

# TOWN Reminder

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Even the earth made the rounds.



South Hadley St. Patrick's Day Committee members carry the banner that announce the South Hadley parade contingency.

## SOUTH HADLEY RESIDENTS ENJOY THE

# Holyoke St. Patrick's Day Parade



South Hadley Band members marched in the Holyoke St. Patrick's Day parade.



South Hadley Fire provided an escort for local children.



See more photos on Pages 8-9.

## Oliveira: 'We need more homes'

Senator ways in on housing needs in Pioneer Valley

By Nick Boonstra  
Staff Writer  
nboonstra@turley.com

In a recent phone interview, state Sen. Jake Oliveira (D-Ludlow) highlighted the work being done on Beacon Hill to address the housing crisis that thousands in the Pioneer Valley and across the commonwealth are facing, while also emphasizing the areas

in which more work needs to be done.

Oliveira, whose Hampden, Hampshire and Worcester district includes communities spanning from Warren to South Hadley, said that the first step toward helping both a veteran waitlisted for emergency shelter and a working family struggling to keep up with inflation was the same.

"The bottom line is that we need more homes," he said.

When it came to the issue of housing affordability, Oliveira said that he approached the subject from a unique point of view

relative to others in his role.

"As one of the few renters who's a member of the Legislature, I see things from a little bit of a different perspective from some of my other colleagues," he said.

He also pointed out the unfortunate reality of what a lack of affordable housing can mean for Massachusetts residents, and why it is so important to address the issue head-on.

"We don't want people living on the streets, we don't want people living in tents, we don't want people living in the woods," he said. "It's a public safety issue;

it's a humanitarian issue."

Oliveira acknowledged that Massachusetts' unique status as the only state in the nation with a right-to-shelter law had become a point of discussion as the housing crisis has escalated. However, he also clarified that this guarantee for emergency shelter only applied to families with children, and that over half of those families currently in the shelter system were citizens of Massachusetts



File Photo  
State Sen. Jake Oliveira

and of the United States.

"There are a significant number of migrants that are being housed, but there's a significant number of Massachusetts residents that are in the system as well – veterans and seniors and other working families that are here in the commonwealth," he said.

Oliveira pointed to Gov.

Please see **OLIVEIRA**, page 5

# Community

## Cold Plunge 'Try-Ath-Alon' starts April 9

BELCHERTOWN – Come join the Cold Plunge Try-Ath-Alon for a uniquely fun and fulfilling truly local fitness adventure.

Starting April 9 and held twice weekly for seven weeks through May 23, on Tuesdays and Thursdays, participants will sample the bits and pieces that comprise the triathlon.

Participants will start with the waters - and swimming. Then they will head to the air - and biking and lastly, they will finish with the ground - run/walk.

In between, they will practice cardio, flexibility, strength and technique in self-competition and shared community. This experience is for beginners, those new to the sport - or those who enjoy getting into better shape/condition for the spring/summer season ahead.

Creator and cheerleader of this special Belchertown course is Mike Hoffman.

Hoffman and his family are relatively new residents to Belchertown, and he is an experienced "elder athlete" at 66. He was a college athlete (volleyball), amateur athlete (tennis, aikido) and practitioner of yoga, tai-chi and interval training.

Hoffman has competed in over 12 triathlons in the East and West. He has already introduced a parent/child aikido course to Belchertown and is currently a participant in the 5-Colleges Learning in Retirement and BrainFogKeto Program.

Cold Plunge Try-Ath-Alon's organizers believe the triathlon is new to town. At the same time, very few towns are ideally suited. Belchertown has lakes and



Submitted Photos

Belchertown resident Mike Hoffman has competed in 12 triathlons.

pools, infinitely long bike paths and stunning running trails, along with the safety and support of the town's recreation leadership.

Cold Plunge Try-Ath-Alon stresses safety, preparedness, awareness and personal challenge. Participants will only compete with themselves.

In this small community, participants support each other in harmony - new and old friends together.

"My vision - may we one day host our own Triathlon," Hoffman said in a press release. "We begin with conditioning -cardio and flexibility-and technique. You set your goals, or I assist with the process."

Details of times and venues, along with how to sign up are on the Town of Belchertown Programs website, Belchertown.org. Or contact Linda Racicot by



Mike Hoffman will lead the Cold Plunge Try-Ath-Alon program starting April 9 and running through May 23.

email at Lracicot@belchertown.org.

## Public hearings on changes to sewer rates, curbside trash collection set for April 13

SOUTH HADLEY - The South Hadley Selectboard will hold public hearings on upcoming sewer rate increases and trash collection changes on Saturday, April 13.

The hearings, led by Town Administrator Lisa Wong and Director of Public Works John Broderick, will begin at 9 a.m. at the South Hadley Senior Center with a discussion on the sewer rate increases and the capital improvements behind

them. At 10 a.m., the hearing will turn to a discussion on the upcoming curbside trash collection changes.

The public is encouraged to attend. The hearing is hybrid and residents can attend in person or on Zoom.

Visit the town website to download a spreadsheet to review the wastewater budget and projections, the meeting Zoom link and more information.

## YWCA Golf Tournament supports youth programs

SPRINGFIELD – YWCA Board Chair Kim Casineau has announced the hosting of the YWCA Golf Tournament to be held at the Springfield Country Club in West Springfield on Monday, May 6 with registration now open online at ywworks.org.

Proceeds of the charity golf tournament will go towards support of the Children Who Witness Violence program that offers therapy for children who have witnessed or experienced abuse and violence. The Healthy and Empowering Relationship Education program of the YWCA, that supports Springfield middle and high schoolers to learn about healthy relationships and friendships, will also benefit from proceeds raised at the tournament.

According to Casineau, organizer of the event, "the leadership work the YWCA is doing in addressing domestic and sexual violence is critically important. These two youth-oriented programs are providing

much needed support and resources in our community. I encourage all who are interested in supporting our event to contact me at kcasineau@thecoatinghouse.com or register on the website. We need golfers, cash donations and donations for our raffle. My goal is to raise awareness to all the great work the YW does for our community in a fun way. Please join us on May 6 in support of these very worthy programs."

The cost per golfer to participate in the tournament is \$155, and includes golf, cart, lunch, dinner, and a quarter zip jacket. There will be a raffle and cash bar at the country club.

Individuals or organizations interested in registering or sponsoring the event can go online to ywworks.org.

Headquartered in Springfield, the YWCA also provides services and offers programming to children and women in crisis in Northampton, Westfield, Belchertown and Holyoke.

## 'The Old Bag Sale' is back to benefit the Stone House Museum

BELCHERTOWN – The Stone House Museum's opening day is Saturday, May 11, and "The Old Bag Sale" will be there.

The museum needs your help to make this event a big success. They are collecting gently used bags, pocketbooks, wallets, computer bags, backpacks, etc. (please no suitcases).

Now is the time to clean out

your closets and donate – and tell your friends and family to donate as well.

