

TOWN Reminder

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Serving the town of South Hadley

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OPERATION BACKPACK

*gives families
a helping hand*



By Tina Lesniak
Correspondent

SOUTH HADLEY – With summer nearing the halfway point, kids and parents start to think about the start of the school year.

For some families, fulfilling the lengthy school supply list may require a little extra help from the community.

“Operation Backpack gives every child a new backpack, filled with supplies for their grade,” explained Sheila Adams, the local organizer for the national program. “No child should have to go to school feeling uncomfortable or ill-pre-

pared or not confident.”

The volunteer program gathers school supplies and backpacks for local children and then delivers those filled backpacks to the students before the start of the school year. The program is in need of backpacks for all ages, as well as items like pencils, pens, rulers, colored pencils, crayons, markers, scissors,

highlighters, calculators, pencil pouches, notebooks, binders, filler paper and folders among others.

“My theory is remember investing in our students now will lead to a better future for all of us,” said Adams.

The town has a long list of locations for people to drop off their donations: Berkshire Bank

at 74 Lamb St., St. Patrick’s Church at 30 Main St., Neighbors Helping Neighbors Food Pantry at 30 Carew St., Newton Street Dental at 488 Newton St., Westfield Bank at 32 Willman-st St. or Adams’ house at 36 Chestnut Hill Rod. Adams anticipates that all the drop boxes

Please see **BACKPACK**, page 3

Postcards mailed to 2023 census non-respondents

SOUTH HADLEY – Postcards have been mailed to all South Hadley voters who did not return their 2023 Annual Town Census (street listing) and therefore placed on the inactive voter list.

Census forms are mailed to all households every year in January. Voters who fail to respond by the first Monday in June are inactivated per Massachusetts General Law.

Inactive voters are still registered voters and will remain registered voters until they fail to vote in two consecutive biennial state elections. Inactive voters at polling stations are required to show ID and sign an Affirmation of Current and Continuous Residence before they can vote.

To be restored to the active voter list before the next election, residents must complete the postcard, sign where indicated, and return it to the South Hadley Town Clerk’s Office at 116 Main St.

Please see **CENSUS**, page 3

Resident continues decades-long fight for ‘fairness, equity’

By Michael Harrison
Correspondent

HADLEY — Tom McGee has a plaque on his desk with a quote from Calvin Coolidge about persistence.

One day, if a bill in the Massachusetts Legislature he spurred becomes law, someone might have a plaque on their desk with a similar quote from McGee.

“Nothing in this world can take the place of persistence,” is part of the famous quote attributed to Coolidge, a former Massachusetts governor who became the 30th U.S. president a century ago and said ability and knowledge alone do not guarantee success. It takes tenacity, too.

McGee, a retiree in his 80s who has lived in Hadley for over 30 years, has that by the boatload.

Since 1995 he has been championing legislation to require public access to all state job openings. It became his cause after he realized that only

some positions were posted – in a hard copy format typical of the pre-digital age – at regional unemployment offices.

The rest, mostly the prime jobs, he said, were posted on bulletin boards in state offices in Boston or circulated by word of mouth and were available to just “the connected” class, he said.

According to McGee, other than the creation of the Massachusetts Jobs Department website, not much has changed.

“It’s an issue of fairness,” McGee said.

“It’s an issue of equity and fairness in hiring for jobs in Massachusetts and people in Western Massachusetts, people with expertise and training, such as veterans, don’t have the opportunity to apply for good jobs they’re qualified for.”

For decades, McGee filed petition bills through state Sen. Stan Rosenberg and state Rep. John Scibak to try to enact a

Please see **FAIRNESS**, page 5



Sen. Jo Comerford

Star-studded performance enjoyed at Senior Center

By Samuel Gelinas
Correspondent

SOUTH HADLEY – This week local talent Lauran Beluzo and Noah Lis stopped by the South Hadley Council on Aging for a double header concert, sponsored by the Council on Aging activity fund, and co-sponsored by Daybrook Village, who provided cookies free of charge.

Beluzo, who goes by the stage name of Elle B and is an East Longmeadow native, opened the double header.

Her experience includes competing on “American Idol”, and is three-time Apollo Theatre winner in Harlem, New York. Locally she started her career as a member of the Dan Kane Singers.

Her performance encompassed a melting pot of songs and genres, from jazz to upbeat contemporary, including “I Wanna Hold Your Hand”, the Beatles classic which she performed in ballad form, “Landslide” by Stevie Nicks, Sam Smith’s “Won’t You Stay With Me”, and Richard Roger’s “Edelweiss.”

She said that singing this event, “filled my heart and soul and made me so happy to share something I love the most,” add-



Turley Photos by Samuel Gelinas

Participants Sue Goldstein and Peggy Scecina danced during Noah Lis’ performance.

ing that it was a “joy to share my music with others and connect with them on such a beautiful level.”

Peggy Scecina, who attended the event, praised Beluzo for

Please see **CENTER**, page 5

Lauran Beluzo, a Western Massachusetts native, said it was, “a joy to share my music with others and connect with them on such a beautiful level.”



Athletes compete in first ever local IRONMAN triathlon

By Paula Ouimette
Editor
pouimette@turley.com

SPRINGFIELD – In its first western Massachusetts event, the IRONMAN 70.3 saw 1,141 athletes from around the world compete in the sports of swimming, biking and running.

The middle distance triathlon started with 1.2 miles of swimming in the Connecticut River, followed by 56 miles of biking, and ended with 13.1 miles of running.

This event held on June 11 was a first for the city, and it was also a first for Stamford, Connecticut resident Andrew Les. In fact, it's the first race he's ever competed in.

"I've actually done zero; never even done a 5K road race before," Les said.

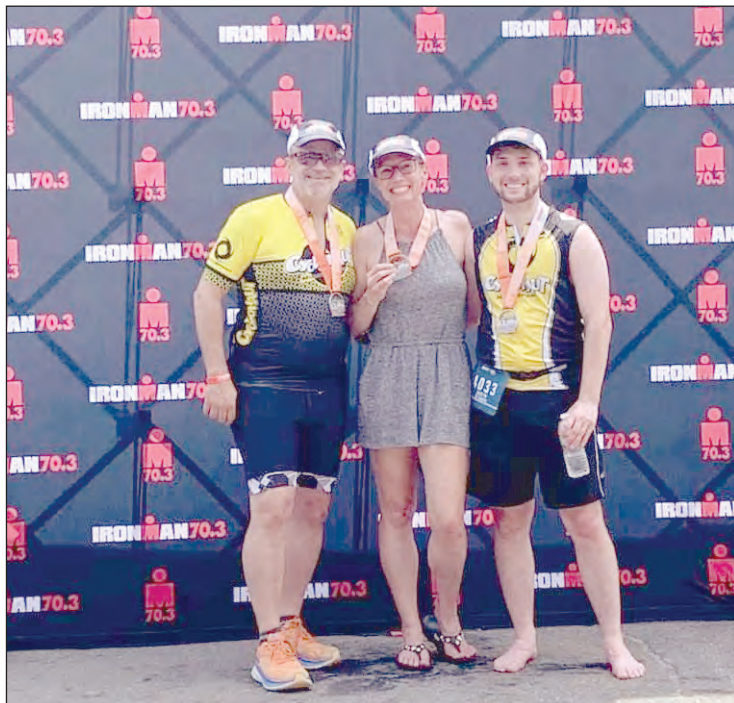
Coming in 318th overall, Les completed the swimming in 36:23, biking in 2:50:45 and the running in 1:57:41.

When asked if he would compete in the IRONMAN 70.3 again, Les said he'd consider it if it came back to Springfield.

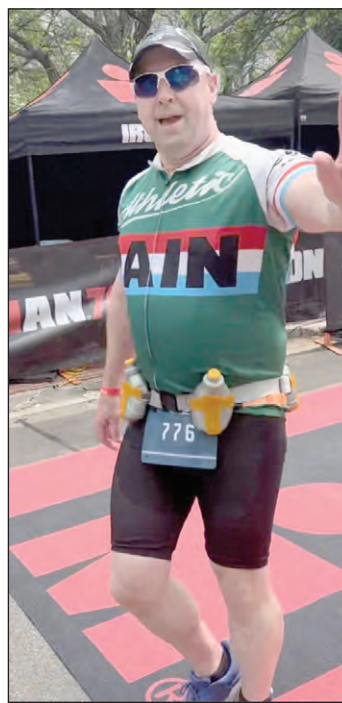
"If you asked me right after the race, I was a very positive 'no,'" Les said with a laugh.

Les, who grew up in Palmer and has family living in Holland, said an event like the IRONMAN 70.3 is good for the city, but it takes many months of preparation to train for.

"It's a big time commitment...the training is intense,"



From left are relay team members Chris Snow, Devon Santos and Austin Terault at the IRONMAN 70.3 Western Massachusetts triathlon.



Ilan Syr of Belchertown has completed many half distance triathlons and completed all three legs of IRONMAN 70.3.



Submitted Photos

Chris Snow is shown riding his bike during the triathlon.

he said.

Preparation for the triathlon began in mid-December for Les, who was asked to be a training partner for a friend.

"I just so happened to be the lucky one that was drafted," Les said.

Using a training program they found online, Les and his friend spent almost half a year preparing for the race. Unfortunately, Les was injured less than four months into training and was sidelined for a month and half.

