delight sundae at Rice's Fruit Farm last weekend. Bella said, "It's the best deal around at 99 cents!" (Bella on the right) Photo submitted by Diane Dufault

**AS A COMMUNITY SERVICE BY:**

*Home*  
School Year

**Heidi Pafumi**  
Realtor®

**SLOPE to SHORE**  
A DIVISION OF TEAM413  
MASSACHUSETTS | CONNECTICUT | VERMONT





Children work on coloring and writing their names during the Kindergarten Storytime event at Hampden Free Public Library.



Emma colors in her name, as participants learn how to write their names during the Kindergarten Storytime event at Hampden Free Public Library. The event helped prepare young children who are entering kindergarten this coming school year.



A group shot of Kate Rumplik, youth services librarian at Hampden Free Public Library, reading "First Day Jitters" by Julie Danneberg to children during the Kindergarten Storytime event at Hampden Free Public Library.



Youth Services Librarian Kate Rumplik and the children talk about their favorite things during the Just Like Me game during the Kindergarten Storytime event at Hampden Free Public Library. The game helped the children find and meet other children with similar interests and likes to help find and make new friends.



Youth Services Librarian Kate Rumplik hands Finnegan, nickname "Finn", a marker to circle the letter "F" for his name to begin learning his letters during the Kindergarten Storytime event at Hampden Free Public Library.



The three children's books read by Youth Services Librarian Kate Rumplik to help prepare children for the first day of school during the Kindergarten Storytime event at Hampden Free Public Library.



A paper hat colored by children to celebrate heading into kindergarten during the Kindergarten Storytime at Hampden Free Public Library.

**STORYTIME** from page 1

For the Kindergarten Storytime, Rumplik explained her biggest goal is to help the children meet someone they'll see at school along with preparing them for the first day of kindergarten.

Additionally, supporting the parents.

"I try to help out those parents who are new to the district or who have their oldest kid find the bus routes and just what to expect. A lot of times they ask me about Kindergarten Orientation and what that's like and what to expect and things like that, so I try to be a resource for the parents to help them out if they need it," Rumplik said.

Rumplik also stressed the importance of reading every day and teaching those early skills of writing names and learning letters.

"The more they can absorb, the better," Rumplik said. "The most important thing I can tell people is the more you can read to them, the better."

She had this message for parents.

"Just to keep reading to them as much as possible, the best thing that you can do," Rumplik said. "We have such fabulous teachers in our district that I know the kids will be comfortable there and they're going to be learning so much."

Rumplik wants the community to know how much she loves her job and seeing the families at the library, encouraging them to check out the library's children's programming.

"We do a lot of fun things here. I always tell people what great families I have here," Rumplik said. "All my events and things like that are on Facebook and our website, and people are welcome to call or email if they have any questions about that stuff."

**LAND FOR SALE**

<b>Hardwick</b>	1.86 & 2 acre lots	\$55,000 each
<b>Hardwick</b>	4A 600' frtg	\$79,900
<b>Monson</b>	½ A town util	\$63,900
<b>Monson</b>	28+ acres (poss. Lots)	\$259,900
<b>New Braintree</b>	4+A(Septic Des.)	\$56,000
<b>New Salem</b>	5.8 acres	\$94,900
<b>N. Brookfield</b>	5+ acres	\$49,900
<b>Sturbridge</b>	11+ acres Town Util	\$149,900
<b>Sturbridge</b>	11+ acres Waterfrt	Call for details
<b>Ware</b>	11+ Acres (perc)	\$65,000
<b>Warren</b>	4.5+Acres (perc)	\$31,500
<b>Warren</b>	22+ acres (perc)	\$89,900

Many of the lots have perc tests, some have septic designs.

**CALL FOR DETAILS AND LOCATIONS.**

Have a parcel to sell? I do have buyers waiting.



**WARE:** Set on 4+ acres multi use brick building set just outside of town. Some rental income, 3 phase power, overhead doors. \$350,000. Call for details or private tour. Don't miss this opportunity if you need more space for your company at an affordable price.



Contact Sue Como 413-531-9098

[www.BuyRiteHome.com](http://www.BuyRiteHome.com)



## SCHOOLS

# Wilbraham Middle School announces Term 4 honor roll

WILBRAHAM – The following students made the honor roll at Wilbraham Middle School during Term 4 last spring. Congratulations and best of luck during the coming school year to all students.

## Grade 6 – Distinguished (62 students)

Teddy Acquah, Alison Aucoin, Sireen Awkal, Margaret Babbs, Thomas Brogle, Nolan Carney, Charlotte Castellano, Juliana Coffey, Emilia Connors, Ryan Criscitelli, Oliver Cunha, Madelyn D'Amore, Brynn DeForest, Amelia DePace, Sadie Dos Santos, Grace Falzone, Charlotte Fitzgerald, Kahtryn Fulton, Eva Gagliarducci, James Gallagher, Aviana Gomez, Nicole Grabowski, Judah Gunn, Teaghan Haluch, Max Harrigan, Andriea Holder, Alex Horn, Tyler Hoskinson, Alexandra Jaslanek, William Kern, Aurora Kirton, Aubrey Lafield, Makailyn Laird, Jillian Lajeunesse, Willis Lam, Christie Lang, Daniel Lareau, Owen Lucarelle, Noah Magill, Ashley Manning, Elizabeth Maserati, Jackson McCullough, Joy Mendonca, Emily Meunier, Cohen Nelson, Karina Ocampo, Ava O'Connor, Megan Pronovost, Logan Ricahrd, Sierra Rocha, Jackson Rust, Quintis Saviengyong, Kaleigh Sheehan, Kayla Smith, Mason Stonacek, Ian Stratton, Sean Tillberry, Nathaniel Tirabassi, Addison Trosky, Maya Usher, Mason Waskiewicz, Caitlyn Wetherbe

## Grade 6 – Honors (85 students)

Goudy Abuata, Zakaria Ardolino, Evan Barcome, Charlotte Beaulieu, Lauren Beaulieu, Goudy Abuata, Zakaria Ardolino, Eva Breaux, Nicholas Bretta, Nolan Burke, Benjamin Butts, Ayden Byers, Jason Cao, Xavier Catellier, Ashlan Closser, Miles Connolly, Anthony Cosimini, Nolan Costello, Ava Cowles, Nathan Demetri, Lacey Desjardins, Kayla Dooley, Owen Downey, Liam Doyle, Christopher Duby, Isabelle Ellis, Samantha Engel, Dina Ferrentino, Jack Ford, Austin Fortune, Olivia Gaudreau, Evan Gilmartin, Mason Gomez, Olivia Goodale, Olivia Goodrow, David Gusev, Tegan Haluch, Kaleigh Harper, Cole Harris, Victoria Harris, Syed Hashmi, Elle Hersman, Lauren Hoar, Kate Holt, Elizabeth Jourdain, Kaitlyn Labadorfl, Stephanie Labadorf, Sophie Laliberte, Angelina Lemelin-Bliss, Griffin Litchfield, Brooklyn Manning, Noah Metzger, Louis Morin,

Charlotte Moses, Michael Murray, Evan Niemi, Ethan Nunlist, Sarah O'Connor, Brayden Pacifico, Hannah Palmer, Jack Parastatidis, Ava Pellosso, Owen Piquette, Calvin Quintana, Mason Quintana, Lara Riberdy, Camden Rodrigues, Colton Rogers, Annelise Roszko, Ava Rowe, Evelyn Santaniello, Bodie Sears, Emmett Shattuck, Liam Shattuck, Adrielle Sheridan, Abigail Stachowicz, Kyle Stebbins, Tenleigh Stewart, William Stromwall, Peyton Sullivan, Liam Sutherland, Carolina Tangredi, Nicholas Tracy, Grace Tzoumas, Annelise Waldron, Shannon Wietecha

