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**The Wilbraham-Hampden**

# TIMES

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## School Comm. receives update on buses

By Kristin Rivers  
Editor  
krivers@turley.com

WILBRAHAM - The School Committee received an update on buses during their Sept. 10 meeting.

Superintendent Dr. John Provost explained that in the four years he's been in the district, this year "has been the smoothest rollout of transportation services for the start of the year."

"We have not had to send out a single alert due to transportation unavailability because of driver shortages this year," Provost said. "It's the second year in our three-tier model, so I think the system is working. Buses are

Please see **BUS UPDATE**, page 8

## Puppolo shares *her journey*



Breast cancer book coming to Hampden and Wilbraham

By Kristin Rivers  
Editor  
krivers@turley.com

WILBRAHAM / HAMPDEN - Maria Puppolo, a Springfield native, will be visiting Wilbraham and Hampden this fall to talk about her memoir "If You've Been There, Then You Know: My Breast Cancer Journey of Self-Discovery."

The book came out on Sept. 7 through Levellers Press and is about her breast cancer journey, faith and rediscovering herself.

Puppolo, who works for the Hampden County Sher-

Turley photo by Kristin Rivers  
Maria Puppolo with her book outside the Scantic Valley YMCA in Wilbraham on Sept. 5.

Please see **AUTHOR**, page 5



Turley photo by Harold Anderson

Patrick Renna, Director of Veterans Services for Wilbraham, at this month's Veterans Coffee Hour.

## WSC Veterans Coffee Hour brings veterans together

By Harold Anderson  
Correspondent

WILBRAHAM - In a program begun a few months ago by Patrick Renna, Director of Veterans Services for the Town of Wilbraham, area veterans had the opportunity to gath-

er together socially at the Wilbraham Senior Center on Thursday, Sept. 10 for a Veterans Coffee Hour.

While enjoying light refreshments, Renna, an Air Force veteran who has been

Please see **COFFEE HOUR**, page 5

## Above the Influence Club Walk returns Sept. 26

By Kristin Rivers  
Editor  
krivers@turley.com

WILBRAHAM - Minnechaug Regional High School's Above the Influence Club is gearing up for its 9th Annual Walk on Sept. 26, from 10 a.m. to 1 p.m.

The annual walk—which is also a fundraising event—will support Partnership to End Addiction.

It takes place at the Minnechaug Outdoor Cross Country Trail, which is located near the far corner of the teacher parking lot.

The ATI Club also has a Car Wash event coming up on Saturday, Sept. 19, from 9 a.m. to Noon at the Minnechaug Community Entrance. Donations will be accepted.

Sydney Rocha, a senior, has been part of the club since her sophomore year. She's also the club's public relations officer.

"I just reach out to people in the community and tell them about our club and if we need sponsors or we're looking to go somewhere with our club, I'll reach out to those people and make stuff work," Rocha said.

Rocha expressed excitement for this year's walk, noting how last year's had a great turnout.

"Last year I had a lot of fun with my friends. We walked and we took pictures. This year, I'll be taking pictures too. I'm really excited because it's a social event and fun to see people you don't usually see and for a good cause," Rocha said.

Caroline Euber, a junior, joined as a freshman and has been a public relations officer for the last two years. Addiction is an important topic for her, crediting Club Advisor

Please see **WALK RETURNS**, page 13



Turley photo by Harold Anderson  
Jean Cowles (Wilbraham) holding "Frenchie."

## Baby Nigerian dwarf goats welcomed at HSC for special visit

By Harold Anderson  
Correspondent

HAMPDEN - A small herd of eight Nigerian dwarf goats made a visit to the Hampden Senior Center on Thursday, Sept. 10 to the great delight of area seniors.

Coming from Cloverbrook Farm on Parker St. in East Longmeadow, these goats were

there along with Farm Owner & CEO Shannon Gallagher and two of their teenage volunteers who assisted with the program.

The event, entitled "Snuggles & Smiles: A visit from Cloverbrook Farm Baby Goats" began with a presentation by Gallagher who introduced the goats to the audience with a fun fact about their names.

"They're all named after Dunkin' Donuts," Gallagher said.

"Every year, we pick a new theme. Last year was "Candies and Sweets", the year before was "Flowers", Gallagher said, who added that next year's theme had not yet been determined.

She began her presentation by introducing the goats. There was "Duncan"

who, she said, got his name by being the first born of this year along with his twin brother "Sprinkles". Then came "Munchkin" who has a twin sister named "French Vanilla"....and so, we call her "Frenchie," Gallagher said.

She continued with presenting "Eclair", who goes by the name "Claire" and her twin brother, a tri-color goat named "Cappuccino", because he looks like "he's wearing a pair of Chinos," she joked amidst more joyful laughter from the audience to the fun goat names.

Next was introduced "Macchiato", who got that name, Gallagher said, because "he has a little moustache to one side." Last, but

Please see **GOATS**, page 8

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■

COMMUNITY

# Police chief presents Glenn Drive updates to Select Board

By Ben Hernandez  
Staff Writer

WILBRAHAM – The Select Board gathered on Sept. 1 to hear updates regarding road safety issues on Glenn Drive.

Police Chief Ed Lennon presented the updates and introduced a new way to monitor traffic concerns.

“Since the last Select Board meeting, we performed a new traffic study using solar-mounted speed signs near 30 Glenn Drive,” Lennon said. “We have one sign for eastbound and one side for westbound.”

Lennon explained the speed signs displayed approaching vehicle speeds and collected “various data points.”

Both Glenn Drive and Brainard Road were selected for the study for an initiative the police chief described as “significant traffic enforcement.”

“Since Aug. 15, we’ve issued 41 traffic violations as part of this initiative,” Lennon said. “The new Glenn Drive data shows that the average speed going down the hill is 30 miles an hour.”

The chief cited the 85th percentile speed for the area—which is a metric used to measure average overall speeds of vehicles within the designated region—measured at 34 miles per hour; a figure Lennon stated was “high for a street of that nature.”

“The speed limit is the un-posted 25 miles an hour,” Lennon said. “It appears that most of the vehicles are traveling 30 to 35 miles an hour.”

He also mentioned some drivers were going above the average, “maybe between 35

and 40” miles an hour.

Also, the police department has been getting quotes and intends to purchase four semi-permanent solar speed signs for the two streets as a result, which will display the oncoming vehicle’s speed for the driver.

“We’re also continuing the enforcement initiative,” Lennon said. “And we’re continuing to get feedback from residents.”

Vice Chair Sue Bunnell shared her thoughts.

“Sounds good. Glad to hear that we have fresh data. I know we’ve got a resident on the call and I’m sure they’ll be very interested in hearing more as things develop,” Bunnell said. “I continue to say traffic safety’s been one of the most interesting things I’ve done in my 30-plus years of municipal engagement and I think it is hard when you’re asking for questions and looking for information, there isn’t always a really clean way to close that loop with residents and I can tell you that having sat on that committee now for a couple of a few years, there is a lot of work that gets done and it continues to get done. It just doesn’t always cleanly get reported back to the folks who are concerned. So, I appreciate that.”

Clerk Michael Squindo asked Lennon about the data, noting an area with a table breakdown by time and speeds, with average speeds by time listed to the right of that section.

“I guess what concerns me—because I want to make sure we don’t get lost in the data here—because you could go to the average speed and say, to your point, it’s a little high but it doesn’t seem as atrocious as one might think if they just look at the average speeds. But when you look at that 31 to 40, those two columns...basically from 6 p.m., 7 p.m. until end of day, there’s well over a car a minute doing those speeds,” Squindo said.

“Yes, it is heavily traveled at that time of the afternoon,” Lennon said.

“But also at high speeds,” Squindo said.

“Yes,” Lennon said.

“And it’s not just the early commuter or the late commuter. It’s all day,” Squindo said. “So, I guess I’m sharing that just because I think one,

to points you said before, it’s really hard to police that. I mean, that’s all day.”

Squindo then asked if, going forward, if there was also data retro to look at at other points of intervention such as the town-wide 25 miles an hour and about if there were any other interventions in place to help curb the behavior.

Lennon replied the data lifted was a two-week study and the department was, also, in the process of collecting new data from the machines and checking on that, also, with school having started again.

“Since we have really done a significant enforcement initiative, we’re out there constantly the last couple of weeks. We’re seeing maybe that is going to change some behaviors, so we’re going to see what the next group of data points brings us so, to your point, we’re going to try and see if we can do that. See if we can bring it along and just compare,” Lennon said.

As outliers of speeds were brought up, Lennon noted that too.

“Outliers are outliers, but there are a lot of outliers a little bit,” Lennon said. “It’s frustrating for the neighborhood.”

He added how the police department also receives suggestions for enforcement with the reports, which can be helpful too.

“It is good data,” Lennon said.

Chair Marc Ducey agreed with Squindo’s observations, adding he found it “a little alarming” about the number of drivers who were going over 35 miles an hour, along with those going over 40 miles an hour in a residential neighborhood.

He then asked Lennon about the speed signs.

“Do people slow down when they see them?” Ducey said.

Lennon noted how, unfortunately, some give “different iterations of data,” but do give a data point if when approached, if someone saw the machine, did they slow down, which does give feedback to some of the machines.

“I don’t think either one of these studies do, but we do have them,” Lennon said. “But some of them do give us that feedback.”



Fran Beaulieu aces Hole No. 7 at Longmeadow Country Club, becoming only the second golfer in dealership history to win a hole-in-one vehicle — and the first since 2018

## Mercedes-Benz of Springfield celebrates rare Hole-in-One win at Max Classic

CHICOPEE — Mercedes-Benz of Springfield celebrated a very rare win today as local businessman and amateur golfer Fran Beaulieu of Phil Beaulieu & Sons Home Improvement, Inc. was recognized for making a hole-in-one at the Max Classic and winning the Mercedes-Benz offered by the dealership as the tournament’s hole-in-one prize.

Beaulieu made the winning shot on Hole No. 7, a par 3, at Longmeadow Country Club during the Max Classic on August 20. The odds of an amateur golfer making a hole-in-one are estimated at approximately 12,500 to 1\*, making the winning shot an extraordinary moment for Beaulieu and the tournament.

The win marks just the second time in Mercedes-Benz of Springfield’s history that a golfer has won a vehicle through one of the dealership’s hole-in-one contests. The last hole-in-one vehicle was awarded in 2018, within months of the dealership opening.

