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

By Michael Harrison

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


Please see FAIRNESS, page 5

Star-studded performance enjoyed at Senior Center

By Samuel Gelinias

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 Singer. 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 "Eldeweiss."

She said that singing this event, "filled my heart and soul and made me so happy to share something I love the most," adding 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 her performance.

Please see CENTER, page 5

OPERATION BACKPACK gives families a helping hand

By Tina Lesniak

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-prepared 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 pens, pencils, 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., Neighbor Helping Neighbors Food Pantry at 30 Carew St., Newton Street Dental at 488 Newton St., Westfield Bank at 32 Willman St. or Adams’ house at 36 Chestnut Hill Rd. Adams anticipates that all the drop boxes will be full by the end of the school year.

Please see BACKPACK, page 3
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.


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 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,” he said.

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

“If you asked me right after the race, I was a very positive ‘no,’” Les said with a laugh.

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...
Council on Aging lists August events

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

Free Diabetes Prevention Program
Friday, Aug. 4; 4:10-30 a.m. (at the COA)
This program is presented by Jennifer Jernigan, Assistant Pub- lic Health Director. Learn about Healthy eating and how environ- mental factors play a part in develop- ing diabetes.

August Supper Club: Get Fresh with Chef Maggie
Demo and Meeting: Free and open to all
Aug. 9, 8 p.m. to 10 p.m.
Registration for our August culi- nary lessons will be at this meeting. Demo entails how to use everything in your farm share recipes and samples.
Culinary lessons (limit 20 stu- dents)
Free Men’s Breakfast
Friday, Aug. 19 at 8:30 a.m.
The men of the SHCOA Board will be our hosts.
Sign Make and Take workshops: South Hadley Board and Brush
Friday, Aug. 18 at 1:30 p.m.
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 prin- ciples of energy medicine, quantum physical, spirituality, stress reduc- tion music, art, healing, aroma- therapy, relationships, storytelling, indigenous cultural systems, karm- bism, environmental health, pain reduction, self-care, and astrology.
Programs include:
• Dinner and Acoustic Cafe: Tuesday, Aug. 1 at 5:30 p.m. Limit of 50 tickets available, $37 each.
• Join us for dinner and a concert in our cafe 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 fol- low up to his presentation on the James Webb Telescope.

Shamanic Journey Circle
with Jan
Tuesday, Aug. 8 at 6 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
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Tuesday evening programs include:
• Dinner and Acoustic Cafe: Tuesday, Aug. 1 at 5:30 p.m. Limit of 50 tickets available, $37 each.
• Join us for dinner and a concert in our cafe featuring music by duo

CENSUS page from page 1

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

Voting: Voters who fail to respond to the postcard will re- main on the inactive list, unless they vote, respond to the census, or take other action to restate their active status.

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

Please contact Town Clerk Sarah Ginevre’s office with any questions, comments or concerns at 413-538- 5030 extension 6813.

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 listed below are for adults 18 and over. Registration for all programs 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 be held to win more prizes at the end of the Summer Program on Monday, August 21. It is open to everyone to join basic conversation skills at the library at 413-538-1045 or signing up on our website at www.shadley.org/Adult summer events. The Library looks forward to helping you find your voice and deepen your connection to others – it is summer! Why do the kids get all the fun?

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 from page 1
ago. She now coordinates the whole program when she volunteered with South Hadley Parish in need of assistance.
Backpack can reach out to Adams to her via phone or email.
Families who would like to re- backpacs, 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.
“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 home.
Adams reaches out to families who have been suggested to be in need of assistance.

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This program is presented by Jennifer Jernigan, Assistant Pub- lic Health Director. Learn about Healthy eating and how environ- mental factors play a part in develop- ing diabetes.

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Demo and Meeting: Free and open to all
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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 to my phone. I like to hold and read 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 bask in 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 for a long time, with many daisy flowers lending themselves to use in the vase alongside balm, summer phlox, versus any others. 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 their 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 de-water, have been overwhelmed by the rain. And it gets its name from its reddish upper tail. The red-tailed hawk is the most commonly seen hawk by Coldbrook Road in Oakham last week. It also has a white chest with a belly band. Plumage varies depending on the amount of her USPS pension, which may eliminate her potential spousal boost.

Feverfew is from the Latin word febrifuge thanks to its past use as a fever reducer. The “spousal boost” amount is the difference between your wife’s pre-WEP FR pension 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 affect your spousal boost.

