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THURSDAY,

JUNE 29, 2023

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Christopher Heights celebrates its fifth anniversary

Assisted-living community thriving

BY CHRISTAL WHELAN

Editor cwhelan@turley.com

BELCHERTOWN – "I'm not the oldest. We have one lady who is 102, and another 101," said 97-year-old Ann Genero at the fifth anniversary celebration for the opening of

Christopher Heights in Belchertown. When she arrived five years ago from Palmer, there was just one other person, Betty Lannon, who has since passed away. Lannon and Genero were the first two residents to come live at Christopher Heights following its opening on June 21, 2018.

Christopher Heights assisted living facility formed part of a larger project for rejuvenating the former state school property. The town was awarded a \$3 million state grant through MassWorks Infrastructure to develop a mixture of residential, commercial and recreational properties. Walter Ohanian, CEO of the Grantham Group, LLC, expressed his indebtedness to Gary Brougham, town administrator at the time, and Claire O'Neill, project coordinator of MassDevelopment, for being advocates in his development of Christopher Heights.

Addressing guests and residents on this joyous occasion,



I'm not the oldest. We have one lady who is 102, and another 101."

ANN GENERO,

97-year-old Christopher Heights resident

Ohanian said, "It's wonderful to see another beautiful June day here. When I first visited, it was just a piece of land with a hope. This facility stands exactly where the old hospital used to be."

Ohanian's group has developed a total of six Christopher Heights senior living communities all locat-

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Irene Skarzynski with her companion Corinne Hulse ready for some ice cream.

Selectboard revisits TA goals, objectives

BY MELINA BOURDEAU

Correspondent

BELCHERTOWN – Picking up a conversation started at its last meeting, the Selectboard discussed Town Administrator Steve William's goals and objectives in the coming year with a heavy focus on personnel and communication.

Williams prioritized communications, personnel and budgets, stating that some of the work is already ongoing.

Selectboard member Lesa Lessard Pearson said she wanted to discuss the organizational structure review within the town.

This would include changes in job description and their relation to the Personnel Board, although the Selectboard haven't determined what changes should happen with the board moving forward with the Town Manager switch.

She said she wanted to make

sure there were updates to municipal employees' job descriptions that reflected the work they're currently doing and focus on customer service.

"For people who have a number of responsibilities that are obsolete, that frees them up," she said. "Does it meet the needs of the customer base? It's totally customer orientated. The other part of the equation is – are we meeting the needs of the residents of Belchertown?"

Williams said he's begun having conversations with the HR Department about the matter.

He said he would present a plan once an outside consultant was chosen. Currently there are over 100 job descriptions that will need to be reviewed.

"The first step is going to make sure we have people for those jobs because there may be some that have already been deactivated that we still have on the books," Williams said. "We're not going to spend that money and evaluate them if we're not going to fill those positions."

Lessard Pearson added that it would also be a good time to see what positions could be added to meet the needs of residents that aren't currently being met.

Selectboard Chair Ed Boscher suggested that because of her background and interest in the goal, that Lessard Pearson serve as a point person throughout the process of the structural review.

On the topic of communication, Boscher said while Williams referenced the town's social media policy, the most important aspect of the goal is to get information to residents.

"It's more about someone taking ownership and getting the news out there," he said. "Where's our digital presence? Where are we going to get a onestop place to go?"

Lessard Pearson mentioned that

Please see **GOALS**, page 3

Tick and tired of pesky bloodsuckers

BY MATTY ANDERSON

Staff Writer manderson@turley.com

BELCHERTOWN – OUCH! Look out for pesky ticks and mosquitoes this summer as they pack quite the punch for their

Kristen Krieger, a Public Health Nurse in the Quabbin Health District, warns residents about a potential risk to their health and safety. More specifically, she is educating the public of the potential risks of tick and mosquito bites.

Krieger has been spreading the word by giving a presentation featuring a "Bite Lab" at libraries, senior centers and more, throughout Belchertown, Ware and Pelham. She explains

Please see **TICKS**, page 8



TURLEY PHOTO BY MATTY ANDERSON
A sign posted at the Quabbin Reservoir across from Hanks Meadow.



A hot rod surprise

BELCHERTOWN - On May 7, Vincent R. Whitcomb Sr. coordinated a surprise event for his Uncle Mike Skura, longtime resident of Belchertown, as both enjoy working on hot rods and old cars.

Vince was able to coordinate several hot rod enthusiasts to bring a little joy to his Uncle Mike who had just received a difficult medical diagnoses. His wife Lori said, "It was the happiest he has been in a very long time."

The whole day was a wonderful surprise! Vince and his friends, who call themselves F-Troop, were more than happy to be part of this special day for his Uncle by sharing their time and cars.

They set up their hot rods in Mike's driveway.

Lori wanted to share the excitement,

appreciation, and joy of this experience with the Sentinel by sharing this story. Lori and her husband were gifted with a day that filled their hearts with joy and a day they will always remember.







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Sign up underway for Jimmy Fund Walk

BOSTON – Registration is now open for the 2023 Boston Marathon Jimmy Fund Walk Scheduled for Sunday, Oct. 1.

Proceeds from the event support all forms of adult and pediatric patient care and cancer research at one of the nation's premier cancer centers, Dana-Farber Cancer Institute. All four routes will culminate at the Jimmy Fund Walk Finish Line in the Fenway neighborhood.

The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer.

The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022. Funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute. The Boston Athletic Association has supported the Jimmy Fund Walk since 1989, and Hyundai has been the presenting sponsor for more than 20 years.

If walkers want to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities, including virtually. Register as an individual walker, team member or start a team at JimmyFundWalk.org or by calling 866-531-9255.

Offices closed for holiday

BELCHERTOWN — Town offices will be closed on July 3 and July 4 for the Independence Day holiday.

Offices will reopen at 8 a.m. on Wednesday, July 5.

G.E. SMITH PERFORMS AT VETERANS MEMORIAL AUDITORIM

AT BELCHERTOWN HIGH SCHOOL

SATURDAY EVENING JULY 15, 2023

G.E. SMITH

One of the most in demand blues/rock guitarists in the world known to millions of TV viewers as the guitarist with the unruly blond ponytail that was always falling across his face from his tenure stint of fronting the Saturday Night Live Band.



A MASTERCLASS ON THE HISTORY OF GUITAR IN AMERICA WILL TAKE PLACE

SUNDAY AFTERNOON JULY 16, 2023

G.E. will illustrate with conversation and musical underpinnings. G.E. has presented several events for the Smithsonian, NPR, and most recently he spoke at the famous artist

Eric Fischl's museum "Sag Harbor Church" where they showcased an exhibit of G.E.'s guitars and others.



All Proceeds Benefit the BBB

Tickets available on Eventbrite.com

SENIORS

Live music, self-care and hobbies galore at the COA

Council on Aging Senior Center at 60 State Street offers a variety of programs and services – even a tax preparation service. For more information, visit the center, or contact Programs and Volunteer Coordinator Stephanie Fraleigh at 413-323-0420, ext. 501 or SFraleigh@belchertown.org.

Here's a look at upcoming some upcoming programs, including the annual summer concert series:

Get ready for a summer of great music. All shows are free to attend, but please register in advance by calling Stephanie at 323-0420 ext. 501, so that you can be notified of any weather-related changes or cancellations.Registration is for the concert ONLY. To attend the regularly scheduled daily lunch indoors, immediately following the performance, call Kim at 323-0420 ext. 508 to sign up.

Bring a chair, and any additional comfort items such as a hat, blanket, umbrella, etc. Here's the schedule:

A Ray of Elvis, 10-11 a.m. Friday, July 21

Ray Guillemette Jr. has amazed and inspired people with his tribute to the King of Rock and Roll over 20 years.