“We sponsor hole-in-one contests at charitable golf tournaments throughout the community, and you always wonder if today might be the day someone makes that shot,” said Michelle Wirth, owner of Mercedes-Benz of Springfield. “In nearly a decade, we’ve only had it hap-

pen twice. We couldn’t be more excited for Fran and to be able to celebrate such an incredible moment with everyone involved in the Max Classic.”

Beaulieu has been a longtime participant in the Max Classic, making the win particularly meaningful for those involved with the tournament.

Beaulieu was joined at Mercedes-Benz of Springfield by Ryan Trask of the Max Cares Foundation; Annmarie Harding, Tournament Director with Max Restaurant Group; Grace Barone, Executive Director of the ERC5 Chamber of Commerce; Michelle Wirth and Peter Wirth of Mercedes-Benz of Springfield; and the golfers who were playing alongside Beaulieu when he made the winning shot.

The group gathered to celebrate Beaulieu’s remarkable achievement and recognize his win with a ceremonial oversized Mercedes-Benz key.

Beyond the excitement on the golf course, the Max Classic is part of a long-standing tradition of bringing together businesses, guests, sponsors and community supporters to raise funds for organizations making a difference in the region.

The Max Cares Founda-

tion was founded in 2015 by Max Restaurant Group founder Richard Rosenthal with a mission to make a lasting impact on the communities Max serves. The Foundation grew out of the success of the Max Golf Classic, which was created in 2001 to raise funds and provide assistance to local charities and organizations throughout Greater Hartford.

Since its inception, the Max Golf Classic has raised more than \$3 million in support of the community. Through signature fundraising events including the Max Classic of Massachusetts, Max Cares has extended that impact into Greater Springfield and Western Massachusetts.

In 2025, Max Cares focused its Western Massachusetts giving on six local organizations: Baystate Children’s Hospital, Rachel’s Table, Follow My Steps, The Village, Healing Meals and Springfield Rescue Mission, among others.

Mercedes-Benz of Springfield has supported more than 300 organizations in and around the Pioneer Valley since opening, with charitable giving, sponsorships and community partnerships forming a significant part of the dealership’s commitment to the region.

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■ COMMUNITY

# Stabilo to become next Planning Board member

By Kristin Rivers  
Editor  
krivers@turley.com

HAMPDEN - Gina Stabilo was selected to become the newest Planning Board member in a joint meeting with the Selectboard and Planning Board on Sept. 2.

Stabilo was one of two candidates who interviewed for the position, with the other being Eric Ainsworth. The vacancy opened when a member moved out of state.

Ainsworth shared he would be retiring in seven years and was looking to get more involved in the town. He also has two kids, with one of them starting at Green Meadows.

“Trying to get more involved in town. Try to keep it a beautiful place like it is now. I did not grow up in Hampden. I ended up moving here approximately five years ago when my daughter was very young. So, I was looking for a place for her to grow up that I liked, that was a good town,” Ainsworth said. “Police officer in a neighboring jurisdiction, so very familiar with this area. So, I tried picking out the best place to raise my family and to stay here long-term.”

Stabilo explained she’s lived in town for two decades as of this past spring, having grown up in Wilbraham and later moving to Hampden.

“We’re very happy here. I’d like to spend the rest of my life here and I want to join the Planning Board because I’ve been in the audience as a private citizen and I think I could be a pretty unique asset to the board. I love Hampden. I want to give back more officially than I have been in the past and I hope I could bring a unique perspective to the board,” Stabilo said. “And whoever you pick, it’ll be good for the town of Hampden and that’s what we’re

here for.”

Ainsworth, a current member of the Conservation Commission and the Open Space & Recreation Plan Committee, said he would stay on those boards if selected, as he wants to be involved and “trying to stay in as many things as possible and as much as possible.”

There would, also, be no conflict schedule-wise, as he’s on the day shift as a police officer.

On the question of what makes each candidate stand out and what would make them a good addition to the Planning Board, Ainsworth noted his current work and having served in the U.S. Army.

“If I do become a member of the Planning Board, I will stay for a long period of time. I’m not planning on leaving any time soon. Hopefully, I stay here for the rest of my life. My wife retires in approximately 20 years, so I know I’ll be here for at least 20 years. Whatever the wife says goes, so plan on being here for a long time,” Ainsworth said.

Stabilo explained how she was “really into research and really into detail” and also wanted to try the board out to see if she would be a good fit. Also, a goal would be to look into the bylaws and see how they can be updated.

“Having to be on the other side of the table and seeing projects go through and issues. I think, I’ve been there. I can understand what other people are dealing with and I’d also be the only woman on the board. So, I think I could give you a little bit of a unique perspective there,” Stabilo said. “And I realized too that I really like to do research and try to understand bylaws and make sure that we’re interpreting them correctly, and ultimately, like Eric said, I plan to stay here,

I’m not going anywhere.”

A goal for Ainsworth would be to keep the town “as it is right now.”

“I really don’t want to see it grow. I like the woods, I like nature and that’s the reason why I got into Conservation was I want to preserve how the town is right now. Keep it a beautiful space, plenty of space for people to walk, hang out with their families and a good area for kids and families to grow up,” Ainsworth said.

Both candidates said they would run again in the May 17, 2027 town election if selected and, if not selected, would still run to get on the board.

Selectboard Member Don Davenport asked this question.

“In recent years, the state has continually taken authority away from local Planning Boards, first for the ADUs and now for the battery, the solar, things like that. Do you see that as a hindrance to your a job or a supplement to it?” Davenport said.

Stabilo said, “I think it depends,” noting how the state took “some local control away for solar, but it’s based on size.”

“That doesn’t necessarily affect our local bylaw. But from what I’ve read, it seems like the state took a lot of the bylaws in Massachusetts that are local and then tried to implement them. So, it could be a hindrance, but I think we know our town best. So, I’d like to think we’d be able to balance it,” Stabilo said. “It’s a hard call until someone tries to apply.”

Ainsworth said this.

“I don’t really like solar, to be honest, like preserving property and so on. It’s not going to affect me,” Ainsworth said.

Planning Board Member John Quackenbush thought both candidates would fit well

on the board.

“What I’ve been kind of hearing in these questions is that no matter what choice is made here, we’re going to be getting something positive for the town here. I see two people who love this town,” Quackenbush said. “I mean, all that we can ask for is passion to serve on this board.”

On how both candidates envision Hampden changing or how it needs to change in the next 10 years, Stabilo echoed Ainsworth’s earlier points on keeping the town the same and not seeing massive development.

“But in the next 10 years for Hampden, I think so far we’re doing pretty good. But I would like to see, I think after watching meetings for the past couple years and being involved, I think a lot of times there’s not a lot of follow-through on things. So I feel like something starts, then people forget and time goes by and ultimately the issue is still there,” Stabilo said. “So, I’d like to see some more follow-through, just overall, on things.”

Also, a hope for more people to volunteer.

Ainsworth would like more places to bring kids and for families to hang out with each other and meet other people, which is what inspired him to join the Open Space Committee.

“Better places to hike, better places to hang out with family and friends and try to get the town closer together. That’s the only thing I would change. Other than that, I love the town how it is and I really wouldn’t change anything else,” Ainsworth said.

After further comments, Stabilo and Ainsworth were nominated, with Stabilo ultimately selected in a 6-1 vote. She will be appointed in the very near future.

## Fall STM set for Nov. 9

WILBRAHAM - The Wilbraham Select Board has called a Fall Special Town Meeting for Monday, November 9, 2026, at 6:30 p.m. in the Minnechaug Regional High School Auditorium. The deadline to submit all warrant articles, including petitioned warrant articles, is anticipated to be Friday, Sept. 25, at Noon. The Select Board shall confirm the deadline during their regular meeting on Sept. 14.

Confirmation of the deadline will be posted on the Town’s website at: [www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)

Petitioned warrant articles for a Special Town Meeting must have the signatures of one-hundred (100) registered voters. Petition papers must be obtained from the Town Clerk’s office. Petitioned articles with signatures are submitted to the Select Board’s office. Petitioned articles shall be placed in the warrant as-is, without edit by the Town.

## Comprehensive Plan Group looking for members

WILBRAHAM – The Planning Board approved operating guidelines for the new Comprehensive Plan Group at their Sept. 10 meeting and are now actively seeking members to join the group.

The Comprehensive Plan Group is an advisory body created by the Planning Board to assist in the preparation, update and possible recommended implementation of the Town of Wilbraham Comprehensive Plan under M.G.L. c. 41, §81D. It exists solely to support the Planning Board’s statutory responsibility. It has no independent authority to adopt, amend, or enforce any plan, zoning, or

land-use regulation.

Residents interested in serving are encouraged to submit a letter of interest (or a brief statement of qualifications and relevant experience) to the Planning Board. Applications should include the applicant’s full name, address, phone number, email, and a short description of why they wish to serve and what skills or perspective they would bring to the Committee.

Applications may be submitted by email to [planning@wilbraham-ma.gov](mailto:planning@wilbraham-ma.gov) or by mail/hand delivery to: Office of Planning & Community Development Town Office Building 240 Spring-

field Street Wilbraham, MA 01095.

Application Deadline Applications must be received by Wednesday, September 30, 2026 at 4 p.m. Late applications will not be considered.

The Planning Board will review all applications and schedule interviews with selected candidates. Appointments will be made by majority vote of the Planning Board.

For questions about the position or the application process, please contact the Office of Planning & Community Development at (413) 596-2800 x203 or [planning@wilbraham-ma.gov](mailto:planning@wilbraham-ma.gov).

## New England wildlife presentation at the WPL

WILBRAHAM– Wildlife ecologist and nature author Brad Timm will present “Wildlife Out Your Window: Discover the Hidden Lives of New England Wildlife” at the Wilbraham Public Library on Monday, Sept. 21 at 6 p.m.

Drawing from his ac-

claimed book, Brad explores the hidden behaviors, adaptations, and ecological roles of New England’s most familiar wildlife. Beyond the fascinating natural history, you’ll also leave with practical, science-based ideas for making your community more wel-

coming to wildlife.

This free program is open to all and is sponsored by the Wilbraham Friends of the Library. Registration is encouraged, not required. Sign up at [wilbrahamlibrary.org](http://wilbrahamlibrary.org), or call 413-596-6141.



