

# TOWN Reminder

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## Parents' Association raises money for high school band

By Emily-Rose Pappas  
Staff Writer  
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SOUTH HADLEY – Caring about what your children are passionate about is an important part of being a parent, and for the parents of the South Hadley Band members, it's more than just a parental role, but a true passion.

The South Hadley Musical Parents' Association diligently works to ensure that their children who are a part of the band, are able to go to school, pick up their instruments, and do what they love the most.

"I think seeing the kids stick with it, especially when the numbers got low, is what I'm most proud of," said mom, Lisa Beauchemin. "I am also proud they're doing what they love, and they have truly made a family with their band."

The South Hadley High School Band has been run-

ning for 60 years, and there are many people a part of making it into what it is, successful.

However, with recent budget cuts, the music department took a heavy hit and faced difficult choices and hard losses for the program.

"We knew the director wouldn't be able to run the band by herself, so we reached out to the community for help to raise funds to help out with costs, and also to hopefully encourage the schools to bring back these positions," said Beauchemin.

The Parents' Association worked hard to crowdfund in order to supply the stipends for two positions for the Band, approximately \$4,000, which the School Committee accepted at their last meeting. In total, with the help of the community and the many who love and cherish the

Please see **BAND**, page 10



Members of the South Hadley High School Band and their supportive parents.

Turley photo by Emily-Rose Pappas

## Celebrating our senior centers this month

With National Senior Center Appreciation Month upon us, here is what South Hadley's COA has to offer

By Emily-Rose Pappas  
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SOUTH HADLEY – September is a month full of new beginnings, and for some, also the chance to celebrate local organizations and people.

September is National Senior Center Appreciation Month, and it's a time when the Councils on Aging open their doors to show the community what they offer, and



Senior Center Director Julie Pearce.

Turley photo by Emily-Rose Pappas

how they offer supports for the community's older adult population.

"Serving as the Director of the South Hadley Council on Aging has been very

rewarding as it allows me to support and advocate for older adults on a macro level, promoting broader change that enhances quality of life," said Director Julie Pearce. "I truly enjoy being part of the South Hadley community and interacting with so many incredible people on a daily basis."

The South Hadley COA hosts and features many different events, as well as weekly classes for art and fitness, games, daily lunches, and special events to enjoy daily, weekly, and monthly.

"The South Hadley COA is a vibrant, welcoming center with a wide array of programs for older adults of all activity levels," said Pearce. "From art and music to fit-

Please see **SENIOR**, page 10

## Plotniak works to support South Hadley's veterans

By Tina Lesniak  
Correspondent

SOUTH HADLEY – When South Hadley veterans and their families find themselves navigating the maze of federal and state benefits, or even something as unexpected as citizenship paperwork, they often turn to one person: Chris Plotniak, the town's veterans agent.

Plotniak, who leads the one-person office, describes the job as equal parts advocate, problem-solver, and connector. "As the director of veteran services, I have been seeing a wide variety of issues

from everyday financial issues, health care issues, login issues with the VA system, records requests, some housing issues, filing for VA claims, burial issues, such as requesting stones, and even helped

someone with citizenship paperwork," he said. "Sometimes there are things that pop up that are a first, something you've never had to deal with, but you try and figure it out with the person to get them what they need."

While each case is unique, financial struggles tend to be the most pressing. "I think the most pressing need for us and all the communities seems to be the financial-related aspect of the job from the VA compensation and the Massachusetts Chapter 115," Plotniak said.

Under Massachusetts law, every city and town must have a veterans services office, making Plotniak's role crucial to the veterans he serves. "The veteran service office in every town and city is the front line of

Please see **VETERANS**, page 10



Submitted photo South Hadley's Chris Plotniak works diligently to support the town's veterans.

## Tuesday brings fight for change as strike takes place on college campus

Mount Holyoke Dining Workers, Facilities Workers, and Housekeepers go on strike. Hopes are high that today's powerful strike will move negotiations forward

SOUTH HADLEY – Workers representing multiple unions at Mt. Holyoke College went on strike earlier this week.

The strike includes three bargaining units. 32BJ SEIU represents a unit of 100 dishwashers, cooks, and other dining workers, and also a unit of 70 groundskeepers, tradespeople, custodians, and other facilities workers. UAW Local 2322 represents a unit of 25 housekeepers.

After months of difficult negotiations failed to reach a new agreement, workers will go on strike to demand that college administrators meet the need for all dining workers, facilities workers, and housekeepers to earn a living wage, with increases that keep ahead of the cost of living.

On Tuesday at 5:30



State Representative Homar Gomez standing in solidarity with the people on strike.

a.m., Mount Holyoke College facilities and dining hall workers who belong to Local 32BJ of the Service Employees International Union (SEIU) went on strike, joined during the day by housekeepers represented by Local 2322 of the United Auto Workers (UAW) as well as those who also went on strike.

Workers with 32BJ will walk off the job in response to their allegations of an unfair refusal to bargain and unfair threats to workers,

both of which qualify as unfair labor practices under the National Labor Relations Act. (Workers with the UAW also have alleged unfair labor practices on the part of the college).

For months, the facilities and dining workers have sought to win new contracts with wage increases that would raise the lowest-paid workers above the minimum necessary to survive in Hampshire County, as measured by the MIT Living

Wage Calculator, and that would also keep the wages of all workers in the two units ahead of rising prices.

Facilities and dining workers are also seeking access to the 32BJ Legal Fund, an employer-funded service that pays for legal representation on civil matters, including immigration.

"No one wants to go on strike, especially not as a new school year opens," said Har-

Please see **STRIKE**, page 5

## SHELD commissioners share 15% increase in electric bills

As SHELD prepares for the new building project, electric bills are expected to increase

By Emily-Rose Pappas  
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SOUTH HADLEY – The South Hadley Electric Light Department has been working for the past decade on the construction of a new municipal building, with the need for the new building growing by the day.

Chair John Hine of SHELD shared in past meetings that the new building plans are underway, and the board is looking to make more motions moving forward with the estimated \$37 million project in the coming months.

SHELD took some time to revisit the plan for the new building, in terms of space, space usage, and other factors that can affect the final cost of the project.

"I think there are some opportunities to reduce the size, given the price tag," said member Ron Coutu. "I know at any point in the process, redoing the plans is a hassle. There's a cost associated with waiting longer and doing it, and if we're going to do it, let's do it now."

In total, there is about 2,800 square feet of floor space planned for conference rooms and break rooms, and about 20% of the total square footage for the administrative building, Coutu explained.

They took into consideration that the timing of this project has unfortunately lined up with the upcoming

Please see **SHELD**, page 5

# Quabbin Days: Celebrating the Beauty and Heritage of the Quabbin Region

**BELCHERTOWN** – This fall, the Friends of the Quabbin invite residents and visitors alike to discover the beauty, history, and importance of the Quabbin Reservoir during *Quabbin Days* (www.quabbindays.org), a celebration of the region's role as both a critical drinking water supply and one of New England's most scenic outdoor destinations. Quabbin Days will be held the holiday weekend of October 10-13, 2025.

Taking place in the Quabbin Region (www.quabbindays.org/quabbinregion), which is made

up of the dozen towns in the Quabbin Watershed, *Quabbin Days* is a community-driven initiative designed to raise awareness about the Quabbin as the primary water source for 2.7 million Massachusetts residents, and a breathtaking landscape that offers world-class hiking, fishing, birdwatching, and photography opportunities.

"Most people don't realize that one of the most pristine and carefully protected water supplies in the country is also an incredible place to explore," said Ed Comeau of the Friends of the Quabbin. "Quabbin Days is about en-

couraging people to connect with this resource as a place of remarkable natural beauty and cultural history by exploring the Quabbin Trail (www.quabbindays.org/quabbintrail) that connects these towns."

Held during the peak of fall foliage season, October 10-13, *Quabbin Days* encourages towns, businesses, and organizations within the Quabbin Region to host events, walks, tours, and open houses that spotlight what this area has to offer. Participation is informal and flexible: anyone can contribute an event, and



Turley photo by Emily-Rose Pappas  
**The Quabbin is a beautiful destination.**

visitors can plan their own adventures through www.QuabbinDays.org, which offers a growing calendar and interactive map of the region.

