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Spectrum announces nearly \$50M investment for WMass

By Kristin Rivers
Editor
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WILBRAHAM - The towns of Wilbraham and Hampden are among many communities that will be part of Spectrum's nearly \$50 million investment in fiber broadband network evolution.

The other communities are Belchertown, Brimfield, Chicopee, Easthampton, East Longmeadow, Hadley, Ludlow, Southampton and Wales.

The initiative is slated to further enhance Spectrum's broadband internet services including faster speed and improved reliability for Spectrum customers, with the plan having gone underway in the state throughout 2025 and the upgrades to be substantially completed by the end of the year.

The announcement was made on Oct. 7 at the Scantic Valley YMCA with remarks from Nancy Clark, director of State Government Affairs for Charter Communications, State Rep. Brian Ashe (D-Longmeadow), State Rep. Angelo Puppolo, Jr. (D-Springfield), Commissioner Karen Charles, Department of Telecommunications and Cable, Rick



A group photo comprising the team at Charter Communications, state elected officials and members of state departments and Western Massachusetts councils after the nearly \$50 million Spectrum announcement at the Scantic Valley YMCA in Wilbraham on Oct. 7.

Sullivan, executive director of the Western Massachusetts Economic Development Council, Jennifer Young, state director of Government Affairs for Charter Communications, Grace Barone, executive director of the East of the River Chamber of Com-

merce, Amy Scott, owner of Wild Apple Design Group in Hampden, Steve Baker, director of Broadband and Digital Equity at the Executive Office of Economic Development, and Michael Liccione, New England Area Vice President, Field Operations,

Charter Communications. Sullivan, who will be retiring from his role after 11 years, said, "I think our best days are ahead of us" with this investment.

Please see **SPECTRUM**, page 9



Turley photo by Kristin Rivers

The Selectboard has chosen their new police chief.

Hampden chooses next police chief

Daniel Bruno will take the position of outgoing Chief Scott Trombly

By Dalton Zbierski
Correspondent

HAMPDEN - The town of Hampden will soon have a new police chief.

Following the news of Police Chief Scott Trombly's retirement in July, the town hired a search committee to help with the process of finding his replacement.

Trombly also served as interim Police Chief as the search went on.

On Monday, Selectboard Chair John Flynn thanked Trombly for his years of service to the town and explained where the search process stands.

"We, in conjunction with the town administrator and the chief, put out for a search committee that has quite a bit of experience helping towns and cities find a new police chief," Flynn said. "With the help of the town administrator, they started with 12 and came down to four candidates they brought to the board. We set up interviews with the four last Thursday. One candidate pulled away before the interview started, so the board had roughly half-hour interviews with the three candidates last Thursday."

The three finalists included Thomas Ivon, Carl Mazi-

fer and Daniel Bruno. After last Thursday's interviews, the Selectboard spent the weekend taking into account what they learned, as they worked toward making a

Please see **POLICE CHIEF**, page 3

YWCA, Miles for Change announce \$100K raised from walk

By Kristin Rivers
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WILBRAHAM - The YWCA of Western Massachusetts and Sophie Pariseau, organizer of the 3.3 Miles for Change Walk, jointly announced on Oct. 1 that over \$100,000 was raised to support the YWCA's domestic violence programs.

The joint announcement was made at the YWCA of Western Massachusetts headquarters in Springfield.

The 3.3 Miles for Change Walk, held in June at Fountain Park, was organized by Pariseau along with her family and friends of her mother and brother, Sima and Dylan Pariseau, two community pillars taken too soon in June 2024.

The beloved mother and son, longtime residents of Wilbraham, also continue to be remembered through the community rallying together to create the Dylan Pariseau "Follow Your Passion" Science Scholarship, a Memorial Vigil and Toast held by Sima's longtime friends and the Doyle Family awarding Dylan Pariseau the Ryan J. Doyle Award posthumously at the Western Mass Baseball Hall of Fame induction.

Reflecting on the announcement, Pariseau shared, "Without a doubt, it was beyond any of my wildest dreams" to have raised so much for the YWCA, and having it go towards the organization's domestic violence programs is what, also, "made this so incredible."

She added the walk's turnout "really is just a testament



Photos courtesy of Tiera Wright

Mark Pariseau, Elizabeth Dineen, YWCA of Western Massachusetts CEO, and Sophie Pariseau, organizer of the 3.3 Miles for Change Walk, in a group photo at their joint announcement on Oct. 1 of over \$100,000 raised to support the YWCA's domestic violence programs.

to our community, and even more so, the impact that my mom and my brother have on the community."

"I think it's pretty impossible to deny in this scenario how much 100 grand is going to help the YWCA, and most importantly, is going to help the people who rely on the YWCA for support and the people who, indirectly, even receive support from the YWCA and they don't even realize it. Or, the children in schools who are receiving the curriculum about healthy relationships and they don't even know what they might be saved from in years to come, and I think that is really amazing," Pariseau said.

A coworker in San Diego,

Please see **MILES FOR CHANGE**, page 5

Teens paint harvest moon

By Angelina Acevedo
Correspondent

WILBRAHAM - With fall just beginning during the end of September, the crisp air and changing leaves can make anyone excited for the season.

One special event that happens near the autumn equinox is the annual Harvest Moon, a day where the full moon shines brightly in the sky and signifies a change in seasons.

Teens at the library on Oct. 6 were welcomed to paint along with Ellie Antonacci, a local art ed-

Please see **HARVEST MOON**, page 8

Community orgs gather for Crane Park cleanup

By Kristin Rivers
Editor
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WILBRAHAM - The Department of Veterans Services, the Rotary Club of Wilbraham-Hampden and the Minnechaug Regional High School Military Community Club gathered at Crane Park Veteran Memorial on Oct. 4 to clean up the veterans' memorials and statues.

The project provided an opportunity for these three organizations to come together to clean and restore the memorial wartime pillars and Civil War statues.

The Rotary Club of Wilbraham-Hampden also thanks

the Hampden Police Officers Association for their donations to help purchase cleaning supplies for the cleanup project.

Patrick Renna, director of Veterans Services, explained since taking over in January, multiple veterans reached out about mold and lichen building up over the years on the monuments.

"That definitely was a priority of mine was to figure out a way to get down here and clean it. There's no set funding set aside to do this or anything, so it could have been a longer project to get that squared away, but the Rotary Club had come to me," Renna said. "They invited me to a



(Charles F. Bennett photo)

Collaborating to spruce up town memorials in Crane Park, Oct. 4, are members of the Wilbraham-Hampden Rotary Club, the Minnechaug Military Community Club and Veterans Agent Patrick Renna.

dinner earlier this year, so we developed a relationship and we've had a good relationship since then and they come to

me asking just what they can do in town and for an event and I brought this up and they jumped right on it."

From there, Renna invited the Military Community Club, who also expressed interest in helping out.

"We have a beautiful day, we have a couple of differ-

Please see **CLEANUP**, page 8

COMMUNITY

Select Board's review of policies, procedures creates confusion

By Dalton Zbierski
Correspondent

WILBRAHAM - Over the past several weeks, members of the Wilbraham Select Board have made it clear that they feel left out when it comes to different groups in town accepting gifts.

This stems from the thousands of dollars that were put into the wrestling room at Memorial School without the Select Board's oversight earlier this summer.

Now, this is creating confusion on smaller items, such as the acceptance on Oct. 6 of a \$2,000 sculpture the Parks & Rec Commission is looking to install at Spec Pond.

During Monday's meeting, Olivia D'Amour of the Playground & Recreation Commission, presented on the proposed sculpture at Spec Pond.

"We have a proposal that has been brought to us to install an art sculpture. It's entitled 'Water, Wind and Sand' at Spec Pond," D'Amour said.

"It's very cool. It's kind of a metal sculpture and it looks like it's intertwined. You can see through it and we're wondering if we have the okay to kind of go ahead and get it installed."

Clerk Sue Bunnell's understanding was the artist was going to make an application to the Cultural Council, which D'Amour replied was correct.

"I certainly have no objection to allowing that to move forward," Bunnell said. "Personally, I think we're still kind of kicking around some of the parameters, but I wouldn't object to him having the opportunity to move forward with the Cultural Council. That's my thinking."

When asked, D'Amour confirmed that the sculpture has a value of about \$2,000.

Instead of a simple approval, the Select Board members delved into a deep conversation about their policies and their need to be in control of all donations the town receives.

After Squindo wondered about the time sensitivity around the ability to support the application to the Cultural Council and Bunnell noted "their deadline for application is one thing, their span of time for consideration is another," he said this.

"But I think that if I'm understanding—and I can't pull up the specific email—but if I remember Bryan (Litz) speaking to it correctly, it was effectively that the Parks & Rec Commission wants to be able to say, 'We support this application,' but we can't in good faith do that if we're not prepared to accept the gift, I think, is the position or thoughts."

Bunnell's sense was the Cultural Council "doesn't make the decisions until the end of the calendar year."

"So, again, I'm in the position of that I would have no objection to the Parks & Rec Commission issuing a letter of support subject to final approval of the acceptance of the item by the Select Board as they consider some greater policy issues," Bunnell said.

Squindo also elaborated on the prior week's discussion on the policy.

"There may be consideration tonight as to how we move forward with the existing donation policy, so in the event of that, there's some different paths the Select Board may or may not choose to take," Squindo said. "One of which would effectively—potentially—bring the authority to accept donations back with the Select Board, so I think with that respect—if I'm understanding Ms. Bunnell's thought process—is that the Parks & Rec could certainly support the application, but even if we were to recentral-

ize temporarily the authority to accept, that it would be recognized in that letter that the Parks & Rec would, potentially, have to seek further approval from the Select Board..."

After Vice Chair Marc Ducey said the commission's concern was they didn't "want to move forward if we're not going to accept it," which D'Amour agreed, Bunnell added this.

"My sense is not that the time pressure is really heightened in the next month or so and I think this Select Board is very interested in coming to some resolution around this issue, so in that regard, I would just be looking for enough of a caveat in that if something changes with regard to how we feel about accepting donations or this sort of a thing that there's just a final oversight," Bunnell said. "But I think all of that in my mind would happen in advance of the Cultural Council making their final decisions."

Ducey added this thought. "There's a lot of loose ends here, so we're trying to tie them all up, whether it be Friends of Rec, Friends of Seniors. A lot of people are waiting for answers, so I think we're going to make this a priority to bring this to a resolution hopefully in the very near future," Ducey said.

D'Amour mentioned concerns around confusion on going forward.

"Because in the past, we've gotten donations whether it'd be something the Friends of Rec has fundraised for—I mean, that's not donation per se—but we've been able to just kind of do what we will with them, especially at a Spec Pond location because we oversee Spec Pond," D'Amour said. "So, going forward, I

guess we are very much either looking forward to or are a little confused, I guess, about what we will and will not be allowed to do without having to come check here first, if that makes sense."

Ducey replied that there are "two different pieces."

First, there are the Friends group, whether it be Friends of Rec or Friends of Seniors.

"I don't know if we preclude you from raising any amount of money. It's the acceptance of the gift that would be the issue," Ducey said. "We're not going to tell the Friends not to raise money. I want you to raise as much money as you can. The question is for the commission can you accept that gift. That would be where the town would get involved."

After Squindo asked if action was taken "to support this process contingent on this discussion" or the commission would meet again, D'Amour clarified saying they voted on this last month and "were in agreement we could come forward and see we support this application."

"And then pending whatever happens after that, we would be on board with it," D'Amour said.

"So, I think that the consensus is carry on as you were with the understanding that we may have more conversations in the final days," Squindo said.

After Town Administrator Nick Breault sought clarification on if the board was supporting the project—with Ducey saying the process and Bunnell noted her earlier point on the commission providing a letter of support to the Cultural Council application—Squindo acknowledged how "this is one of the ques-

tions that gets a little muddled by our—for lack of a better phrase—our intervention into this whole process."

"In my understanding, let's say that we didn't anything that gave Parks & Rec the authority to accept donations in any version of any world, I think that there's an argument to be made that the departments—whether it's through the commissions or the department heads—have some authority to support projects to get to its final place, which is to come before the accepting authority, whoever that may be," Squindo said. "I think that by us kind of wedging in here, we're kind of setting ourselves up to either accept this now, if it gets approved by the Cultural Council, or basically say, we don't want to accept that and we've seen what the project it."

Ducey added that he has "no problem accepting this one project if we need to take a vote on that right now."

Breault cautioned to go forward with the letter of support to the Cultural Council, to him, "let's not have ambiguity if we can avoid it."

"Because, to me, that seems to signal to the Recreation Commission that the Select Board is in favor of this sculpture being installed at Spec Pond," Breault said. "So, that question is, yes we will accept it if we're going to be the body that accepts it or we will support it if the Recreation Commission is ultimately going to be the body that's whose acceptance is. In other words, if everything falls in line, this sculpture's going in."

Ultimately, the Select Board accepted the statue project for Spec Pond unanimously.

Hartsprings Truck Event Oct. 18

HAMPDEN - On Saturday, Oct. 18 from 10 a.m. to 1 p.m., a Hartsprings Truck Event will take place in the parking lot of the Hampden Senior Center, 104 Allen Street Hampden. Items to be accepted are Clothing, Shoes, Purses, Jewelry, Small Kitchen Items, such as Toasters, Toaster Ovens, Can Openers or other small Kitchen items in good working order. Additionally, we can take Dishes, Books,

Glassware, Bedding and luggage. However, NO bed pillows or Library Books can be taken or large pieces of furniture or Mattresses.

If you have any questions, please contact Joan Shea at 413-566-8224. Once again, Thank you for your continued support to The Friends of the Hampden Senior Citizens.

All proceeds are used to support the ongoing programs at the Senior Center.

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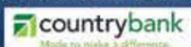
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Theatre Guild of Hampden presents 'Lost in Yonkers'

HAMPDEN - The Theatre Guild of Hampden is proud to present Neil Simon's Pulitzer Prize and Tony Award-winning play "Lost in Yonkers," directed by Rick Rubin, stage manager Steven Weber.

The year is 1942, and Eddie Kurnitz (played by David Martin) needs to take a job as a traveling salesman to pay off the medical bills incurred after his wife died. He decides to ask his stern mother, Grandma Kurnitz (played by Trish Neil Barry) from whom he is estranged, if his two young sons can live with her

and their Aunt Bella (played by Khara Hoyer) in Yonkers. She reluctantly agrees.

Jay (played by Josh Barry) and Arty (played by Aiden Quin) don't like their new living situation as they're afraid of their Grandma and find it difficult to relate to their crazy Aunt Bella, who has two other siblings: Louie Kurnitz (played by Nathan Alvarez) a henchman for some gangsters, and Aunt Gert (played by Gail Weber) who struggles with speaking due to her mother's harsh parenting style.

Over the course of the play, the boys learn about love, responsibility, and the importance of family that will carry them into adulthood.

Location: Thornton W. Burgess School, 85 Wilbraham Rd., Hampden.

Show dates and time: Friday and Saturday, Nov. 7 and 8 at 7:30 p.m.; Sunday, Nov. 9, 2 p.m.; Friday and Saturday Nov. 14 and 15 at 7:30 pm; Sunday, Nov. 16 at 2 p.m.

Tickets can be purchased online at theatreguildofhampden.org or at the door.