Donation bins have been placed in several locations around town including Easthampton Savings Bank, the Senior Center, Clapp Memorial Library, Town Hall lobby, Ransaka Gift Shop, Swift River Gift Shop, Making Waves Salon, Looks To Kill Salon, Station

Five Salon, Tina Marie's Hair and Boutique, Dynamic Do's Salon and Bell and Hudson Insurance Agency. Donation bins have also been placed in Granby at the Free Public Library and at the Senior Center.

Bags will be collected through March and April, and the last day to donate will be May 1.

## Easter Egg Hunt & Hat Parade March 30

The annual Easter Egg Hunt and Hat Parade at Buttery Brook Park will be held on Saturday, March 30, 2024. The event features an egg hunt with over 2,000 eggs and a visit from the Easter Bunny.

There is also a hat parade where children show off their finest Easter hats. Winning hats will be awarded prize ribbons. The hat parade starts the event at 10 a.m. with the egg hunt immediately following.



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# History of town's mills uncovered



Labonte shows attendees a map detailing who owned properties in the South Hadley Falls area in the late 1700s.



Turley Photos by Nick Boonstra

Presenter Leo Labonte shared the industrial history of South Hadley at the Senior Center on March 19, comparing historical maps to present-day roads and landmarks.

## Local historian shares glimpse into industrial past

By Nick Boonstra  
Staff Writer  
nboonstra@turley.com

SOUTH HADLEY – Local historian Leo Labonte shared stories and insights from the industrial past of South Hadley and the surrounding area at a talk given at the Senior Center on March 19.

Labonte said he hoped the presentation would be the first in a series for the community, and intended to conduct a bus tour of the town in the coming months as well.

Of all the presentations that Labonte had prepared on local history, he expressed a particular fondness for this talk

on the town's historic mills.

"I think I had more fun putting this together than anything else, simply because I've learned so much about textiles, and paper, and mills, and so on," he said. "It's 250 years of technology in this presentation!"

As part of putting together this and other presentations, Labonte said that he had begun to devise his own system of categorizing and numbering significant locations in South Hadley. "I'm hoping the town will one day adopt it," he said.

He explained early in his presentation that the former Gaylord and Howard sash and blind factory had been on the site of what is now Chap de Laine's. He said this would have comprised the lower section of the mill area, with middle and upper sections winding up with Stony Brook in an area of town that had included sawmills, grist mills and even a distillery.

"If you're at the corner of Mosier

and Brainerd, the hill going up was an orchard," Labonte said. "What do you do with apples? You make apple cider." He also detailed how what we now call College Street was simply considered the County Road during this industrial era.

It turned out that the placement of these mills relied not only on the flow of water, but also on the land's potential for agriculture. Labonte explained that what are now soccer fields behind the Michael E. Smith Middle School were once used for growing as well as soaking the very flax to be used in the textile mills.

Additionally, Labonte said that the way the mills had been constructed enabled them to be used for multiple purposes across their lifetimes. A sawmill could easily be interchanged for a grist mill, for instance, and vice versa.

He also said that other businesses benefited from the presence of the mills. As an example, Labonte said that local black-

smiths worked directly with the textile mills to make special combs with metal teeth that were used in harvesting and preparing flax.

But, while the mills were an engine for economic progress in the region, they also came with their dangers. Labonte said there had been a number of mill disasters throughout the town's history, including three major fires in the 19th century and two floods in the 20th.

Labonte expressed his thanks to the Massachusetts Cultural Council, the South Hadley Cultural Council and the South Hadley Public Library in helping to make his presentation possible. Information about future events at the South Hadley Senior Center can be found online at <https://www.southhadley.com/324/Council-On-Aging>.

## Firehouse Museum hosts open house

SOUTH HADLEY — The Firehouse Museum will have an open house this Sunday, March 24, from 1:30 to 4 p.m. The Museum is located at 4 North Main St. It is open to the public on the fourth Sunday of each month, from 1:30 to 4 p.m.

There is no charge to visit the Museum and it is appropriate for all ages. Knowledgeable docents are always ready to answer questions. The museum is not

handicapped accessible

Exhibits on two floors cover a broad range of South Hadley's history, including the historic navigable canal (which is the oldest in the country), industries and agriculture, military history and every day life. The South Hadley Historical Society always welcomes donations of any memorabilia related to South Hadley History.

## Healey proposes pardons

BOSTON— State Senator Adam Gomez (D-Springfield) joined Gov. Maura Healey and Lt. Gov. Kim Driscoll at the State House for a major criminal justice reform announcement related to pardoning those convicted of simple possession of marijuana.

As Healey said in her address, the pardons will apply to all adult state-level misdemeanor possession convictions handed down before Wednesday, March 13, 2024, removing criminal records that have become a barrier for residents seeking jobs or housing throughout the years.

"I'm thankful to the Healey-Driscoll administration for answering President Biden's call and issuing pardons for those convicted of state marijuana offenses", said Gomez. "8 years ago, Massachusetts residents voted yes on Question 4 to legalize recreational marijuana. Today, we are finally beginning to address historic racial disparities for those affected by marijuana prohibition. As Chair of

Please see **PARDONS**, page 6

## Spring yard waste collection schedule

SOUTH HADLEY— The South Hadley DPW will begin curbside spring yard waste collection on April 1 through April 26. Paper bags or open containers only. The waste must be curbside by 7 a.m. on your collection day. Each route

will have two collections. Brush must be tied in bundles (no metal) of not more than four feet in length. Leaves, grass and brush only, Pno plastic bags. For any questions or more information please contact the DPW at 413-538-5030.

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# Opinion



## Will my benefit increase if I work while collecting disability?

**Dear Rusty:**  
I will be 64 in March and currently receive Social Security Disability Insurance payments. My full retirement age is 67, but I'm thinking about trying to return to work.  
If I work and my earnings exceed the monthly disability payment limits, but do not exceed the annual limit, how will my disability payments be affected? Will working while receiving Social Security disability payments change my Social Security benefit amount when I reach my full retirement age of 67?

Signed: Mending

**Dear Mending:**  
Social Security doesn't go by annual earnings when it comes to disability; they go by monthly earnings. If your work earnings in any one month of 2024 exceed \$1,550, that will be a flag to SS that you are no longer disabled (\$2,590 per month if you're blind). If that happens for a few months in a row, they will most likely stop your SSDI payments.

Often, this happens retroactively, they won't find out until sometime later that you repeatedly exceeded the monthly limit, but they will likely cancel your SSDI benefits and require you to repay any benefits you received in months you exceeded the monthly SSDI earnings limit or months they deem you were capable of working without restriction.

I suggest you consider enrolling in Social Security's "Ticket to Work" program. While enrolled, you can work and will have a rolling nine month "Trial Work Period" over five years, during which you can earn more than \$1,110/month in 2024 without jeopardizing your SSDI benefits.

