

TOWN Reminder

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Senior center hosts annual Health Fair



Joan Dwight, Amy Gaj, Christine Lindsay, and Director Natalie Archembault enjoying the health fair.

Turley photos by Emily-Rose Pappas

By Emily-Rose Pappas
Staff Writer
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GRANBY — Learning about and having access to health and other resources is important, especially if you may not know where to look, or who to ask, about topics like health insurance, nursing or resident homes, transportation, or hospice care.

The Granby Council on Aging hosted its annual Health Fair this week and

hosted 15 vendors "that were here to answer all your questions and to learn about the different ways the vendors could help you now and or in the future," said COA Director Natalie Archembault.

RN Kemper Carlsen, Chair of the Board of Directors, Anita Sarro, and RN Jennifer Wilson had a table representing Hospice of the Fisher Home and the services they offer across Franklin, Hampshire, and Hampden Counties.

Kate Plikus held a table for the Alzheimer's Association and shared information about a Walk to End Alzheimer's this Sunday, Oct. 26, at Holyoke Community College. Registration begins at 8 a.m., followed by a Zumba warm-up at 9 a.m. and treats from Tandem Bagel, and the walk begins at 10 a.m.

Patrick O'Hare with Reidy Medical Alert Systems had a model wrist band and necklace alarms for seniors to choose from in order

to assist them if they fall and need help.

Micheline Turgeon with the Granby Fire Department was also there, offering information and other items to help assist attendees with learning about the services the fire and EMS departments have to offer.

Arielle Meyer with SHINE, Serving the Health Insurance Needs of Everyone, had pamphlets on how

Please see **FAIR**, page 6

Growing Wild:

A way to make our communities greener

By Emily-Rose Pappas
Staff Writer
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SOUTH HADLEY — The way we can make the community and our world greener is by making our spaces, communities, and backyards a place where nature can thrive and grow.

The Conservation Commission created Growing Wild South Hadley to promote biodiversity across the town by encouraging planting native plants and other pollinator species, and teaching the community how to ensure these plants are able to grow in order to take care of our spaces.

"With a changing climate, we have become aware that biodiversity is very important

to the resilience and health of our local ecosystems. This initiative follows guidance from others such as Home-grown National Park, DCR's Growing Wild Massachusetts, Western Massachusetts Master Gardener Association, and the Massachusetts Pollinator Network," said Rebekah Cornell, Conservation Coordinator and Planner.

The idea of Growing Wild is to encourage homeowners in town to plant native plants and other plants that the local pollinators use for food sources, and teach how every yard, common, and open space is connected in a "fragile link," and it is our responsibility as property owners to be good stewards of the nature we are in control of.

Please see **WILD**, page 12

Tracie Kennedy brings steady, student-centered leadership to School Committee

By Tina Lesniak
Correspondent

SOUTH HADLEY — When Tracie Kennedy applied for a seat on the South Hadley School Committee, she did so with a clear purpose and deep sense of commitment to her community. "Public schools are the heart of our community," Kennedy said. "The choices we make at the district level determine whether every child has a fair shot at success."

As both a parent and a professional in early childhood education and administration, Kennedy brings hands-on experience with budgeting, policy implementation, and

staff support—all through a lens focused on student well-being. "My background has given me experience with budgeting, policy implementation, and supporting staff while keeping students' needs at the center of decision making," she said. "I want to bring steady, practical leadership so that teachers can teach, students can learn, and families feel heard and respected."



Submitted photo
Tracie Kennedy recently joined the South Hadley School Committee.

Kennedy's vision for the district centers on connection, equity, and communication. "I would love to see South Hadley

Public Schools as a place where every student and educator feels supported,

Please see **KENNEDY**, page 6

BoH warns churches and event organizers: No home kitchens for foods sold to public

By Melina Bourdeau
Correspondent

GRANBY — The Board of Health is tightening enforcement ahead of holiday fairs and community events, reminding churches and organizers that foods sold to the public must be prepared in licensed kitchens and by permitted vendors — not at home.

The discussion at the board's Oct. 7 meeting began after Health Agent Lynn Diniz reported new complaints about plans for baked goods and other foods prepared in private kitchens for sale at the Church of Christ.

"This is the problem I ran into last year," Diniz said. "It sounds like they're ready to start selling stuff that was

“THEY'RE GOOD PEOPLE TO BE DOING THESE EVENTS, AND WE JUST HAVE TO MAKE SURE THEY'RE AWARE THAT WHAT THEY'RE DOING HAS THE POTENTIAL OF REALLY GETTING SOMEONE SICK.”

DICK BOMBARDIER
CHAIR

Please see **FOODS**, page 12

Granby's Jr./Sr. High School hosts a grand opening of its kitchen

By Emily-Rose Pappas
Staff Writer
epappas@turley.com

GRANBY — After closing its doors for what was thought to be only two weeks on March 13, 2020, to address a ventilation problem, the pandemic hit, and it resulted in the closure of the Granby J./Sr. High School's kitchen.

The kitchen hosted a special grand opening this week of the kitchen, and a soft opening the week before for the students to have access to their kitchen once more.

"I love being able to have the kitchen back for us to serve lunch to the students," said Ericka Barnes, who has worked as a food server for

Please see **KITCHEN**, page 12



The school team dedicated to getting the kitchen back up and running.

Turley photos by Emily-Rose Pappas

South Hadley Council on Aging

45 Dayton Street, South Hadley • 413-538-5030 • www.southhadley.org/324/Council-on-Aging

What's happening at the South Hadley COA this November

SOUTH HADLEY – There's lots to explore and enjoy happening next month at the Council on Aging. Here's a list of some of their upcoming new and exciting events

Veteran's Day Events:

Veteran's Day Breakfast

Friday, November 7, 8:30 a.m.

Veteran Services of South Hadley warmly invites all veterans and a guest to our Veteran's Day Breakfast. All guests must be registered in our system to attend and cannot be signed up as just a "guest." Join us for a morning of good food, camaraderie, and heartfelt appreciation for your service. Registration required by Wednesday, November 5 so we can plan accordingly. We look forward to honoring you. Your presence makes all the difference! Sponsored by South Hadley Veterans' Services and the Friends of the South Hadley Seniors.

Veteran's Coffee Hour

Wednesday, November 12, 9 to 11 a.m.

Join us for coffee and pastries, generously provided by VFW Post 3104 and American Legion Post 260. All veterans welcome!

Veteran's Evening Social Group

Thursday, November 20, 4:30 p.m.

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

More Events This Month:

Town Administrator Update

Tuesday, November 4, 3 to 4 p.m.

Town Administrator Lisa Wojng will provide updates on the latest financial and policy issues from the federal to the state level affecting Seniors and South Hadley as a whole, including what is happening with the local budget and local projects.

Meet with the Director

Wednesday, November 5, 10 a.m.

Meet with Julie Pearce, Director of the Council on Aging, each month on the first Wednesday at 10 a.m. Share your questions and suggestions. Hope to see you there!

Nutrition Spotlight: Seed Oils

Wednesday, November 5, Noon

Join Registered Dietitian, Hannah Clayton, MPH, RD, LDN, from Access Care Partners, for an informative nutrition discussion. Hannah will review the nutritional benefits and considerations for use of seed-oils.

Turkey Bowl Cornhole Competition: MacDuffie vs. SHCOA!

Wednesday, November 5, 2 to 4 p.m.

Come join the fun when the reigning, undefeated cornhole champions SHCOA seniors take on the MacDuffie students!

Lunch and Learn: Estate Planning with Cody from Westfield Bank

Thursday, November 13, 11:30 a.m.

Leaving your home to your children or other heirs? Many homeowners want to hand their home down to their children or other heirs when they die. Planning ahead makes the process simpler and less costly, and could decrease potential family conflicts. We'll help you evaluate different ways to pass your home to your children or heirs, each of which has different financial benefits and risks. Sign up for the program by registering for lunch by 11 a.m. on Wednesday, November 12. Please note: Lunch is a suggested donation of \$3.

Pizza and Trivia Night

Thursday, November 13 at 4 p.m.

Come for the pizza and general knowledge trivia, stay for the dessert and prizes. Enter the drawing if you are celebrating a birthday or anniversary in November! With Thanksgiving Day football games around the corner, make sure to wear gear from your favorite team! Dessert created and provided by the chefs at Loomis Communities. Trivia MC'd by Neil Broome. Registration required. Cost is \$6 to attend the event. Prizes sponsored by the Friends of the South Hadley Seniors.

Special Invitation from MacDuffie School Students

Thursday, November 13, 2:20 p.m.

The students at MacDuffie School's Theater Department have extended an invitation for our members of the COA to be the audience for the dress rehearsal of their fall play, "Adventure." The show starts at 3:30 p.m. There is no cost for our members to attend, and the COA will provide transportation (limited seats available), leaving the COA at 3 p.m. Be the first to see the play in its entirety and support the MacDuffie students! Registration to attend the show is required and should be made at the Welcome Desk. To book a seat for transportation, please contact Eric Gallagher, Transportation Coordinator, at 413-538-5030, ext. 6205.

Office Hours with State Representative Homar Gomez

Monday, November 17, 10 a.m. to noon

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

Gentleman's Breakfast

Friday, November 21, 8:30 a.m.

Join us for a delicious breakfast prepared by Chef Dakota. Breakfast will be hosted by Human Services Director Andy Rogers, and David Mendoza, retired Major USAF, Commander of the South Hadley VFW Post 3104, Town of South Hadley Recreation Commissioner, and Chairman of the Town of South Hadley Veteran's Council. Cost to attend is \$3 per person.

Monday Movies at 1:30 p.m.

November 3: "Up" (2009), animated comedy/drama
November 10: "Father of the Bride" (1991), comedy
November 17: "Queen Bees" (2021), romantic comedy
November 24: "Little Women" (1994), period drama

Police Chief Gundersen's community office hours for October

SOUTH HADLEY – Police Chief Jeniffer Gundersen is holding several drop-in office hour sessions:
October 24: 1 to 2:30 p.m. at the South Hadley COA.
October 27: 5 to 6:30 p.m. at the South Hadley Public Library.
October 31: 10 a.m. to noon at Newton Manor.

Donate to the SHHS's service club's projects

SOUTH HADLEY – The South Hadley High School's Service Club has put together its October projects and is seeking to share with the community the need for donations for the following:

Book Drive/Lending Library: October 20 to November 21

This project involves the carpentry department of our high school, which will be building a physical lending library, and with donations from the community, we will create a communal library.

Alianza Domestic Violence Shelter Donation Drive: October 20 to 31

This project will consist of collecting the local domestic violence shelter's wish list, consisting of bedding, diapers, new clothing (for children and women), personal care products, and gift cards to supermarkets (Walmart, Target, etc.)

Free diabetes prevention program

SOUTH HADLEY – The South Hadley Health Department will be hosting a free diabetes prevention program on Thursday, November 20 from 1 to 3 p.m. at the South Hadley Senior Center at 45 Dayton Street.

You will learn in the program what type 2 diabetes is, how environmental factors play a part in developing di-

abetes, how to eat healthy, stay active, and change your lifestyle, how diabetes affects vision, and foot care for diabetes.

The program is for ages 18 and up, and will include a foot care presentation by Dr. Wolf from Valley Podiatry Associates. You can register by calling Jennifer at 413-538-5030 ext. 6107.

Together in Motion: Happening tonight!

A performance project of inclusion and creativity

SOUTH HADLEY — Join us for an evening that redefines performance art through the power of inclusion, creativity, and connection. Together in Motion: A Performance Project of Inclusion & Creativity takes the stage on Friday, October 24 at 7:00 p.m. at Berkshire Hills

Music Academy in South Hadley.

