

TOWN Reminder

FREE
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Serving the town of South Hadley

www.townreminder.turley.com

TA talks grant funding, more

By Kimberly Palmucci
townreminder@turley.com

SOUTH HADLEY – In a recent community update, Town Administrator Lisa Wong discussed a Climate Resilience Grant, a water infrastructure tour, and more.

“South Hadley completed a Community Resilience Building Report in May 2020,” Wong released. “Since then, the Town has been working on goals from this report.”

The state has Municipal Vulnerability (MVP) grants, said Wong, to help municipal-

ities work towards these goals.

“The Town used an MVP Action Grant to complete a road stream crossing assessment to better understand hazard potential and are completing design plans for ecological restoration to Titus Pond at the uppermost part of the Buttery Brook watershed [the town’s most urban watershed],” Wong shared, adding that South Hadley has recently been awarded an MVP 2.0 grant “to focus on addressing root causes of social vulnerability by helping the town convene a Core Team to co-develop and implement a

project that will build community resilience, with guaranteed funding for implementation.”

In other news, the Massachusetts Water Resources Authority hosted a tour of its system for member communities, said Wong.

“Town leadership was able to get a personalized tour of South Hadley’s water infrastructure to learn more about the system and upcoming projects,” she released.

Additionally, Wong congratulated Fire District #2 on its recent Federal Homeland Security Assistance to Fire-

fighters Grant in the amount of \$268,000.

“The funds will be used for air filling stations and all new self-contained breathing apparatus. These grants are very competitive,” Wong said.

A Leaping Well Nature Trail earmark project was also discussed.

“This project was included in the state budget,” Wong said. “The funds will be used to create an accessible parking area at the Mosier Street trail head for the 0.66-mile footpath.”

FD #2 receives grant funding

By Tina Lesniak
Correspondent

SOUTH HADLEY - The town’s Fire District #2 has recently been awarded a Federal Homeland Security Assistance to Firefighters Grant in the amount of \$268,000, funding that will be used for an air-filling station and all-new self-contained breathing apparatus.

The self-contained breathing apparatus is crucial to the fire department’s ability to fight fires effectively and the air-filling station is necessary for the apparatus, according to various reports.

The Assistance to Firefighters Grant (AFG) is a competitive nationwide grant program. Of the approximately 18,000 applications, the organization awards only 200 grants for vehicles and 2,000 grants for equipment.

According to the grant-giving organization, the primary goal is “to meet the firefighting and emergency response needs of fire departments and non-affiliated emergency medical service organizations.”

The grants have been offered since 2001 and help departments obtain many critical components of firefighting, such as equipment, protective gear, vehicles, and training. Generally, applications are due in the fall and awards are announced in August of the following year.

As of press time, FEMA has made 1,698 awards totaling \$255.7 million.

Police dept. welcomes two new members

By Kimberly Palmucci
townreminder@turley.com

SOUTH HADLEY – The police department has recently welcomed two new members.

Officer Anthony Chonmany and Officer Justin Dufault were sworn in earlier this week, police said.

“Officer Chonmany graduated from East Longmeadow High School in 2014,” the police department shared in a statement on social media. “Officer Chonmany attended Springfield College where he received his bachelor’s degree in criminal justice.”

“Officer Chonmany attended the Western Mass. Police Academy and graduated on [March 17],” police released. “Officer Dufault graduated from Spring-

field Technical Community College with his associate degree in criminal justice.”

Police added that Officer Dufault attended and completed the National Guard Police Academy in Worcester, and is currently a Sergeant in the Army National Guard.

“We would like to thank the Assistant Town Administrator, and the Town Clerk who were there for the swearing in,” the police department shared. “Congratulations and welcome to the department.”

Courtesy Photo, South Hadley
Police Department

Officer Justin Dufault and
Officer Anthony Chonmany



Fifty Years Later: TIGERS CLASS OF 1973

By Samuel Gelinas
Correspondent

SOUTH HADLEY – The high school’s Class of 1973 recently celebrated its 50th reunion with memories, memorabilia, and nostalgia.

The event, held on August 19, began with lunch at The Boathouse, followed by a charter cruise on The Lady Bea with 70 classmates and their guests.

Ann Robillard Lukasik, class treasurer, attended the event, as well as Patty Kennedy, secretary. Tom Stevens, who served as the emcee, recognized former class officers David Newton, president—who was unable to



Please see **REUNION**, page 12

South Hadley’s Class of 1973

Seniors

September is 'National Senior Center Month'

By Samuel Gelinas
Correspondent

SOUTH HADLEY – Throughout the month of September, the town's Council on Aging will celebrate National Senior Center Month by offering a diverse catalog of new and special programming to residents and visitors.

Programming for the month, which boasts the 2023 theme "Discover Yours," will include a range of activities, including artwork, introductory lessons in Spanish, fitness classes, education on medical marijuana, and more.

Consistent with the month's theme, the Council on Aging (COA) invites guests to "discover unique interests, talents, and aspirations."

Sandy Farnsworth, activities

coordinator for the South Hadley COA, said that the month is "an opportunity for the community to learn what a senior center does."

"The aging community is not a monolith, but rather a collection of people with different abilities, life experiences, political and social outlooks, and interests—and the South Hadley COA strives to offer something for everybody in this diverse community of people and viewpoints," Farnsworth said.

There are more than 20 scheduled programs and activities, including:

Beginner/Intermediate Spanish: Wednesdays at 1 p.m. and 3:30 p.m.

Sustainable Fashion: Beginning Tuesday, September 12, at 3:30 p.m.

LGBTQ+ Coffee/Social

hour: Monthly group meeting on Thursday, September 21, at 10:30 a.m.

Town Clerk Office Hours: Friday, September 22, at 11 a.m.

Uplifting Karaoke: Wednesdays, September 6 and 20, at 1 p.m.

Art Instructors Spotlight: September 4-8, all day

Top Apps for Seniors: Thursday, September 7, at 1 p.m.

Support Services and Shine Night: Tuesday, September 12, at 4 p.m.

Exercise Extravaganza! Tuesday, September 19, at 10 a.m.

Cornhole Competition with staff of the COA: Friday, September 29, at 9:30 a.m.

Trivia with the Staff of the COA: Tuesday, September 26, at 3 p.m.

Special events to be presented in September include:

Medical Cannabis for Seniors: Tuesday, September 5, at 5 p.m.

Tropical Escape Party: Wednesday, September 13, from noon – 2 p.m.

Breakfast by Billy: Friday, September 15, at 8:30 a.m.

Ice Cream Social and Movie with Boomer: Monday, September 18, at 1 p.m.

Beeyond, Live Tour: Tuesday, September 19, at 5 p.m.

Core Estate Planning: Tuesday, September 19, at 5:30 p.m.

Sexuality and Aging: Tuesday, September 26, at 5:30 p.m.

Birthday/Anniversary Party with Tom and Steve: Wednesday, September 27, at 2 p.m.

Throughout the month, the COA will also be parking their van at several locations in town and giving out munchkins and coffee on the days and times

listed below; transportation offered through the COA is free of charge.

Wednesday, September 6, at 1:15 p.m., Newton Manor parking lot

Monday, September 11, at 1:15 p.m., Lathrop Village parking lot

Wednesday, September 20, at 1:15 p.m., Hubert Place; 2 p.m., Neighbors Helping Neighbors parking lot

Additionally, the COA will be collecting donations for those impacted by the wildfires in Hawaii; as of press time, a recipient charity had not yet been determined.

For more information, call the COA at 413-538-5030 or visit 45 Dayton Street.

COA says goodbye to executive director

SOUTH HADLEY – The town's Council on Aging has announced that—with mixed emotions—it says goodbye to Executive Director Leslie Hennessey, who will begin a new chapter at UMass.

"Leslie joined the [South Hadley Council on Aging] in 2016. She saw this organization through the building of a beautiful and state-of-the-art building and COVID," the COA released. "Two hugely challenging events."

The COA added that she will begin "a new stage of her life at UMass."

"Leslie has been supportive and a voice for her staff and the seniors of this community," the COA added. "We wish her well and hope she returns to visit."

In other news, the Senior Center has announced several upcoming events:

Flower Arranging
Monday, August 28
at 1:30 p.m.

Join Denise from the Springfield Garden Club to make beautiful arrangements with sunflowers. The class is limited to 10

participants; cost is \$10.

SHINE Counselor
Tuesday, August 29

Sue LaMastro, certified SHINE counselor, will be available by appointment for questions about Medicare and turning 65. Please call the Welcome Desk to arrange an appointment.

Big Y Shopping
Tuesday, August 29,
at 11:30 a.m.

The Senior Center will do the driving. Call the Welcome Desk and add your name to the list.

Summer Concert
Tuesday, August 29, at 5 p.m.

Get ready to kick up your heels with an evening of country music. Wild Bill and the Flying Sparke is a roots rocking country band based in Northampton, "one of the area's most established and beloved musical groups," the COA released, appealing to a wide range of listeners.

Practice your moves before the show with country two-step lessons from 3-4 p.m. and line dance lessons from 4-5 p.m. This

event is sponsored in part by the Arbors at Chicopee.

Tech Time with Sandy
Wednesday, August 30
at 10 a.m.

Sandy, the COA's technology wizard, will answer questions. Examples of things she can help with include setting up an iPhone, iPad, Tablet, or laptop. Call the Welcome Desk and set up an appointment.

Neighbors Helping Neighbors
Wednesday, August 30
at 1 p.m.