Memory Lane, 10-11 a.m. Friday, July 28

Mike and Danny will sing oldies that will bring you back to the good old days. Sing along, or just listen and remember favorites from Roy Orbison, The Everly Brothers, Dean Martin, Frank Sinatra and so many more. Register by July 25.

The Willies, 10-11 a.m. Friday, Aug. 25

The Willies are a classic rock band, playing songs from the 50s, 60s, 70s and 80s. Sit back and relax, or sing along to songs that you've loved for years! Register by Aug. 22.

WEDNESDAY MOVIES July 12

"Murder on the Orient Express" (1974 PG)

In December 1935, when his transcontinental luxury train is stranded by deep snow, detective Hercule Poirot is called on to solve a murder that occurred in his

BELCHERTOWN - The Belchertown car the night before, with a multitude of suspects. Starring Albert Finney, Lauren Bacall, Ingred Bergmann

July 26

"A League of Their Own" (1992 PG)

Two sisters join the first female professional baseball league, and struggle to help it succeed amid their own growing rivalry. Starring Tom Hanks, Geena Davis, Lori Petty, Madonna

Lights go down at 12:30 p.m.

Safe Aging at Home 12:30 p.m. July 19 Join Kirsten Krieger RN, BSN Quabbin Public Health Nurse, and Rachel Senecal, coordinator for the Elders and Persons with Disabilities Unit, Northwestern District Attorney's Office, for valuable information on topics related to staying healthy, safe and problem-free in your own home. Topics will include Fall Risk and Prevention, Medication Safety, Exercise, Elder Abuse, Avoiding Scams, Cryptocurrency, Preventing Fraud and Identity Theft, and much more.

Refreshments will be provided. Space is limited. The register, call Stephanie 323-0420, ext. 501.

The Canasta Group is looking for new players

Join the group at 12:30 p.m. every Wednesday in the craft room.

Foot care and skin care

RN Piper Sagan, a Certified Foot Care Specialist, provides services the second Monday of every month. Piper will assess overall foot health, clip/file nails, file calluses, and recommend shoe wear and cushioning as needed. She will finish with a massage using healing essential oils to promote foot health. \$50 per visit.

Diane Neill, a licensed esthetician, offers facials and waxing services the third Wednesday of every month. Clients can choose between a Signature Facial, a Microdermabrasion Facial, LED Light Therapy, or waxing services. Prices vary by service.

Ouabbinaires

Join your peers for one of five planned walks in June. Walks begin at 9 a.m., average about 90 minutes and range from flat nutritious, served with dessert and choice pavement to moderate trail hikes. July 11, 18 and 25. To join the group, email Stephanie at SFraleigh@Belchertown.org or call 323-0420, ext. 501.

Meet the author 10 a.m. Monday, July 24

Dr. Janet Crosier is a local senior citizen who specializes in the writings of Emily Bronte and recently published her first book, "Shadows on the Heath." No need to preregister.

The Nurse is in

Stop in to have your blood pressure and glucose checked 10-11 a.m. July 10 and July 24.

ONGOING Rainbow Coffee Hour

Join Elaine, the LGBTQIA+ community and allies at the Senior Center at 10 a.m. the second Wednesday of every month.

Grief/Loss Support

Liane Smola will be at the center at 12:30 p.m. on the first Wednesday of every month to help those who have suffered a loss and feel they need some help working through difficult emotions. Liane can help with your grief journey. Call Stephanie for more information and to register, but walkins are also welcome.

Healthy Bones & Balance

Increase your strength, mobility, flexibility and balance! Classes are offered at 10 a.m. Tuesdays and Thursdays for a suggested donation of just 50 cents per class. No need to pre-register.

Tai Chi is offered via Zoom at 3 p.m. Tuesdays and Fridays, and 10 a.m. Sundays

Call Stephanie for a Zoom link. This program will be back in-person and outdoors this spring when the weather warms

Aging Nutrition Program

The Senior Center Nutrition Department offers both congregate and home delivered meals Monday through Friday. All meals are home cooked and prepared daily in the center's kitchen. Meals are balanced and

of juice/coffee/tea or milk.

There is no fee for these services, but there is a suggested, voluntary, confidential donation of \$2.50 for adults age 60 and over. Guests under 60 are required to pay

Home Delivered Meals

Meals are delivered between 10:30 a.m. and 12:30 p.m. Monday through Friday to those clients who are eligible. Supper and weekend meals are also available. Eligibility is based on individual circumstances, and can be available on a short or long term basis. To inquire about eligibility, contact Laura at 323-0420, ext. 507

Congregate Meals

In-person dining is offered at 11:30 a.m. Monday to Friday. Reservations must be made 24 hours in advance by calling Kim at 323-0420, ext. 508.

July lunch menus:

July 5 Ravioli

July 6 Chicken Marsala

July 7 Fish w/Crumb Top

July 10 Lasagna

July 11 Alaskan Br Pollock

July 12 Broc Quiche

July 13 Chicken Dijon July 14 Beef Stew

July 17 Mac & Cheese

July 18 Chili

July 19 Pork Roast w/Gravy

July 20 Chicken Cordon Bleu

July 21 Hot Dog w/Ice Cream Sundae

July 24 Chicken ala King July 25 Ham

July 26 Blueberry Fr. Toast

July 27 Spaghetti

July 28 Alaskan Br. Pollock w/Ice Cream

July 31 Stuffed Shells

Kitchen volunteers needed

Volunteers to help with food prep, dining service and clean-up, as well as Meals on Wheels drivers, are needed at the center. Call Stephanie 323-0420 ext 501 for more information, or stop by the Senior Center to sign up.

GOALS from page 1

the communications committee has also expressed interest in having a social media presence.

"They're focusing on the website because that's hopefully going to be the hub," she said. "I met with the chair and vice chair, and they've voiced some frustrations."

Williams said discussions have begun with the IT Director Kevin Hannon about the social media policy, which was approved but not implemented.

Lew Louraine, member of the commu-

nications committee and BCTV manager, said the hope is to update the policy and reduce redundancy

"It's the idea of: Is it current? Is it legal? What needs to be changed? I was concerned about this overlap between four or five people all working on social media," he said. "We need to be part of it or take over, your choice, to work on this social media policy."

Williams said he would be happy if the committee would like to take the matter

Hannon was in the crowd at the meeting and said while he doesn't attend the committee meetings, he works closely with the communications committee.

We have a monitoring solution in place, and we have eight accounts that are actively being monitored," he said. "One of the things we will have to do is formalize the process in which we made pages or

He added that there are migrations in process from the old website to the new

Selectboard member Peg Louraine said she would like to see capital planning included.

"To me that is the more urgent need," she





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regal kings and queens, fire-breathing dragons, and brave knights who fight epic battles! This August, your knights will learn how to be a part of God's Kingdom by wearing His armor. Our Royal Majesty's kingdom is under attack and we MUST prepare for battle! We invite all lords and ladies 4 years - entering 6th grade to join the round table August 7th-11th (5:30pm-8:30pm) for truth talks, games on the green, treats in the town, crafts in the

To register or learn more visit our website at www.gracefortheway.org or contact us at 413-253-0292.

courtyard and much, much more! Register by July 24th to participate in this fantastical event.

ANNIVERSARY from page 1

ed in Massachusetts. The first opened in Worcester in 1997 followed by others in Webster, Attleboro, Malborough, Northampton, and Belchertown.

Genero, now the longest residing resident in the community is its living memory-keeper. She recalled how the day after she moved in several more people arrived. Christopher Heights had just opened the first floor and work on the second floor had not yet been completed. Now the facility has three floors with 83 apartments that range is size from studios to one-bedroom suites, and currently houses 84 residents. Basically, it's set up like a hotel with a dining room, common spaces, and a few gardens.