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VIEWPOINTS

SOCIAL SECURITY

Matters

By Russell Gloor

Must I enroll in Medicare at age 65?

**Dear Rusty:**  
*I will be turning 65 next month, I am currently retired and I am not on Social Security.*

*My question is: Is there anything I have to do, if I don't want Medicare? I am on my wife's employer plan and she works for the Postal Service as a Rural Carrier.*

*She doesn't plan on retiring for another eight years. Also, I would like to wait till my Full Retirement Age before I draw Social Security at 67. Do I have to draw Medicare at that point?*

**Signed: Retired but Curious**

**Dear Retired but Curious:**

As long as you are covered by a "creditable" healthcare plan such as that from your wife's US Postal Service employer, you can defer enrolling in Medicare until your Postal Service Health Benefit coverage from your wife's employer ends.

When that happens, you and your wife will enter a Medicare "Special Enrollment Period" during which you can enroll in Medicare without incurring a Late Enrollment Penalty. Thus, in your specific circumstances, you don't need to do anything about enrolling in Medicare when you turn 65.

That is still true, regardless of when you claim your Social Security benefits. If you claim Social Security at age 67 and before your wife retires from the USPS, you will be required to take Medicare Part A coverage for inpatient hospitaliza-

tion services, but Medicare Part A is premium-free for those also eligible for Social Security.

However, enrollment in Medicare Part B (coverage for outpatient healthcare services) is always optional because there is a premium associated with it and you can continue to defer enrollment in Medicare Part B as long as you have "creditable" healthcare coverage from your wife's employer even while you are collecting Social Security.

When you apply for Social Security, you can inform SS that you are declining Medicare Part B because you are still covered by your wife's USPS employer healthcare plan.

Then, when your wife retires and you lose your USPS healthcare coverage, you can enroll in Medicare Part B at that time without a late enrollment penalty.

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

You can check out your own cognition

Some days, it feels like the neurons just aren't firing. You call one child by another child's name, can't remember where you left your phone and forgot to pick up something at the grocery store.

Such forgetfulness becomes more common as we age, but it isn't necessarily age-related. Lack of sleep and stress can cause stuff to leak out of our brains, too.

Memory lapses like these aren't necessarily a sign of cognitive decline, either. They are generally manageable and can be overcome with strategies such as sending yourself text reminders, making to-do lists and maintaining a calendar.

That said, cognitive decline is a reality for millions of people around the world. In 2022, researchers at Columbia University found that almost 10% of U.S. adults ages 65 and older have dementia, while another 22% have mild cognitive impairment. That's practically a third of our senior population.

In one of my columns a few years ago, I called dementia the "other pandemic,"



your health

By Teri (Dreher) Frykenberg, RN

Guest Column

because, for many people who had mild cognitive impairment before COVID, it blossomed into something more dramatic during our periods of isolation.

At your annual Medicare wellness exam, your healthcare provider will screen you for cognitive difficulties by having you try to repeat back several random words and asking you to draw a clock showing a particular time. (With the number of young people today who can't read a clock, they'll have to come up with another test at some point!)

The Mini-Mental State Examination (MMSE), an 11-question standardized test that evaluates orientation, memory, attention, language and visual-spatial abilities, might be used for the Medicare assessment because it takes only five to 10 minutes.

If your provider feels your cognition needs further eval-

Teachable moments during preservation

I had far too many plans for a long weekend.

There were peaches to can, applesauce to make, peppers to roast and tomatoes to turn into sauce and salsa. Oh yes, and cabbage to ferment into sauerkraut.

Tis the season!

Someone once said that it is important to "make hay while the sun is shining." That is exactly what I did.

While I was at it I came across a few teachable moments, and that is what I want to share with you today.

Some of my peaches have brown rot and some had split pits. Brown rot is a fungal disease that leaves furry brown areas on the fruit.

It can spread fast. One day a small patch; the next day half a fruit is infected.

Much like with apple scab, sanitation will go a long way to aid in prevention. Your goal is to prevent disease spores from overwintering.

Throw out any fallen infected peaches. If peaches are clinging to the trees well after harvest, pick these "mummies" and get rid of them too.

Rake up leaves that may also carry the disease. If raking is unrealistic, mow un-



der the tree to encourage the leaves to break down.

In late winter, prune to encourage good air flow, a paramount practice in disease prevention. Thin fruit to four to five inches apart. Applications of fungicide can assist, but I prefer the natural route as much as possible.

I encourage you to do your own research.

Split pit on peaches is new to me. It was like the pit was indeed split, and sometimes stuck in each side of the fruit. From there, rot can begin to take over.

Apparently split pit a physiological issue. Too much rain prior to harvest could be the culprit especially since spring and early summer were somewhat dry.

Watering during dry spells, and applying a mulch around the base of the tree to

conserve and even out moisture can help.

While working with my apples I observe a few clusters of tiny dots here and there, as well as patches of gray over the apple's skin. These are summer diseases known as fly speck and sooty blotch respectively.

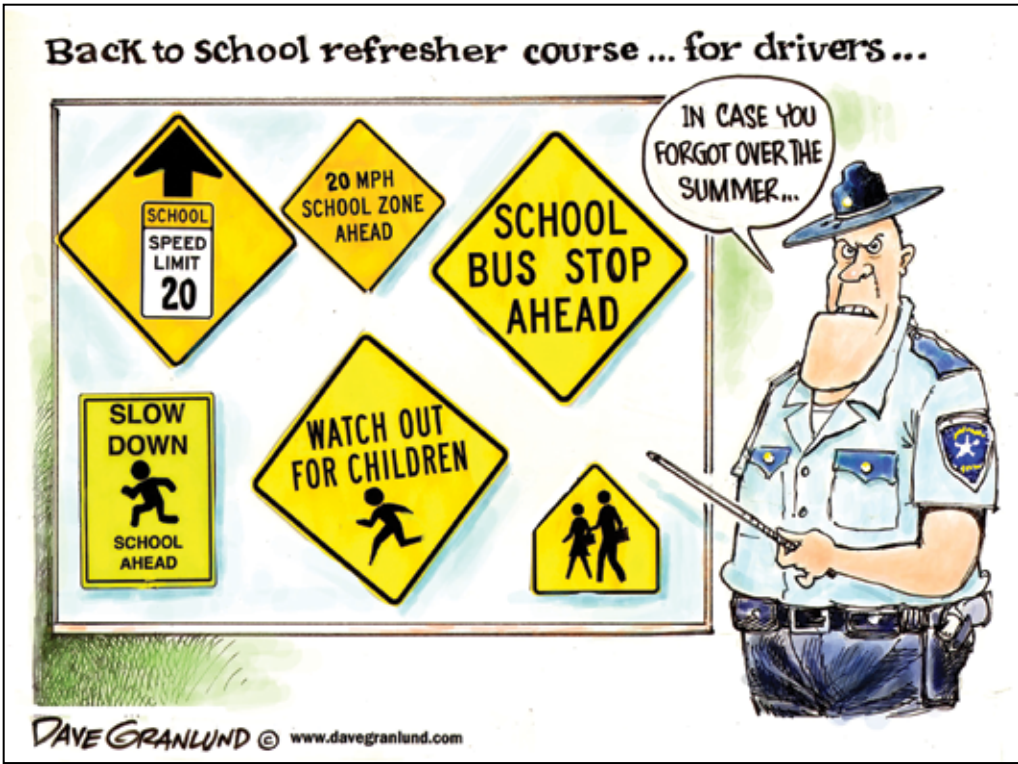
Both occur after lots of rain and humidity. Unfortunately all apples are susceptible to them, but the good news is that they only mar the apple's good looks; it doesn't penetrate the skin nor will it affect its taste.

Some elbow grease will likely rub it off. To reduce the likelihood of your apples getting these diseases prune for good air flow (it will dry out fruit faster after a rain) and remove nearby wild blackberry canes (the diseases overwinter here).

I talked about peppers and tomatoes not that long ago, but I do have to say that I am upset that I had what feels like one round of peppers. There are no little pepper replacements anywhere on most of my plants.

I know my rock edged

Please see **GARDEN**, page 13



which takes only an hour and gives clinicians more confidence in administering the test and explaining the results to patients. Training and certification are free for students, faculty members, academic researchers and public healthcare institutions.

Here are some of the activities the MoCA asks of us:

- Naming certain animals
- Counting backwards from 100 by sevens
- Saying as many words as possible that start with a particular letter in one minute
- Copying a simple drawing
- And, of course, drawing a clock and remembering a series of random words

Evaluating age-related cognitive decline isn't the only use for the MoCA. People of any age who have suffered head trauma are often given the assessment to look out for immediate or delayed symptoms of cognitive damage. Many times, traumatic brain injury (TBI) is missed or misdiagnosed, which can leave a person with long-term cognitive issues.

Other conditions that might affect cognition are cancer treatment, Parkinson's, depression, heart failure, brain tumor, sleep disorders and substance abuse disorders.

Now, though, you don't have to wait for a doctor's appointment to get a general assessment of your cognitive abilities or those of a loved one. The neurologist who de-

veloped the MoCA, Dr. Ziad Nasreddine, last year created XpressO, a quick and fun digital self-assessment designed for anyone to use on their own desktop computer, tablet or smartphone. (Laptop screens aren't large enough.)

Once all the tasks are completed, you will receive a clear and simple report stating low or elevated risk of cognitive decline. You can monitor your cognition over time and share the results with your health-care provider.

XPressO requires registration and creation of a password. Learn more at MoCAcognition.com, or you can download the XPressO app from the Apple and Google Play app stores.

Dementia and cognitive decline, already a reality for millions, are a source of fear and anxiety for millions of others. Using this simple tool might put your mind at rest, or it may signal that you need to be talking to your doctor.

*Teri (Dreher) Frykenberg, is a registered nurse and board-certified patient advocate and founder of [www.NurseAdvocateEntrepreneur.com](http://www.NurseAdvocateEntrepreneur.com), which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to Turley Newspaper readers as well as to nurses interested in becoming advocates. Reach her at [Teri@NurseAdvocateEntrepreneur.com](mailto:Teri@NurseAdvocateEntrepreneur.com)*

The Wilbraham-Hampden TIMES

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**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 800-824-8458 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.

Election letters to the editor welcome

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

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

**Campaign news**

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

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

Life in &

Readers are encouraged to send in medium to high resolution photos for this page by e-mail to [krivers@turley.com](mailto:krivers@turley.com) or mail to TIMES, 24 Water Street, Palmer, MA 01069.