Ann Andras, social service coordinator, will be at Neighbors Helping Neighbors, behind the Methodist Church. "Stop by," the COA released.

Intro to Pastel Painting
Thursday, August 31

Join Donna Roy, a juried member the Pastel Society of America and exhibitor, as she instructs this series. The series includes education, demo, technique development, and project work.

'Birding for Everyone' talk, walk in South Hadley Falls

SOUTH HADLEY - On Saturday, September 9, the town's Conservation Commission, in partnership with the Hampshire Bird Club, is inviting the public to investigate the birds living, flying, and feeding along and below South Hadley Falls.

No birding experience necessary, a press statement reads.

"First-timers and beginner birders are encouraged to attend. Many local residents made their way to see the Falls during the great July rains that brought very high waters thundering over the dam," event organizers shared. "Since then, the waters have returned to near normal depths and many of the usual birds who reside there are back in the waters."

The group will meet at 8 a.m. at the entrance to Texon Mill Park, adjacent to the South Hadley Public Library parking lot on Main Street. The concrete walkway is handicap accessible and leads to a viewing area of the dam and the waters below, the press statement reads.

"Hampshire Bird Club (HBC) members will assist participants with guidance and viewing equipment [binoculars and scopes] in order to see birds flying, as well as resting on the water and rocks below the dam."

The walk will end at 10 a.m.; participants may register at the following link: bit.ly/2023bfe

Additionally, from 7-8 p.m. on Tuesday, September 5, the HBC will hold an "optional, yet informative" online talk and discussion on Zoom.

Attend at the following link: bit.ly/sep5bfe

"The talk will acquaint those planning to attend the Saturday walk with some of the birds they might see, such as herons and bald eagles," event organizers added. "It will also review what other items they might bring, such as sturdy shoes and weather appropriate clothing. Participants will have a chance to ask any questions they might have."



COMMUNITY FORUM #3
Wednesday, September 13, 2023
7-9 PM
South Hadley Senior Center
45 Dayton Street

SOUTH HADLEY
HOUSING PRODUCTION PLAN

Come explore strategies for creating new housing in your community for people of all incomes, ages, and abilities.

DRAFT Housing Production Plan -- www.shhousingplan.org
Hard copies -- South Hadley Public Library, Senior Center & Town Hall
Comments & Questions: acapra@southhadleyma.gov | (413) 538-5030 x6128

September Starts
All of Our Fall Festivities
– Come and Join Us!

Tuesday Nights • 6:30pm
Pitch Night

Wednesday 8/30 • 5pm
Smoked Cookout
First Come First Served

We would like to thank all of our patrons, members, families and friends for all of your support.

See you in September.
God Bless!

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

NEWS BRIEFS

Input sought on potential Senior Tax Work-Off Program

SOUTH HADLEY – The town, as well as the South Hadley Senior Center, are seeking input from residents on a potential Senior Tax Work- Off Program.

South Hadley Town Meeting has not adopted Mass General Law Chapter 59, Section 5k to allow for such a program yet, according to a town statement. “The program would potentially appear on a fall special town meeting or 2024 South Hadley annual town meeting warrant,” the town released.

The program, if approved by South Hadley Town Meeting members, would allow income-eligible seniors to earn up to a \$1,500 abatement off their property taxes in exchange for volunteering in municipal departments and entities. The potential program would be open to seniors aged 60 and older, who own property in and pay real estate taxes to the town of South Hadley.

Residents can send feedback on whether the town should move forward with a Senior Tax Work-Off Program to selectboard@southhadley.ma.gov.

Updated COVID-19 vaccines available next month

SOUTH HADLEY – In a recent community update, Town Administrator Lisa Wong released information regarding the updated COVID-19 vaccines.

The vaccines are “expected to be available at the end of September,” Wong said, and are awaiting approval from the Food and Drug Administration and the Centers for Disease Control and Prevention.

“Moderna, Pfizer and Novavax will have [a] shot that will be available for almost all ages,” Wong released.

Once approved, the recommendations regarding use will be released.

Learn more mass.gov/covid-19-updatesand-information.

South Hadley Public Library’s August events

SOUTH HADLEY - Residents are invited to stop by the town’s public library for several events this month, as well as books, movies, programs, technology, online resources, and more.

Plus, it’s all free with a library card, the South Hadley Public Library released.

ADULT PROGRAMS Tuesday Night Knitting Group

Tuesdays from 6-8 p.m.
Join the library’s Tuesday Night Knitters for some quality knitting and crocheting time. All skill levels are welcome. The group meets on the second floor in the Mandranchia Quiet Study Room, but may move to a larger meeting room when available.

Virtual Author Talk (register online)

Wednesday, August 30, at 2 p.m. – “A Year Inside College Admissions” by Jeff Selingo

TEEN PROGRAMS (for ages 11-high school)

Teen Takeaways

Teens may sign-up once and receive a new “Takeaway” every month, a craft with all supplies and directions provided, as well as some other goodies in each bag. No monthly meetings or online meetings. Craft on your own time with no pressure or stress. This month’s Teen Takeaway features origami.

KIDS’ PROGRAMS

Reading Buddies with Duchess & Gwen

Duchess the Yorkshire terrier is a reading therapy dog from Bright Spot Therapy Dogs. Kids in kindergarten and above can schedule a 15-minute time slot to read to one of them. Duchess will appear on Monday, August 28, from 6-7 p.m. Pre-registration is required. Parents or caretakers can sign their children up by calling the library at

413-538-5045 or stopping into the library. If all time slots are filled, feel free to give information for future visits.

Plains Elementary School - Guest Reader Storytime

Every Thursday morning at 10:30 a.m. in the summer, the library will host a different Plains Elementary School educator.

“We’ve been offering this for over 20 years as a way for incoming Plains students to get to know the staff or for former students to visit with a favorite educator,” the library released.

The story times are held on the library lawn, if weather permits. Play time will immediately follow the story time. Parents also have an opportunity to speak with the Plains staff.

Story Time & Rhyme Time

Families are invited to Story Time every Monday and Thursday (with Plains School guest readers) at 10:30 a.m. for

an assortment of picture books followed by an age-appropriate craft or other fun activity. While geared for birth to age five, the library welcomes older children to participate if desired. Join in the Storytime/Craft Room.

The youngest patrons and their grownups are encouraged to come to Rhyme Time every Tuesday morning at 10:30 a.m. Participants can sing and dance during this interactive music-based program. Children from birth through six will enjoy this fun activity. Depending on the weather, Rhyme Time takes place outdoors or in the Community Meeting Room.

CFCE Wednesday Playgroup

Wednesday mornings at 10:30 a.m., Dana from the Co-ordinated Family Community Engagement Program will present a fun-filled program with stories, games, circle time, music, and more for children from birth to five. Older siblings are always welcome to attend, too.

South Hadley Chorale welcomes interim conductor

SOUTH HADLEY - The South Hadley Chorale has announced the appointment of Anita Anderson Cooper as its interim conductor for the 2023-2024 season.

According to a press statement, she is a member of the faculty at Paul Baird Middle School in Ludlow. She conducts two choirs, teaches courses in general music, drama, piano, and ukulele/guitar. She also directs, produces, and accompanies the annual talent show and leads the singer/songwriting club.

Ms. Anderson Cooper received degrees from Westminster College, Boston University, and Delta State University. She has worked as a professional musician, conductor, and performer, as well as taught classes at the Manhattan School of Music in New York City and Smith College. She is a frequent soloist and guest conductor throughout New England and has premiered many new vocal compositions, including Willis Bridgegam’s Robert Frost cycle



Courtesy Photo

Anita Anderson Cooper

and seven Emily Dickinson settings performed for the re-dedication of the Emily Dickinson Museum in Amherst, the press statement reads.

“She has received four National Endowment for the Humanities grants, including time to study Mozart’s music in Vienna, Austria, and the

Blues, Gospel and Spirituals in the Mississippi Delta, and Voting/Civil Rights in Selma and Montgomery, Ala. She completed her first program of composed songs, ‘Snapshots of Civil Rights,’ in 2019, and her song cycle of the poet Dr. Gloria House [Aneb Kgostisile] was premiered in July 2022 at the Sevenars Music Festival.”

More of her original music is available on the YouTube channel “Anita Anderson Cooper Music,” the South Hadley Chorale released.

“Her many choral ensembles have won MICA Gold Medals, and her Amherst Chorale and Hurricane Singers won the WGBY television series ‘Together in Song’ four years straight. WGBY produced an Emmy nominated special, ‘We Sang to the Top,’ about her work with the ensemble.”

Ms. Anderson Cooper lives in Amherst with photographer David Hillerby, her son, Patrik, and their dog, Joey.

She joins the Chorale for its 39th season; the program will

feature the John Rutter edition of Gabriel Faure’s “Requiem,” plus Paul Basler’s “Missa Kenya” and smaller pieces to be announced.

Rehearsals will begin on Wednesday, October 11, from 7-9 p.m. at All Saints’ Episcopal Church, 7 Woodbridge Street, South Hadley, and will continue until the concert on March 24, 2024.

The South Hadley Chorale is made up of 50 singers from 17 communities. All interested singers are invited to join. There are no auditions, the group shared; most singers, however, have had some choral experience.

For more information, visit southhadleychorale.org or call 413-533-3833.