Training consisted of swimming in the pool at 5:30 a.m. twice a week before work, as well as twice a week on the bike and twice a week running.

Les said for many competing in triathlons, the biggest challenge is the swimming. He has done survival swimming before, but didn't swim in high school and college and was "starting from scratch" for this event.

"That was the biggest mental battle for me, I was nervous

about it. But in the actual event, the swim was the easiest," Les said. "The bike and the run are the two more challenging of the events."

Les said he really hopes the race returns to Springfield and he was grateful for the crowd of people along the route that cheered him and other athletes on.

He was also impressed with the diversity of the athletes, who ranged in age from 18-79.

"It's just amazing how many people do it from all ages...It's pretty incredible," Les said. "I know what it took just to get there...it is not an easy race."

Although this wasn't Daniel Moriarty's first IRONMAN, the Springfield race saw Monson Savings Bank's President and Chief Executive Officer coming in 86th in his age division and 884th overall.

His times were 36:34 for swimming, 3:19:54 for biking and 2:50:44 for running.

He joked that his aim was to take first place in the bank CEO and presidents class.

Moriarty said he's done a couple of local triathlons prior to this, and has even competed in a full IRONMAN 140.6 in Mont-Tremblant, Quebec, Canada in 2015.

Moriarty knows the importance of fitness and health, and helped Monson Savings Bank distribute \$20,000 worth of

Please see **ATHLETES**, page 6

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Council on Aging lists August events

SOUTH HADLEY—The South Hadley Council on Aging, 45 Dayton St., is hosting the following programs for August.

Free Diabetes Prevention Program
Friday, Aug. 4 10:30 a.m. (at the COA)

This program is presently by Jennifer Jernigan, Assistant Public Health Director. Learn about healthy eating and how environmental factors play a part in developing diabetes.

August Supper Club: Get Fresh with Chef Maggie

Demo and Meeting: Free and open to all

Wednesday, Aug. 9, 2 p.m. to 4 p.m.

Registration for our August culinary lessons will be at this meeting. Demo entails how to use everything in your farm share. Recipes and samples.

Culinary lessons (limit 20 students)

Free Men's Breakfast
Friday, Aug. 18 at 8:30 a.m. The men of the SHCOA Board will be our hosts.

Sign Make and Take workshop with South Hadley Board and Brush
Friday Aug. 18 at 1:30 p.m. The

cost is \$20 (limit 20). Tickets must be purchased at the South Hadley COA.

A Beeyonder tour: Virtual Live Presentation
Enjoy this tour from your seat at the Senior Center. This program series is sponsored by the Friends of South Hadley Senior

Tour of Cannes
Tuesday, Aug. 22 at 1 p.m.

Farmers Market to Buttery Brook Park
Wednesday, Aug. 23 at 2 p.m. (minimum of five people for trip to run)

Raise your Vibration with Jeffro and Jen
Friday, Aug. 25 at 1 p.m. The cost is \$10.

Jeffro and Jan will join forces to facilitate a group musical adventure to heighten relaxation, release stress and optimize creative expression and raise the vibration of your body, mind and spirit. Drums and percussion instruments provided.

Tuesday evening programs include: Dinner and Acoustic Cafe
Tuesday, Aug. 1 at 5 p.m. Limit of 50 tickets available; \$7 each.

Join us for dinner and a concert in our café featuring music by duo

Tony and Amanda. Tickets include your meal and the show and must be purchased at the COA Welcome Desk.

Gary Felder Presents "From Particles to Galaxies"
Tuesday, Aug. 8 at 5:30 p.m. Join Smith College professor and cosmologist Gary Felder for a follow up to his presentation on the James Webb Telescope.

Shamanic Journey Circle with Jan
Tuesday, Aug. 8 at 5 p.m. Cost: donation only. If you are new to journeying, come 15 minutes early. Multidimensional Journeys come with an open heart, notebook and percussion and other instruments. All are welcome.

Holistic Wellness Series
The first in the Holistic Wellness Series, Fundamentals of Integrative Health with Janet Lucier, MSN, RN, HNB—BC will be held on Tuesday, Aug. 22 at 5:30 p.m.

Intro to the fundamental principles of energy medicine, quantum physical, spirituality, stress reduction music, art, healing, aromatherapy, relationships, storytelling, indigenous cultural systems, herbalism, environmental health, pain reduction, self-care, and astrology.

Surveys available for future class interest.

BACKPACK from page 1

will be in place by this Saturday, July 29. People can also send or drop off monetary donations or gift cards that Adams uses to fill in any gaps in supplies.

"I need to thank the community for supporting Operation Backpack, Fire District 2 and Chief Todd Calkins for the donation of supplies," noted Adams. "I would not have had a successful year without them."

Last year, with the help of the community, Adams gave out 213

backpacks, a number she said is a little higher than normal. Adams added that she is so thankful for the generous donations that come from the parishioners at St. Patrick's Church.

"I already have parents calling me to see if I can help them this year," noted Adams.

Adams first began working with the program when she volunteered at the food pantry over seven years ago. She now coordinates the whole thing out of her house.

Adams reaches out to families who have been suggested by the pro-

gram's sponsor St. Patrick's Church and the food pantry. In addition, she puts up fliers around town and relies on word of mouth to reach families in need of assistance.

Families who would like to request the assistance of Operation Backpack can reach out to Adams via phone at 413-536-5316 or via email shoperationbackpack@yahoo.com.

Anyone interested in volunteering to help Adams can also reach out to her via phone or email.



SOUTH HADLEY COUNCIL ON AGING
YOUR VIBRANT CENTER WITH FUN, FITNESS, AND FRIENDS.

VISIT OUR WEBSITE FOR OUR MONTHLY NEWSLETTER: www.southhadley.org/324/Council-on-Aging

THE COA OFFERS A VARIETY OF PROGRAMS!

Support Programs: FREE Local Transportation, Brown Bag, Caregiver Support Group, Companion Transportation, Daily Lunch, SHINE, Veterans Support Group, & More.

Fitness Programs: Healthy Bones & Balance, Personal Training, Stretch & Go, Yoga, Fitness Basics & More.

Entertainment Programs: Concerts, Birthday & Anniversary Party, Acoustic Café, Presentations, Speakers, & More.

Art Programs: Academic Drawing & Painting, Watercolor, Craft Club, Creative Collage, Color Me Calm & More.

MONDAY- FRIDAY 8:00 AM- 4:30 PM
TUESDAYS UNTIL 7:00 PM 413-538-5030 PRESS 3,
45 DAYTON STREET, SOUTH HADLEY 01075

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Friday, August 4th • 5pm-7pm

Haddock Fish Bake
Sign up at the Legion.
Limit first 50 people \$10.00 per person

with Live Music from the **Skeletones** from 7-10pm
All are welcome for the Entertainment.

Wednesday, August 9th

Bus Trip to Saratoga Horse Track
\$50.00 per person - first 50 people signed up.
Sign up at the Legion.

Tuesday Nights • 6:30pm

Pitch Night

AMERICAN LEGION POST 325
22 Sycamore Street, Holyoke, MA
Find us on Facebook Paper City Post 325

CENSUS from page 1

Postcards are postage prepaid and can be mailed, but voters may also return the postcards in person in the town clerk's office, or the black "treasurer/collector" drop box located between the police station and town hall.

Voters who fail to respond to the postcard will remain on the inactive list unless they vote, respond to the census, or take other action to reinstate their active status.

Voters can check or update their voter registration online any time at <https://www.sec.state.ma.us/OVR/>.

Please contact Town Clerk Sarah Gmeiner's office with any questions, comments or concerns at 413-538-5030 extension 6183.

Adult Programming South Hadley Public Library

The South Hadley Public Library is delighted to once again to host an Adult Summer Program starting on June 20, 2023 through August 14, 2023. The theme is "Find Your Voice" and the programs lined up will help you find your true voice. Scratch tickets will be available for adults to win prizes, such as t-shirts, water bottles and more when they check out at the Circulation Desk. Second chance drawings will also be available to win more prizes at the end of the Summer Program on Monday, August 14th. If noted per event: sign up start on June 20th by calling the library at 413-538-5045 or signing up on our website at www.shadleylib.org then click Events. The library looks forward to helping you find your voice this summer. And remember - It is summer! Why do the kids get all the fun?

PROGRAMS AT THE LIBRARY AUGUST 2023

Tuesday Night Knitting Group
Tuesdays 6 - 8 • Trustees Room
Join the library's Tuesday Night Knitters for some quality knitting and crocheting time. All skill levels are welcome.

Hello Sunshine Book Club
Wednesday, August 2 at 6:30 pm • Trustees Room
A book discussion group focusing on selections from Reese Witherspoon's Hello Sunshine book club.

Advanced Tarot Class
Wednesday, August 9 from 6 - 8 • Community Room
Learn how to read your inner intuition to help you read the cards.
Sign Up Online at: <https://tinyurl.com/26rb75h7>

Outdoor Yoga for Adults and Teens with Jessica Carey
Wednesday, August 16 at 6 pm • Library Lawn
Enjoy gentle yoga with the sound of the Holyoke Dam flowing in the background.
Sign Up by calling the library at 413-538-5045 or sign up online at: <https://tinyurl.com/ufkc5nfw>

Spanish Conversation Circle
Saturday, August 19 at 10:30 am
An opportunity for Spanish speakers to practice their language skills. Participants should have some basic conversational skills to join the group. This is NOT a language class.