If, after completing your nine month trial work period, you are taken off of SSDI (because you're no longer considered disabled), and you again become disabled and unable to work, your SSDI benefits can resume without requiring you to go through the entire application process again. You can test your ability to work, will be able to work some and can earn more than the limit in some months, which makes the Ticket to Work program your best option. Read more about it here by visiting <https://choosework.ssa.gov/>.

As for whether working while on SSDI will improve your benefit at your Full Retirement Age, that depends. Your current SSDI benefit is equal to your FRA entitlement from your earnings record at your disability onset date, but paid to you prior to your FRA. The method for determining your benefit under SSDI is complex and depends on the age at which you became unable to work and the number of Social Security credits you had accumulated at that time. Although SS retirement benefits normally require you earn at least 40 SS quarter credits and are based on your highest earning 35 years, those approved for SSDI can get benefits with fewer than 40 credits and less than 35 years of lifetime earnings. Since each case is unique, I cannot say whether your earnings while on SSDI will improve your FRA amount, but Social Security will monitor your earnings and increase your benefit if appropriate.

FYI, your SSDI benefit would normally automatically convert to become your regular SS retirement benefit at your FRA at the same amount you were receiving while on SSDI. It's possible that the limited earnings you may have from working while on SSDI may increase your benefit, but that's impossible for me to predict. Your benefit is based on your lifetime earnings history (adjusted for inflation), not on your contributions to Social Security while working.

So, if you are on SSDI and wish to try returning to work, and you think your monthly earnings will occasionally exceed the SSDI lim-

Please see **SSI**, page 6



## LETTER TO THE EDITOR

### SHELD's compliance with the law

As the attorney for South Hadley Electric Light Department, I feel compelled to respond to Walter Hamilton's March 13, 2024, letter to the editor regarding SHELD. Mr. Hamilton's letter is not an accurate reflection of the entire story, and as such, I wish to provide residents with a more thorough explanation of SHELD's compliance with the law.

SHELD follows Massachusetts' Open Meeting Law and Public Records Law with particularity and takes every precaution to ensure its conduct complies with the letter and the spirit of the law. The Open Meeting Law contains specific exceptions which allow SHELD's Municipal Light Board to meet in executive session as it relates to certain matters. Mr. Hamilton takes liberty with the terms "secret" and "secrecy" and states that the Board's executive sessions were conducted in secret.

Executive sessions are, by their definition, conducted in private for good and lawful reasons as permitted by the Open Meeting Law. While Mr. Hamilton may wish that the law provides otherwise, to date, it does not. Mr. Hamilton's choice of words in his editorial letter provides the public with the false impression that SHELD is doing something improper. His use of the word "secret" is unfair, misleading, and professionally irresponsible.

The Public Records Law also provides exceptions which permit SHELD to keep confidential certain electric and telecommunication information. In August 2022, SHELD's Municipal Light Board determined that disclosure of electric, telecommunication and other pricing/strategic information would adversely affect SHELD's ability to conduct business competitively in relation to other entities. As a result, the Board voted unanimously to treat all such information as trade secrets, competitively sensitive, or proprietary information, which can be excluded from public disclosure. State law permitted the Board to take such

a vote.

When Mr. Hamilton made a public records request in October 2023 seeking SHELD's operating revenues, SHELD responded by giving Mr. Hamilton the information that is public and by redacting the information that is confidential pursuant to the Board's vote and state law. Mr. Hamilton was unhappy with that response and submitted an appeal to the Secretary of State, which enforces the Public Records Law.

The Secretary of State reviewed Mr. Hamilton's appeal, the documents SHELD provided to him in response to Mr. Hamilton's Public Records Request, and a written response from SHELD which advised the Secretary of State that the redacted information was confidential strategic information which pertained to SHELD's efforts to compete in the fiber space with communities outside South Hadley. The Secretary of State found that SHELD met its burden in showing that the redacted information was confidential under the law and not subject to disclosure. As such, the Secretary of State closed the appeal and provided Mr. Hamilton with an official response advising him of such.

SHELD's management has done an exemplary job ensuring SHELD's success in its competitive efforts by protecting its pricing and other strategic information. To the extent SHELD is able to keep the competitive information confidential, consistent with the Secretary of State's decision, it is in the best interest of South Hadley's rate payers. SHELD's ability to negotiate contracts within the highly competitive telecommunications industry and to bring additional revenue into the Town helps reduce costs and maintain competitive rates for all SHELD customers.

**Katharine Shove-Harrington, Esq.**  
*Brodeur-McGan, PC*

### Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives.

We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.

## OPINION PAGE/ LETTERS POLICY

Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed. Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to [townreminder@turley.com](mailto:townreminder@turley.com). Mailed letters can be sent to Town Reminder, 24 Water Street, Palmer, MA 01069.

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By Ellenor Downer

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

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

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

It can eat its weight in earthworms

within 24 hours. It also eats insects and seeds. Woodcocks inhabit woods and thickets bordered by open areas.

Both sexes make a “peent” call. In spring, woodcocks display in open fields. The male rises in the air in wide circles. When he reaches about 50 feet about the ground his wings start to make a twittering sound. At about 200 to 300 feet the twittering stops.

He gives a canary-like flight song and begins a zig zag descent.

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

After mating, the females raise their brood alone. The nest is a scraped depression in the ground lined with twigs or grass and placed within 100 to 200 yards



Photo by Keith Ramos/USFWS  
**American woodcock**

of the male’s display ground. The female lays four buff eggs with brown splotches.

**Canada geese**

On Friday, March 1 I saw a large flock of Canada geese in a field in Spencer. On Monday, March 4 I heard the honking of geese. I looked up and saw two large flocks of Canada geese fly overhead.

The first flock flew lower and lower and landed in my hayfield and the pond next to it. The second flock flew much higher and headed northward.

**Belted kingfisher**

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

**Black bears and more**

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

Please see **BACKYARD**, page 6

**OLIVEIRA** from page 1

Maura Healey’s \$4 billion Affordable Homes Bill, filed in October, as having the potential to significantly address the housing shortage in Massachusetts, with its call for the creation of over 40,000 new homes for both low- and middle-income residents.

“It’s not just low-income folks that are struggling to afford home rates,” Oliveira said. “It’s also middle-income families and working families as well.” He added that he hoped to see the House and Senate take up their own versions of the bill this spring.

Importantly, some of these new homes might already be hiding in plain sight.

“My family came to Ludlow in the early part of the 20th century from Portugal and Poland to work in the Ludlow mills, and a lot of those mill buildings have remained vacant for decades now,” Oliveira said.

He said that the state was assisting with having these buildings redeveloped

for both affordable and market-rate housing. He said that there were plenty of other locations and abandoned buildings throughout the valley that could be redeveloped in the same way, citing the former Belchertown State School campus as another example of such a work in progress.

He also said that these sorts of redevelopments of existing buildings were helpful in ensuring the character of the communities in which they sit are maintained.

“You can develop those buildings in a respectful manner which doesn’t really require new construction,” he said.

Oliveira stressed that the senior population was an especially important one in the conversation around housing.