The Quabbin Reservoir, created in the 1930s, is one of the largest man-made public water supplies in the United States. Managed by the Massachusetts Department of Conservation and Recreation (DCR) and the Massachusetts Water Resources Authority (MWRA), the reservoir and surrounding lands form a protected ecosystem that supports wildlife and clean water while offering miles of trails and stunning vistas.

Whether you're a hiker, angler, nature photographer, or history enthusiast, *Quabbin Days* is your invitation to rediscover, or discover for the

first time, this extraordinary region.

To learn more, plan your visit, or submit an event, visit www.QuabbinDays.org.

### About Friends of the Quabbin

*The Friends of the Quabbin is a nonprofit organization dedicated to promoting the natural, cultural, and historical significance of the Quabbin Region. Through advocacy, education, and community partnerships, the organization works to protect the watershed and share its stories with future generations.*

## Looking ahead to fall at the South Hadley libraries

**SOUTH HADLEY** – Thank you to everyone who made this summer a success at your local library. We loved seeing so many people at our programs, checking out books, and just hanging out at the libraries. The library is partnering with some other town departments on special projects this fall. **Office Hours with Police Chief Jennifer Gunderson take place on Tuesday, September 9, at 5 p.m.**, and she wants to hear your concerns and ideas. We're starting a new monthly **Public Health Drop-In Hour with the Health Department on Monday, September 15, at 3 p.m.** to provide increased access to public health services and information. The Town Clerk's office is helping us celebrate **National Voter Registration Day on Tuesday, September 16**: stop by the library from 10 a.m. to 2 p.m. to check your voter registration status or even register to vote.

Looking ahead, we'll host the **Tapestry Health Mobile Harm Reduction van on Wednesday, October 1**, and a **Baystate Health Blood Drive on Tuesday, October 20**, both in collaboration with the Health Department.

**Adult Programs at SHPL** September is packed with great programs at the library! We'll kick things off with **Sound Healing with Julia Nadolny on Wednesday, September 10, from 6 to 7:30 p.m.** Julia, certified in energy medicine, will guide participants through a

reflective, balancing experience rooted in an ancient tradition. Click here to register. The following week, history buffs can join us for **Canals of the Connecticut River with Robert Comeau on Wednesday, September 17, at 6 p.m.**, a fascinating look at the canals that shaped power, navigation, and irrigation in the Valley-made possible by a Massachusetts Cultural Council grant.

On **Saturday, September 20, at 10 a.m.**, we've got two events: a **Small Appliance Swap in the Community Room** -drop off up to three small appliances from September 2 to 19, receive a ticket, and then come find something "new-to-you" on swap day. At the same time, we'll have **Selma Says: Energy Reading with Tarot in the Lobby through 11 a.m.** (first come, first served). Selma blends her background in mental health with her studies of Tarot and Carl Jung's Collective Unconscious to explore your burning questions about love, choices, and life direction.

On **Wednesday, September 24, at 6 p.m.**, meet local author **Rondalyn Whitney** and learn about her book *Self-Regulation: A Family Systems Approach*. The first 20 attendees will even receive a free signed copy! And to wrap up the month, don't miss our **Mid-Autumn Chinese Festival on Saturday, September 27, from 10 a.m. to 12:30 p.m.** This family-friendly celebration of the Moon Festival

will feature mooncake tasting, calligraphy, and lantern-making, in partnership with the Chinese Association of Western Massachusetts. Sign up to participate! Limited to 50 participants.

Are you reading what we're reading? Check out the library book discussion groups. The **Hello Sunshine Book Club** is reading *Lessons in Chemistry* by Bonnie Garmus, and our **Between the Covers Romance Club** is reading *It Ends With Us* by Colleen Hoover. The **Sustainable Living Book Club** is reading *Twist* by Colum McCann. We also have books for the discussion groups that meet at the Senior Center. Check out the full selection near our new book area.

**Online Author Programs** (click each program for more information)

On **Writing Darkly Charming Villainous Love with Hannah Nicole Maehrer**, *New York Times* Bestselling Author and TikTok Superstar. Wednesday, September 3, at 7 p.m.

**Argue Less and Talk More with Communication Expert Jefferson Fisher**, *New York Times* Bestselling Author and Social Media Sensation. Wednesday, September 10, at 2 p.m.

**Our Failed Attempts to Make English Easier to Spell with Author Gabe Henry**, Simplified Spelling Historian and Author of *Enough is Enough* and *Eating Salad Drunk*. Wednesday, September 17, at 2 p.m.

**Children's Programs at**

**SHPL**

**September is Library Card Sign-Up Month!** At SHPL, kids can get their first library card when they turn five. Stop by the children's desk to take a picture with our cute «I got a library card!» photo frame! Library cards are free, and cardholders have access to millions of books, movies, and more through the C/W MARS library system. And there are *no* late fees!

Once you've got your library card...Meet us at the **South Hadley Farmers' Market for storytime at 4:00 on Wednesday, September 3**, or visit on **Saturday, September 6 at 10:30 a.m.** for **Japanese storytime with Kanae Nagasaki**.

We'll have **live reptiles and insects with a Hitchcock Center educator on Saturday, September 13** and **music with Mr. Liam on Saturday, September 27**. You won't want to miss those ten-second dance parties!

Our regular programs continue: **Rhyme Time** happens every Tuesday at 10:30 a.m., **Story Time** every Wednesday at 10:30 a.m., and **Baby Lapsit** every Friday at 10 a.m. (except September 12). Please note that **CFCE Playgroup** is taking a break for the first two weeks of September; playgroup will meet only on Thursday, September 18, at 10 a.m. and Friday, September 26, at 3 p.m. For bigger kids, **Legos & Games** are out every Monday and Wednesday from 3 to 5 p.m., **STEAM** is on Thursday, September 16 at 3:45

p.m., **Graphic Novel Book Club** discusses *Four Eyes* by Rex Ogle on Thursday, September 11 at 4 p.m., and kids can **Read to A Dog** on September 9 or 24 (call the library at 413-538-5045).

Thanks to all who participated in our "Level Up at Your Library" summer reading program - over 230 of you!! Raffle winners have been contacted. Next year's theme is "Plant A Seed, Read!"

**Teen Programs at SHPL** This month for Teens (ages 11 through 19), we kick off our month with **Crafternoon on Thursday, September 4, from 4 to 5 p.m.** We will be making Confetti Bookmarks this month. Feel free to sign up for a reminder email. Our monthly gaming sessions will be happening on **Tuesday, September 2, for Xbox One and Wednesday, September 10, for Switch**. Both sessions start at 3:30 p.m. and run until 5 p.m. No sign-up is needed. We will be having a special **Switch** time featuring **Super Smash Bros Ultimate** on **Monday, September 29, from 3:30 to 5 p.m.**

September brings back our monthly **YA Book Tasting**. It happens on the first Monday of the month from 3:30 to 5 p.m. All are welcome to come and see what new Young Adult & Teen materials the library has to offer! We end the month with our **Teen Night Craft on Tuesday, September 30, from 6:30 to 7:30 p.m.** This month, we will be doing **Sponge Painting**. Sign up for an email reminder.

Our monthly **Teen Takeaways** continue to be available. This month features coloring. Sign up once and get a new Teen Takeaway every month. We also have our latest **Book-trovert** pick: *Scythe* by Neal Shusterman. There are no in-person meetups; just enjoy the book on your own time. Copies are available in the Teen Room for checkout.

Please note **Snackternoon** will return in October with a special guest! Any questions, please email Bethany.

**Gaylord Memorial Library Programs** With students returning to Mount Holyoke College, there is renewed energy around the Gaylord Memorial Library. Spend some time people-watching in the Adirondack chairs on the front lawn. Check out the late summer insects and birds in the pollinator garden. Relax in the historic rotunda while reading a good book or checking your email.

**Spice Club returns on Thursday, September 4, at 6:30 p.m.** and will meet on the first Thursday of the month to share tips and recipes from the distributed spices. September's featured spice is a Harissa Spice Blend.

The Children's Room on the lower level has a wonderful selection of books for kids of all ages, and **storytimes happen on Friday mornings at 10:30 a.m.** There will be an after-school **Lego Club on Thursday, September 4, from 3 to 6 p.m.** No registration required, just drop by.