This isn't just a performance—it's a shared journey. Performers with differing abilities—have come together in a collaborative process, learning from one another, honoring their differences, and co-creating a powerful

dance piece that reflects their collective creativity, diversity, and human connection. From rehearsal to stage, this project has been a celebration of community and collaboration, reminding us all that movement speaks louder than words.

Tickets are offered on a

donation basis, with suggested contributions ranging from \$5 to \$25. All are welcome, and every donation supports Together In Motion's inclusive programming and future performance opportunities.



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Drop-ins available with Public Health Dept

SOUTH HADLEY – Meet with South Hadley's Public Health Department to discuss your concerns, hear about new initiatives, and learn about programs and services. Our monthly drop-in sessions will be held on the third Monday of each month from 3 to 4 p.m.



Get ready for a Trunk-or-Treat with first responders

GRANBY – Ganby Public Schools, Police, and Fire will be hosting their annual Trunk-or-Treat in the East Meadow Parking lot again on Thursday, October 30 from 3:30 to 5 p.m. Get your costumes and candy buckets ready for a night of fun!

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USDA INSP. FRESH BONE-IN PORK LOIN RIB END or LOIN END ROAST \$2.22 lb	USDA INSP. FRESH BONELESS BEEF TOP SIRLOIN SPOON ROAST or STEAKS \$7.77 lb	USDA INSP. FRESH CHICKEN DRUMSTICKS 10 LB BAG 74¢ lb
USDA INSP. STORE CUT BONE-IN HAM STEAK \$3.99 lb	USDA INSP. IQF FROZEN PARTY CUT CHICKEN WINGS 5 LB BAG \$8.88 ea	USDA INSP. FROZEN MATLAWS STUFFED CLAMS 20 OZ \$6.99 ea
SLICED IN OUR DELI ROAST BEEF \$6.99 lb	USDA INSP. FROZEN AT SEA TALAPIA FILLETS \$3.99 lb	90 Meat Outlet
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USDA INSP. STORE MADE BONELESS KOREAN BBQ MARINATED PORK BUTT STRIPS \$3.35 lb		

Senate expands 'Move Over' law to protect workers and stranded motorists across MA

BOSTON - On Thursday, State Senator Jake Oliveira (Ludlow-D) and his colleagues in the Massachusetts Senate passed legislation that strengthens roadside safety protections for drivers, utility crews, and others who must work or stop along state highways and local roads.

The bill, *An Act relative to the Move Over Law*, expands existing protections for emergency vehicles to include utility trucks and any disabled vehicle displaying hazard or flashing lights. It requires motorists to slow down and, when possible, move over a lane when approaching a stationary utility vehicle or car stopped on the shoulder. The goal is to prevent more crashes, injuries, and fatalities on Massachusetts roads.

Senator Oliveira stated that the measure has partic-

ular importance for the safety of workers and drivers in rural Western Massachusetts, where many roadways have limited shoulders and visibility.

"Whether it's a lineman restoring power after a storm or a driver stuck on Route 202 in Belchertown, everyone deserves to feel safe when they're pulled over," said Senator Oliveira. "This bill is a commonsense step that will save lives, especially on our rural roads where there's little room for error."

Under the legislation, fines for violating the Move Over law will increase to \$250 for a second offense and \$500 for third and subsequent violations. Repeat offenders will also be required to complete a driver education program to reinforce safe driving practices.

The original Move Over law already covers police, fire, EMS, tow trucks, and highway maintenance crews. This expansion ensures that utility workers, who often face the same roadside dangers, and stranded motorists receive the same level of protection.

"In communities like Granby, Palmer, and Ludlow, our utility workers are out in all conditions fixing downed lines, restoring heat, and keeping people connected," Oliveira added. "We owe it to them and to every driver on the road to build a culture of caution and respect behind the wheel."

Having passed the Senate unanimously, the bill now moves to the House of Representatives for consideration.

Our Roots, Our Voices, Our Stories: A 25-hour event to celebrate and share

America has almost 250 years of personal stories – and each one is unique

SOUTH HADLEY – Adults and youth (age 16+) from all walks of life are invited to sign up to come and tell their stories over 25 hours in South Hadley and the public is invited to come and listen. Local volunteers from area communities are planning Our Roots, Our Voices, a free, nonpartisan, nonsectarian civic event. Stories will be presented from 5:00pm on Friday, November 7, 2025 and through the night to 6:00pm on Saturday, November 8, 2025 in the elevator-accessible Fellowship Hall at Center Church, 1 Church Street, South Hadley. There is no admission charge, and visitors may stop in often as they wish to hear stories.

Our Roots, Our Voices organizers are pleased to announce that a special exhibit of documentary portraits by Northampton photographer Nikki Gardner will be showcased in the Center Church's Chapel. "Giving Voice: Immigrants share their stories" is a documentary portrait and audio storytelling project that delves into the realities of immigrants who have built new lives in this region. Recorded

stories from "Giving Voice" will be interspersed with live stories during the 25 hours of Our Roots, Our Voices. The project was developed in 2024 with grant funding from Northampton Arts Council and Northampton Open Media through collaboration with nine participants who relocated to the Pioneer Valley.

ican story offers a different perspective on life in our country. Local historian Leo LaBonte will also share some insights about past populations in our area.

Our Guidelines are simple and apply to all participants and audience members:

1. Please dress and act respectfully, and with consideration for others.
2. No clothing such as T-shirts or hats with issue or candidate messages should be worn.
3. These are our stories, and should reflect the lives and personal histories of each participant.
4. No politicking or advocacy on behalf of specific candidates or political positions, please.
5. Should my schedule change or I am unable to participate after signing up, I will let you know.
6. The event is open to the public during all hours. Stories might be recorded and photographs taken during the event

For more information or to sign up to tell your story, visit www.OurRootsOurVoices.org or email ourrootsourvoices@gmail.com. Our Roots, Our Voices is co-hosted in recognition of the upcoming 250th anniversary of our nation by Center Church, South Hadley DTC, and an organizing committee of local volunteers from area communities



Each of us living in America today has a singular story to tell about our origins, our families, our lives, passions, and dreams, and who we are as individuals. Together, our stories form a powerful narrative about this land and who we are as a people as we approach our 250th year as a nation.

Those signed up to tell their stories range from Gen Z college students to Post War Generation members, as well as Gen X, Millennials, and Boomers. Each Amer-

Warrants now available for upcoming STM Nov. 5

SOUTH HADLEY – The November 5, 2025 Special Town Meeting warrant is now available to view online or at Town Hall. Click here to view the warrant online.

Town Meeting will be held at South Hadley High School (153 Newton St, South Hadley, MA 01075) beginning at 6 p.m.

The Town of South Hadley has a Representative Town Meeting. There are 120 elected Town Meeting mem-

bers. Each precinct is represented by 24 members elected to three-year staggered terms. Town Meeting members are elected annually at the Annual Town Election. To learn more about Town Meeting in South Hadley, please visit www.southhadley.org/townmeeting.

To contact Town Meeting Members prior to Town Meeting, please use this form: <https://www.southhadley.org/FormCenter/Town-Meeting-3/Town-Meeting-Questions-Comments-43>

Please contact the Selectboard's office with any questions regarding the warrant articles at 413-538-5030, ext. 6181.

If you need assistance obtaining a copy of Town Meeting materials, please contact the Town Clerk's office at 413-538-5030, ext. 6183.

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Opinion



your health

By Teri (Dreher) Frykenberg, RN
Guest Column



“Falling back” to a season of change

It's not just the leaves that change in autumn. We do, too.

Our bodies naturally change with the seasons, as the hours of sunlight, temperatures and humidity fluctuate. In our fast-paced modern world, we are tempted to ignore these seasonal signals, enabled as we are by artificial lighting, indoor climate control and the year-round availability of many foods. (Strawberries in January? Really?)

Let's look at some of the ways our bodies adjust to fall, and a few ways you can perhaps enhance well-being by paying attention to them.

Sleep disruptions

The hours of sunlight gradually become fewer after the summer equinox, and then there's the jarring change when we turn our clocks back in November. The politicians have haggled for years whether “falling back” is still necessary, as it requires students to get up while it's still dark, and sunset comes ever earlier.

The effects on our bodies are profound. With less exposure to natural light, we sleep more, which can affect mood, focus, memory and energy. Later sunrises might make it harder to get out of bed in the morning, and daytime drowsiness becomes more frequent.

Less physical activity

Chilly mornings and earlier darkness may make us less likely to get that morning or evening walk in. We sit and watch football, eating nachos and drinking beer, rather than get outside ourselves. All of this can lead to weight gain, which also affects mood.

More frequent illnesses

As we are indoors more, we are exposed to more viruses, bacteria and

allergens, and that's why flu, COVID, colds and allergies come on more frequently. Drier air also has an impact, as it dries up our nasal mucous, which is designed to trap viruses, and lets those viruses in more easily. Drier noses may also bring on more nosebleeds.

Other changes

Researchers have found that people lose more hair in the autumn than in spring or summer, probably having to do with hormonal fluctuations.

Those hormones may also go to work on the libido – more babies are conceived in November and December than at any other time of the year, according to data from the Centers for Disease Control and Prevention. One theory is that sperm quality is better in winter, but of course we're also spending longer nights in bed.

Anxiety can be heightened, associated with the rigors of schoolwork and planning for the upcoming holidays.

And, of course, dry skin becomes more of a problem in the fall, when indoor humidity drops.

A few tips:

Get more sunlight: More exposure to sunlight increases Vitamin D, serotonin and dopamine (the feel-good brain chemicals). In particular, morning sunlight helps our bodies sync our circadian rhythms with the season, which in turn helps us sleep better at night. It can also counteract the effects of the blue light emanating from our computers, tablets and phones.

Put your senses to work: Feel the colder air on your cheeks, listen to the leaves crunching under your feet and smell the changes in the air. Smell

Please see **HEALTH**, page 8

More review; what worked what didn't

Last week I wrote about two new winter squash varieties I grew in this past summer's garden, as well as a Barbie doll sized melon.

According to Mom, it made for a good read. Let's keep the momentum going with more “new to me” varieties in this column.

As dedicated readers may remember, this past summer's garden was to accomplish the goal of growing more food, food that would cut down on the grocery bill and feed the family through the winter. I took my chances growing a hybrid paste tomato by the name of Plum Regal. Its accolades were many: late blight resistance, moderate resistance to early blight, a the promise of a good yield and a tasty outcome.

I typically only grow heirlooms, so this tomato really had to prove itself. My only dilemma was that I sometimes have issues with blossom end rot, and specifically on paste types.

I tried a new fertilizer formulated specifically for members of the Solanacea family, aptly named “Tomato Sauce.” You know what? It worked.

No blossom end rot and a freezer full of sauce, tomato chucks and roasted tomato blends. I will be ordering both the seeds and the fertilizer from Fedco (fedcoseeds.com) in anticipation of next year's garden.

With every success comes not quite a success. I'll call Muskmelon “Melonade” one of those adventures. I was intrigued by the description in the Fedco catalog, “firm orange flesh is tart, punchy and

refreshing,” and had hoped it would keep our family in melons for a month or so. Not exactly.

I couldn't get over the fact that what looked like

with the surprise factor involved. Will the kernels be gold, blue, mottled or bronze?

I ended up with enough to decorate with and come Thanksgiving I will indeed try and pop some. I've had some experience popping eared corn before.

At our family vacation my sister in law tried it out. She put the dried ear she had purchased in a paper bag and folded it shut, placed it in a microwave on high for about 3-4 minutes and yum!