Will WEP and GPO affect your 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 separately 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 FR pension 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 your 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 view 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/spousal-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 her 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 at ssadvisor@amacfoundation.org or call 1-888-750-2622.

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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 18 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 depending on the amount of her USPS pension, which may eliminate her potential spousal boost. The “spousal boost” amount is the difference between your wife’s pre-WEP FR pension 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 your potential spousal boost.

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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 eligible to be aware of the State House to hear about state employment opportunities through word of mouth, the members of the public living outside 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, McGregor 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, McGregor 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.

“We keep pushing. You keep filing a bill until you get it passed.”

FAIRNESS from page 1

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 less bitters 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 mybackyardbird@aol.com or edowen@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005.

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”.

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.


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SCHEDULED MAILING LIST 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.

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”.

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

Turkey Photos by Samuel Gerlach

July 28, 2023
**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 any body 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 Savings 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 a 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 55 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 Teraulet from Greer, South Carolina. Teraulet 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.

**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 designing cooling shelters for residents who need to keep cool.
The South Hadley Public Library at 2 Canaan 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 Day 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

**GARDEN** from page 4

number of perennials are cited as thriving in moist soil. You’d be surprised to learn there are certain perennials that love to grow in dry soil. Joe-Pye Weed (Eupatorium purpureum), Cardinal Flower (Lobelia cardinalis) and its cousin Great Blue Lobelia (L. siphilitica), the three of which bloom later in the summer.
Candalaria primrose (Primula japonica) was also mentioned. I have purchased this plant two years in a row and it never thrives, as now I know the reason: it needs moist soil.
The plants growing under the tree canopy at Positively Perennials are a sight worthy of mention in mid-May as they are in full multi-tiered bloom. Next year, they will be even more spectacular.
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-seeded 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 achingslaves 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?

Robert McAuliffe 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 ronnette@nurselv.com with “Gardening Question” in the subject line.

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Cara M. Seidel, D.M.D.
Due to limited availability, some restrictions may apply.

**TOWN REMINDER**

July 28, 2023
Page 6
Reminder

operations, blood disorders, cancer, trauma or injuries, these reasons may include transfusion, according to Baystate Health. Some of health conditions or problems that might require a which can be lifesaving for many people facing past eight weeks.

or sore throat); and have not donated blood within the pounds; have a photo ID; be in good health (no colds, must be at least 17 years old; weigh at least 110

freshments, the release states. To donate blood, you
can contact VanZandt, supervisor, BRL Blood Donor Ser-
tion team will host a blood drive 8:30 a.m. to 2 p.m.

South Hadley

Abdullah Khurram Abbas, Eric Joseph Bergeron, Sarah Rose Bisson, Raegan Ariauna Broussela, Shyla Wren Burrows, Robert Francis Canavan-Gosewili, Ol-

ive Rose Charrand, Chase Everett, Corrinueva, Barbara Gravle De Oliveira, Xavier Francis Dosineau, Claire Haddad, John Edward Toeller, Samantha N Jenkins, Ethan

nel Kennedy, Caleb John Kovatch, Suajid Manan-

bar, Brook Lynn Masse, Alyssa M Mazza, Matthew James McDermott, Brennan Charles McGreary, Anna Dorothea Murphy, Ethib Robert Orlyl, and Lyle Michael

pare, Caroline Candace Pare, Nathan Henry Piligian, Julia Danella Plomtaci, Melissa Lee Robinson, Katherine Sarah Rose, Jayna Belle Schraaschi, Claire Shilling-

ton, Samantha L Whelihan, Kaliska Wiley, Nathan Wil-

liam Wright, and Justin Yeung.

University of Hartford dean's list

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

SOUTH HADLEY—Below is a list of local students who were named to the dean’s list at the University of Massa-

chusetts Amherst for the spring 2023 semester.

GRANBY

Georgianna M Brown, Haley Gilpatrick, Molly Elena Holffenberg, Celia Morgan Huard, Edrick Bradley Kasu-

no, Edward Winter Kasten, Lindsey Columbus Lay, Lenna Lynne Learned, Kendall Elizabeth Morrissey, Alex-

ander Richard Pogozelski, Zoe Rose Robinson, and Em-

ily M Vallerie.

Baystate Health holding blood drive next week

PALMER — The Baystate Health Blood Dona-
tion 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 hospi-
tal, blood drives will be held every other month on Wednesdays throughout the year at Baystate Wing, including on Aug. 2 and Dec.