Advertisement for 'BABES Shop For a Reason FOR A CAUSE' featuring 'THE HOLIDAY TOUR' on SAT NOV 29TH from 2:00PM - 7:00PM. Includes details about 10% of sales from vendors donated back to SCNE, 50% of ticket sales donated back to SCNE, 35+ women owned businesses, acoustic music featuring Project 267, and free spa services & mediumship readings. Features logos for The Starting Gate and Shriners Children's New England.

Events & announcements schedule

Join us for the Wilbraham Hampden Softball Annual Meeting and Party

WILBRAHAM/HAMPDEN - Mark your calendars for a fun-filled evening on Friday, Oct. 17, from 5:30 to 8:30 p.m. at Fountain Park!

The Wilbraham Hampden Softball Committee is hosting its annual meeting and party, and it's the perfect opportunity to come together, celebrate and get involved in the future of our softball program.

Here's what's in store:

- Vote in New Members: Help shape the future of the program by casting your vote for new members.
- Hear About Falcons Softball Plans: Learn about the exciting developments and goals for the upcoming season and beyond.
- Equipment Swap: Bring gently used gear or find something you need in our softball equipment swap.
- Food Truck: Grab a bite from 5050 food truck to keep you fueled for all the fun.
- Wiffle Ball and Cornhole: Join in for some light-hearted wiffle ball games for all ages and skill levels.
- Raffles & More: Don't miss out on more prizes, games, and surprises throughout the evening.

Whether you're a player, parent, or supporter of Falcons Softball, this event is the perfect way to connect with the community and have some fun. We can't wait to see you there!

Minnechaug Regional High School Class of 2005 20 Year Reunion

WILBRAHAM - The Minnechaug Regional High School Class of 2005 20 Year Reunion will take place on Saturday, Oct. 18 in Ludlow, MA at 6 p.m.

For details and to purchase tickets (\$30): <https://20yearslat-ermrshclassof05.rsvpify.com/>; mrs2005reunion@gmail.com.

Knights sponsor benefit dinner to support Community Survival Center

WILBRAHAM - The Wilbraham Knights of Columbus Council 10195 will sponsor a major fundraising benefit dinner to support the Community Survival Center in Indian Orchard.

The Survival Center helps feed and cloth over 400 individuals each month in Wilbraham, Hampden, Ludlow, Indian Orchard and 16 Acres. According to Executive Director, Cristal Turcotte, this year is particularly impacted by the anticipated federal cuts in SNAP and the less successful Stamp Out Hunger Food Drive by the National Association Letter Carriers. "Our shelves are very bare" according to Turcotte, "and with the holidays fast approaching we are asking for assistance to help us support those in need."

The benefit dinner will be held Saturday Oct. 18 at 5 p.m. at Saint Cecilia Parish Center, 42 Main Street, Wilbraham and will feature a delicious homemade chicken parm Italian dinner complete with pasta, salad, bread, coffee and cannolis. The event will include numerous raffles and musical entertainment with sing-a-longs. Tickets are \$20 and may be purchased by contacting George Reich at ticketskoc10195@gmail.com

Family Marshmallow and Toothpick Challenge Oct. 18

WILBRAHAM - The Wilbraham Public Library is pleased to announce our first annual "Family Marshmallow and Toothpick Challenge".

Do you have a budding engineer? Please join in the fun, Saturday, Oct. 18, 10 to 10:45 a.m. for this event. Teams will compete to make the tallest free-standing tower, with a marshmallow on top, for 10 seconds. Teams must consist of at least one adult and one child under 12 years of age. Teams may have up to four players. All materials will be provided. We'd love to have your Team come join in the fun

Registration is required for this event. Please either register online at www.wilbrahamlibrary.org, or by calling the front desk at 413-596-6141.

POLICE CHIEF from page 1

decision. Flynn said that all three candidates presented themselves well.

Flynn noted that the town is fortunate to have three candidates that the board would be comfortable choosing if they were the only one available.

"As we said at the close of the hearing, I think we were in an enviable position in that the assessment center did a good job presenting the best candidates for our consideration," Flynn said. "I think we each have our own thoughts about who would be best serving the town of Hampden. Each person would make a good chief, but whether they would be the best chief of the town of Hampden I think is where we're going with our

assessment because Hampden is extremely unique."

Selectboard Member Don Davenport made the first nomination and selected Mazfer as his choice for chief. He explained that it was an extremely tough decision to make.

"I want to reiterate we're very fortunate we had three professionals with credentials before us with experience and dedication to law enforcement and community service. We're grateful to all of them," Davenport said. "Each of them brings some attributes. They would certainly be qualified for a department leadership role, so Hampden is in an enviable position of three quality candidates. The problem we have is we can only choose one."

Selectboard Member Erik

Vanderleeden agreed that all three are wonderful candidates.

He ultimately made his decision known.

"We really couldn't have gone wrong with any of the three candidates. At this point I would like to make a motion to nominate Daniel Bruno for conditional chief," Vanderleeden said.

Flynn agreed. He stressed that Hampden is not a department like Holyoke or Boston that has several hundred police officers.

"The chief has to be responsive to everyone that works with them and is accountable to the Selectboard and ultimately to the 5,000 people that live in Hampden," Flynn said. "I think it's important to find that person who really can be thought of

as a member of the community as well that everybody can look at and say, 'This is the person we want.'"

With that said, Flynn chose Bruno as well. He gave his reasons for the selection.

"That's a person that speaks to the dedication and knowledge of what Hampden is having lived in town for many years, having a strong involvement," Flynn said. "From what I got from the interview, this is a person that wants to help Hampden grow and stay a part of Hampden until retirement."

For the purpose of unity, Davenport changed his nomination to Bruno, and Bruno was named Hampden's next police chief.

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COMMUNITY

Trombley Associates celebrates 60 years

Also, new things to come

By Kristin Rivers
Editor
krivers@turley.com

WILBRAHAM - Trombley Associates, a full-service financial firm providing independent financial services to clients ranging from business owners to individuals, is celebrating 60 years of business this year.

The firm will also be celebrating 50 years of being in Wilbraham in 2026.

A new chapter will also begin within the month when the business moves to its new location on 2022 Boston Road, which was the former offices of Attorney John Soja, and rebranding to Trombley Wealth Management.

Trombley Associates was originally founded in 1965 by Ray Trombley and his wife, Helene, known then as Ray Trombley Associates. In 2008, it changed to Trombley Associates and his son, Mike, and his wife, Barbara, took over upon his retirement, with the couple overseeing it ever since.

They met at Duke University and Trombley also played major league baseball with the Minnesota Twins, Baltimore Orioles and the Los Angeles Dodgers. They also have three children, Tory, Kyle and Alexandra.

Barbara Trombley also has a side business as a certified divorce financial analyst.

"We moved back up here in 2009 (and) we've been running the business. Mike's dad started in insurance as an insurance agent and that morphed into we do full financial planning now," Barbara Trombley said.

The couple was thrilled



Photo courtesy of Barbara Trombley
Trombley Associates is celebrating 60 years in Wilbraham; also, rebranding as Trombley Wealth Management and moving to a new location in town within the month.

about the milestone.

"I've known some of our clients since I was a little boy. I've known the grandparents and then the parents, their kids and then their kids. It's nice to see the generations and that's such a rewarding part of what we do is we're not only working with our clients, but it's also passing—kids inheriting money—and that's what we're all about is financial planning and passing wealth generation after generation," Mike Trombley said. "And now we're seeing the original grandkids of some of my dad's very first clients, so it's really kind of a great story."

"And now clients have moved away, so we have clients all over the place, so lots of states and people come. We're really in a referral business," Barbara Trombley said. "We have a lot of clients up in Easthampton, we have a lot of clients in Chicopee, we have clients down in Windsor, Connecticut. We have a 401K with an oil business up

in Vermont, we have another one up in West Brookfield. So, it's really spread out quite a bit even though we like to think ourselves as really, local, Western Mass, Wilbraham-type business. But, it really has spread out a lot."

On their current location, Mike Trombley explained his friend, Glen Garvey, owns the land in Post Office Park and developed it, having spoken with his father, whose original office was in the Wilbraham Shops.

"My father's office was there and then I remember my father tell me that Glen Garvey is going to build a building near Spec Pond, his family owns the land here and he put up this very first building, 85 Post Office Park—which is this building—the very first building in Post Office Park," Mike Trombley said. "And he came to my father and said, 'Listen, Mr. Trombley'—and obviously we knew each other very close growing up—'would you give me a chance and consider moving your office to my new building?' and my father said, 'Glenn, I've always respected you and your family a lot. Yes, we will.' So, we've been in Post Office Park for 27 years."

"In this exact office," Barbara Trombley added. "So, it's going to be very sad to move here, but it's a great story that we've seen Post Office Park explode over time," Mike Trombley said.

Barbara Trombley shared for the new location, the couple loves real estate and commercial real estate and saw Soja's building was put up for sale.

"We jumped on it because we thought the location's great, we'll get a lot of expo-

sure. We're going to have a really nice sign, we're fixing the property up. I think everybody in Wilbraham and Boston Road will be happy with it once they see it," Barbara Trombley said.

"The business has been here for a long time and we felt that it was such a great fit for us, great exposure, that we wanted to always own our own place," Mike Trombley added. "It's exciting for us because, again, very proud of Wilbraham, very proud to live in this town and we're seeing exciting things to go on in that area."

Barbara Trombley added, across the parking lot, they also own a bookkeeping and payroll business called Trombley Bookkeeping and Payroll, which will be in the new location too.

"So, we're going to finally all be in one location," Barbara Trombley said.

On what will happen when the time comes, eventually, for the couple to retire, their hope is that their son, Kyle, will join the business one day.

"So, then we'll have the third generation of the Trombley Family running a financial planning business. It's continuity for our clients, our families, continuity for us. They know us, they know what kind of people we are," Barbara Trombley said. "So, we're hoping that happens."

The couple thanked the community for their many years of support.

"They're just good friendly people and, really, like Barb mentioned before, about coming in to work. We don't really feel like it's work because we enjoy our clients so much to sit in this office and see pictures of their grandkids or their dogs or their pets or hearing about what their grandkid did or their nieces and nephews," Mike Trombley said. "It's very satisfying."



By Barb Turcotte

Do you ever think of the person in a blue uniform, the one behind that badge and wonder about them as a person, their life beyond their job? I'd like to introduce you to one of the city of Springfield's wonderful Police Officers, Tequila Taylor-Evans. Though the uniform and badge may be intimidating to some, she is far from that and instead a kind, genuine person in law enforcement for all the right reasons; she wants to help. She has a great sense of humor which with her name she'd have to have and jokes saying she certainly knows what her father's favorite spirit was.

After beginning her career in 2015 as a 911 Dispatcher for the Springfield Police Department, she decided to join the Police Academy where she graduated in 2024. She went on the work patrol, Neighborhood Stabilization and then continued on to become an Ordinance Officer where she's worked for the past two months. As an Ordinance Officer she patrols neighborhoods making sure the quality of life for the community is good. She offers help and tries to educate the residents about services available, really trying to help them resolve their problems.

I saw Tequila daily along with many of the Ordinance Officers as I was doing some volunteer work and enjoyed numerous conversations with them. At the time I was also involved helping with a MJK Foundation fundraiser and because of her bubbly personality asked if she'd like to help us on event night and she agreed. She was a perfect addition to the night doing a short stint of bartending then doing a little of everything from picking up dirty plates to being a tremendous help with the raffles. Just one of the ways she has done Random Acts of Kindness within the community.

Tequila has allowed me share some of her childhood background and why she feels it's so important to give back to the community. She is one of four siblings and when she was just five, they were all placed in foster care. Her brother in group homes and her 2 sisters in different homes than her. She feels very lucky having been placed in a home with a good woman from the age of 5 to 13. When she was thirteen her Foster Mother moved to FL, but Tequila didn't want to move. Her best friend who she felt more like a sister than a friend lived next door, they were inseparable. So, her friend's parents became her new Foster Parents where she lived

until becoming an adult and living on her own. She considers them her parents and still sees them and her best friend all the time. Her biological parents have since passed.

When there are requests to remove children from their homes, Tequila has gone on some of the calls and because of her own experience feels she can help and comfort the little ones during this critical situation.

She's the proud mom of two boys and a daughter. She laughed saying her house is the neighborhood house to hang out at and so often, instead of feeding her three kids, she finds herself feeding a whole bunch of the neighborhood friends. She's glad that pizza is one of their favorites!

Her five-year-old daughter is learning quite young about giving back from here mom's examples. Tequila explained how one night she'd bought Chinese food and didn't expect the other kids to show up so had only bought a small quantity. She showed me a picture where her daughter had made up 5 little bowls of food for her friends, not a lot in each bowl, but enough so everyone had something. Her daughter is already learning about Random Acts of Kindness and will also be a great addition to our society like mom.

With the help of her sister and others, she's able to go back to school where she is studying Criminal Justice with the hopes of becoming a lawyer. She said she feels she has good skills regarding looking at all sides to find solutions and loves doing research.

She loves traveling and I was quite surprised to hear she loves being a solo traveler. She's gone to Jamaica alone and said she had a great time and in a few weeks is planning a trip to Chicago. Tequila said she's kind of a risk-taker and enjoyed the experience of skydiving. She's also nibbled on dried crickets! Yep, definitely braver than myself on many levels.

Tequila was such a joy to chat with and I'm so glad to be able to share with you the real person in the uniform and behind the badge. She's a true treasure who is there to help us all. Thank you!

If you'd like to share a Random Act of Kindness story or if this one has touched you, please contact me at bdt514@aol.com or 413-575-9385. Who knows, you might see your story, 'Just 'Cause' you witnessed, you did or maybe received something nice being done for you. See you soon with another Random Act of Kindness! ~ Barb

Hampden Senior Center offers Moves Group Exercise Classes

HAMPDEN - Join us for PWR! Moves Group Exercise Classes, a Parkinson-specific class with a goal to keep you moving and doing more of what you want to do.

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Pre-paid rate for eight classes is \$65. Drop-in rate is \$10 per class. Call to register or for more information at 413-566-5588.

Sponsored in part by the Friends of Hampden Senior Citizens.

Fall Programs for kids at WPL

WILBRAHAM - Check out these upcoming fall programs for kids at the Wilbraham Public Library.

PRESCHOOL FUN WITH MRS. B

This is a program for children ages three to six to come into independently, while care providers wait in the library.

It is a fun-filled 45 minutes with stories, songs, movement and a craft. The

program will run the following Thursday mornings from 10 to 10:45 a.m.; Oct. 16 and Oct. 23.

Themes such as "Teddy Bear's Picnic", "Budding Artists", Fall and Leaves, and the amazing stories by Ed Emberley will be included. Please register online at www.wilbraham-library.org.

Registration includes all six dates.

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MILES FOR CHANGE
from page 1

Pariseau said, also organized a walk to happen simultaneously with Wilbraham's, with other coworkers, friends and her Book Club lending their support.

"It was just really a nice way for all of my different communities in San Diego to come together and support me," Pariseau said. "They arranged it all and I shipped some t-shirts, so they were able to walk simultaneously with us in Western Mass, which is just so incredible. It was really cool to feel that bi-coastal support."

Pariseau also expressed deep gratitude to her San Diego community's support throughout, especially when away from home and family.