## Grade 7 – Distinguished (40 students)

Peter Appleby, Seth Beebe, Joseph Comes, Caroline Euber, Maxwell Fergus, Nora Fletcher, Mario Garcia, Corrine Gates, Nicholas Gencarelli, Eliza Gloss, Ashley Griguoli, Jaden Gyan, Danika Haygood, Demetrius Holmes, Keira Horne, Brooke Johnson, Tia Kayrouz, David Kim, Peyton Lee, Savannah Lee, Dylan Lesure, Adriana Lopez, Ryan Mackie, Olivia Maserati, Isadora Maurice, Clare McMahon, Ellie McRobbie, Mylie Mittler, Frank Morin, Liam O'Brien, Brenan Rost, Jillian Rumprik, Ava Secor, Lillian Sergienko, Alysandra Serju, Audriana Stasio, Joseph Sullivan, William Szpakowski, Anna Taylor, Joseph Woytowicz

## Grade 7 – Honors (58 students)

Rama Awkal, Addison Baldyga, Cole Balog, Mia Balog, Taylor Bartosz, Aidan Bean, Bryce Beckel, Nicholas Capen, Jayden Carattini, Victoria Carmona, Maximus Cayo, Irelyn Coffey, Miles Desrosiers, Colin Devanski, Chase Folli, Gianna Fusco, Jackson Gagner, Brennan Gliesman, Daniel Heinold, Parker Hoey, Mason Howard, Jeffrey Hurley, Kelsey Jennings, Genevieve Johnson, Alexis Joseph, Tony Kayrouz, Declan Kelly, Emma Lacoste, William Lapalm, Hannah Learned, Jacob Luttrell, Yman Ly, Dominic Mascaro, Elijah Mathias, Juliana Mooney, Dylan Niznik, Nicholas Nordstrom, Gianna Nowicki, Sophia O'Connor, Youngsun Oh, Gavin O'Neil, Patrick O'Toole, Owen Petit, Lucas Raiche, Domenic Roach, Hussein Saleh, Hailey Scliopou, Ryan Semanie, Riley Senecal, Zachary Senecal, Gabriel Solowinski, Michael Sullivan, Jillian True, Or-

mandy Velazquez, James Wadzinski, Jeyzion Walter, Adelle Williams, Olivia Zheng

## Grade 8 – Distinguished (44 students)

Angelina Bontempi, Katherine Britt, Abigail Camire, Philip Castellano, Samantha Catellier, Ivy Christensen, Addison Derosia, Catherine Dickson, Jonathan Dyer, Elizabeth Espinal, Alyssa Fortune, Ella Gagliarducci, Olivia Gencarelli, Naomi Griffin, Lucy Haile, Richard Hale, Eric Henderson, Paige Holt, Madelyn Hoskinson, Amelia Kellogg, Liam Kiernan, Isabella Lafield, Teagan Lawor, Abigail Lee, Reese Magee, Liam Metzger, Molly Michels, Chelsea Ortega, Riddhi Patel, Ainsley Patterson, Natalie Petit, Colleen Purcell, Lauren Roberts, Karolina Robles-Maurer, Layla Rosati, Cameron Salvador, Savannah Sheerin, Tyler Supczak, Logan Thomas, Faith Trombly, Grace Trombly, Isabella Usher, Drew Weinberg, Jade Wong-Vallejo

## Grade 8 – Honors (69 students)

Isaac Abergel, Gana Abuata, Quinn Bowler, Adrianna Brandoli, Darby Burgmyer, Benjamin Carpenter, Annabella Cianflone, Ryan Clewes, Barbara Luyza Costa, Katie DeGray, Tucker Derosia, Ava Disa, Andrew Dolaher, Brady Dones, Darren Duah, Angelina Dunn, Nicholas Garib, Sara Gonzalez, Eliana Gunn, Jacob Hall, Liam Harrigan, Jacob Hisgen, Katelyn Hoar, Ainsley Holden, Kadence Illig, Ryan Jacobsen, Isalina Jenne, Kalhan Kar, Ethan Kelliher, Isabella Kirton, Gabriel Kishinevski, Peter Langone, Molly Lynch, Nola Malmberg, Mia Manseau, Mary McGrath, Mason Mish, John Morley, Athena Nguyen, Jon Nutting, Nicholas O'Sullivan, Shiv Patel, Kayla Pecoy, Nicholas Pelletier, Sydney Rocha, Brooklyn Rosas, Brooklyn Rosas, Brooklyn Rosas, Jillian Rubner, Jack Rumprik, Quinn Salerno, Jolena Sanchioni, Leayjah Serju, Moira Shannon, Dillon Shaughnessey, Landon Sheerin, Norah Smith, Alison Souza, Andrew Stark, Benjamin Stebbins, Sophia Sundheim, Grayson Sweet, Kaleb Sweetman, Hope Trombly, Brayden Tugie, Owen Tzoumas, Sarah Rose Walsh, Madelyn Waskiewicz, Kei Williams, Thomas Wurm, Jack Zeller

## CAMPUS NOTES

### James Madison University welcomes class of 2027

HARRISONBURG, VA — James Madison University is excited to welcome the class of 2027 to campus this month. The incoming freshman class represents an accomplished, diverse group of individuals who hail from 35 states, the District of Columbia and 12 countries around the world.

The incoming class includes the following Wilbraham students:

Eli Comeau, who plans to major in Exploratory.

Ryan Lucarelle, who plans to major in Finance - BBA.

Benjamin O'Brien, who plans to major in Business Management - BBA.

### Coopee makes Curry College Spring Dean's List

MILTON — Curry College congratulates Grace Coopee of Hampden, who was named to the Spring 2023 Dean's List.

## Community Newspaper EDITOR WANTED

Turley Publications is looking for a "hands on" energetic candidate who loves telling stories to be the editor for two weekly publications. This position will include managing and coaching a small news staff that will provide the community with a great local newspaper.

The editor will need to cover local government and events while representing the newspaper at public venues.

The successful candidate will have strong community journalism skills and is also expected to gather news and write stories for the two papers as well as for other occasional companywide publications.

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

This full-time position with flexible schedule is based in our Palmer office at 24 Water St., this is not a remote position.

### Qualifications should include:

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

### Please send resume and writing examples to:

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

## Fifth annual Northeast Fine Arts Exhibition!

Local Non-profit seeks works of traditional realism by fine artists across the Northeast

WARE – Workshop13 invites artists from throughout the northeastern US to participate in the fifth annual juried Northeast Fine Arts Exhibition. Works of traditional realism are welcomed in the following categories: Oil Painting, Watercolor, Sculpture, Drawing/ Graphics, Acrylic (includes casein & egg tempera, Pastel, and Mixed Media. Awards will be granted in multiple categories, with Best in Show receiving \$1,000. The deadline for entry is Aug. 23 by mid-

night.

This annual exhibition of traditional realism is held in the unique Grand Hall gallery of Workshop13, a non-profit cultural arts and learning center located at 13 Church Street in Ware. The exhibition will be on display from Sept. 23 to Oct. 8 and can be visited on Fridays from 4-7 p.m. and Saturdays and Sundays from 1-4 p.m. The show will open with a reception from 1-4 p.m. on Sept. 23, with awards announced at 3 p.m.

The juror for the 5th annual NEFAE is Julie Beck. Beck is the Assistant Director of the Academy of Realist Art, Boston, as well as an instructor. Julie is currently working out of her personal studio at ARA Boston, where she is developing a

body of work that explores the concepts of nostalgia, relationships, and identity. She has a wide range of painting subjects including still life paintings and animal/figurative works. Her work can be found in private collections throughout the US and internationally.





# Events & announcements schedule

## Saint Cecilia Women's Club to hold first meeting of new club year Sept. 12

WILBRAHAM — The Saint Cecilia Women's Club's first meeting of the new club year will be Tuesday evening, Sept. 12. The evening will begin at 5:30 p.m. with Mass followed by a Membership Tea in the Parish Center. All members of the parish are invited and welcome!! Past presidents and members celebrating a significant club anniversary will be recognized. Please join us and bring a guest!