The Photo Angel with Kate Kelly
Saturday, August 19 at 11 am • Community Room
The purpose of this project is to document success stories and inspire others to search their dusty attic boxes for photos with identifiable information and join in the fun! Happy Hunting!

VIRTUAL EVENTS

Virtual Author Talk: The Prophets by Robert Jones, Jr.
Tuesday, August 15 at 4 pm
Sign Up Here: <https://library.org/shadleylib/29885>
The Prophets is a story of love. Isaiah was Samuel's, and Samuel was Isaiah's. That was how it was from the beginning and how it was to be until the end. In the barn, they tended to the animals but also to each other, transforming the hollowed-out shed into a place of human refuge, a source of intimacy and hope in a world ruled by vicious masters. But when an older man - a fellow slave - seeks to gain favor by preaching the master's gospel on the plantation, the enslaved begin to turn on their own. Isaiah and Samuel's love, once so simple, is seen as sinful and a clear danger to the plantation's harmony.

Virtual Author Talk: The Mortal Instruments Series by Cassandra Clare
Wednesday, August 23 at 8 pm
Sign Up Here: <https://library.org/shadleylib/23307>
Cassandra Clare was born to American parents in Teheran, Iran and spent much of her childhood traveling the world with her family, including one trek through the Himalayas as a toddler where she spent a month living in her father's backpack. She lived in France, England and Switzerland before she was ten years old.

Virtual Author Talk: A Year Inside College Admissions by Jeff Selingo
Wednesday, August 30 @ 2 pm
Sign Up Here: <https://library.org/shadleylib/30184>
For the book, Jeff was embedded in three admissions offices - the University of Washington, Emory University, and Davidson College - and follows a group of high-school seniors through the process and players behind the scenes, including the marketers, the financial-aid consultants, and the rankers. In this conversation, Jeff will dispel the entrenched notions of how to compete and win at the admissions game, reveal why families have much to gain by broadening their notion of what qualifies as a "good" college, and explain how the pandemic impacts admissions.

Opinion

in the Garden

by Roberta McQuaid

Get out of the garden with a few good books

The saying goes like this: “If you can’t handle the heat, stay out of the kitchen!”

I’d like to switch it up to say “garden” in place of “kitchen” in light of the fact that I really can’t handle the summer heat as well as I used to. These last few weeks, gardening has been accomplished early in the day or during the evening hours instead of midday.

What does a gardening fanatic do if they aren’t actually gardening? Read about gardening, of course!

Call me old-fashioned, but I still prefer books over online text. I like to see and hold my books, curl the pages and even write in the margins.

Sometimes, just for fun, I’ll pick a book and flip the pages to see where my finger will land. What interesting topic will I read about?

Today I’ll choose three books and end up with the topics for today’s column that way. Maybe we can all learn something new or at least refresh our skills.

The first pick is from one of my favorite herb books, “Herbs in Bloom” by Jo Ann Gardner (Timber Press). I flip the pages and end up on Feverfew (*Tanacetum parthenium*).

Timely, because Feverfew is blooming in my yard right now.

Feverfew is from the Latin word febrifuge thanks to its past use as a fever reducer. Both its single and its double form (*Flora pleno*) lend themselves to admission into the perennial border; often they bloom the first year from seed.

The plants thrive in both light shade and full sun, with the single flower type resowing itself to almost nuisance status if given the opportunity. The flowering span seems to go on and on, the white daisy flowers lending themselves to use in the vase alongside bee balm, summer phlox, veronicas and more.

I especially like the double flowers, and had great luck drying them, their off-white color the perfect addition to a wreath of hydrangea and dried roses.

Second year plants will return with some winter-kill that will need addressing. After blooming plants will likely not return for year three.

Still, feverfew is a must have for those of us who love herbs in the flower garden. Keep volunteers at bay by deadheading all but a few of the flowers.

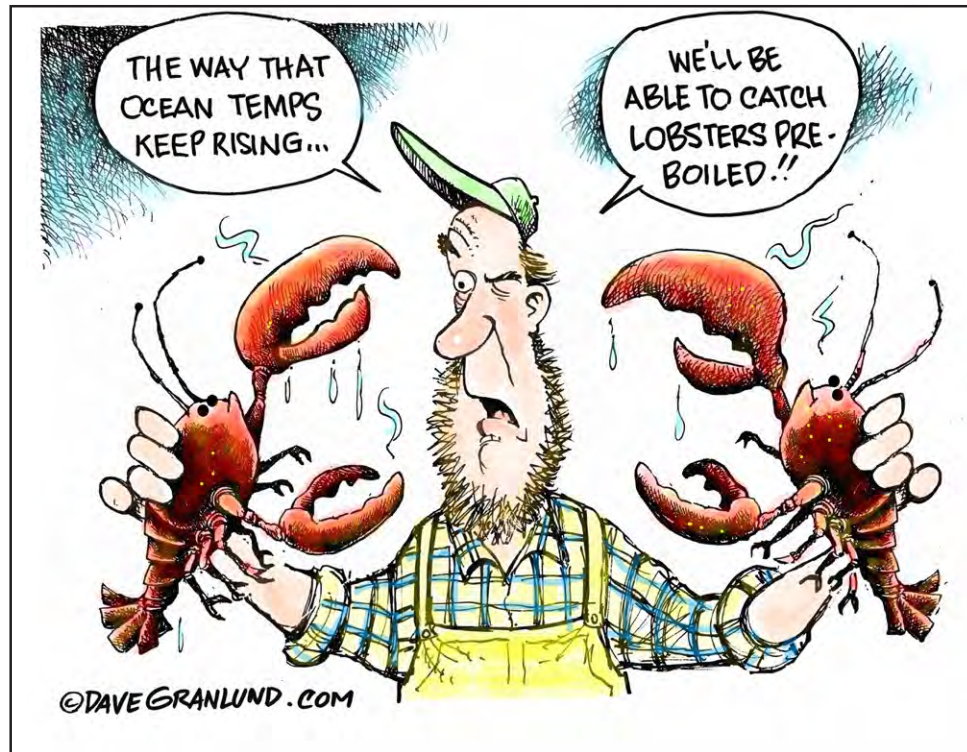
The second pick is ironic, considering the rain we’ve been getting.

On page 138 of “Secrets to Great Soil” by Elizabeth P. Stell (Storey Books), we learn about improving soggy or poorly drained soils, first by mentioning the use of raised beds.

My stone edged raised beds that usually demand a daily watering in the summer heat are handling all the rain in stride. Unlike the corner of my vegetable garden that was literally under water after the 3.5” we received on Friday.

In addition to that mention on raised beds, a

Please see **GARDEN**, page 6



SOCIAL SECURITY Matters

By Russell Gloor

Will WEP and GPO affect my wife’s spousal benefit?

Dear Rusty: My wife worked for the U.S. Postal Service in New York for about 22 years and then in the private sector for about 15 years.

She began collecting her “deferred annuity” from the USPS at age 62 and she plans to collect her Social Security benefits at age 67, which is her Full Retirement Age.

Her Social Security benefit before the Windfall Elimination Provision is less than 50% of my Primary Insurance Amount, so the plan is for her to start collecting a “spousal” benefit from me at age 67. My question is: will my wife’s spousal benefit be reduced by both the Windfall Elimination Provision and the Government Pension Offset?

Signed: Inquiring Husband

Dear Inquiring Husband: Your wife cannot separate her personally earned Social Security retirement benefit from her Social Security spousal entitlement from you whenever she applies for Social Security, your wife will be automatically deemed to be filing for all benefits she is entitled to when she claims.

Because your wife has a “non-covered pension” from the U.S. Postal Service and assuming that pension is under the older Civil Service Retirement System, your wife’s personally earned SS retirement benefit will be reduced by the Windfall Elimination Provision.

WEP reduces Social Security retirement benefits for anyone who also has a pension earned while not contributing to Social Security.

The Government Pension Offset is different: the GPO will affect any additional amount your wife is entitled to as your spouse, which we refer to as her “spousal

boost.” The “spousal boost” amount is the difference between your wife’s pre-WEP FRA entitlement and 50% of your FRA entitlement, which is your Primary Insurance Amount. Because of her USPS pension, GPO will reduce your wife’s “spousal boost” by 2/3rds of the amount of her non-covered pension, which may eliminate her potential spousal boost.

So WEP will affect your wife’s personally earned SS benefit and the GPO will affect her spousal entitlement from you. But, depending on the amount of her USPS pension, your wife will not be entitled to an additional amount as your spouse if 2/3rds of her USPS pension amount is more than her “spousal boost” amount. If the GPO doesn’t completely eliminate your wife’s spousal boost, it will at least drastically reduce it.

I have previously published several articles about both WEP and GPO and how each provision works, which you are welcome to review by visiting the AMAC Foundation’s special Social Security website at www.SocialSecurityReport.org. In particular, one such article providing more detail on how the GPO works can be found by visiting this link www.socialsecurityreport.org/ask-rusty-government-pension-offset-gpo/.

Social Security will make the final determination about your wife’s benefit entitlement under WEP and GPO when she applies for her Social Security benefits, but I’m afraid your wife’s entitlement may be much less than you are anticipating because of these two provisions. If you have additional questions, please feel free to email us directly at SSAdvisor@amacfoundation.org or call 1-888-750-2622.