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# Cooper's is Accepting Supply Donations and Rounding Up for Foundation for TJO Animals

REGION – For a limited time, Cooper's Gifts, Apparel, Home of Agawam, Mass., is accepting shelter supply donations for Foundation for TJO Animals, which is located at 237 Memorial Drive Springfield, MA., 1104

The Foundation for TJO Animals raises funds to provide resources and support for critical veterinary care and enrichment for the animals at the Thomas J O'Connor Animal Control and Adoption Center. They are 501(c)(3) organization. Donations will be collected at Cooper's now through September 30. "We invite everyone to help out the animals at TJO and be entered to win a \$100 Cooper's Gift Card," said Kate Gourde, owner of Cooper's Gifts, Apparel, Home.

Items to keep the shelter clean and well stocked: paper towels, bleach, pet food, treats, toys and litter, are their current needs. "We hope that while people are out purchasing items for themselves, that they will consider picking up a few extras for the Foundation for TJO Animals. And, you'll be entered into our raffle!" said Gourde.

"We will swap a raffle

entry for every item donated to the Foundation for TJO Animals. One lucky winner of a \$100 Cooper's gift card will be notified on October 1st. Entry tickets can also be purchased at the store for \$1 each, or 6 tickets for \$5. All ticket sales will also be donated to the Foundation for TJO Animals. Especially for people outside the Greater Springfield area, it's easier for them to bring donations here, and we are open 7 days a week," Gourde said. Items may be brought to the shop anytime up until September 30. Cooper's is located at 161 Main St., Agawam, Mass., and is open daily 10 a.m. to 5 p.m., Saturdays 10 a.m. to 4 p.m., and Sundays noon to 4 p.m.

"This drive coincides with Foundation for TJO Animals as our September Round-Up charity; so, it's the perfect time to spread the word about their mission and really help them out," Gourde said. Each month Gourde chooses a local charity to receive the profits of the store's Round-Up Program, through which customers are invited to round up their purchase total to the nearest dollar amount.



Submitted photo (L-R) Kate Gourde, Owner of Cooper's Gifts, Apparel, Home has teamed up with Janna Brown, Executive Director of Foundation for TJO Animals for the month of September.

# Friends continue their annual Senior Sundae Social at McCray's

SOUTH HADLEY – The Friends of the South Hadley Seniors continue their annual Ice Cream Sundae Social tradition of offering free sundaes and entertainment for seniors at McCray's Farm. This year's event will be held on Tuesday, September 9, from 5 to 6:30 p.m., at McCray's Farm, and will feature the music of Joe Canna and the Memories.

This ice cream sundae social, which is free and open to all seniors, began at the Senior Center over a decade ago. Kay Washburn, a beloved former board member and member of the Senior Center, started the sundae social.

The McCrays' staff would bring the ice cream and sundae fixings to the senior center and the Friends' would host a bingo game or other activity to go with the ice cream. Four years ago, the Friends decided to move the event to McCray's to be able to reach out to more seniors.

"We had reached our ca-

capacity at the Senior Center, as this was becoming one of our most popular events. We didn't like to have to turn any senior away, so we decided to move it to McCray's to be able to accommodate all who wanted to come, and this is when we added entertainment to make it a really special event for our seniors," said Kim Prough, president of the Friends of the South Hadley Seniors.

All seniors are welcome to attend, and advanced sign-up is not needed. The Friends will have a check-in table by the mini golf course, where seniors can obtain their ticket for a free ice cream sundae. Bring a lawn chair to relax and enjoy the sundae and the music. The Friends will have volunteers on hand to help carry lawn chairs and/or sundaes for any seniors needing assistance.

"We want to make sure this is accessible and fun for all," said Prough.

September 10 will be the rain date, if needed.

Read the Town Reminder online at [www.townreminder.turley.com](http://www.townreminder.turley.com)

# Operation Backpack seeking donations

SOUTH HADLEY/GRANBY – Operation Backpack, which has been providing backpacks full of school supplies from grades Pre-K to 12 is in need of donations of school supplies and backpacks to beat previous year's numbers to reach over 220 backpacks.

The program needs backpacks for grades Pre-K to 12 for boys and girls. Supplies

needed include rulers, colored pencils, crayons, yellow highlighters, scissors, pencil sharpeners, colored markers, subject dividers, 1" ring binders, lined wide-ruled filler paper, calculators, zippered pen and pencil holders, USB zip drives, black composition books, 1, 2, and 3 subject notebooks, and colored portfolio folders with pockets.

You can find drop-off boxes at several locations around

South Hadley.

Drop-off boxes can be found at Berkshire Bank at 74 Lamb Street, St. Patrick's Church at 30 Main Street, and Neighbors Helping Neighbors at 30 Carew Street. More include Newton Street Dental at 488 Newton Street, Westfield Bank at 32 Willimansett Street, or Adams' house a 36 Chestnut Hill Road, and please call her ahead of time or for

pick-up at 413-536-5316.

"Remember, investing in our students now will lead to a better future for all of us. Let this be my 12th year of doing this, the greatest year ever," said Adams.

You can contact Sheila Adams via her email, [shoperactionbackpack@yahoo.com](mailto:shoperactionbackpack@yahoo.com), or by calling her at 413-536-5316.

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# Opinion

## SOCIAL SECURITY

### Matters

By Russell Gloor

## I'm in poor health and need to know my Social Security options

### Dear Rusty:

I plan to stop working very soon.

My health is not good. I am 66 years old, born in June 1959, so my full retirement age is 66 years and 10 months. My wife passed away in March 2024 and she was collecting SS benefits when she died. I have no dependent children. In general, what benefits am I entitled to?

### Signed: Unhealthy and Struggling

### Dear Unhealthy and Struggling:

Sorry to hear that your health is failing and that you will need to stop working soon. But do not fear, Social Security will be there for you. Here is some info to help you decide your next possible steps:

Since you will not reach your full retirement age until next year in April 2026, your earnings limit from working for this year is \$23,400 or \$1,950/month. The earnings limit will apply only if you decide to claim Social Security early (this year).

If you decide to take Social Security this year, your earnings from before you take SS won't count, but your monthly earnings for the remaining months of this year will be subject to the 2025 monthly limit (\$1,950). If your monthly earnings exceed that amount, you won't be entitled to SS benefits for that month, unless your total earnings for 2025 are less than \$23,400. If you don't exceed the annual limit, your 2025 Social Security benefits won't be affected by your work earnings.

Next year, the year you attain your Full Retirement Age, your earnings limit will be much higher about 2.5 times more or something more than about \$63,000. If your 2026 earnings up through March do not exceed that limit, then you can claim your SS benefits a bit earlier in 2026 before your FRA and your benefits won't be affected, except that your monthly benefit amount will be permanently reduced by .56% for each month you claim before your FRA.

For example, if you were to claim for your SS to start in January 2026, you would get 98.3% of your FRA amount. So, provided your work earnings won't exceed about \$63,000 between January and March 2026, you could claim effective January 2026 without worrying about Social Security's earnings test.

So, depending upon your health, you could claim SS to start in January 2026, likely without worry about the earnings test and would get about 98.3% of your FRA benefit. Or, health permitting, you could wait to claim SS starting in April 2026 to get 100% of the benefit you've earned from a lifetime of working. Point is, you just need to be care-

ful not to exceed Social Security's earnings tests prior to reaching your Full Retirement Age or SS will take away some of your benefits.

They "take away" by withholding future monthly payments as long as needed to recover what you owe. Worse case penalty for exceeding the 2026 monthly limit would be no benefits for any month you exceed about \$5,300 or a penalty of \$1 for every \$3 over the limit if you exceed the 2026 annual limit before your FRA.

You do, however, have another option as your wife's surviving spouse: You can claim your benefit as a surviving spouse prior to claiming your own SS retirement amount. But the earnings test described above (if you claim before your FRA) would also apply to your survivor benefits. So, again, your plans for working enter this decision. If you decide to stop working this year, you could, for example, decide to claim your survivor benefit this year and collect that until you reach your FRA in April 2026 when you would get 100% of your personal SS retirement amount. In fact, you might even decide to collect your survivor benefit longer, allowing your own SS benefit to grow until you are 70, at which time you would get about 25% more than your FRA amount. Indeed, if your survivor benefit is higher than your personal age 70 amount, you can just continue to claim the higher amount.