# WILBRAHAM HAMPDEN

A COMMUNITY GALLERY

Red Hatters enjoy lunch



Submitted photo and caption Cheryl Phillips

The Red Hatters had a delicious luncheon on Saturday Sept. 5 at the Steaming Tender in Palmer. On Oct. 20 our luncheon will be at Square Grill at Noon. The address is 84 Center Square, East Longmeadow.

## 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 [krivers@turley.com](mailto:krivers@turley.com)



Photo and caption courtesy of Wilbraham Police Department

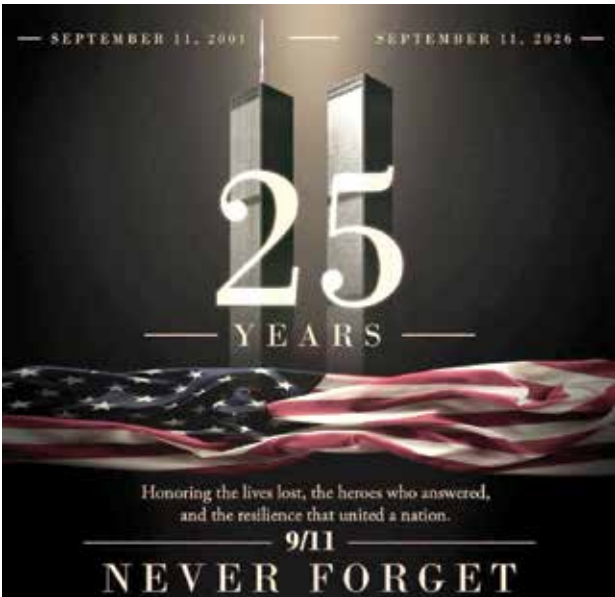
## WPD MARKS 9/11

The Wilbraham Police Department shared this simple message on their Facebook page on Sept. 11: "We will never forget."

## WFD MARKS 9/11

The Wilbraham Fire Department shared this photo on their Facebook page to mark 25 years since the Sept. 11 attacks.

Photo courtesy of Wilbraham Fire Department



## 1,000 BOOKS

Before Kindergarten Finisher at WPL

Submitted photo and caption Jaime Hageman

We had another 1,000 Books Before Kindergarten finisher - Jude Sayers!



File photos

Roselind Ryder, formerly of Barre, MA submitted these photos to the Barre Gazette she took from her New York City apartment on 9/11/2001. We remember all 25 years later.

## REMEMBERING 9/11/01



Submitted photo and caption Robert Holdsworth

## STAND OFF ON ROSEMARY DRIVE

The Red-tailed hawk got dinner (prey not visible in photo) first; then the turkey vultures challenged for access to the meal -- and won! The Holdsworths watched this event unfold in their yard, which took about 30 minutes.

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# Request of information announcement from Town of Hampden

HAMPDEN - Hampden's Old Town House Committee has been studying the possible reuse of the now vacant Hampden Town House located at 625 Main Street, Hampden, MA. As part of that study process, the Committee has conducted a survey of residents, held a public information forum, held public meetings, and researched possible alternative uses. The next phase is to issue a formal Request for Information. The purpose of the Request for Information is to gather information from qualified developers, institutions, nonprofit organizations, and other partners interested in purchasing, leasing, or partnering with the Town on the reuse of the property.

The Old Town House served the Town of Hampden for many years as a school, town offices, library, and community meeting place. In 2025, the Town Offices, town library and parks and recreation departments moved into the vacant former Thornton Burgess School to provide better service for Hamp-

den's residents.

The Old Town House Study Committee believes the building's impressive facade, location on Main Street Hampden, the economic potential and desirability of being located in Hampden provide a unique opportunity for the right interested party with a vision for the future.

Therefore, the Town of Hampden is seeking information and conceptual proposals from qualified organizations, institutions, developers, nonprofit entities, educational providers, recreation operators, and public-private partners regarding potential adaptive reuse, redevelopment, lease, partnership, and/or purchase opportunities involving the former Hampden Town House and property at 625 Main Street Hampden.

The Request for Information can be downloaded from the Town's website at [www.hampdenma.gov](http://www.hampdenma.gov). Interested parties should complete and submit an Expression of Interest to the Town on or before September 21, 2026.

# Minnechaug Originals – Classes '61, '62,'63 to hold platinum class reunion

WILBRAHAM - The Reunion Committee is planning three opportunities for members of the first three classes who graduated from the "new" Minnechaug Regional High School (the "Originals"), which opened in 1959, to reconnect with classmates and renew their high school memories.

On Friday Sept. 25, they will meet at 5 p.m. at the Local Table N Tap, 2039 Boston Road in Wilbraham. On Saturday, Sept. 26, it will be at 5 p.m. at the Route 20 Bar & Grill at

2341 Boston Road in Wilbraham. The highlight will take place from 2 to 4 p.m. on Sunday, September 27 when they will enjoy a Gala Dinner at the Starting Gate at Great Horse, 128 Wilbraham, Road, Hampden.

For Friday and Saturday, food and drinks are up to each attendee. The Sunday Gala Dinner is \$80 per person and requires pre-registration. There are still a few spaces left for each event. Call Judy Cmero at 413-599-0462 or email her at [jacmr2013@gmail.com](mailto:jacmr2013@gmail.com) for more information.

**GOATS** from page 1

not least, came "Mr. Cool-latta". The name was chosen because "(the goat) looked like he had a mohawk like Mr. T and I thought, 'Oh, he's cool'." Gallagher said.

By this time, the audience had already begun to hold the goats in their arms while offering them a snack of Pepperidge Farms Goldfish Cheddar Cheese Crackers. Gallagher noted, however, "They're licking all the salt off the goldfish and spitting it out."

Gallagher demonstrated how to hold a goat with two hands.

"As long as they have two hands on them, they know it's their time to relax," Gallagher said, adding that "when goats relax, they chew their cud. They have a four-chamber stomach, just like cows. And so, they regurgitate into their mouth and chew it and swallow it," adding with a smile, "it's not as pretty when you say it that way."

Goats, Gallagher explained, "will eat paper if you let them" although, she continued, they are "not supposed to eat any of the Nightshade vegetables (like) onions and garlic."

Pointing out to the audience that none of the goats have horns, Gallagher explained that, because of their work with people of different mobilities, "All of our goats are dehorned (disbudded).... before they are six weeks (old)", she said. "That way nobody ever gets injured."

The goats, who are now considered "toddlers" according to Gallagher, noted that many will be gone from the farm soon.

"We sell them at the end of the year and new babies will be born around Easter," Gallagher said.

Asked if it was hard to sell the goats after getting to know them all year, Gallagher said, "It is hard to say goodbye to them."

"I thoroughly vet the new families....I get to know their families. I have them send me pictures of what their set-up is to make sure they're going to a home that's going to use them as pets....We make sure that people have them as



Turley photos by Harold Anderson  
**Sharon Mangieri (Springfield) feeding "Eclair" and Connie Bettis (Springfield) feeding "Munchkin" and "Frenchie."**

**ABOVE: Asst. Director/ Outreach Coordinator for the HSC Wendy Cowles holding "Munchkin." BELOW: Here is a close-up of "Munchkin."**



**From left to right top row, Ellen Pixley - Hampden holding "Munchkin" and Janice Munsell – Hampden. From left to right bottom row, we have Hannah holding "Frenchie" and Emma holding "Sprinkles" (both grandchildren are four years old)**

friends, not food. That's very important to us," Gallagher said.

Furthermore, Gallagher noted, "Our goats have enough hours to qualify as therapy animals, like emotional support animals.... Because they've been used in programs like this their whole life, they can be registered that way."

"Animals bring a lot of joy to people", Gallagher said. "They reduce your heart rate. They reduce your respirations. They reduce your stress. People relax when they hold them....They bring

smiles. It's just a good thing to do."

When asked how she learned about goats, Gallagher laughed and said, "Google!.....I did a lot of research when we bought the (Cloverbrook) Farm..... All of those things I learned from researching, reading books and just being with them every day."

Reaction from the seniors in attendance was one of laughter and smiles as they interacted with the goats.

"I'd like to take one of them home with me today," Desiree Jarosz from Springfield said, who has seen goats before.

Her reason for coming to the event?

"To be snuggled, without a doubt," Jarosz said, laughing, "I've been looking forward to this."

Sharon Mangieri of Springfield said her reason for coming was this.

"It's just great fun to get around the goats and to get a few cuddles in," Mangieri said, laughingly adding, "and I didn't have to bring my own goat. It was great. No BYOG".



# VETERANS DAY SALUTE

*The Wilbraham-Hampden Times*  
~ November 5, 2026 ~

*The Wilbraham-Hampden Times* will be saluting our local veterans (from all wars and branches, including honoring deceased veterans), reservists, active duty U.S. Military members.

Please submit a photo of your veteran with his or her name, rank, branch of military and hometown by email to [jamie@turley.com](mailto:jamie@turley.com) or drop off a photo to **The Wilbraham-Hampden Times, 24 Water St., Palmer, MA 01069**  
All photos will be returned.

Please submit your photo no later than Monday, October 27, 2026.

*There is no cost to submit a photo. No photos will be accepted after deadline.*

# BUS UPDATE from page 1

getting in and out of schools quickly."

Provost said he typically arrives at the high school around 8:01 a.m. or 8:02 a.m. and "it's a ghost town" as everyone is in the building and in their classes.

"The fly in the ointment is that while we have full capacity for our drivers right now, we don't have excess capacity, and we really should have some excess capacity because, inevitably, someone will get sick, someone will have a medical emergency, someone will just have something that they have to attend to in their lives," Provost said. "Currently, we don't have the flexibility to handle that in our system. There are about 18 drivers that are in some stage of training with LPVEC. So, hopefully, that will bring that excess capacity on board in short order."

He added the other ramification of not having extra drivers was "we're not getting buses back from school transportation in time for athletic transportation."

"That will have a financial impact. We've been told, right now, that we probably can't expect any relief until Oct. 1 at the earliest," Provost said. "I mentioned that not only because of the financial impact, but also because of the sort of political sensitivities around athletic teams having to go to private transportation. That certainly has come up every year in budget discussions, but the reason why right now is because we have exactly the right number of drivers for the buses we're running.

So, they're not getting back to the school."