“When you donate blood to Baystate Health, your precious gift remains in our local communities,” Nic-

ole VanZandt, supervisor, BRL Blood Donor Ser-
tivies, said. “We rely on you to help us ensure a safe and adequate blood supply is available by donating blood with the Baystate Health Blood Donor Program.”

Blood donation takes approximately one hour to complete, including the interview, donation and re-

freshments, 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 when 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 disor-

ders, 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 Hos-
tial as the location you would like to make your appointment when you make your appointment.

LOCAL LEADERS

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 Massa-

chusetts Amherst for the spring 2023 semester.

GRANBY

Georgianna M Brown, Haley Gilpatrick, Molly Elena Holffenberg, Celia Morgan Huard, Edrick Bradley Kasu-

no, Edward Winter Kasten, Lindsey Columbus Lay, Lenna Lynne Learned, Kendall Elizabeth Morrissey, Alex-

ander Richard Pogozelski, Zoe Rose Robinson, and Em-

ily M Vallerie.

SOUTH HADLEY

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pare, Caroline Candace Pare, Nathan Henry Piligian, Julia Danella Plomtaci, Melissa Lee Robinson, Katherine Sarah Rose, Jayna Belle Schraaschi, Claire Shilling-

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liam Wright, and Justin Yeung.

University of Hartford dean's list

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.

HEAT RELIEF

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

- Install air conditioners snugly, in-

sulating if necessary.
- Cover windows that receive morning or afternoon sun. Outdoor awnings or shutters can reduce the heat that enters a home by up to 80
- 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 feel thirsty. Avoid alcoholic be-

verages 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 peri-

ods of time.

CHICOPEE— More than 440 students graduated from College of Our Lady of the Elms during its 52nd Commencement held on May 20, at the MassMutu-

al Center in Springfield. The following local students earned degrees:

Jacob Poirier of South Hadley graduated with a Bach-

elor of Arts in Psychology.
- Luiza Guberow of South Hadley graduated with a Bachelor of Arts in Communication Science & Disorder.
- Oliver Abbott of Granby graduated with a Bachelor of Arts in Psychology.
- Jillian Laureano of South Hadley graduated with a Bache-

lor of Science in Nursing.
- Samantha Gilpatrick of Granby graduated with a Cer-

tificate of Advanced Graduate Study in Education.
- Tawo Obadeyi of South Hadley, graduated with a Master of Education.
- Jamie Mazer of South Hadley graduated with a Mas-

ter of Science in Applied Behavior Analysis.

University of Massachusetts Amherst spring 2023 dean's list

SOUTH HADLEY—The Mount Holyoke Lodge of Free and Accepted Masons is proud to announce the re-
cipients of their 2023 scholarships. They are:

Nicole Esespino, who graduated from Ludlow High School and was accepted at St. Anselm College, Sacred Heart College, the University of Rhode Island, Assump-
tion College, Quinipiac College, the University of Massachusetts, Amherst, Fitchburg State University and Merrimack College.

Nathan R. Sarrazin, who graduated from South Had-

ley High School and was accepted at Western State Uni-

versity.

Ashley K. Scott, who graduated from South Hadley High School, and was accepted at Mount Holyoke Col-

lege, Simmons University, Elms College and Western New England University.

Scholarship offers on average $6,500 per year to

Washington.

If you must be outdoors, limit your outdoor activity to the morn-

ing and evening hours. Try to rest often in shady areas so your body can cool and recover.

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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SPORTS

South Hadley suffers shutout

Mikayla Weaver shoots on goal.

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.

Simone Quinn advances toward the opposing goal.

Lilah Schark sends a free kick away.

Maya Legowski crosses the field.

Autumn Camp makes a throw-in.

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.

While the Week 13 makeups 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-

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 offside,” 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.

Jordan Koduah makes a pass.
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. Against a tough field, Garrett Hall captured his second career GSPPS win in the series’ debut at the Hermon, Maine speedplant.

Seventeen drivers, all but one from the state of Maine, turned out for the GSPPS’ rain-delayed debut at the historic oval just outside Bangor. Wiscasset Speedway regular Josh St. Clair topped the scoring charts in the top 10, splitting the heats with home-track ace Mike Hopkins.

But in race trim, it was Hall who prevailed. With reigning GSPPS champion Joey Douren in the pit lane, Hall worked inside the third-mile oval to earn victory.