## 'Halfway to St. Patrick's Day' Grab & Go Dinner

HAMPDEN — Join the Hampden Senior Center on Allen Street as it celebrates its "Halfway to St. Patrick's Day" Grab & Go Dinner on Sunday, Sept. 17. Pick up is from 2-2:30 p.m.

Pick a delicious Grab & Go meal of Corned Beef and Cabbage complete with Rye Bread and Dessert.

All proceeds from this event will benefit the Senior Center Building Fund.

All are welcome. \$10 per meal. Pre-registration and payment required. Call 566-5588.

The senior center thanks its generous sponsors: Byron Keenan Funeral Home & Cremation Tribute Center, Brodeur-Campbell Fence Company and Monson Savings Bank.

## Springfield Technical High School — Every Class Reunion Sept. 23

SPRINGFIELD — The spirit and camaraderie of Springfield's Tech High School is alive and well, as they gear up for another exciting reunion on Saturday, Sept. 23 at the Elks Lodge #61 at 440 Tiffany St. from 3-8 p.m. The reunion is open to ALL TECH CLASSES.

An outside barbecue will be held rain or shine under the lodge's pavilion and will include hot dogs, hamburgers, pulled pork, salads, vegan options, dessert and more. Cash bar. Free parking and handicap accessible.

A fun-filled afternoon will include DJ and dancing, cornhole and bocce games, raffles and time to reminisce with friends over the years and make new friends as well.

According to committee chair Mike Borecki, "Tech High was a great school, and many lifelong friendships were forged back then. It's our dream for everyone to have fun and to keep the Tech Spirit tradition alive for many years to come."

Seating is limited and tickets are \$25 each. All are on a first come, first served basis. Open seating. For tickets call Mike Borecki '72 at 413-351-6572, Margaret McCormick '74 at 413-531-4763, Dawn Duncan '71 413-896-3930, or Matt Villamaino '67 at 413-896-2206

Located on Elliot Street in Springfield, MA Technical High School was founded in 1906 and closed in 1986.

## Upcoming adult programming at the Wilbraham Public Library

WILBRAHAM — The following events will occur in the coming weeks at the Wilbraham Public Library at Crane Park Drive.

## 50th Reunion for Minnechaug Class of 1973

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.

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.

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-eleven-year-old student to Space Camp in Huntsville, AL, and create a \$2,500 annual scholarship to be awarded to a graduating Minnechaug senior from Wilbraham or Hampden with plans to study for a career in STEM.

Organizers hope that all members of the 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.

## Hartsprings Bin to be located at senior center through the fall

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.

## 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.

## Sept. 16 presentation: Taking 'professional' photos with your phone.

HAMPDEN — Learn how to use your smartphone to take photographs of your artwork and sculptural work for your website or to add to your portfolio. Artist Nan Hurlburt will demonstrate how to take photos and show your art to its best advantage.

Each participant is allowed two pieces to photograph.

Criteria: Paintings, drawings (hanging work must NOT be framed), and sculptural work. The finished files will be emailed to each participant.

Presentation will be on Saturday, Sept. 16, from 10 a.m. to 1 p.m. in the Community Room at the Hampden Senior Center in Hampden.

Contact Sue Superson: sjsrighter@aol.com to sign up and to answer any questions. Space is limited. There will be a \$10 charge.

## The Wilbraham Friends of the Library Annual Art Exhibit Call to Artists

WILBRAHAM — The Wilbraham Friends of the Library will present their Annual Art Exhibit, taking place at the Brooks Room of the Wilbraham Public Library from Oct. 2 to Oct. 29 with a reception for artists, Friends and the public, Saturday, Oct. 14 from 11 a.m. to 1 p.m. Artists will be able to sell additional unframed pieces at the reception. The library is located at 25 Crane Park Drive, Wilbraham.

The show is open for various art media, and Chairman Mary Bandouveres is now welcoming artist's applications. Respond early at wplartshow@gmail.com to insure your spot. Entry deadline is September 22.

The event is free and open to the public. This show is always popular and many of the artists will have pieces for sale.

The show is sponsored by the Wilbraham Friends of the Library which was established in 1973. The Friends of the Library fund programs for children, teens, and adults, as well as the library's popular Museum Pass program, furnishings, and other library equipment.

For more information, contact the Friends at friends@wilbrahamlibrary.org.

## Cookbook Book Club Going Meatless in September

The Cookbook Book Club at the Wilbraham library will meet on Monday, Sept. 11 in the Brooks Room at 6:30 pm to share vegetarian dishes from the book "Vegan Vegetarian Omnivore: Dinner for Everyone at the Table", by Anna Thomas.

With dishes inspired by the vibrant produce of farmers' markets and private gardens, Vegan Vegetarian Omnivore shows us how to navigate a world of change and bring all our friends and family together at one big, generous table.

## Important Political Music

Bring your lawn chairs to the library for an important outdoor concert given by singer-songwriter and jazz musician Pamela Means on Tuesday, Sept. 13 at 6 p.m. Pamela's political music has been compared to a cross between Suzanne Vega and Jimi Hendrix. Even Neil Young has given her positive reviews. Her performance should be both entertaining and informative, and it comes at an important time. Register for this event on the library website: [www.wilbrahamlibrary.org](http://www.wilbrahamlibrary.org).

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

## Armenian Food Festival Sept. 30

St. Gregory Armenian Apostolic Church will hold its annual Armenian Food Festival on Saturday, Sept. 30, from noon to 5 p.m. at 135 Goodwin Street, Indian Orchard. Visitors are invited to enjoy Armenian dinners including shish kebab and losh kebab along with rice pilaf. Baked goods will be featured such as paklava and spinach-cheese pie.

To place a take-out order or for more information, please call the church at (413) 543-4763.

## Hampden Senior Trips

HAMPDEN — Below are the upcoming Hampden Senior Trips. For more information, call Bobbi at 413-566-8271 or email [bobbij2@charter.net](mailto:bobbij2@charter.net)

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.

## Polanie Club to hold 'Spotlight on Beautiful Fashions' fashion show Oct. 1

LUDLOW — The Polanie Club will hold a Fashion Show "Spotlight on Beautiful Fashions" to honor the memory of the late Loretta T. Goyette, Club President for 32 years, Fashions presented by Zanna of Amherst on Sunday, Oct. 1, 2023 at Ludlow Country Club, 1 Tony Lema Drive, Ludlow.

Doors open at 11 a.m. followed by lunch at noon with Entree choices of Chicken Francaise,

Roast Pork Loin or Grilled Salmon. Entertainment provided by Richie Mitnick and Peter Annone. Reserved Seating at \$48 available by sending check payable to POLANIE CLUB and mailing to:

Ms. Denise Meyers--14 Glen Albyn Street Springfield, MA, 01104 specify Meal Choice Information

please call: Denise-413 563-7464, Stacy- 413-593-1172, Dianne-413-214-3822, Jeanne-413-589-0366 or Sophie-413-540-9877.



# SPORTS

A TURLEY PUBLICATION | www.turley.com

SEND US YOUR SPORTS SUBMISSIONS

www.sports.turley.com

## Football gets preseason underway



Patrick Roach launches a throw.



Minnechaug football practices began last week.



Wilfred Lara dodges the pad during drills



Dazjuan Johnson works on a drill during practice.



The defensive unit lines up. Turley photos by Sofia DiGrande

WILBRAHAM – Last week, football practices were in full force at Minnechaug Regional High School. While the Falcons will have a couple of scrimmages prior to the start of the season, they are gearing up for their opening, which this year will be Friday, Sept. 8 at West Springfield High School at 7 p.m.



The offense talks about a play during a huddle.



The girls soccer team starts their warmup routine.



Gianna Sakowski does a footwork drill.



Calin O'Brien works during tryouts last Tuesday.

## Kennedy looks for new additions to Tri-County next season

By Tim Peterson  
Sports Correspondent

CHICOPEE—While Mike Kennedy was a three-sport athlete at Holyoke High School forty years ago, his favorite sport has always been baseball.