"We have men, women, and couples living here now," said Genero. "It's been wonderful. I've met a lot of nice people. It feels like I'm on vacation here because they do everything for me."

Genero lives in a one-bedroom apartment at Christopher Heights in Belchertown, an assisted living community. It has a living room, a private bath, and a kitchenette, although the residents are not allowed to cook there. Instead, their apartments are furnished with a microwave and a fridge. They are allowed to have overnight visitors such as out-of-town family members.

Genero never imagined herself coming to live at such a place. She had been living alone for twenty years. "But my family thought I needed to live with others," she said. With her two sons residing in Tennessee, and five daughters in Massachusetts, Genero's daughters became her advocates in the application process.

Her relocation was not far; she moved to Belchertown from Palmer where she had grown up and also worked for the 34 years as a nurse at Wing Memorial Hospital in Palmer. "It's now Bay State Memorial," she corrected herself.

Genero's husband was a Marine in World War II and was the first person to go to Guadalcanal," she said. But he left the service after four years.

One of her sons, an overseas primary school principal, has lived in nine countries including England, Germany, Italy, Japan, and Korea. "He adopted a girl from South Korea," Genero said proudly. "So now I have a Korean great-grand-daughter, out of 15 grandchildren and 14 great-grandchildren."

Genero enjoys reading as a pastime. "I like John Grisham – 'The Boys from

Please see **ANNIVERSARY**, page 5



Refreshments offered by the Activities Coordinators Katie Mathieu (left), and Carleen Sullivan (right).



Resident Linda Robinson shows off her photo with her companion Elizabeth Akodu taken in the Photo Booth tent.



Herb garden behind the main building with dill, celery, chives, thyme and spearmint.





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ANNIVERSARY from page 4

Beloxi' is a favorite." She also likes James Patterson and audiobooks since otherwise she requires largeprint books. "But the trouble with audiobooks is I fall asleep," she added laughing.

When asked what changes have surprised her most in her 97 years, she answered, "Electronics. In school they talked bout those things but now they are here. Just like Roy Rogers gong up to the moon. That was comic book in my time!" Pausing for a moment, "Amazing things have happened. I never thought I would be in a pandemic.'

Christopher Heights has a lively activities calendar. Every Wednesday in season the residents have a cookout. They celebrate everyone's birthday, all the holidays, and every Friday. They have guided strolls and guest entertainers. Genero's favorite group is "Memory Lane."

They also have outings to places such as: MGM Casino, restaurants and shopping malls. They will soon have their own van for such outings.

We have exercise groups, Bingo, and the boys play poker. We had a group come teach us to paint. You never know what they'll bring here," she said gesticulating with surprise.

For more information on Christopher Heights, please call Lorna Stone, Director of Marketing and Admissions at 413-323-5500.



Christopher Heights Belchertown celebrates its fifth anniversary with the Decades Band providing entertainment.



Christopher Heights Belchertown's Executive Director Amie Migrecki with Steve Williams, Belchertown's newly appointed town adminis-



Volunteers Margaret (Peg) and Lew Louraine grow tomatoes and garlic for residents in a small garden behind the main building.

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OPINION

GUEST COLUMN

What drew me to caring for people in my community

BY HANNAH NIEMIEC

I have wanted to be a nurse since I was young. My journey into the health field began while in high



school when I signed up for a Certified Nurse Assistant program and this started me on my career path. Since graduating from nursing school, I completed the Baystate Health Nurse Residency Program and have been working at Baystate Wing Hospital since July, 2022.

I completed my one-onone preceptorship for nursing school at Baystate Wing on the Med/Surg Unit during my last semester of nursing school. Being able to start a

job on the same floor I had done my clinical rotation on gave me great headway in the world of nursing and I felt so welcome in the unit when I took a full-time job there.

I became a nurse to make a difference. I love being able to be a light to my patients on some of their darkest days. Caring for people living in my community is another important part of what I do, and I am proud of the knowledge, compassion, and skill that go into the care I provide each shift I work.

I love coming to work!

Each day I learn something new, from skills, to fun facts, and about different diseases. Being a nurse means being committed to constant learning, practice, and reflection for continuous improvement.

My favorite moments with patients are the everyday moments of caring for them and spending time getting to know them better. I love when I can discharge a patient home and can see the improvement they have made. I love when they thank our team for the care we have given them that makes them feel better and able to go home with the education we give them to stay healthy.

We have a great team, and we work so well together. Our team makes each member feel welcomed and valued. I am grateful for the great relationship I have with all my coworkers. The Patient Care Technicians I work with daily play a huge role in the care I give to each patient. We all work side by side and make each day a good day while taking care of our patients as a team from admission to discharge.

I make compassionate connections with my patients each shift. Each connection I make is different and how to make that connection sometimes has to change based on the patient and their personalities. Because I am from the local area and live in the community, I can relate to my patients many times.

Something many people would find surprising about being a nurse is a nurse's role is more than just being a nurse. We can have different roles each day depending on the needs of our patients. Many would not know how many different types of patients/diagnoses and skills we use and see on a day-to-day basis.

These experiences help build a good foundation for each nurse. I am grateful for the team I work with each day.

Hannah Niemiec, BSN, RN, works in the Med/Surg Unit at Baystate Wing Hospital in Palmer. For more information visit Baystatehealth.org/wing





Working widow seeks to maximize Social Security benefits

Dear Rusty: I was widowed years ago and, when I approached age 60, I looked into Social Security survivor benefits based on my late husband's record. He started receiving Social Security shortly before he died at \$1,200 per month. My income at age 60 was \$42,000 and, since Social Security would keep \$1 for every \$2 above the limit (around \$15,000 at that time), I did not apply.

Next year I will reach my full retirement age of 66½, but I plan to work until I am 70. Will I be able to receive full survivor benefits next year if I continue to work? I plan to switch to my own Social Security benefit at age 70, which will be higher than my husband received.

Since I am waiting to apply for survivor benefits, will there be an increase in the amount I receive? I am a municipal employee and when I retire, I will collect from the state retirement system. I paid into the state retirement system and also paid Social Security taxes, so will my state pension have any impact on my Social Security?

Signed: Still Working

Dear Still Working: Congratulations on having an excellent strategy for maximizing your survivor benefit as well as your personal SS retirement benefit. Once you reach your Full Retirement Age next year, you are no longer subject to Social Security's "earnings test" and can collect Social Security benefits without those benefits being affected by your work earnings.

Your surviving spouse benefit will be more because you are waiting until your full retirement age to claim it. At your FRA you can claim your full survivor benefit from your deceased husband without reduction and collect only that while still allowing your personal SS retirement benefit to grow to maximum when you are 70. Then, at age 70, you can switch from your smaller survivor benefit to your maximum SS retirement benefit and collect that higher amount for the rest of your life. Essentially, your survivor benefit reaches maximum at your FRA and your personal SS retirement benefit reaches maximum at age 70.

Note that you should apply for your benefits a couple of months before you wish them to start. For example, if you reach your FRA in May of next year you can apply for your survivor benefit in February or March, specifying that you wish your survivor benefit to begin in May 2024 at your full retirement age. Just be sure to emphasize that you are applying only for your survivor benefit and wish your personal SS retirement benefit to continue to grow by earning Delayed Retirement Credits until you are 70.

You cannot apply for your survivor benefit online, so you will need to call Social Security, at either the national number (1.800.772.1213) or your local Social Security office, to make an appointment to apply for your benefit as your husband's widow.

And to answer your last question, your state pension won't affect your monthly Social Security payments because you paid Social Security FICA payroll taxes from your municipal earnings.

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

Russell Gloor is a Social Security advisor for AMAC.

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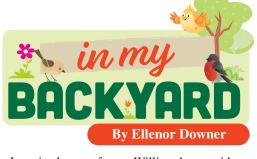
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I received a note from a Williamsburg resident along with a newspaper clipping about a greentailed towhee spotted in Newport, Rhode Island at Sachuest Point National Wildlife Refuge.