He added the impact for September is estimated at \$4,400.

"If that transportation delay for athletics goes into October, it gets worse. As you can imagine, as the days get shorter, we're talking about the less and less flexibility to push games later with fields that don't have lights," Provost said. "Dr. Hale, in his role as athletic director, has done an extensive analysis of what that looks like and so he can talk to the details of that, but that's what it looks like in broad terms."

Minnechaug Regional High School Principal Dr. Steve Hale said Provost was correct.

"What I did was I looked at last year's contracts for Liftback in September to the same locations. I added 5% to last year's contract to account for inflation, fuel costs, etc. and then our contracts now with outside vendors, and so the difference over getting us through Sept. 30 is \$4,400, but then it goes up to \$10,500 if you include October," Hale said. "So, we're already booked with outside vendors through September, hoping that the additional drivers come online Oct. 1."

When Secretary Lisa Murray asked how much it cost last year, Hale replied he was not sure and looked back at his notes.

"Through September last year, it would have been somewhere around \$4,000 cheaper because that's the basis of how developing these comparisons," Hale said.

Vice Chair Dr. Michael Tirabassi noted how he heard

reports about the buses being "very full."

"The seats are full this year, which is a difference from last year. That might be factoring that they're actually having to make all the stops and I'm wondering if that's going to also help the drop-off line problem," Tirabassi said.

Provost noted, either way, "full buses make me happy."

"There have been a lot of concerns about buses running at less than full capacity. I think a lot of that had to do with the unreliability of transportation services. I think if we can keep the stability of the system together long enough for people to trust it, those buses should fill even more," Provost said. "We do have long drop-off lines still though. I've observed them myself. We do have good, efficient systems to move people through the drop-off lines quickly though, so we're not seeing the problems that we've had in prior years of traffic backing up onto either Stony Hill Road or Main Street, so that's good."

He added the district has also "adjusted the entrance to Stony Hill Road as part of that project."

"There's now a widened entrance, so that's providing some relief there for the entrance and exit because that, at times, is very tight with buses and cars trying to get into the same space," Provost said. "So, we will be hearing about that later on as we go to our discussion of car loops, but overall, it's been a much better start than we've had in the past."

# SPORTS

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Isabel Horne heads to meet the ball.

## Falcons girls soccer jumps out to great start

WILBRAHAM – The Minnechaug Regional High School girls soccer team got their regular season off to a good start with seven goals in two games, scoring defeats over Westfield and East Longmeadow, both at home. In a 5-2 win over Westfield last Wednesday, Makenna Sacco scored twice for the Falcons. Sophia O'Connor, Katelyn Hoar and Brooklyn Manning had the other goals for Minnechaug. Coming up, the Falcons are facing Pope Francis in neighboring Springfield on Friday, Sept. 18 at 5 p.m.

Turley photos by Gregory A. Scibelli



Maya Usher goes after a loose ball.



Sophia O'Connor looks to avoid a defender.



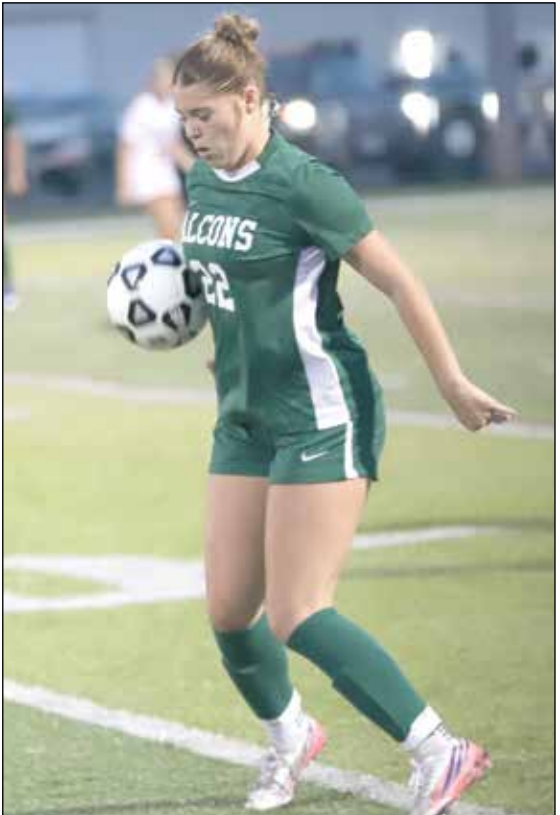
Ainsley Holden tries to steal the ball away.



Carson Humphries makes her way up the field.



Isabella Usher collides with an opponent going for a header.



Brooklyn Manning plays the ball off her body.



Nora Tzoumas tries to defend Minnechaug's end.



Tess Morrow heads up the right side of the field.

Sierra Rocha looks at what is ahead as goes up the field.

## Chaug boys soccer falls in opening week

WILBRAHAM – The Minnechaug Regional High School boys soccer team suffered losses in their first two games held last week. Allowing goals was the big problem for the Falcons as they allowed 10 goals in those two losses, falling to East Longmeadow 4-1 and Northampton 6-2. Minnechaug was in action earlier this week, hosting Pittsfield, before heading on a long road trip to Monument Mountain in Great Barrington. Looking ahead, Minnechaug will meet rival Agawam High School on Monday, Sept. 21 at 6:45 p.m.



Ava Eggware navigates through the middle of the field.

## Tough start for Chaug field hockey

WILBRAHAM – The Minnechaug Regional High School field hockey had a rough start to the 2026 season as they were defeated in their

first three matchups of the season. The Falcons lost to East Longmeadow 5-0, Longmeadow 3-0, and Wachusett 4-0. The Falcons hope to rebound

with their next matchup coming up at home against Westfield High School on Sept. 17 at 6:30 p.m.



RIGHT: Anna Taylor is pursued by a defender.



Reese Magee looks to clear the ball away.



Turley photos by Gregory A. Scibelli  
Kendall Placzek brings in a pass.

SPORTS

# Todd Patnode grabs Modifieds win at Monadnock

WINCHESTER, NH - Limited Late Model star JD Stockwell, locked in a points battle with Robert Hagar, held off his championship rival to score his ninth win of the summer, and Pure Stock ace Michael Yeaton, who got a late start on the season so won't figure in his division's title chase, won for his sixth time.

Matt Robinson became the Pro V8 Sportsman's first three-time winner of the 2026 campaign Saturday, and Young Gun Dylan Stati continued to put up numbers unseen here since four-holer star Gordon Farnum went wild on the high banks half a decade gap.

Rookie Kyle Kenny sat on the pole as the All States Material Group 604 Modifieds began their 40-lap main

Bouncing back from injury, rebounding from a wreck that destroyed his primary car, back in the championship form that has defined his more than three decades of action on the high banks of Monadnock Speedway, Todd Patnode won the Modified main event Saturday on Sept. 5 at New England's fastest quarter-mile oval.

It's been a long time since Patnode entered the month of September still winless on the year but now he is back in form. Setting fast time in practice - 12.135 seconds - and again in time trials - 12.319 this time - he led the last dozen laps of the night's main event to park his Swanzey Oil open-wheeler in victory lane.

event. Kimmy Rivet was his row-one dancing partner.

Kenny led the first two laps, then giving way to Rivet, who set a fast pace through two restarts and ten laps before dropping out of the lead on lap 13. Tyler Leary, who'd surrendered the points lead on his wedding day a week earlier, then took over, with Andrew Brousseau glued to his bumper and the potent duo of Eddie Gomarlo and Todd Patnode close behind.

Patnode stormed into third on lap 19, second on lap 25, and then to the top spot three laps later. Once in front, he would not be denied. Leary finished two lengths back in second, and Brousseau was third. A late-race charge brought Ben Byrne up to fourth, and Ty LeClerc raced

home fifth.

Erik Smith was the early leader in the Twin State Truck Services Limited Late Model feature, but the Hagar-Stockwell Express was coming fast. Hagar took charge on lap four, with Stockwell up to second the next time around.

The two raced nose-to-tail the next dozen laps until Stockwell lowlined to the front and held strong to win his ninth race of the season. With Hagar a close second, steady Hillary Renaud was third on the night, Smith raced home fourth, and Chris Lindquist rebounded from a trip to the pits for fifth.

Firing from row two, Michael Yeaton exploded into the lead on lap two of the Brattleboro Towing and Recovery Pure Stock feature and

never looked back en route to his division-high sixth win of the season. Kyle Begos kept Yeaton in sight for most of the race but could never reel him in.

Hatfield, MA rookie Maya Bell ran strong all night to score her first career top three finish. Points leader Jimmy Zellman was fourth, and Markus O'Neil finished fifth. Rookie star Josh Brigham, victorious a week earlier, was driven into the backstretch wall on the final lap while running fourth, his car heavily damaged and his championship hopes taking a point hit.

Hot shoe Matt Robinson took the lead on lap ten of the Beck's Automotive Pro V8 Sportsman feature and never looked back en route to his

division-high third win of the summer. Aaron Thompson came from the back to the front twice to finish second and stay atop the points parade.

Previous winner Chris Kingsley stayed in the hunt all night to race home third. Chris Emerson finished fourth, and Mikey Wolinger was fifth.

Pre-teen Dylan Stati continued his mastery of the Doug's Auto Young Guns Saturday, leading all the way as he stayed perfect on the summer with his 13th win in as many tries. Eli Elliott, in his second career race, was second, Maeve Barry earned the third-place hardware, and newcomer Colton Pond was fourth.

## WSU Owls football falls in season opener

WESTFIELD — Bridge-water State first-year QB Jayden Barber (Harwich, Mass./Dennis-Yarmouth) threw for 208 yards and three TD's and ran for 97 more yards to lead the Bears to a 34-28 win over Westfield State in the Owls home opener and the MASCAC opener for both schools at Alumni Field on Saturday afternoon.

Bridgewater improves to 2-0 on the season and 1-0 in the MASCAC, while Westfield is now 0-2 and 0-1 in the league.

Barber's big day offset a strong performance from Westfield State first-year WR Malachi Hymes (Hartford, Conn./East Hartford) who caught three passes for 72 yards and a pair of TD's, ran the ball twice for 52 yards, and returned three kickoffs for a total of 103 yards.