I suggest that when you decide that you must stop working full time, you contact Social Security at 1-800-772-1213 to discuss whether it is best to claim your survivor benefit from your wife first and delay claiming your own until a later time to get a higher amount. You can make an appointment to discuss your options with SS over the phone, before deciding when (and what) to claim. And, of course, if you have any further questions, we are always here to assist you with your decision.

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

## It's harvest time! How to cure and store for optimal longevity

I harvested my garlic well over six weeks ago. It's been curing in my mudroom stems and all, first with a fan on it to speed the drying process.

Yesterday I cut the stems away and put the garlic fists that were left in mesh bags. Some will be seed garlic, in other words, it will be broken apart into planting cloves. The rest will be used for cooking all through the winter and hopefully into the spring.

It's so important to cure your vegetables well, both for optimal taste and for longevity.

As for garlic's cousin, the onion, there is a two step curing process. When three-quarters of the tops have fallen over push down the rest and let them stay in the ground a little while longer. Then, unearth the bulbs and lay them, tops and all, on the ground in the sun, turning occasionally.

When they turn completely brown cut the stems to one inch and spread them on screens single file in a warm and dry, well-ventilated area to cure further. They can rest in that location for up to two months, then store at temperatures close to 40 degrees.

Store apples, bananas, and tomatoes away from onions, these vegetables excrete ethylene gas as they ripen, causing onions to sprout prematurely. Use bulbs that have two centers first, they won't store well.

It is interesting to note that the same compound that starts the tears flowing when we cut into onions- sulfur, is

also a potent fungicide and bactericide. No wonder they store so well!

Potatoes are perhaps the most tricky vegetable to store.

rain or frost threatens. Two weeks in the field or a sunny, well-ventilated space is sufficient for curing, at which point the skin should be hard enough to resist the dent of a fingernail.

Gently washing squash in a 10% bleach solution will help to prevent rot prior to storing at temperatures between 50 and 60 degrees.

The flavor of many of our favorite squashes only improves with age.

I remember my mom used to store our butter-nuts up off of the floor in our basement. I've heard of other people storing theirs under the bed in a spare bedroom.

For me, my mudroom serves as an all purpose storage area with mesh bags of onions and garlic hanging from hooks on a shelf, the squash on a small pallet on the floor. I have yet to have enough potatoes to store, but this year might just be the exception and I'll come up with a dark enclosure to store them well.

Get creative and you too will be enjoying the fruits of your labor through winter into spring!

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

Curing them properly will help to prevent rot, premature sprouting, and toxic greening of the skin and flesh. By waiting a week or more after the plant has died before digging up the tubers, the skins will thicken and be less prone to injury during harvest.

Once they are dug, a week spent in a cool and totally dark space will further firm their skin and change sugars to starch, completing the ripening process. Never wash potatoes prior to storage!

Gently brush off dirt and store in a single layer in the darkness at 55-60 degrees. Darkness will prevent greening, which renders potatoes inedible. Use any pitch-forked or shovel-marked spuds first, as damage to the skin will invite rot.

Harvest winter squash after vines have died back or prior to an impending frost. A pretty New England autumn scene is fields of pumpkins or colorful squash curing under sunny skies.

If you follow the farmers lead, just be sure to lift squash off the ground, and cover if



### Letter to the Editor

## Calling attention to upcoming Planning Board Hearing

### To the Editor,

I am writing to alert the citizens of South Hadley to a public hearing regarding the Planning Board's proposed changes to the zoning along Routes 202 and 33, from the Chicopee to the Granby borders. The hearing is September 8, at 6 pm, South Hadley Senior Center.

The proposal creates two new zoning districts: "Residential Core" and "Residential Mixed Use." Mixed Use means business or commercial establishments on the ground floor with apartments above. The stated purpose of these changes -- enable new housing and business opportunities.

I have attended many public meetings plus the recent Planning Board Listening Session where this proposal was discussed.

The public has offered both praise and legitimate concerns. People have suggested modifications to lessen building heights and densities, in order to truly support residents' quality of life and small-scale economic devel-

opment. Here are some of those concerns:

The proposed Residential Mixed Use zone would permit buildings (with apartments and businesses) up to 55 feet tall with only a 10 foot setback from the road. Multi-family buildings without a ground floor business could be 45 feet tall, also 10 feet from the road.

Citizens have voiced that these tall buildings with 10 foot setbacks are out of character with the neighborhoods along this corridor, where no homes or businesses currently exceed 35 feet high. These would tower over existing homes.

Ten foot setbacks would also inhibit walking, biking or planting trees to prevent heat islands.

The Residential Mixed Use Zone would permit "cottage style" cluster housing with up to 12 homes per acre. Citizens are concerned this is much too dense.

In the proposed Residential Core zone, the current frontage of 125 feet will be reduced to 75 feet. People

have stated that this is too narrow a frontage for new construction.

Town Meeting Members will vote on these proposals on November 5, 2025.

I urge South Hadley residents of all town precincts to attend the September 8 public hearing, either in person or virtually via Zoom or phone. You may also submit written comments to the Planning Board [acapra@southhadley-ma.gov](mailto:acapra@southhadley-ma.gov) or write to your precinct's Town Meeting Members.

Details are here: Route 202 & 33 Corridor Re-Zoning | South Hadley, MA - Official Website

To attend the public hearing virtually, use the September 8 agenda link here:

<https://www.southhadley.org/864/Planning-Board>

List of current Town Meeting Members | South Hadley, MA - Official Website

**Martha Terry,**  
South Hadley  
Town Meeting Member,  
Precinct B

## OPINION PAGE/ LETTERS POLICY

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

Unsigned or anonymous letters will NOT be published.

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

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

## Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

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

## TOWN Reminder

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## More to enjoy at BATTERY Brook Park

SOUTH HADLEY – The end of the Cruise Nights is upon us, but live music continues with a special performance next weekend.

Friday, September 5 - Cruise Night and Live Music featuring Ray Guillemette and his King Kountry band, playing 5 to 7:30 p.m. at the front pavilion.

Wednesday, September 10 - Farmer's Market from 2 to 6 p.m.

Saturday, September 13 - Live Music featuring Full Circle playing your favorite hits from the 80s, 90s, and '00s, from 5 to 7:30 p.m. at the front pavilion.

Pickleball Courts - Daily Open Play, Monday through Sunday, from 8:30 to 11 a.m. / Weeknight Open Play, Monday through Friday, from 4:30 to 10 p.m.

Spray Park - Open Daily until September 7, from 10:30 a.m. to 6:30 p.m.

## Gaylord Memorial Library to host annual Wine Down event

SOUTH HADLEY – Join the Friends of the Gaylord Memorial library in celebrating the opening of Wine Down Season on Friday September 12, 2025 from 5:30 to 7 p.m. We are celebrating back to school with a special guest, Sheila Adams, from Operation Backpack. The library is a door off spot for needed school items including: Zip drives, binders (1, 1.5 or 3

inch) 1 subject notebooks, glue sticks, post it notes, yellow highlighters, calculators, and backpacks...Sheila says if you can't get shopping consider donating cash/check. Come meet Sheila Friday September 12. There is a \$10 entry fee for this event. We are at 47 College Street, join us for food, libations, and friendship.

## 9/11 Memorial Service to be held at Granby Public Safety Complex



GRANBY – The Granby Public Safety Complex was able to acquire a piece of a fire engine from the 9/11 scene, and it is now displayed outside the station. There will be a 24th Anniversary Memorial Service at 6 p.m. on September 11.

## Fall tag sale returning to Center Church on September 6

SOUTH HADLEY – It is the time of year that Center Church, UCC, 1 Church St, South Hadley, will be holding the Fall Tag Sale on September 6, from 9 a.m. to 5 p.m., and September 7, from noon to 5 p.m. Our huge sale has been occurring for years. The selection of merchandise includes housewares, jewelry, toys, books, linens, lamps, baskets, small electronics, handbags, puzzles, decor items, glassware, vases, craft supplies, fabric, office/stationery supplies, candles, out-

door items, sporting goods, frames, candles, canvas/shopping bags, and the list continues. We have a Treasures Room for vintage and unique items, as well as small furniture pieces. New this year are clothing, hats, and accessories. Always a favorite is purchasing a delicious homemade baked good treat. We are amazed by all the wonderful donations. Come and find out what we're talking about. We can guarantee you will find an item you just cannot resist.