“A family who’s been in a home for a couple decades, they might have paid off their mortgage, but they’re struggling to afford property taxes to stay in their homes,” he said.

He said that the Legislature had already passed an expansion of the Senior Circuit Breaker Tax Credit, which applies

to certain Massachusetts homeowners and renters over 65 and helps offset the cost of their property taxes or rent. This expansion was signed into law by Healey in October as part of a suite of tax cuts that go into effect this year.

Oliveira also recognized that the issue of affordable housing was only one part of the broader issue of the cost of living in Massachusetts and affordability in general.

He said that the EARLY ED Act, a comprehensive bill passed by the Senate earlier this month that would reform early childhood education in Massachusetts, included provisions to make childcare more affordable for working families in the state.

“We’re seeing so many families being priced out, or having to make a decision whether or not they go to work or they stay home with their children, because they can’t afford childcare,” he said.

He went on to say that supporting childcare providers with better wages, expanding the Commonwealth Cares for Children Grants program and making

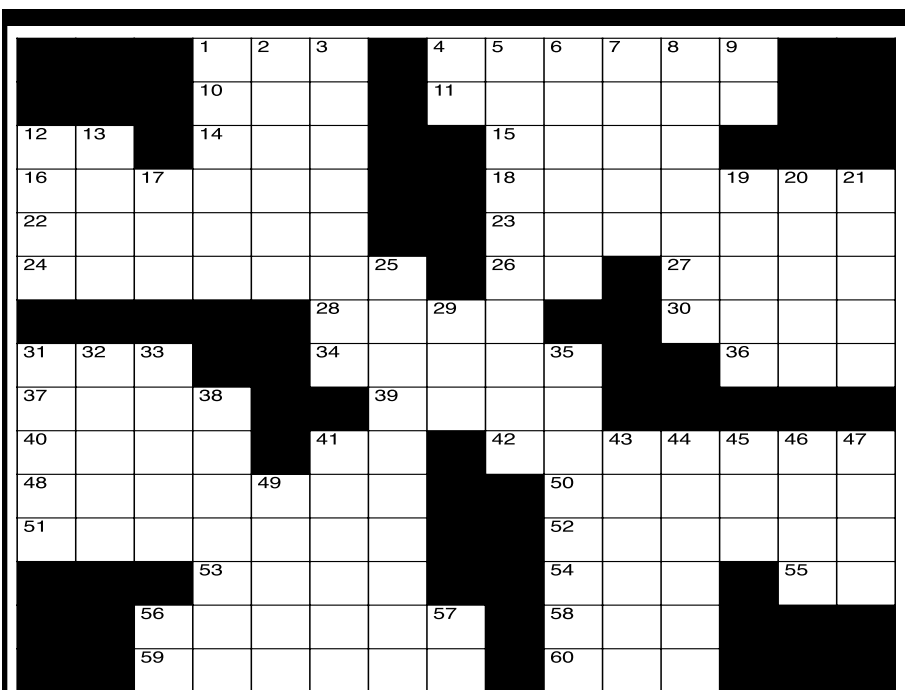
middle-class families eligible for childcare subsidies were important steps toward solving this problem.

He also cited a prescription drug reform bill passed by the Senate in November as critical to improving affordability for Bay Staters, saying it would be a “huge game-changer for any senior or family that relies on these life-saving prescriptions.” He added, “Massachusetts could be leading the way on this.”

Away from the State House, Oliveira was in Ludlow last month along with state Rep. Aaron Saunders (D-Belchertown) to advocate for mobile-home owners facing steep rent increases from park owners, a situation he said people throughout the Commonwealth have been reaching out to him about.

“Hopefully we’re putting some pressure on these owners of these properties,” he said.

Ultimately, he said, “We’re trying to do everything we can to make Massachusetts a more affordable place to live and to raise a family and retire with dignity.”



**CLUES ACROSS**

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

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

**CLUES DOWN**

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

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

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## Health

### Flu cases on the rise; in some cases antiviral medications can help

SPRINGFIELD – Despite all the efforts to avoid the flu, inevitably some people will catch it. For those who do, antiviral medications may help. Just what are antivirals? How do they work? Who should take them and when? The healthcare providers at American Family Care explain patients need to know.

“The first line of defense against the flu is to get vaccinated,” said Dr. Andrew Koslow, associate medical director of AFC for Massachusetts. “Antiviral medications are a second line—when the vaccine doesn’t prevent infection, or someone didn’t receive the vaccine. Antiviral medications are mostly used for severe cases of the flu or patients who are considered at high risk for flu-related complications.”

The general protocol for treating the flu consists of getting lots of rest, drinking plenty of water and other clear liquids and taking over-the-counter medications such as Tylenol and ibuprofen to reduce fever and relieve symptoms. However, in some cases, prescription antiviral medications are recommended.

Antiviral medications are always prescribed for flu patients who are hospitalized, have severe flu symptoms but are not in the hospital, meet certain age criteria or have underlying health conditions that put them at higher risk of complications from the flu.

Sometimes antiviral medications are prescribed for cases of the flu diagnosed early (within the first 48 hours of developing symptoms) or for those who are

exposed to high-risk populations either at home or work. Antiviral medications are sometimes prescribed to help prevent the flu for people who cannot receive the flu vaccine.

“When antiviral medications are recommended, patients should discuss all possible side effects and drug interactions with their doctor,” Koslow said. “Nausea and vomiting are possible, as are headaches. And certain other medications may reduce the effectiveness of antiviral medications.”

Koslow reiterates these important reminders to reduce the spread of infections:

Wash hands frequently with soap and water for two minutes and dry them thoroughly.

Maintain social distancing and/or wear masks, especially at large, indoor gatherings.

Stay home if you have symptoms such as fever, coughing, sneezing, runny nose, aches, chills and fatigue.

Regularly disinfect high-touch surfaces like doorknobs, countertops and faucets.

The medical providers at AFC Springfield and AFC West Springfield offer convenient, walk-in care seven days a week for patients of all ages. Services include urgent care for illnesses, sprains and strains; stitches for minor cuts and lacerations; flu vaccines and testing; diagnostic rapid tests and antigen tests for COVID-19; physicals and on-site x-rays.

### March 26 is National Diabetes Alert Day

SPRINGFIELD – Diabetes Alert Day on March 26 is call-to-action for all Americans to find out their risk of developing diabetes, and if detected early, how to prevent or delay its complications.

Today, diabetes has become much more than a disease - it is an epidemic fueled by the combination of the rise in obesity and other biological, environmental and lifestyle factors.

The numbers tell the story: 38.4 million Americans or about 11.6% of the US population had diabetes in 2021. 97.6 million American adults age 18 and older have prediabetes.

About 1.2 million Americans are diagnosed each year.

“Diabetes is a lifelong condition in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life and leads to high blood sugar levels,” said Dr. Michele Gortakowski of Baystate Endocrinology and Diabetes in a press release.

There are different types of diabetes. The main two types are type 1 and type 2 diabetes.