The two teams traded scores in the first half, with Barber throwing a pair of TD passes (36 and 20 yards) to Jay Comeau. Westfield responded with a 1-yard run from Manny Mengata

(Tewksbury, Mass.) that tied the game 7-7, then Owls QB Quinn Sumner (Dayville, Conn./Killingly) lofted a 33-yard scoring strike to Hymes to tie the game 14-all after Andrew Currier's (Attleboro, Mass./Foxboro) point after kick with 1:12 left in the first half.

The Bears snatched the lead back from the Owls with a quick scoring drive, boosted by a pass interference penalty. Barber found Emanuel Pope (S. Berwick, Me./Portsmouth) with a 39-yard TD toss with 24 seconds left in the half to lead 21-14 at the break. Bridgewater doubled up on the lead with a 2-yard TD plunge from Oscar Weah (East Providence, RI) midway through the third quarter to lead 27-14 after Cooper Harvey's (Schenectady, NY/Niskayuna) PAT try was wide.

Westfield got a short field to work with late in the third

quarter after a Bears fumble was recovered by Westfield LB Nick Gaugler (Westfield, Mass.) at the BSU 35-yard line. Sumner capped the 5-play drive with a 5-yard TD run after a fake handoff that fooled everyone in the stadium, allowing him to scamper into the endzone on the right side.

Bridgewater boosted the lead back to 13 on their first drive of the fourth quarter, cashing in on an inside hand-off to Andrew Cloutman (Hanson, Mass./Whitman Hanson) for a four-yard TD run off the left end, and led 34-21 after Harvey's kick.

The two teams traded series before Westfield answered with a nine-play, 99-yard scoring drive, with Sumner hitting Hymes over the middle with Hymes darting into the endzone at the left pylon to trim the lead back to 34-28 with 2:59 left, but the

Bears were able to grind out the clock to end the game.

Sumner finished 7-18 passing for 149 yards and two TD's for the Owls. Mengata led the Owls ground game with 61 yards rushing. Andrew Lovell (Barnstable, Mass.) made 15 tackles to lead Westfield, with Aydan Verba (Albany, NY/Colonie Central) making 14 stops, and Josh Marino (Ludlow, Mass.) 11. Tedi Hunt (Littleton, Mass.) had four tackles and an interception.

Barber led the Bears rushing game, with Poe snaring five catches for 85 yards and a TD. Jorge Aquino (Bergenfield, NJ) led Bridgewater with 12 tackles, with Mathew Piper (Townsend, Mass./N. Middlesex) adding eight.

Bridgewater outgained Westfield, 497-317 on the afternoon. Westfield stays home to host Dean College next Saturday, Sept. 19 with a 2 p.m. kickoff as part of Family and Champions Weekend. The Bears travel to Plymouth State the same day for a noon start.

## Railers announce new signings ahead of season

WORCESTER – The Worcester Railers Hockey Club (@RailersHC), proud ECHL (@ECHL) affiliate of the St. Louis Blues (@StLouisBlues), and Head Coach & General Manager Nick Tuzzolino, announced today that the club has signed forwards Cole Donhauser and JC Campagna to ECHL contracts for the 2026-27 season.

Donhauser, 26, comes to Worcester for his third professional season. The Railers first signed Donhauser to his first full rookie season in 2024-25 following 21 games split between the Idaho Steelheads and Greenville Swamp Rabbits of the ECHL, and Coventry Blaze of the EIHL in 2023-24.

During the 2025-26 season with the Railers, Donhauser recorded 27 points in 68 games played, finishing tied for third in games played for the team. As a rookie during the 2024-25 campaign, the 6'0", 190lb forward played in 71 games for Worcester,

which was tied for third-most on the team. He had 29 points (10G, 19A) in the 2024-25 season along with a -6 rating and 92 penalty minutes. Donhauser led all rookies in the ECHL in shorthanded points with five (2G, 3A). His three assists were first among rookies as well.

Campagna, 33, signs in Worcester for his 10th professional season. The Dallas, TX native appeared at Worcester Railers training camp ahead of the 2025-26 season before playing in three games for the Utah Grizzlies, where he recorded one assist.

The 6'4", 205lb forward played in 214 games in the ECHL across nine seasons with ten different teams, notching 147 points (77G, 70A) along with 151 penalty minutes. Campagna spent parts of the past two seasons in Europe, playing for HC Presov of Slovakia, EHC Freiburg of DEL2, and HC 19 Humenné of Slovakia2.

## Monthly Highlights for September at the Hampden Senior Center:

Please call 566-5588 to RSVP for all events or register for classes at the senior center.

Lunch is provided by Greater Springfield Senior Services daily at 12:00 noon. Suggested donation is \$3.00 per meal. You must reserve lunch by 11 a.m. one day prior. Feel free to schedule reservations for the month.

**Grandparents Day/Thunderbirds BINGO**  
*Thursday, Sept. 17, at 12 noon.*

Lunch: Beef & Bean Chili & Baked Potatoes provided by GSSSI. \$3 suggested donation.

Dessert provided by Vantage Health and Rehab of Hampden

Followed by: BINGO with BOOMER and the Springfield Thunderbirds!

We will have Thunderbirds prizes, including tickets to

games, koozies, t-shirts, and more.

This is a FREE event. Come and have your picture taken with Boomer and win great prizes.

**Medicare Presentation with Trivia hosted by Blue Cross Blue Shield of Massachusetts**  
*Friday, September 18th at 12:30 PM.*

Navigating the Medicare maze can be confusing - whether you're new to Medicare, just exploring available options, or trying to adapt to recent changes. Blue Cross Blue Shield of Massachusetts will host 'Medicare Simplified', a fun, informative, and educational presentation designed to shed light on core concepts and provide much-needed clarity on the Medicare landscape. This presentation focuses entirely

on providing clear, unbiased Medicare information – no BCBS product details, just the essentials. Many key topics will be discussed, including: What is Medicare? When can I enroll? What are the differences between Medicare Supplement and Medicare Advantage plans? Where do I go for additional help?

To make this presentation even more engaging, this presentation will end with a fun Medicare Trivia “contest,” providing you with an opportunity to test your knowledge - and the chance to win a small prize! Following the presentation, a knowledgeable BCBS Medicare Representative will remain on hand to answer all questions.

**A Walk in Their Shoes**  
*Wednesday, Sept. 23 at 10:30 a.m.*

Dementia experts from The Reserve at East Longmeadow will be here to lead you through a simulation to better understand and empathize with what living with dementia is like. You will be guided through the challenges of compromised vision, hearing, and dexterity, all of which affect cognition.

Join us for this important and informative program.

**Greeting Cards with Ellie**  
*Monday, September 24, from 1 p.m. to 3 p.m.*

Cost is \$3.00 per person, paid to the instructor. All materials are provided.

Come and discover endless possibilities for creating your own personal greeting cards. Learn new techniques each

month. Class will meet on the 4th Monday of every month.

**Memory Tips with Dr. Wendy Hurwitz**  
*Friday, Sept. 25 at 12:30 p.m.*

Did you know that a recent study from Stanford University suggests that the techniques used by memory athletes\* can be taught, learned, and can create changes in the brain that enhance memory skills?

Come learn about the tips and techniques used by memory athletes.\*

\*Memory athletes are Olympic-level memorizers who compete to see who can memorize large amounts of information.

**PUZZLE PALOOZA:**  
Tuesday, Sept. 29 from 1 to 3 p.m.

Join us for another fun afternoon of Puzzles. Work in randomly assigned teams to see which team can finish a 300-piece puzzle the fastest. Prizes will be awarded.

Puzzle Making is good for you! It can help improve your memory and reduce stress while providing a fun way to socialize and exercise your brain.

Puzzles and refreshments are generously sponsored by All America Assisted Living at Enfield.

**Monday Ukulele with Amy Scott**  
New 8-week session: Sept. 14 thru Nov. 9 (no class on Oct. 12).

Beginner Ukulele – 11:45 a.m. to 12:45 p.m..

Cost is \$50 for the session if paid in full or \$7 per class for drop-ins.

Advanced Ukulele – 1 p.m. to 2:30 p.m.

Cost is \$80 for the session.

**NEW! Beginner Watercolors Classes with Trish Pilon**  
Mondays, 12:30 p.m. to 3 p.m.

New 8-week session: Sept. 14 to Nov. 16 (no class on Oct 5 and Oct. 12).

Cost is \$80 for the session, paid to the instructor. All materials will be provided.

**Common Threads Led by Joan Tompkins, PhD**  
*Mondays, from 12:30 p.m. to 1:30 p.m..*

Do you ever feel lonely, discouraged, or overwhelmed? We all experience difficult times in our lives.

Come and join our friendly group as we meet each week to share, connect, and support one another while navigating life's challenges and events. There is no charge, and everyone is welcome!

**Living Stronger... Longer with Lamar Moore**  
Tuesdays from 2:15 p.m. to 3 p.m.

New 8-week session: thru to Oct 20.

Learn about balance and how it impacts your overall health and wellness. Get tips on strength training and cardiovascular endurance to increase mobility and flexibility. "It's never too late to start making progress on your health span. Muscles and bal-

ance are the two things you can train and improve even as you age."

Cost is \$40 for the session if paid in full or \$6 per class.

**Pickleball at Thornton Burgess, 85 Wilbraham Road**  
Wednesdays: 8 a.m., 9 a.m., 9:30 a.m., 11 a.m. and 12:30 p.m.

This program is for anyone 60 and older who is new to the sport or is a beginner to an advanced-beginner level who wants to learn the rules and practice playing. Please call the Senior Center to register.

**Pickleball Clinics with Mary Grassetti**  
Our popular Pickleball Clinics return in September! We are offering a four-month series designed to help players build their skills through progressive instruction. Two sessions are available:

Session 1: 8 a.m. to 10 a.m. / Session 2: 10 a.m. to 12 p.m.

Clinic Dates: Sept. 23, Oct. 21, Nov. 18, and Dec. 16.

These clinic dates will replace the regular Wednesday pickleball sessions.

Registration is on a first-come, first-served basis.

By signing up, you are committing to attending one clinic each month for all four months. Each session builds on the skills learned in the previous one; drop-ins are not accepted once the clinic begins.

To get the greatest benefit from the instruction, please register only if you can commit to attending all four ses-

Please see **HIGHLIGHTS**, page 13

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## Mat Pilates at Senior Center

HAMPDEN – New program: Mat Pilates at the Hampden Senior Center!

Come and enjoy a FREE demonstration class on Wednesday, Sept. 30, from 9 to 9:45 a.m.