ST. JUDE’S NOVENA

May The Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now, and forever. Sacred Heart of Jesus pray for us. St. Jude, worker of miracles, Helper of the Hopeless, pray for us. Say this prayer 9 times a day. By the 8th day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude, for granting my petition. D.D.

please recycle this newspaper

A PRAYER TO THE HOLY SPIRIT

Holy Spirit, You who made me see everything and showed me the way to reach my ideal. You, who gave me the divine gift to forgive and forget the wrong that is done to me and you, who are in all instances of my life with me. I, in this short dialogue want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen. Thank you for your love towards me and my loved ones. Persons must pray the prayer three consecutive days without asking your wish. After third day wish will be granted no matter how difficult it may be. Then promise to publish this dialogue as soon as this favor is granted. I will never stop trusting God and His power. D.D.

SOUTH HADLEY COUNCIL ON AGING
YOUR VIBRANT CENTER

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH! CALL TO REGISTER FOR THESE AMAZING PROGRAMS.

Health Benefits and Risks of Medical Cannabis for Seniors Sep. 5th 5:00 p.m. Facilitated by Jeffrey Wyda RN,HN-BC,H.S.M.I., a Board Certified Holistic Registered Nurse.	Caregiver Support Group Wed., Sept. 6th and 20th at 10:00 a.m. Public Health Nurse, Maureen Couture, RN Thursdays 1:00 p.m. to 3:00 p.m. Visit with Maureen for blood pressure checks, share a concern, or ask a question.	Top Apps for Seniors Thurs. Sept. 7th, 1:00pm to 2:00pm Join Technology Instructor Sandy Cahillane to discover several helpful apps. All levels welcome. Bring your devices.
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MONDAY- FRIDAY 8:00 AM- 4:30 PM
TUESDAYS UNTIL 7:00 PM 413-538-5030 PRESS 3,
45 DAYTON STREET, SOUTH HADLEY 01075

South Hadley Fire District No. 1

SPECIAL DISTRICT MEETING

Monday, August 28, 2023, 6:00 p.m.

to be held at

Fire District No. 1 Fire Station

144 Newton Street

South Hadley, MA 01075

Opinion



Midsummer questions for the Garden Lady

Marie, who gardens in Wheelwright, has harvested her potatoes and she's a little upset with the outcome.

"The potatoes have raised, warty areas all over them. In other places they are pitted. Is my soil infected with some type of disease or is there an insect that is causing these imperfections?"

My guess would be that you are fighting the scab fungus. It is most prevalent in soils that contain lots of decaying organic matter and remain wet for a considerable amount of time.

With all of the rain we had this summer there are many gardeners in the same boat, pun intended!

Although the fungus can remain in the soil for years, it is most active when the pH is between 5.7-7.5. With this in mind, rotate your potato crop from year to year.

Also, do not lime or apply wood ashes to the soil where potatoes are to be planted. If you amend the soil with compost or manure, be sure it is well-rotted.

Select seed potatoes that are certified disease-free and choose varieties that are resistant to the disease. Thicker skinned russet types as well as those with reddish brown skin seem to suffer the least amount of damage.

Check out the Moose Tuber section in the Fedco Seeds catalog (www.fedcoseeds.com) for a resistant variety that suits you.

Karen reads the column from her Brimfield home. She takes great pride in her new flower gardens!

"Some of my annual flowers are starting to look a little beyond hope. Should I pull out my snapdragons, bachelor's buttons and calendulas or will they rebound?"

All of the flowers you mention are cool loving annuals. By the heat of midsummer, they are looking tired.

There are a few things that you can do now to help the plant send out more flowers once the weather cools in early autumn.

First, deadhead spent flowers regularly. Lots of times this action will encourage the plant to initiate new growth from the base.

If it does, cut it back to that point and apply liquid fertilizer. In no time at all you should be delighted with a burst of new blooms.

Of the three that you mention, you will get the best response from calendula and snapdragon. I like to leave these in place and work my fall mums and kale around them.

It is time to harvest carrots from Lisa's vegetable garden and she's a little concerned that many of them are forked or bumpy.

"What causes this phenomenon?"

Forked, bumpy or otherwise deformed carrots are likely the result of your soil type. Is it heavy clay or does it have lots of rocks in it?

Carrots prefer loose, well-drained soil, that way their roots can grow straight down. What likely happened in your garden is that the carrots split to avoid a stone.

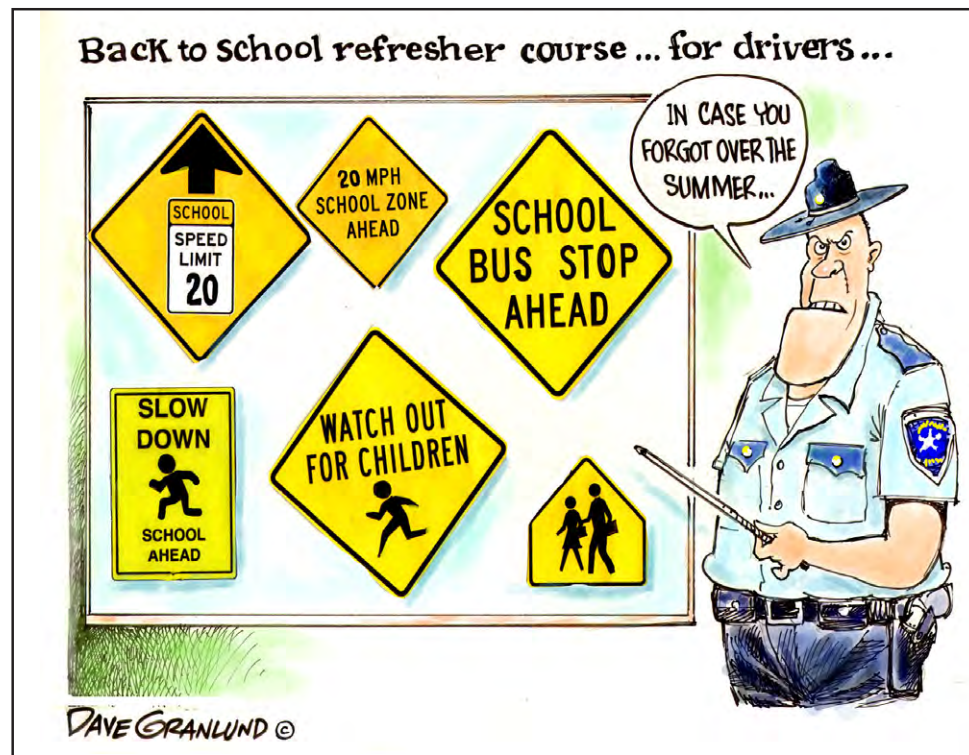
Before planting your seeds next spring, remove rocks and if necessary, sift the soil. You can also try growing carrots in a raised bed filled with screened loam or special raised bed soil mixes.

Overcrowded conditions can also cause roots to fork, so be sure you thin your seedlings carefully to about a thumb's width apart.

Overwatering can also cause forking. This year we didn't have control over much of that!!

One other suggestion: don't apply fresh manure to your seed bed - it too can cause the problem you speak of. Instead, add plenty of organic matter in the form of finished compost if you would like to increase your soil's fertility.

Please see **GARDEN**, page 5



GUEST COLUMN

The simple things I did every day to keep me sober

By Suzanne Yerdon Lewandowski, M.Ed.
30 years sober, 28 years without smoking,
24 years eating disorder free

Recovery from addiction is hard. Very hard!

I thought I'd be different when I first emerged from treatment. The alcohol was out of my system, and I felt great.

I didn't need therapy or groups. Not me!

Just let me go on with my life. I relapsed the very next day—just needed enough vodka to take off the edge. I needed that relief every day until I returned to detox two years later.

A few days out—relapse again. A year later, after a 12-hour black-out, I knew I had to change.

Addictions break up families, wreak havoc on finances, traumatize children, and create homelessness, joblessness, and often court-ordered restrictions.

The stress in early recovery is intense. There are so many things over which you have no control and overwhelming feelings can send you into relapse.

It is important to focus on what you can do, that very minute, when intense cravings invade your mind.

I now have the luxury of looking back on my long and complicated journey. There are simple, yet interconnected suggestions which can be done on a moment's notice while awaiting resolution of the "big stuff," such as regaining a license, finding a job, paying off fines, etc.

They will provide a sense of accomplishment that is vital in early recovery.

1. Sleep is essential in early recovery, especially during withdrawal, so the brain and body can begin to repair the disrupted circuitry. Going to bed at the same time every night will help you set a routine.

2. Eat a healthy diet and stay hydrated; both physical and mental health improve from a balanced diet.

3. Add exercise into your schedule to release endorphins and reduce stress. Movement also helps reshape your brain by decreasing anxiety, improving mood, and increasing quality sleep.

4. Take a hike and improve cardio-respiratory fitness. Additionally, creative juices flow more freely, and brainpower increases. Walking or hiking on uneven terrain will improve your balance. Scents, sounds, and sights of nature have a calming effect on the mind.

5. Build connections with others to reduce loneliness and isolation. Having a support system, such as sober friends, counseling, and attending peer recovery support meetings such as AA, SMART (Self-Management and Recovery Training) Recovery, Refuge Recovery, and a range of other peer-led meeting options will reduce chances of relapse.

6. Rediscover past interests or create new passions. Hobbies improve emotional wellness by relieving stress and reducing emotional triggers.

Speaking of routine, create one. Get up at the same time every morning, even if you are not working. Move! Stretch. Eat breakfast. Take a walk.

Recommendations one through four within the first hour or two. Then fill in your day making connections and going to meetings.