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.

in my BACKYARD

By Ellenor Downer

Several people spotted a juvenile red-tailed hawk by Coldbrook Road in Oakham last week.

People who saw the bird hoped its parents were nearby and would take care of it. That did not happen.

When no parent appeared by the next day, the bird was brought to a wildlife rehabilitator.

The red-tailed hawk is the most commonly seen hawk in this area. It is about 19 inches long and it gets its name from its reddish upper tail.

It also has a white chest with a belly band and markings on the chest. Plumage varies considerably.

The immature has a finely, banded gray-

brown tail and keeps this plumage for one year.

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

They often are seen perched in a tree by a field. They make a slurred scream like “tsee-aarr” often directed at an intruder.

Fledglings and adults also make a “klooeek” sound. During courtship or territorial encounters, they make a piercing “chwerk.”

Please see **BACKYARD**, page 5

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. Mailed letters can be sent to Town Reminder, 24 Water Street, Palmer, MA 01069.

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FAIRNESS from page 1

law requiring all state jobs to be posted publicly across the commonwealth. The bills would go far, but never make it to the finish line.

This legislative session he enlisted the help of their successors, Sen. Jo Comerford and Rep. Daniel Carey, whose districts include Hadley. Both have filed bills in their chambers and Comerford read a statement about them submitted for the record on behalf of both during a hearing last week of the Joint Committee on Labor and Workforce Development.

"Hiring guidelines in Massachusetts already require posting state employment opportunities publicly to ensure a fair and transparent hiring practice," the statement says.

"However, many state agencies are working around this requirement by obtaining exemption waivers. The current hiring guidelines are not effective for public job seekers because of these exemptions. Furthermore, many residents are unaware of where to find state employment vacancies because of the lack of a centralized referral system.

"Transparency about state employment vacancies will not only garner greater trust from the public in government hiring processes, but will also benefit state agencies which will receive applications from more diverse and qualified candidates. While it is easy for those close to Boston and the State House to hear about state employment opportunities through word of mouth, the members of the public living out-

side metro Boston are unaware of poorly publicized job vacancies."

If the bills become law, all of the job openings would be accessible online.

According to an email from Comerford's office, "the committee has until early February 2024 to report the bill out favorably, recommend an amendment, refer the bill for further study or report it out unfavorably."

Asked about his experience working with Comerford and Carey, McGee said it was "excellent" and seeing the bill recognized in the hearing "shows they listen to their constituents."

He said he believes leveling the playing field for state jobs, particularly the higher level positions, would make the commonwealth run more efficiently and prevent systematic failures. He brought up the dozens of deaths at the Soldiers' Home in Holyoke during the height of the COVID-19 pandemic as one example.

After so many years going by without getting a bill passed into law, why McGee is optimistic about its chances this time around seems an obvious question.

"I have confidence in the senators and representatives that they want to ensure fairness and equity in the commonwealth," he said.

"I have confidence they will do the right thing."

And if they don't?

"If not, we'll reintroduce it again," McGee said.

"We'll keep pushing. You keep filing a bill until you get it passed."

BACKYARD from page 4

Bird talk

On July 7, I spoke about birds at the Oakham Senior Center.

Ava, age 7, won the door prize of a "Squirrel Slammer" feeder. She came to the event with her great-aunt, who also took the photo of the young red-tailed hawk in this column.

She related the story of its rescue since it appeared to be abandoned.

One Oakham woman attending the talk said a robin nested near the house. She and her husband could watch it from their home.

One day, they saw the mother shove all her babies out of the nest.

Wild turkeys

Recently, I saw a turkey dust bathing along the side of the road. An Oakham resident had one doing the same thing in her yard.

At first, she was concerned it was injured, but it did get up and leave.

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

Loons

Most loon pairs hatch their young the first two weeks of July. Both Wachusett Reservoir and Quabbin Reservoir have nesting loons.

Floating nests not only provide suitable nesting sites, but they also rise and fall with the water level. This is especially important this year with all the heavy rain in preventing flooding of the nests.



Juvenile red-tailed hawk

Massachusetts Audubon Society sighting

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

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

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

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

CENTER from page 1

both her talent and her showmanship, stating that she was, "excellent," and has, "a beautiful gift," while adding that she did a great job involving the audience.

Beluzo's performance was followed by Noah Lis, who grew up in Palmer, with several accolades in music including being part of season six on "The Voice".

He had the audience dancing to a multitude of perennial classics, including "Celebrate Good Times", Shania Twain's "Man I feel like a Woman", John Denver's "Country Roads" and closing with the Doobie Brothers', "Listen to the Music". In addition, his performance incorporated representation of various national favorites, including "Oh Danny Boy" for the Irish, Polka for the Polish, and Frank Sinatra's "New York" for the Italians in attendance.

Sue Goldstein of South Hadley reviewed the night as a "wonderful time," adding that, "every time I've come here for an event it's been fun."

Leslie Hennessey, Executive Director of the COA, was "thrilled" with the event, calling it a "great night all around."

"It's great to use this building for the events and programs that it was intended for, and being able to welcome so many people back to these programs is thrilling



Noah Lis is both nationally and internationally acclaimed for his talent, having been an artist since the age of 10 and a participant in season six of "The Voice".

for the staff and I," she said

Upcoming musical events at the COA include "Acoustic Cafe with Tony and Amanda" on Aug. 1, and Wild Bill and the Flying Sparks on Aug. 29. Tickets are available at the South Hadley COA, at a cost of \$7 and \$4, respectively.

For more information on Beluzo and Lis, their websites can be found at: www.ellebofficialmusic.com/ and www.noahlisproductions.com.



Turley Photos by Samuel Gelinias

Volunteers Donna Gonet and Linda Huard served guests of the doubleheader from the Council on Aging's Woodlawn Café.

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Cooling shelters offer relief from the heat

SOUTH HADLEY— Temperatures will reach beyond 90 degrees starting Wednesday, July 26 into the weekend, likely becoming a heat wave.

The South Hadley Senior Center and the South Hadley Public Library are designated cooling shelters for residents who need to keep cool.

The South Hadley Public Library at 2 Canal St. is open:

Monday through Wednesday: 9:30 a.m.-8 p.m.

Thursday and Friday: 9:30 a.m.-6 p.m.

Saturday: 9:30 a.m.-1 p.m.

The South Hadley Senior Center at 45 Dayton St. is open:

Monday through Friday: 8 a.m. -4:30 p.m.

Tuesday 8 a.m.-7 p.m.

Extreme heat is a prolonged period of very hot weather, which may include high humidity. In Massachusetts, a "heat wave" is usually defined as a period of three or more consecutive days above 90 °F, according to the Massachusetts Emergency Management Agency.

Extreme heat can be dangerous and even life-threatening if proper precautions are not taken. In extreme heat and high humidity, the body must work extra hard to maintain a normal temperature.

Most heat-related illnesses occur because the victim has been over-exposed to heat or has over-exercised for his or her age and physical condition. Although anyone can suffer from a heat-related illness, some people are at greater risk than others.

Those at greater risk include older adults, young children and those who are sick or overweight. To reduce the risks of extreme heat conditions, take the proper safety precautions to protect yourself and your family.

Please see **HEAT RELIEF**, page 5

ATHLETES from page 2

new bicycles and helmets to area youth through the 150 Build-a-Bike campaign in celebration of the Bank's 150th anniversary last year.

When asked what his favorite event of the triathlon was, Moriarty agreed with Les and said it was "100% the swim."

"After learning how to swim, I just think it's one of the best exercises anybody can do," he said.

Moriarty was also injured during his training, as a result of playing pickleball for the first time and straining his calf. Because of this, he was only able to get out and run a few times before the race.

Moriarty competed in the IRONMAN 70.3 as part of his regular work day, decked out in Monson Saving's Bank gear to promote the local bank.

He said he trains all year long and stays active to help cope with the stresses of his day.

Not all athletes competed as individuals, with several opting to complete the IRONMAN 70.3 as part of a relay team.

Chris Snow, a longtime resident and business owner in Belchertown (who recently moved to Holyoke) said his relay team finished sixth out of a field of 39 teams.

Snow said this was his fifth half-IRONMAN triathlon, but he also competed in a full distance triathlon last July in Lake Placid, New York.