Curious about Pilates? This is a welcoming introduction to a low-impact form of exercise that focuses on building strength, improving balance and mobility, and moving with greater control and confidence. Classes will use simple, intentional movements that can be adapted to a variety of fitness levels and abilities.

Whether you're completely new to Pilates or already have some experience, this is

a great opportunity to learn the foundations and experience the benefits of Pilates in a supportive environment.

NEW 4-week session starting Oct. 14 through Nov. 4

Cost is \$5 per class, paid directly to the instructor.

Led by Alexis Knight, a Balanced Body-trained Pilates instructor and co-founder of Degree Pilates, a new mat Pilates studio opening this fall in Wilbraham. Degree Pilates will offer mat-based classes in heated and room-temperature settings, designed for a range of experience levels and fitness goals.

## Hampden Historical Society to present talk on Sept. 23

HAMPDEN – The Hampden Historical Society presents Dana Pixley.

He will talk about "Emergencies in Hampden on Roadmaps" on Sept. 23 at 6:30 p.m. at Academy Hall on Main Street in Hampden.

Light refreshments will be served. All are welcome.

Questions, call Linda Krawiec at 566-8447.

## Wilbraham Junior Women's Club to host Community Fleece Blanket Making Event

WILBRAHAM - The Wilbraham Junior Women's Club is hosting a FREE community Fleece Blanket Making Event! All are invited to attend and help out!

This community get-together will be held on Saturday, Sept. 19, from 10 a.m. to Noon at The Wilbraham Senior Center, 250 Springfield Street Wilbraham, MA.

It's an opportunity to meet new people and come together to create warmth for those in need. No sewing experience is required and all supplies will be provided.

Bring a friend (or two!), lend a hand and make a difference!

Every blanket made will be donated to the children in the bereavement program at Rick's Place who have lost someone significant in their life.

Rick's Place provides compassionate grief support to children, teens and their families through facilitated peer activities, school-based programs, and community outreach.

Rick's Place's vision is for children, teens and families who are grieving to find comfort, develop resilience and grow stronger together. For more information about Rick's Place, visit their website [Ricksplacema.org](http://Ricksplacema.org).

For more information or questions about the blanket making event, go to [WilbrahamJuniorWomens.org](http://WilbrahamJuniorWomens.org) or contact Cate (413) 244-7447.

Let's wrap our community in kindness – One blanket at a time!

## Twelve Beauties Program at WPL

WILBRAHAM - The Twelve Beauties sponsored by Wilbraham Cultural Council will be hosting various cultural programs on Saturdays between the hours of 10 a.m. to 2 p.m. throughout the month of September.

Come out to enjoy cultural art displays, and learn to make traditional handcrafted bracelets.

## Laughing Brook info session at HPL

HAMPDEN – Learn about Laughing Brook's changing landscape with Mass Audubon's Tom Lautzenheiser, senior conservation ecologist, and MJ Rapaport, sanctuary manager.

The event will take place at the Hampden Free Public Library on Thursday, Sept. 17, at 6:30 p.m.

This free program is part of an ongoing series about Laughing Brook Wildlife Sanctuary's changing landscape, made possible by grant funding and private donations.

Register online at [masaudubon.org/laughing-brookprograms](http://masaudubon.org/laughing-brookprograms).

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## FOR RENT



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intention to make any such preference,  
limitation or discrimination.

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this newspaper are available on an equal  
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Address: \_\_\_\_\_

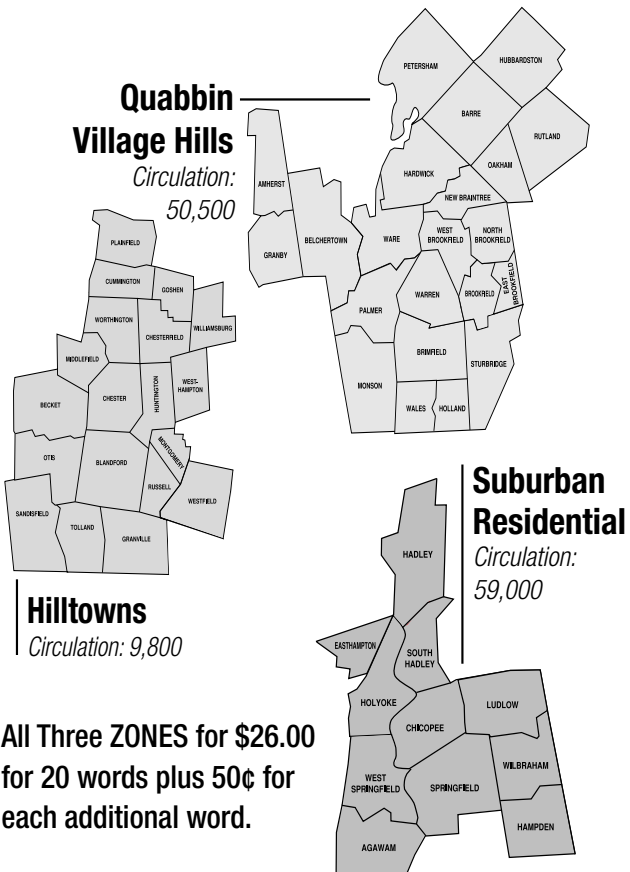
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# Wilbraham Friends of the Library Clothing and Household Textile Drive to benefit all

WILBRAHAM - Wilbraham Friends of the Library (WFOL), a non-profit committed to raising funds for the Wilbraham Public Library, is holding a clothing and textile drive on Saturday, Oct. 17 from 8 a.m. to Noon.

During back-to-school season, remember the WFOL as you sort through your kids closets and drawers. And don't stop there... clean out that linen closet and the old dresser in the guest room. Bag up all the extra clothing and textiles that are just clogging up your home. Clothing, shoes, purses, sheets & blankets, curtains - give them a new

lease on life!

Millions of pounds of clothing and household textiles used to end up in U.S. landfills each year. Current Massachusetts laws ban disposal of textiles, easing the burden on landfills but leaving some to wonder just what to do with it all. The WFOL Clothing & Household Textile Drive gives you the opportunity to take responsible action through donations and upcycling.

The Friends will receive a per pound payment for these items which will go directly to the library for programs, museum passes, equipment, and other needed items. The

donated items will be given a second life with new owners - at an affordable price - instead of adding to the already overwhelming landfill situation.

Join us with your clothing drive donations on Oct. 17, learn more about the Friends, and receive a coupon for a free book at our Annual Book Sale which is scheduled to take place in May 2027.

For more information on the Wilbraham Friends of the Library visit them on the web at <http://wilbrahamlibrary.org/friends.asp>, on Facebook or via email at [wfol.info@gmail.com](mailto:wfol.info@gmail.com).

## WALK RETURNS

from page 1

Jay Dalessio for her involvement.

"Most fulfilling is spreading the message that people who are struggling with addiction aren't alone. I think it's just really fulfilling to talk to people at events and to hear their stories and to spread our message," Euber said.

Euber stressed the importance of making positive choices.

"I feel like a lot of people see ATI as a checkbox or something to just do to put on your college resume, but I think it's so much more than that. The walk is just a bunch of people that are all gathering as kind of in agreement to stay above the influence and to stay safe and to just make good choices that are going to help people in the long run," Euber said. "But also, encourage people who may not be making good choices to make good choices and it's just an important message overall."

Henry Oh, a junior, is in his second year with the club. He's enjoyed taking part in the varying events the club does throughout the year.

"I really enjoy participating, helping out and that's why I kept on going," Oh said.

Oh said he's happy to be a part of the movement to help the youth, offering this advice to anyone who is struggling.

"I would say don't give up. Keep going no matter how hard it can be; it's worth it in the end," Oh said.

He also hopes the community comes out for the event.

"Definitely come check it out. It's a great time, it's for a great cause and love to

see a lot of people there," Oh said.

Connor Tillberry, a senior, has been with the club for three years and joined through friends, with the message of combating addiction and bullying resonating with him.

"What's important is it's taking kids who are still in high school and it's educating them and these kids are helping organize events to help educate even adults who might not be aware and it's just educating them about the very real problem that is the opioid crisis, that is bullying and we're doing all sorts of events to help raise money to combat some of these issues," Tillberry said.

Tillberry said the annual walk has fulfilled him in seeing the impact of hundreds of people coming out to support and thousands of dollars being raised.

"To have that much success with one of the events is just very nice to see because this is probably our biggest outreach with the community and it's just the biggest organization we get and a lot of that money goes to it," Tillberry said.

He encouraged fellow students to join.

"I would say do it. I would just say do it because even if you join—and a lot of people, they're hesitant to join clubs because they may already have a sport, they may already have some sort of commitment they have after school—but the club year-round, there's a variety of events and there's going to be something that comes up to where they're going to be able to help out," Tillberry said.

For Celayna Ledvina, she joined ATI for the very first time this year. She grew up in foster care, has also over-

come her own struggles and wants to help promote the club's message to others and instill it in herself.

"I want to be a police officer when I grow up, so I want to do it not only for other kids but to just keep me on the right track too," Ledvina said.

Ledvina has enjoyed seeing the kindness and respectfulness from classmates and having the chance to get to know them better. Also, gratitude for Dalessio's encouragement and his work with the club.

She also understands why other teens are struggling.

"It makes sense why they struggle. It really does. There's not a lot of places for them to go and really connect and feel secure without the phone being the main driving point," Ledvina said. "I would say, what you center, put in the center of your life. It could be your family and then you say, 'Oh, I do things for my family.' 'Oh, I do things for money.' 'Oh, I do things for sports.' It could be anything. For me, it's for my siblings. At the end of the day, a good coping mechanism of mine was finding a new center in my life. Not social, not school, not the grades. My siblings come first. So, every time I'm going through a hard moment, I think of them; I think of how I can be better for them and make a better future for us."

Ledvina encouraged students to make sure they take care of their mental health, be themselves and think for themselves. Her message was this.

"Just walk with pride, stride. I love the core values of Minnechaug," Ledvina said. "Those really touch on a lot and as long as you walk with confidence, you'll start living with confidence."

## GARDEN

from page 6

raised beds get hot, and tend to dry out quickly, so perhaps that is the culprit for "some then done." Drought then a deluge could force the blossoms to fall off.

I'll be sure to keep this in the forefront of my mind as I plan next year's garden. Soaker hoses and more organic matter may help.