## Police chief officer hours September

SOUTH HADLEY – Meet Police Chief Jennifer Gundersen at the different locations below with your questions, or just to have a chat.

South Hadley Public Library on Canal St  
 • September 23, 8 to 10 a.m., Tailgate Picnic 7 College St  
 • September 30 10 a.m. to noon, South Hadley Council on Aging

## Livy's VIP Dance Oct. 5

LUDLOW – Livy's VIP Dance, in support of a fundraiser for Rett Syndrome, will take place on Sunday, Oct. 5, from 2 to 5 p.m. at the Gremio Lusitano Club.

Music and memories with VIP Princess guests.

The special dance is in memory of Livy, who succumbed to Rett Syndrome at the age of five. Sparkle, shine and support!

To learn more, contact Maggie Wurm at [maggie@rsangels.org](mailto:maggie@rsangels.org) or Shanon at [shanon.m.hardy@gmail.com](mailto:shanon.m.hardy@gmail.com).

To learn more about Rett Syndrome, visit [rsangels.org](http://rsangels.org). For the event page, visit [rsangels.org/event/livys-vip-dance/](http://rsangels.org/event/livys-vip-dance/).

### STRIKE from page 1

ry Rodriguez, a Mount Holyoke dining worker and member of the 32BJ bargaining committee. "But the college has barely budgeted after months of negotiating. Many of us have been working without a contract throughout the summer. Now, as school starts, it seems that a strike is the only way that college administrators will understand that we simply can't continue without a serious wage increase for all of us."

SEIU Executive Vice President Kevin Brown, who leads the union in Massachusetts and Rhode Island.

The afternoon rally concluded with a march along College Street with about 350 of those returning students, who loudly chanted in unison in support of the striking workers. The rally also included comments from supporters, including Mount Holyoke student Saira Sukthankar; Jeff Jones, President of UFCW Local 1459; Mount Holyoke History Professor Mary Renda; Patrick Burke, President of UAW Local 2322; Springfield City Councilor Victor Davila; and closing comments from 32BJ

"Mount Holyoke has a great tradition of supporting working people, embodied by its most celebrated alumnus, Frances Perkins," said 32BJ SEIU Executive Vice President Kevin Brown, who leads the union in Massachusetts and Rhode Island. "In 1933, as the Great Depression raged, Ms. Perkins demanded that FDR commit himself to instituting the nation's first federally mandated minimum wage before she would agree to serve as his Secretary of Labor. The college continues to support that strong tradition today in many ways, but they need to bring their values home by also supporting those who keep this college fed, clean, and running."

At 10 a.m. Tuesday at the Mount Holyoke main gate, State Representative for South Hadley Homar Gomez and State Senator Adam

Gomez of the neighboring Hampden District joined a press conference of striking Mount Holyoke College facilities and dining hall workers.

The 200-worker strike at Mount Holyoke College was ended in the expectation that administrators would return to the table with serious proposals to move contract negotiations forward for staff.

"We thank the students, faculty, elected officials, and our union brothers and sisters for stepping forward today," said Executive Vice-President Brown. "But most of all, the workers themselves deserve recognition for demonstrating their unity in demanding the respect of college administrators. As far as we can tell, not a single member of our two unions crossed the picket line. We now hope the college will agree to contracts with fair wage increases that allow workers to provide for themselves and their families, so they can continue to perform these jobs that they love."

### SHELD from page 1

October 1 increase in health insurance of \$2 million, which also puts added pressure on the project and its total.

They, however, shared hope that an override will come to South Hadley in the coming months, but that the bottom line is that the design needs to be adjusted in order to account for the total cost of the project.

Project Manager Keith Martin reviewed the project in what could realistically be reduced for the building and its total cost and size, with a possible reduction of 1,000 square feet resulting in a savings of \$675,000.

"I think that the design as is from CBA is relatively efficient," said Martin. "We are just onboarding the new designer to talk."

Martin also explained the new designer is looking for "ways to make the current

design more efficient," said Martin.

The different ways to reduce the size of the building greatly depend on the number of new hires to come as the company is sure to grow more, as well as taking into consideration the thoughts and opinions of the neighbors of the building will think about its appearance.

"Let's do all that, but at the same time, let's look at other opportunities to save money," said Coutu.

In their continued discussion of ways to cut costs, they moved into talking about the electricity bills and how much subscribers pay, with a potential 15 to 16% increase in their electricity bills.

The increase in the price of electricity monthly is going to affect the town because the town buys electricity from SHELD as well, affecting everyone within the town.

"I think we have three objectives here," said Chair John Hine. "To build a building as efficiently and as low a cost as we can in a building that meets not only today's needs, but our needs five, ten years down the road, because the last thing we want to do as a board is to be here in five years and go, we need more space. And then just as important as the other two, provide a workplace that our employees want to be in and want to work in."

With the building already estimated to fall between \$35 and \$37 million, the

Commissioners wanted to look for any possible way to cut these costs down, without cutting down on what they require for their needs.

SHELD will be hosting a Public Forum next Wednesday, September 10, 2025, at the South Hadley Council on Aging at 6 p.m.



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# SPORTS

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## South Hadley football readies for regular season

SOUTH HADLEY – The South Hadley High School football team is nearing its regular season opener. The Tigers have been practicing for three weeks and are scheduled

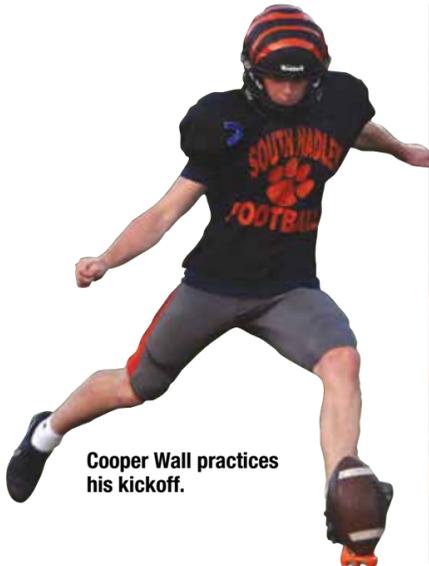
to scrimmage Ware on Saturday morning in its final tune-up for the season. The Tigers will travel to Northampton for its season opener on Friday, Sept. 12 at 7 p.m.



Noah Hambley returns the ball.



South Hadley football practices last week on the turf.



Cooper Wall practices his kickoff.



Chase Pecia follows his blockers.

## Tigers host annual jamboree



Cara Dean plays the ball off her body.

SOUTH HADLEY – Last week, South Hadley girls soccer hosted a preseason jamboree last week featuring visiting teams from Agawam, Palmer, and Tantasqua. The Tigers are scheduled to open the regular season on Friday, Sept. 5 at 6:15 p.m. against West Springfield.



Turley photos by David Henry www.sweetdogphotos.com  
Violet Carillon sends a pass away.



Simone Quinn dribbles across the field.



Mallory Levreault goes after the loose ball.

## Jarvis gets first Modifieds win

WINCHESTER, N.H. - Add Joey Jarvis to the long list of first-time Modified feature winners at the Great Race Place. The second-generation hot shoe held off the best in the business to win the Aug. 23 604 Modified main event at Monadnock Speedway.

Super Street ace Dylan Zullo, also a generation star, moved closer to his first divisional championship by topping his Saturday night feature, and Super Modified blaster George Helliwell won his second SMAC 350 main event of the summer here on Back To School Night on the high banks.

Cameron Sontag won the Mini Stock feature, Gordon Farnum scored his third win of the summer in the Pure Stocks, and up-and-coming teen speedster Sofia Rego won for the first time in the Young Guns on Saturday.

Jarvis, no stranger to victory lane but still seeking his first Modified win at Monadnock entering Saturday's 40-lap feature, comes from a storied pedigree of Green Mountain State racers. Following in the footsteps of dad Peter, and uncles Dwight and Victor, he led all the way Saturday to score the win with Brian Robie glued to his bumper.

To earn the win, he held off the all-out challenges of previous 2025 All States Material Group Modified winners Brousseau, Leclerc, Patnode and then Robie. Trying

the top groove lap after lap, the speedway's top points man had to settle for second, inches behind the first-time winner. Patnode's big night aboard his Swanzey Oil ride brought him home third.