These tips can help keep you even-keel through this challenging journey of abstinence. For me however, sobriety truly progressed into sustainable recovery when I integrated #6 into daily life—rediscovered past interests.

My final sobriety came in the garden.

Despite almost three decades of addiction, my athletic ability, creativity, and love for the outdoors had never left me; these became the building blocks for my new foundation. As I faced life on life's terms, I filled in pieces one day at a time.

The picture of my future puzzle was evolving. Within six years I had become strong enough to quit smoking and end the eating disorder.

Years later, I found my recovery so aptly encapsulated by Marilyn Barrett, author of "Creating Eden: The Garden as a Healing Place."

Come into the garden with me. Don't worry about not knowing your way—your heart remembers, even if your head has forgotten.

When you were small and first had time to create your dreams, you were at one with the earth you played in and with each leaf, bird, and cloud you saw. This is the garden to which I invite you to return.

Imagine a place to which you can bring stress, sorrow, loneliness, and confusion and from which you can leave with a sense of resolution, understanding, and calm. Imagine a place where you can express your own unique nature, create beauty, grow pure

Please see **RECOVERY**, 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.

Visit us at
www.turley.com

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Residents invited to upcoming Housing Forum

By Kimberly Palmucci
townreminder@turley.com

SOUTH HADLEY – The town has been engaging in a public outreach process to update its Housing Production Plan, last updated in 2016.

A third community forum will be held at 7 p.m. on Wednesday, September 13, at the South Hadley Senior Center, 45 Dayton Street.

Through the Housing Production Plan (HPP) update process, the town is seeking to open discussion and analyze South Hadley’s current housing stock and housing affordability relative to its population and demographics, according to a town statement. “Your contribution is vital to the creation of a successful plan,” the town released.

The town of South Hadley is developing the draft plan, according to reports, in coordination with Outwith Studio.

“It is anticipated that the draft will be available to the public on August 28,” the town released. “The process has been guided by an Advisory Committee, consisting of appointed community members, and will ultimately be adopted by the Planning Board and Selectboard following a public hearing process after which it will receive State review and approval.”

The HPP process is established by the State Executive Office of Housing and Livable Communities, formerly the Department of Housing and Community Development, and seeks to “demonstrate strategies to increase opportunities for affordable housing.”

For more information, visit shhousingplan.org.

RECOVERY from page 4

food, and gain control over your life.

In my life, the garden has been such a place.

Marilyn so aptly wrote that the garden is a place for “clearing away anger, confusion, and pain, the trash of the past.” She added this clearing “is a prerequisite to achieving inner peace, balance and harmony” and people “must sort through the emotional rubble of the past they have inherited, and they must get to the roots of attitudes and behavior patterns that have stunted their growth.”

Now is a great time for being outside to deal with “the trash of the past” by remembering your strengths, creating a mindful place, and building resilience for your recovery journey. Try interweaving the different therapies (see below) into your puzzle when you feel stuck or restless.

Volunteering is another way to experience different options while learning new skills! This is how I found that special spark ignited new passions and a life that surpassed any dreams.

Animal-Assisted Therapy has been shown to reduce feelings of depression, anxiety, aggression, loneliness, while increasing a sense of calm and unconditional affection. Caring for an animal helps with feelings of purpose and responsibility.

GARDEN from page 4

Test results could initiate some revisions to our fertilization and liming routine this fall, preparing the way for a healthier, more productive garden next spring and summer, and maybe even a few more peppers for Genevieve to enjoy!

Inaugural ‘South by South Hadley Festival’ coming

By Kimberly Palmucci
townreminder@turley.com

SOUTH HADLEY – The town is gearing up for its first-ever “South by South Hadley” festival, to be held in October.

The three-day event has been described as “a showcase of local arts and culture” and will be held Friday, October 6, through Sunday, October 8.

“[The] first-ever South by South Hadley festival [is] a three-day cultural celebration embracing the diverse talents and offerings within and around the town,” a press statement reads.

South by South Hadley is “a testament to the creative spirit of our town, produced, supported, and performed by numerous local artists,” event organizers released. “Generous grants from the Massachusetts Cultural Council, the Town of South Hadley, the South Hadley Cultural Council, and charitable contributions from businesses and individuals, in partnership with MASH [Music and Arts South Hadley], have made this event possible,” a

press statement reads.

The festival is seeking corporate sponsorships to supplement grants. The funds will contribute to compensating artists and promoting their work, event details read.

The event will include live performances, exhibitions, presentations, and more at assorted public and commercial venues around town, including the South Hadley Town Common, South Hadley Falls, churches, libraries, and a selection of local restaurants.

“South by South Hadley will offer an enriching experience for all,” event organizers shared.

South by South Hadley aims to “attract residents from throughout the Pioneer Valley, encouraging them to explore South Hadley’s cultural and educational institutions as well as its scenic outdoor spaces.” “The event is a collaborative effort, guided by a passionate Steering Committee representing the business, educational, and cultural communities,” a press statement reads.

Beyond celebration, South by South

Hadley aims to have a “lasting impact by benefiting small businesses and positioning the town as a cultural destination in the region.”

South by South Hadley organizers said the event is dedicated to inclusivity, with all events free to the public. Attendees have the option to make a donation to support local art and artists.

“The festival is committed to accessibility, ensuring that all venues hosting events are disability-friendly,” event details read. “The event is made possible by a dedicated group of volunteers.”

The Steering Committee and subcommittees are donating their time and talents to ensure the success of South by South Hadley, event organizers shared.

“South by South Hadley promises to be an enriching and unforgettable experience; a celebration of our cultural tapestry and a chance to showcase the talent that makes South Hadley shine.”

For more information and sponsorship opportunities, visit southhadleyarts.org.

Event organizers added that artists and events will begin to be announced soon.

Historic Deerfield to hold fall forum, history Sept. 29-30

REGION - Historic Deerfield has announced its annual Fall Forum focused on the Arts and Crafts Movement in Deerfield and America’s Northeast.

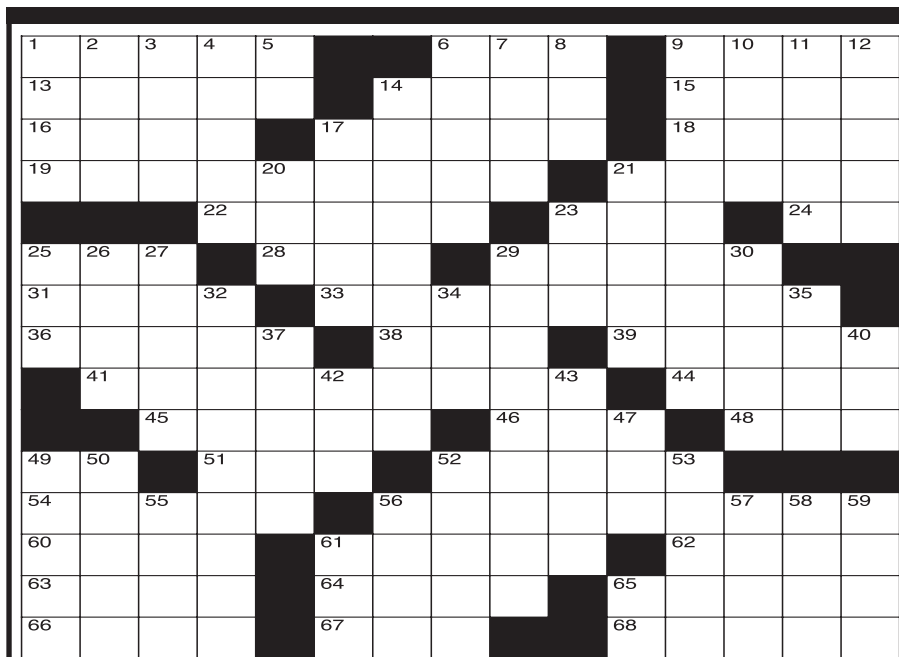
The forum will take place September 29 - 30 in Deerfield, and patrons can attend virtually or in person. The keynote lecture, “By Hammer and Hand: The Rise of Arts and Crafts Metalwork,” will be given by Jonathan Clancy, Director of Collections and Preservation at The Stickley Museum at Craftsman Farms. Other forum offerings include optional demonstrations in metalsmithing and bookbinding, a lecture on notable Deerfield artist Madeline Yale

Wynne, opportunities to tour the museum’s historic houses and two Arts and Crafts exhibits, and a number of other talks on aspects of the Arts and Crafts movement.

“We are very much looking forward to celebrating the rich history of the Arts and Crafts movement here in Deerfield and the larger Northeastern region of the United States,” said Dan Sousa, Assistant Curator at Historic Deerfield. “We have a truly impressive group of presenters who

will share new research on a variety of topics, from the Marblehead Pottery of Marblehead, Massachusetts, to the Elverhoj Arts and Crafts colony of Milton-on-Hudson, New York. We will also offer special demonstrations by several local artists in the areas of metalwork and bookbinding.”

To learn more about Historic Deerfield, visit the website, historic-deerfield.org.