She said they are native to the Southwestern United States and "having gotten so far, they might be here any day now." The green-tailed towhee is the smallest towhee. They are small, but chunky songbirds with a big head, stocky body and a medium to long tail. Their bill is



Young Canada goslings

thick.

They are fairly common in the western mountains and spend most of their time in dense, low thickets where they forages on the ground. It has a gray body, fairly greenish wings and tail with a rufous crown and white throat. These towhees do sometimes wander east.



Wild turkey

The female lays three to four white eggs with heavy dots of brown or gray, often concentrated at the larger end of the egg. They build their nests on the ground or in low shrubs. It is a large, deep cup loosely made of twigs, grass,

Please see **BACKYARD**, page 8

Green-tailed towhee

Jason Mosall, band director

at Chestnut Hill Community

School, recently announced

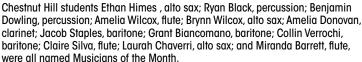
the list of students who were

named Musicians of the Month:

COMMUNITY

Chestnut honors Musicians of the Month







Recently named Chestnut Musicians of the Month are: Madelyn Murray, alto sax; Radha Grip, percussion; Kyla Moseley, Clarinet; Emily Calvanese, trombone; Camille Nycz, clarinet; Reid Charron, percussion; Bently Pope, trumpet; David Ting, percussion; Brayden Wakefield, trumpet; Caleb Pincince, trumpet; Samuel Leblond, trumpet; and Quinnton Parncutt, trumpet.

Writing Workshop at GML

Author teaches how to tap into dreams for creativity

SOUTH HADLEY — Author Tzivia Gover will present a program called "Dreaming on the Page: Tap into Your Midnight Mind with Dreams and Writing" at 3:30 p.m. on Friday, June 30, at Gaylord Memorial Library.

According to a news release, the workshop will help aspiring writers "Learn how to use the science and psychology of sleep, dreams, and mindfulness to supercharge your creativity and wake up to your best life."

The program will include a discussion on how anyone can benefit from the 'Dreaming on the Page' method whether you remember your dreams or not and whether or not you consider yourself a writer. Bring a pen and prepare to be inspired.

A resident of Western Mass., Gover is a certified dreamwork professional and the author of several books, including "How to Sleep Tight Through the Night" (with Lesléa Newman) and "The Mindful Way to a Good Night's Sleep," among others. Using a unique blend of dreamwork and mindfulness-based practices, she awakens people to the extraordinary joy, beauty and wisdom hidden within the ordinary moments of daily life and has led events at the Esalen Institute. Sivananda Ashram Yoga Retreat, the New York Open Center and a variety of conferences, colleges and universities, among many others.

For more information, visit her website at TziviaGover.com.

Gaylord Memorial Library is located at 47 College Street. To learn more, visit the library or call 413-538-5047.

Summer eats offers free meals for kids, teens

BELCHERTOWN —The Summer Eats Program resumes July 5 and will be offered through Aug. 11 weekdays at Chestnut Hill Community School.

Meals will be served for eligible residents up to age 18 from 11:30 a.m. to 12:30 p.m. Monday through Friday.

Belchertown Public Schools participates in SFSP, a federally-funded, state-administered program that is separate from the free and reduced meal program operated during the normal school year. It is open to all those age 18 and younger regardless of household income or school year free and reduced status.

Participants do not need to attend Belchertown Public Schools or be approved for free or reduced meals at school.

For more information, go to the Belchertown Public Schools website at belchertownps.org or visit btownschoolmeals on Facebook.



School Garden needs summer volunteers

BELCHERTOWN — The School Garden at 57 State Street is in need of volunteers to help keep the garden watered and weeded over the summer months.

Volunteers sign up for a week of responsibility at a time. Anyone interested can sign up for one side of the garden or both, watering or weeding or both and/or to help out with the pollinator garden.

Sign up at SignUpGenius by going to these links (you don't need an account to sign up, just an email address):

Watering sign up tinyurl.com/373tk4ht Weeding sign up tinyurl.com/msdp34x8

Want to see a video of what the work looks like?

Weeding the school garden tinyurl.com/3fxp3dzm Watering the south side tinyurl.com/3khnxnpn Watering the north side tinyurl.com/mnh394vw Volunteering in the pollinator garden tinyurl.com/fxs25r4n

Anyone who wants to make a donation or volunteer in any way, or just has questions about the garden, should contact Holly Field at btowngarden@gmail.com.

The community garden is in full swing now with lots of beautiful and tasty things growing. Come take a stroll through and enjoy.

For more, visit the Belchertown School Gardens Facebook group.

Learn about needle felting for free

BELCHERTOWN — Local fiber artist Anna Sunschauer will teach a class on how to sculpt fluffy wool fiber into a bluebird ornament using felting needles noon to 2:30 p.m. at 6 p.m. on July 10 and 2:30 p.m. on July 12 at Clapp Memorial Library.

No prior needle felting experience is necessary, but it is recommended that all participants have good fine motor skills to avoid injury with the sharp needles. The workshop is free, open to adults and teens, and is limited to eight participants per session.

All necessary tools and materials will be provided.

Clapp Memorial Library is located at 19 South Main Street. For more, call 413-323-0417, ext. 701, or go to clapplibrary.



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TICKS from page 1

everything from the diseases that they carry to how to protect yourself and your loved ones from these insects.

"The reason I wanted to talk about this is because over the winter, we saw many tick-borne illnesses and not just Lyme disease, said Krieger. She added, "Doctors are testing for Lyme disease but not as much for other tick-borne illnesses as they really should. They need to do a full tick screening when a patient is showing symptoms."

Other than Lyme disease, there are three main tick-borne illnesses to worry about; including Anaplasmosis, Borrelia miyamotoi and Babesiosis. These illnesses can range from mild to fatal, depending on the patient's age, health condition and other variables.

Not much is known about Borrelia Miyamotoi, but there have been two cases in the last 30 days in Ware and Belchertown, so this should be on your radar. Symptoms include headaches, fever, muscle aches, joint and muscle pain, dizziness and some have even reported fainting. Treatments include antibiotics.

Babesiosis patients experience similar symptoms but may also experience kidney damage. Serious cases require blood transfusions and even dialysis. The DPH and CDC need more information on this illness as it's not particularly common in Massachusetts.

Krieger included tips on how to prevent and treat tick bites. She recommended wearing clothing that covers as much skin as possible, which is easier said than done during the summer. For skin that is exposed to the elements, she recommended applying bug spray on top of your sunscreen or buying a combination of the two.

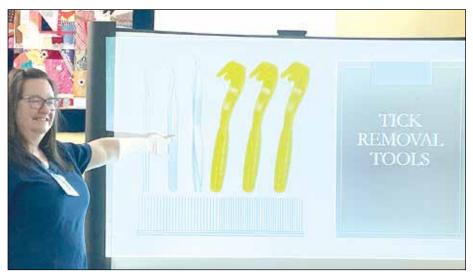
Bug spray should not be applied to children's hands because they are always touching their faces. Permethrin is another great insect repellent, but should only be applied to clothing, bedding and other inanimate objects; it should never be applied directly to your skin.

During summer months, children's strollers should be covered with mosquito



Kristen Krieger and her Bite Lab.

TURLEY PHOTOS BY MATTY ANDERSON



Kristen Krieger and her recommended tool for tick removal.

netting since they are much more susceptible to serious symptoms from a bite. Be extra thorough and remember to keep your furry friends in mind and give them a thor-

ough check after they've been outside. Also remember to invest in a good flea and tick collar.

To protect your yard consider adding a few chickens as they are expert tick hunters. Planting lemon balm can also help to repel these pests from your property. When

choosing a bug repellant, be sure to read the labels since not all sprays are created equally. Be sure to invest in a safe and healthy one.