In type 1 diabetes, the pancreas does not make insulin due to an autoimmune process that damages the cells of the pancreas that make insulin. In type 2 diabetes, the pancreas is resistant to insulin and may make less insulin than it used to.

Type 2 diabetes is more common, and the numbers continue to increase not only in adults, but also in children and adolescents.

Classic signs of diabetes include frequent urination, excessive thirst, extreme

hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

However often there are no signs of diabetes. It is estimated that 8.7 million Americans are unaware that they have diabetes.

Additionally, over 97 million people aged 18 or older have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. People with prediabetes have a high risk of developing diabetes over time.

Factors that put people at higher risk for diabetes include age, having high blood pressure, unhealthy cholesterol, being overweight, smoking, and having a family history. African Americans, Latinos, Native Americans, Asians and Pacific Islanders are at an increased risk, as are women who have had gestational diabetes.

Getting more exercise and losing a small amount of weight can help prevent pre-diabetes turning into full diabetes if you are at risk. Eating healthier foods and becoming more physically active-taking a brisk walk for 30 minutes a day, five times a week, for example-can help you lose weight, feel better, and lower your risk of developing type 2 diabetes.

Even small steps-losing just 5% to 7% of your body weight (10 to 14 pounds for a 200-pound person)-can make a big difference in preventing type 2 diabetes.

The American Diabetes Association encourages people who are at risk, display symptoms or who are overweight, physically inactive, and over the age of 45 years to take the American Diabetes Risk Test.

Please see **DIABETES**, page 7

### BACKYARD from page 5

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

He also said, “However, that will not eliminate the chance for a bear/human encounter. Last year, a black bear was in our neighbors back yard, at 10:30 a.m. in the

morning. The bear was attracted by the chickens in the coup. Fortunately, they have an electrified fence, surrounding the coup. After getting shocked, it ran across the street and into Cedar Swamp woods. It will be back, since a bear does remember where the food sources are located.” He said he recently saw a male, pileated woodpecker.

#### Loon fact

The Loon Preservation Committee in Moultonborough, New Hampshire included these interesting loon facts in their newsletter.

Loons are physiologically adapted

for life in the water, so much so that they struggle to walk on land as a result. Their dense, thick walled bones help to weigh them down in the water. The extreme rear-placement of their legs and feet allows them to maximize the propulsive force that they can exert with each kick.

Many studies documented the duration of observed loon dives. Most of these studies have reported that average loon dives last somewhere between 33 and 52 seconds, regardless of season or location.

Loons diving to deeper depths tend to spend more time underwater than those diving in more shallow areas.

In a study of loons using Lake Mich-

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

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

### PARDONS from page 3

Cannabis Policy, I have worked closely with organizations and community members who’ve advocated for this type of reform, but I’ve also been directly affected when I was charged with a low-level marijuana crime as a teenager. I encourage the Governor’s Council to vote favorably on the Governor’s recommendation to make this a reality for

tens of thousands of individuals across the state”.

The proposal will still need the approval of the Governor’s Council before taking effect. If approved the pardons would take effect immediately, although it may take several months for individual criminal records to be updated. For more information, please contact Senator Gomez’s office at Adam.Gomez@MASenate.gov

### SSI from page 4

it, I suggest you contact Social Security (1-800-772-1213 or your local office to explore enrolling in the Ticket to Work program. That would be your best option to avoid jeopardizing your SSDI benefits, and your benefit amount will be automatically adjusted by Social Security if appropriate.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Admin-

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

#### HADLEY PUBLIC SCHOOLS SCHOOL CHOICE OPENINGS 2024-2025

Hadley Public Schools – serving grades PK-12 is currently accepting School Choice Applications.

Applications can be found on our website at [www.hadleyschools.org](http://www.hadleyschools.org) or call (413) 586-0822. The cut-off date for applications is April 17th.

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Sergey Glevov, Professor of History at Smith and Amherst College, will explore the root of Russian aggression against Ukraine and weigh different interpretations of the cause of the conflict. He will also discuss the current status and prospects for resolution. Sponsored by The South Hadley Travel Club.

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TUESDAYS UNTIL 7:00 PM 413-538-5030 X3  
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# Nomination papers available for annual town election

GRANBY – Any person interested in seeking elected office in Granby must take out nomination papers from the Town Clerk no later than March 28 to be placed on the May 20 ballot.

Candidates must collect signatures of 30 or more registered voters and return the nomination papers to the Town Clerk's office by Monday, April 1.

Office vacancies for town election on May 20 include: Select Board, one for three years; Board of Assessors, one for three years; Board of Health, one for three years; Moderator, one for three years; Town Collector, one for three years; Treasurer, one for three years; Housing Authority, one for five years; Housing Authority (unexpired term), one for four years; Planning Board, one for five years; School Committee, two for three years; Commissioner of Burial Grounds, one for three years; and Library Trustees, three for three years.

Thursday, March 28 is the last day to obtain town nomination papers and Monday, April 1 is the last day to file town nomination papers with the Board of Registrars for certification.

Tuesday, April 16 is the last day the Board of Registrars can file town nomination papers with the Town Clerk and Thursday, April 18 is the last day to withdrawal or object to town nomination papers.

Friday, March 29 is the last day to file with Town Administrator for a private article for the May 13, Annual Town Meeting. For a private warrant article to appear on the Annual Town Meeting warrant, a petitioner must acquire 10 signatures of registered voters in the town.

The last day to register to vote for the Annual Town Meeting and annual town election is May 3.

Town Hall public hours are Monday through Thursday from 9 a.m.-3 p.m. and Fridays from 9 a.m.-noon. The Town Clerks office is located at 215 B West State St.

If you have any questions, please call Town Clerk Kathy Kelly-Regan at 413-467-7178.

# Town Clerk gives reminders for upcoming events

GRANBY – Any person interested in seeking elected office in Granby must take out nomination papers from the town clerk no later than Thursday, March 28 to be placed on the Monday, May 20 ballot.

Candidates must collect signatures of 30 or more registered voters and return the nomination papers to the Town Clerk's office by Monday, April 1.

Office vacancies for the May 20 Annual Town Election include:

- *Select Board – one for three years*
- *Board of Assessors – one for three years*
- *Board of Health – one for three years*
- *Moderator – one for three years*
- *Town Collector – one for three years*
- *Treasurer – one for three years*
- *Housing Authority – one for five years*
- *Housing Authority (unexpired term) – one for four years*
- *Planning Board – one for five years*
- *School Committee – two for three years*
- *Commission of Burial Grounds – one for three years*
- *Library Trustees – three for three year*

Tuesday, April 16 is the last day the Board of Registrars file town nomination papers with the Town Clerk. Tuesday, April 18 is the last day to withdraw or object town nomination papers.

The last day to register to vote in the Annual Town Election is May 3.

## Annual Town meeting

Friday, March 29 is the last day to file with the Town Administrator for a private article for the May 13 Annual Town Meeting. For a private warrant article to appear on the Annual Town Meeting warrant, a petitioner must acquire 10 signatures of registered voters in the town.