"I got so lucky in the community that I found there, so to have people there that have been able to make me feel supported and who even I'm lucky who have met my family members and stuff and have just been able to make San Diego a home for me has been so important," Pariseau said. "And then, for me to come home and have all of my home friends and people who I have met in college, just so many other facets of my life and to bring them all together; I had friends from all over the country coming over to support me during the walk. To see them all together is just the most amazing thing."

Pariseau also shared big news: the walk will now become an annual event, a foundation is in the works with a focus on domestic violence, gun violence and mental health awareness and more events to come, noting how during and after the walk, many people expressed praise and wanted to learn more about what they could do next year. Others who hadn't heard about the walk—including corporations and businesses—also reached out to ask how they could get involved.

She hopes this goes beyond the community, beyond Wilbraham, beyond Western Massachusetts and even beyond the state.

"So, I think that when we got all of that feedback, it just felt crazy to me to not do something more when people want to help," Pariseau said.

Elizabeth Dineen, YWCA of Western Massachusetts



Photo courtesy of Tiera Wright

The amount raised at the 3.3 Miles for Change Walk held in June at Fountain Park in Wilbraham in unveiled. The 3.3 represents the number "33," which was Dylan Pariseau's baseball jersey number.

CEO, expressed gratitude to Pariseau and the community for their support.

"We are very honored and grateful for Sophie and her team's hard work. The money raised will go towards supporting two programs that focus on youth violence prevention: the Healthy and Empowering Relationship Education (H.E.R.E) Project and Children Who Witness Violence (CWWV). The money raised will enable the YWCA to expand each of these programs. Thus, we can stop the next generation from perpetuating the cycle of violence or falling victim to it," Dineen said.

For Tiera Wright, vice president of Communications & Development at the YWCA of Western Massachusetts, providing these resources and programs to those going through domestic violence—including youth, women and their families—is important.

"Domestic violence is more than physical or sexual abuse. It can be emotional, verbal and financial. Those experiencing domestic violence often feel isolated and are ashamed to ask for help, or they shoulder the blame. These programs help them realize they are not alone and that there are resources available to help them get out of a terrible situation," Wright said. "Furthermore, our youth violence prevention programs teach children and teens what healthy relationships should look like by giving them space to talk and work through their

feelings through the H.E.R.E. Project and CWWV, respectively."

Mark Pariseau, Sophie's father, continues to be amazed by the community support, grateful they are "still getting Sima and Dylan's name out there and their faces out there" so they are never forgotten.

Regarding the walk, he was "deeply, deeply touched by everyone" from the volunteers to the donors, including those he and his family didn't know, the community and the local businesses.

"It really means the world to me and Sophie and I'm sure if Sima and Dylan could be here with us today, they would say the same exact thing," he said.

He also stressed education to help address domestic violence.

"There's a lot of resources out there and people are willing to help, but they just need to be directed in the right paths. Again, like I said last June, if you see something, say something. Don't keep yourself or put yourself in a situation that can utterly turn out horrific," he said. "I said it at the press conference: money, houses, cars, doesn't really mean anything. All of that material stuff can be figured out at a different time, different place, but the safety of yourself, your children, that comes before everything."

Another thing he emphasized was addressing mental health.

"I think that people just

need to take a step back. Think about what's going on in their heads and talking to somebody," he said. "I know for myself, I've been seeing a therapist since this tragic event took place and it's helped me immensely, but you need to get your stuff out there. Whether it's to a family member, a therapist, it doesn't matter. You got to put yourself out there. If you don't put yourself out there and you internalize everything, it's only going to pile up on you and it's going to make matters worse and worse and that's when really bad things can happen."

He also expressed excitement about the foundation, explaining it's in the beginning stages including putting together a board, a mission and more.

"We definitely want to help out however we can to whoever we can. It doesn't always have to be about domestic violence, it can be whatever. But, if we can somehow, some way help somebody, help a family, that's what our goal is," he said. "And also, again, I always say this: is I want Sima and Dylan's faces and their names out there so that people never forget who they were."

The Messages to All

Dineen and Wright also shared these messages.

"The success of the walk is a testament to what great people Sima and Dylan were, the impact they had on their community and the community's commitment to supporting one another. It is also a testament of the deep love Sophie has for her mother and brother. It was her way of honoring them," Dineen said.

"It has been such a pleasure working with and getting to know Sophie and her dad, Mark. Thank you for the time, effort and support. I'd also like to thank Sophie for sharing a piece of Sima and Dylan

with all of us," Wright said.

Sophie Pariseau will never forget the community stepping up.

"It just was really incredible, not only about the support from family and friends, but it was really amazing—even more so—to feel the support from strangers who hadn't even met me or my family or been involved with us at all and people who just want to help," Pariseau said. "When you see people stepping up who you would have never expected to because you don't know who they are and they don't seem to have a stake in the situation, that is just really special. I would just have to say thank you to the community, thank you to everyone who sponsored, people who just think of us every day. Just want to say thank you."

Mark Pariseau's message was this: never forget Sima and Dylan and "you can still do a lot of good."

"I truly, truly appreciate the community, the folks along the walk that were so supportive of our mission and what we were trying to accomplish. I would really, really like to thank the group of Sima's dear friends that were a huge help to Sophie and coordinating everything with the walk. The Sheriff's Department, the big sponsors of the event—and not only the big sponsors—but whatever you did to help," he said.

"It is truly, truly appreciated and it's something that I will never, ever forget as I'm sure

Sophie can say the same."

As for a message to the YWCA, Sophie Pariseau thanked Dineen and Wright for their friendship and support, stressing how organizations like the YWCA can provide those vital resources and connections. Also, accessibility, something else she wants to work on with the foundation.

"I think that's why places like the YWCA are so important because they are going to be crucial in a step in getting there and getting to that how do we do this. So, I just want to thank them for being there and providing that support and being able to work alongside me with this," Pariseau said.

Mark Pariseau said his daughter also got to tour the YWCA and he has gained a deeper understanding of the work that they do, praising Dineen and her team for what they're doing for the area.

"They're giving people a voice and they're giving people—moms and wives and whoever—a fresh start and an opportunity to say, 'You know what? I'm taking charge of my life and this is how it's going to happen.' But, just extremely, extremely proud of who they are and what they do and Sophie and I will always be there for whatever they need," he said.

His overall message to all was this.

"Thank you for thinking of Sima and Dylan," he said.

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VIEWPOINTS

SOCIAL SECURITY

Matters

By Russell Gloor

Should I take Social Security now or at age 70?

Dear Rusty:

I was born in April 1958 and my plan has been to take my Social Security at age 70.

However, my sister-in-law says that it is smarter to take it now while I am still working. I will be 70 in 2.5 years. Her husband collects his SS and has kept working. She believes their strategy will net more money than mine due to the fact he has continued to pay into the system and she believes it has super boosted his monthly benefit. What say you? BTW, Lord willing and the creek don't rise I plan on living at least till 87.

Signed: Questioning My Plan

Dear Questioning:

You have already reached your SS Full Retirement Age, so you can earn as much as possible without your SS benefit being negatively affected by Social Security's Annual Earnings Test. In fact, if your current earnings are among the highest over your lifetime, your SS benefit amount will continue to increase because of your higher current earnings. You are now also earning Delayed Retirement Credits, which will improve your monthly amount by 67% for each month (8% for each full year) you delay. That means that if you wait and claim at 70 you will get about 127% of what you would have gotten had you claimed at age 70 vs. at FRA. In other words, if you claim at 70 instead of FRA, you'll have received the same amount of SS money after you are 82. Thus, if your life expectancy is greater than age 82, you'll get more in cumulative lifetime benefits by waiting until 70 to claim. Of course, no one really knows how long they will live, so it is a judgement you need to make. "Average" life expectancy for a man your current age is about age 84, but if you'd like to get a more personalized longevity estimate you can use this tool we use here at the AMAC Foundation: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>

Another thing to keep in mind is whether your wife will get a widow's benefit if you die first. A widow will get the higher of either her own SS retirement benefit or the husband's benefit amount when he died.

So, if you claim at age 70, your surviving spouse will benefit if her own SS is smaller because you waited until 70 for your higher SS amount. Just something else to keep in mind.

Yet another is whether your wife will be entitled to a higher benefit as your spouse while you are both living. FYI, a spouse will get a "spousal boost" if her own SS retirement benefit at FRA is less than 50% of her spouse's FRA entitlement. If so, your wife cannot claim her spousal benefit until you take your own SS retirement benefit. If your wife will be entitled to more as your spouse while you are both living, then delaying until age 70 means your wife cannot collect her higher spousal amount until you claim. Depending on your financial needs as a couple, that may affect your decision as well.

When to claim is always a judgement call which should consider your life expectancy, your financial needs and your marital status. If you don't need the SS money now while you are working and believe you will, indeed, live "at least till 87," then waiting would likely be your best long-term decision. If you have doubts about your life expectancy, and/or if your wife will substantially benefit from a "spousal boost" if you claim earlier, then claiming now would also be a wise choice.

Finally, it's also important to understand that your SS benefits may be taxable by the IRS and, if you are still working, your IRS tax rate will likely be higher now than it would be after you retire from working. Note: The so-called "one big, beautiful bill" provides only temporary tax relief (thru 2028) on SS benefits - the IRS will still tax SS benefits but also allow a separate tax deduction to offset those SS taxes you pay.

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 or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

Jack Frost has come and gone; time to review

Usually we have a few nights that teeter around the freezing mark each fall, giving us an advanced warning of sorts, before a real deal killer frost strikes. Not so this year.

I tuned into the weather last Tuesday night and to my shock, we were expecting temperatures to dip into the mid to high 20s Thursday night into Friday morning! That meant going into extreme harvest mode to get everything indoors that needed to be and trying to cover what I couldn't get to.

I was trying to hold off on harvesting my Butternut winter squash, hoping for the green tinges of the skin to fade to a warm buff color, but by the time Wednesday rolled around I had to give in and pick them. I think they are mostly ripe.

I grew three total hills this year, two of a variety Mom had saved the seeds of and one of a highly touted, powdery mildew resistant F1 hybrid by the name of "Little Dipper." I was lured in by the catalog description that promised seven plus fruits per plant.

From my two plants in that one hill, I harvested 15. Pretty good, I'll say! They range in weight from just about a pound and a half to over five pounds, with most around the 3.5 pound mark.

I already cut into one, and roasted it. Not being used to such a dry texture, I added a little water when I whipped it up and it was flavorful enough. And true to its description in the Fedco catalog (fedcoseeds.com) it was indeed powdery mildew resistant.

The leaves were incredibly green and still pumping out flowers until they were struck by frost. Will I grow it again? Yes.

To me, acorns are on the blah side but all that changes with the addition of some maple syrup.

As far as the vine borers go, the plants were early to bear and quick to ripen.

By the time the borers discovered them most fruits were curing right on the plants. I'll definitely be growing them again.

Mouse Melon, also known as Cucamelon was a newbie as well, and one that I was not sad to see go when the frost hit. I sowed the seeds indoors and planted the transplants along one side of an A-frame trellis. By August I had the cutest mini-watermelons, think the size that would be perfect Barbie Doll food!

My appreciation for this trial ended with its cuteness, however. To me it tasted like a bitter cucumber, with a little bit of a kick to it. Not a fan.

I did enter them in the Ware Grange fair, however, and won first place in the "any other" category!

Stay tuned next week for more reviews and also what strategies worked and what didn't!

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

I cut one in half, removed the seeds and roasted it cut side down until fork tender.



One mention: the seeds took forever to germinate. I start mine indoors in early May. They were easily a week or 10 days behind the open pollinated squash and pumpkins I germinated indoors.

Another squash that was new to my garden this year was an Acorn squash by the name of "Festival" from Renee's Garden (reneesgarden.com). I typically don't veer from growing butternuts due to a heavy load of squash vine borers on all other species, but the seed packet was so pretty that I succumbed to an "impulse buy."

I figured I could grow them to eat, and also use them for autumn decorations. The cream-colored squash are splashed with orange, yellow and/or green and reportedly will keep up to three months.

From four plants I harvested 21 squash; not too shabby for vines that are semi bush. I tried two plants in one of my raised beds as an experiment, and they did great there, as did the two in the main garden.

Are you a "complex patient"?

With more people living longer, it's becoming likelier than an individual will be dealing with more than one chronic health condition, such as heart disease, hypertension, diabetes, cancer, any number of autoimmune disorders (such as lupus) - the list is practically endless.

Your doctors - you probably have more than one -- may not tell you to your face that you are "complex" or "complicated," so how do you know if you are? What are the possible implications of complexity, and what can you do about it?

Here are some typical characteristics of complex patients, in addition to having multiple health conditions:

- You take multiple medications.

your health

By Teri (Dreher) Frykenberg, RN
Guest Column

- You have a lot of health-care providers, including specialists.
- You are in the hospital frequently.
- You struggle to manage your own health care because of its complexity.
- You lack the family or social network you need to manage your health care.

from the characteristics I listed above, patient complexity is aggravated by a number of other factors.

Our health care and social care systems are fragmented, and the gaps are continuously growing.

The scope of individuals' needs are constantly growing. More patients are living alone, as family and community connections weaken.

There is a global shortage of caregivers in the workforce.

Please see HEALTH, page 17

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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.

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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. 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.

SEND US YOUR EVENT PHOTOS

Scan QR Code

Email items to krivers@turley.com

As a free service for our readers we accept and will print when space allows community event photos and announcements. Just scan the QR code above and send us your photos and any information.

Fall entrepreneur...

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Life in &

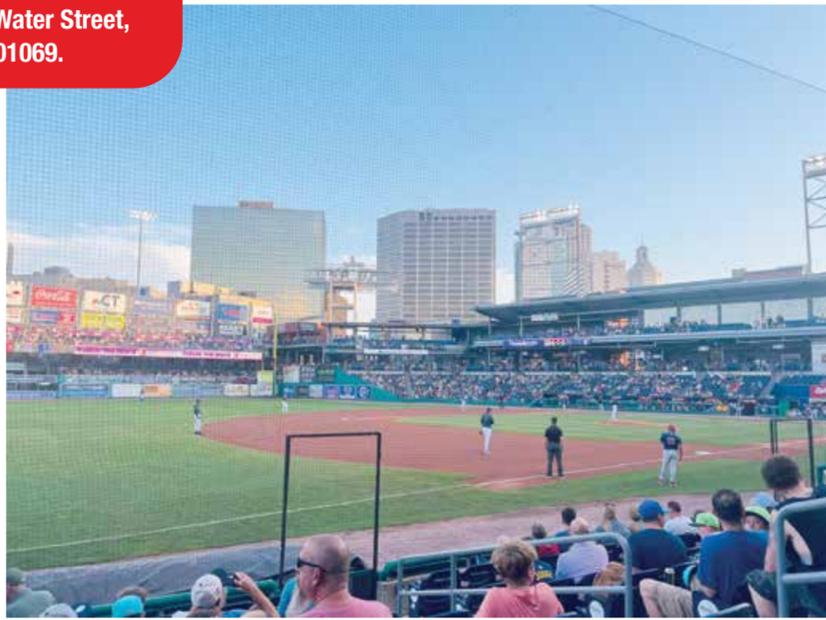
Readers are encouraged to send in medium to high resolution photos for this page by e-mail to krivers@turley.com or mail to TIMES, 24 Water Street, Palmer, MA 01069.