- | | | | |
|---------------------------------------|--|-------------------------------------|---|
| CLUES ACROSS | 38. Nothing | CLUES DOWN | 29. Tinseltown |
| 1. Russian painter | 39. Once-ubiquitous department store | 1. “Iron Man” actress Leslie | 30. Closes tightly |
| 6. Very fast jet | 41. Neural structures | 2. Wings | 32. Songs sung to one's lover |
| 9. Phillipine municipality | 44. Thick piece of something | 3. Adjust the spacing | 34. One thousandth of an inch |
| 13. Intestinal | 45. Slang for trucks with trailers | 4. They're usually locked | 35. Small drink of whiskey |
| 14. Small freshwater fish | 46. Longing | 5. Atomic #43 | 37. Political divisions in ancient Greece |
| 15. Algerian coastal city | 48. Senior officer | 6. Wise individuals | 40. Helps little firms |
| 16. Vomit | 49. Levels of frequency | 7. Horse mackerel | 42. Baby's eating accessory |
| 17. Famed astronomer | 51. Bird's beak | 8. Pearl Jam's debut album | 43. Very long periods of time |
| 18. Ghanaian currency | 52. Move rapidly downwards | 9. Confines | 47. Small block of wood |
| 19. Improved the condition of | 54. Koran chapters | 10. Colorless crystalline compound | 49. Town in Surrey, England |
| 21. Int'l association of interpreters | 56. Stretches out | 11. Unsatisfactorily | 50. Enquiry |
| 22. Infections | 60. Top of the human body | 12. Plant of the parsley family | 52. Murdered |
| 23. Dish made with lentils | 61. A Chinese temple and Indian town are two | 14. Determines time | 53. Bura-__: Chadic language |
| 24. Thou | 62. Fertility god | 17. Causes the birth of | 55. Crater on Mars |
| 25. Former CIA | 63. Sea eagle | 20. Small ornament on a watch chain | 56. Mammal genus |
| 28. Unit used to compare power levels | 64. Dry | 21. Richly decorated cloth tapestry | 57. Sock |
| 29. Members of Pueblo people | 65. Zodiac sign | 23. Vito Corleone was one | 58. Make |
| 31. Myanmar monetary units | 66. “Horizon Call of the Mountain” character | 25. Igbo musical instrument | 59. Stony waste matter |
| 33. Polished | 67. Have the ability to | 26. Put in harmony | 61. Partner to cheese |
| 36. Signed a contract | 68. Take somewhere | 27. Japanese alcoholic drinks | 65. Pound |

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.

Art studio, gallery to open on College Street

SOUTH HADLEY – Opening in September, “Eliza Moser Fine Art” will be an art studio and gallery located on College Street.

According to a press statement, the new business will be “a multifaceted space hosting various art shows, classes, paint nights, and more.”

The owner and namesake of the gallery, Eliza Moser, is a 28-year-old artist originally from Springfield.

“Eliza is a traditionally-trained oil painter who honed her skills at the Florence Academy of Art in Italy, from which she graduated in 2016,” a press statement reads. “Eliza’s work can be categorized as part of the ‘Atelier Movement,’ a contemporary group of artists whose technique focuses on reviv-



Courtesy Photos, Eliza Moser

The owner and namesake of the gallery, Eliza Moser.

ing classical realist methods of painting and drawing.”

In her art classes, Moser focuses on “passing on this knowledge to her students, and giving them hands-on skills that will help them achieve their artistic goals.”

As well as hosting classes, the space will function as an artist’s workspace. During the gallery hours, people are welcome

to view not only the finished works but witness the creative process unfold.

“It is Eliza’s aim within the new business to blur the lines between art school, gallery, and workspace, to inspire a greater appreciation for art in the local community.”

The grand opening of the gallery is free and open to the public; it will take place from



“Strawberries and Cream”

4-8 p.m. on Saturday, September 9, at 21 College Street, Suite #9, South Hadley.

Those interested may also sign up for fall classes at Eliza-Moser.com.

▶ Granby

Granby resident appointed as community liaison

By Kimberly Palmucci
townreminder@turley.com

GRANBY – A resident has recently been named as the new community liaison of Louis & Clark Pharmacy, an independent pharmacy based in Springfield.

Samantha Panarese, of Granby, resident joined the team earlier this year as a certified pharmacy technician, according to a press statement.

“In the short time she has been with us, Samantha has shown a true passion and aptitude for providing exceptional patient care,” said Dr. Kara

James, president, Louis & Clark. “Her new role as our community liaison will allow her to leverage these strengths to further enhance the customer experience.”

As community liaison, Panarese will serve as the “primary contact in the onboarding department for new and returning patients,” the organization released. In addition to helping new patients and caregivers transition to Louis & Clark’s medication man-



Samantha Panarese

agement pharmacy services, she “guides patients who have been discharged from hospitals, rehabilitation centers, or skilled nursing facilities back to assisted living facilities, independent living arrangements, memory care communities and/or group home residences, ensuring all their medication needs are seamlessly met.”

“I’m very excited to take on

this new challenge,” said Panarese, who completed the Pharmacy Technician Program at Holyoke Community College. “We pride ourselves on providing medication management solutions for our patients and the care facilities we partner with, and I look forward to serving as a trusted and reliable resource for them.”

The business released that it provides “convenient, safe, and reliable prescription solutions to individuals, assisted living, independent living, and memory care communities, and group home residences since 1965.”

Brass concert on town green upcoming

GRANBY – The Fanfare Brass Ensemble will present a music concert on Monday, September 11, on the town green.

The event will begin at 5:30 p.m.; in the case of rain, the concert will be held in the church at 235 State Street, Granby.

The 10-part brass ensemble performs light popular music, according to a spokesperson with the event. The concert is free and open to the public.

This concert is sponsored in part by the Cultural Council of Massachusetts and the Granby Cultural Council.

Granby Police Log

Editor’s Note: The Granby Police Department responded to 156 calls for the week of Aug. 11 through Aug. 17. Those arrested are presumed innocent until proven guilty in a court of law. The Granby Police Department provides all information.

Sunday, Aug. 13

1:55 a.m. – While on patrol, an officer observed a motor ve-

hicle traveling at a high rate of speed. Radar confirmed that the vehicle was traveling at 72MPH in 40MPH zone. The vehicle was stopped, and the operator was issued a civil citation for speeding.

5:41 p.m. – A motorist reported a two-car crash. Granby Police and Fire responded. There were no reported injuries and responding officers completed an accident report.

Tuesday, Aug. 15

9:45 a.m. – A resident reported that some items were stolen from their home.

An officer responded and completed an incident report.

Wednesday, Aug. 16

6:21 a.m. – A motorist reported striking a deer with their vehicle. The deer ran off into the woods after the crash. An officer responded and completed an ac-

cident report.

8:05 a.m. – A resident reported that someone broke into their vehicle overnight and stole some of their belongings. An officer responded and completed an incident report.

4:43 p.m. – A resident came to the station to report that they were the victim of a scam. They received a call from someone claiming to work for Xfinity who stated their modem needed to be

repaired. An officer completed an incident report.

Thursday, Aug. 17

8:38 p.m. – Several motorists reported that a pickup truck struck a utility pole. Granby Police and Fire responded. The operator was transported to the hospital with minor injuries. Responding officers completed an accident report.

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SPORTS

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Mike Lima, of Ludlow, sends a free kick across the field.



St. John's took home the PVSSL Men's Championship this year.

Turley photos by David Henry www.sweetdogphotos.com



Mason Perham kicks the ball away for Villa FC.



Nick Bellak sends a pass away.

St. John's captures title

By Tim Peterson
Sports Correspondent

LUDLOW—Aiden Casinghino was a senior captain of the Tantasqua Regional boys varsity soccer team in 2018. Braylon Casinghino was a senior captain of the Warriors soccer team a year ago.

The brothers had never been teammates on the same soccer team until this summer.

The duo helped the top-seeded St. John Heating & Cooling celebrate an exciting 2-1 victory over the second-seeded Villa FC in the men's championship match of the prestigious Pioneer Valley Summer Soccer League held at historic Lusitano Stadium

in Ludlow, last Saturday night.

"Because I'm a few years older than my brother, we never played on the same soccer team in high school," said Aiden Casinghino, who also played soccer at Springfield College. "Winning the men's championship title is fantastic, especially having the opportunity to play on the same soccer team with Braylon. We fought very hard for the entire 80 minutes."

St. John Heating & Cooling (10-1 regular season record), who was previously known as Griffin's Café, lost to the Lusitano Red, 1-0, in last year's finals. They also captured the men's ti-

Please see **TITLE**, page 8



Aiden Casinghino takes a shot.

Fall leagues get update by PVIAC

By Gregory A. Scibelli
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The fall preseason has started this week, and with it, alignments for fall leagues have been updated. Full realignment typically takes place every four years, but has happened more frequently due to the pandemic and the introduction of the new state tournament.

In Western Massachusetts, due the geographic diversity throughout the region, the Pioneer Valley Interscholastic Athletic Association makes leagues based on the competitiveness of a school in a given sport, sometimes regardless of what division they play in at the state level for tournament.

For example, in the updated Kurty-Fielding Division for girls soccer, South Hadley, a

Division 4 and smaller school, is in a crowded league with larger schools like Agawam, Wahconah, Chicopee Comprehensive, and Pittsfield.

The Central League features one of the top teams in Western Mass. once again. Monson is a part of the league, along now with Palmer, which has had a couple of very successful leagues. Chicopee, Southwick, and Granby are also a part of the league, along with larger schools in Amherst and Northampton. Northampton was defeated by Monson in an independent game last year.

Ware joins the Pioneer North League and will now meet twice this year with Easthampton, St. Mary's, Frontier, Mahar, and even Holyoke.