Kennedy was a member of Holyoke's 1985 state championship baseball team.

"We defeated Boston College High School in the Division 1 baseball state finals," said Kennedy, who played first base. "It was a fun experience, especially being a group of city kids. Baseball has always been my favorite sport."

Holyoke, who defeated B.C. High, 4-2, in the state championship game, finished the 1985 season with a 24-1 record. They squeaked a 1-0 victory over Minnechaug Regional in the Western Mass. finals.

After graduating from Holyoke, Kennedy was a member of the PeoplesBank baseball team in the Tri-County League for the twenty four years. During that time, PeoplesBank won eight Tri-County League championship titles.

Kennedy recently completed his first season as the

President of the prestigious Tri-County League. He took over the reins from Don LaValley.

"This is my first year as the league President," Kennedy said. "I think it was a very successful season."

Kennedy has received a lot of support and his right hand man is Eric Emet

"Eric has been a very big help to me," Kennedy said. "He has kept my head above water in my first year as President."

In his role as the T.C.L. President, Kennedy presented the 2023 championship trophy to PeoplesBank player/manager Joe Ferry.

Top-seeded PeoplesBank didn't have very much trouble sweeping second-seeded Chicopee Falls Tigers in the best of three championship series.

PeoplesBank captured the T.C.L. championship title for the tenth consecutive year, and for the 18<sup>th</sup> time since 1995.

While PeoplesBank has been the dominant team in the T.C.L. during the past 30 years, there were only five other teams in the league this

## Falcons getting set for another playoff run



Minnechaug girls soccer team practices last week.

Turley photos by Sofia DiGrande

WILBRAHAM – Minnechaug girls soccer has an impressive run of playoff appearances during the past several years. Their practices for preseason began last week. The Falcons will be opening up the regular season with four home

games to start the year. Their first will be on Wednesday, Sept. 6 against Belchertown. The Falcons also hosted a play day last Sunday for several girls soccer teams in the area.



Mackenzie Defonseca dribbles the ball during a drill.

Please see TRI-COUNTY, page 16



# Minnechaug 2023 fall varsity schedule

## Football

Friday, Sept. 8	Away	West Springfield	7 p.m.
Friday, Sept. 15	Home	East Longmeadow	7 p.m.
Thursday, Sept. 21	Home	Wachusett	6 p.m.
Friday, Sept. 29	Away	Westfield	7 p.m.
Friday, Oct. 6	Away	Central	7 p.m.
Friday, Oct. 13	Home	Holyoke	7 p.m.
Friday, Oct. 20	Home	Chicopee Comp.	7 p.m.
Friday, Oct. 27	Home	Longmeadow	7 p.m.
Nov. 3/4	TBD	Week 9 - TBD	TBD
Nov. 10/11	Away	Week 10 - TBD	TBD

## Boys Soccer

Tuesday, Sept. 5	Home	East Longmeadow	4 p.m.
Monday, Sept. 11	Away	Ludlow	4:30 p.m.
Thursday, Sept. 14	Home	Amherst	6:30 p.m.
Monday, Sept. 18	Home	Longmeadow	4 p.m.
Thursday, Sept. 21	Away	West Springfield	4 p.m.
Friday, Sept. 22	Away	Westborough	4 p.m.
Monday, Sept. 25	Home	Belchertown	4 p.m.
Thursday, Sept. 28	Away	East Longmeadow	7 p.m.
Monday, Oct. 2	Away	SICS	4 p.m.
Friday, Oct. 6	Home	Ludlow	4 p.m.
Monday, Oct. 9	Away	Amherst	2 p.m.
Wed., Oct. 11	Away	Longmeadow	6:30 p.m.
Friday, Oct. 13	Home	West Springfield	4 p.m.
Wed., Oct. 18	Away	Belchertown	4 p.m.
Saturday, Oct. 21	Away	Shrewsbury	3 p.m.
Monday, Oct. 23	Home	Pittsfield	6:30 p.m.

## Girls Soccer

Wed., Sept. 6	Home	Belchertown	4 p.m.
Friday, Sept. 8	Home	East Longmeadow	4 p.m.
Monday, Sept. 11	Home	Ludlow	4 p.m.
Wed., Sept. 13	Home	Westfield	5:30 p.m.
Tuesday, Sept. 19	Away	West Springfield	7 p.m.
Friday, Sept. 22	Away	Longmeadow	7 p.m.
Tuesday, Sept. 26	Away	Belchertown	4:45 p.m.
Wed., Sept. 27	Away	Agawam	5 p.m.
Friday, Sept. 29	Home	West Springfield	6 p.m.
Monday, Oct. 2	Away	Ludlow	4 p.m.
Thursday, Oct. 5	Away	Westfield	4 p.m.
Thursday, Oct. 12	Home	Longmeadow	6:30 p.m.
Saturday, Oct. 14	Away	Wachusett	1 p.m.
Wed., Oct. 18	Away	East Longmeadow	7 p.m.
Thursday, Oct. 19	Home	Westborough	4 p.m.
Saturday, Oct. 21	Away	Shrewsbury	1 p.m.

## Field Hockey

Tuesday, Sept. 5	Home	Algonquin	6:15 p.m.
Friday, Sept. 8	Away	Greenfield	4 p.m.
Monday, Sept. 11	Away	Shrewsbury	6:30 p.m.
Tuesday, Sept. 12	Away	West Springfield	7 p.m.
Monday, Sept. 18	Away	Frontier	4 p.m.
Wed., Sept. 20	Away	Agawam	5 p.m.
Friday, Sept. 22	Away	Longmeadow	4:30 p.m.
Tuesday, Sept. 26	Home	Longmeadow	6:30 p.m.
Monday, Oct. 2	Home	Greenfield	4 p.m.
Saturday, Oct. 7	Away	Cicero-N.Syracuse	1 p.m.
Tuesday, Oct. 10	Home	Frontier	5 p.m.
Thursday, Oct. 12	Home	Agawam	4 p.m.
Friday, Oct. 13	Away	Belchertown	4:30 p.m.
Monday, Oct. 16	Home	West Springfield	4 p.m.
Wed., Oct. 18	Home	East Longmeadow	4 p.m.
Thursday, Oct. 19	Home	Stafford	6:30 p.m.

## Golf

Tuesday, Sept. 5	Away	Westfield	3 p.m.
Thursday, Sept. 7	Home	Agawam	3 p.m.
Monday, Sept. 11	Away	Longmeadow	3 p.m.
Tuesday, Sept. 12	Home	Ludlow	3 p.m.
Wed., Sept. 13	Away	East Longmeadow	3 p.m.
Tuesday, Sept. 19	Away	West Springfield	3 p.m.
Wed., Sept. 20	Home	Westfield	3 p.m.
Thursday, Sept. 21	Home	Chicopee Comp.	3 p.m.
Tuesday, Sept. 26	Home	Pope Francis	3 p.m.
Wed., Sept. 27	Home	Longmeadow	3 p.m.
Thursday, Sept. 28	Home	Northampton	3 p.m.
Monday, Oct. 2	Home	East Longmeadow	3 p.m.
Wed., Oct. 4	Away	Pope Francis	3 p.m.
Tuesday, Oct. 10	Away	Southwick	3 p.m.
Thursday, Oct. 12	Home	Tantasqua	3:30 p.m.
Tuesday, Oct. 17	Away	Agawam	3 p.m.

## Boys Cross Country

Tuesday, Sept. 5	Home	Ludlow	4 p.m.
Tuesday, Sept. 12	Away	Belchertown	3:45 p.m.
Tuesday, Sept. 19	Home	Northampton	5 p.m.
Tuesday, Sept. 26	Away	Amherst	4:30 p.m.
Tuesday, Oct. 10	Home	Chicopee Comp.	4 p.m.
Saturday, Oct. 14	Home	WMA	1 p.m.
Tuesday, Oct. 17	Away	Chicopee	3:45 p.m.