What else worked out well in my garden this year? The succession planting of green beans seeded immediately after my garlic was harvested worked out superbly. No additional fertilizer required.

I was able to freeze a lot of beans from that second sowing. I guess I always wish there are more to freeze, so maybe next year the row will be longer.

I didn't utilize the wide row method this year. Two parallel rows with a walking row down the middle made the harvest easy.

I hope you had your share of successes this past summer, and if you are anything like me, you are already scheming next year's veggie garden.

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 with “Gardening Question” in the subject line.



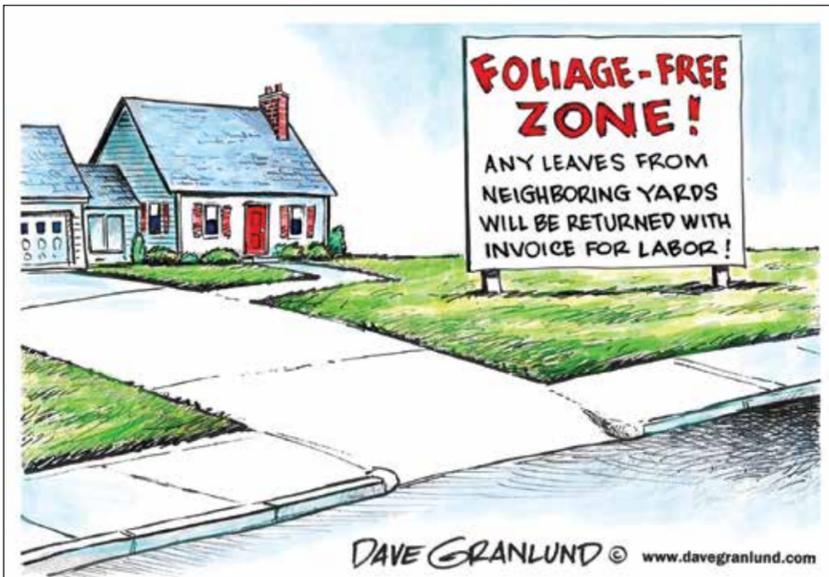
a cantaloupe tasted like a lemon! No one in the house liked it. I'm not going to call it a failure, because if anything, I learned that I could grow a muskmelon successfully.

I worried I would harvest them too early, or too late, but I harvested them just right, and they grew exceeding well on black plastic down the middle of my heat retaining rock wall raised beds. Next year I will search for a variety with a more typical flavor and it could just be a win-win.

I have always wanted to grow Indian corn as a fall decoration, but was leery of the space needed for such an endeavor. The experts talk about growing corn four rows deep for proper pollination and kernel formation.

I threw caution to the wind and decided I'd grow a popcorn. I enjoyed the commentary in the Fedco catalog in the description of a variety named “Calico:” “you can hang it on your door in fall and pop the very same batch come Thanksgiving.” Sold.

I grew only eight plants, set out in a four by two pattern. Shucking the corn felt a lot like Christmas morning



On Monday, Oct. 6, an Oakham resident watched a kettle of 28 black vultures circling above the Harrington Hospital in Southbridge.

He said, “As you may know, the species is expanding its range northward into Massachusetts.”

A kettle is a large group of vultures circling in a thermal, using the rising air to conserve energy during migration.

The black vulture has sooty, black plumage, a featherless black head and neat white stars under the wingtips.

Turkey vultures are lanky birds with a teetering flight. Their cousin the black vultures are compact birds with broad wings, short tails and powerful wingbeats. Turkey and black vultures often associate together. The black vultures have a poor sense of smell, but by following turkey vultures by following them to carcasses. They often soar high in the sky in search of lower soaring turkey vultures. When the turkey vultures de-

scend on a carcass, the black vultures follow them.

Black vultures are



By Ellenor Downer

highly social and share food with relatives, feeding young for months after they've fledged. In the United States black vultures are more plentiful than turkey vultures. Black vultures lack a voice box and their sounds are limited to hisses and grunts.

The oldest black vulture on record was a least 25 years, six months old when it was found in 1965 in Louisiana. It was banded there in 1940. They may live even longer in captivity.

Brimfield resident

On Sunday, Oct. 5, I received an email from a Brimfield resident commenting about my seeing a moose in Oakham. He said, “Seeing a moose in Massachusetts in

exciting. My wife and I saw a moose in Canada, it ran across the road in front of the car and disappeared into the woods. My wife said “look a horse with no rider, similar to your reaction.”

Eagle sighting

On Wednesday, Oct. 1, I received an email from a reader. He said, “I was in my car last evening around 6:30 when I saw a huge, black-winged bird come over Main Street in Barre Plains. When we were kids it was called Canal Road. It was flying low over the street and was trying to gain altitude. The bird appeared just before Rich's Pond and it had what looked like a recent kill in its talons. It accidentally dropped the dead animal, which appeared to be a rabbit, onto the road and what I thought was a vulture turned out to be an adult Bald Eagle.”

He said, “Its stark white head and white fanned tail, along with its bright yellow feet and beak were clearly seen and it was startling to be only 25 or 30 feet away from it. The eagle's wing span was enormous. It made an attempt

to recapture its prey by diving quickly back to the road and it had to widely fan out its tail feathers to slow its descent and gain flight control.”

He said, “The Bald Eagle then flew high up into a tree



Black vulture

along the road near the pond and was waiting for me and all cars to pass before descending on its prey. It was breath taking. We never saw such things as kids.”

Cedar waxwings

The Barre resident said on recent warm September days he also has been seeing a small flock of cedar wax-

wings in Gilbertville, along the Ware River, taking bugs in midair over the river and also working trees and bushes that still have some fruit on them.

Helping birds

People may also help birds by keeping their cats indoors. Many birds are killed by cats. It is safer for people's pet cats to kept indoors as they also succumb to predation. If a cat is an outdoor cat, people may put a bell collar on their cat with a quick release mechanism if their pet's collar should get hung up on something.

Dark-eyed Juncos

An Oakham resident reported seeing a dark-eyed junco in his yard last week. I saw a small flock of juncos along the road where I live on Oct. 13. Their white tail feathers identified them as they flew up from the side of the road. It was my first sighting this fall.

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

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.

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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South Hadley PD is at work in the community

SOUTH HADLEY – Have you noticed our officers have been busy around town lately? The South Hadley Police Department is sharing some of the recent incidents and arrests that occurred within our community.

The following summaries highlight recent investigations and arrests conducted by our officers. These arrests also include a very brief summary and do not contain every detail contained within the arrest report. Please note that the following are just a selection of recent events and do not represent the full scope of the work officers do every day.

All persons charged with crimes are presumed innocent until proven guilty in a court of law. Some incidents will have limited information, such as those involving juveniles, domestic violence-related incidents/arrests, and individuals placed into protective custody, per Massachusetts General Laws. Individuals who have been summoned into court will not be identified as they have not formally been charged.

Holyoke man arrested for multiple restraining order violations.

On October 2, 2025, at approximately 7 a.m., while on her way to work, the chief of police de-escalated a verbal argument between two male parties at the intersection of Bridge Street and Main Street. One male party involved in this disturbance is known to officers, and his presence in this area violates an active restraining order. Upon learning this, Officers Farber and Cebula located the male party and placed him under custody for violation of a restraining order. After investigating further, it was learned that the male party had been in the area numerous times. The Holyoke resident was charged with 7 counts of Violating an Abuse Prevention Order.

Holyoke man arrested during domestic incident.

On October 3, 2025, at approximately 6:10 p.m., officers responded to a call of a man smashing out a window of his girlfriend's car. After an investigation, it was learned that a Holyoke man smashed out the window to take his son during a custody dispute. The act of smashing out the window resulted in the child being covered in broken glass. This individual was taken into custody for:

Malicious Damage to Motor Vehicle, and Reckless Endangerment of a Child.

He was arraigned at the Eastern Hampshire District Court.

South Hadley man to face Domestic Violence charges.

On October 10, 2025, while conducting a welfare check on a town resident, Officer Farber learned of a domestic violence incident that occurred on October 8 between the resident and her boyfriend. After gathering the facts of the case, Officer Farber prepared the case, and the male party, also from South Hadley, faces charges for Domestic Assault and Battery of an Intimate Partner.

Holyoke man arrested on warrant, South Hadley woman to face drug charges.

On October 10, 2025, at approximately 5 p.m., an officer was on patrol in the Falls area of town when this officer observed a male party with his legs hanging from the driver's seat of a vehicle.

This car was parked in the driveway of a residence to which officers have responded for narcotic calls. The officer checked the home again a few minutes later, and the male party was still slouched half out of the vehicle. While conducting a welfare check on the male, the party stood up and threw what appeared to be a crack pipe into the vehicle.

After conducting an investigation and search of the vehicle, the following arrest was made:

Juan A. Dejesus, Holyoke: Charges: South Hadley Default Warrant for Possession of a Class B Drug.

A female party at the residence will be summoned to court for:

Two counts of Possession of a Class B Drug (Crack Cocaine, Methamphetamine), two counts of Possession of a Class C Drug (Acetaminophen, Hydrocodone, Acetaminophen, and Codeine), and two counts of Possession of a Class E Drug (Atorvastatin Calcium, Tramadol Hydrochloride).

South Hadley man charged with threatening a minor.

On October 10, 2025, at approximately 6:10 p.m., officers responded to VJ's Convenience on Amherst Rd for a "Fight in Progress" involving juveniles. Once on scene, officers located all involved parties and, after speaking with all involved, it was determined that an adult male from South Hadley threatened to commit an assault and battery on one of the juveniles. This individual will be summoned to court for the charge of Threat to Commit a Crime, Assault and Battery.

South Hadley man arrested for domestic violence.

On October 11, 2025, at approximately 6:24 p.m., a female party came to the South Hadley Police Department to report a past domestic assault and battery. After speaking with the victim and observing injuries, officers proceeded to the shared South Hadley residence, where they took a South Hadley man into custody for the following charges: Domestic Assault and Battery of an Intimate Partner and Strangulation.

This party has been arraigned at the Eastern Hampshire District Court.

Missing Elder Found.

On October 11, 2025, at approximately 4:59 a.m., officers responded to a call for a missing person with dementia. Once on scene, Officer Santiago learned that the missing person was last seen the night before at 9 p.m. With the assistance of a Mass State Police K9 unit, officers were able to locate the missing party a couple of miles from his home, and he was returned to his family.

To make readers aware, the South Hadley Police Department participates in Project Life Saver, a program that provides individuals with a history of wandering a GPS-type wristband that

police can use while searching for an area to find the subscriber. If you have any questions about Project Life Saver, please reach out to Officer Corey Whelihan at 413-538-8231.

Granby Woman faces charges of Operating Under the Influence of Drugs after causing a Crash.

On October 11, 2025, at approximately 3:26 p.m., Officers Chonmany and Whelihan responded to the area of 501 Granby Rd for the report of a 2-car accident with one driver reported as being unconscious. Once on scene, officers located a Granby resident unconscious in her vehicle and began to provide medical assistance, including treating the woman for an overdose. After assessing the vehicles, the scene, and talking to witnesses, officers determined that the Granby resident was driving northbound and crossed over the center line and into oncoming traffic, causing it to collide with a southbound vehicle.

The Granby woman will face charges of: Operating under the Influence of Drugs, Negligent Operation of a Motor Vehicle, and a Marked Lane Violation.

Trash truck hits vehicles before colliding with a stone wall.

On October 17, at approximately 10 a.m., officers responded to the report of a multi-vehicle accident involving a truck used to haul dumpsters at the intersection of Newton and Lyman Streets. On scene officers found that a dumpster hauler that was traveling southbound on Newton Street hit the rear end of the vehicle in front of it, which sent that vehicle into another.