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 krivers@turley.com



Christina's House outing sponsored by Wilbraham Women's Club



Submitted photos and caption Sue Agnew

The Wilbraham Women's Club sponsored some summer fun for residents of Christina's House. Mothers & older children were treated to a Yard Goats baseball game. Moms & younger children enjoyed a picnic and fun on a water slide. Christina's House is a residential home on Allen St., Hampden, which provides help & training to transition the moms with their children to get jobs and become independent.



Hampden Garden Club plants fall flowers at HFD

Thank you to the members of the Hampden Garden Club. Ali Webster, Lil Fedora, and Mary Bator spent the Morning planting Fall flowers at Hampden Fire headquarters. A thank you goes out to the garden club for their contribution to beautifying our town.



Photos and caption courtesy of Hampden Fire Department

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HARVEST MOON from page 1

ucator, and paint the harvest moon. These paintings took around an hour and a half to complete, and were brought home to show families and be displayed.

The painting class followed Antonacci as she showed them how to make the large and bright moon, as well as silhouettes of a tree and any other details teens wish to add.

“To make this painting, teens first started with a circle, which would become the moon, and we began to create a gradient around the circle using white, yellow, orange, and red, this time with acrylic paint. To finish off our paintings, we used black to create a silhouette of a large tree, but teens could add additional details, to make their piece uniquely theirs,” Antonacci said.

Antonacci grew up coming to the library, and knows

how important the arts are for the community.

“I love coming to this library to teach art, since they offer a safe and beautiful environment for teens to explore, and these classes are free to sign up. My favorite part about the whole thing is meeting all the kids and teens that want to paint,” Antonacci said.



Two finished paintings by proud artists.



Ellie Antonacci and the teens with their completed Harvest Moon paintings.

Turley photos by Angelina Acevedo

There is a large interest in painting workshops at the library, along with other crafting events for teens.

Rachel Hapgood, the teen services and young adult librarian, was thrilled

with the turnout.

“Teens seem to enjoy being creative and learning different techniques. Last time, they painted watercolor pumpkins on smaller canvases, and this time they’re painting the harvest moon on large 16x20 canvases,” Hapgood

said.

When asked more about the library’s painting workshops, Hapgood shared this.

“Ellie has a wonderful way of making art fun, relaxing, and educational for our teens. Her programs are a creative outlet where they can

unwind, express themselves, and learn new skills all at once,” Hapgood said.

Art events for teens are usually very well attended, because of their input directly from teens. Throughout various times of the year, the Teen Advisory Board meets, facilitated by Hapgood, and discusses events that would like to be seen in the future.

The idea for the Harvest Moon Painting Workshop started with the Teen Advisory Board, and the library was “happy to pull the arts into science and the real world,” according to Hapgood.

Many other crafting events have teens’ interest in mind, like the Bling Your Book event, happening on Nov. 3, and an Enameling Workshop on Oct. 28.

The Harvest Moon paintings were completed after the sun went down, and by the end, the full, bright moon was visible. As teens left the library with their artwork in hand, they could look up and see their inspiration for their night of autumn-themed fun.



Turley photos by Charlie Bennett

Leaders provide inspiration at the Veterans statues and memorials cleaning project at Crane Park Oct. 4. (From left) Wilbraham Veterans Agent Patrick Renna. Mike Hill, advisor to the Minnechaug Military Community Club. Brad Sperry, Secretary of the Wilbraham-Hampden Rotary Club who collaborated with the Veterans Agent in cleaning and preserving town veterans memorials.

CLEANUP from page 1

ent community organizations helping each other out. I don’t think you could really ask for a much nicer way to kind of kick our fall season and prepare for our upcoming Veterans Day event on Nov. 11,” Renna said.

He emphasized the importance of maintaining these monuments and also honoring and remembering the Veterans and those who gave the ultimate sacrifice serving the country.

“It’s very important to keep them looking nice, treating them with respect and making sure when people look at them that they feel like the whole purpose of it—of respecting the prior generations and the people who fought for our freedoms—are being attended to properly,” Renna said.

Chris O’Connor, president of The Rotary Club of Wilbraham-Hampden, shared this was one of the club’s service projects this year and there are several Veterans in the group too.

“I think it’s great. I think that’s exactly what we try to embody with Rotary. We try to get out in the community and help out with service projects like this. They might be smaller, but I think they’re really impactful in the community,” O’Connor said.

O’Connor also loved seeing the different generations coming together.

“It’s huge,” O’Connor said. “I think we as Americans sometimes take our freedom for granted. These are things that are really important to the generation before us, cementing those kinds of things for their future, for us to live the way we do. I think that’s important they carry down generation to generation, show the kids too.”

Mike Hill, a U.S. Marine Corp. Veteran and the Military Community Club advisor, has worked closely with Renna on the Memorial Day Ceremonies for Wilbraham and Hampden and explained Renna reached out to the club for their help.

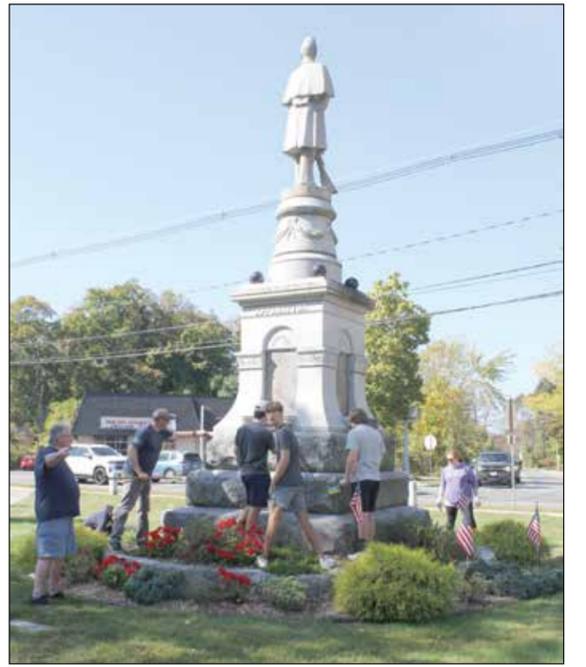
Hill said this collaboration is “an example of how a community can work at its best,” hoping club members learn “there’s more to a town” beyond school.

“When they come out here and just give a little bit of their time on the weekend to understand that there’s a bigger world around them, and even a simple thing like this—right?—just cleaning a monument, it seems so simple, but yet, it has such a great effect on the community itself,” Hill said. “Even though they’re doing just a few hours today, they can get that idea that they can make a difference.”

Military Community



Students from Minnechaug Military Community Club spruce up the Vietnam Memorial in Crane Park. (From left) Riley Senecal, Ava Secor and Alison Souza.



Students from the Military Community Club help clean up the Civil War Statue in Crane Park Oct. 4. The statue, dominating Wilbraham Center since 1894, gets a good cleaning.

Club President Cody Erskine explained the club is a community service organization that does many things from helping the VFW, doing the Veterans Day Assembly at the high school and taking part in Wreaths Across America to participating in the Memorial Day ceremonies.

“We just do a lot of community service for Veterans, try to help the community out with services and stuff,” Erskine said.

Erskine said his brother—who was the club’s Communications Officer—and two others founded the club, later encouraging him to get involved.

“I like community service, helping out the community and, also, my grandfather was in the military, so I really think that supporting our Veterans is very important to the community and the country as a whole. Because without them, our safety and our free-

dom wouldn’t be here,” Erskine said.

He was honored to take part in this project, hoping more students can join the club.

“We shouldn’t forget the people’s sacrifices that they’ve made for our country and for our communities, so I think it’s very important to make sure that we don’t forget them and that we can remember them,” Erskine said.

Renna looks forward to seeing everyone on Veterans Day and thanked the Rotary Club and Military Community Club for their help on this project.

“It’s a heartwarming feeling when all you do is reach out to a couple people or people reach out to you for help, you give them a suggestion and then everybody just comes together and shows up and gets to work and enjoys it,” Renna said.

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CLUES ACROSS

- Martial arts in China
- The butt of jokes
- Nevertheless
- Sportscaster Michaels
- A firm believer
- Atomic #18
- One’s bestie
- Of I
- Hamburger accessory
- Thus
- Partner to Pa
- Scottish tax
- Cuts away
- Require
- Government lawyer
- Own (Scottish)
- Body cavity
- Brew
- Young woman (French)
- Platforms
- Pair of points in mathematics
- Attack suddenly

CLUES DOWN

- Ate quickly
- Aviators
- Make perfect
- Yearly tonnage (abbr.)
- Neither
- The center of a city
- Sacrifice hit in baseball
- Singer Redding
- Dragged forcibly
- Puncture with a knife
- Belonging to me
- Expresses surprise
- Haul
- The Golden State
- Biblical Sumerian city
- Integrated circuit
- Opposed to certain principles
- Sodium
- Qualities
- Walk
- It awaits us all
- Peyton Manning’s alma mater
- Moves through water
- Run away from
- Utah resident
- Natural objects
- Children’s game
- Obligation to prove
- Ancient Greek building for performances
- Soldier
- Decorated
- Catches
- Russell ____, author
- Speak indistinctly
- Students get them
- Japanese warrior
- Dessert
- Doleful
- Most cushy
- Moon crater
- Small evergreen
- Arabian tree
- Something fugitives are “on”
- 007’s creator
- Paintings on hinged panels
- Type of bomb
- Japanese classical theater
- U.S. gov’t department
- Flightless bird
- One who cuts wood or stone
- Buttock and thigh together
- A way to gather
- Body part
- Argentinian city
- Undergarments
- Jai ____, sport
- Container for shipping
- Type of screen
- Get free of
- Indicates position
- Business department

SPECTRUM from page 1

“The opportunities for growth here in this region, particularly with small and medium-sized companies, is significant. I think Charter’s investment here signals that they are on board and they see that opportunity and are making that investment here as well,” Sullivan said. “It’s important because this is going to improve the business environment and business opportunity here in Western Massachusetts, but it’s also going to do it for the residents.”

Young explained Charter is “not only committed to great service, but we are committed to impacting our community and the lives of our customers,” noting the company has also sponsored Annual Thanksgiving Lunch events at the senior center in the last two years, along with a \$10,000 donation to the Friends of Wilbraham Seniors.

“This investment will enable in the delivery of symmetrical gigabit and multi-gigabit speeds to Spectrum customers in communities throughout Western Massachusetts,” Young said. “All of this means is enhanced connectivity for livestreaming, Telehealth, gaming and the everyday needs of residents, which demonstrates Charter’s commitment to ensuring that Wilbraham and the surrounding communities have faster, more reliable and dependable service for years to come.”

Charles emphasized by working together with the industry partners, “we continue to tackle the broadband connectivity challenges faced by our residents and businesses.”

“Today’s announcement marks another step forward in providing reliable and sustainable service to our communities. As we look at the future of communications, the benefits of broadband access are increasingly evident as more people work, learn and connect to everyday services online,” Charles said. “Investments like the one Charter has announced today are essential to ensure Massachusetts remains competitive in a shifting economic environment. The Healey-Driscoll administration is also sending a clear message that Massachusetts means business as we too are working to create a fair and more efficient atmosphere to help businesses across Massachusetts expand and succeed.”

Ashe said the investment is “a prime example of that Western Mass does get what they deserve.”

“Charter’s made a huge commitment and when I say huge commitment, \$50 million is huge,” Ashe said. “But it’s even more so what the commitment means as Angelo and others said, what it means for the local businesses, the small businesses, the people who live here and use cable, use all of the instruments that Charter offers. It’s a game-changer for us and it puts it in the right perspective to move forward. For everything that’s going on, we’re always looking to move forward Western Mass and this is one of those things.”

Scott shared her team has been fully remote since 2020 and thriving, with the business relying on residential and commercial connections to the Internet to do its work. She added this investment will help the business compete with firms in the Boston



Grace Barone, executive director of the East of the River Chamber of Commerce, State Rep. Brian Ashe (D-Longmeadow) and Mary-Anne Schelb, director of business development, Western MA Market, at JGS Lifecare, in a group photo.



Turley photos by Kristin Rivers
Nancy Clark, director of State Government Affairs for Charter Communications, provides opening remarks.



Rick Sullivan, executive director of the Western Massachusetts Economic Development Council, talks about the council and how it supports the economy.



State Rep. Angelo Puppolo, Jr. (D-Springfield), was one of two state representatives providing remarks about how constituents will be impacted by this announcement.



Jennifer Young, state director of Government Affairs for Charter Communications, shares how the Spectrum announcement will impact communities in Western Massachusetts.



Amy Scott, owner of Wild Apple Design Group, shares how this announcement will impact her small business.



Commissioner Karen Charles, Department of Telecommunications and Cable, discussed addressing broadband.

or the New York area. “So, it’s very important to do that, it’s important that we don’t fall behind,” Scott said. “It would seem simple, but it’s certainly the kind of thing that could knock us out of play when we have the opportunity to do something exciting at the state level. So, I certainly do appreciate the investment that’s being made to strengthen the digital infrastructure and we look forward to future growth all together as a team.”

Barone said this investment “represents more than just infrastructure.”

“It’s about enhancing connectivity for residents, small businesses and institutions across Western Mass. This initiative will empower our communities such as Wilbraham, East Longmeadow, Ludlow and Hampden, ensuring that we’re not just connected, but we’re thriving,” Barone said.

Liccione noted this investment doesn’t just leave a mark on the state, but goes beyond that.

“As we talked about in the announcement, this is bigger than Massachusetts. This is a company-wide initiative, so all the hard work that’s going on here today to upgrade the system is happening for 41 states. So, it’s a very large impact,” Liccione said. “I will also mention that we’re doing this work overnight so we can make sure that they—the consumer—is not having any large impact to their day and any interference. So, a large majority of the work we’re doing is completely overnight and not impactful.”

He added the investment is about “not just now, but 10 years from now.”

“It’s going to allow us large capabilities to make sure that people have the services they need for the years to come and the capacity that they need for their growing families and devices in their home. All of those needs are going to be covered with this

upgrade. It’s going to keep us really situated for years to come,” Liccione said.

His message was this. “That we care about our communities and that this investment is really good busi-

ness for us, but it’s even better business for them,” Liccione said.

Wilbraham Women’s Club Fall Shoe Drive

WILBRAHAM - Clean out your closets and donate those shoes that you no longer need.

We are collecting women’s, men’s, and children’s gently worn shoes, boots, slippers, sandals, sneakers and athletic shoes. All proceeds will benefit our scholarship program and other charitable endeavors.

Keep your shoes out of landfills! Your shoes will be given a second chance and make a difference in

the lives of people in developing countries around the world.

Beginning Oct. 9, Drop Boxes will be located at Wilbraham Public Library, Scantic Valley Y, and Rice Fruit Farm.

Drive Up Drop Off Collection Days at Wilbraham Senior Center

Saturday Oct. 18, 25 and Nov. 8 ~ 10 a.m. to Noon

For more information contact Linda Raffa at (413) 596-8245

Wilbraham United Church holds annual Pumpkin Patch

WILBRAHAM - The Wilbraham United Church Annual Pumpkin Patch opens Sunday Oct. 5 and they will be selling pumpkins daily through Oct. 31.

Shoppers can pick their perfect pumpkins or decorative gourds Monday through Saturday between 10 a.m. to 6 p.m. and on Sundays between Noon to 6 p.m. A wide variety of large and small pumpkins and specialty gourds will be available.

The pumpkins were

picked from a Native American reservation in New Mexico and trucked straight to the church in time for the patch to open. Pumpkins are fresh! This fund raiser benefits both the farmers on the reservation as well as the mission of the church.