SMAC's Helliwell, setting a Monadnock lap record for 350 Super Mods at a mind-bending 11.348 seconds, started the night's 50-lap main event up front and rocketed off to win by a country mile.

"I hate to lose, and I've done a lot of it," Helliwell quipped in victory lane. At Monadnock Speedway, though, all he's done is win. Along with his Saturday speed record, he was perfect at two-for-two this summer on the high banks. Matt Seavey kept him in sight to finish second Saturday, and Matt Riley was third.

Erik Smith led early in the Twin State Truck Services Super Street feature but top gun Dylan Zullo, who'd settled for second a week earlier, wanted more. Charging to the front from the top groove on lap five, Zullo took the lead and quickly sped off into the night to solidify his spot atop the points parade.

Chris Riendeau, victorious seven days before, worked his way through the strong field to claim second on lap 24 but, by then, Zullo was far ahead. Smith finished his impressive performance

Please see **JARVIS**, page 7



Daniel Santiago looks to settle the ball.



Logan Carmody eyes a teammate up the field.



Turley photos by David Henry www.sweetdogphotos.com  
Conor Callery goes after a loose ball.



Brodie Funk socks a free kick away.

## Rams ready to roll

GRANBY – Granby High School boys soccer completed its preparation for the regular season last week, including a scrimmage against neighbor South Hadley. The Rams opened up the regular season with a draw against Southwick 1-1. Granby's goal was a penalty kick by Anthony Santiago with five minutes remaining. Daniel Santiago made five saves in the draw.



Stephen Szlosek sends a pass away.

# Former minor league brings regional camp back

By Tim Peterson  
Sports Correspondent

WILBRAHAM—There were many different sports camps held throughout Western Massachusetts this summer.

The last one was called the Summer Sendoff Baseball Camp, which took place on the baseball fields at Spec Pond in Wilbraham during the third week of August and featured players from all over the region. The camp director is Dustin Brisson, who played Minor League Baseball for the Boston Red Sox.

"This is our second year holding the baseball camp and it has been absolutely incredible," Brisson said. "All

of the kids have been great. They understand that this isn't just a normal day camp, it's a skills camp. They're learning different things about baseball every day."

Brisson, who was born in Florida, played college baseball at the University of Central Florida from 1997-2000. He was drafted by the New York Mets and the Miami Marlins before signing with the Red Sox.

He advanced to Double A before his professional baseball career came to an end due

to an injury.

"I was blessed to have the opportunity to play professional baseball," said Brisson, who also owns Forge Athletics. "I'm doing what I can to give back."

During one of his college baseball games in Orlando, Brisson hit a long flyball down the right field line. The base umpire was Don LaValley, who's from Chicopee. LaValley ruled that the ball was foul, but it was a home run. LaValley told the campers that story at this year's camp.

"I've known Don since I was playing college baseball," Brisson said. "We're good friends now."

About 45 youth baseball players between the ages of 7-15 from Wilbraham and the surrounding communities attended the baseball camp. The campers were split up into groups depending on their age.

"Once we know how many kids will be coming to the camp, we like to put them in groups depending on their age," Brisson said. "We just want to make sure that the kids are in the appropriate skill level. It's hard to put eighth or ninth graders with third or fourth graders. I want them to have fun and learn some new things at the same time. They're learning for some of the best coaches

in the area."

A couple of the camp instructors were Chade Shade, who was the first-year head coach of the Springfield College baseball team, Dan Gomez, who's the head baseball coach at Western New England University, and Terry Doyle, who coaches baseball at New England College which is in Henniker, NH.

Minnechaug Regional varsity baseball coach Mike Netkovick also worked at this year's camp.

"This is an outstanding baseball camp for the kids," Netkovick said. "Dustin is a great guy, and he has an outstanding baseball resume. I'm glad that I was able to help at this year's camp. I never attended a camp like this one when I was a kid."

Ray Fagnant, who grew up in Chicopee and is the Boston Red Sox Northeast Regional Scouting Supervisor, also helped at the camp.

A few of the different stations were hitting, fielding, and throwing.

One of the older campers was Nolan Witek, who's from Wilbraham.

"This baseball camp is a lot of fun," said Witek, who's a sixth grader. "This camp will prepare me for my baseball tryouts for the Wilbraham Falcons in a couple of weeks. Baseball is my favorite sport."



Sam Lacasse works on his pitching.

Brisson was also aided at the camp by his wife, Kasey.

"My wife is the backbone of the organization," Brisson said. "She keeps everything in order. I appreciate all the support from many different people that I've received running this camp."

Brisson and his staff are already looking forward to holding the baseball camp again next summer.



Parker Duquette winds back for a throw.



Alex Nunlist takes a swing.

Turley photos by David Henry www.sweetdogphotos.com



Rick Colon practices his technique behind the plate.



Luke LaChappelle eyes the ball as he swings.



Eli Olbrych frames up a pitch.

## Quabbin Fall League expands to six teams

SOUTH HADLEY – After successful recruiting, the Quabbin Valley Baseball League has reached a decision to expand this year's fall league to six teams.

With the expansion, there are still some open roster spots for players who are age 28 and older. The league is set to get underway with its Sunday schedule beginning on Sunday, Sept. 7.

All players in the league will get to experience an

eight-game slate with the cost in the range of \$45 to \$60 depending on the number of players on the team. The cost reflects paying for insurance, umpires, baseballs, and fields.

Primary fields being used this fall include Mittineague in West Springfield and Beachgrounds Park in South Hadley, with a third field being finalized this week.

Players potentially interested in participating in the league this year, don't wait to

sign-up.

Go to [www.quabbinvalleybaseball.org](http://www.quabbinvalleybaseball.org) and click on the registration page. If you have more questions, you can contact the league's co-coordinators at [gscibelli22@yahoo.com](mailto:gscibelli22@yahoo.com) or [ikhandfield@gmail.com](mailto:ikhandfield@gmail.com)

The Quabbin Valley Baseball League is an over-28 baseball league playing games during the spring and summer in Western Massachusetts. The league recently expanded

to offer an over-28 fall league to allow players in the age range to face like competition during the fall months. There were four teams last year, and the league is expanding due to higher interest in its second year.

The tradition of fall league is to play with wood bats only. The league has nine-inning games and participants are guaranteed time in the field for at least four innings.

JARVIS from page 6

in third, with JD Stockwell and Hillary Renaud completing the potent top five. After a post race inspection, Reindeau was disqualified for an upper control arm infraction placing Zilinski into fifth.

Kevin Clayton, and then Dick Lamotte, both set a fast pace early in the Fabian Fuels Mini Stock feature but Cameron Sontag took charge on lap 13 and never looked back en route to the top prize in the high speed rear-wheel versus front-wheel-drive battle for the win.

With Sontag making Saturday's night's win look easy, Owen Zilinski blasted into second on the final lap to edge Louie Maher for the runner-up hardware. Timmy Paquette was fourth on the night, and Kevin Clayton - he the division's champ a quarter century ago - came home fifth.

Saturday night's win moved Sontag up to second in the 2025 points chase, now only four markers behind John Fultz, who finished pitted for 14th on the night.

Markus O'Neil was first to the front in the Brattleboro

Towing and Recovery Pure Stock feature, but Kyle Kenny - victorious with ease the night before at Claremont - was shooting for a weekend sweep. And, back in row four, Gordon Farnum had plans of his own.

Kenny took the lead on lap five, bringing Dominick Stafford with him, and Farnum seized third the next time around. Diving under a turn-four lapper on the 21st go-round, Farnum was back where he'd finished a week earlier, at the front and off to his appointed stop in victory lane.

With Kenny and Stafford both rock solid to complete the top three, 2024 high banks champ Andrea St. Amour rebounded from two in-race brush-ups to come home fourth, and Chris Chambers was fifth.

Sofia Rego, who wrecked a month ago in a Doug's Auto Body Young Guns event, is getting used to her new ride. In fact, she has it fully figured out. Saturday, the teen pilot swept both her heat and feature races to score her first win. Previous 2025 winners Maya Bell and Hunter Duquette were second and third,

### NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for the Town Reminder, please email [townreminder@turley.com](mailto:townreminder@turley.com).

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### 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.