## Girls Cross Country

Tuesday, Sept. 5	Home	Ludlow	4 p.m.
Tuesday, Sept. 12	Away	Belchertown	3:45 p.m.
Tuesday, Sept. 19	Home	Northampton	5 p.m.
Tuesday, Sept. 26	Away	Amherst	4:30 p.m.
Tuesday, Oct. 10	Home	Chicopee Comp.	4 p.m.
Saturday, Oct. 14	Home	WMA	1 p.m.
Tuesday, Oct. 17	Away	Chicopee	3:45 p.m.

## Gymnastics

Tuesday, Sept. 19	Away	Agawam	6 p.m.
Friday, Oct. 6	Home	Chicopee Comp.	6 p.m.
Thursday, Oct. 12	Home	Hampshire	6 p.m.
Wed., Oct. 18	Away	Chicopee Comp.	6 p.m.
Friday, Oct. 27	Away	Hampshire	6 p.m.

## Girls Volleyball

Tuesday, Sept. 5	Home	Algonquin	6:15 p.m.
Wed., Sept. 6	Away	Amherst	6 p.m.
Monday, Sept. 11	Away	Shrewsbury	6:15 p.m.
Wed., Sept. 13	Away	Westfield	5:15 p.m.
Friday, Sept. 15	Home	Longmeadow	5:30 p.m.
Tuesday, Sept. 19	Home	Central	5:30 p.m.
Thursday, Sept. 21	Home	Frontier	5:30 p.m.
Friday, Sept. 22	Home	Agawam	5:30 p.m.
Monday, Sept. 25	Home	Hudson	5:45 p.m.
Wed., Sept. 27	Home	Pope Francis	6 p.m.
Friday, Sept. 29	Home	Chicopee Comp.	5:30 p.m.
Monday, Oct. 2	Home	Amherst	6 p.m.
Wednesday, Oct. 4	Away	Longmeadow	6:30 p.m.
Monday, Oct. 9	Away	Wachusett	12:15 p.m.
Wed., Oct. 11	Home	Westfield	5:30 p.m.
Friday, Oct. 13	Away	Pope Francis	5 p.m.
Monday, Oct. 16	Away	Central	5:15 p.m.
Wed. Oct. 18	Away	Frontier	6 p.m.

# Owls picked fifth in preseason poll

WESTFIELD – Westfield State University football has been picked to finish seventh in the Massachusetts State Collegiate Athletic Conference in the league’s annual preseason coaches’ poll.

Westfield finished with 19 points. Defending conference champion UMass Dartmouth headed the poll with 63 points and seven of the nine first place votes. Coaches may not vote for their own teams in the polling process.

The Corsairs were followed by Bridgewater State with 53 points, WestConn with 47 points and one first place vote, and Framingham State with 46 points and the other first-place vote. Plymouth State was fifth with 41 points, followed by Mass Maritime (29 points).

Westfield ranked ahead of Worcester State (19) and Fitchburg State (10).

The Owls return a solid nucleus of veterans, which includes leading rusher Jordan Smith (Coventry, Conn.), quarterbacks Gabriel Fernandez (Holyoke, Mass.) and Colby Pires (Milford, Mass.).

On the defensive side, top tackler Tyler Cooley (Randolph, Mass.) and defensive lineman Cade Nelson (Shrewsbury, Mass.) headline a large group of returnees in the front seven.

The Owls have been in preseason camp since Aug. 11. They will kick off the regular season with a non-conference game at Anna Maria on Saturday, Sept. 2 at 12 noon.

# Foursomes needed for golf tournament

AGAWAM – Registration and signups are currently open and underway for the Sixth Annual “Shoot For The Stars To Cure Cancer” Golf Tournament to benefit the Dana Farber Cancer Institute. In the first five years, the event has raised over \$15,000 for cancer research. The four-person scramble event will take place on Monday, Sept. 18 at Wintonbury Hills Golf Course in Bloomfield, CT. The event will be an 11 a.m. shotgun start. There will be prizes up for grabs (Closest to Pin/Long Drive) along with a putting contest. Entry fee covers golf, lunch and dinner. Please contact [ShootFOREtheStarstoCureCancer@gmail.com](mailto:ShootFOREtheStarstoCureCancer@gmail.com) more information. We hope you can join us.

## TRI-COUNTY from page 15

summer.

Kennedy is looking to add a few more teams before the start of the 2024 season.

“My main goal is to add a few more teams,” Kennedy said. “I would like to have at least ten teams in our league during the next couple of years. I want this league to get back to where it used to be.”

The three teams that dropped out of the T.C.L. following the 2022 season were Pa’Lante, Easthampton and Teddy’s Bear Pool.

On a positive note, 413ATC was a first-year member of the T.C.L. this summer. They finished in third place behind PeoplesBank and the Chicopee Falls Tigers in the regular season standings. They were swept by the Tigers in the semifinals.

“The 413 team had a bunch of young players,” Kennedy said. “For being a first-year team in this league, I thought they had a very good season.”

Kennedy is hoping more of the high school and Legion baseball players will join the Tri-County League during the next couple of years.

“What we really need to do is to get the younger baseball players from the area to play in this league,” he said. “Most of our current players are older.”

The other three T.C.L. teams this summer were St. Joseph’s, DiFranco Realty, and the Longmeadow Cardinals.

The Tri-County League teams play their games on some of the best kept baseball fields in Western Massachusetts.

PeoplesBank homefield is MacKenzie Stadium in Holyoke.

The Chicopee Falls Tigers play their home games at historic Szot Park.

The 413ATC home field was at Westfield State University and St. Joseph’s has played their home games at St. Joe’s Ballpark in Thorndike for many years.

“All of our baseball fields are high quality,” Kennedy said. “Most of the fields have lights, which is always a bonus.”

While PeoplesBank will be looking to add another championship title to their collection in 2024, all the other Tri-County League teams will be looking to knock them off the top of the mountain.

## The Library Loft

Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

We are celebrating our 20th year at the Schoolhouse Commons. Thanks to our wonderful “friends,” volunteers and patrons.

Hours:  
Tues. 10am - 4pm • Wed. 10am - 4pm  
Thurs. 10am - 4pm • Fri. 10am-4pm • Sat. 10am-2pm

HOPE TO SEE YOU THERE

Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours. Please, no magazines or Reader's Digest Condensed Books. We accept books only in good, clean condition.

For more information call 283-3330 ext. 100



Proceeds To Benefit the Palmer Public Library

## NOTICE

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



# Making breastfeeding or pumping work for you

August is National Breastfeeding Month

SPRINGFIELD -- It's a positive message that the community needs to hear: there are many benefits of breastfeeding for mother and baby, and there is support available to help you, even if you are a working parent.

August is the 13th Annual National Breastfeeding Month, sponsored by the U.S. Breastfeeding Committee, which celebrates mothers and lactating parents and works to protect, promote, and support breastfeeding and human milk feeding.

"In the past, breastfeeding was considered a lifestyle choice. But, as we've gained more knowledge over the years, we now realize that breastfeeding is medically important for the adequate health of an infant at birth and beyond," said Kimberly Congden, RN, MSN, IBCLC, program manager, Lactation Services and Parent Education at Baystate Medical Center.

The benefits of breastfeeding – considered the "gold standard" in infant nutrition – are many. Human milk is uniquely suited for infants, is easy to digest and contains many components that babies need in the early months of life. It protects infants from risks such as diarrhea, ear infections, upper respiratory infection, and other illnesses such as diabetes. Children who have been breastfed have less risk of becoming overweight or obese, even as adults, and breastfeeding has been shown to lower the risk of SIDS (sudden infant death syndrome).

According to Congden, the benefits to both children and their moth-

ers are many. "We consider colostrum, mother's first milk, as a baby's first immunization.

It boosts the immune system and protects the gut from many infections. Because breastfeeding benefits a baby's health, they are sick less and require fewer visits to the doctor, saving costs on medical care. Breastfeeding moms also have a lower risk of developing postpartum depression, as well as reproductive cancers later in life," said Congden.