Pumpkin sales benefit the missions and programs of the Wilbraham United Church. Cash or Credit Cards will be accepted.

Wilbraham United Church is located at 500 Main Street in Wilbraham.

WPL presents fourth annual Jack-O-Lantern Contest

WILBRAHAM- The Wilbraham Public Library invites families of all ages to join us for a spook-tacular evening of Halloween fun at the Fourth Annual Jack-O-Lantern Contest!

Get ready for glowing pumpkins, Halloween crafts, hot cider, and a festive atmosphere that’s a little spooky, a lot of fun, and perfect for the whole family.

Kids and families are encouraged to carve their most creative Jack-o-Lanterns and bring them to display along our StoryWalk® path. The event will take place indoors in the library in the event of inclement weather.

Entries may be submitted individually or as a

family, but please use LED tealights—no real candles.

Wednesday, Oct. 29 • 4:30 to 6:30 p.m. • Outdoors at the Library (weather permitting).

Registration is required. To sign up, visit www.wilbrahamlibrary.org or call (413) 596-6141.



Volunteers needed for Trunk or Treat Event

HAMPDEN — Hampden Parks & Recreation is seeking volunteers to decorate car trunks for its upcoming Trunk or Treat event on Saturday, October 25, 2025, at Thornton Burgess Middle School.

Community members, organizations, and businesses

are invited to participate by decorating a trunk and handing out candy in a safe, family-friendly setting. A prize will be awarded for the most original trunk.

To sign up or learn more, please contact parks@hampdenma.gov.

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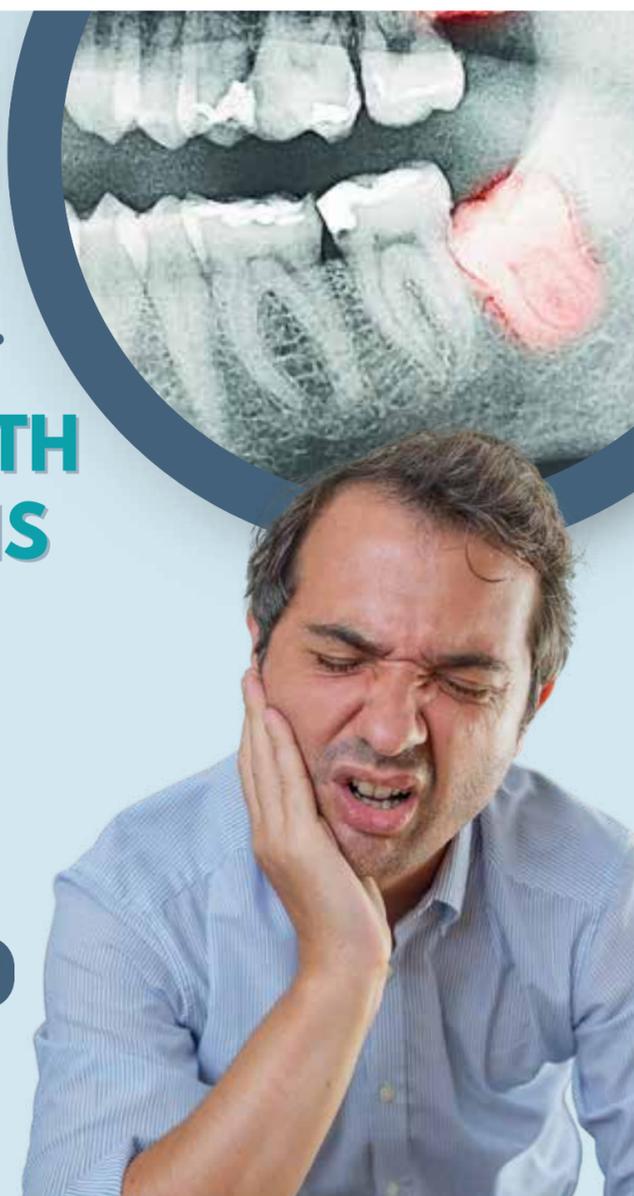
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EAST LONGMEADOW Family Dental Center



Gravestone carvings come to life

'Lost New England' author to talk
Oct. 26

By Charles F. Bennett
Times Editor Emeritus

WILBRAHAM — Have you ever strolled through Adams Cemetery on Tinkham Road and wondered about the story behind those old gravestone carvings? There are familiar historical names like Noah Merrick and Deacon Nathaniel Warriner buried there with elaborate gravestone markers. If so, be sure to attend the Sunday, Oct. 26 Open House of the Old Meetinghouse Museum at 2 p.m. to hear historic gravestone expert Derek Strahan describe the stories behind them.



Charlie Bennett

Refreshments will be served and the Gift Shop will be open. The Museum is owned by the town and operated by the Wilbraham Atheneum Society's Board of Trustees for the cost of one peppercorn per year.

Derek Strahan is the managing editor and primary author of the website "Lost New England", the host of the "Western Mass History" podcast, and he is the author of two local history books: "Lost Springfield, Massachusetts and New England Then and Now".

Strahan runs the "Gravestones of New England" pages on Facebook and Instagram, where he tells the stories of the carvers who made early New England gravestones.

His presentation will feature over 50 slides featuring old gravestone styles and

stone carvers. He is probably one of the best qualified people to speak about stones in Adams Cemetery because he is directly related to early settler Samuel Warner whose relative was the first person buried in Adams.

The First Gravestone

According to Old Meeting House Museum's Board of Trustees President David Bourcier's new book, "Historic Tales of Wilbraham" (History Press), Warner's wife's sister Elizabeth Cockril was visiting from Boston when she took ill and suddenly died on April 26, 1741. According to Bourcier: "Mr. Warner buried her here, and even though he was not a stonemason, he found two flat brownstones and engraved her name and the date of her death, that was the first grave located in that cemetery (Adams)." Strahan will talk about that incident that involved his great-great-great-great-great-great-great-grandfather.

Strahan previously served as president of the Springfield Preservation Trust, and he regularly leads walking tours and lectures about the history of Springfield. He has given presentations to the Agawam Historical Society and to the Springfield Preservation Trust.

He currently serves on the board of directors of the Longmeadow Historical Society, and he lives in Longmeadow with his wife and their two sons.

Season-Ending Open Houses

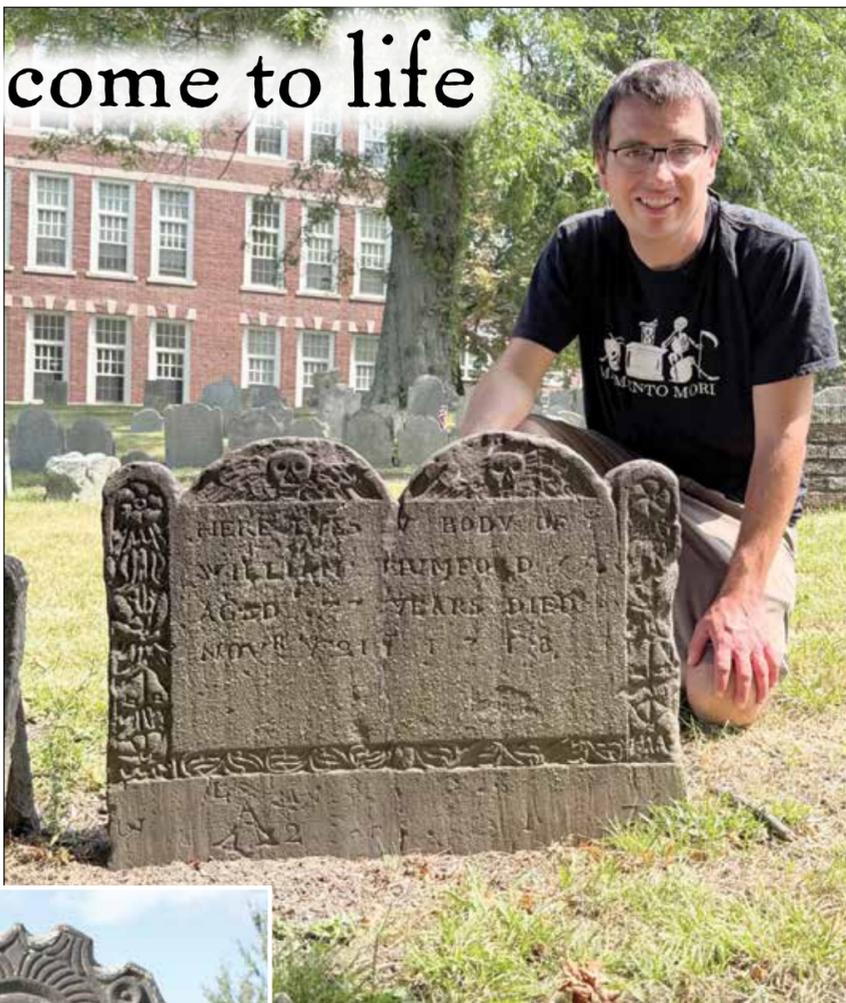
The next in a series of open houses will be held on Sunday, November 9 with



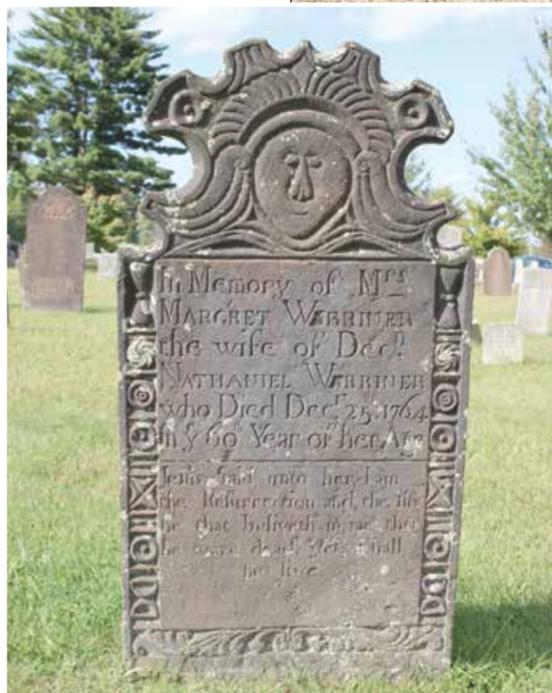
popular storyteller Dennis Picard who will talk about the Hessians, mercenary soldiers for the British in the Revolutionary War.

On Sunday, December 7 – The popular Christmas Tree Festival where Wilbraham organizations decorate a Christmas Tree in their own unique style. An ice carver, holiday treats and kids activities.

The Atheneum Society



Derek Strahan, a leading expert on early American gravestone carvings, will speak at the Old Meeting House Museum Open house at 2 p.m. Sunday, Oct. 26. (Strahan photo)



was incorporated in 1963 as a non-profit organization by a group of concerned townspeople that include people like Charles and Lewlyn Merrick, Jesse Rice and Peter Ablondi. Their purpose was to form a permanent local group to preserve artifacts and memorabilia relating to the people and history of Wilbraham.

Margaret Warriner's gravestone in Adams Cemetery says she died on Christmas Day, 1764. (Strahan photo)

The Atheneum Gift Shop sells a number of Wilbraham history books. For more information about the Open Houses or the Museum, search "Old Meeting House Museum" on Facebook or Instagram.

Times Editor Emeritus Charlie Bennett is a member of the Wilbraham Historic Commission and a trustee of the Wilbraham Atheneum Society.

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Goldrick nets two, gets win for Falcons



Cameron Salvador fights to keep the ball.

AGAWAM – Last Monday night, Minnechaug Regional High School boys soccer defeated Agawam 2-1. Gavin Goldrick scored twice in the span of a minute to net the win. Dylan Jorgensen had the lone goal for Agawam. The two teams tied in their first meeting. With the state tournament looming, Minnechaug is in as of now at 6-3-4 and a No. 22 ranking. Agawam is just on the outside, at 3-5-5 and ranked No. 35. Both are in Division 2.



Gavin Goldrick tries to get the ball to teammate ahead of pressure.

Turley photos by Gregory A. Scibelli



Goalie Chase Anderson sends the ball away.



Jack Parastidis gets around the ball and gets ready to shoot it forward.



Gavin Coughlin dribbles toward the middle of the field.



Turley photos by Gregory A. Scibelli
Gabrielle Cooper goes for the header.



Isabella Usher is pursued by the opposing defense.



Keira Horne attempts to settle a ball in the air.

Falcons score shutout over Bombers

WESTFIELD – Last Tuesday, Minnechaug girls soccer had the game well in-hand, and overcame an intense final 20 minutes to shut out Westfield 2-0. Minnechaug is 4-5-4 and is ranked No. 27 in the state for Division 2. The Falcons are looking to get above .500 to cement a spot in the Western Mass. and state playoffs in the coming week.



Makenna Sacco makes a stop on a thru-pass.



Zoe Pinnock tries to get past midfield with possession.



Sophia O'Connor attempts to turn play around.

Girls volleyball headed for tourney

WILBRAHAM – Last Friday night, the Minnechaug Regional High School girls volleyball team shifted into high gear, scoring its second 3-0 shutout of the week against Chicopee Comprehensive. The Falcons are now 12-2 and are headed for the state playoffs. They are ranked No. 5 in Division 2.



Cora Pace gets a set near the net.



Anna O'Toole sends a spike away.



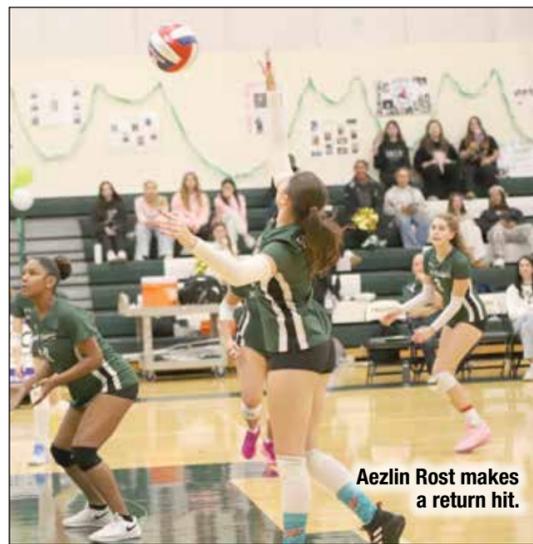
Turley photos by Gregory A. Scibelli
Annabella Rostek serves for the Falcons.



Nehir Elcin starts play off with a bump.



Jordan Miller extends for a bump.



Aezlin Rost makes a return hit.

SPORTS

Railers wrap up preseason with loss

BIDDEFORD, ME — The Worcester Railers HC (0-2-0-0) lost to the Maine Mariners (2-0-0-0) on Saturday, Oct. 11, in front of a crowd of 1,000 by a final score of 3-2 in favor of Maine at the Harold Alfond Forum in Biddeford, ME. The Railers open the regular season against the Maine Mariners next Saturday at the DCU Center on October 18th at 6:05 p.m. EDT.

Worcester opened up the scoring for the game early on, with JC Campagna (1-0-1) nailing a shot into the Mariners net at just 0:30. Mariners responded 69 seconds later with a goal from Ty Cheveldayoff (2-1-3) at 1:39 to make it 1-1. Mariners center Wylum Deveaux (1-0-1) landed a rebound goal towards the end of the period at 17:42, which gave Maine a 2-1 lead to finish the first. Worcester evened the score early in the second with a goal from Tyler Kobryn (1-0-1) off a rebound shot 3:59 into the frame. Mariners' Robert Cronin (1-0-1) secured the win for the night at the 17:26 of the third period after a battle at the net with Railers' goaltender Gale.