The dumpster hauler then jumped the curb and came to rest after colliding with the stone wall at the Peoples Bank on Newton Street.

After an investigation by officers from South Hadley as well as the Mass State Police Commercial Vehicle Enforcement Section, the operator of the vehicle was cited by South Hadley and may have separate charges from MSP.

A crash at a heavily traveled intersection leads to an arrest for Operating Under the Influence of Alcohol.

On October 17, 2025, at approximately 1:30 p.m., Officers Farber and Swaby responded to the intersection of Routes 202 and 33 for the report of an accident between a car and a landscaping truck that was towing a trailer.

When officers arrived on the scene, they located the crash in the middle of the intersection. After an investigation by officers, which included talking to witnesses, it was learned that the accident was caused when the vehicle, being southbound on Route 202 by Megan Flannery of Chesterfield, NH, failed to stop for a red light and continued into the intersection, causing it to collide with the landscaper's truck.

Once firefighters extinguished the fire in Flannery's vehicle, Officers spoke with Flannery, at which time it was determined that the ability to drive was diminished by

the consumption of alcohol. Flannery's young child, who was also in the car, was later released to the child's father.

Megan Flannery faces the following charges: Operating under the Influence of Liquor, Endangerment of a Child while Operating under the Influence, Negligent Operation of a Motor Vehicle, and Failure to Stop for a Red Light.

South Hadley woman charged with Violation of Abuse Prevention Order.

On October 18, 2025, at approximately 9:56 a.m., officers responded to a residence in the Woodlawn section of town for an ongoing restraining order violation. Dispatch was advised by the victim that the suspect was pounding on the back door of the residence and attempting to make entry into the home. When officers arrived on scene, they located the suspect inside the home, a clear violation of two restraining orders.

The female was taken into custody and is charged with the following: two counts of Violation of an Abuse Prevention Order.

Dorchester woman to face domestic violence charges.

On October 19, 2025, at approximately 2 p.m., officers responded to a Woodlawn neighborhood business for the report of a possible domestic violence incident. On-scene officers identified the victim in the case and learned that the other party involved had fled the area. Through her investigation, Officer Cebula learned that the male party on scene and his small child were the victims of a domestic assault and battery committed by a female party from Dorchester. A warrant was sought by Officer Cebula for the party's arrest. On October 20, the suspect in this case was taken into custody by Officer Richard and Romanovicz on the warrant and will face two charges of Domestic Assault and Battery.

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PRECINCT E SOUTH HADLEY RESIDENTS MEETING

Saturday, October 25
10 - 11:30 a.m.

Fellowship Hall at Our Savior's Lutheran Church
319 Granby Road

Precinct E Town Meeting Members want residents' views.

Town/school financial situation
Route 202/33 Corridor Rezoning Proposal
Other topics on residents' minds

All Precinct E residents are welcome.
Your presence is important.

FAIR from page 1

to help sign up for Medicare, how to file claims, and more.

Janet Sicard and Shalana Wills, part of the Pioneer Valley Transit Authority, shared that rides are available to seniors over 60 for free until June 30, 2026.

Registered Dietitian Kathy Jordan works with Big Y to provide free community events on a monthly basis, including cooking classes, community outreach, and more on a team of six dietitians.

Lorna Stone with Christopher Heights in Belchertown

was also present to share information about the residential home and how people can learn more.

"I was very happy to see all these different kinds of vendors that wanted to have a chance to talk about what they do and how they can help individual residents. It was great to see the one-to-one conversations between the vendor and resident," said COA Director Natalie Archambault.

The event also had four different raffle prizes attendees of the fair could have the

chance to win, all donated to the COA. There was a fall centerpiece, a fall wreath from The Krafted Front Porck, a beautiful quilt donated by the Fisher Home, and a three-month subscription from the Reidy Medical Alert System. "My staff and I are excited to help with any questions that you may have. If we do not know the answer, then we will find the answer for you," said Archambault. "I look forward to having a yearly health fair so that these vendors can help the residents now or in the future."

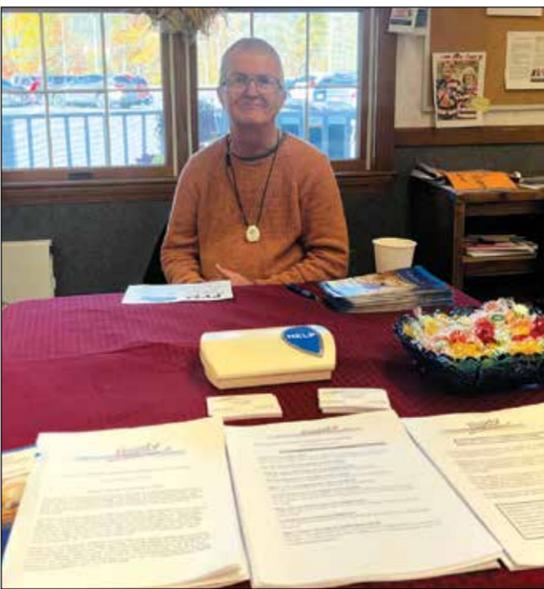


Turley photos by Emily-Rose Pappas

RN Kemper Carlsen, Chair of the Board of Directors, Anita Sarro, and RN Jennifer Wilson with Hospice of the Fisher Home.



Kate Plikus held a table for the Alzheimer's Association and advertising the upcoming Walk.



Patrick O'Hare with Reidy Medical Alert Systems modeling the wearable alert buttons.



Janet Sicard and Shalana Wills, part of the Pioneer Valley Transit Authority.



Micheline Turgeon with the Granby Fire Department.



Registered Dietitian Kathy Jordan works with Big Y to provide free community events on a monthly basis.



Arielle Meyer with SHINE, Serving the Health Insurance Needs of Everyone.

KENNEDY from page 1

challenged, and connected," she said. Her goals for her term include strengthening communication between families and the district, addressing budgetary challenges, and ensuring that all students—regardless of background or ability—have opportunities to thrive. "I also want to promote transparency and trust in decision-making, so our community feels informed and involved," she added.

For Kennedy, listening is at the heart of effective leadership. She plans to be a visible and approachable presence at schools and community events, engaging directly with families, students, and educators. "Listening is key to effective leadership," she said. "Building relationships and encouraging honest dialogue will help ensure that every voice is heard and valued in the decision-making process."

Among her top priorities are equity, academic achievement, and staff retention. "Supporting students' well-being is essential for learning," she explained. "That starts with creating safe, inclusive environments where all students can thrive. I also want to make sure we're identifying and addressing achievement gaps, providing appropriate interventions, and celebrating diverse paths to success—whether that's college, career, or technical education." She also emphasized the importance of supporting teachers and staff to strengthen the district's ability to attract and retain talent. "It's important we support our staff to ensure we are able to retain the talent our district currently has as well as attract new talent that will continue to foster our school communities."

Kennedy also recognizes that effective committee work requires navigating differenc-

es of opinion with respect and collaboration. "My goal is to focus on shared values—what's best for students—and use data, community input, and collaboration to guide decisions," she said. "Even when we disagree, I believe in maintaining professionalism and seeking solutions that reflect the collective good rather than individual interests."

With financial challenges on the horizon, Kennedy believes transparency and partnership are essential. "The School Committee plays a critical role in setting priorities and ensuring that every dollar spent reflects our educational values and community goals," she said, referencing the budget concerns raised by Town Administrator Lisa Wong. Kennedy supports working closely with the superintendent, town officials, and the budget task force to find sustainable, student-centered solutions.

"Transparency builds trust—and trust helps maintain community support, even in difficult times."

For Kennedy, success on the committee will be measured by progress and trust. "Success means seeing progress in student outcomes, engagement, and community trust," she said. "For me personally, success will come from listening effectively, making informed contributions, and helping to foster a culture of transparency and collaboration."

Ultimately, Kennedy's motivation is rooted in care for her community. "I'm deeply committed to our schools and to the people who make them work every day—students, teachers, families, and staff," she said. "By working together with respect and open communication, we can continue to strengthen South Hadley's schools and give every child the opportunity to succeed."



Lorna Stone with Christopher Heights in Belchertown.

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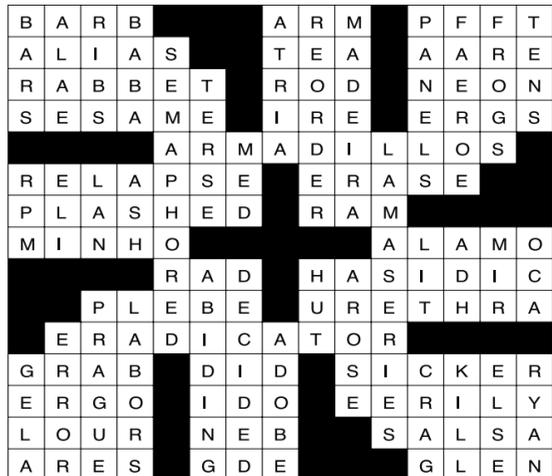
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Tigers avenge loss, win league



Allison Fleury looks to go around an opponent.

SOUTH HADLEY – Last Saturday evening, the South Hadley High School girls soccer team returned the favor when Ludlow beat them 1-0 earlier this season. Allison Fleury scored the only goal for South Hadley in a 1-0 victory in the final regular season game for the Tigers. South Hadley would win the Kurty-Fielding League with an 8-2 record, while Ludlow was a runner up at 7-2-1. Olivia Athas had a big game with six saves and a shutout. South Hadley was scheduled to play in the Western Mass. quarterfinals against Frontier Regional on Thursday, Oct. 23.



Mallory Leverault makes a stop on defense.



Turley photos by Gregory A. Scibelli
Hannah Haesaert tries to turn play around.



Gwen Marion converges with an opponent.



Cara Dean attempts to stop her opponent's progress.



Sofie Quinn helps clear the ball away on defense.



Goalie Olivia Athas sends a goal kick away.

Granby girls soccer settles for tie

By Tim Peterson
Sports Correspondent

WARREN — Many soccer coaches dread having a 2-0 lead. Just ask longtime Granby girls' varsity soccer coach Bob Weaver.

The Lady Rams took a 2-0 lead early in the second half during last Friday afternoon's road match against the Quaboag Lady Cougars.

The home team battled back by scoring a pair of goals within a five-minute span and the non-league contest ended in a 2-2 draw.

"This result is very disappointing, especially after we held a 2-0 second half lead," Weaver said. "It wasn't one of our better efforts of the season. You just have to give Quaboag a lot of credit."

The Lady Rams, who are the top ranked team in the MIAA Division 5 power rankings, had a 9-3-3 overall record following the road tie. They were scheduled to finish the regular season with another non-league match at Pittsfield High School on Monday afternoon before the Western Mass. Class D. tournament starts later in the week.

"My players are quickly realizing that when the other team steps on the field, we'll be getting their best effort," Weaver said. "This was a very big game for both teams."

Quaboag head coach Joe Mooney was very pleased with the way his squad performed, especially in the second half.

"It was wonderful to see how well the girls responded in the second half," Mooney said. "We had our chances in the first half, but we never gave up. We decided to move a couple of players into an attacking formation at the start of the second half."

While Granby had already locked up a berth in the upcoming Division 5 state tournament, Quaboag (7-6-2) needed to win one of their remaining three regular season games to clinch a spot in the Division 4 state tournament.

The Lady Cougars, who were ranked 38th, were scheduled to play two road matches against Ware High School (Monday night) and Assabet Valley Regional Technical High School (Wednesday afternoon) before wrapping up the regular season with a home date against Uxbridge High School on October 27.