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Deadline for resumes 12 PM, September 19, 2025. Equal Opportunity Employer

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1315 Park St., Palmer, MA 01069  
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### FOR RENT

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and/or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

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# What's happening at the South Hadley COA

**SOUTH HADLEY** – For Senior Center Appreciation Month, stop by the COA and have some fun at these fantastic events coming up!

**SHCOA Open House**  
*Thursday, Sept. 4, 4 p.m.*

Join us for a welcoming evening of food, fun, and community! Enjoy a delicious spaghetti supper prepared by Chef Dakota, with live music by the South Hadley Community Band. Take time to explore our Open House and visit stations hosted by our volunteers and activity leaders to learn more about the wide variety of programs, services, and activities we offer. Whether you're a familiar face or a first-time visitor, this is a great opportunity to connect and get inspired! Be sure to stop by for a cup of warm apple cider provided by the Friends of the South Hadley Seniors. Spaghetti Supper will be \$8 per person, and registration is required.

**Ice Cream Social with McDuffie School Students**  
*Wednesday, Sept. 10, 2 p.m.*

The MacDuffie School students are back for their monthly social visits. Come by, say hello, and enjoy a free ice cream!

**Lunch and Learn: Financial Literacy with Cody from Westfield Bank**  
*Thursday, Sept. 11, 11:30 a.m.*

We will be offering another "Financial Resource" lunch and learn program with Cody Goncalves from Westfield Bank. Sign up for the program by registering for lunch by 11 a.m. on Wednesday, September 10. Please note: Lunch is a suggested donation of \$3.

**QAA Art Gala Reception**  
*Thursday, Sept. 11, 4:30 p.m.*

Celebrate local creativity at the Quabbin Art Association, QAA, Artist Reception, Show, and Sale! The Belchertown-based QAA group exhibit features a variety of artwork, including watercolor, oil, acrylic, dry media, and photography by local member artists throughout the Pioneer Valley. Meet the talented artists behind the work, enjoy light refreshments, and explore a vibrant collection of original artwork also available for purchase. This is a wonderful opportunity to support local art and connect with the creative community.

**Pet Health Day at the SHCOA**  
*Friday, Sept. 12, 9 a.m. to noon*

The Mobile Pet Clinic from Second Chance Animal Services is coming to the Senior Center parking lot to provide free wellness appointments for your pets! This is a great opportunity to keep your furry compan-

ions healthy and up-to-date on care- right here in your community. Appointments are required, so be sure to reserve your spot!

**Office Hours with State Representative Gomez**  
*Monday, Sept. 15, 10 a.m. to noon*

Come with questions, comments, concerns, or just to introduce yourself and chat!

**Veterans Evening Social Group Returns!**  
*Thursday, Sept. 18, 4:30 p.m.*

Join South Hadley's Veteran Services Director, Chris Plotniak, for an evening social. Veterans of all ages are welcome! Refreshments are provided.

**Introduction to Bio Magnetic Touch Healing**  
*Tuesday, Sept. 23, 10 a.m.*

Discover the the gentle power of Bio Magnetic Touch Healing, a simple, non-invasive, and effective technique that can help address a wide range of health concerns. Carol Handler, a certified Bio-Touch Practitioner, will lead this informative session, sharing how this hands-on approach promotes healing and wellness. Come learn how Bio-Touch can be a valuable tool for self-care and supporting others.

# High School Rowing is back - join the crew at Holyoke Rows this fall

**HOLYOKE** - Holyoke Rows is calling all high school students to join its Fall Competitive Crew Team - no experience needed, just the drive to train, compete, and be part of something bigger.

Whether you're brand new to rowing or already have a few seasons under your belt, this is your chance to challenge yourself, make lasting friendships, and race across New England with one of the most exciting youth sports around.

**Dates:** September 2 to October 24

**Practices:** Monday to Friday | 3 to 5 p.m.

**Open** to students in grades 9 to 12

**FREE for Holyoke residents** | \$200 for non-residents (sliding scale available)

Train on the beautiful Connecticut River, build endurance, strength, and confidence, and represent Holyoke in regional regattas. Holyoke Rows provides expert coaching, all equipment, and a team atmosphere where everyone is welcome.

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your energy and commitment-we'll teach you the rest. *Accepting new rowers through September.*

Register now at [www.holyokerows.org](http://www.holyokerows.org) or for more info, email [office@holyokerows.org](mailto:office@holyokerows.org) or call 413-320-3134.

*Holyoke Rows is a non-profit community organization based in Holyoke, Massachusetts, committed to making rowing accessible to all and offering programs that support physical health, personal development, and community connection.*

## Legal Notices

**TOWN OF SOUTH HADLEY NOTICE OF PUBLIC HEARING**

The Conservation Commission will hold a public hearing pursuant to the Wetlands Protection Act and the Local Wetlands Bylaw to consider a Notice of Intent filed by SAI SHYAM, LLC proposing the construction of seven (7) multifamily buildings. The project comprises fourteen (14) total residential units with associated site improvements, including but not limited to, parking, stormwater management, installation of utilities, site grading, curbing, and lighting. The project is located at 506 Granby Rd within buffer zone to Bordering Vegetated Wetlands and intermittent streams. Map 32, Parcel 52.

The hearing will be held on **Wednesday, September 17, 2025 at 6:00pm virtually**. Log-in 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 between the hours of 8:30 A.M. to 4:00 P.M. Monday thru Thursday. Plans are also available online at [www.southhadley.org/603/Project-Plans](http://www.southhadley.org/603/Project-Plans).

Any person interested or wish-

ing to be heard should appear at the time and place designated.

April Doroski  
Conservation Chair  
09/05/2025

**TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF HYBRID PUBLIC HEARING Proposed Amendments to the Zoning Bylaw Regarding Signs**

The South Hadley Planning Board will hold a hybrid public hearing on **Monday, September 22, 2025 at 6:30 p.m.** to discuss proposing articles to Town Meeting for the purpose of amending the Zoning Bylaw to repeal and replace § 255-85 (Signs); amend § 255-10 (Terms Defined) to re-define sign and insert new definitions related to types of signs and regulation of signs; amend § 255-22 (Home Occupations) to delete/replace §255-22E(4); amend § 255-34 (Professional Business Uses) to delete/replace 255-34F(1); and amend §255-39 (Bed-and-breakfast Facilities) to delete/replace §255-39A(2)(e). The purpose of these amendments is to assure the sign bylaw is content neutral in its regulation and thereby does not regulate speech and infringe upon First Amendment rights as guaranteed under the U.S. Constitution and

clarified by the U.S Supreme Court, *Reed v. Town of Gilbert* (2015), and seeks to consolidate references to signs throughout the existing bylaw into one chapter §255-85 (Signs).

The public hearing will be held through hybrid format with in-person attendance to be located in the multipurpose room of the South Hadley Senior Center, 45 Dayton Street South Hadley MA 01075. Virtual attendance will be hosted through the log-in information below:

URL to join: <https://us02web.zoom.us/j/84821303808?pwd=zktuHhP6E5wMSwxka5QeddDKdolbmZl>

**Or join by phone:** 1 (301) 715 8592 **Webinar ID:** 848 2130 3808 **Passcode:** 882147

The current drafts of the proposed bylaws and any accompanying documentation can be found here: <https://www.southhadley.org/1318/Proposed-Draft-Bylaws>. Alternatively, hardcopies of the documents can be viewed at the Planning & Conservation Department Office (Room U6) in Town Hall. Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated.

Brad Hutchison, Clerk  
South Hadley Planning Board  
09/05, 09/12/2025

# Square dance is alive and well

Everyone is invited to join us as Quabbin Valley Twirlers start their **NEW DANCE SEASON**

and meet great new friends that you have not met yet. Eight individuals working as a team to choreograph the dance moves called by the caller.

We offer classes in Ludlow on Monday starting September 28 from 6:30 to 8:30 p.m. The **FIRST 2 CLASSES** are FREE. Also in Belchertown on Thursdays at the REC CENTER,

66 State St., RT 202 behind the police station.

These classes start at 6 to 8 p.m. Also, 2 FREE CLASSES. Quabbin Valley Twirlers is celebrating their 33 years of dancing with caller Gloria Vivier.