The Railers opened the first period with a winning faceoff that allowed them to get a point on the board early with a goal at just 0:30 from JC Campagna (1st), assisted by Lincoln Hatten and Tanner Schachle to make it 1-0. The Mariners didn't wait long to even the score with a goal from Ty Cheveldayoff (2nd) at 1:39, just 69 seconds after the Worcester goal was made, assisted by Xander Lamppa and Linus Hem-

strom. Neither team found the net for the next stretch of the first, until Mariners' Robert Cronin sent a shot off the pads of Railers' goaltender Luke Pavicich, setting up a rebound shot for Wylum Deveaux (1st), which broke past the goal line for Maine's second of the night at 17:42. Worcester looked to even the score, but found themselves trailing by a goal at the end of the period. Maine outshot Worcester 12-8 with no penalties or power-plays on either side.

Worcester had another early scoring start in the second period with a goal at 3:59 from Tyler Kobryn (1st), who was able to get a rebound off Maine's Arvanitis from a shot by defenseman Benjamin Lindberg and tie the game at 2-2. Maine's Jacob Perrault followed the goal with serving a two minute penalty at 4:42 due to too many men, which allowed the Railers to head onto their first power-play of the game. Worcester split time between their goaltenders on the night, as Thomas Gale skated into the net around the eighth minute of the second period and took the place of starting goaltender Luke Pavicich. Worcester went onto a second power-play at 16:45 from a slashing call on Mariner's left defenseman James Marooney. The Railers' left the ice with a tie game at the end of the second. Worcester had two total power-plays in the second, the only two of the game so far, with two penalties from Mariners' Jacob Perreault and James Marooney. Maine outshot Worcester 17-9.

The Railers entered the third looking to take the lead for the second time. An early attempt to take the lead from Mariners' Zachary Massicotte passed the goal line after the referee whistle—on-ice officials determined no goal for the defenseman to keep the game noded 2-2. Worcester's Nathan Burke received a two minute minor for tripping at 5:32, allowing the Mariners to go onto their first power-play of the game. Maine's Jacob Perrault followed Burke into the box shortly after with a slashing minor for four-on-four play and a brief 40 second power-play for Worcester. The Railers' didn't wait long to head back into the box as Nick Pennucci served two minutes for a holding minor on Mariners' Tyler Cheveldayoff. Both teams looked to score and take the game, but it would be Maine's Robert Cronin (1st), assisted by Shawn Element and Xander Lamppa, who would secure the win for the Mariners at 17:26 by making it 3-2. Worcester followed the goal with a delay of game at the faceoff dot at 17:41, leading Maine to their third power-play of the night. Worcester had a late game opportunity, pulling Gale for an extra man on the ice to try and grab another goal but failed to find the net. Worcester had three penalties for the period, Nathan Burke, Nick Pennucci, and a delay of game served by Matt DeMelis. Maine had one with Mariners' right wing Jacob Perrault.

Doiron doubles up at Lee, Robie clinches GSPSS Championship

LEE, N.H. - The Granite State Pro Stock Series' 14th season drew to a close Sunday evening as part of Russ Conway's Oktoberfest, the season-ending spectacular at Lee USA Speedway.

And while Joey Doiron locked down his second series win of 2025, rookie Cole Robie celebrated his first GSPSS championship at "New Hampshire's Center of Speed."

Jeremy Sorel edged out Cory Casagrande in time trials, but Doiron wasted little time establishing himself as the man to beat. The winner of July's Iron Sight 125, the two-time GSPSS champion planted his Petit Motorsports entry at the front of the field early in the feature.

Jimmy Renfrew, Jr. closed in on Doiron midway through the race, hoping to reverse a July miscue and steal his first series win since 2022. But with Renfrew breathing down his neck, Doiron turned up the wick, outpacing the recently-crowned Lee track titlist.

Renfrew soon faded into Eddie MacDonald's grasp, with "The Outlaw" making the pass for second on a late restart. But MacDonald had nothing down the stretch for

Doiron, who stretched his advantage to nearly a second as he took the checkers.

Doiron's victory was his fourth GSPSS win at Lee, leading the series among all drivers. The 2019 and 2022 series champion from Berwick, Maine, now sits tied with 2020 champ Joey Polewarczyk for the second-most career GSPSS wins.

MacDonald held on for second, with Renfrew clinging to third in the final sprint. Fast qualifier Sorel finished fourth, his best run at Lee by far since 2022. Dave Farrington, Jr. avoided an early skirmish to come home fifth, his best result of the year.

Polewarczyk was sixth at the stripe, ahead of Ryan Green, who wheeled Doiron's backup car to a seventh-place performance. Lee regular Frankie Eldredge matched his season best from Hudson Speedway in eighth. Robie wrapped up the night in ninth while Casagrande rounded out the top ten.

Robie entered the evening having virtually clinched the title a week ago. With the drop of the green flag, the 17-year-old from Windham, Maine, officially became the series' 12th different champion and its youngest titlist

ever. Robie joins Doiron and 2023 champ Travis Benjamin as the GSPSS' third champion from the Pine Tree State.

Robie's title comes on the back of a consistent season in which he finished no worse than tenth all year, winning once in July at Monadnock Speedway and completing all but seven laps. The reigning NELCAR Legends champion has strong Granite State ties; grandfather Carleton and father Jarod fielded their racing efforts from the family shop only a few towns away from Lee.

Title hopeful Evan Beaulieu, last season's runner-up, could only manage a 14th-place finish. Nevertheless, the Durham, Maine, veteran celebrated a career season with two wins. Reigning champ Casey Call was swept into an early crash, ending his evening and ceding third in the standings to Casagrande.

Eight different drivers visited a GSPSS winner's circle in 2025, including four former series champions. Beaulieu and Doiron were the season's only multiple-time feature winners, with Beaulieu joining Robie and Alexandre "Fireball" Tardif as first-time GSPSS winners.

storyteller, this is your chance to shine!

Open Mic participants can sign up to perform by visiting <https://evangelassembly.churchcenter.com/people/forms/1054840>. Spectators are welcome to come, relax, and enjoy an evening of local talent and entertainment in a warm, welcoming atmosphere.

"We're thrilled to open our doors to the community for a night of creativity and connection," said Steve Devereaux, the Open Mic Or-

ganizer at Evangel Assembly. "This event is all about celebrating the diverse talents of our neighbors and fostering a sense of togetherness."

Join us for an unforgettable evening filled with laughter, music, and inspiration. Admission is free, there will be coffee and treats for donations, and all are welcome. For more information or to register for a performance slot, visit <https://evangelassembly.churchcenter.com/people/forms/1054840>.

Evangel Assembly hosts Open Door Open Mic Night on Nov. 8

WILBRAHAM - Evangel Assembly is excited to announce our Open Door Open Mic Night, a vibrant community event taking place on Saturday, Nov. 8 at 7 p.m. at Evangel Assembly, located at 348 Stony Hill Road, Wilbraham in the East Wing.

This event is open to all, inviting guests to enjoy a night of diverse performances or take the

stage themselves for a five-minute performance of their choice. Whether you're a singer, poet, comedian, or

This week in recreation

Erin Carroll,
Assistant Director

details. Registration for the Wilbraham Middle School Ski Sundown program will

slopes, two terrain parks, and a full service lodge for a complete evening of skiing and snowboarding fun.

There are several forms that need to be completed for participation in the program including WPRD registration, Policies and Procedures form, and Ski Sundown participant information. We are also in need of dedicated parent chaperones for this program and no ski or boarding experience is required.

Other program registration currently includes Puppy and Level 2 Dog Obedience, Acting and Scene Study (Ages 10-16) and Indoor Futsal Skills (Ages 2-14). Be on the lookout in November for registration for Pre-K Basketball (Ages 4&5), N Zone Junior (Ages two and three) and High School Rec Basketball.

NOTE: To register for all of our programs and for more information, please visit WilbrahamRec.com.

WILBRAHAM - As the temperature cools and the leaves begin to change, autumn brings us the most beautiful landscape to enjoy. We hope everyone is finding happiness in fall festivals, apple and pumpkin



picking, hayrides, craft fairs, fall sports and all the other wonderful activities to choose from. At the Parks and Rec Department, the fall is also a transition for planning for the winter season ahead to keep everyone active and eager for what the next few months bring!

For winter sports, registration is currently open for the upcoming Rec Basketball season (Gr K-8) and Youth wrestling (Gr K-8) will open on Oct. 27. The Youth Wrestling program will offer different tiers for participation this year so please make sure you check out the program page on WilbrahamRec.com for

start on Tuesday, Oct. 14 in the REC OFFICE ONLY due to the number of required forms for WPRD and Ski Sundown which can be downloaded ahead of time from our website.

The Ski Sundown Program is ONLY for Wilbraham Middle School and school choice students. It is a popular and exciting after-school program that runs for five consecutive Fridays, beginning Jan. 9. Students are picked up at WMS in a chaperoned chartered bus after school and ski/board for four hours at Connecticut's popular Ski Sundown Mountain in New Hartford. Ski Sundown offers 15 lighted

Comeback falls short for T-Birds on Opening Night

SPRINGFIELD - The Springfield Thunderbirds (0-1-0-0) battled valiantly, but could not overcome an early three-goal loss to the Charlotte Checkers (1-0-0-0) before a sold-out Opening Night crowd of 6,793 inside the MassMutual Center on Saturday night.

The season began with a dose of adversity just 19 seconds into the opening period, as Hunter Skinner and starting goaltender Vadim Zherenko miscommunicated on control of a loose puck, and Charlotte newcomer Jack Studnicka pounced to poke the loose puck into the yawning net to give the Checkers a 1-0 advantage.

The defending Eastern Conference champions then flexed their power play muscles at the 9:04 mark, as Ben Steeves rifled a one-timer over Zherenko's glove off a slick feed from Ryan McAllister, and the visitors' lead grew to 2-0.

Before the T-Birds could

stop the barrage, Charlotte added still another when rookie defenseman Ludvig Jansson squeaked one through Zherenko on the short side at 11:28, and the deficit became 3-0.

Despite the tumultuous beginning, Springfield fought back, beginning with Otto Stenberg pursuing a loose puck after being denied on a first attempt on Charlotte goalie Cooper Black. The second-year Swede chopped the second chance past Black, cutting the lead to 3-1 at 14:37.

Just 1:33 later, former Checker Matt Luff continued the momentum shift, arriving at a loose puck at the blue paint after a Skinner shot ricocheted off a teammate in the crease. Luff played through to the whistle and jammed it under the fallen goaltender, and after so much had gone wrong to begin the night, the T-Birds had clawed to a 3-2 score heading into the second.

Charlotte, however, got

right back to their power play excellence to begin the second, with rookie Jack Devine wiring a one-timer over Zherenko's shoulder at 2:11 of the second, restoring the insurance marker, 4-2.

After six goals in the game's first 22 minutes, both goaltenders settled down through the duration of the middle stanza, and the 4-2 score carried into the final period.

The third period proved to be tough sledding for both teams to locate offense, but with Zherenko on the bench with 1:23 to play, Juraj Pekarcik unleashed a one-time slapper past Black, cutting the lead back down to one, 4-3. Theo Lindstein also picked up his first AHL point with the primary assist.

Despite the tough beginning of his night, Zherenko showed great resilience in making 32 saves for the night. Black earned the victory with 26 stops in the Charlotte goal crease.

The T-Birds take to the road for the first time in the 2025-26 season next Saturday and Sunday for a pair of contests against the Hershey Bears.

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

WILBRAHAM - The Wilbraham Junior Women's Club is hosting a community Fleece Blanket Making Event.

All are invited to attend and help out. This community get-together will be held on Saturday, November 15, 2025 from 10 a.m. to Noon, at The Wilbraham Senior

Center, 250 Springfield Street Wilbraham.

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 dif-

ference! Every blanket made will be donated to local shelters, nursing homes and The Ronald McDonald house.

Contact Kathy (413) 478-1185 for questions or more information.

Let's wrap our community in kindness - One blanket at a time.

Rummage Sale coming

WILBRAHAM - The Saint Cecilia Women's Club is holding its Annual Rummage Sale, Friday, Nov. 7, 9 a.m. to 2 p.m., and Saturday, Nov. 8, 8:30 a.m. to Noon in the Parish Center, 42 Main St., Wilbraham.

Adult and children's gently used clothing, jewelry, purses, household and kitchen items, toys, games, puzzles, linens, and holiday items are sold at very reasonable prices. Saturday is Bag Day! Fill a bag for a minimum price. Bags are provided.

Veterans Day Breakfast on Nov. 6

WILBRAHAM - The town of Wilbraham will hold their annual Veterans Day Breakfast on Nov. 6 at 8 a.m. at the Wilbraham Senior Center, 250 Springfield St. This event is open to all Wilbraham Veterans or surviving spouses and one guest.

Breakfast is sponsored by the Wilbraham Junior Women's Club. Please register by Nov. 3. Call (413)596-8379.

national **business** **WOMEN'S** week

Women entrepreneurs who have helped to shape the world

The business landscape is continually evolving, shaped by the relentless determination and innovative spirit of visionary leaders of industry. Entrepreneurs come in many types, and a significant percentage of trailblazers are women. Women entrepreneurs have built global empires and inspired many young girls and women to follow in their footsteps.

Global Entrepreneurship Monitor says one in three high-growth entrepreneurs and nearly two in five export-oriented startups were led by women, according to its latest report of women's progress in entrepreneurship over the past 25 years. Forty-two percent of all American firms are women-owned businesses, according to Ecommerce-tips.org. In many regions, women are driving forces behind new business creation. Here's a deeper look at some of the women entrepreneurs that have made their mark.

• **Oprah Winfrey:** It wouldn't be a complete list of women entrepreneurs without Oprah Winfrey. Despite a challenging childhood, Winfrey built a multimedia empire from the ground up, becoming a self-made entrepreneur. From her talk show to the founding of Harpo Productions and the Oprah Winfrey Network (OWN), Winfrey became the first Black woman to achieve billionaire status.

• **Melanie Perkins:** Perkins is the co-founder of the popular graphic design platform Canva. At around age 19, Perkins had the idea to make graphic design accessible to everyone, even those without many design skills. She persevered despite facing numerous rejections from investors. Now Canva is a multi-billion dollar global success story.

• **Whitney Wolfe Herd:** Online dating has helped pair many successful couples. Many have Herd to thank, as she is the CEO of the dating app Bumble. The concept of the app is unique from other platforms, as it requires women to make the first move, a concept that has helped empower women. At 31, Herd became the youngest woman to take a

U.S company public.

• **Kiran Mazumdar-Shaw:** Shaw is an Indian billionaire entrepreneur, and the executive chairperson and founder of Biocon Limited and Biocon Biologics Limited. These are biotechnology companies based in Bangalore, India. Shaw is known for being India's first woman entrepreneur and the country's richest self-made woman.

• **Arianna Huffington:** Huffington is a digital journalism pioneer. She is the co-founder of The Huffington Post and founder and CEO of Thrive Global, a wellness and health platform.

This is just a short list of the many women entrepreneurs that have helped shape the world.