The "gold standard" in infant nutrition is six months of exclusive mother's milk.

According to the American Academy of Pediatrics, breast milk alone is sufficient to support optimal growth and development for approximately the first 6 months after birth. For these very young infants, the AAP says that water, juice, and other foods are generally unnecessary. Even when babies enjoy discovering new tastes and textures, solid foods should not replace breastfeeding, but merely complement breast milk as the infant's main source of nutrients throughout the first year. Beyond one year, as the variety and volume of solid foods gradually increase, breast milk remains an ideal addition to the child's diet. The AAP concurs with the World Health Organization and recommends that breastfeeding continue for at least 2 years, and thereafter for as long as mother and baby desire.

Working can be considered a barrier to continuing on with breastfeeding, but laws are in place to protect mothers desiring to express milk in the workplace. According to the Institute for the Advancement of Breastfeeding & Lactation Education, mothers should start by letting their employer know of their

pumping or breastfeeding needs before going back to work. If the employer doesn't have a lactation program, share with the employer the laws that protect expression of milk in the workplace ( PUMP for nursing mother's act.). Try to plan your pumping schedule before you go back to work and practice offering your baby a bottle, as it may take time for your nursing baby to accept a new way of feeding when you are not there to breastfeed.

Baystate Lactation Services is available for any questions, including when planning ahead for return to work. There is an advice line to any lactating parent regardless the age of the child and outpatient lactation services for assistance with breastfeeding or pumping at 413-794-5312.

To help prepare for childbirth and the possibility of breastfeeding, Baystate's Parent Education Department offers support classes prior to birth. At the Prenatal Breastfeeding Class, parents receive information on breastfeeding, including helpful tips and techniques. The Baby's Home! Now What? class is offered after baby is born and provides continued support, including information about returning to work, pumping techniques, and storage of breast milk. There is also a virtual Breastfeeding Questions & Answers Hour hosted on Zoom by a Baystate lactation consultant every Wednesday from 1-2 p.m. for any lactating parent. For more information, visit: <https://www.baystatehealth.org/Services/obgyn/support/Parent-Groups>.

For more information on Baystate Health, or to register for any of the above programs, visit [baystatehealth.org/breastfeeding](http://baystatehealth.org/breastfeeding).

# Fun Color Run/Walk to support local families affected by Childhood Cancer

AGAWAM — Griffin's Friends Children's Cancer Fund is inviting the public to participate in the first-ever Color for the Kids Run/Walk, aimed at providing essential support to local families impacted by cancer. For 25 years, Griffin's Friends has been helping local families who have a child receiving cancer care at Baystate Children's Hospital.

Griffin's Friends was founded in 1994 and is named after Griffin D. Kelleher, who died from cancer after just 14 months of life. Since then, the Kelleher family has honored his memory by helping other families battling childhood cancer.

The Griffin's Friends Color for the Kids Run/Walk is scheduled to take place on Saturday, Sept. 16, 2023, at Agawam High School. The event will kick off with a vibrant burst of color at 11 a.m., with registration and check-in starting at 10 a.m. Participants and non-runners are invited to stay after the race to enjoy music, food, and entertainment.

"Whether you run, walk, or are just looking for a fun family day, this event has what you're looking for. Plus, you are supporting a worthy cause in the community where the money directly helps local families in need," said Hampden County Sheriff Nick Cocchi, whose campaign committee is one of the event's sponsors. "The Griffin's Friends community has been a beacon of hope for families who find themselves in their toughest times for the past 29 years. I encourage everyone to participate, stop by or make a donation to help them continue to help others."

This unique experience is open to all age groups, offering a two-mile color-filled course that perfect for both runner and walkers. Each registration, priced at \$25 for students, and \$35 for adults, includes a commemorative T-shirt and protective sunglasses, ensuring participants look stylish while contributing to a worthy cause.

To secure your spot and be a part of this unforgettable day, register now at [www.GriffinsFriends.com](http://www.GriffinsFriends.com).

## PUBLIC NOTICES

**COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT HAMPDEN, Div. Probate & Family Court Dept. HD23E0037PP**

To Amberly Matt of Hampden, in the County of Hampden, and to all other persons interested.

A petition has been presented to said Court by Jason W. Abeid of Indian Orchard, representing that they hold as tenants in common in an undivided part or share of land lying in Hampden in the County of Hampden, setting forth that they desire that all of said land may be sold at a private sale or public auction for not less than Four Hundred Seventy-Five Thousand (\$475,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto, you or your attorney, should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the **seventeenth day of October 2023**, the return day of this citation.

Witness, **BARBARA M. HYLAND**, Esquire, First Justice

of said Court, this 17th day of August 2023.

**Rosemary A. Saccomani**, Register  
08/31, 09/07, 09/14/2023

**Commonwealth of Massachusetts The Trial Court Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD23P1784PM**  
**In the matter of: Harry MacLeod Of: Wilbraham, MA RESPONDENT (Person to be Protected/ Minor)**

**CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, §5-304 & §5-405**

To the named Respondent and all other interested persons, a petition has been filed by **Baystate Wing Hospital** of Palmer, MA in the above captioned matter alleging that **Harry MacLeod** is in need of a Conservator or other protective order and requesting that **Nancy Godbout** of Granby, MA (or some other suitable person) be appointed as Conservator to serve **With Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

**You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **09/20/2023**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

**IMPORTANT NOTICE**  
**The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone**

**may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.**

Witness, Hon. **Barbara M. Hyland**, First Justice of this Court.

Date: August 23, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
08/31/2023

**Commonwealth of Massachusetts The Trial Court Probate and Family Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 Docket No. HD23P1772GD**  
**In the matter of: Harry MacLeod Of: Wilbraham, MA RESPONDENT Alleged Incapacitated Person**

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

To the named Respondent and all other interested persons, a petition has been filed by **Baystate Wing Hospital** of Palmer, MA in the above

captioned matter alleging that **Harry MacLeod** is in need of a Guardian and requesting that **Nancy Godbout** of Granby, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

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

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **09/20/2023**.

This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30

days after the return date.

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

WITNESS, Hon. **Barbara M. Hyland**, First Justice of this Court.

Date: August 22, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
08/31/2023

**PUBLIC NOTICE**  
Pursuant to MA Gen. Law Ch.255, Sec. 39A as of September 8, 2023 the following motor vehicle will be for sale to satisfy a garage keepers lien:  
E-Ton Moped  
VIN:RFZ5BB0C95A003037  
Color: Black  
LKO: Unknown  
R & S Assoc. Inc.  
Wilbraham MA 01095  
413-596-4374  
08/24, 08/31, 09/07/2023



# Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

## FOR SALE

### FIREWOOD

#### FIREWOOD

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

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

**!!!!SEASONED!!!!** Over a cord guaranteed. Cut, Split, Prompt delivery. Call D & D Cordwood (413)348-4326.

## MISCELLANEOUS

**OLD BARBER CHAIR 60+ YEARS RAMP FOR TRUCK OR CAR, OLD FORMICA TABLE (WHITE) ALL BEST OFFER (413)734-4331**

## WANTED

### WANTED TO BUY

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

## JUNK REMOVAL

### A Call We Haul FAST REMOVAL

Junk, Appliance, Cleanouts.

We load it & take it.

**413-531-1936**

CREDIT CARDS ACCEPTED

### ARA JUNK FURNITURE REMOVAL

Full house cleanouts, attics, basements, garages, pools, hot tubs, sheds, decks. Same day service. 8am-9pm. Credit cards accepted. Free estimates on phone. **Call Pete 413-433-0356.**

## SERVICES



### 2\*\*\*\*\*A & B HOUSEHOLD REMOVAL SERVICE\*\*\*\*\*

Cellars, attics, garages cleaned, yard debris. Barns & sheds demolished. Swimming pools removed. Cheaper than dumpster fees and we do all the work. Lowest rates. Fully insured. (413)283-6512, cell (413)222-8868.