For more information, contact Gloria at [ladicaller@gogtt.net](mailto:ladicaller@gogtt.net) or [gloriafranz42977@gmail.com](mailto:gloriafranz42977@gmail.com).

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**WE'RE ALL EARS**

**Questions? Comments? Story Ideas?**  
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**CLUES ACROSS**

1. Fairly large  
6. Barrels per day (abbr.)  
9. Cover the entirety of  
13. Leafy appetizer  
14. Showy ornament  
15. Norse personification of old age  
16. Athletes  
17. Closes tightly  
18. Attack via hurling items  
19. Where the reserves stand  
21. Sword  
22. Begat  
23. Damage another's reputation  
24. Northeast  
25. Turf  
28. For each  
29. Hours (Spanish)  
31. Western state  
36. Flanks

38. A woolen cap of Scottish origin  
39. Free from drink or drugs  
41. Tunnels  
44. Mature  
45. More dried-up  
46. News organization  
48. Steal something  
49. Forms one's public persona (abbr.)  
51. Female fish eggs  
52. Small petrel of southern seas  
54. Edible starches  
56. Historical  
60. In a place to sleep  
61. Horse grooms  
62. Off-Broadway theater award  
63. Chinese dynasty  
64. Resembling a wing  
65. Small projection on a bird's wing  
66. Of the Isle of Man  
67. Derived unit of force (abbr.)

**CLUES DOWN**

1. Vipers  
2. Ancient city in Syria  
3. Slog  
4. Emits coherent radiation  
5. "Pollock" actor Harris  
6. Bleated  
7. Monetary units of Afghanistan  
8. Tooth doctor  
9. One who takes apart  
10. Commoner  
11. Beat poet Ginsberg  
12. Cave deposit material  
14. Home energy backup  
17. Begets  
20. Face part  
21. Flocks  
23. Hill or rocky peak  
25. Giving the impression of dishonesty  
26. About ear  
27. Male parents  
29. Popular grilled food

30. Vaccine developer  
32. Not conforming  
34. Polite address for women  
35. 1970 U.S. environmental law  
37. Astronomical period of 18 years  
40. One who fights the government  
42. Center for Excellence in Education  
43. Watches discreetly  
47. An electrically charged atom  
49. Hymn  
50. Arabic given name  
52. Popular pie nut  
53. City in Zambia  
55. Species of cherry  
56. John \_\_, British writer  
57. Be next to  
58. Make angry  
59. Give birth to a lamb or kid  
61. Unhappy

**BAND** from page 1

band, the Association raised a total of \$5,525.

"We want to thank the entire community for all the support and donations made to help take the South Hadley Tiger Pride Marching Band into the 2025-2026 season. It is because of the generosity of all of you that the band plays on," said Mom Shana Henson.

There are many students with many different roles a part of the band, and for Delaney Ochs, she has found a love for baton twirling, and has loved the craft since she was just a little kid, taught by her mom, who teaches at UMass Twirling.

"I love being in the band because I get to twirl, make new friends, and see all of my friends," said Ochs, who also won the title of Preteen Mission Majorette of the Northeast, won for her impressive performance in a massive twirling competition.

"I love seeing the other parents and being able to see them and support this amazing group of kids together," said Beauchemin.

Henson loves hearing the music and seeing the maturity of the band over time.

"I love listening to the music, and seeing them grow their team-building abilities as they learn more and play rougher," said Henson.

The Association hosted a Dine-In Fundraiser at the Brunelle's Marina: The Boat-house Restaurant, but has three more events planned coming up for more fundrais-

ing opportunities to help the band continue to grow despite the cuts.

You can find them on October 5 at the South Hadley High School with three events going on: a Craft Fair with 40 vendors already signed on from 9 a.m. to 3 p.m., and two drive-up-drop-off donations for their Penny Drive and Can and Bottle Drive.

You can arrange for pick-up for bottles and cans, or Pennie's, by emailing SHM-PA@southhadleymusic.org, or ask for more information on how to donate or volunteer.

You can also find the South Hadley High School Band performing on September 16 at 6 p.m.

in the Big E's parade, something you don't want to miss.



Liam Henson with his mom and grandmother.



Marching along in one of their many marches, the band plays for all who will listen.

Submitted photos



The color guard is practicing for their marching.



Directing a marching band is no small task, especially when done with style.

**SENIOR** from page 1

ness classes and beyond, there is something for everyone. If someone has never visited the Council on Aging, we encourage them to stop by, enjoy a meal, and join in the fun."

New events coming this month include the Open House, Ice Cream Social with MacDuffie School students, Lunch and Learn: Financial Literacy with Cody from Westfield Bank, QAA Art Gala Reception, Pet Health Day, Office Hours with State Rep. Gomez, Veterans Evening Social Group, and Introduction to Bio-Magnetic Touch Health.

The Gentlemen's Breakfast is back, and don't forget other monthly activities like TechTime with Maria, fitness classes, art classes, supports and services, and various clubs and more to experience.

"The people who visit the center and attend our events are what inspire us to come to work every day. The entire COA team strives to improve the quality of life for our members through programming, reduced food insecurity, social service assistance, and increased socialization. Seeing the change that we can encourage through the activities we do each day is truly inspiring," said Pearce.

The community is truly warm and welcoming, and offers a lot, making the senior center a place to gather and a place to make new friends.

"One of my favorite things about the South Hadley community is the way people lift one another up. Every day, we see neighbors supporting each other in meaningful ways, helping one another live their best lives," said Pearce. "When I think of the South Hadley community, I picture warm, kind-hearted members that I get the joy of working with each day at the Center."



Turley photos by Emily-Rose Pappas

The South Hadley Council on Aging has open doors and arms for the whole community.

**VETERANS** from page 1

support for veterans and their families," he explained. "We provide personalized guidance and advocacy—everybody's situation is unique."

For many, that begins with a one-on-one meeting to determine eligibility. Plotniak helps veterans apply for programs like Chapter 115, which offers monthly cash aid for food, housing, and medical needs; reimbursements for expenses such as dental work and hearing aids; and emergency assistance with rent, utilities, and home repairs.

On the federal side, he helps veterans navigate VA health care enrollment, disability compensation, pensions, education through the GI Bill, home loans, and burial benefits. If he can't handle a case directly, he connects clients with other veteran service organizations like the Disabled American Veterans, American Legion, or Veterans of Foreign Wars.

Plotniak also works to connect veterans with resources closer to home. "It all depends on the individual case—I may refer them to another agency that has more experience with the particular matter and work with them to see what is required to get the help they need," he said.

Sometimes that means practical advice on job hunting, from résumé help to tips on dressing for an interview. Other times, it means working with local VA facilities to secure mental health services.

Families of veterans are also part of his mission. He helps spouses and dependents apply for programs such as

Dependency and Indemnity Compensation (DIC), available when a veteran has died from a service-connected injury or disease. "Usually it involves a lot of talking and listening to figure out what someone needs and whether or not you can help them," he said.

Plotniak is also active in broader outreach efforts through groups like VOICE—Veterans Outreach Into Community Engagement—a regional collaboration of state, federal, and nonprofit organizations. "The purpose is to work together to inform veterans of benefits and services they earned and to plan outreach activities that connect veterans to those benefits and services," he said.

Events like the Picnic in the Park in West Springfield or Military Appreciation Day at the Big E are examples of how VOICE brings veterans together while raising awareness of available support.

Locally, South Hadley offers opportunities for camaraderie. The Building Bridges Veterans Initiative hosts free monthly lunches at All Saints Episcopal Church, while the Veterans Coffee Hour at the

Council on Aging—sponsored by VFW Post 3104 and American Legion Post 260—gives veterans a chance to connect over coffee and breakfast. Starting this fall, a new evening social hour will be added.

For Plotniak, one priority is launching the town's new Veterans Council. "It is an advisory body created by the town to support and advocate for local veterans in South Hadley," he explained. The council will help organize events like Memorial Day and Veterans Day ceremonies, advise town leaders, and support outreach.

Another initiative is the Veterans and Senior Tax Work-Off Program, which allows seniors to reduce their property tax bills by performing community service. For veterans, that work includes maintaining and cleaning gravesites.

Through it all, Plotniak stresses the importance of patience. "Probably the one thing is to have patience—many of the things that are being applied for involve a lot of research, paperwork, and time depending on what is needed," he said.

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