"With this draw, we now only need to win one of our last three games to automatically qualify for the Division 4 state tournament," Mooney said. "I do like playing the Western Mass. teams. Today's game was a very good test for my team."

Quaboag is hoping to qualify for the Division 4 state tournament for the first time.

A year ago, the Lady Cougars lost to the Lady Rams at home in a Division 5 round of 32 match.

Granby's season ended two days later with a loss at

Please see **GRANBY**, page 8



McKenna Cudworth advances past midfield.



Brenna Moreno tries to defend near the Granby goal.



Turley photos by Gregory A. Scibelli
McKenna Zumbruski heads up the field.

Tigers fall to B-Town, make sectional

SOUTH HADLEY – Last Friday afternoon on the road, South Hadley field hockey fell to Belchertown 5-1. With the loss, South Hadley was able to rack up 10 regular season wins in 15 games. Their 10th win was a 2-0 shutout of Southwick last Thursday evening.

pressive in their comeback season after spending a couple of years as a junior varsity team. The program return this year, and South Hadley was able to rack up 10 regular season wins in 15 games. Their 10th win was a 2-0 shutout of Southwick last Thursday evening.

T-Birds score preseason win over Bruins

SPRINGFIELD – The Springfield Thunderbirds picked up a 2-1 overtime victory on Sunday over the Providence Bruins inside the MassMutual Center to close their preseason slate.

The Bruins picked up the first goal of the afternoon on a power play with 1:08 remaining in the first, as Lynden McCallum lifted a one-timer over the right shoulder of Vadim Zherenko to give Providence the 1-0 lead at intermission. That came less than a minute after Hugh McGing was awarded a penalty shot, but could not get the puck past

Simon Zajicek in the Bruins goal crease.

Springfield had an answer from one of their veterans at 3:53 of the second when Corey Schueneman lifted a point wrister through traffic and past Zajicek to tie the score. McGing had what appeared to be the go-ahead goal on a power play at 14:07 of the period, but after replay, the officials waved it off, saying that the T-Birds forward had directed the puck in with a kicking motion.

Zherenko's night was complete after 40 minutes and 20 saves on 21 shots.

Gage Alexander came on for the third period and overtime and stopped all nine shots he faced.

After neither team could break the ice in the third period, the T-Birds picked up the triumph in the extra frame as Nikita Alexandrov fed a saucer pass to McGing's blade at 3:32, and McGing got enough of it to beat Zajicek upstairs to finish the game.

The T-Birds now prepare themselves for the regular season slate, beginning with MGM Springfield Opening Night on Saturday, Oct. 11, at 6:05 p.m. against the

Charlotte Checkers inside Thunderdome. The action starts with the Community Bank N.A. Block Party from 3 to 5 p.m. at the Plaza at MGM Springfield, featuring live music from Moonlight Saints. Fans are encouraged to arrive at the MassMutual Center early for pregame ceremonies, including full team introductions, which will begin promptly at 6 p.m. - all fans in attendance will receive a T-Birds 10th Anniversary Banner and a magnet schedule.

Railers suffer pair of losses in opening weekend

WORCESTER – Worcester's 5-3 loss to Adirondack Sunday afternoon made the Railers 0-2-0 for the season.

Easier said than done, perhaps, but one thing the Railers can do to improve the goals against is avoid turnovers. Sunday, they fell behind by 2-0 and battled back to forge a 3-3 tie heading into the third period. Worcester first deadlocked the score at 2-2, then surrendered the go-ahead goal to allow the Thunder to retake the lead.

It was 3-3 going into the third. Another turnover turned into the game-winning goal for Adirondack.

Railers players have to want to play in the defensive zone, coach Nick Tuzzolino said, and so far that has not been the case. "Guys need to play it the way we want them to play it," he added. "They can't go on their own page. They have to stop and start.

They have to be physical.

"D-Zone's not a pretty job, but when you don't do it you give up a lot of goals.... it's a full six-man thing, whether it's goaltending, defensemen or forwards. It's a commitment to play defense, to kill penalties, and the last two nights we have had no commitment to play defense."

Worcester got its goals from Matt Stief, Cole Donhauser and Anthony Callin. Henrik Tikkanen stopped 24 shots in net. The Thunder scorers were Brannon McManus with two, Dylan Wendt, Justin Taylor and Brian Carabes into the empty net.

The Railers got off to a muddy start. As a result, Adirondack had a 2-0 lead before the game was 10 minutes old.

Wendt put a wrist shot home from about 30 feet at 2:51, then Taylor had a gimme from just outside

the crease at 11:21 with the Thunder on a power play. It stayed 2-0 heading into the second period and Worcester made it a tie game before that period was half over.

Lincoln Hatten gave the offense some energy when he worked a breakaway at 3:30, although he did not convert. The Railers then went on a power play at 3:41 and Stief took only six seconds to make it 2-1. He was set up when Drew Callin made a clean faceoff win.

Stief scored from the right point as Anthony Callin also got an assist on the play. Donhauser tied it at 8:04 off a faceoff win by Ryan Miotto.

A dreadful giveaway allowed McManus to score unassisted and make it 3-2 at 14:41 but Worcester answered that goal just eight seconds later when Anthony Callin scored from in close after being set up by Matt De-

Melis.

It took Callin two games to score his first goal this season. It took him 16 to score his first goal last year.

McManus scored unassisted on another turnover three minutes into the third period and the Railers could not answer that one.

"We had a game plan going into the third and didn't touch it for nine minutes," Tuzzolino said.

Stief was the eighth different player to score the season's first goal in the Railers' eight seasons, the second defenseman. Nick Albano is the other.

In order, first goals have been scored by Wade Murphy, Barry Almeida, Jordan Samuels-Thomas, Albano, Brent Beaudoin, Quin Ryan and Stief.

Obituary

Thelma J. Poitras, 94

Thelma Jean Poitras passed away peacefully on October 14, 2025, with family by her side. Thelma was born on October 13, 1931, the daughter of John Mawdsley and Dorothy Williams Mawdsley of Chicopee, MA. She was predeceased by



her husband, Theodore (Earl) Poitras, and her brothers, Lorin, Arnold, and Russell Mawdsley. She leaves two daughters, Earleen Kenyon of Granby, MA, and Cindy Mugnier and her husband Kevin Maynard of Kittery Point, ME, grandchildren Hilary Kenyon Sams and her husband Ben Sams of Farmington, CT, and Jennifer Kenyon Roberts of Granby, MA, and great-grandchildren Nicholas Roberts, Phil Roberts and wife Onna Roberts, Hannah Sams, Max Sams, Will Sams, and Caroline Sams.

Thelma was an avid animal lover. She was happiest with her horses and dogs. She and her husband Earl bred Morgan and Standard-

bred horses, including a hall of fame Standardbred she co-owned with her late son-in-law George Mugnier. A former 4-H leader, riding instructor, and horse enthusiast, she inspired many young people in pursuit of equestrian sport. Following Earl's death in 1986, Thelma lived an independent life, first in Pompano Beach, FL, and for the past few decades at Phins Hill manor in Granby, Mass., where she enjoyed the friendship of many neighbors.

A memorial service will be held at Church of Christ, 235 State St., Granby, MA on November 8, at 11 a.m. Memorial donations may be made to the Morgan Horse Foundation, 4037 Iron Works Pkwy, Suite 130, Lexington, KY 40511.

DEATH NOTICE

Thelma J. Poitras
Died October 14
Services Church of Christ
Granby
November 8 at 11 a.m.

Owls suffer defeat against Framingham

WESTFIELD – Framingham State QB Michael Marcucella completed 12-of-19 passes for 187 yards with three touchdowns to lead the Rams to a 35-24 win over Westfield State in the Rams' homecoming game at Bowditch Field in Framingham on Saturday afternoon.

Westfield was led by a pair of touchdown runs by Aidan Patterson.

Framingham improves to 5-1 overall and sits atop the MASCAC with a 5-0 record in league play. Westfield is now 2-4 overall and 2-3 in the conference.

The Rams jumped out to a 14-0 lead on a pair of 18-yard TD passes, before Patterson got the Owls on the board with a 29-yard touchdown run, but the Owls try for the point after failed, trimming the lead to 14-6.

Framingham led 21-6 at the half, and extended that lead to 28-6 on a 64-yard TD pass from Marcucella to Stephen Gallant early in the second quarter. Westfield answered with Patterson's second TD run of the day, a 3-yarder that capped an 11-play, 77 yard scoring drive with 7:21 left in the third quarter, cutting the Framingham lead to 28-12.

The Rams marched down the field on their next series, getting a 29-yard scoring strike from Marcucella to Alex Maia to push the lead to 35-12 with

3:35 left in the third.

A pair of odd sequences led to Westfield scoring on back-to-back safeties in the fourth quarter, pinning the Rams in their own defensive end before a bad snap led to a safety on fourth down, then the Owls drove the ball

all the way to the Framingham one-yard line before a fumble on fourth down cost Westfield a touchdown, but the Owls got two points back on the second safety of the sequence, cutting the lead to 35-16.

Westfield mustered one more drive, with Will Brewster scoring on a 19 yard run, and Patterson converting the 2-point run to trim the final score to 35-24.

Jaheim Daniels finished with 102 yards rushing and a TD for the Rams. Manny Mengata led Westfield with 48 yards on 17 carries, with Curtis Dion adding 46 yards and Patterson 43 on the ground and 33 more on three receptions. Owls QB Miles Foerster was 11-20 for 110 yards passing.

Andrew Lovell led the Owls defense with six tackles and a sack, with Dylan Zuerblis adding five stops with a sack.

The Owls come home next weekend to host Westfield State homecoming, with the Owls kicking off with Plymouth State at 2 p.m. on Saturday, Oct. 25.



GRANBY from page 7

Georgetown in the round of 16.

The two teams also faced each other during the 2024 regular season, as the Lady Cougars posted a 1-0 road victory. It was Quaboag's third consecutive win in the series since a 1-1 tie in 2021.

Despite falling behind 2-0 in this year's meeting on the soccer pitch with Granby, Mooney knew the game wasn't over yet.

"A 2-0 lead is probably the worst lead that you can have in a soccer match," he said. "The team with the 2-0 lead is thinking that they can relax a little bit, and the other team is thinking they just need one goal to make it a close match. If that happens, anything can happen. We were able to comeback by scoring two goals in a span of five minutes. Having a 3-0 is always a lot better."

The Lady Cougars had a couple of scoring chances early in the opening half.

A shot taken from senior captain Maddy Bagg was saved by Granby junior keeper Meredith Bartosz (4 saves).

A couple of minutes later, freshman Julia Queiroga fired a shot on goal and Bartosz made a diving save attempt. She managed to knock the ball over the end line resulting in a corner kick.

At the other end of the field, junior Kalli White had a couple of chances before firing a low shot into the left corner of the net past Quaboag junior keeper Persepho Piermarini (5 saves) giving the Lady Rams a 1-0 advantage during the 34th minute.

White, who has been a member of the varsity soccer team since the eighth grade, entered the road match three points away from reaching 100 career points.

Bagg and senior captain Maddy Potvin had shots on goal during the final two minutes of the first half.

The Lady Rams' second goal was scored by freshman Marcela Tapia in the 54th minute.

White was credited with the assist leaving her one point away from the elite milestone.

"It would've been nice if



Turley photos by Gregory A. Scibelli

Kalli White receives a pass.

Kalli would've reached her 100th career point in today's game," Weaver said. "She wouldn't have been able to accomplish the milestone without the help of her teammates."

The Lady Cougars sliced the deficit in half when Potvin fired a shot into the left corner, which was assisted by Queiroga, in the 62nd minute.