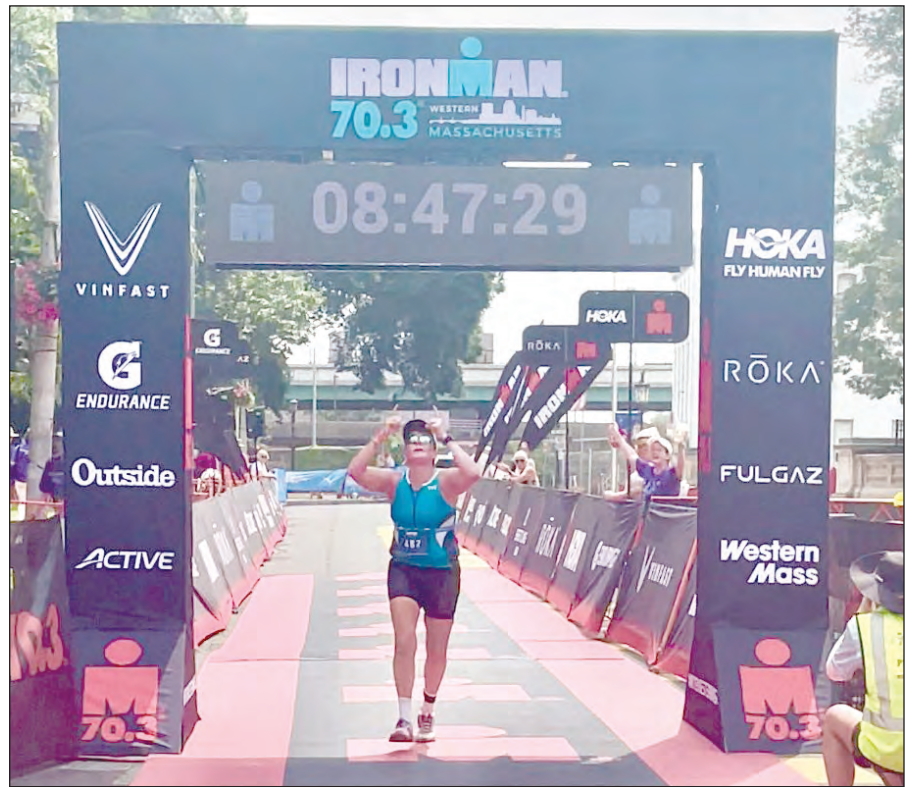
In the last three years, Snow has lost over 85 pounds while training for IRONMAN, and described the experience as "life changing."

"When I signed up for my first IRONMAN, I'd never swum laps in a pool, I didn't own a bike, and I could barely run a mile," he said.

Snow completed the biking portion of the race; joined by Devon Santos of South Hadley and Austin Terault from Greer, South Carolina.

Terault is Snow's nephew, and he was the team's runner.

"This was his first experience competing in a triathlon of any capacity, but not likely his last," Snow said.



ABOVE: Lisa Manzi of Holyoke lost over 100 pounds while training for IRONMAN 70.3 and has been an inspiration for many local athletes.

Santos took on the swimming portion of the race and she is also a seasoned marathoner, having completed the Boston Marathon in the last two years. Like Snow, Santos has also completed a full-distance IRONMAN.

While no date has been set for the 2024 IRONMAN 70.3 Western Massachusetts triathlon, registration is set open Sept. 6. For more information, visit www.ironman.com/im703-western-massachusetts-register.



RIGHT: Dawn Lapierre of Belchertown. Lapierre is a cancer survivor as well as athletic/activities director at the Wilbraham YMCA. This was her second half distance triathlon.

Submitted Photos

GARDEN from page 4

number of perennials are cited as thriving in moist soil. You'd be surprised to learn that Astilbe (Astilbe spp.) falls into this category, as do the more familiar native wetland plants: Joe-Pye Weed (Eupatorium maculatum), Cardinal Flower (Lobelia cardinalis) and its cousin Great Blue Lobelia (L. siphilitica), the three of which bloom later in the summer.

Candalabra primrose (Primula japonica) was also mentioned. I have purchased this plant two years in a row and it never thrives; now I know the reason: it needs moister soil.

The plants growing under the tree can-

opy at Positively Perennials are a sight worthy of mention in mid-May when they are in full multi-tiered bloom. Next year, check it out!

We seem to be on a flower theme, so let's see what "The Flower Gardener's Bible" by Lewis and Nancy Hill (Storey Books) has in store. Alas, pick three does not disappoint.

I landed on a page devoted to both the native Coneflowers (Echinacea species) and the Globe Thistles (Echinops species). Right now, my new border, devoted to our pollinators, is striking with Purple Coneflower as one of the stars.

This plant too, has seemed to enjoy the rain, gaining some height after the

shock of being divided and replanted early in May. If you leave the spent flowers in place, self-sown seedlings will emerge next spring, begging to be moved about the landscape or shared with friends and family.

Like Feverfew, from our first pick, Echinacea has history as a healing plant and continues to be used today for immune support.

Globe Thistle, with its steel blue globes and deeply cut, silver gray foliage, as stiff as it is, also deserves a place in the garden. It is a true bee magnet!

Stems can be harvested as everlastings once flowers color up but before the individual florets, aka "pickers" on each plant

open. Clip and dry them upside down for use in wreaths and arrangements.

Well, it's been fun escaping the heat with you! Read any good books lately?

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

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In the Classroom

HCC STEM scholarship deadline is Aug. 1

HOLYOKE — Students enrolled full time in chemistry, biology, engineering, mathematics, physics or other STEM fields at Holyoke Community College have until Tuesday, Aug. 1, to apply for a National Science Foundation scholarship of up to \$10,000 a year.

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

New and current HCC students are encouraged to apply. The application deadline for the fall 2023 semester is Aug. 1. Scholarship awardees will be notified by Aug. 20.

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

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

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

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

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

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

Baystate Health holding blood drive next week

PALMER — The Baystate Health Blood Donation team will host a blood drive 8:30 a.m. to 2 p.m. Wednesday, Aug. 2, at Baystate Wing Hospital.

According to a news release from the hospital, blood drives will be held every other month on Wednesdays throughout the year at Baystate Wing, including on Oct. 4 and Dec. 6.

"When you donate blood to Baystate Health, your precious gift remains in our local communities," Nicole VanZandt, supervisor, BRL Blood Donor Services, said.

"Please help us to ensure a safe and adequate blood supply is available by donating blood with the Baystate Health Blood Donor Program."

Blood donations take approximately one hour to complete, including the interview, donation and refreshments, the release states. To donate blood, you must be at least 17 years old; weigh at least 110 pounds; have a photo ID; be in good health (no colds, or sore throat); and have not donated blood within the past eight weeks.

In appreciation, all eligible donors will receive a \$10 gift card or a Big E ticket while supplies last.

There is a constant need for blood donations, which can be lifesaving for many people facing health conditions or problems that might require a transfusion, according to Baystate Health. Some of these reasons may include cancer, trauma or injuries, operations, blood disorders, pregnancy and birth.

For more information or to book an appointment to donate blood, call the Blood Donor Center at 413-794-4600. Be sure to note Baystate Wing Hospital as the location you would like to make your donation when you make your appointment.



COLLEGE NOTES

Local students named to UMass Amherst spring 2023 dean's list

AMHERST— Below is a list of local students who were named to the dean's list at the University of Massachusetts Amherst for the spring 2023 semester.

GRANBY

Georgianna M Brown, Haley Gilpatrick, Molly Elena Hoffenberg, Celia Morgan Huard, Edrick Bradley Kusumo, Edward Winter Kusumo, Lindsay Columbus Layne, Jenna Lyn Learned, Kendall Elizabeth Morrissey, Alexander Richard Pogorzelski, Zoe Rose Robinson, and Emily M Vallee.

SOUTH HADLEY

Abdullah Khuram Abbasi, Eric Joseph Bergeron, Sarah Rose Bisson, Raeghan Ariaunna Brousseau, Shyla Wren Burrows, Robert Francis Canavan-Gosselin, Olivia Rose Chartrand, Chase Everett, Corriveau, Barbara Grativol De Oliveira, Xavier Francis Doisneau, Claire Hasler, John Edward Hoeffler, Samantha N Jenks, Ethan Nelson Kennedy, Caleb John Kovalchik, Sujal Manandhar, Brook Lynn Masse, Alyssa M Mazza, Matthew James McDermott, Brennan Charles McGrevy, Anna Dorothea Murphy, Ethan Robert Ortyl, and Lyle Michael Pare Jr, Caroline Candace Pare, Nathan Henry Piligian, Julia Daniela Plotniak, Marissa Lee Robinson, Katherine Sarah Rose, Jayna Belle Schaarschmidt, Claire Shillington, Samantha L Whelihan, Kaliska Wiley, Nathan William Wright, and Justin Yeung.

University of Hartford dean's lists

SOUTH HADLEY— These local students have been named to The University of Hartford dean's list for Spring 2023.

Ava Marion
Sophia Mason

Champlain College dean's list for the spring 2023 semester

BURLINGTON, VT — John Odell of South Hadley has been named to the Champlain College dean's list for the spring 2023 semester. Odell is currently pursuing a Game Design major.

Local students graduate from Elms College

CHICOPEE— More than 440 students graduated from College of Our Lady of the Elms during its 92nd Commencement held on May 20, at the MassMutual Center in Springfield. The following local students earned degrees:

Jacob Poirier of South Hadley graduated with a Bachelor of Arts in Computer Information Technology & Security.

Luiza Guberow of South Hadley graduated with a Bachelor of Arts in Communication Science & Disorders.

Oliver Abbott of Granby graduated with a Bachelor of Arts in Psychology.

Jillian Laureano of South Hadley graduated with a Bachelor of Arts in Sociology.

Kelly Clare of South Hadley graduated with a Bachelor of Science in Nursing.

Samantha Gilpatrick of Granby graduated with a Certificate of Advanced Graduate Study in Education.

Taiwo Obadeyi of South Hadley, graduated with a Master of Education.

Jamie Mazur of South Hadley graduated with a Master of Science in Applied Behavior Analysis.

Mount Holyoke Masons announce scholarship students

SOUTH HADLEY—The Mount Holyoke Lodge of Free and Accepted Masons is proud to announce the recipients of their 2023 scholarships.

They are:

Nicole Esemio, who graduated from Ludlow High School and was accepted at St. Anselm College, Sacred Heart College, the University of Rhode Island, Assumption College, Quinnipiac College, the University of Massachusetts, Amherst, Fitchburg State University and Merrimack College.