Holyoke was dropped from

Please see **FALL**, page 9

Bonsignore rolls to 13th career Thompson win

THOMPSON – Justin Bonsignore hadn't won at Thompson Speedway Motorsports Park since 2019, but Wednesday night, he reminded everyone on the NASCAR Whelen Modified Tour why he leads all active drivers with wins at the oval.

Bonsignore's Kenneth Massa Motorsports team sent him off pit road first after a pit stop around halfway, then Bonsignore held off the charges of Doug Coby, then Ron Silk through multiple restarts to score his 13th career Thompson win. The victory tied Bonsignore for second all-time in Thompson wins with Ted Christopher, only trailing Mike Stefanik, with 15.

The victory was also Bonsignore's third of the 2023 season (Riverhead, Loudon) and his 10th top-five finish in 11 races this season.

"After we won seven out of eight here, then the runs we started having were a bit frustrating for us," Bonsignore said



Justin Bonsignore picked up his first Thompson Speedway in four years last week.

of Thompson. "The car was really good. We missed it a little bit, too tight on the first set of tires, but on the second set, it fired off so well. This is a really big confidence booster. This is my favorite track – and to bounce back like this and to lead half the

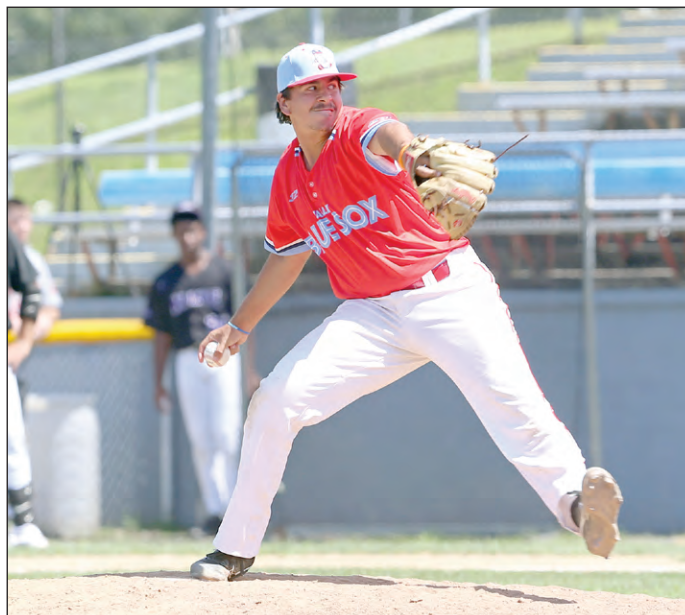
race... it was a total team effort to win this one."

Bonsignore and the Kenneth Massa Motorsports team will be heading to Langley Speedway in Virginia for the next NASCAR Whelen Modified Tour race on Saturday, Aug. 26.

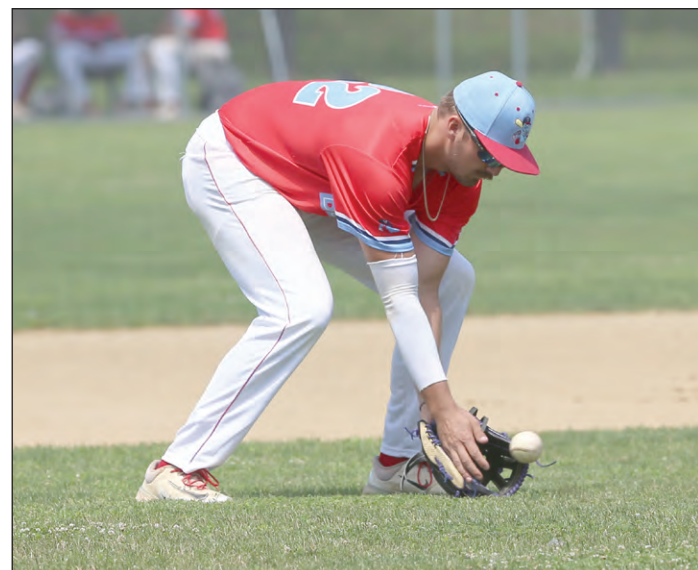
Sports



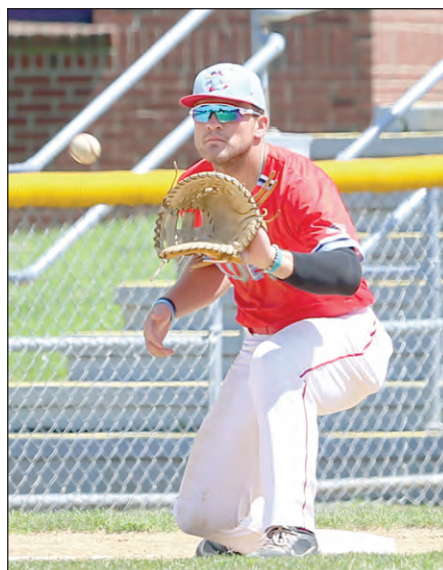
Michael Zarillo prepares to catch a ball on a steal attempt.



Kurtis Thomas fires a pitch.



Zach Ketterman fields a grounder.



Matthew Bergevin gets the out at first.

Blue Sox season ends in opening round

HOLYOKE – Earlier this month, the Valley Blue Sox won their division and went after the New England Collegiate Baseball League championship. The Blue Sox won back-to-back titles in 2017 and 2018, but have not gotten back there since.



Unfortunately, history would repeat as the Blue Sox were defeated by the Bristol Blues two games to one in a best-of-three series.

The Valley Blue Sox season has come to an end after falling to the Bristol Blues 10-3. After winning the first game of the quarterfinals series, the Blue Sox were shut-out in game two and defeated in game three at home, allowing Bristol to advance to the semifinals.

The Blues piled on the scoring early, putting up six runs in the first three innings. An RBI groundout in the first, a throwing error and RBI single in the second, and a sacrifice fly and RBI single in the third allowed the Blues to take the lead 6-0.

Dillon Ryan started the

game for the Blue Sox, pitching three innings allowing six runs and striking out two batters.

Joe Dooley took over for Ryan in the top of the fourth, pitching four innings allowing four runs with one strikeout.

Bristol added a run in the top of fifth following an RBI double, another in the sixth off an RBI double, and two more in the seventh after a sacrifice fly and RBI groundout to go up 10-0.

The Blue Sox put a run on the board in the bottom of the seventh after Jeff Pierantoni hit an RBI single to score Matt Bergevin.

Brendan Yagesh relieved Dooley in the top of the eighth, pitching a scoreless frame with three strikeouts.

Valley added two more runs in the bottom of the eighth following an RBI single from Michael Zarillo to score CJ Willis and Bergevin.

2023 All-Star Michael Weidinger got the ninth for the Blue Sox, striking out two batters during his clean inning.

TITLE from page 7

title in 2016 and 2019.

“We’ve been able to win the summer league title every three years. There wasn’t a summer league season in 2020 because of COVID,” said St. John Heating & Cooling co-coach Jon Remillard, who’s from Palmer. “We have some younger guys on this year’s team who worked very hard. It feels great to win another title.”

Remillard shared the coaching duties with Jaime Prickett, who lives in South Hadley.

Following this year’s championship match, Aiden Casinghino received the MVP award.

“Winning the championship game means a little bit more to me than receiving the MVP award,” he said. “The MVP award should go to the entire team because everyone has worked very hard this summer. The championship cup trophy is the only one that matters.”

While Aiden Casinghino is a midfielder, his younger brother was the St. John Heating & Cooling starting goalie.

Braylon Casinghino will be a goalie for the Western New England University men’s soccer team in the fall. He was in the spotlight throughout the entire second half of the championship match.

“It has been a lot of fun playing on the same soccer team with Aiden,” Braylon Casinghino said. “Watching him receive the M.V.P. award was awesome. He just put us on our backs and got the job done. We came out firing on all cylinders in to-

night’s game.”

The Western New England University men’s soccer coach is Devin O’Neill. His two sons, Sean and Shay are listed on the St. John Heating & Cooling roster, but they didn’t play in the championship match. The O’Neill’s were outstanding soccer players at Belchertown High School.

Aiden and Braylon Casinghino, who live in Brimfield, are really looking forward to being teammates with their younger brother, Cole, next summer.

Cole Casinghino is entering his senior season as a member of the Tantasqua boys’ varsity soccer team, which is coached by Matt Guertin.

“We’re hoping Cole will be joining our summer league soccer team next year,” said Aiden Casinghino, who has been playing in the PVSSL for the past five years. “It has been a lot of fun playing in this soccer league.

At the start of the summer league season, Braylon Casinghino replaced Mark Tiffany, who’s also from Belchertown, as the St. John Heating & Cooling starting goalie.

Villa FC (9-0-2 regular season record) posted a 4-0 shutout victory over St. John Heating & Cooling at the beginning of the summer league regular season.

“I only missed two games during the regular season and our loss against Villa was one of them,” Braylon Casinghino said. “I think it would’ve been a little bit different outcome if I had been there.”

Troy and Matt Remillard were also key members of the St. John

Heating & Cooling soccer team.

All three of the Remillard’s were outstanding soccer players at Palmer High School.

It didn’t take St. John Heating & Cooling very long to score a goal in the finals.

During the fifth minute of the opening half, Byron Peabody, who also graduated from Palmer High School, fired a rebound shot into the lower left corner of the net past Villa goalie Mike Tranghese, who played soccer at Monson High School, giving St. John Heating & Cooling a 1-0 lead.

Ten minutes later, they took a 2-0 lead following a goal by Jed Theilman, who’s from Amherst. Aiden Casinghino was credited with the assist.