As I was processing the tomatoes I stopped twice to save some of the seeds of two of my favorites. If you grew open pollinated, non hybrid tomatoes and plan to start your own seeds indoor next spring, you'd be silly not to save your own seeds!

Cut open a tomato –

scoop out the goop and put it in a small jar with a few drops of water. Wait a few days until mold forms on top and then dump into a sieve and separate out the seeds.

Allow to dry on paper towel and then store in an envelope marked with the variety and date. You just saved yourself some cash, too!

The only thing I have to say about my cabbage is that I wish I had grown more of it. All of my Crucifers – broccoli, cabbage and kale worked out so tremendously well under insect netting that I will definitely grow it that way again next year.

No worms at all. Planting a few early cabbages and

some later ones was smart to spread out the kraut.

Next year I'll just add a few more to my plot.

Alas, the harvest season is in full swing. I am so incredibly grateful for my garden and what I can preserve for use in the off season.

*Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 34 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [pouimette@turley.com](mailto:pouimette@turley.com) with "Gardening Question" in the subject line.*

HIGHLIGHTS from page 10

sions. If you're unable to participate this time, there will be future clinic opportunities.

The cost is \$40.00 for eight hours of non-certified instruction. Space is limited to 12 participants per session.

All proceeds from the instructional clinics will go towards funding the Senior Pickleball program.

To register, please call the Hampden Senior Center

to be placed on the list for your requested time slot.

Your registration will be confirmed once payment is received.

Thanks to the Hampden Parks & Rec Department for court time.

Farm Share Program brought to you by Red Fire Farm. SNAP/HIP and CASH Shares are available.

Located in Granby, MA, Red Fire Farm is a year-round local source for high-quality food and garden

plants using organic principles that result in safe food and a healthy environment. If you are interested in participating in the Farm Share Program, please contact Wendy for a new Membership Agreement.

Shares will be available twice a month on THURSDAYS, ending December 15th. Local deliveries in Hampden & East Longmeadow are available. Call to speak with Wendy about any questions or for enrollment paperwork.

# PUBLIC NOTICES

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Hampden Probate and Family Court**  
**50 State Street**  
**Springfield, MA 01103**  
**(413)748-7758**  
**Docket No.**  
**HD25P2328PM**  
**Estate of:**  
**Avery J. Mattocks**  
**CITATION ON GENERAL PROBATE PETITION**

To all interested persons:  
A Petition has been filed by: **Steven R Mattocks of Wilbraham, MA** requesting instructions regarding Conservator's duties and responsibilities, all as more fully set forth in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on October 13, 2026.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. **Claudine T. Stoudemire**, First Justice of this Court.  
Date: September 08, 2026  
**Rosemary A Saccomani**, Register of Probate  
09/17/2026

a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on October 13, 2026.**

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WITNESS, Hon. **Claudine T. Stoudemire**, First Justice of this Court.  
Date: September 08, 2026  
**Rosemary A Saccomani**, Register of Probate  
09/17/2026

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Hampden Probate and Family Court**  
**50 State Street**  
**Springfield, MA 01103**  
**(413)748-7758**  
**Docket No.**  
**HD26P1899EA**  
**Estate of:**  
**Laura Morton**  
**Date of Death: 02/11/2021**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**

To all interested persons:  
A Petition for **Late and Limited Formal Testacy and/or Appointmen** has been filed by **Russell W Morton of Hampden, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Russell W Morton of Hamp-**

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Hampden Probate and Family Court**  
**50 State Street**  
**Springfield, MA 01103**  
**(413)748-7758**  
**Docket No.**  
**HD26P1899EA**  
**Estate of:**  
**Laura Morton**  
**Date of Death: 02/11/2021**  
**CITATION ON PETITION FOR FORMAL ADJUDICATION**

To all interested persons:  
A Petition for **Late and Limited Formal Testacy and/or Appointmen** has been filed by **Russell W Morton of Hampden, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Russell W Morton of Hamp-**

**den, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration.**

**IMPORTANT NOTICE**

**You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 10/01/2026. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.**

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

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

WITNESS, Hon. **Claudine T. Stoudemire**, First Justice of this Court.  
Date: September 03, 2026  
**Rosemary A Saccomani**, Register of Probate  
09/17/2026

# PUBLIC NOTICES ARE NOW ONLINE

1

Email all notices to [notices@turley.com](mailto:notices@turley.com)

2

Access archives and digital tear sheets by newspaper title.

3

Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

**Public notice deadlines are Friday at 3 p.m.**

**visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)**

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### CLUES ACROSS

1.

Egyptian bull god

5.

A young canine

8.

North Carolina university

11.

"Oddbod" actor Tom

13.

Midway between northeast and east

14.

A place to shop

15.

Mysterious "Severance" family

16.

Single Lens Reflex

17.

Malaria

18.

Informal loan organizations

20.

Twitching

21.

Holm oak

22.

Willing to consent

25.

In an early way

30.

Stuck it out

31.

Language in Ghana

32.

Obtain

33.

Ancient Greek currency

38.

One point east (clockwise) of due north

41.

Popular baseball movie

43.

Group of islands

45.

Church building

47.

Ancient kingdom near Dead Sea

49.

Late AC/DC frontman

50.

Spiritual leader of a Jewish congregation

55.

Thick piece of something

56.

Breakfast food

57.

One mole of solute per kilogram of solvent

59.

Ancient Greek City

60.

Bitterly regret

61.

Don't forget it

62.

Dishonorable man

63.

Affirmative

64.

"\_\_" and flows"

### CLUES DOWN

1.

Bridge-building degree

2.

Expression of sorrow or pity

3.

Lizard species

4.

Turkish leader title

5.

A way to bother

6.

Blank

7.

A fine, closely woven cotton fabric

8.

Sports broadcaster Ian

9.

Popular whodunit board game

10.

Alkali flats mineral

12.

Large African antelope

14.

It's delivered most days

19.

Satisfy

23.

Water soaked soil

24.

Of a past era

25.

Chest muscle (slang)

26.

Ribonucleic acid

27.

Doctor of Education

28.

Coffee receptacle

29.

Where rockstars work

34.

International airport in Connecticut

35.

Russian river

36.

It's used to make cabins

37.

OJ trial judge Lance

39.

A means to persuade

40.

Short poem

41.

A way to begin hostilities with

42.

Multi-function radar (abbr.)

44.

Joints

45.

Blatted

46.

Swedish rock group

47.

Millisecond

48.

\_\_ podrida: Spanish stew

51.

Doctors' group

52.

Trunk of a tree

53.

Tattle

54.

Metrical foot

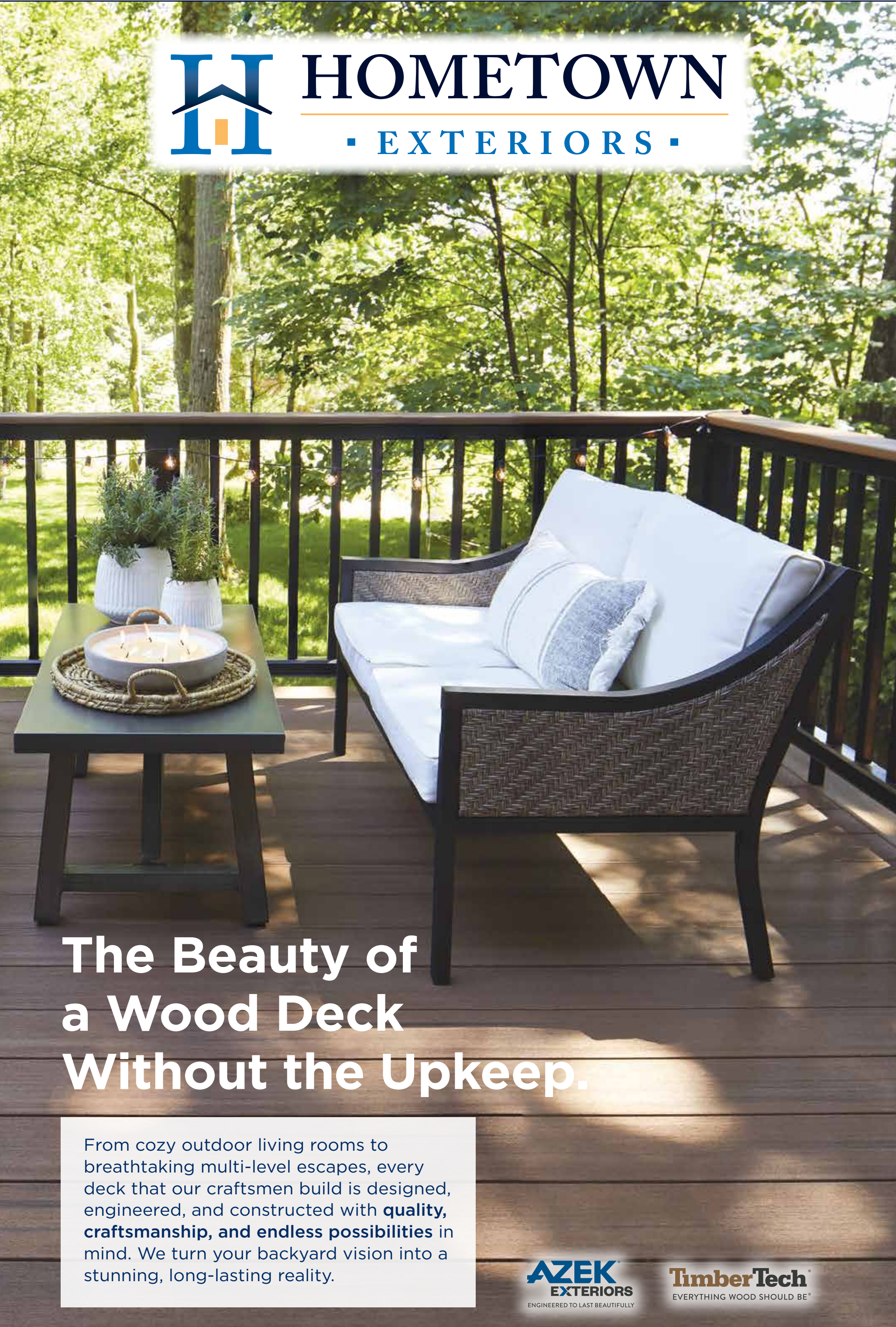
58.

\_\_ Angeles



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