A bullseye shaped rash is a huge indicator of a tick bite. But you may still have a tick-borne illness if the rash is not present so see a doctor if you are feeling unwell and have been outdoors or have outdoor pets.

As awful as tick-borne illnesses sound, mosquitos carry the worst of the worst, including Eastern Equine Encephalitis and the West Nile virus. When you think about it, mosquitos are basically flying shared syringes. Unfortunately, that's the reality of the situation.

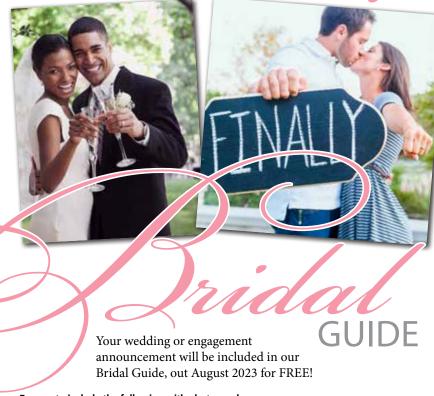
Symptoms of EEE can be as mild as fever, chills, and body aches that last for a week or two, or it can be much more severe. It's not uncommon to see patients experience permanent neurological damage including seizures, severe intellectual impairment, personality disorders, paralysis, cranial nerve dysfunction and even death.

People who contract a serious case of this illness often require long-term care and die within a few years of "recovery." As for the West Nile virus, eight out of ten people don't develop symptoms. Just one in ten people develop severe illness affecting the central nervous system and die.

Krieger did another presentation on Tuesday at the Ware Public Library and she has more on the near horizon. She will be at Food Truck Friday on the Belchertown Commons, the second and fourth Wednesday of every month. She also visits the Ware Senior Center and on the second and fourth Monday of each month she stops by the Belchertown Senior Center.

Krieger's goal isn't to discourage anyone from enjoying the outdoors, but living so close to the Quabbin Reservoir, she said, "Always enjoy the outdoors responsibly and take precautions." She elaborated, "This is my favorite part of my job - going out and educating members of the community. It's really fun. That's why I became a Public Health Nurse instead of working in a hospital. Not that hospitals aren't great, but for me ground zero is our community."

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Groom's Town Residence:

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Be sure to include a high resolution, clear photograph for printing.

BACKYARD from page 6

weeds, strips of bark and lined with finer grasses, rootlets and animal hair.

They eat mainly seeds and insects, but they will sometimes feed on berries or small fruits. They make a cat like meowing sound.

Best cities for birdwatching

New York, New York recently was ranked the number one city for birdwatching; I assume because of Central Park and the sea coast. Other cities on the list from two to ten were: San Diego, California; Houston, Texas; Seattle, Washington, Los Angeles, California; San Francisco, California; Philadelphia, Pennsylvania; Phoenix, Arizona; Austin, Texas and Chicago, Illinois.

On the worst cities for birdwatching list Kansas City, Kansas came in at number one. Other cities were Montgomery, Alabama; Olathe, Kansas; Overland Park, Kansas and Mobile, Alabama (tied for fourth place); Des Moines, Iowa; Huntsville, Alabama; Murfreesboro, Tennessee; Sioux Falls, South Dakota and Henderson, Nevada.

Wild turkeys

I recently saw a hen turkey with her poults on the edge of the road. The hen was standing on the edge of the road and her young were in the tall grass so I was unable to accurately count how many she had.

Geese and goslings

Last week, I saw two pairs of adult Canada geese with some young goslings in my hayfield. I spotted the adults heads in the tall grass and stopped to watch. I could see the goslings when they jumped up or stretched their necks to eat grass.

Nesting cardinal

One of my daughters had a cardinal nesting in her rhododendron bush. They could be observed from a window in the living room and not be disturbed. The nest is now empty and I hope they fledged and did not meet up with a predator.

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.

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Jr. Legion moves above .500

BY TIM PETERSON

Sports Correspondent

BELCHERTOWN-After losing their first two baseball games of the Junior Legion season, Belchertown Post 239 have turned things around.

Belchertown moved above the .500 mark for the first time this summer following an 8-1 victory against North Adams Post 125 at the Belchertown High School baseball field, last Thursday.

"We had a 2-2 record entering today's game and we're now 3-2,' said first-year Belchertown Junior Legion Manager Dan Szostek. "We were able to score a lot of runs and we're hoping to qualify for the Junior Legion playoffs this

Belchertown's first two victories were shutouts against Pittsfield Post 68 and Wilbraham Post 286.

Because Belchertown was scheduled to play four games in a span of six days last week, Szostek decided to use three pitchers in the home game versus North Adams (4-2)

"We do have a deep pitching staff," Szostek said. "All of the



Ryan Gould pitches for Belchertown Jr. Legion.

pitchers that we used in today's game should be available for our next game."

Righthander Ryan Gould, who was the Belchertown starting pitcher against North Adams, hurled the first two innings. He allowed just one base hit and struck out a batter.

Gould was followed on the

mound by righty Jake Waller, who also pitched two innings. He gave up a run on two base hits with a walk and a strikeout.

Gould and Waller were also members of the Orioles varsity baseball team this past spring.

The other members of the Orioles varsity team listed on the Junior Legion roster are Evan Ferguson, Ian McDonald, and Evan Perkins.

Zander Auffrey and Ed Szostek are also Belchertown residents, but they're members of the Pathfinder Tech varsity baseball team.

All the other players listed on the Belchertown Junior Legion roster are either from Amherst or Hadley.

"We're able to draw from the surrounding towns, "Szostek said. "We wouldn't be able to field a competitive baseball team with players from only one town."

The third Belchertown pitcher against North Adams was Chace Earle. The righty was a member of the Hopkins Academy baseball team, which lost to Bourne High

Please see **LEGION**, page 10



TURLEY PHOTOS BY DAVID HENRY WWW.SWEFTDOGPHOTOS.COM Ian McDonald catches an out at

Pioneers suffer first loss this season

BY TIM PETERSON

Sports Correspondent

LUDLOW— Since the start of the 2019 regular season, the Seacoast United Phantoms are the only USL-League two team who have been able to beat the Western Mass. Pioneers at Lusitano Stadium.

The Phantoms knocked the Pioneers out of the 2022 playoffs with a 1-0 extra time victory in the Eastern Conference semifinals.

With the score tied 1-1 in last Friday night' matchup between the archrivals, Seacoast retook the lead during the 62nd minute and they were able to celebrate a 2-1 road victory at Lusitano Stadium. "This result really hurts a lot

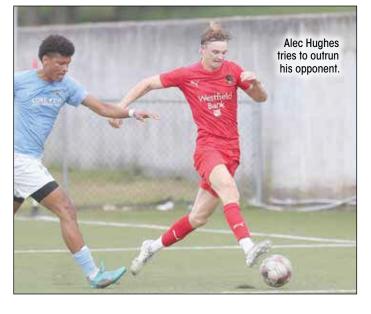
because we clearly performed better than they did in tonight's match," said Pioneers head coach Federico Molinari. "You win soccer games by scoring goals. We just didn't score more goals than they did."

Last Friday's setback was the Pioneers first regular season home loss since June 22, 2018, when they lost to Black Rock

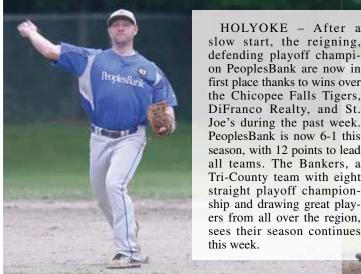
The Pioneers also lost a home match to Flower City Union, who are from Rochester New York, in the 2022 Lamar Hunt U.S. Open Cup.