Villa FC cut the deficit in half following a goal by Deandrae Brown, which was assisted by Anthony Basile.

Brown played college soccer at UConn a couple of years ago.

Villa FC had six corner kicks and several other scoring chances during the second half, but Braylon Casinghino managed to hold onto the one goal lead for St. John Heating & Cooling.

“Braylon is a tall goalie,” said Jon Remillard, who has been playing in the adult soccer league since 2010. “The players on the opposing team are afraid of him and I’m very glad that he was a member of our team this summer. I hope he has a good year at Western New England. He’s a very good goalie. We do have several brothers playing for our team this year, which made it a lot of fun.”



Jed Theilman settles a ball.



Cam Rigney, of Wilbraham, dribbles up the field.

Turley photos by David Henry www.sweetdogphotos.com

Sports

NECBL announces 2023 all-league selections

SOUTH HADLEY - The New England Collegiate Baseball League (NECBL) is proud to announce the 2023 All-NECBL teams. The honors were voted on by all 13 on-field managers of NECBL franchises. Only regular season statistics and performances were taken into consideration during the selection process.

The list includes 47 players across three teams: the All-NECBL First Team, the All-NECBL Second Team and the All-NECBL Honorable Mention Team. Each is composed of one player at each non-outfield position (C, 1B, 2B, SS, 3B), three outfield-

ers, one designated hitter, three starting pitchers, two relief pitchers and one closer. In the case of ties, some positions may include additional honorees.

Making the second team was Valley Blue Sox DH A.J. Guerrero.

Guerrero led the Blue Sox in hits (42), RBIs (23), finished second in runs (21), third in batting average (.298) and led the league in doubles (11) in 141 at-bats. His best performance of the season came on July 26 when he went 2-for-3 with two doubles, two RBIs and two runs scored, leading Valley to an 8-3 victory.

T-Birds announce signings

SPRINGFIELD - The Springfield Thunderbirds announced today that they have signed forwards Mitchell Hoelscher and Steven Jandric, as well as defenseman Austin Osmanski, to one-year AHL contracts for the 2023-24 season.

Hoelscher, 23, skated in 57 games with the Thunderbirds in 2022-23, tallying 16 points (9g+7a). The Waterloo, Ont. native earned a call-up to Springfield after beginning the season with nine points (1g+8a) in just six games with the ECHL's Indy Fuel. He was originally a sixth-round pick by the New Jersey Devils in the 2018 NHL Draft.

Jandric, 25, began his 2022-23 rookie season with the ECHL's Worcester Rail-

ers, where he posted 19 points (8g+11a) in 20 games. In 31 games with Springfield, he added eight points (2g+6a). A native of Prince George, B.C., Jandric skated collegiately for five seasons, accumulating 114 points (35g+79a) in 161 NCAA games with the University of Alaska-Fairbanks (2017-20), the University of Denver (2020-21), and Merrimack College (2021-22).

Osmanski, 25, saw 30 games of action last season in Springfield, posting six points (1g+5a), 28 penalty minutes, and a +1 rating. A native of Buffalo, N.Y., the 6-foot-4, 215-pound defenseman was selected by his hometown Buffalo Sabres in the seventh round (189th overall) of the 2016 NHL Draft.

FALL from page 8

the Central League after a couple of disappointing years.

The top league in the region is the Coombs League, and features Minnechaug, Belchertown, East Longmeadow, Longmeadow, Ludlow, West Springfield, and Westfield.

In boys soccer, there are not a lot of big changes, though the Churchill League, which features Agawam, Westfield, and Pope Francis, and Pittsfield, will add Hampshire Regional and Mt. Greylock of Williamstown.

Dropped the Holley League is Chicopee Comprehensive. Chicopee, Holyoke, and Monson are also a part of that league along with SICS and Northampton. South Hadley will be part of the Moriarty League, and will once again matchup with Fron-

tier, Easthampton, and Mahar. Southwick and Lenox will also be in the league this year.

Granby is part of the Schmid League this year, and Ware is a crowded Bi-County League that features eight teams.

Pathfinder, which now co-ops with Palmer, is in the Tri-County League again this year.

Football leagues did not see any major changes. The AA still features the same six teams, including Minnechaug and Holyoke. Agawam is part of the Suburban South, and South Hadley, Ludlow, and Chicopee are in the Suburban North again this season.

Belchertown will compete in the Intercounty South, and Palmer and Ware are part of the Intercounty North along with Greenfield, Mahar, Athol, and Franklin Tech. Pathfinder remains in the Tri-County.

Teen killed in Belchertown crash



Photo by Aimee M. Henderson

The scene of a fatal crash on North Main Street remained an active investigation the following morning.

Police: Victim fled attempted car stop

By Aimee M. Henderson
Correspondent

BELCHERTOWN - A 19-year-old male lost his life on Sunday night after fleeing from police and crashing his vehicle on North Main Street.

According to the Massachusetts State Police, at approximately 8:45 p.m., a state trooper on patrol along Route 202 attempted to stop a 2011 Nissan Altima. The operator sped away from the trooper, ran a red light at the intersection with Route 9, then failed to negotiate a left-bearing curve in the roadway and went off the right side of the road.

Police reported that the preliminary crash reconstruction indicates the vehicle struck a mulch bed and became airborne, then struck a rock wall, a large tree, and a light post before crashing into the front end of a 2023 Jeep Wrangler that was parked in the driveway of a house at 79 North Main Street.

"As a result of the impact, the Altima's engine block was launched out of the engine compartment and became airborne. The engine block traveled through the brick exterior of a house at 73 North Main Street and finally came to rest on the second floor inside the house," police said in a press statement.

The operator was ejected from the Altima, according to police, and the Altima's front

end struck the exterior of 79 North Main Street; the car came to rest outside of the building.

A 2020 Buick Envision, which was parked next to the Jeep, also sustained damage during the collision sequence.

The operator was determined to be deceased at the scene. His name had not been released as of press time. No passengers were in the Altima when the driver fled from the trooper, and no one in the houses were injured.

The crash is under investigation by the State Police-Belchertown Barracks, State Police Collision Analysis and Reconstruction Section, State Police Crime Scene Services Section, and State Police Detective Unit for Hampshire/Franklin Counties.

Springfield man sentenced to state prison in connection with rape

NORTHAMPTON - A judge Wednesday sentenced a Springfield man to a state prison term in connection with a 2021 sexual assault on an Amherst woman.

Michael Pope, 32, pleaded guilty in Hampshire Superior Court to three counts of rape, two counts of indecent assault and battery, and one count of providing alcohol to a person under 21 years of age, according to a press statement from the Northwestern District Attorney's Office.

In court Wednesday, Pope admitted that he knew the vic-

tim was intoxicated and was unable to legally consent to sexual intercourse. Pope knew the victim prior to the sexual assaults, the press statement reads. The crimes took place in an Amherst apartment.

Judge Jane Mulqueen sentenced Pope to three - three-and-a-half years in state prison, followed by four years of supervised probation. Pope must also register as a sex offender with the Massachusetts Sex Offender Registry Board, and provide a DNA sample as a convicted felon. Mulqueen adopted the sentence jointly pro-

posed by Northwestern Assistant District Attorney Andrew Covington and Pope's attorney, Alik Recklitis of the Committee for Public Counsel Services in Northampton.

"The survivor showed tremendous courage coming forward," said ADA Covington.

He praised the Amherst Police Department for its thorough work on the case. Covington noted that the survivor supported the state prison sentence, and was relieved the case resolved without a trial.

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This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

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Public Notices

PALMER OFFICE

GRAPHICS DEPARTMENT SEEKS DESIGNER / PAGINATOR

Turley Publications, Inc. is looking for a **Graphic Designer** to produce newspaper pages and advertisements in a busy, fast-paced environment. Must be efficient with InDesign Creative Suite. Web design and Wordpress skills a plus.

We will consider less experienced applicants but must have proven design skills.

Design samples required. Send with resume to:
 Turley Publications, Inc., 24 Water St., Palmer, MA 01069
 Attention: Graphics Manager
 Or e-mail directly to dsloat@turley.com.
 No phone calls or drop-ins, please.



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OPPORTUNITY

newspaper correspondent

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

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Send writing samples with resume to



Eileen Kennedy, Executive Editor
 24 Water St., Palmer, MA 01069
 or email directly to ekennedy@turley.com

Community Newspaper EDITOR WANTED

Turley Publications is looking for a “hands on” energetic candidate who loves telling stories to be the editor for two weekly publications. This position will include managing and coaching a small news staff that will provide the community with a great local newspaper.

The editor will need to cover local government and events while representing the newspaper at public venues.

The successful candidate will have strong community journalism skills and is also expected to gather news and write stories for the two papers as well as for other occasional companywide publications.

This is a job for a self-starter who has a vision for growing and connecting with our valued readers, and who thoroughly enjoys community journalism.

This full-time position with flexible schedule is based in our Palmer office at 24 Water St., this is not a remote position.

Qualifications should include:

- Bachelor's degree or equivalent experience
- Willingness to mentor a staff writer and correspondents
- Editing experience and ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style
- Management experience and/or experience managing content for a print publication.

Please send resume and writing examples to:
 Eileen Kennedy, Executive Editor
 24 Water St., Palmer, MA 01069
 or email directly to ekennedy@turley.com

SOUTH HADLEY CONSERVATION COMMISSION NOTICE OF PUBLIC MEETING

The Commission will hold a Public Meeting pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw, to consider a Request for Determination filed on behalf of Patricia Stefanenlli to modify an existing septic system and construct the addition to a single-family home with buffer zone at 125 Amherst St. (Map 52 Parcel 249).