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Sandy Sotolotto, Jan Luczek, owner Sandy Polom, Lorraine DiNuovo

The Scented Garden Gift Shoppe in Wilbraham is honored to be named Best Gift Boutique in MassLive's 2026 Reader Raves Awards! Under the ownership of Sandy Polom since 2019, the shop has blossomed into a destination for unique gifts, stylish women's clothing and accessories, gorgeous jewelry, adorable baby items, and so much more. Sandy and her staff pride themselves on creating a warm, personalized shopping experience, always ready to help you find the perfect gift—or treat yourself.

Complimentary gift wrapping adds to the charm.

Mark your calendar for The Scented Garden's annual Holiday Open House, happening Thursday, November 13th through Sunday, November 16th. Enjoy festive surprises, raffles, and a joyful head start on holiday shopping while connecting with many favorite vendors.

Follow along on Facebook @ TheScentedGarden and Instagram @ ScentedGardenWilbraham for news and updates.

You're Invited to our *Holiday Open House!*
Thursday, Nov. 13th - Sunday, Nov. 16th
Get an early start on your Holiday Shopping!

The Dance Studio



The Dance Studio, celebrating over 25 years of dance education, is a large state of the art facility equipped with 2 large dance studios, sprung floors for injury prevention, a large waiting area, viewing windows and TV/WiFi access. All of its instructors are masters of their craft, having professional dance experience and B.F.A's, Masters & PhD's in dance, education and physical therapy.

Angela Vital-Martowski, artistic director of the studio, has an extensive resume. She has danced with the Boston Ballet, Ballet South, American Repertory Ballet, Albany Berkshire Ballet, Pittsburgh Ballet and has auditioned with MTV, Disney and Universal Studios, just to name a few. Currently, she is also on the faculty at Springfield College in the dance department, where she has taught for the past 16 years. Vital-Martowski is a certified Early Childhood educator specializing in movement for preschool and toddlers. She opened the studio to serve a need for quality dance education for recreational through preprofessional dancers.

As the studio grew, more of the student body became serious dancers. Now in addition to the recreational dance classes, the studio now has a pre-professional program and a competition team. Many of their students have gone on to dance careers and to colleges like Emerson College, UMass Amherst and Lowell, Westfield State, Western New England, Brown and Harvard. The studio's competitive team uses local competitions as performance venues for their students to get more stage time. The studio offers over a dozen styles of dance classes for toddler through adult. The Dance Studio also offers Barre Fitness classes, dance and Pilates to achieve a long lean dancer's body.

In 2021, Vital-Martowski, with asst. director Paige Fortier-Boyle, took the foundations and principles of the studio's mission to expand to a second location and opened the doors of The Dance Studio of Windsor Locks, CT as co-directors.



Ongoing enrollment for all available classes until December 1st.

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www.thedancestudioofwilbraham.com

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- Classes for toddlers - teens
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- Barre & Hit Fitness classes Tuesdays at 7:15 p.m.
- \$10 drop in dance & fitness classes in the month of October



Dr. Ana Serrenho is the owner of POP Orthodontics, located in Post Office Park in Wilbraham. Dr. Ana is a Wilbraham resident and grew up in Ludlow. She completed her dental training and orthodontic residency at Boston University. In addition to her private practice, she is a faculty member at NYU Langone, where she teaches pediatric dental residents. She has been recognized by the Massachusetts Dental Society and the Massachusetts Association of Orthodontists.

POP Orthodontics recently celebrated its first anniversary, and our team looks forward to continuing our mission of providing convenient, comfortable and conservative treatment. We offer both traditional braces and Invisalign, as well as interceptive treatments such as expanders. We use the latest in dental technology and offer daytime and evening appointments. We are excited to be able to provide a locally-owned option for orthodontic care to the community!



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national **business** **WOMEN'S** week



Pioneer Valley Financial Group

At PV Financial Group, women are leading the way in shaping the future of financial services. With 11 of 18 team members being women, the firm reflects the growing presence and impact of women across the industry. From marketing and planning to relationship management and advising, women play key roles throughout the organization — bringing professionalism, compassion, and a strong commitment to client care.

Leadership at PV Financial Group reflects that same strength. Kelly and Karen, both partners at the firm, help drive its client-first approach and long-term vision. Their leadership, along with the dedication of the entire team, has elevated the firm's focus on relationships, trust, and personalized financial guidance.

Beyond their roles within the firm, many of PV's women professionals are actively involved in local organizations and causes. Their contributions extend well beyond the office — reflecting the same values of service and commitment that define their work with clients.



Pioneer Valley Financial Group, LLC

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A lifelong resident of Western Massachusetts, Jennifer McDiarmid has a deep knowledge and understanding of the area that is second to none, making her the perfect resource for your home buying and selling needs. Her commitment to ensuring a smooth and stress free process for her buyers and sellers truly sets her apart.

Jennifer's background in education makes her the perfect guide for anyone looking to enter the real estate market. Whether you're looking to purchase your first home, build your investment portfolio, or downsize your current home, she takes the time to guarantee that you will understand and be comfortable with every step from start to finish.

As a member of the William Raveis family, Jen is a licensed Realtor in Massachusetts and Connecticut. She is a member of the Realtor Association of the Pioneer Valley, Massachusetts Association of Realtors, and the National Association of Realtors. She is an active member of the Western Massachusetts Track & Field Officials Association, serving on the Executive Board as the Vice President Executive Board.

Jen takes pride in community involvement through a variety of outlets, sponsoring local events like the Annual Gone But Not Forgotten Golf Tournament, The Jack Rome Memorial 5k, and the Springfield Rifles Rugby Club Robert Mastroianni Memorial Golf Tournament. She also volunteers weekly at the Thomas J O'Connor Animal Control & Adoption Center.

In her downtime, Jen enjoys running local road races, walking the neighborhood with her dog Ellie, and diving into a good book. Reach out to her today to see how Jen will Go the Extra Mile for You!



Jennifer McDiarmid, Realtor

Going the Extra Mile for You!

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Amy Selvia Smith is a second generation owner of NEPM (New England Promotional Marketing,) a women owned and operated imprinted promotions company founded by her Mom, the late Kathy Selvia in 1989. NEPM is located in the original St. Cecelia's Church across from the former Wilbraham Police Station.

Amy partnered with her Mom in operating the company after she graduated from Assumption College in 2002 and became sole President in 2013 when Kathy passed away after a long battle with cancer. Amy continues to practice Kathy's philosophies; treat your employees and customers well and give back to the community. Their shared philosophy is that if you do all this you will have the support you need to succeed.

Amy is very active in the community through Square One, Wilbraham / Hampden Schools PTO, YMCA Dress for Success and One Book One Community. Amy and her husband, Jeff, have two daughters, Paige who is twelve years old and Reese who is eight. The family lives in Wilbraham.

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M.C.'s Salon, LLC is proud to continue serving the community with quality hair care at prices that fit every budget. As Cher'ie and her team prepare to **celebrate their 5th year** in business, the salon remains dedicated to making professional hair services accessible for everyone – from men's cuts, women's styling and children's haircare.

Known for their friendly atmosphere and talented team, M.C.'s Salon, LLC has built a reputation for excellence without the high cost. To show their appreciation to their loyal clients, they continue their popular **Senior Day Special every Tuesday, giving seniors 50% off all hair services.**



With nearly five years of growth, style, and community support. M.C.'s Salon is excited for the future and looks forward to welcoming new and returning guest into their chairs. Affordable, professional and community focused, M.C.'s Salon is a true local gem.

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national **business** **WOMEN'S** week



Pictured are Chris Jeffery, Jessica Morra and Lauren Jeffery

Christine Pekala Jeffery was raised in Monson, graduated from The Cooley Dickinson Hospital School of Nursing and worked at Mary Lane Hospital. In 1976 she married Reid C. Jeffery. They have 2 children, Reid Jr. and Jessica. After Virginia Jeffery retired in 1983 began working at Jeffery and Son Deputy Collectors and later became President of Jeffery and Jeffery Inc. Christine is active in mission and ministry at Trinity Episcopal Church in Ware. Member of MA Collector/Treasurer's Association, National Altar Guild Association, Quaboag Valley Chamber of Commerce and Clowns of America Inc. She enjoys walking on the beach at Cape Cod and expeditions and adventures with Reid.

Jessica Jeffery Morra born in Ware, graduate of Wilbraham Monson Academy 00' and Union College 04'. Married to Robert Morra 2010 with two kids Annabelle and Jameson. Currently a resident of Belchertown. I have been working at Jeffery & Jeffery Inc. full time since 2004, but in reality, it has been in my blood since the day I was born. In her free time, she is busy shuttling her kids to dance, soccer softball, baseball, basketball, drum and guitar lessons. She also enjoys playing pickleball and relaxing on her front porch with her husband.

Lauren E. Adamczyk Jeffery, born in N.C., raised in Ware. Lauren worked in the insurance industry prior to joining the family business in 2008. Lauren married Reid C. Jeffery Jr. in 2001 and they share 4 children. In her spare time Lauren enjoys gardening, cooking, is a expert seamstress and doing construction at her father's business.

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Jeffery & Jeffery Inc. was founded by Virginia Marland Jeffery in 1969

Katie has dedicated her entire career to serving older adults and their loved ones across New England. She is the Director of Placement and Aging Services with Assisted Living Locators.



Assisted Living Locators is a no-cost, placement, and referral service that offers the best senior care options including independent living, assisted living, memory care, in-home care, and other available resources. Her understanding of the aging community and her professional network within the industry provide a credible resource to help navigate the ever-changing demands of caring for an aging loved one. Through an empathetic approach, she advocates for her clients to ensure they have the support and guidance needed.

Katie is a Gerontologist, a Certified Senior Advisor (CSA)[®], Certified Care Manager and a Certified Dementia Practitioner.



The local partner you can trust for one of the most important decisions you'll ever make.

No cost senior living placement.

Contact me today
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CORE and MORE

Arice is nationally certified for living. As a result, her classes inspire and motivate clients to reach their personal fitness goals.

As a Pilates teacher and a licensed occupational therapist. She provides specialized instruction in small group classes and individual sessions and creates an environment that inspires clients to reach their personal fitness goals. Using her experience as an occupational therapist, she designs Pilates classes that combine strengthening and functional skills



She combines all of her past experiences with the knowledge of Pilates to enhance flexibility, balance and strength for people of all abilities.

Arice opened CORE and MORE, A Pilates Studio, in 2017, which is conveniently accessible to Wilbraham, Ludlow, Palmer, Springfield, Chicopee and East Longmeadow.

REFORMER & MAT CLASSES

INDIVIDUAL & SEMI-PRIVATE SESSIONS



CORE and MORE

A Pilates Studio

2141 Boston Road, Wilbraham
413-222-7306 • coreandmore.net

Deborah Deschamps – Berkshire Hathaway Home Services Realty Professionals

For 25 years, Deborah Deschamps has been a trusted name in real estate, consistently ranking among the Top 5% of Berkshire Hathaway HomeServices agents nationwide. A top producer every year, she blends experience with innovation, staying current with the tools, technology, and strategies that give her clients a true advantage when buying or selling a home.

Deborah works from both her home office in Ware and the Berkshire Hathaway Home Services brokerage in Wilbraham, serving clients across the

region with expertise and integrity.

Her greatest source of pride is the loyalty of her clients. Many return to her time and again, and she now has the honor of guiding the next generation—the children and even grandchildren of those she first helped decades ago. For Deborah, this repeat trust is the highest compliment and a lasting reminder of the relationships at the heart of her business.

Deborah Deschamps
Top 5% Ranking Realtor for BHHS
Realtor and SRES
Seniors Real Estate Specialist
413-530-8356

Berkshire Hathaway Home Services Realty Professionals



Deborah Sells Houses.com



national **business** **WOMEN'S** week

Mary C. McGovern, MBA
Country Bank President & Chief Executive Officer



Mary McGovern brings more than 36 years of experience in the financial services industry to her role as President and Chief Executive Officer of Country Bank, where she is proud to serve as the institution's first female leader. A results-driven executive, Mary is recognized for her authentic leadership style that blends innovation, collaboration, and compassion.



Since stepping into the role, she has embraced opportunities to inspire others and elevate women in leadership, from speaking engagements to mentorship. She currently serves on the boards of the Massachusetts Bankers Association, the Food Bank of Western Massachusetts, and the Massachusetts Housing Authority, extending her impact beyond banking into community well-being.

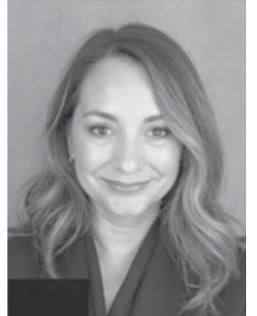
Mary's leadership and achievements have been recognized by both the Worcester Business Journal and Hannaford Supermarkets, honoring her as one of Massachusetts' outstanding women in business. She remains dedicated to advancing Country Bank's mission while empowering its people, customers, and communities to thrive.



MEMBER FDIC | MEMBER DIF
Celebrating 175 years in business, visit www.countrybank.com to learn more.

Linda Martins – Innovadora Marketing

Linda Martins, founder of Innovadora Marketing, is a lifelong Pioneer Valley resident with a passion for community, connection, and creativity. After more than 20 years in marketing across private and nonprofit sectors, she launched Innovadora to combine her professional expertise with her love for helping local businesses thrive.



As Founder and Brand Strategist, Linda partners with organizations of all sizes to bring clarity to their brand and energy to their outreach. Innovadora Marketing offers support with branding, social media, events, and office design. What truly sets the studio apart is Linda's personal approach. She listens carefully, builds relationships, and finds creative ways to help businesses grow while staying true to their values.

Outside of work, Linda is active in youth sports programs, local nonprofits, and enjoys spending time with her family. She sees her business as a natural extension of her roots in Western Massachusetts. Learn more at innovadoramarketing.com or connect with Linda at linda@innovadoramarketing.com.



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innovadoramarketing.com
linda@innovadoramarketing.com

Clean Slate

• Electrolysis and Laser Hair Removal •

Tracy Walence is the owner and operator of Clean Slate Hair Removal, a permanent solution to unwanted hair, located at 2 Allen St., Hampden, MA. She is a graduate of the Electrology Institute of New England in Tewksbury, MA and has been practicing electrolysis and laser hair removal for 7 years. After 22 years working in the medical billing and insurance field, Tracy decided it was time for a major career change. While staying in the "medical" environment, she wanted a more one-on-one situation, helping each and every one of her clients to feel better in their own skin. Her clients range from adolescents to octogenarians, male and female, and the transgender community as well. She has clients that travel from the Boston area to take advantage of the Lumenis laser and its comfortable and quick treatments. Larger areas are treated with the laser and maintenance follow ups can be done with either the laser or the epilator (electrolysis). New clients are always welcome to a complimentary consult and a brief treatment to experience the laser and/or the epilator. To make an appointment for this unique specialty, please call (413) 566-1477 or email Tracy at tracy@cleanslatehairremoval.com.



No more plucking, shaving, waxing or chemical depilatories!

Featuring the **Lumenis Lightsheer® Laser Hair Reduction** system
Safe for all skin types • Minimal Pain
Fast Coverage of Large Areas

2 Allen Street, 2nd Floor, Hampden, MA 01036
413-566-1477
www.cleanslatehairremoval.com



Eight years ago, Nicole Afonso set out to create more than a salon – she wanted a vibe. Hair Haven was born with good energy, big hearts, and a mission to make people feel amazing.