Nathan R. Sarrazin, who graduated from South Hadley High School and was accepted at Westfield State University.

Ashley K. Scott, who graduated from South Hadley High School, and was accepted at Mount Holyoke College, Simmons University, Elms College and Western New England University.

HEAT RELIEF from page 6

Residents can prepare for a heat wave by signing up for various weather alerts. Other tips include:

Install air conditioners snugly, insulating if necessary.

Cover windows that receive morning or afternoon sun. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.

Never leave children or pets alone in a closed vehicle. Even with the windows cracked open, interior temperatures can rise almost 20°F

within 10 minutes.

Slow down and avoid strenuous activity.

Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect heat and sunlight and help maintain normal body temperature.

Drink plenty of water, even if you are not thirsty. Avoid alcoholic beverages and liquids high in sugar or caffeine.

Eat well-balanced, light, regular meals.

Stay indoors as much as possible and limit exposure to the sun. Do not leave pets outside for extended periods of time.

If you must be outdoors, limit your outdoor activity to the morning and evening hours. Try to rest often in shady areas so your body temperature will have a chance to recover. Use sunscreen with a high SPF and wear a wide-brimmed hat.

If you do not have air conditioning, stay on your lowest floor, out of the sun. Use fans to stay cool and avoid using your stove and oven.

Consider spending time in air-conditioned public spaces, such as the South Hadley Public Library and the South Hadley Senior Center.



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South Hadley suffers shutout



Simone Quinn advances toward the opposing goal.



Turley photos by David Henry www.sweetdogphotos.com

Mikayla Weaver shoots on goal.



Autumn Camp makes a throw-in.



Lilah Schark sends a free kick away.



Maya Legowski crosses the field.

WILBRAHAM – The South Hadley B girls summer soccer league lost last Friday against Wilbraham B 8-0. The loss brought South Hadley to 3-7 on the summer. The Tigers will not make the B Division playoffs.

Playoff berths in Valley Wheel come down to final week

WILBRAHAM – The Valley Wheel Over-28 Baseball League, which plays its games throughout Western Massachusetts and features adult players from all over the region, has lived up to its reputation for having a league full of parity.

As a result, this final week will be the determining factor when it comes to deciding which teams receive the four playoff spots the league offers.

Following the games of July 9, five of the league's six teams were in a tie for first place with identical 7-5 records.

The games of July 16 were rained out, pushing the league to finish the final three games of the regular season within an eight-day period.

Weeks 14 and 15 were scheduled to be played on July 23 and 30, respectively, while the Week 13 makeup games were scheduled in between, July 26 and 27.

The Week 14 games found the Athletics, Tigers, and Cubs coming away with wins. That left those three games with 8-5 records while the Angels and Twins sat at 7-6, both one game out of the first-place tie.

Midweek matchups included the Angels-Orioles, Cubs-Athletics, and Ti-

Please see **PLAYOFF**, page 9

Pioneers take season finale, make playoffs

By Tim Peterson
Sports Correspondent

LUDLOW—The atmosphere at Lusitano Stadium is always a lot more festive whenever the Western Mass. Pioneers celebrates a victory.

The Pioneers faithful supporters were in no hurry to head home following the July 15 5-1 win over AC Connecticut in the regular season finale.

The Pioneers 10th win locked up sole possession of second place in the USL-2 Northeast Division. They also clinched a playoff berth for the fourth time since 2019. The 2020 season was canceled due to the COVID 19 pandemic.

"I think making the playoffs is a little more special for us this year," said Connor Hicks, who's one of the Pioneers' veteran players. "Our backs were against

the wall a couple of weeks ago, but we were able to make the playoffs again.

Following a 2-1 home loss against rival Seacoast United on June 23, the Pioneers (10-1-3) closed out the regular season with five consecutive victories.

"After we lost to Seacoast, most people thought we wouldn't be making the playoffs this year," said Pioneers head coach Federico Molinari. "There was a lot of pressure on us to win every match, but boys worked very hard. It's not very easy to qualify for the playoffs in this league."

The Pioneers, who'll begin their postseason journey this weekend, have posted an impressive 42-6-8 regular season record since the start of the 2019 campaign.

"We've changed a lot of players since 2019," Molinari said.

"When the new players join us, they always play very hard, and they also have a good attitude. It has been an outstanding season so far."

Hicks, who's from Monson, and Khalid Rose are the only remaining players from the 2019 playoff team.

Hicks, who has been a defender for most of his Pioneers career, was an outside midfielder against AC Connecticut (4-7-3). He had a couple shots on goal, but has never scored a goal while wearing a Pioneers uniform.

"I did score a goal in my first game with the Pioneers four years ago, but it was disallowed because of offsides," said Hicks, who's planning to play for the Pioneers in 2024. "I was trying to score a goal in tonight's game."

Please see **PIONEERS**, page 12



Connor Hicks, of Monson, attempts to run down the ball.



Turley photos by David Henry www.sweetdogphotos.com
Jordan Koduah makes a pass.

Hall takes win in Granite State series

HERMON, ME – The Granite State Pro Stock Series returned to “Vacationland” for the first time since 2021 with Saturday night’s Go FAS Racing 100 at Speedway 95. And against a tough field, Garrett Hall captured his second career GSPSS win in the series’ debut at the Hermon, Maine speedplant.

Seventeen drivers, all but one from the state of Maine, turned out for the GSPSS’ rain-delayed debut at the historic oval just outside Bangor. Wiscasset Speedway regular Josh St. Clair topped the charts in time trials, splitting the heats with home-track ace Mike Hopkins.

But in race trim, it was Hall who prevailed. With reigning GSPSS champion Joey Doiron in the pits, Hall worked the inside line around the third-mile oval en route to victory.

Hall won in his GSPSS debut in 2017, claiming the series’ only trip to Oxford Plains Speedway. With Saturday’s win, the Scarborough native is the first series driver to win twice in the Pine Tree State.

Hopkins, a road warrior with two wins in the Southeast earlier this season, came up short of victory in his second-ever GSPSS appearance, finishing second at his hometown track. St. Clair held on for third in his series debut.

Points leader Travis Benjamin extended his advantage with a fourth-place finish, while Ben Ashline rounded out the top five.



Submitted photo

Garrett Hall was the winner up in Maine last Saturday.

Saturday’s GSPSS show-down capped off a night of racing that included Speedway 95’s local classes. Dalaney Dunn came out on top in the 25-lap Cage Runner feature. Scott Modery took the checkers in the Street Stocks, and Kris Foss won the evening’s Sport 4 feature.

The next race for the Granite State Pro Stock Series is a return to Riverside Speedway on Saturday, August 12, where Travis Benjamin will try to back up his June performance with another win at “Grovetona.” Details on the fifth race of the GSPSS’ twelfth season will be released shortly.

For more information on the Granite State Pro Stock Series, visit www.gspss.net or find us on Facebook, Twitter and Insta-

gram.

RESULTS, Go FAS Racing 100, July 22, 2023

1. (94) Garrett Hall
2. (15ME) Mike Hopkins
3. (14) Josh St. Clair
4. (7B) Travis Benjamin
5. (99) Ben Ashline
6. (32) Brandon Barker
7. (75) Gary Smith
8. (32ME) Nick Jenkins
9. (28R) JR Robinson
10. (7CT) Cory Casagrande
11. (56) Evan Beaulieu
12. (21C) Shane Clark
13. (81) Bryan Lancaster
14. (28) James Doucette
15. (15) Trevor Krouse
16. (21ME) David Oliver
17. (01) Jet Decker

West beats East in NECBL All-Star Game

LYNN - The West Division defeated the East Division 5-1 in the 2023 NECBL All-Star Game, presented by Metro Credit Union, behind eight scoreless innings thrown by nine different pitchers.

Catcher Kevin Bruggeman (Upper Valley, C, Hofstra) won the 2023 All-Star Game MVP after going 2-for-2 on the night with two hits including a two-out two-run single with the bases loaded in the fourth inning. Bruggeman was one of two West All-Stars with multi-hit performances, joined by Anthony Livermore (Keene, 3B, Northwestern).

The West Division struck first with a leadoff single by T.J. Williams (Vermont, OF, Notre Dame) on a full count in the top of the first inning. Williams stole second base and later scored from second on an RBI single by Greg Bozzo (Keene, C, Northeastern). East Division starter Santhosh Gottam (Newport, RHP, Brown) limited the damage to one run to keep the game close through the first inning.

Garrett Howe (Ocean State, 2B, Samford) hit a leadoff double with a blooper to left field for the East Division. Howe attempted to steal third, but was caught with a perfect throw by the catcher Greg Bozzo (Northeastern). West Division starter Nolan Sparks (Vermont, RHP, Rochester) escaped a first-inning jam with a diving stop by Kyle Hannon (North Adams, 3B, Penn State) at third base to leave two runners stranded for the East Division.

Alex Logusch (Ocean State, RHP, Winthrop) allowed three walks to load the bases in the fourth and a Ryan Cesarini (Upper Valley, DH, St. Joseph’s) sacrifice fly scored Javon Hernandez (Danbury, SS, Auburn) to start the inning.

The West continued its rally when Williams reached base for a third time after his second hit-by-pitch to load the bases once again with two outs. Bruggeman’s two-run single drove in Nighthawks teammate Adarius Myers (Upper Valley, OF, Louisiana Tech) along with Brandon Butterworth (Vermont, 2B, NC State) to give the West a commanding 4-0 lead.