Friday, May 3 is the last day to register to vote for the Annual Town Meeting on May 13 and Annual Town Election on May 20

Town Hall public hours are Monday through Thursday from 9 a.m.-3 p.m. and Fridays from 9 a.m.-noon.

## Dog licenses

All residents who licensed their dogs through the Town Census should have received their dog tags. If you did not receive your dog tag, call the Town Clerk's office.

For residents who have not licensed their dogs: March and April are the months to license (bylaws of the Town of Granby CH XIV). The cost is \$6 for spayed/neutered, puppies and senior dogs over the age of 10 years, all others the cost is \$15.

To avoid a \$25 late charge fee dogs should be licensed by May 1.

If you choose to mail or use the drop box, please include a copy of the rabies vaccination, or call the Town Clerk's office for verification, include a self-addressed

envelope with two stamps, a check made payable to the Town of Granby, and mail to Town Clerk, 215 B West State St., Granby, MA 01033.

## Important voting information

Third and final notices on the 2024 Annual Town Census: Confirmation notices will be mailed out in April to all those voters who did not answer their Town Census as required by Massachusetts General Laws Chapter 51, Section 4.

Therefore, all voters who do not answer this mailing will be designated as "Inactive" on the Granby Voting List.

To avoid any voting problems please mail back this postcard. If you did not receive an Annual Town Census or would like to check on your voting status, call the town clerk's office for verification.

## Upcoming waste day

There will be a Household Hazardous Waste Day on Saturday, May 4 at the South Hadley DPW, 10 Industrial Drive, from 9 a.m.-noon and pre-registration is required. Granby residents may call the Board of Health at 413-467-7174 or email boh@granby-ma.gov for registration.

Any questions or concerns can be directed to Kathy Kelly-Regan at the Granby Town Clerk's office 467-7178.

# Class of 1974 plans 50th reunion

CHICOPEE— It's the time to renew friendships and share memories with high school classmates. The Chicopee Comprehensive High School Class of 1974 will be holding its 50th reunion on Sept. 13, at the Knights of Columbus Hall, 460 Granby Road.. The reunion party will begin at 5 p.m. with cocktails and dinner.

Committee members are planning details for the festivities and also working hard to track down classmates and reach

out to as many as possible. If individuals have contact information for long-lost friends, please send it to Linda Parlengas at lparlengas@hotmail.com; Mona Marcil Friberg at tink245@aol.com, or Lynn Provost Larrabee at penrose43@comcast.net. The committee will be sending out details soon and would like to include everyone. Information can also be shared on Facebook at Chicopee Comp Class of 1974 Reunion Page or at Classmates.com.

## DIABETES from page 6

The risk test asks quick simple questions about weight, age, lifestyle, and family history - all potential risk factors for type 2 diabetes. People are encouraged to see their primary care doctor if they score 10 points or more.

The risk test, in English or Spanish, is available by visiting <https://diabetes.org/diabetes-risk-test>.

If diabetes is left untreated, it can lead to very destructive and even deadly complications.

"Early detection is critical to successful treatment and delaying or preventing

some of the complications of diabetes such as heart disease, blindness, kidney disease, stroke, amputation and death," said Gortakowski.

"The chances of having diabetes complications can be reduced significantly by keeping blood sugar, blood pressure, and cholesterol levels in the target range recommended by your doctor," she added.

In the U.S., nine out of every 10 cases of diabetes can be avoided if healthy lifestyle changes are implemented. It is possible to prevent type 2 diabetes from developing by knowing your risk and taking action.

Treatment includes changes in lifestyle

# Vendors wanted for craft/vendor fair

BELCHERTOWN – Crafters and vendors are sought for the American Cancer Society, Quaboag Relay for Life's 3rd Annual Spring Craft/Vendor Fair to be held on Saturday, June 8 from 10 a.m.-4 p.m. on the Common, Routes 9 and 202.

All proceeds from the fair will benefit the American Cancer Society, Relay for Life.

For crafter/vendor selling information, please contact Vicki McAndrew by email at sv\_jewelry@charter.net.

(diet and exercise), plus medicine (if needed). Type 2 diabetes can be treated with oral medicines (pills), insulin, and/or other injectable medicines.

People with type 1 diabetes always need insulin.

"These treatments along with healthy lifestyle choices such as a healthy diet, moderate weight loss and regular exercise can maintain normal blood sugar levels and minimize diabetes-related complications," said Gortakowski.

For more information on Baystate Health, visit [baystatehealth.org](http://baystatehealth.org).

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Turley Publications photos by Kara Walsh-Vey



# Holyoke St. Patrick's Day Parade







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Turley photos by Gregory A. Scibelli  
**Caitlin Dean looks to get around an opponent during last Tuesday's semifinal against Tyngsborough.**



**Kate Phillips pushes her way through a defender.**



**Drew Alley sets up her shot at the free throw line.**

## Girls basketball season ends in state finals



**Cianna Gurek passes the ball to a teammate.**

By Gregory A. Scibelli  
gscibelli@turley.com

LOWELL – After breaking away from Tyngsborough in the state semifinals and coming away with a big win, South Hadley girls basketball came up short in the state finals and against the defending champion Cathedral.

Last Sunday afternoon at the Tsongas Center in Lowell, the Tigers were defeated 69-49, ending their magnificent run in the 2023-2024 season.

The Tigers, which have made the state tournament each year since the new format began, have been as far as the second round of the tournament. But this season, the Tigers followed in the footsteps of their girls soccer counterparts, making it all the way to the final.

The Tigers would actually lead early in the game, but were held down in the second quarter, limited to just six points, and they fell behind by 10 at half-



**Coach Paul Dubuc and the team regroup after a timeout.**

time. South Hadley would stay in the game, but Cathedral would slowly expand its lead, ending in the 20-point margin.

Please see **FINALS**, page 11

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

By Gregory A. Scibelli  
gscibelli@turley.com

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

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

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

Louis Serafini was the big winner of the main event. He completed the very hilly, 6.2-mile

course in 30:12. Serafini is from Cambridge.

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

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

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

Please see **ROAD RACE**, page 16



**Ryan Davis was South Hadley's top finisher at 34:36.**



**Matt Pacheco hustles toward the finish.**



Turley photos by Gregory A. Scibelli  
**Louis Cote sprints toward the finish line.**

# South Hadley Girls STATE SEMIFINALS



The team takes a timeout.



Maddie Soderbaum dribbles the ball down the court.

## FINALS from page 10

Cathedral is a Boston-based high school.

In the final matchup, Kate Phillips would lead the Tigers with 11 points. Cara Dean and Ava Asselin had nine points each, and Drew Alley and Caitlin Dean had eight points each. South Hadley's amazing campaign ended with a 23-3 overall record.