**BILODEAU AND SON ROOFING.** Established 1976. New re-roofs and repairs. Gutter cleanings and repairs. Licensed/ insured. Call (413)967-6679

**CHAIR SEAT WEAVING & refinishing** - cane, fiber rush & splint - Classroom instructor, 20+ years experience. Call Walt at (413)289-6670 for estimate.

## SERVICES

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

## EVENTS

**ANTIQUES AND MORE! AT WINTERGARDEN FARM, 359 STAFFORD RD., MONSON, MASS. NEAR THE CT STATE LINE**

August 29th through September 9th 9:00 AM - 5:00 PM Every Day

**PLUS a Huge Tag Sale on Saturday, September 2nd** as a part of Monson Town Wide Tag Sale.

Great Items! Bookshelves, Rocking Chairs, RR Ties, Lots of "Country", Bottles, Old Tools, many boxes full as of this writing that will include all Estate Items

## HOME IMPROVEMENT

**HOME IMPROVEMENT SPECIALIST** Decks, Porches, Doors, Windows, Repairs, Cement repairs, asphalt repairs, stone and BBB approved Vinyl Fence Tim (413)563-2229

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

Find archives of this local newspaper at [www.newspapers.turley.com](http://www.newspapers.turley.com)

## SERVICES

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

## LANDSCAPING

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

**\*\*ALL SEASON\*\*** Specializing in shrub trimming, pruning, design, deliveries, loader, backhoe, insured. Professional. Please call Bob (413)537-5789 (413)538-7954.

**DAVE MAZ LANDSCAPING** Lawn mowing, Spring thru Fall clean-ups, mulching, pruning. Holyoke, South Hadley, Chicopee, Hadley and Amherst. Call 413-536-3697.

## MASONRY

### STOP WET BASEMENTS ABC MASONRY & BASEMENT WATERPROOFING

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

## SERVICES

### PAINTING

**PAINTING & MORE** Interior painting and small exterior jobs. Chores and odd jobs too! Professional and reliable. No job too small. Servicing the Wilbraham area. Call Tom, 339-832-5682.

**WE DO LLC** Painting interior, exterior and drywall repair. We treat your home like our own homes. Fully licensed and insured. Call WE DO today for a free estimate ask for Mac (413)344-6883

### PLUMBING

**GREG LAFOUNTAIN PLUMBING & HEATING** Lic #19196 Repairs & Replacement of fixtures, water heater installations, steam/HW boiler replacement. Kitchen & Bath remodeling. 30 years experience. Fully insured. \$10 Gift Card With Work Performed. Call Greg (413)592-1505

### RUBBISH REMOVAL

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

### TREE WORK

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

## SERVICES

### TUNE UPS

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

### STUMP GRINDING

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



**SAW STUMP GRINDING** Call for a Free Estimate, Veteran Owned, Fully Insured 413-213-5470

## AUTO

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

## REAL ESTATE

### FOR RENT



EQUAL HOUSING OPPORTUNITY

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

**TWO BEDROOM APT.** Bristol State Apts., 181 State Street, Ludlow. Central heat, AC. Includes stove, refrigerator, washer/dryer hookups. No smoking. No pets. 413-315-0368.

## FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

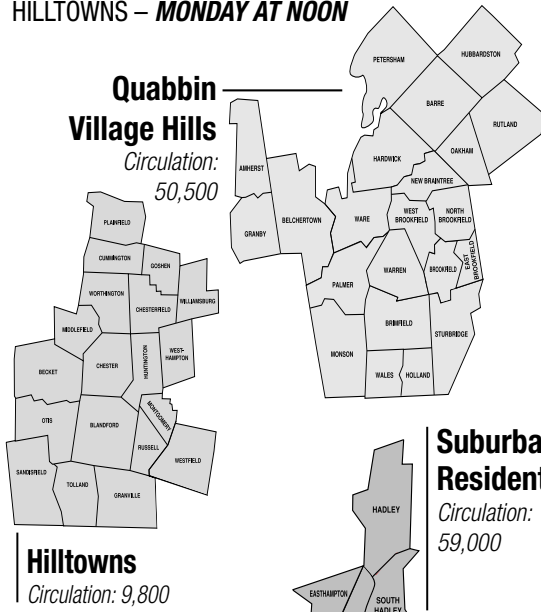
# FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069  
or call: 413-283-8393

DEADLINES:

QUABBIN & SUBURBAN - FRIDAY AT NOON  
HILLTOWNS - MONDAY AT NOON

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



Buy the Quabbin Village Hills or the Suburban Residential ZONE for \$26.00 for 20 words plus 50¢ for each additional word. Add \$10 for a second Zone or add \$15 to run in ALL THREE ZONES.

First ZONE base price \_\_\_\_\_ Includes additional words

Add a second ZONE **\$10.00**

Add a third ZONE **\$5.00** Run my ad in the following ZONE(s):

Subtotal \_\_\_\_\_  Quabbin

x Number of Weeks \_\_\_\_\_  Suburban

TOTAL Enclosed \_\_\_\_\_  Hilltowns

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_

Credit Card:  MasterCard  VISA  Discover  Cash  Check# \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_

Amount of charge: \_\_\_\_\_ Date: \_\_\_\_\_

**OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!**



## Valley Eye Radio seeking a board member

SPRINGFIELD — Are you ready to get more involved??

Then you may want to consider becoming a board member with Valley Eye Radio.

Why??

Did you know we are the only accessible local news and information broadcasting service in the Pioneer Valley for those who can no longer read independently? We are dedicated to making sure that the lives of seniors, veterans and others who have vision challenges never feel socially isolated, vulnerable, or feel like

they are losing their quality of life because they can no longer read.

Valley Eye Radio, formerly Valley Radio Reading Service, started almost 50 years ago when a group of dedicated citizens wanted to help their family members, friends and neighbors who were struggling due to eyesight issues. Since that time volunteer readers and passionate board members have continued what that small group started.

Today, Valley Eye Radio is using 21st century technology

to be more accessible than ever, has more financial resources than ever, and needs new community members to join our board to help us define what our future growth should be for our listeners and the growing numbers of people who will need us in the next few years.

If you are that person and ready to get involved and join us, please contact Executive Director Barbara Loh at 413-747-7337 or [bploh@valleyeyeradio.org](mailto:bploh@valleyeyeradio.org).

## NYC Bus Trip Dec. 9

Come and spend Saturday, Dec. 9, for a day in NYC on a 36-passenger King-Gray coach bus and spend the day shopping, sightseeing or museum hopping. The roundtrip fare is \$77 and includes the driver's gratuity.

Participants will arrive at 6:45 am at Ludlow High School's parking lot at 500 Chapin St. for a prompt 7 a.m. departure. There will be one rest stop going to NYC and one coming home. The bus will drop passengers off in Times Square. Note: Departure from NYC will be 6 p.m. from the New York Palace Hotel (formerly The Helmsley Palace) on 455 Madison Avenue at 50th Street.

Send check made to Gloria Fortunato, 52 Deer Run, Belchertown, Mass. 01007. In the notation section of the check, write your cell phone number. Deadline for seat reservation is Nov. 11 and a wait list will be kept. Thank you, and we look forward to having you join us.



# LET'S GO OUT!

Your Local Favorite Restaurants



**di Hampden House**

1 Allen Street, Hampden, MA  
**413-566-8324**

**ENJOY OUTDOOR DINING ON OUR PATIO!**  
(Weather Permitting)



**LIVE MUSIC!**  
Every Friday & Saturday

**BOOK YOUR NEXT FUNCTION WITH US!**

Showers, Christenings, First Communion, Rehearsal Dinners, Weddings, etc.