Brent Francisco (Bristol, RHP, East Stroudsburg) recorded the first 1-2-3 inning of the evening after retiring three straight batters in the fifth inning, including strikeouts of Anthony DePino (Mystic, 3B, URI) and Mike Bello (Mystic, OF, Auburn).

Bruggeman reached base for a second time with a single to right field in the sixth inning, and later advanced to second on a Kyle Hannon two-out walk. Wyatt Lunsford-Shenkman (Ocean State, RHP, East Carolina) struck out the league’s second-leading home run hitter Samuel Tackett (North Adams, OF, Virginia Tech) to escape the jam with a scoreless frame to keep the East within four.

Michael Weidinger (Valley, LHP, William & Mary) retired the side in the sixth inning, including two fly outs and a strikeout of Nolan Nawrocki (Martha’s Vineyard, SS, Clemson) to continue a dominant pitching performance by the West Division.

In the bottom half of the seventh inning, Anthony Livermore (Keene, 3B, Northwestern) showcased his speed with a diving attempt at first base to earn an infield single in his first plate appearance of the game. Livermore went on to steal second and third base before scoring on three straight walks allowed by East pitcher Jay Allmer (Mystic, RHP, Seton Hall), the league’s leader in saves.

The East Division cut into the lead with a solo home run by Jake Berger (North Shore, 3B, Harvard) in the bottom of the eighth. Fellow Navigator Stan DeMartinis III (North Shore, OF, Bentley) followed with a single to left, but Week 2 Pitcher of the Week George Viebrock III (Danbury, LHP, Denison) retired the next three batters to maintain a 5-1 lead for the West heading into the ninth.

West Division Fan Vote winner Luis Misla (Upper Valley, LHP, SUNY Cortland) split the ninth inning with 2023 Home Run Derby champion and two-way player Anthony Steele (Danbury, LHP, Penn State) to seal a dominant 5-1 victory for the West Division.

Sports nutrition tips from Boston Children’s Hospital

What should an athlete eat to prepare for a big event? Read on for sound tips from the Sports Medicine Division.

- Carbs are your friend and other game-day nutrition advice
- Like a car, your body needs fuel to run. These foods help you rev up for top performance on game day:
- Carbohydrates (pasta, fruit, bread, oatmeal, sugar) provide fast energy. Without carbs, an athlete is likely to hit a wall of sluggishness.
- Fat (nuts, nut butters, olive oil, avocados, salmon or tuna) provides longer-lasting energy. Fats and carbs work together to fuel performance.

- Protein (chicken, beef, eggs, dairy) builds muscle and repairs tissues. Protein after a practice or game is essential to building and maintaining muscle strength.

Pre-game fueling

Three to four hours before a practice or game, an ideal pre-game meal includes mainly carbs with some protein and fat.

- peanut butter toast with a banana
- granola bar
- yogurt and fruit

Closer to game or practice time, snacks or meals should decrease in volume and be

Please see **TIPS**, page 12

PLAYOFF from page 8

gers-Twins, which could further complicate the standing heading into Sunday’s final games.

According to the league commissioner, Jim Nason, the first tiebreaker for determining who makes the playoffs will be head-to-head records. Each team plays their opponents three times making a definitive decision if there is a tie between two teams. But in the event of a three-way tie, the next tiebreaker is run differential, which could be used to seed teams as well in the event of a three-way tie for first place.

This weekend, the final matchups are Twins-Angels, Cubs-Orioles, and Tigers-Athletics. Semifinals are scheduled for Aug. 6 at Spec Pond in Wilbraham with game times of 2:30 and 6 p.m. The league championship game is set for Sunday, Aug. 13 at 3 p.m. at Spec Pond.

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Notice is hereby given by **Hampshire Towing, 650 New Ludlow Rd., South Hadley, MA 01075**, pursuant to the provisions of G.I. C. 255, section 39A, that an **online auction** will take place beginning **08/04/2023**. Vehicles can be viewed at sta.ibidsmart.com. The online auction will end **Monday, 8/14/2023 at 9 a.m.**

The following motor vehicles will be sold to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles:

2015 Infinity Q50
JNIBV7AR1FM412061
Noah J. Lavelle
18 Vadnais St
Holyoke MA 01040

2007 Hyundai Tiburon
KMHHN66F77U254077
Eric L. Dewey
30 River St
Dalton MA 01226

2003 Pontiac Grand Am (Gold)
1G2NF52E03M577705
Jean C. Torres Cintron
14 Lockwood Ave. side
Springfield MA 01151

2018 Kia Forte (Red)
3KPFK4A77JE260038
Estid Guzman Alvarado
166 Butler St. apt 2
New Bedford MA 02744

Forklift
N/A
No Registered owner

2002 Volkswagen Cabrio (Blue)
3VWDC21V32M806927
Thomas Dedeurwaerder
20 West St
West Hatfield MA 01088

2004 Honda Civic (Burgundy)
2HGES25704H510417
Gina Cordero
11 Cameo Dr.
Willimantic CT 06226

2004 Ford Taurus (White)
1FAPFP53U34A118227
Tina L. Reep
15 Hampden Ave
Monson MA 01057

2010 Hyundai Elantra (Blue)
KMHDU4AD1AU129420
Rebecca Jagla
70 Broadway St Apt 153
Chicopee MA 01020

2005 Acura TL (White)
19UUA66205A007270
Gilberto Ortiz
BX 1175
Holyoke MA 01041

2012 Kia Sorento (Silver)
5XYKTDA23CG244764
Justin G. Colon
28 Beacon Ave. apt 1
Holyoke MA 01040

2006 Scion TC
JTKDE177560072938
Jay Delgado
5424 NE 1st Terrace
Oakland FL 33334

2007 Jeep Compass (Black)
1J8FF47W87D383417
Carlos A. Laguer
40 Belmont ST.
Chicopee MA 01020

2008 GMC Acadia (Black)
1GKEV23718J129404
Carlos J. Pellicier
24 North East St apt 3A
Holyoke MA 01040

2005 Saturn Vue (Blue)
5GZCZ53425S824428
Eric G. Nunez
273 Orange St apt 1L
Springfield MA 01108

2005 Acura TL (Black)
19UUA66275A003703
Migdalia Perez Bultron
529 SOUTH SUMMER ST
HOLYOKE MA 01040

2004 Pontiac Vibe
5Y2SL64834Z417360
Stuart A. Pierson
130 Merida St
Springfield MA 01104

2006 BMW X5 (White)
5UXFA13566LY28905
Paul Pennell
1104 Hampden St
Holyoke MA 01040

2002 Honda Civic
2HGES16542H530352
Francisco Resto
43 Mosher St Apt 5
Holyoke MA 01040

1988 GMC C6500
1GDE6D1A6JV512946
No Registered Owner

Camper Trailer
1UJAJ01G8R1BN1322
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2015 Nissan Altima (White)
1N4AL3AP6FC442111
Noah Wicker
585 King Philip St. Apt 79
Raynham MA 02767

2002 Mazda MPV (Gray)
JM3LW28J420310022
Patrick Johnson
485 South St. Apt 601
Holyoke MA 01040

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JTDKB20U173219611
Eron Tarail
41 Gulf Rd
Pelham MA 01002

2013 Ford Focus (Red)
1FADP3F21DL180249
Diana Mendez
1607 Main St Apt B204
Springfield MA 01103

2020 Honda CBR500R (Red)
MLHPC6211L5100479
Marc Cerillo
5 Snowbird Ln
Northford CT 06472

2002 Dodge Stratus (Gray)
1B3EL46X62N190242
Belisa Chevalier
14 Oak Ln
Feeding Hills MA 01030

2002 GMC Savana Cargo (White)
1GTFG25M521182594
Meehan & Ramos Pools Llc
75 Research Dr
Stratford CT 06615

1990 Jeep Wrangler (Red)
2J4FY39T0LJ518792
Estheban Olivo
80 Shuttle Meadow Ave. 3rd Fl
New Britain CT 06052

2011 Chevrolet Malibu
1G1ZB5E1XBF119778
Sarah Reed
131 Hidley Rd
Wynantskill NY 12198

2003 Toyota 4Runner (Silver)
JTEBT14R830006675
Gilberto Jimenez Santiago
7 Franklin St. Apt 3L
Holyoke MA 01040

1995 Jeep Grand Cherokee (White)
1J4GZ58S3SC742766
Robert Viamari
370 Mill Valley Rd Trlr 59
Belchertown MA 01007

2001 Ford F-350 Super Duty (Black)
1FTSF31F31ED46575
Todd Brown
128 N West St
Feeding Hills MA 01030

2006 Honda Civic (Black)
2HGFA16856H528178
Brenda Garcia Maldonado
7 Parkview Ter
Holyoke MA 01040

2020 Honda CBR500R (Black)
MLHPC621XL5100190
Quintan Hall
59 Karner Rd
Albany NY 12205

2002 Cadillac DeVille (Black)
1G6KD54Y52U241559
Richard Talbot
340 Frank Smith Rd
Longmeadow MA 01106

2007 Dodge Magnum (Silver)
1B3HB48AX9D108389
Vernon Miller
340 Bridge St
Branchville SC 29432

2006 Chevrolet TrailBlazer (Blue)
1GNDDT13SX62324511
Peter Sanchez
BX 581
Holyoke MA 01041
07/28, 08/04, 08/11/2023

NOTICE OF PUBLIC HEARING RE: Application for a Transfer of License and Change of Manager Licensee Address: 500 New Ludlow Road, South Hadley, MA 01075 LEGAL NOTICE

Notice is hereby given in accordance with the provi-

sions of Chapter 138, Section 15A of the General Laws of Massachusetts, as amended, that Anthony's Dance Club, Inc d/b/a Centerfold Anthony's has applied for a **Transfer of License and Change of Manager** on their All Alcohol License to be exercised at 500 New Ludlow Road South Hadley, MA.