The meeting will be held on **Wednesday, September 6, 2023 at 6:00 pm** virtually. Login information will be provided with the posted agenda on the Town website.

A copy of the Request for Determination is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30 - 4:00 P.M. Mon thru Fri. Plans are also available online at www.southhadley.org/603/Project-Plans.

Any person interested or wishing to be heard should appear at the time and place designated.

Neva Tolopko
 Conservation Chair
 08/25/2023

LEGAL NOTICE

Chuck It Self Storage Self Storage Facility Public Auction

On **Saturday, September 2, 2023 at 10:00 A.M.**, at the premises of Chuck It Self Storage, 346 East St., South Hadley, MA 01075, the contents of the following units, consisting of personal property, will be sold at Public Auction to satisfy the lien of the storage operator. This sale is held pursuant to and under the authority of Chap. 105A, Sec. 4 of the M.G.L. Sales to be PAID IN CASH ONLY at the time of the sale. Contents to be removed off the premises within 48 hours.

Paul Dalton B-36, D-19, A-34
 08/18, 08/25/2023

GRANBY PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with MGL Ch. 40A, Sec. 11, the Granby Planning Board will hold a public hearing on **September 11, 2023, at 5:45 PM**, at 1 Library Lane, Old Carnegie Library, Top Floor, Granby, MA. The nature of the hearing is to consider the petition of Jon and Naomi Szymonik (Owner/Applicant), seeking a Special Permit under Sections 6.2 of the Granby Zoning Bylaws and applicable of Section III – Use Regulations, 3.2.10 and Section V – Special Use Regulations and Performance Standards 5.14 – Special Event Venue at 193

Amherst Street, and known as Assessors’ Map 2-B-3 in the town of Granby, MA.

The complete applications and plans are available for public inspection during regular business hours (9:00AM – 3:00 PM, Monday-Thursday, and 9:00AM – 12:00 PM Fridays) at the Selectmen’s Office located in the Granby Senior Center Building, 2nd Floor, 10-B West State Street, Granby, MA 01033.

Anyone wishing information and/or to be heard on this matter should appear at the time and place designated.

James Trompke, Chair
 Granby Planning Board
 08/25, 09/01/2025

JOB OPENING

STAFF WRITER

Turley Publications, based in Palmer, is seeking a storyteller who is curious about everything, and who understands how town government works to join our team of weekly reporters.

Experience in covering town government is a huge plus, and any experience in community journalism is as well. Staff writers cover all aspects of communities from features to municipal meetings to crimes and fires. Successful candidates must have people skills, plenty of curiosity and able to tell a story.

If you’re a self-starter who enjoys community journalism and who can envision themselves connecting with our communities, we encourage you to apply for this position. Not a remote position.

Qualifications should include:

- Bachelor's degree or equivalent experience
- A determination to get the story, whatever it might be
- Equally comfortable writing hard news, features and event coverage
- Ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style

Please tell us in a cover letter why you would be a good fit for this position and send it along with a resume and three writing samples to
 Eileen Kennedy, Executive Editor
 24 Water St., Palmer, MA 01069
 or email directly to ekennedy@turley.com



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at Pearl Street and restorative improvements to Elmer Brook within Buffer Zone and wetland resource areas.

The hearing will be held on **September 6, 2023 at 7:00pm virtually**. Login information will be provided with the posted agenda on the Town website.

A copy of the Notice of Intent is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection by appointment between the hours of 8:30 to 4:00 M-F. Plans are also available online at www.southhadley.org/603/Project-Plans.

Any person interested or wishing to be heard should appear at the time and place designated.

Neva Tolopko,
 Conservation Chair
 08/25/2023

Sale Of Motor Vehicles Under G.I. C.255 Sec. 39A

Notice is hereby given by **Mark’s Garage, 423 East State St., Granby, MA**, pursuant to the provisions of G.L. C. 255, section 39A, on September 5, 2023 at a private auction the following motor vehicles will be sold to satisfy the garage keeper’s lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles:

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 Leo Hooben
 775 East Falmouth Hwy 325
 East Falmouth, MA 02536

2008 Mazda 3
 VIN: JM1BK324381860453
 Leah Wachtelhausen
 30 Saddle Road
 Wolcott, CT 06716

2003 Toyota Corrolla
 VIN: 2T1BR32E03C165310
 Marinalva Ribeiro Silva
 55 Gilmore Street
 Chicopee, MA 01013

1997 Yamaha Bike

VIN: JYA3ALE07VA061878
 Donald Pelkey
 24 Western Ave.
 Westfield, MA 01085

2007 Honda Accord
 VIN: 1HGCM56447A224743
 Greg Daviau
 36 Ashton Lane
 South Hadley, MA 01075

2005 Honda Accord
 VIN: 1HGCM56806A049540
 Olivia Nadile
 20 South View Street
 Meriden, CT 06451

2003 Dodge 2500
 VIN: 3D7KU28D53G837932
 Sarah Jayne Petrin
 519 East River St., Lot 37A
 Orange, MA 01364

1999 Ford F250
 VIN: 1FTNX21F8XEC69683
 Jordan Burnham
 28 Pinedale Road
 Athol, MA 01331

2010 Toyota Yarus
 VIN: JTDJT4K31A5321897
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 109 Grape St., Apt. H
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 Jorge Negron
 6 Berrinton Drive
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 Reinaldo Cruze
 20 School St., Apt. 2
 Holyoke, MA 01040

2008 Mazda CX-9
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 Betsaida Vargas-Garcia
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 Springfield, MA 01108
 08/18, 08/25, 09/01/2023

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Courtesy Photos, Beth Moynihan Ballard

Tom Stevens served as emcee for reunion.



Cathy Grabowski Vancour, who presently lives in Alabama, was not able to attend the reunion, but did make and send a lap quilt that was raffled off.

REUNION from page 1

attend—as well as Jon Sibley, who passed away in a car accident years ago.

Several former teachers in attendance were also recognized, including: Beth Morse, former French teacher; Walter Morse, former English teacher; Betty Fogue Mack, former French teacher; Ken Earle, former biology teacher; and Roger Farnsworth, former band director of the SHHS Tiger Marching Hundred.

Earle said that one of his life's highlights was being awarded a Massachusetts Teacher of the Year award in 1971, when the Class of '73 were sophomores. He added that it was an honor to be invited to the reunion.

During a round robin of storytelling, Stevens recounted what a life-changing experience it was for him and Brad Carver to attend the 1972 Summer Olympics in Munich.

Al Szymonik recalled memories of being on the South Hadley High School football team, and even brought memorabilia—he gave out wooden nickels from the College Inn, a beloved former hangout of classmates that later burned down in December 1985. Other players from the team included Bruce Lukasik and Bill Stefanelli.

Many of the classmates recounted a party that Bobby H. Adams threw on graduation night

for the entire class and how he even booked the band "Bear Mountain."

It was during Roger Farnsworth's tenure as band director that the band traveled to Ireland in the fall of 1972 to attend the Festival of Tralee. Former band members reminisced about selling raffle tickets door-to-door to raise money to charter an airplane.

Former band members present included: Maureen Flynn Hampton, Betsy Scheibel, Pauline Boisselle, Anne Geoffrion Vittoria, Joe Clark, Tom Cushwa, Beth Moynihan Ballard, and Steve Perault.

The camaraderie continued into Sunday morning, at which point attendees gathered at The Thirsty Mind coffee shop and then strolling around the Mount Holyoke College campus. Betsy Scheibel and Gerri Bernard Berg went to Mount Holyoke after high school and each graduated in 1977. Scheibel went on to serve as the first female district attorney in Massachusetts.

Carol Paulsen Constant, who currently serves on the town's Selectboard, Anne Geoffrion Vittoria, and Beth Moynihan Ballard later graduated from Mount Holyoke as Francis Perkins Scholars.

Ballard, Vickie Boisvert Perault, and Jane Bernstein Jarzabek served as co-chairs of the reunion. What started as a casual

get together blossomed into 70 classmates and guests attending, they said. Wendy Leahy-Adams arranged the charter cruise aboard the Lady Bea.

Holly Nally Gagnon, Debbie Abel Panagotopoulos, and Carol Paulsen Constant organized a raffle that saw all proceeds benefiting current SHHS students who need financial assistance to attend field trips.

Cathy Grabowski Vancour, who presently lives in Alabama, was not able to attend the reunion, but contributed a lap quilt that was raffled off during the reunion.

For several classmates, including Sue Trembley Goldstein, this was the first reunion they'd attended. Goldstein said she enjoyed being an active part of the reunion, to which she brought homemade chocolate pops and cookies. Goldstein even brought her high school yearbook for classmates to sign.

Participants traveled from all corners of the country—including Florida, South Carolina, New Mexico, New York, Ohio, New Hampshire, Vermont, and Washington, D.C.—to attend the reunion.

Originally, classmates began connecting on a social media page called "South Hadley High School Class of 1973," started by Jim Cummings. Other members of the class are encouraged to join the page to reconnect.



High school sweethearts Lee Ann Weisel '73 and Jim Weisel '72.



Wendy-Leahy Adams and Joanie Como aboard the Lady Bea.



Ken Earle, former SHHS biology teacher, and Beth Moynihan Ballard.

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