Hall won in the GSPPS debut but 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 GSPPS appearance, finishing second at his hometown track. St. Clair held on for third in his series debut.

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

Saturday’s GSPPS showdown capped off a night of racing that included Speedway 95’s local classes. Danley Dunn came out on top in the 25-lap Cage Runner feature. Scott Moderny 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 GSPPS’ 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 Instagram.

**RESULTS, GO FAS Racing 100, July 22, 2023**

1. (96) 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. (32MD) Nick Jenkins
9. (29R) JR Robinson
10. (T7C) Cory Casagrande
11. (56) Evan Beaulieu
12. (21C) Shane Clark
13. (81) Bryan Lancaster
14. (28) James Doutte
15. (15) Trevor Krouse
16. (12ME) David Oliver
17. (01) Jett Decker

**Playoffs from page 8**

**West beats East in NECBL All-Star Game**

Brent Franciscus (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, JB, LHP) 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 Hannah 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, Columbia) to continue a dominant pitching performance by the West Division.

The bottom half of the seventh inning, Anthony Liv- ermore (Keene, 3B, North- western) showcased his speed with a diving attempt at first base to force an infield single in his first-placed 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, Se- ton Hall), the league’s leader in saves.

The East Division cut into the lead with a solo home run by Jake Berger (Northeast Harbor, 3B, Harvard) in the bottom of the eighth. Fellow Naviga- tor Stan DeMartins III (North Shore, OF, Bentley) followed with a single to left, but Week 2 Pitcher of the Week Geoge 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 Miosa (Upper Valley, LHP; SUNY Cortland) split the ninth inning with 2023 Home Run Derby champion and two-time Cy Young Award winner Anthony Steele (Danbury, LHP, Penn State) to seal a dominant 5-1 victory for the West Division.
The following motor vehicles have been registered to satisfy your garage keeper’s lien for storage, towing charges, court and expenses of notices and sale of said vehicles.

2005 Infinity Q50

5lJNVT7AFNM12601

Josh N. Lavelle

18 Vanadium St Apt 9

Holyoke MA 01040

2007 Hyundai Tiburon

KMBH6687F27U20477

Eric L. L. Devadas

30 River St

Dalton MA 01226

2003 Pontiac Grand Am

Gold

J128NEP435M7705

Jean C. Torres-Cintio

14 Lockwood Ave. side

Springfield MA 01101

2018 Kia Forte (Red)

JKPKA776302000318

Estes Guzman Alvarado

166 Butler St. Apt 2

New Bedford MA 02740

Ford F-150

N/A

Andrew Conrow

2.2002 Cargo Van (Blue)

3WAVC21Y32M100301

Thomas Dederer

20 West St

West Hartfield MA 01088

2004 Honda Civic

Bronze

24EG5270I4S101417

Gina Cordero

11 Camos Dr

Willimantic CT 06226

2004 Ford Taurus (White)

1FAPF29X41L09297

Tina L. Reep

15 Hampden St

Monson MA 01057

2010 Honda Elantra (Blue)

KM7D54AJDA122942

Regina Jacobs

23 South St Apt 153

Holyoke MA 01040

2005 Acura TL (White)

19DOS68422J05720

Gilberto Ortiz

BX 1175

Holyoke MA 01041

2012 Kia Sorato (Silver)

5XYKTD23C2G244764

Jutin Co.

28 Beacon Ave. Apt 1

Holyoke MA 01040

2006 Sicon TC

JT5E2802X2102938

Jay Delgado

5424 NE 1st Terrace

Oakland FL 34205

2007 Jeep Compass (Black)

1BJFG44W87D533417

Carlos A. Laguer

40 Belknap St

Chicopee MA 01012

2008 GMC Acadia (Black)

1GKRV231G12134944

Carlos J. Politzer

24 North East St Apt 3A

Holyoke MA 01040

---

Dial-in Number: 1 503 719 8592

Meeting ID: 782 8560 3722

Passcode: 826353

Please use this URL to log-in: https://us02web.zoom.com/uj/8728560377

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.