The Selectboard as Licensing Authority will hold a public hearing on said application on **August 8, 2023 at 7:10 p.m.** at 45 Dayton St. The hearing will be held in a hybrid fashion with the opportunity for both in-person attendance and remote. Please note that while an option for remote attendance and/or participation is being provided as a courtesy to the public, the meeting/hearing will not be suspended or terminated if technological problems interrupt the virtual broadcast, unless otherwise required by law. Members of the public with particular interest in any specific item on this agenda should make plans for in-person or virtual attendance accordingly. For purposes of in-person attendance, the Selectboard will host the meeting in the multi-purpose room with remote participation details noted below.

Remote Meeting Connection noted below:
Dial-in Number: 1 301 715 8592

Meeting ID: 872 8560 0372 **Passcode:** 826353

Please use this URL to log-in: <https://us02web.zoom.us/j/8728560037>

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Z2RvQT09

Meeting attendees should mute phones (*6 for land-lines) unless asking questions or commenting. All attendees should wait to speak until other participants are finished.

Town of South Hadley Selectboard, Licensing Authority
Jeff Cyr, Chair
Andrea Miles, Vice Chair
Renee Sweeney, Clerk
Carol Constant, Member
Nicole Casolari, Member

Under M.G.L. Chapter 138, § 15A and §16C, any school, church, or hospital within 500 feet of 500 New Ludlow Rd., South Hadley, MA, 01075 wishing to object to the issuance of such license must voice objections in writing.

07/21, 07/28/2023

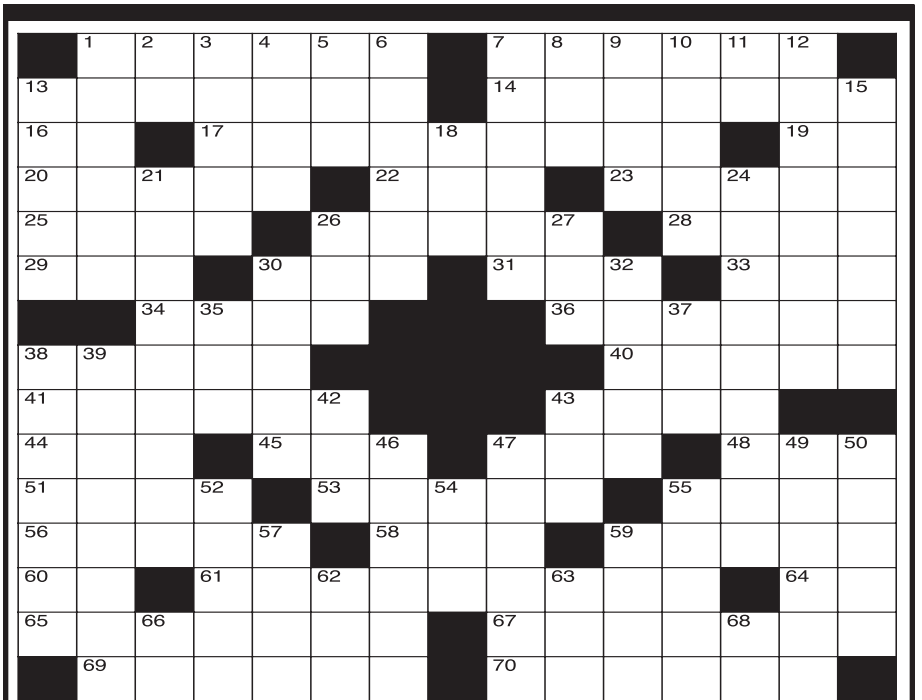
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CLUES ACROSS

1. Bonus materials
7. Formal names
13. Free from restraints
14. One who scrapes away
16. Type of device
17. Skin cancers
19. The Show Me State
20. Plate glasses
22. Red-brown sea bream
23. Small (Fr.)
25. Flightless Australian birds
26. High IQ group
28. Stiff structures
29. Revolutions per minute
30. Where a bachelor lives
31. Licensed for Wall Street
33. A place to park
34. Energy, style and enthusiasm
36. An important creed in Catholic Church
38. 18-year astronomical period
40. Furies
41. Removes from the record
43. Noted child psychiatrist
44. Feline
45. High schoolers' test
47. Not happy
48. They ___
51. On top
53. Precious stones unit of weight
55. Moved quickly
56. Seagulls
58. A seed with hooks or teeth
59. Partner to "ooed"
60. Exclamation of surprise
61. Most unpleasant
64. Organization help service members
65. Type of cockatoo
67. Humorous criticisms
69. Went through and

CLUES DOWN

2. Big
3. Books
4. Masses of eggs in fish
5. Language
6. Not standing
7. Chinese philosophy
8. Computer giant
9. A device to catch radiation
10. Emits coherent radiation
11. Actor O'Neill
12. Smallest interval in western music
13. Not lower
15. Revolves
18. Leavened bread
21. Number above the line in a fraction
24. Cable
26. Adult male
27. Airborne (abbr.)
30. Bullfighting
32. Broadcast
35. ___ Angeles
37. Vehicle
38. Not religious
39. North American peoples
42. A baglike structure
43. Body art (slang)
46. Picked for a role
47. Actress Tomei
49. Former hoopster "Big Country"
50. Icelandic poems
52. More pleasant
54. It can add flavor to meat
55. Self-immolation by fire rituals
57. Expression of annoyance
59. ___ Spumante (Italian wine)
62. Consumed
63. Body part
66. Thus
68. In reply (abbr.)

OPPORTUNITY

newspaper correspondent

Turley Publications seeks **Experienced Writers/Journalists** to produce news and/or feature stories of local interest for various towns and cities.

- **Must be dependable, professional and able to meet strict deadlines**
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Send writing samples with resume to



Eileen Kennedy, Executive Editor
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www.turley.com

PIONEERS from page 8

Alec Hughes, who's a first-year member of the Western Mass. Pioneers, led the way offensively with two goals and a pair of assists.

"We really needed to win tonight's game to make the playoffs," Hughes said. "It has been a lot of fun playing for this soccer team this summer."

The home team, who scored five goals in a home match for the first time since a preseason friendly with KO Elites FC, took a 1-0 lead six minutes into the opening half.

The scoring play began with Gabriel Pacheco sending a pass from the left side of the box to Tomas Duben, who tapped the ball over the goal-line past AC Connecticut goalie Clayton Knibbs.

Less than ten minutes later, Duben was credited with the assist as Hughes fired a shot into the left corner for his first goal of the match.

Duben and Hughes hooked up again during the 32nd minute. A tap in by Hughes increased the Pioneers lead to 3-0, which was the halftime score.

"I always try to put myself in the right spot and let my teammates find me," Hughes said. "I just want to do anything to help my team win."

The Pioneers outshot AC Connecticut, 15-1, during the first 45 minutes of the match.



Turley Photos by David Henry www.sweetdogphotos.com
Gabriel Pacheco sends a free kick away.

Any thoughts the AC Connecticut players might've had of making a second half comeback didn't last very long.

A goal by Lucio Beron, which was assisted by Hughes in the 58th minute, gave the Pioneers a commanding 4-0 advantage.

AC Connecticut, who also lost the first meeting to the Pioneers, 2-1, received an early Christmas gift fol-

lowing an own goal in the 73rd minute.

A couple of minutes later, Jordan Koduah scored the Pioneers final goal, which was assisted by Hughes.

It was a perfect way to wrap up the regular season for the Pioneers players and their supporters.

Alec Hughes shoots and scores for the Pioneers.



Tomas Duben makes his way toward the goal.



Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching "turleysports." We will regularly feature samples of photos that you will see in our publications on a weekly basis. Please follow and share with your friends and loved ones. We will be featuring photos from all 11 of our sports sections, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.



TIPS from page 9

- mostly carbs.
- oatmeal
 - sports drinks

Post-game recovery

A snack or meal with both protein and carbohydrates within 30 to 45 minutes after a game helps muscles recover more rapidly.

- chocolate milk
- banana and peanut butter or almond butter
- graham crackers with peanut butter or almond butter
- yogurt with granola
- turkey sandwich

Foods that work for your teammates might not work for you. Be sure to try out different foods before and after practice and see how they make you feel. When game day rolls around, you'll know what fuel your body thrives on.

Stay tuned for more news and injury-prevention tips from Boston Children's Hospital.

Send Us Your Autumn Event Information

Turley Publications will print your Autumn event **FREE OF CHARGE** in our **Autumn Fest Supplement** which will be published **September 13, 2023.**

Total circulation of 85,000 reaching over 200,000 readers in the Pioneer Valley.

Deadline for Calendar submissions is August 16.

Community Autumn Events

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 _____

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 "Autumn Event" in the subject line of your email.**