Today, Hair Haven is home to a talented team of seven stylists, two estheticians, and a massage therapist – all sharing the same passion for connection, creativity, and care. Always evolving, the space now offers the can't-stop-talking-about-it Japanese Head Spa experience and the brand-new 15-minute extension method, giving clients fresh ways to recharge and transform.

For Nicole, the most rewarding part of this journey has been building people –mentoring students, guiding their growth, and watching them flourish into confident professionals. At Hair Haven, it's not just about beauty – it's about creating a safe space filled with good vibes, positive energy, and a whole lot of heart.

Where vibes, beauty, and heart collide

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413-610-0330 • www.vagaro.com/hairhaven4



Wilbraham & Monson Academy students earn College Board Advanced Placement Honors

WILBRAHAM - Congratulations are in order for 67 students at Wilbraham & Monson Academy who earned 70 Advanced Placement honors from the College Board.

These honors include 1 Seminar & Research Certificate, 2 Capstone Diplomas, 32 AP Scholars (scores of 3+ on 3+ exams), 9 AP Scholars with Honor (avg score of 3.25 on all exams; scores of 3+ on 4+ exams) and 26 AP Scholars with Distinction (avg score of 3.5 on all exams; scores of 3+ on 5+ exams).

AP Capstone Diploma: Qingxuan Wang (China)

AP Scholars: Nicholas Betancourt (Florida), Trey Ledoux (New York), Chloe Roumeliotis (East Longmeadow), Padraig Dunbar (Wilbraham), Mingjun Li (China), Caitlin Stratton (Wilbraham), Ximena Perez Garcia (Mexico), Colin Moussette (Mansfield, MA), Gia Minh Tran (Vietnam), Yu Gu (China), Matthew Munsell (Somers, CT), Ainsley Trueman (Chicopee), Gabriel Hall (Westfield), Vinh Khang Nguyen (Vietnam), Bohong Zhou (China), Yijie Hu (China), Selah Prignano (Newington, CT), Avery Kay (Belchertown), Caterina Ravosa (East Longmeadow)

AP Scholars with Honor: Patrick Dorunda (Westfield), Jehyeong Koo (Republic of Korea), Brant Stoltz (Wilbraham), Dakotah Thomas (Mon-

son)

AP Scholars with Distinction: Adrianna Chechile (Palmer), Lily Meier (Somers, CT), Ryan Cooley (Wilbraham), Sang Nguyen (Vietnam), Mary Kathleen "Katie" Hutcheson (Wilbraham), Jayden Lee-Choi (Amherst), Qingxuan Wang (China), Yuxiao Zhou (China)

92% of WMA's scholars received scores of 3 or higher across all exams, which is a qualifying score to earn credit or advanced placement at most post-secondary institutions. 156 students sat for 325 exams in May of 2025.



Public Notices

LEGAL NOTICE

Sale of Motor Vehicle

Under G.L. c. 255 Sec. 39A
Bach Towing Inc., 165 Benton Drive, East Longmeadow, MA is holding a private sale of the following vehicle on **10/17/2025 at 2:00 p.m.** to satisfy our garage keepers lien thereon for storage and towing charges and expenses of Notices of Sale.

York Tree Service
210 Thayer Rd.
Hagganum, CT 06441
2012 Ford F450 Super Duty
VIN# 1FD0X4HTXCEB81726
10/02, 10/09, 10/16/2025

LEGAL NOTICE

Sale of Motor Vehicle

Under G.L. c. 255 Sec. 39A
Bach Towing Inc., 165 Benton Drive, East Longmeadow, MA is holding a private sale of the following vehicle on **10/31/2025 at 2:00 p.m.** to satisfy our garage keepers lien thereon for storage and towing charges and expenses of Notices of Sale.

Kevin Leblanc
687 Frank Smith Rd.
Longmeadow, MA 01106
2006 Jeep Grand Cherokee
VIN: 1J4GR48K26C200963
10/16, 10/23, 10/30/2025

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.
HD25P1999EA
Estate of:
Lynne Gosciminski
Date of Death: 05/27/2025
CITATION ON PETITION

FOR FORMAL ADJUDICATION

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Michael A. Gosciminski of Biddeford, ME** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Michael A. Gosciminski of Biddeford, ME** 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 11/05/2025.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled

to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

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

Date: be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in

Rosemary A Saccomani,
Register of Probate
10/16/2025

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.
HD25P2075EA
Estate of:

Barbara Ann Jablonski
Also known as:
Barbara A Jablonski
Date of Death: 08/04/2025
CITATION ON PETITION
FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Marcia Green 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: **Marcia Green of Hampden, 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 11/05/2025.** 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

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to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

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

Date: October 08, 2025
Rosemary A Saccomani,
Register of Probate
10/16/2025

Send Us Your Community Dazzler Events

Turley Publications will print your holiday calendar events **FREE OF CHARGE** in our **Dazzler Supplement** which will be published **November 19, 2025**.
Total circulation of 85,000 which reaches over 200,000 readers in the Pioneer Valley.
Event Should Be Non-Profit & Open to the Public

FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley

Event Name _____

Date/Time _____

Location _____

Description _____

Cost _____

Contact name & phone number for more information _____

Deadline for Calendar submissions is October 20.

MAIL YOUR LISTING INFORMATION TO: Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069 or email* them to: jamie@turley.com
**Be sure to indicate "Dazzler" in the subject line of your email.*

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to 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

Classifieds

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ALASKA COAL STOVE 2020, CHANNING III, Model 140, paddle feed. Very good condition. Excellent source to heat up to 85000 BTUs. 48" hearth pad included. Reasonable offer. **413-238-5986.**

RETIRED ELECTRICIAN TOOLS OF ALL KINDS

Priced for quick sale.

2007 Ford E150 Van w/shelving, bins, racks, etc. Electrician Tools • Carpenter Tools • Mechanic Tools • Plumbers Tools. **413-658-8535**

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FIREWOOD
Fresh cut & split \$225.00
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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. \$2K Tax Credit. Call **(508)882-0178**

SEASONED OAK CORD WOOD. Cut and split. \$250 per cord or \$150 for 1/2 cord plus delivery fee. COD. Russell **413-426-4123.**

TAG SALE

OCT. 18, 9AM-4PM, 264 NORTH MAIN ST., NORTH BROOKFIELD. Household items, antique wooden kitchen set, leather chair, tools, rugs, Curio cabinet and lots more. All priced to go.

WANTED

WANTED TO BUY

ALL 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**

Find archives of this local newspaper at www.newspapers.turley.com

WANTED

ALWAYS BUYING ALL ANTIQUES:

Musical instruments, guitars, horns, keyboards, vintage electronics, jewelry, coins, watches, military cameras, sports memorabilia, art, sterling, signs, automotive, hunting, advertising, radios, ham radio equipment, audio equipment, toys, one item or entire estate.
Call Paul 413-206-8688.

SERVICES WANTED

NEED SNOWPLOWING THIS WINTER for 350' gravel driveway by 9 a.m. in Belchertown on Old Bay Road. Call **413-687-1090.**

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A Call We Haul FAST REMOVAL
Junk, Appliance, Cleanouts.
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CREDIT CARDS ACCEPTED

ARA JUNK FURNITURE REMOVAL

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Licensed & Insured

Providing safe, reliable electrical services for residential and commercial projects.

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(Lic. #24046-A)

BUILT 'N POWERED. Serving all your electrical and construction needs. Fully insured and licensed. Free estimates. 10% Senior and Veteran's discounts. Call Tom **413-472-4104.** Electrical Lic. #56789/CLS Lic. #104505

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JAMES FERRIS: LICENSE #E16303
Free estimates. Insured. 50 years experience. No job too small. Call **(413)330-3682**

LICENSED ELECTRICIAN

I offer good quality electrical work, no project too small. Service upgrades, pools, trustworthy, dependable & insured. Master Elec. #20773A. Text/call Luis **413-218-3301.**

ZEN ELECTRIC COMPANY LLC

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

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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.**

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***COMPOSTED LOAM* 3/8"** screened, \$40/yd. deliv., 10 yd min.; No additives, fillers or by-products. Local deliv. to Oakham and surrounding towns only. Eliot Starbard **508-882-0140.**

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H & H TREE SERVICE All phases of tree care. Call Dave **413-668-6560** day/night.

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AKC CHOCOLATE LABRADOR puppies ready for loving homes. Must see! Contact/text Pam **413-388-1866** for details.

HELP WANTED

CONSTRUCTION EQUIPMENT DIESEL MECHANIC - In charge of daily repairs & maintenance on trucks as well as keeping equipment records/ordering parts. Health insurance/vacation. Mon-Fri. Come & meet with us! **RB Enterprises Ludlow, MA 413 583-8393**

PART TIME SNOWPLOW DRIVERS NEEDED

Part time snowplow drivers are needed for the Town of New Braintree for the 2025-2026 season. Positions available for both CDL and non-CDL License. If you are interested, please contact Highway Superintendent Richard Ayer at **(508) 867-2451** or email hwysretary@newbraintree.org.

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.

GREEN STREET, PALMER Newly renovated 1 bedroom apt. porch, off-street parking, coin-op laundry. \$1,500/ mo includes heat. No Pets. Call Tom **413-896-1555**

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.

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17	18	19	20
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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
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37	Base Price \$34.50	38	Base Price \$35.00
39	Base Price \$35.50	40	Base Price \$36.00

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Circulation: 50,500

Hilltowns
Circulation: 9,800

Suburban Residential
Circulation: 59,000

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ALL 3 ZONES NOW FOR THE PRICE OF ONE!
Make checks payable to Turley Publications

OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

HEALTH from page 6

Researchers have also noted the impact of socioeconomic factors, such as lack of nutrition, poverty and access to care.

“All of this poses great challenges and the need for a paradigm change in proposing possible solutions and interventions,” three European researchers wrote in 2023. “We have to invest, mobilize and implement harm reduction interventions in the care of complex patients.”

Easier said than done, obviously.

One positive I’m seeing is the emergence of patient-centered care as a pathway to better health outcomes. Using a patient-centered assessment lets providers understand not only a patient’s physical health, but also their mental health, lifestyle, behaviors, social factors (education, employment) and ability to understand their symptoms and treatments.

As a patient advocate, I have to take all of these factors into consideration when

working with a client and communicating with their care team. Even the smallest problem in any of these dimensions can dramatically worsen a patient’s health outcome.

But patient advocates and health-care providers cannot do the job by themselves. If you fall within the definition of “a complex patient,” it’s important for you to take the bull by the horns and participate in your own health care to the best of your ability. The same goes for your loved ones, your primary care provider and caregivers.

This is not easy in our fragmented health-care world. Still, there are actions a complex patient can take to help themselves and (one hopes) improve their health outcomes.

1. Coordinating care. Each health-care provider has to know what the others are diagnosing, treating and prescribing. It’s likely that one or more of your providers is accessible through a patient portal that also contains text

results, notes and electronic health records.

Will they have time to read everything? Maybe not, but you should, so you can convey your understanding of what other doctors are saying. This is where medically-trained patient advocates provide a valuable service, by reviewing the records and then conveying that information to doctors in medical terminology.

2. Being honest. As humans who want to appear competent and in charge of our lives, we sometimes hesitate to tell our providers everything that’s going on. Maybe there’s an emerging mental health issue. Maybe you’re taking a drug that hasn’t been prescribed. Maybe there’s been a break-up in a marriage. Maybe you’re drinking more. All of these things can impact your well-being, and your doctor needs to know about them.

3. Taking notes. I’ve said it before and I’ll say it again. Take someone with you to

medical appointments and have them take notes, or even keep a journal yourself. You can keep track not only of doctor discussions, but also note your mental, emotional and physical symptoms on a daily basis to share with your provider.

If you are a “complex patient,” or you know someone who is, recognize that fact and take a stronger hand in your care. You may be helping yourself or a loved one live their best life.

Teri (Dreher) Frykenberg, a registered nurse and board-certified patient advocate, is the founder of Northshore Patient Advocates LLC (NShore). She is also founder and CEO of Nurse Advocate Entrepreneur, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com.

Polish Food Sales are back

INDIAN ORCHARD – Immaculate Conception Church, 25 Parker St., Indian Orchard, Ma will be holding five Polish Food Sales on these Saturdays:

- Oct. 18, 9 a.m. to 1 p.m.
- Nov. 15, 9 a.m. to 1 p.m.
- Nov. 22, 9 a.m. to 1 p.m.
- Dec. 13, 9 a.m. to 1 p.m.

Dec. 20, 9 a.m. to 1 p.m. Golabki (3) \$12; Kapus-ta (Large) \$10; Pierogi (12) Cabbage, Potato & Cheese \$14; and Sweet Cheese, Blueberry \$15

Sales take place in the church cafeteria (lower section of the church). Credit cards not accepted.

Mysterious Massachusetts at the Wilbraham Public Library

WILBRAHAM – Every state has its ghost stories, but no other state has the Dover Demon or the Salem Witch Trials. From sea-side ghosts, to UFOs over the Berkshires, Massachusetts has a rich history of paranormal legend, odd events, and strange denizens. Join Sarah Hodge-Wetherbe as she presents “Mysterious Massachusetts” at the Wil-

braham Public Library on Monday, October 20 at 6:00 pm, where she will discuss some of the most iconic figures & stories in Massachusetts history.

This event is free and open to the public. Registration is appreciated but not required. Sign up at wilbrahamlibrary.org, or call the library at 413-596-6141.

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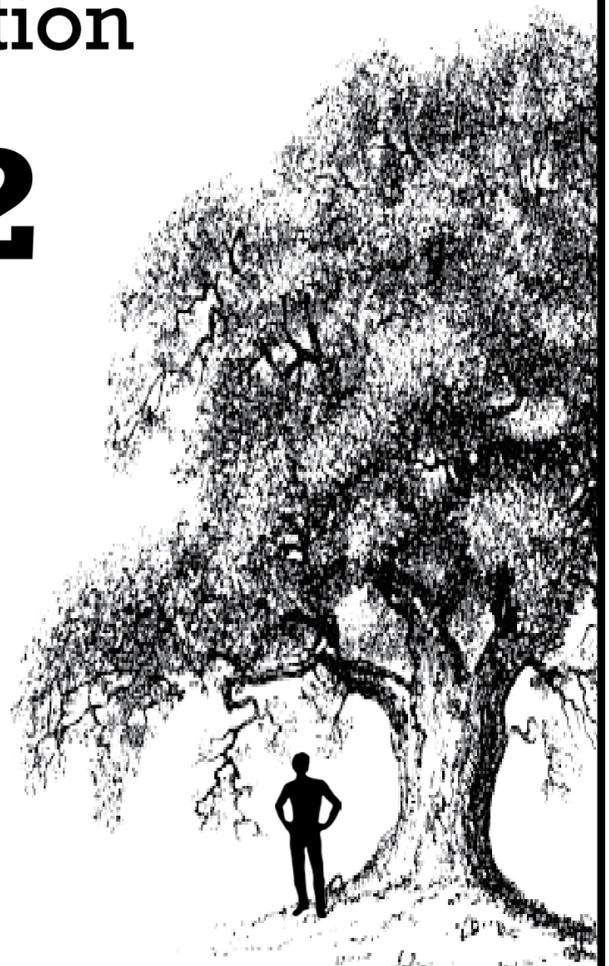
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