---

2001 Ford F-350 Super Duty (Black)

1FTFEE1FDE6657567

Todd Brown

128 N West St

New London MA 01300

2006 Honda Civic (Black)

2G8FB1G914E552178

Brenda Garcia Maldonado

7 New Ter

Holyoke MA 01040

2001 Honda CRV500R (Blue)

19RLC62K51U011900

Quintan Hall

59 Pomer Rd

Albany NY 12205

2002 Cadillac DeVille (Black)

1GK1Y54S21V215459

Richard Talbot

340 South South Rd

Longmeadow MA 01106

2007 Dodge Magnum (Silver)

1B3HBL48D5108389

Vernon Miller

341 Bridge St

Branchville SC 29423

2006 Chevrolet Trailblazer (Blue)

1GND1X6326X24511

Peter Sanchez

58 BC

Holyoke MA 01041

07/28, 09:00, 08/11/2023

NOTICE OF PUBLIC HEARING: RE: Application for a License of Transfer and Change of Licensee Address:

2000 New Ludlow Road, South Hadley MA, 01075

LEGAL NOTICE: Notice is hereby given in accordance with the provisions of Chapter 138, Section 15A of the General Laws of Massachusetts, as amended, that Anthony’s Dance Club, Inc dba Anthony’s Dance Club, has applied for a Transfer of License and Change of Manager on their Massachusetts All Alcohol License to be exercised at 500 New Ludlow Rd, South Hadley, MA. The Selectboard as Licensing Authority will conduct a public hearing on said application on August 8, 2023 at 7:10 p.m. at 45 Day St. The hearing will be held in a virtual 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 arrange for the meeting in the multi-purpose room with remote participation details noted below.

Remote Meeting Connection Information:

Dial-in Number: 1 503 719 8592

Meeting ID: 782 8560 3722

Passcode: 826583

Please use this URL to log-in: https://us02web.zoom.com/uj/8728560377

CLOSES ACROSS

1. Bonus materials
2. Formal names
3. Fine from reinstatements
4. One who scrapes away
5. Type of device
6. Skin cancers
7. The Show Me State
8. Plate glasses
9. Green bay sea
10. Type of device
11. Actor O'Neill
12. The Show Me State
13. “Poo” eyes
14. High schoolers’ test
15. Revolves
16. Type of weight
17. Type of cockatoo
18. They __
19. Not happy
20. Plate glasses
21. Number above the
22. Energy, style and
23. Small (Fr.)
24. Cable
25. Computer giant
26. Chinese philosophy
27. Airborne (abbr.
28. Fire rituals
29. Revolutions per
30. Energy
31. On top
32. Broadcast
33. 18-year astronomical
34. Energy, style and
35. Bonus materials
36. They __
37. Not happy
38. On top
39. On top
40. They __
41. Removes from the
42. A baglike structure
43. Body art (slang)
44. Feline
45. High schoolers’ test
46. They __
47. Not happy
48. They __
49. Former hoopster “Big
50. Icelandic poems
51. On top
52. They __
53. Precious stones unit
54. It can add flavor to
55. Mixed quickly
56. Seagulls
57. A baglike structure
58. They __
59. __ Spumante (Italian
60. On top
61. They __
62. Consumed
63. Body part
64. Organization help
65. Type of cockatoo
66. They __
67. Humorous clichés
68. West Through and
69. Went through and
70. Waves up

CLUES DOWNS

1. Settle in for parties
2. Big
3. Books of knowledge
4. Mammals of eggs in fall
5. Language
6. Picks up a ride
7. Chinese philosophy
8. Camel
9. A device to catch
10. They __
11. Actor O'Neill
12. Fire rituals
13. “Poo” eyes
14. Bonus materials
15. Fine from reinstatements
16. One who scrapes away
17. Type of device
18. Skin cancers
19. The Show Me State
20. Plate glasses
21. Green bay sea
22. Type of device
23. Small (Fr.)
24. Type of weight
25. Type of cockatoo
26. They __
27. Not happy
28. They __
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PUBLIC NOTICES ARE NOW ONLINE

Visit www.publicnotices.turley.com to search all notices in Massachusetts newspapers.

PUBLIC notice deadlines are Mondays, Fridays noon for Monday holidays.

Eileen Kennedy, Executive Editor
24 Water St, Palmer, MA 01069 or email direktly at ekennedy@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 KD 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 six minutes into the opening half.

Ann Reddick’s goal, which was assisted by Hughes, in the 58th minute, gave the Pioneers a commanding 4-0 advantage.

A couple of minutes later, Jordan Kodisah 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.

**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.
- 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.

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**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.

**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 ____________________________

**Deadline for Calendar submissions is August 16.**

**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.