The Pioneers (5-1-3) have posted a 1-1-2 home record this season. Their only victory at Lusitano Stadium was a 3-0

Please see **PIONEERS**, page 11

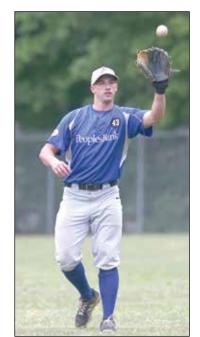


Bankers roll into first place



slow start, the reigning, defending playoff champi-on PeoplesBank are now in first place thanks to wins over the Chicopee Falls Tigers, DiFranco Realty, and St. Joe's during the past week. PeoplesBank is now 6-1 this season, with 12 points to lead all teams. The Bankers, a Tri-County team with eight straight playoff championship and drawing great players from all over the region, sees their season continues

PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM Pitcher Danny Gaines starts for PeoplesBank.



Ryan Franczek makes a throw to first.

Dave Clark makes a catch in right.



Cam McDonald makes a quick throw



James Flahive pitches in relief.

SPORTS

Williams gets another big win

THOMPSON, Conn. — Ronnie Williams used a late caution to win the Icebreaker 125 for the Outlaw Open Modified Series at Thompson Speedway back in April. Wednesday night, Williams didn't need a late caution - he did it in dominating fashion. Williams took the lead early and rolled to the win after holding off Chris Pasteryak and on a flurry of late restarts. The victory came in the first of the summer Dash For Cash 50-lap, \$5,000 to win races for the Outlaw Open Modifieds at the Connecticut oval in 2023.

Williams had a tough challenge on the final restart with Pasteryak closing in on the back bumper. Pasteryak was close on the final lap when the field took the white flag, but got loose off turn two and had to settle for second. Joey Mucciacciaro posted a strong third-place finish with Kurt Vigeant and Swanson finishing the top-five.

Former Thompson champion Nick Johnson rolled to victory in the 25-lap Late Model race, taking the lead using the bottom lane. Johnson passed Matthew Lowinski-Loh for the second spot on the bottom, then passed Devin Deshaies for the lead just before halfway. Although Lowinski-Loh was closing in during the final laps, Johnson was able to seal the win. Lowinski-Loh finished in second, with Andrew Moelleur wrapping the race in third. Oddly enough, even though Johnson won the championship in the Late Models in 2019, it was his first career track Late Model win, he said in Victory Lane.

The New England Supermodifieds rolled into Thompson to supply pure speed and power and it was a dominant performance by Ben Seitz. The driver of the No. 11 jumped out to the lead passing Anthony Nocella for the top spot and never looked back en route to picking up the dominating victory. Danny Bowes was second and Rob Summers third at the end of their 30-lap

Tyler Chapman collected the extra-distance prize in the SK Light Modifieds at the end of their 30-lap feature, worth \$750 to win. Much of the middle portion of the race saw Chapman chasing Danny Cates for the lead, with Alexander Pearl not far behind in third. Chapman would pass Cates



SUBMITTED PHOTO

Ronnie Williams captured a win in the Outlaw Open Modifieds.

for the lead with just under 10 laps remaining and go unchallenged the remainder of the laps to win. Cates would lose second to Pearl in the final laps, but the two did complete the podium. The division not only had extra laps and extra prize money, but also infield pitting during the race for the first time during their Thompson tenure.

Corey Fanning made it two-for-two on the 2023 season in the Limited Sportsman, outlasting a stout group of contenders during a wild green-white-checkered finish to take the win in the 30-lap EdenRaffety Clash For Cash. The \$750 to win race looked to be in the control of Ryan Waterman as the field took the white flag, but a caution for a spinning car in turn four slowed the race and set up the dash to the finish with a green-white-checkered. Waterman and Chicolas brought the field down for the green with Waterman jumping away with the lead into turn one. When the field hit turn one after taking the white flag a lap later, contact between Waterman and Chicolas sent Waterman drifting up the track sideways. Chicolas took advantage to grab the lead, but Fanning snagged the

bottom lane and drag-raced him for the lead down the backstretch and Waterman rallied to chase them both in third. Off turn four to the checkered, Fanning jumped out to control and crossed for the win. Chicolas

It was a dominant type of night for Kyle Wing in the Mini Stocks. Wing won his qualifying heat in dominant fashion, then followed it up by leading all 15 laps to win the Mini Stock feature race. It was his first career win in racing, he said in Victory Lane. Kevin Moore crossed the stripe second and Glynn Roy in third.

Thompson Speedway Motorsports Park's oval track is promoted by the American-Canadian Tour and Pro All Star Series again in 2023. The track will return to racing action on Wednesday, July 26, with the Twisted Tea Open Modified Dash For Cash round two, set for 50 laps and \$5,000 to win. The SK Light Modifieds will run double features, while the Late Models, Limited Sportsman and Mini Stocks will also be in action. Racing begins at 6PM and a full schedule of events will be released one week prior to race day.

was second and Waterman third.

Last Saturday evening, the Blue Sox were defeated by the North Shore Navigators by a score of 4-0. Valley was limited to just four hits

Blue Sox hit

four straight

tough skid, lose

HOLYOKE - The Valley Blue Sox were defeated by the Danbury

Westerners on Sunday by a score of 9-5

game for the Blue Sox. Danbury

jumped out to an early 3-0 lead after an

early two-run-homer. Valley was able

to fight back in the bottom of the fifth

inning, scoring two runs making it a

Danbury quickly increased their lead,

scoring six combined runs in the sixth

and seventh innings. The Westerners hit

three home runs in this game after none

had been hit in MacKenzie Stadium

in the first nine games at home this

Sox and struck out four batters in four

innings, allowing three runs.

the ninth, with one strikeout.

with a double and two RBIs.

went 2-for-4 with an RBI double.

Terry Murray started for the Blue

Harrison Durow and James Vaughn

Zach Cameron pitched a clean top of

Right Fielder EJ Kreutzmann broke

The utilityman Michael Zarrillo also

out of a slump today, batting 2-for-4

both pitched two innings out of the

bullpen, allowing three runs each.

It was a tale of two halves of this

The team fell to 8-8 on the season.

thanks to solid pitching from start to finish from the Navigators. North Shore starter Nate Espelin pitched six shutout innings. Espelin had no strikeouts on the night, but was able to force soft contact and limit traffic on the bases, stifling Valley's offense.

Kurt Thomas started the game for the Blue Sox, and pitched four innings, allowing three runs and four walks, with no strikeouts.

The ball was turned over to Thomas Ballard who pitched two innings, allowing one run off of two hits while striking out four batters.

The back end of the bullpen continued to shine for the Blue Sox, with Michael Weidinger and Jason Arrigo both tossing shutout innings. Both pitchers struck out two batters in their inning of work.

Eliot Dix went 2-for-2 on the night, reaching base in all three of his at-bats.

Matt Bergevin went 1-for-2 with two walks, continuing to see the ball well at the plate as he has all season.

Athletes invited to participate in sports clinics

LUDLOW - Lions Pride Sports Clinics are back. Young inspiring athletes have the opportunity to participate in one or all of our exciting clinics. The 2023 lineup consists of, Soccer session 1 from June 26 to 30, Soccer Session 2 from July 17 to July 21. Athlete Prep strength and conditioning program from June 27 to Aug. 10, Basketball from July 10 to 14, High School and Beach Volleyball June 20 to Aug. 15, Volleyball Basics July to Aug. 16, and Wrestling July 10 to Aug. 16. All clinics are held on the campus of Ludlow High School and are geared toward the development of fundamental skills. For more information log on to lionspridesc.wix.com/lpsc or contact Tim Brillo TBrillo1723@gmail.com. Registration is now online at https:// www.familyid.com/organizations/lionsden-sports-clinics

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LEGION from page 9

School in the Division 5 state finals at Polar Park in Worcester.