For More Information  
Contact Lori Atkinson at 413-566-8324  
or by email at [lacucinagreenhouse@gmail.com](mailto:lacucinagreenhouse@gmail.com)

See our website for our Banquet & Catering Menu

**[lacucinahampden.com](http://lacucinahampden.com)**

Mon.-Thurs. 3-9pm, Fri. & Sat. 11:30am-10pm & Sun. 11:30am-9pm  
**LOUNGE OPEN & PIZZA 7 DAYS BAR OPEN LATE!**



**Bar & Grille**  
EST. 2016

*Ask About Our*  
**NEW** customer loyalty program!

**LIVE MUSIC!**  
Every Thursday, Friday & Saturday!

Thursday, August 31st:  
Dave O'Connell

Friday, September 1st:  
Jason Scott

Saturday, September 2nd:  
Frank Serafino

**HAPPY HOUR**  
THURSDAYS 4-7:30PM!  
Specially Priced Apps & Live Music  
Summer Cocktails & Martinis!

**DON'T MISS OUT!**  
Lobsters & Steamers Only  
Available Through Labor Day  
**LOBSTER CLAM BAKE**  
Every Wednesday Night  
**AND**  
**SUMMER STEAMERS**  
Every Thursday Night  
Both Specials Available  
While Supplies Last

**SUNDAY BRUNCH**  
Sundays 11:30-2:30  
(Plus Our Regular Menu Until 8pm)  
Featuring Our Build Your Own  
Bloody Mary & Mimosa Bar!

**\$17 STEAK N' BREW**  
**EVERY SUNDAY NIGHT!**  
Dine in Only • While supplies last

**\$15 PRIME RIB**  
**NIGHT EVERY TUESDAY**  
Dine In Only • While Supplies Last

**NOW SERVING LUNCH**  
**THURSDAY - Sunday**  
at 11:30

**2341 Boston Rd., (Rt. 20), Wilbraham, MA**  
**413.279.2020**  
**[route20barandgrille.com](http://route20barandgrille.com)**

SERVING: TUESDAY & WEDNESDAY 4-9PM  
SERVING THURS.-SAT. 11:30AM-9:30PM • SUNDAY 11:30AM-8PM  
WITH EXTENDED BAR HOURS EVERY NIGHT 



# Healing Voices Project embraces National Overdose Awareness Day

Nonprofit, podcast continue to make an impact in community

By Dalton Zbierski  
Editor  
dzbierski@turley.com

National Overdose Awareness Day falls on Aug. 31, and the Healing Voices Project is looking to maximize its outreach.

The podcast and newly established nonprofit counter addiction in northern Connecticut and western Massachusetts by sharing stories of addiction, grief, recovery and courage. Through multimedia platforms, it provides education on prevention, intervention and treatment.

Led by Mike Tourville, a former Chicopee resident, the Healing Voices Project is establishing itself as a community leader.

"I don't want to be the tree that falls in the forest, and no-



Photo courtesy of The Independent Author Network  
**Author and podcaster Mike Tourville, a former Chicopee resident, started the Healing Voices Project.**

body hears it," Tourville said. "If this program has the potential to heal broken families and to save lives, is there anything really more important than that to share?"

Healing Voices Project became an official 501(c)3 nonprofit earlier this month. The podcast began in 2021 and has reached the 50-episode milestone, featuring guests such as Dr. Peter Friedmann of Baystate Health, an expert in the field of substance abuse disorder, as well as Agawam Mayor William Sapelli and State Sen. John Velis (D-Westfield).

When launching the podcast, Tourville debated who he sought to reach and what guests could best deliver the best message. As more guests became involved, he received an unexpected positive reaction from others seeking to help.

The Healing Voices Project teamed up with the Hampden County Addiction Task Force, which reiterated to Tourville why the podcast is so valuable. He explained the importance of sharing information, as there are few similar podcasts broadcasting in the region.

"It's a great platform because



Photo submitted by Mike Tourville

**The Healing Voices Project, a nonprofit and podcast, counter addiction in northern Connecticut and western Massachusetts by sharing stories of addiction, grief, recovery and courage.**

very eager to share their updates and information," Tourville said.

Tourville said the podcast has booked guests through the coming months. The podcast addresses information such as what the first call you make should be if you discover a friend or loved one is struggling with addiction.

"I don't have a reason to contact this place until I do... Once I do, well which place do I call and why do I call this one instead of that one? This is the type of thing that we're doing," Tourville said, noting, "at least they have a 'what do you do now' answer."

Tourville said that uninformed people are more likely to make uninformed decisions, which can be detrimental to a person's

healing, a family dynamic or a relationship because they handle it the wrong way.

Before the Healing Voices Project podcast launched, Tourville published "Voices from the Fallen: True Stories of Addiction, Grief, Recovery and Courage", which shares stories from community members affected directly and indirectly by opioid addiction. Following the 2021 book, Tourville felt a desire to continue the mission, and the podcast was established.

"We have parents who share their stories of what they dealt with, with their children going through this or sadly or even how they coped with the grief of losing something, which is helpful for people to hear that they're not alone," Tourville said.

On the Healing Voices Project website, at <https://www.mtmedianetwork.com>, one can donate to the program. Tourville explained why every dollar counts; he said his job is to facilitate a message and it takes a team to do it.

"The thing is I'm not an expert at social media, promotion, website management and YouTube editing so we need to get the message out through people who can actually enhance and bring that promotion to the people who need to hear it, and that takes on many paths," Tourville said.

One can listen to the Healing Voices Project podcast on YouTube.

## ROBERTS ROOFS

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

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

[www.RobertsRoofsInc.com](http://www.RobertsRoofsInc.com)



Trusted Name Since 1982

## NOTICE

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

HOURS:  
TUESDAY-SUNDAY:  
4PM-8PM ONLY  
MONDAY CLOSED

### "At Casa Pizzeria making pizza is a craft not a job."

## 6 CRAFT PIZZA STYLES

#### NEAPOLITAN CRUST

Typical size and style most common for the "wood fired" pizza's of Italy. OUR crust is high temp gas fired heat. We added more crispness and less super soft doughness.

#### NEW YORK CRUST

Iconic PIE CUT thin crust round pizza served everywhere in New York City. SUPER thin with a puffy crumb edge.

#### NEW HAVEN CRUST

SUPER THIN with a little char, all the way to the edge. An addictive crispy "Thin Crust" complete with that legendary well done, slight char similar to the Greatest New Haven pizza shops.

#### BOSTONIAN CRUST

This one is inspired by one of the oldest legendary pizza shops in Boston. At that shop they put toppings under the cheese! Then light splashes of red sauce on top of the cheese.

#### MONTANARA "DEEP FRIED" CRUST

The Montanara is a Deep Fried Crust that is making its way to the US as pizza lovers discover this rare delight.

#### GLUTEN FREE CRUST

Casa Pizzeria teamed up with an Artisan Gluten Free Crust Bakery to give up one of the finest GF think crusts we've ever tasted.

## 4 PAN PIZZA STYLES

#### GRANDMA PAN CRUST

"Thinner" version of the Sicilian PAN pizza. OUR take is topped with Mozzarella, light Red Sauce, fresh torn Basil, Olive Oil, and Parmesan.

#### SICILIAN PAN CRUST

A lot like the Grandma but MUCH THICKER. Topped with Premium Mozzarella cheese, lightly topped with OUR Italian Tomato Sauce, Fresh Basil, Corto Olive Oil, sprinkled with good Parmigiano.

#### DETROIT PAN CRUST

Super Thick like Sicilian, made with caramelized cheese baked into the edges of the pan topped with the classic two stripes of thick rich red sauce.

#### CHICAGO "DEEP DISH" PAN CRUST

Premium Mozzarella cheese base, topped with Italian Tomato Sauce, Basil, Olive Oil, finished with good Parmigiano.

SCAN FOR WEBSITE

DELIVERY THROUGH CASA ONLINE OR AVAILABLE THROUGH SLICE/DOORDASH/GRUBHUB. BEST PRICES AT CASA ONLINE.

SCAN FOR MENU

**325 East St. – Ludlow - 413-589-0468 - [www.casapizzeria.com](http://www.casapizzeria.com)**