Four minutes later, Bagg scored the tying goal by lofting a shot into the upper left

corner, which was assisted by Potvin.

The Quaboag coach praised the performance of his defensive unit in the second half. Those players are junior Brielle Gerulaitis, junior captain Asher Sargent, and senior Olive Moulton.

Both teams had a couple of shot attempts during the final 15 minutes of regulation, but the score didn't change on the scoreboard.



Jaidyn Roberge goes after the loose ball.



Bri-Anne Kraus fights to keep the ball.

HEALTH from page 4

the crisp air, and perhaps experiment with some aromatherapy scents indoors – eucalyptus, cardamom, lavender – to elevate mood and tamp down anxiety.

Take care of your skin: Amp up your use of moisturizers, turn off the dehumidifier and avoid long, hot showers and baths. Treating your skin kindly now will help as we head into the even drier winter months.

Try some "fall foods": Eating vitamin-rich vegetables now will help you fight off winter illnesses. Good choices include squashes (pumpkin, butternut, acorn and the like); green leafy spinach and arugula; and cruciferous veggies like kale, broccoli and cauliflower.

Entertain yourself: Even in the Middle Ages, people enjoyed indoor games like chess, as well as outdoor activities and fall fetes.

As the saying goes, to everything there is a season. Making a few changes in your routines and habits can help you feel better this fall.

Teri (Dreher) Frykenberg, is a registered nurse and board-certified patient advocate and founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to Turley Newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com

Baystate Health is recognized for providing high-quality stroke care

SPRINGFIELD — Baystate Health has received three American Heart Association Get With The Guidelines® achievement awards for demonstrating commitment to following up-to-date, research-based guidelines for the treatment of stroke, ultimately leading to more lives saved, shorter recovery times and fewer readmissions to the hospital.

Stroke is the No. 5 cause of death in the United States, according to the American Heart Association 2025 Statistical Update. Studies show patients can recover better when providers consistently

follow treatment guidelines.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest evidence- and research-based guidelines. As a participant in the Get With The Guidelines programs, Baystate Health qualified for the awards by demonstrating how their organization has committed to improving quality care.

“Baystate Health is committed to improving care by adhering to the latest treat-

ment guidelines and streamlining processes to ensure timely and proper care for strokes in providing timely intervention for strokes across all Baystate health hospitals that integrate streamlined systems of care designed to facilitate such high-quality stroke care,” said Dr. Rajiv Padmanabhan, Stroke Director, Baystate Health. “Get With The Guidelines programs make it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which helps us ensure more people in the Springfield area experience longer, healthier lives.”

“When someone has a stroke, every second counts. Baystate Health is committed to improving patient outcomes by adhering to the latest treatment guidelines in providing timely intervention for strokes utilizing streamlined stroke care delivery systems designed to facilitate such high-quality stroke care,” continued Dr. Padmanabhan. “In addition to the acute care for stroke, Baystate Health offers stroke continuity clinics to improve stroke care outcomes and prevention, and participates in community stroke education programs to aid in faster rec-

ognition of strokes.”

This year, Baystate Health received these achievement awards:

Get With The Guidelines®-Stroke Gold Plus with Target: Stroke Honor Roll Elite with Advanced Therapy with Target: Type 2 Diabetes Honor Roll

Baystate Medical Center

Get With The Guidelines®-Stroke Gold Plus with Target: Type 2 Diabetes Honor Roll

Baystate Franklin Medical Center

Baystate Wing Hospital

“These awards show Baystate Health’s commitment to caring for those in their community who need stroke care,” said Donald Lloyd-Jones, past volunteer president of the American Heart Association and current volunteer chair of the Association’s Quality Oversight Committee. “By following the American Heart Association’s quality improvement protocols, Baystate Health can help realize our shared vision of improved patient outcomes, fewer readmissions and lower mortality rates — a win for health care systems, families and communities.”

How do I navigate the Social Security maze?

Dear Rusty:

I am a woman, turning 65 this October (2025). It seems that deciding when to claim Social Security is complicated. I would like more information to navigate through this maze. Thank you.

Signed: Ready to Claim

Dear Ready:

Deciding when to claim Social Security can be challenging, but we hope to make it a bit easier for you. You can, of course, call us at any time to speak to one of our certified Social Security Advisors, but I’ll share some pertinent information here as well.

Be aware that at age 65, you have not yet reached your Social Security Full Retirement Age. Born in 1960, your FRA is age 67 and that is when you can get 100% of the SS benefit you’ve earned from a lifetime of working.

If you claim SS at age 65, your monthly amount will be reduced by about 13.3% from your age 67 entitlement, a permanent



reduction. If you wait a bit more and claim at age 66 the reduction would be about 6.7%. To get 100% of your “primary insurance amount” you should wait until age 67 to claim. Note you can also wait longer than your FRA and earn Delayed Retirement Credits up to age 70, when your monthly amount would be about 24% more than your FRA entitlement.

If you are still working, at age 65 you will also be subject to Social Security’s Annual Earnings Test, which limits how much you can earn when collecting SS benefits before your full retirement age. The earnings limit for 2025 is \$23,400 (changes annually) and if you earn more than that, SS will take away \$1 in benefits for every \$2 you are over the limit.

There is also a special rule for the first calendar year you are collecting early benefits, which will result in

you not getting benefits for any month your work earnings are more than \$1,950 after your early benefits start.

So, if you claim SS at age 65 and continue to work, you won’t get any SS benefits in any 2025 month thereafter that you earn more than the monthly limit unless your total annual; 2025 earnings are less than the annual limit. FYI, the earnings limit no longer applies once you attain your full retirement age.

In the end, deciding when you should claim Social Security should consider your need for Social Security money, your life expectancy, your plans for working and your marital status. If you are or were married, you might be eligible for a spousal or ex-spouse benefit. You may also want to peruse the Social Security Question and Answer section at our website www.SocialSecurityReport.org. So, as you have already discerned, deciding when to claim Social Security can be confusing, but we are always here to assist you

as needed. You can either call us directly at 1-888-750-2622 or email your specific Social Security questions to us at SSAdvisor@amacfoundation.org. In either case, we will be most happy to help you decide when to claim, based on your unique personal circumstances.

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-advisor or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

DOER awards \$911,000 for local clean energy projects

BOSTON – The Healey-Driscoll Administration announces \$911,000 in grants to support clean energy initiatives across Massachusetts.

This funding, administered by the Department of Energy Resources through the Regional Energy Planning Assistance program, will allow eleven regional planning agencies to provide essential technical assistance to 143 cities and towns to plan and implement clean energy projects. Grants awards include: the Berkshire Regional Planning Commission, \$79,000; Franklin Regional Council of Governments, \$81,000 and Pioneer Valley Planning Commission, \$140,700.

“When we invest in local clean energy projects, we help our communities lower energy bills and reduce pollution,” said Energy and Environmental Affairs Secretary Rebecca Tepper. “This program gives cities and towns the tools they need to plan and act. That means cleaner air, lower costs, and stronger neighborhoods across Massachusetts.”

“This funding provides valuable support to under-resourced municipalities, and

catalyzes regional projects,” said DOER Commissioner Elizabeth Mahony. “We’re proud to help our cities and towns build the knowledge and expertise they need to plan and complete clean energy projects. These projects boost local economies, lower energy costs and create healthier, more resilient communities.”

This funding is designed to help communities achieve Green Communities Program designation and assist current Green Communities with the management and expansion of their clean energy efforts. Local clean energy projects cut energy use and save taxpayer dollars by reducing the cost of local government. The grants will also enable municipalities to collaborate on regional clean energy projects and improve emissions reduction planning.

An important part of the program is training for local energy managers and volunteer committees. By enhancing local expertise, communities will be better equipped to propose and review energy projects tailored to their needs.

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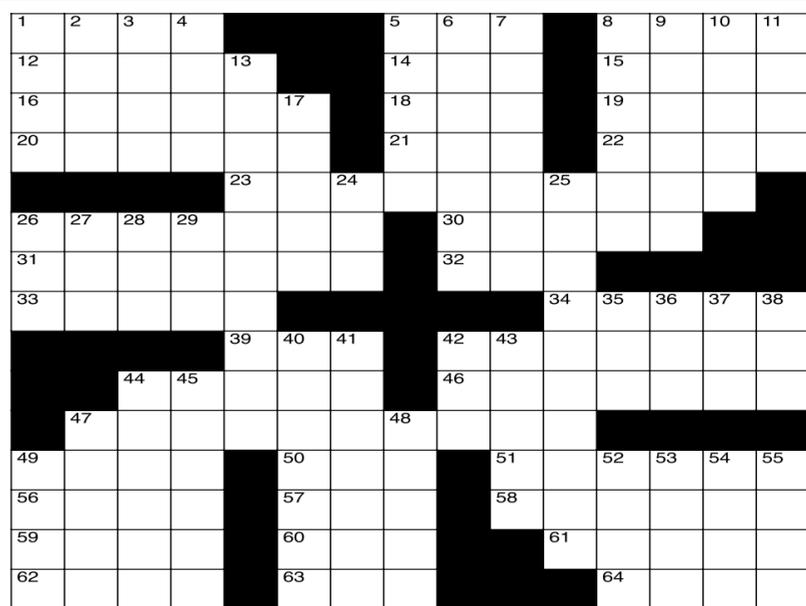
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CLUES ACROSS

- 1. Remark
- 5. Upper body part
- 8. Expression of dismissiveness
- 12. Alternate name
- 14. Popular beverage
- 15. Swiss river
- 16. Step-shaped recess
- 18. Rocker Stewart
- 19. Bright shade of color
- 20. Popular “street”
- 21. Wrath
- 22. Heat units
- 23. Nocturnal omnivorous mammals
- 26. Fall back into
- 30. Remove from the record
- 31. Sound a splash made

- 32. Popular Dodge pickup model
- 33. Jamaican river
- 34. Notable event in Texas history
- 39. Cool!
- 42. Subset of Judaism
- 44. Newly entered cadet
- 46. Duct in urinary system
- 47. Exterminator
- 49. Snatch quickly
- 50. Have already done
- 51. Less healthy
- 56. Therefore
- 57. What couples say on the altar
- 58. Mysteriously
- 59. Look angry or sullen
- 60. Bird’s beak
- 61. Taco ingredient
- 62. Square measures

- 63. Google certification (abbr.)
- 64. Singer Hansard

CLUES DOWN

- 1. Pubs
- 2. Wings
- 3. Popular BBQ dish
- 4. Small sponge cake
- 5. Open-roofed entrance halls
- 6. Organize anew
- 7. Type of wine
- 8. Forums
- 9. North Atlantic islands (alt. sp.)
- 10. Pond dwellers
- 11. Large integers
- 13. Signaled
- 17. Brief
- 24. Type of student
- 25. Tibetan monasteries
- 26. Revolutions per minute
- 27. NY Giants great Manning
- 28. Local area network
- 29. Residue from burning
- 35. Illuminated
- 36. Vasopressin
- 37. Notable space station
- 38. Wood sorrel
- 40. Adhering to laws
- 41. Chose
- 42. Hovel
- 43. Stood up
- 44. European city
- 45. Works ceaselessly
- 47. Mistake
- 48. Sun-dried brick
- 49. Sicilian city
- 52. A steep rugged rock or cliff
- 53. Murder
- 54. Other
- 55. “Deadpool” actor Reynolds