Earle, who started the game at third base, pitched the final three innings. He escaped a bases loaded jam in the final inning.

The Belchertown offense took advantage of eight walks in the first two innings to build a 7-0 lead against North Adams.

'We took full advantage of the walks," Szostek said. "We also had a couple of stolen bases, which helped us a lot early in the game. It's always very important to take the lead in every game. Things can turn around very quickly.

McDonald began the bottom of the first inning with a four-pitch walk.

After stealing second and third, McDonald scored on a wild pitch.

Right fielder Spencer Waite, who drew a walk, crossed the plate when Earle hit a sacrifice fly to left.

The home team scored five more runs in the second inning.

McDonald, who's also a member of the Belchertown Senior Legion team, had a two

run double to left field.

Earle also contributed with an RBI single

Another run scored on a bases loaded walk by right fielder Alex West

Second baseman Dominic Aloisi drove home Ferguson, who singled, with a ground ball out giving Belchertown an early 7-0 advantage.

North Adams relief pitcher Carson Rylander, who took over for starter, Brayden Canales, in the second inning, pitched very well over the final four innings.

"The North Adams relief pitcher threw gas, and he found the strike zone," Szostek said. "We only had a couple of hits against

After the visitors scored a run in the top of the fourth inning, Belchertown answered right back in the home half of the frame.

Earle, who had a leadoff single, advanced to second on a wild pitch and to third on a passed ball. He scored when Ferguson hit a ground ball to the shortstop.

Rylander retired nine of the ten batters

North Adams loaded the bases in the sev-



Dominic Aloisi fields a grounder.

enth without a benefit of a base hit, but Earle retired the next three batters on a strikeout, pop-up, and groundout ending the







TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

SPORTS

PIONEERS from page 9

shutout win versus the Boston Bolts in the home opener, which was played on a rainy night in the middle of May. The Pioneers do have a 4-0-1 road record. The road tie came in the first meeting of the regular season with Seacoast, which ended in a 1-1 draw.

"Our home matches have been disappointing this year," Molinari said. "The ball has been going into the net in our away games, but for some unknown reason it hasn't been going into the net at home."

The Pioneers and the Phantoms also faced each other in the 2021 Eastern Conference semifinals at Lusitano Stadium. The Pioneers advanced into the finals that season by outshooting the Phantoms, 5-4, in a penalty shootout.

"This isn't a very easy place to win a soccer match," said Seacoast head coach Alex Ryan following last Friday night's match. "We had a very good game plan and my players played very hard in tonight's match."

Seacoast United, who took over sole possession of first place in the Northeast Division table, played their second match in a span of 48 hours. The Phantoms posted a 3-1 home win versus Boston City FC last Wednesday night. Their trip to Ludlow took a little longer than they expected because of traffic.

"It did take us a little while to get down here this afternoon because the traffic was really bad," Ryan said. "We also played a match two nights ago. We played very well in tonight's match."

Seacoast grabbed a 1-0 lead during the 18th minute of the opening half when Taig Healy split a pair of defenders before firing a low breakaway shot into the back of the net past Western Mass. goalie Gianluca Cersosimo (4 saves) for an unassisted goal.

A couple of minutes later, Western Mass. forward Alec Hughes blasted a shot that deflected off the face of Seacoast goalie Jackson Lee (4 saves), who laid on the ground for several minutes before coming out of the game.

"Jackson has a slight concussion and we're going to have him checked out by a doctor," Ryan said. "Our back-up goalie (James Lowell) came in and did a very



Rodrigo Saraiva de Castro makes a quick pass.



Lucio Berron passes up the field.



Connor Bagdon follows through on a pass

good job for us. We do have a couple of very good keepers."

Late in the first half, another shot attempt by Hughes was deflected over the endline by Lowell, who was credited with five saves, resulting in a corner kick.

Jared Smith also had a free kick for Western Mass before the first half ended.

Three minutes into the second half, Augustine Boadi gave the home fans something to cheer about. After gaining possession of the ball at midfield, Boadi dribbled down the middle of the field before firing a low shot into the left corner tying the score at 1-1. "We were down at halftime and we really wanted to tie the score early in the second half, "said Boadi, who faced a couple of his Boston College teammates. "I just the

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM Lawrence Goddard stops the ball. ball coming towards me. Then I had a lot of open space and Alec drew the defender away for me. Then I fired a shot into the net, and it felt very good scoring the tying goal. It got us back into the game."

The contest remained tied until Ted Cargill scored the go-ahead goal, which was assisted by Austin Brummett, during the 62nd minute.

The home team had several scoring chances during the final 25 minutes of regulation, but they couldn't tie the score

"It's always tough whenever you lose, especially at home," said Pioneers captain Nicholas Obberauch. "We had several opportunities, but we couldn't put any of them away. We just need to keep working hard during the rest of the season.'

After playing a road match against Pathfinder FC on Tuesday night, the Pioneers will be looking to start another home winning streak when they host the Albany Rush at 7 p.m. on Friday night.









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EDUCATION

—CAMPUS NOTES—

Holyoke Community College

The following students from Belchertown were named recipients of Holyoke Community College Foundation scholarships for the 2023-'24 academic year:

Amber Blinn, Jacob Chaisson, Řebekah Clough, Hailey Garrow, Olivia Golenski, Olga Minina, Kassidy Morrissette, Aura Suarez Oviedo and Caylin Trickey, all of Belchertown; Carlos Stiven Cruz, Benjamin Keil, Chidera Ononibaku, Marie Siri, Joshua Taylor and Joshua Werhane, all of Amherst; and Breann Hackett, Garrett Kosior, Martina Lopez, Tegan Maclure, Jan Ashlley Masse, Karlie Moriarty, Diana Swanigan and Nicole Westcott, all of Granby.

Western New England University

The following local students were named to the Dean's List at Western New England University for the 2023 spring semester:

Alyssa Keeler of Belchertown, who is majoring in Actuarial Science.

Saylor Reed of Belchertown, who is majoring in Pharmacy Studies.

Tara Richards of Belchertown, who is majoring in Psychology.

Natalie Loudon of Belchertown, who is majoring in Marketing Communication/Advertising.

Cameron Burnham of Belchertown, who is majoring in Computer Engineering.

Kiley Queiros of Belchertown, who is majoring in Business.

Danielle Deangelis of Amherst, who is majoring in Biology.

Evan Stewart of Amherst, who is majoring in Criminal Justice.

Eric Puffer of Granby, who is majoring in Computer Science.

Carrick Remillard of Granby, who is majoring in Computer Science.

Nolan Raymond of Granby, who is majoring in Computer Science.

Danielle Hamel of Granby, who is majoring in Secondary Education/Biology.

Springfield Technical Community College

The following local students were named to the Dean's List at Springfield Technical Community College for 2023 spring semester: Edward Cohen of North Amherst; Aadon Crisostomo of Belchertown; Liam Devin of Amherst; Juadiel Fuentes of Belchertown; Bella Gagne of Belchertown; Jordan Gaj of Belchertown; Julianne Given of Granby; Jason Griffin of Belchertown; Olivia Hite of Amherst; Sara Karamshahi of Granby; Julian Kozak of Amherst; Andrew Ladeau of Granby; Austin Leclerc of Belchertown; Jeanmarie Leone of Belchertown; Naomi Liggett of Amherst; Karin O'Brien of Amherst; Andrew Pope of Belchertown; Helena Rau of Amherst; Eleanor Risk of Amherst; Cameron Roche of Belchertown; Mackenzie Stanton of Belchertown; Jeremy Torres Gonzalez of Amherst; and Thaddeus Wegrzyn of Belchertown.

To be considered, degree-seeking students must earn 12 or more college level credits in the current semester, or a total of 12 or more combined college-level credits earned during the fall and spring semesters, and achieve a 3.3 or above grade-point average.