To reach that matchup, the Tigers were victorious in the state semifinals held last Tuesday evening at Worcester State University against Tyngsborough, a Central Mass. school. While the Tigers were behind early and at halftime, they came roaring back in the third quarter, outscoring Tyngsborough 20-9 to take a 39-32 lead heading into the final frame. Tyngsborough came within four points in the fourth thanks to some turnovers, but good free throw shooting a couple of turnovers South Hadley's way helped the Tigers secure the win.

In that semifinals, Cara Dean, Caitlin Dean, and Asselin had 10 points each. Alley and Phillips had eight points each.



Cara Dean looks for her next move.



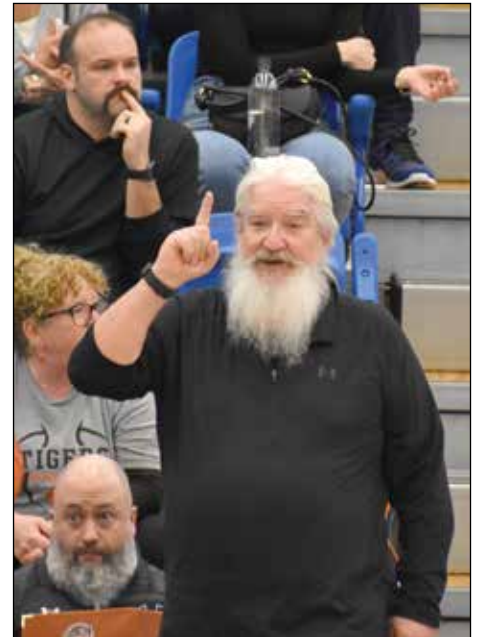
The girls show their enthusiasm for their roaring comeback and the crowd goes wild.



Ava Asselin calls for the ball.



South Hadley celebrates their win.



Coach Paul Dubuc calls a play.



Ava Asselin takes a shot over her opponent.



Cara Dean goes to shoot.

Turley photos by Gregory A. Scibelli



Maddie Soderbaum checks the positioning of her teammates as she heads down the court.

► Sports

## More players needed to fill Quabbin Valley League rosters

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

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

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

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

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

The league is also voted to play a segment of its schedule using wood

bats only. The middle five games of the schedule will be played that way while the rest of schedule is played with either metal or wood bats.

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

Prior to that, the next meeting is scheduled for Sunday March 24 at 12 noon at the Hangar Pub & Grill in South Hadley. All are welcome to attend the meeting, ask questions and express interest in joining. The league's board will be discussing final preparations for the 2024 season.

The Quabbin Valley league is an all-abilities league and all are welcome to join. Eligibility is players who are age 28 and over. You must be 30 to be eligible to pitch in the league. Your age for eligibility is whatever age you will turn in 2024. The league is also able to entertaining taking in an entire group as a team to add to the league. Please email the league board for to inquire about entering a team.

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

## Railers fall to Adirondack

WORCESTER – Worcester was beaten, 5-1, by the Adirondack Thunder even though it outshot the visitors by 40-26.

The Railers have scored exactly one goal in four straight games on a total of 148 shots on goal. This is the third time in franchise history a Worcester team has scored one or fewer goals four straight times, the first time since Feb. 27 through March 3, 2022.

The Railers had two goals in that stretch.

"I'm sure that's part of it," coach Jordan Smotherman said of the confidence factor. "Any time you put together (148) shots over four games and score four goals, guys start gripping the sticks and there's definitely a letdown every time you have that big chance and it doesn't go in."

Jake Pivonka had the Railers goal. Grant Jozefek, Andre Ghantous, Ryan Smith, Shane Harper and Mike Gillespie scored for the Thunder. Gillespie hit an empty net.

For the first time this season Smotherman changed goalies not because of injury. John Muse allowed four goals on 16 shots and was replaced by Cole Ceci at 17:09 of the second period.

"We've asked a lot of him," Smotherman said of Muse. "Especially seeing that he's 35 years old. I couldn't imagine doing that. He wanted to play tonight. He wanted to fight to give us a chance to win. We know that the next time he's in there he's gonna be the giant we've come to know."

With the defeat, the Railers have dropped into sixth place in the North Division, at least in terms of winning percentage. In terms of points, though, Worcester is remarkably tied with three other teams for the final playoff spot.

The Railers, Reading, Maine and

Trois-Rivieres all have 57. Maine and Trois-Rivieres have winning percentages of .491. Reading is at .475.

Newfoundland is in third place with a .517 winning percentage, so the Growlers are in the playoff scrum, too.

"I told our guys — we're in a 13-game push. There are four teams with 57 points, one with 62 that's played a couple more games. We play all of them, so it's up to us. The ball's in our court."

The winning goaltender was Vinnie Purpura. He was the last man the Railers wanted to see as they battle an offensive slump. The triumph improved his record against Worcester this season to 5-0-1 with a 1.91 goals against average and .935 saves percentage.

Worcester outshot the Thunder, 9-1, through the game's first seven minutes and dominated play, but had nothing to show for it. Thus, Adirondack scored the first goal and took a 1-0 lead at 16:09.

Jozefek, a former Railer, snapped one home from the right circle.

Pivonka tied it late in the period as he converted a pass from Ashton Calder at 18:21. That could have translated into some momentum for Worcester heading into the second period, but did not.

Ghantous, newly signed out of Northern Michigan, got his first pro goal at 3:15. He put one under the crossbar from 20 feet. Smith scored similarly at 4:33 on a power play, then Harper beat Muse from the top of the left circle at 17:09 to end the veteran's night.

The Railers' next four games are on the road. They play at Adirondack Wednesday night, then do a three-in-three weekend in Reading. The next game at the DCU Center is March 27 versus Newfoundland.

## Thunderbirds get much-needed win over Charlotte Checkers

CHARLOTTE, N.C. – The Springfield Thunderbirds (27-27-3-2) answered a Charlotte comeback the day before with one of their own en route to a 6-4 win over the Checkers (31-23-6-0) on Sunday afternoon at Bojangles' Coliseum.

It did not take long for the Checkers to score their fourth consecutive goal of the weekend, as captain Zac Dalpe worked a 2-on-1, give-and-go rush to perfection with Cam Morrison, snapping a shot over Colten Ellis to make it 1-0 Charlotte just 2:56 into the first.

Springfield answered in kind on its first power play chance of the day, as Will Bitten hit a crashing Ryan Suzuki in the crease for a redirection past Magnus Hellberg at 5:22, making it a 1-1 game.

Charlotte continued having penalty troubles, giving the T-Birds two additional man-up situations in the period. However, the Checkers' PK answered the bell, and on their third kill of the afternoon, Rasmus Asplund added offense with a shorthanded shot past Ellis on the blocker at 14:32, finishing off another 2-on-1 and giving the home side the 2-1 lead at intermission.

It took Adam Gaudette just 19 seconds to restore a tie score when he stole a breakout pass and slapped a blistering shot over Hellberg's shoulder to even the game, 2-2.

It brought him back into a tie for the AHL goal-scoring lead with Ontario's Samuel Fagemo.