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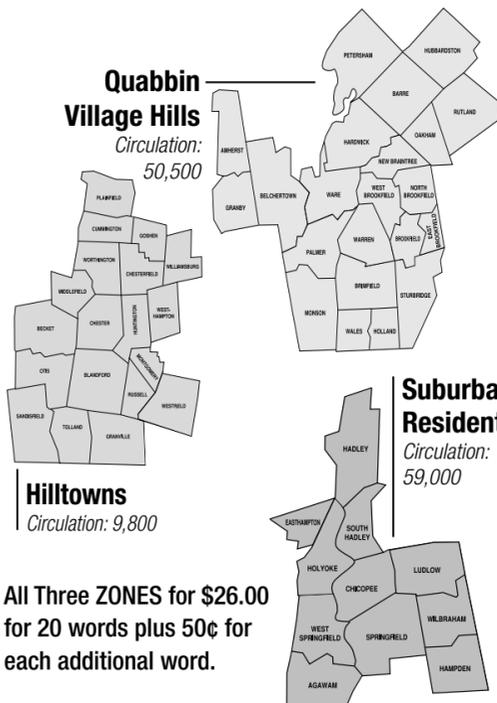
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 2000 Volkswagen Passat
 VIN: WVWMA23B5YP217683
 Kathryn Howes
 115 N. Central St.
 Plainfield, MA 01070
 2004 Ford Escape
 VIN: 1FMYU93134KB50299
 Keishla Marie Gonzalez
 Melendez
 168 Preston St.
 Hartford, CT 06114
 2010 Honda Civic
 VIN: JHMFA3F27AS002222
 Jonathan Rodriguez
 PO Box 83
 Bellows Falls, VT 05101
 2018 Ford Escape
 VIN: 1FMCU9GD0JUB80634
 Gelco Fleet Trust
 940 Ridgebrook Rd.
 Sparks, MD 21152

2005 Nissan Altima
 VIN: 1N4AL11D75C148631
 Pablo Diaz Castro
 775 Union St.
 Springfield, MA 01109
 2004 Toyota Matrix
 VIN: 2T1KR32E14C213897
 Rodney Alvarez
 8 Meadow St., Apt. 2
 Holyoke, MA 01040
 2008 Jeep Grand Cherokee
 VIN: 1J8GR48KX8C194444
 Soraya Tacoronte Maldonado
 470 Chestnut St., Apt. 3R
 Springfield, MA 01107
 2013 Ford Edge
 VIN: 2FMDK3JC5DBE35781
 Lauren Joyal
 98 Garden St., Apt. 5L
 Hartford, CT 06105
 2013 Nissan Altima
 VIN: 1N4AL3AP5DC911492
 PO Box 254648
 Sacramento, CA 95865
 2002 Hyundai SANTA FE
 VIN: KM8SC73D12U172049
 Stephon Bolden
 300 Chestnut St., Apt. 3
 Holyoke, MA 01040
 2014 Nissan Pathfinder
 VIN: 5N1AR2MM8EC667385
 Elysia Pete
 202 Old Lyman Rd.
 Chicopee, MA 01020
 2011 Chevrolet Equinox
 VIN: 2CNFLEEC1B6443572
 Ramon Reyes
 1314 Dwight St.
 Holyoke, MA 01040
 2012 Volkswagen Passat
 VIN: 1VWAP7A31CC020808
 Marissa Blow
 301 Hilliard St.
 Manchester, CT 06042
 2004 Toyota Camry
 VIN: 4T1BE32K14U792891
 Jannessa Battaini
 57 Willow Dell
 N. Adams, MA 01247
 2006 Kawasaki Ninja ZX-6R
 JKBZXJC106A035563
 Kevin Espinal
 VIN: 4730 61st St., Apt. 16A
 Woodside, NY 11377
 2008 Nissan Altima
 VIN: 1N4AL21EX8N458778
 Jeslian Rivera Ramos
 24 N. East St., Apt. 2A
 Holyoke, MA 01040
 2011 Dodge Charger
 VIN: 2B3CL3CG9BH606525
 Jacob Rivera
 1752 Memorial Dr.
 Chicopee, MA 01020
 2005 Scion xB
 JTLKT334550172200
 Erin Hoover
 27609 N. Dalton Rd.
 Deer Park, WA 99006
 2008 Kawasaki Motorcycle
 VIN: JKAZX45148A075236
 Unknown Owner
 Unknown Address

2004 Audi A6
 VIN: WAUJT64B44N037620
 Herminio Medina
 1064 Pleasant St.
 Palmer, MA 01069
 2006 Toyota Highlander
 JTEHD21A760040946
 William Parmelee
 71 John St.
 Pittsfield, MA 01201
 2006 Mercury Montego
 VIN: 1MEFM40196G610699
 Fabiola Vazquez
 65 Maple St., Apt. 2
 Chicopee, MA 01020
 2004 Acura TL
 19UUA66284A012912
 Elena Dibenedetto
 15 Cottage St., Apt. 109
 Easthampton MA 01027
 2007 Honda Accord
 VIN: 1HGCM56447A226704
 Casey Hunt
 151 Clairmont Ave.
 Chicopee, MA 01013
 1995 Chevrolet Caprice
 VIN: 1G1BL52W6SR165900
 Aidan Hopkins
 7 Summer St. #B
 Easthampton, MA 01027
 2000 Chevrolet Express Cutaway
 VIN: 1GDBG31R3Y1188179
 Suzanne Bateman
 48 Seymour St.
 Pittsfield, MA 01201
 2017 Buick Verano
 1G4PS55K5H4115102
 Gary Bechard
 75 Commercial St., Apt. A320
 Adams, MA 01220
 2007 Nissan Altima Hybrid
 VIN: 1N4CL21E37C237557
 Carol White
 27 Hadley St.
 S. Hadley, MA 01075
 Boat Trailer
 VIN: 1MSLECE11S1067008
 Kathleen Hall Nagel
 8491 SW 17th Ave.
 Stuart, FL 34997
 2001 Yamaha
 VIN: YAMA3559A101
 Darcey Gardner
 30 Marble St.
 Springfield, MA 01105
 2002 Yamaha
 VIN: YAMA2720F202
 Darcey Gardner
 30 Marble St.
 Springfield, MA 01105
 2012 Mercedes-Benz E-Class
 VIN: WDDHF5KB0CA627881
 Antoine Diaz
 399 Springfield St.
 Agawam, MA 01001
 2009 Mazda Mazda6
 VIN: 1YVHP81H695M48979
 Mia Sanchez
 134 Beacon Dr.
 Palmer, MA 01069
 2002 Chevrolet Blazer
 VIN: 1GNCS13WX2K105642
 Lisa McKee-Capodagli

27 West St.
 S. Deerfield MA 01373
 2000 Toyota Camry
 VIN: 4T1BF22K9YU109784
 Wanda Perez
 29 Maple St.
 Florence, MA 01062
 2011 Subaru Legacy
 VIN: 4S3BMBG69B3241317
 Juan Sanchez
 226 Lyman St., Apt 2R
 Holyoke, MA 01040
 2001 Toyota Corolla
 VIN: 2T1BR12E81C399583
 Claribel Bonet Reveron
 1809 Roosevelt Ave.
 Springfield, MA 01109
 2006 Infiniti G35
 VIN: JNKCV51F76M617457
 Melissa Bednarz
 48 Notch Rd.
 Adams, MA 01220
 2006 Infiniti G35
 VIN: JNKCV51F76M617457
 Melissa Bednarz
 48 Notch Rd
 Adams, MA 01220
 1997 Toyota Camry
 VIN: 4T1BG22KXVU755540
 Miguel Suarez
 110 Wilmont St., Apt. 2R
 Springfield MA 01108
 2000 Honda Accord
 VIN: 1HGCG1656YA013196
 Enrique Perez
 26 Harkness Ave.
 Springfield, MA 01118
 Pop Up Camper
 Unknown VIN
 Owner Unknown
 Address Unknown
 2018 Hyundai SANTA FE Sport
 VIN: 5XYZTDLB5JG573166
 Doreen Stevens
 20 Farmstead Ln.
 Windsor Locks, CT 06095
 2006 Nissan Maxima
 VIN: 1N4BA41E36C812381
 Carmen Garcia Flores
 7 Greenwich St., Apt. 1L
 Springfield, MA 01107
 2023 Baodiao Moped
 VIN: L2BB8BCH7PB607049
 Owner Unknown
 Address Unknown
 2008 Honda Fit
 VIN: JHMGD38688S029211
 Ricardo Gonzalez
 19A Piedmont St.
 Springfield, MA 01104
 2004 Porsche Cayenne
 VIN: WP1AA29P84LA22330
 Anibal Perez
 151 Allen St., Apt. F
 Springfield, MA 01108
 2010 Kawasaki KX 250F
 Unknown VIN
 Owner Unknown
 Address Unknown
 2004 Honda CBR 1000RR
 VIN: JH2SC57074M003616
 Angelina Pagano

PO Box 28
 Russell, MA 01071
 2006 Dodge Dakota
 VIN: 1D7HW48J36S614727
 Nicole Ortiz
 356 Maple St., Apt. L
 Holyoke, MA 01040
 2003 Toyota RAV4
 VIN: JTEHH20V230205032
 Hilda Marin Pagan
 55 Moxon St.
 Springfield, MA 01151
 2008 Volkswagen Jetta
 VIN: 3VWRZ71K48M078020
 Larry Barnett
 101 Federal St., Apt. 4R
 Springfield, MA 01105
 2008 Cadillac CTS
 VIN: 1G6DG577280130647
 Angel Romero
 7 Adams St.
 Holyoke, MA 01040
 2015 Ford Edge
 VIN: 2FMTK4J94FBC18263
 Keith Hewitt
 3 Myrtle St., Apt. C9
 Adams, MA 01220
 2009 Toyota Camry
 VIN: 4T4BE46K59R086004
 Domanique Dukes
 21 Wellington St., Apt. 2
 Springfield, MA 01109
 2005 GMC Yukon
 VIN: 1GKEK13T65J190856
 Paul Tula
 300 Walnut St., Apt. 708
 Holyoke, MA 01040
 2004 Jeep Liberty
 VIN: 1J4GL58K84W191690
 Tomas Pantoja Maysonet
 41 Pendleton Ave., Apt B22
 Springfield, MA 01109
 2015 Jaguar XF
 VIN: SAJWA0FS8FPU47158
 Jennifer Bennett
 10145 Turpin Ave
 Hastings, FL 32145
 2002 Acura RSX
 VIN: JH4DC54872C033373
 Laci Labrecque
 11 Center St., Apt 2
 Holyoke, MA 01040
 2016 Honda Civic
 19XFC2F89GE226355
 Alicia Thomas
 262 Pine St
 Holyoke, MA 01040
 2017 Ford Focus
 VIN: 1FADP3R49HL256058
 Owner Unknown
 Address Unknown
 2005 Ford Focus
 VIN: 1FAFP34N25W135309
 Travis Walbert
 28 Main St., Unit 1076
 Chicopee, MA 01021
 2005 Toyota Camry
 VIN: 4T1BE32K45U061437
 Rodrigo De La Cruz
 Encarnacion
 5668 Handel Ct
 N. Chesterfield VA 23234

2005 Hyundai SANTA FE
 VIN: KM8SC73EX5U986861
 Michael Slaughter
 19 Noel St., Apt 2
 Springfield, MA 01108
 2011 Ford Escape
 VIN: 1FMCU0D79BKA10005
 Robert Kenyon
 2 Skiff St., Apt 411
 Hamden, CT 06514
 2005 Kawasaki Ninja 250R
 VIN: JKAEXMF175DA08313
 Joshua Glick
 PO Box 73
 Gallupville, NY 12073
 2014 Ford Flex
 VIN: 2FMGK5B84EBD43761
 Jovan Comeaux
 28 Craiwell Ave.
 W. Springfield, MA 01089
 2012 Chevrolet Malibu
 VIN: 1G1ZB5E03CF223926
 Community Transportation
 Services Inc
 288 Verge St.
 Springfield, MA 01129
 2013 Ford Taurus
 VIN: 1FAHP2E84DG187318
 Brandon Collins
 33 Gerard Way, Apt. G
 Holyoke, MA 01040
 2004 Jeep Grand Cherokee
 VIN: 1J4GW48SX4C209514
 Melinda Colon
 29 Laurel St.
 Springfield, MA 01107
 2006 Audi A6
 VIN: WAUDH74F96N174613
 Noemi Ferrer
 13 Spring St.
 Westfield, MA 01085
 1998 Ford Mustang
 1FAFP4048WF126490
 Elisul Arias
 822 Main St., Apt. 10
 W. Springfield, MA 01089
 2004 Toyota Tundra
 VIN: 5TBBT44124S445958
 John May
 36 North Pearl St., Apt. 1
 Pittsfield, MA 01201
 1998 Volvo S70
 YVILS5678W1551900
 Carol Andrews
 VIN: 555 Russell Rd., Apt. C13
 Westfield, MA 01085
 2000 Mercedes-Benz S-Class
 VIN: WDBNG75J3YA109939
 Nancy Brens
 320 Sumner Ave.
 Springfield, MA 01108
 2004 Volkswagen Golf
 VIN: 9BWGL61JX44027291
 Leona Case
 290 Narragansett Blvd.
 Chicopee, MA 01013
 2005 Jeep Grand Cherokee
 VIN: 1J8HR58255C728214
 Chelsie Rosaly Mitchell
 900 Mix Ave., Apt. 98
 Hamden, CT 06514
 10/24, 10/31, 11/07/2025

TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF HYBRID PUBLIC HEARING
 The Planning Board will hold a hybrid public hearing on **November 10, 2025 at 6:30 p.m.** to consider Special Permit and Stormwater Management applications filed by 136 East Street, LLC c/o Gerald Coderre; 383 Newton Street, South Hadley MA 01075; for a 14-unit Residential Flexible Development at 136 East Street, Assessor's Map 35 Parcel 6. The proposed development, referred to as Deer Meadow Estates, will be a 55 and over community consisting of 6 duplexes and 2 single-family homes with additional site improvements including stormwater management, open space, and landscaping. This application is being filed pursuant to the South Hadley Bylaw Chapter 200 (Stormwater Management); Chapter 255 (Zoning) Article IX (Special Permits); 255-31 (Flexible Development); 255-84 (Earth Removal, extraction, and fill regulations); 255-85 (Signs); 255-86 (Off-street Parking); and the Zoning Use and Dimensional Regulation Schedules. This project will also require relevant approvals under Chapter 360 (Sub-division Regulations).
 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/81196893061?pwd=dePmlxUdK2NiESjV8lUOgo>

BDmapmE.1
Or join by phone: 1 646 931 3860 **Webinar ID:** 811 9689 3061 **Passcode:** 210399
 The subject property consists of 8.9 +/- acres of undeveloped land and is located within the Residence A-1 Zoning District. The property is situated on the north-side of East Street with the rear of the property directly abutting the Town of Granby.
 The application is on file in the Planning & Conservation Department Office (Room U6) in Town Hall and is posted at www.southhadley.org on the Planning Department page under 'Permit Applications'- 'Special Permits' under section '**East Street (136) - Flexible Development**' or can be viewed at: <https://www.southhadley.org/1181/Special-Permits>. 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
 10/24, 10/31/2025
TOWN OF SOUTH HADLEY PLANNING BOARD NOTICE OF HYBRID PUBLIC HEARING
 The Planning Board will hold a hybrid public hearing on **November 10, 2025 at 6:30 p.m.** to consider an application for Site Plan Review and filed by Raymond Machak for development of a detached Accessory Dwelling Unit (ADU) on a parcel with an existing single-family home at 11 Brockway Lane, Assessor's Map 47 Parcel 63. This application is being filed pursuant to South Hadley Zon-

ing Bylaw Chapter 255 Article XII (Site Plan Review); 255-50 (Accessory Dwelling Units); and the Zoning Use and Dimensional Regulation Schedules.
 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/81196893061?pwd=dePmlxUdK2NiESjV8lUOgo>
Or join by phone: 1 646 931 3860 **Webinar ID:** 811 9689 3061 **Passcode:** 210399
 The subject property has mixed zoning including both Agricultural and Residence A-1 Zoning. Most of the parcel is within Residence A-1 zoning, with Agricultural Zoning along the site's frontage. The subject property is about 1 acre and includes an existing single-family home.
 The application is on file in the Planning & Conservation Department Office (Room U6) in Town Hall and is posted at www.southhadley.org on the Planning Department page under 'Permit Applications'- 'Site Plan Review' under section '**Brockway Lane (11) - ADU**' or can be viewed at: <https://www.southhadley.org/1179/Site-Plan-Review>. Any person interested in, or wishing to be heard, should appear/join the hearing at the time and in the manner designated.
 Brad Hutchison, Clerk
 South Hadley Planning Board
 10/24, 10/31/2025

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

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Exceptions will be made only when the family provides a death certificate and must be pre-paid.

KITCHEN from page 1

three years at the school. "Some of these kids weren't able to have access to a kitchen since seventh grade, and they're in their senior year now," said Superintendent Mary Jane Rickson.

During the five years the kitchen was closed down, Kathy Berger, the chef's assistant, would spend time running back and forth between the elementary school and high school with cartloads of food through rain, snow, or sunshine so the high school could have its lunch.

The grand opening ceremony of the newly refurbished kitchen was held last Tuesday, and it allowed for the students to finally have a space to eat for the first time since returning from remote learning.

"It means a lot, to see the kids and the looks on their faces at all the changes," said Ken LaPage, Director of Dining Services. "It was very challenging to do all of that for five years, but we made it work."

"We are just so excited

to have this happen," said Rickson. "It was needed, and its excellent to have the students have this space again and be able to experience walking through a real, high school lunch line."

"I just want to thank them," said Todd Dorman, Director of Finances, about the many architects, electricians, and other members who worked hard to get the kitchen finished. "Our ability to serve meals was really compromised, but the students and staff are really thankful to have this now."

The renovations in total were over \$600,000 in order to install the new ventilation systems throughout the cafeteria, kitchen, weight room, and wrestling room, and included installing a new hood system with fire suppression, work on air ducts, a new air handling unit, and a rooftop unit.

"The kids have been super resilient and patient, and the time is finally here, and I'm so grateful," said Principal Alison Jordan-Gagner.



Students ready and lined up for lunch, now cooked inside their own school.



Todd Dorman and Principal Alison Jordan-Gagner cutting the ribbon to officially open the kitchen.



Students lined up to get some lunch from head chef Doug Quinlan.



Doug Quinlan helping a student get some homemade chicken noodle soup on a cold day.



Salad and fruit, fresh from local farms.



Pizza and fries or chicken nuggets and fries- which would you get?



More sides of fruit and veggies to add to your plate.

FOODS from page 1

baked and done in, private kitchens that are not certified."

Board members said basic "bake sale" items may sometimes be allowed under the state food code, but home-canned goods and potentially hazardous foods are not.

"That's where it gets tricky because there's botulism involved and that's a big deal," Diniz said. "I don't know what's being baked."

Board Chair Dick Bombardier said the town's expectation is straightforward: vendors need permits and food must be prepared in licensed kitchens under supervision.

"The way you do it is with the permit," he said. "To let people really know that... we need to protect the public and that... the people that are selling food have to have permits. The vendors that are selling it and the food they sell has to be prepared in licensed kitchens."

Board member Bill Shaheen urged putting responsibility squarely on event organizers.

"Consider these other people to be subcontractors to the main entity running the event," he said. "We have to talk to the people that are in charge of the main operation and just pound it into their

mind... you cannot allow these folks to operate or to present food unless they have a permit from the board of health."

Bombardier said the board would support on-site enforcement if needed.

"If they don't shut down when (Diniz) says to shut down, we're going to shut the whole thing down. That'll be the last permit they get," he said.

Diniz asked how to respond if she encounters unpermitted vendors at events.

"By myself, that's a little difficult to do," she said, noting that in past roles she had "backup." Board members offered to join her on short notice when possible.

"If I'm around, I'd be happy to come down and help you," Shaheen said.

The board directed staff to add clear, written conditions to event permits and to proactively brief organizers.

Colleen Aberdale, the board's administrator, said she would call organizers to explain the rules and emphasize that all food vendors must be permitted, and food must be prepared in a licensed kitchen.

Bombardier said the goal is prevention, not confrontation.

"They're good people to be doing these events, and we

just have to make sure they're aware that what they're doing has the potential of really getting someone sick," he said. "I'm sure that someone at a bazaar isn't thinking that when they put a... jar of stewed tomatoes that they could actually kill somebody."

Diniz underscored that the town is following state rules. "All we're doing is following the state code... I can take excerpts from the state code... so that they know that we're, you know, we're just following rules and we don't make them up," she said. Bombardier agreed, adding, "The state's got a lot of experience and the state is saying we want you to do this because that's how we can stop people from getting sick."

The board discussed two near-term events:

- Immaculate Heart of Mary Men and Women's Club craft fair on Nov. 1. Aberdale said the organizer told her they do not bring in outside food vendors and "they make all the food." The board said that food must still be prepared in a licensed kitchen and under proper supervision.
- A Cub Scouts and Boy Scouts pig roast at the Church of Christ on Oct. 25. The board voted to allow it, subject to on-site inspection and controls.

"If they're going to do a rotisserie pig, they got to check temperatures and all that sort of thing," Bill Shaheen said.

The board stressed that any sides "must be made in that kitchen," as Bombardier put it.

Board member Lee Lalonde framed the stakes plainly.

"Maybe the bigger picture is the people who go to these events, who buy these things, who give them to their grandchildren don't want anything to happen," Lalonde said. "If we have to be the bad guy for a little bit... I'm okay with that because I would feel a whole lot worse [if] children got sick because of us backing down."

Organizers who cannot verify vendors in advance may need to forego food sales, Aberdale said, recounting a conversation with the Dino Fest organizer. "He said he doesn't know who the vendors are ahead of time... and then he said maybe we won't have food vendors there."

Bombardier said that is the right call if compliance cannot be assured.

"There can't be, 'I'm taking a permit out, but I have no idea what's going to happen there.' That doesn't work," he said.

WILD from page 1

Growing Wild South Hadley hosted a special potluck and plant swap a few weeks ago, where people got the opportunity to swap plants, learn about, and prepare for the growing season.

"[Hosting these events allows us to have more] engagement and outreach to connect with members of the community. People love learning and talking about plants," said Cornell.

Cornell, through her work as the Tree Warden and Conservation Administrator/Planner, allows her to work alongside the Conservation Commission to "administer the wetland protection act and local wetland by-law, manage 1,000 acres of conservation land, and assist with management of the town's public shade trees," said Cornell.

Growing Wild hosts several events throughout the year to show that it isn't hard to make a few changes to your own yards, or even to plant some plants in pots for apartment balconies to help the local ecosystems thrive.

By continuing to plant native pollinator species of plants in town, it helps to maintain the biodiversity, and is important to help protect and maintain our own ecosystem and keep South Hadley green and growing.

"You don't have to be a gardener to 'grow wild.' You can have one pot of pollinator flowers by your front door and provide benefits to our local ecosystem. Small acts add up to make a big difference," said Cornell.

You can learn more about Growing Wild on the South Hadley town website at <https://ma-southhadley.civicplus.com/1345/Growing-Wild>.