The 2-2 tie only lasted 50 seconds, though, as Wilmer Skoog answered back on a jam shot from the right circle to give Charlotte the 3-2 advantage during a delayed Springfield penalty.

Charlotte's third power play proved to be a charm when Gerry Mayhew gave the Checkers a two-goal lead when he poked a loose puck under Ellis at 8:32 to make it a 4-2 game.

With much of the momentum seemingly on Charlotte's side, the T-Birds got a wonderful stroke of luck at the 10:25 mark when a Skyler Brind'Amour pass caromed off Uvis Balinskis' skate and squeaked under Hellberg's legs. Suzuki was given credit for his second of the game, and the Charlotte lead suddenly slipped to 4-3.

Please see **T-BIRDS**, page 15



## Locals named to Senior All-Star Game

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

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

A committee of local coaches and media members who represent each division on the boys' and girls' sides selected the teams. Using the designated classes for the PVIAC Tournament, the players will be divided into six teams: two girls' teams, two boys' teams of Class A and B

players, and two boys' teams of Class C and D players. Only graduating seniors are eligible for the All-Star Games. Rosters can be found on the next page.

For the 13th year, the Naismith Basketball Hall of Fame will recognize one boy and one girl as the Western Massachusetts Players of the Year. A special presentation will be made for the recipients during halftime of one of the participating games. A panel of local media members selects the award winners, who are recognized for their achievements on the court, in addition to their sportsmanship and character off the court.

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

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

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### TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF VIRTUAL PUBLIC HEARING

The Planning Board will hold a virtual public hearing on **Tuesday, April 9, 2024 at 6:30 p.m.** to consider an application for Site Plan Review filed by Karyna Rondeau to establish a Home Occupation II for a cottage kitchen at 20 Meadow Lane Assessor's Map 52 Parcel 127, pursuant to the Zoning Bylaw 255-22 (Home Occupations); Article XII (site plan review); and the

Zoning Use and Dimensional Regulation Schedules.

The public hearing will be conducted virtually on Zoom. Persons may join as follows:

URL to join: <https://us02web.zoom.us/j/84898455211?pwd=dkZwMDJweUZrdCtHR3kyTU5xbVI5QT09>

Or join by phone: +1 (646) 931 3860 Webinar ID: 848 9845 5211 Passcode: 164095

The property is located within the Residential A-1 zoning district and is an existing single-family home.

The application is on

file in the Planning & Conservation Department Office (Room U6) in Town Hall and posted at [www.southhadley.org](http://www.southhadley.org) on the Planning Department page under 'Permit Applications'- 'Site Plan Review' under section 'Meadow Lane (20) - Home Cottage Kitchen' or can be viewed at: <https://www.southhadley.org/1179/Site-Plan-Review>. Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated. This meeting is being conducted remotely consistent with Chapter 2 of the

Acts of 2023 which extends the March 2020 Governor's Order suspending certain provisions of the Open Meeting Law MGL Ch. 30A Sec. 20 until March 31, 2025.

Joanna Brown, Clerk  
South Hadley Planning Board  
03/22, 03/29/2024

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The Trial Court  
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Docket No. HD21A0049AD  
In the matter of:  
**Mia Laine Dorathy  
CITATION  
G.L. c. 210, §6**

TO:  
Thomas Daniel Dorathy  
any unnamed or unknown parent and persons interested in a petition for the adoption of said child and to the Department of Children and Families of said Commonwealth.

A petition has been presented to said court by:  
**Priscilla Knight of Springfield, MA**

**Enrique Jimenez of Springfield, MA**  
requesting for leave to adopt said child and that the name of the child be changed to

**Mia Laine Jimenez**  
If you object to this adoption you are entitled to the appointment of an attorney if you are an indigent person.

An indigent person is defined by SJC Rule 3.10. The definition includes but is not limited to persons receiving TAFDC, EACDC, poverty related veteran's benefits, Medicaid, and SSI. The Court will determine if you are indigent. Contact an Assistant Judicial Case Manager or Adoption Clerk of the Court on or before the date listed below to obtain the necessary forms.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT **Springfield** ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00 AM) ON: **04/05/2024.**

WITNESS, **Hon. Barbara M Hyland**, First Justice of this Court.  
Date: March 1, 2024

**Rosemary A. Saccomani**  
Register of Probate  
03/15, 03/22, 03/29/2024

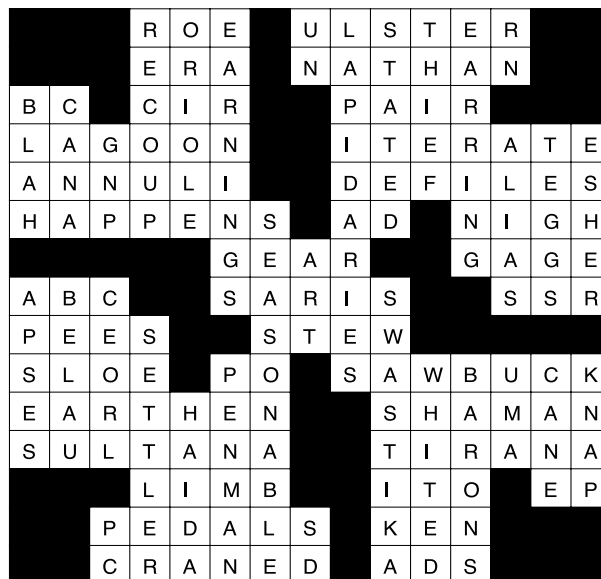
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Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.



**T-BIRDS** from page 12

With their power play beaming with confidence, the T-Birds tied the game when Will Bitten deflected a Calle Rosen shot in behind Hellberg, tying the score, 4-4, with just 3:01 remaining in the middle period.

Early in the third, the Springfield power play again made a huge impact following a double-minor on Mayhew. With just two seconds remaining on the first minor, Jakub Vrana played the role of the deflector, as he guided a Dylan Coghlan snapshot through Hellberg, giving the T-Birds their first lead at the 2:30 mark of the

third, 5-4.

After both teams committed minors just 51 seconds apart to set up 4-on-4 play, Coghlan added to the T-Birds lead on a 2-on-1, picking a spot over Hellberg's stick-side arm to make it a 6-4 lead for the visitors at 9:26 of the final period. Coghlan finished the two-game set with three

goals and five points, and his goal put him atop the AHL leaderboard for goals by defencemen with 16.

From that point onward, Ellis and the T-Birds' defense stiffened, blocking countless Charlotte attempts en route to the win. Ellis, in picking up his third straight win over Charlotte, made 42 stops.

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Turley photos by Gregory A. Scibelli  
Conor Nolan is pursued as he gets close to the finish line.



Joseph Werenski, right, of South Hadley, and a veteran of the race, finishes at 36:59.



The pace truck makes its way across the finish line followed by state police, which escorts the first set of runners.



The runners are off in the 2024 Holyoke St. Patrick's Day Road Race.

**ROAD RACE** from page 10

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

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

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

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

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