Saginaw Valley State University

Evan Dunigan of Belchertown was named to the Dean's list at Saginaw Valley State University for the 2023 winter semester. To be eligible for the Deans' List, a student must take at least 12 credit hours and carry a semester GPA of 3.4 or better.

University of Rhode Island

The following local students were named to the Dean's List at the University of Rhode Island for the spring 2023 semester: Sarah Martidis, Kenzie Thomas and Tommy Vinagre, all of Belchertown; and Gabe Arabik, Devin Donahue and Chris Misiaszek, all of Granby.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality-point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

Annual scholarship winners announced

The Belchertown Scholarship Fund recently announces the recipients of its 2023-'24 scholarships.

These scholarships are awarded to deserving Belchertown individuals who wish to pursue post-secondary education. The recipients are selected from a pool of applicants from Belchertown High School, Pathfinder Regional Vocational Technical High School and homeschooled students.

According to a news release, "The Belchertown Scholarship Committee would like to express our sincere gratitude to all current and former supporters of the scholarship fund. Your contributions truly make a difference in our community, and we are grateful for your ongoing support."

This year, the Belchertown Scholarship Fund awarded a total of three \$1,500 scholarships to students who demonstrated academic excellence, community involvement, and financial need, the release states

ment, and financial need, the release states.

The recipients of the 2023-2024 scholarships are:

Morgan Austin, who graduated from Pathfinder Regional Vocational Technical High School and plans to attend Westfield State University.

Amber Drummond, who graduated from Belchertown High School and plans to attend Saint Joseph's University.

Marie Willems, who graduated from Belchertown High School and plans to attend Smith College.

River events rescheduled

Recent river events organized by the Chicopee Watershed had to be postponed due to rain and have been rescheduled:

The Upper Ware paddle, about 4.5 miles over 90 minutes, will now be held in August at a date TBD. RSVP to chicopeewatershed@gmail.com.

In restoration work, the Water Chestnut Pull will now be held on July 2 at Oxford Marsh. It is a work party pulling invasive water chestnuts out of the marsh to protect the ecosystem. Be prepared to get a bit wet and muddy while doing a service to restore the lower river. RSVP to chicopeewatershed@gmail.com.

■ PUBLIC SAFETY

Belchertown Police

Editor's note: The following are brief explanations of select entries in the Belchertown Police log and arrests for the weeks of June7 through June 13. The information was provided by a member of the police department based on the review of the detailed log summary. This feature is designed to provide context and explanation to some of the calls police respond to every day. Of the 345 calls police responded to, there were 12 incidents, three accidents, four arrests/summons and 24 citations.

ARRESTS/SUMMONS Sunday, June 18

2:47 p.m. – A 29-year-old Springfield woman for assault and battery. An officer responded to a George Hannum Road business for an active disturbance. On the officer's arrival the person said they were the victim of a physical attack from another person where they were punched in the face. They said they had a verbal altercation with the person a day prior over a road rage incident and believed that the attack was related. The second person was later identified by a witness on scene. Belchertown fire and paramedics were requested and evaluated the reporting party who declined transportation.

ACCIDENTS/INCIDENTS Wednesday, June 14

9:27 a.m. – An officer responded to a State Street residence to speak with a resident about a package lost in the mail. They said they didn't get a notification that the package was lost until months later. It had an item of substantial value. The matter was documented for insurance purposes.

2:24 p.m. – Officers responded to a Michael Sears Road residence for a report of suspicious behavior. The person reported their neighbor was acting suspiciously. They said they were outside walking around with a flashlight. The person was

advised their behavior was disrupting the neighbors.

Thursday, June 15

12:58 p.m. – An officer responded to the transfer station on Hamilton Street for a report of an accident. A representative from the Department of Public Works was there and told the officer they were attempting to turn into the transfer station when the vehicle struck the gate. The gate was repaired, and the matter was documented.

1:49 p.m. – An officer responded for a wellbeing check on a person who made suicidal statements.

9:22 p.m. - An officer ran a random registration inquiry. The officer stopped the vehicle after the registration came back as showed it was expired. They were unsuccessful in renewing their registration and a towing company was contacted to remove the vehicle.

Friday, June 16

3:12 p.m. – An officer responded to an accident on Bardwell and River Road. A vehicle traveling westbound swerved to avoid striking an oncoming vehicle. The vehicle struck a mailbox and post, causing damage to the right front of the vehicle. The operator of the second vehicle said they were partially in the lane and the oncoming vehicle was speeding. No injuries were reported and no tow was necessary.

3:36 p.m. – An officer responded to an accident on State Street. A vehicle traveling west on State Street struck a vehicle attempting to turn left onto State Street from Whitlock Way. The operator of the second vehicle said they thought they had enough time to turn and pulled out into the roadway. The operator of the first vehicle said they may have been speeding when the vehicle pulled out in front of them. Both vehicles were able to be driven from the scene and no injuries were reported.

Sunday, June 18

1:06 a.m. - An officer responded to Bay Road for a disabled vehicle around Bay and Allen Road. The driver's front tire fell off the vehicle. The person had AAA, but it was going to take too long to come tow the vehicle. The officer dispatched a towing company to remove the vehicle from the roadway.

Monday, June 19

5:06 p.m. – An officer traveling on Mill Valley Road saw a vehicle traveling toward them with its passenger's side headlight was out. The officer ran the vehicle's plate, and it showed the vehicle's registration status was expired and nonrenewable. The officer stopped the vehicle, and a towing company was contacted. The vehicle was towed from the scene.

8:41 p.m. – An officer responded to a Stebbins Street residence for a person who was assaulting other people there. Assistance was provided by Massachusetts State Police as other officers were busy on calls. The matter was documented.

Tuesday, June 20

10:08 a.m. – An officer responded to a Stebbins Street residence for a report of an assault.

1:24 p.m. – An officer responded to an accident on Turkey Hill Road. The vehicle struck a deer that ran into the roadway. No injuries were reported, and the vehicle wasn't towed.

5:42 p.m. – An officer responded to a Chauncey Walker Road residence for a report of family member who had concerns about their loved one's wellbeing.

Granby Police

Editor's Note: The Granby Police Department responded to 163 calls for the week of June 16 through June 22. Those arrested are presumed innocent until prov-

Please see **LOGS**, page 13

Belchertown Police Dept. receives state accreditation

BELCHERTOWN – The Belchertown Police Department was awarded state accreditation from the Massachusetts Police Accreditation Commission on June 21.

An extensive peer review was conducted by the Commission's assessment team from Jan. 24 to Jan. 26, 2023. The Belchertown Police Department successfully met all 257 mandatory standards and surpassed the required optional standards

During this period, the assessors thoroughly examined the department's policies, procedures, operations, staffing, equipment and facility maintenance to ensure compliance with the Accreditation Commission's rigorous, exemplary and best practice standards.

To maintain state accreditation, which acknowledges the department's commitment to professional excellence in law enforcement, the assessment team will verify every three years that the Belchertown Police Department continues to meet the Commission's standards.

"The recognition of being an accredited agency necessitates dedication and sustained professionalism from all members of the Belchertown Police Department," wrote Belchertown Police Chief Kevin Pacunas. "It further reinforces our unwavering commitment to delivering the highest level of police service to the community."

For inquiries about the accreditation process, please contact Sergeant Jared A. Lavalle at 413-323-6685 or via email at jlavalle@belchertown.org.

OBITUARIES

Lee A. Lamoureux, 77



Lamoureux, 77, died peacefully on June 19, 2023, at home with his family by his side.

Born October 17, 1945, in Holyoke, he was the son of the late Herbert A. and Mildred (Kuenzel) Lamoureux. Lee lived in Belchertown most of his life and graduated valedictorian from Belchertown High School in 1963.

He proudly served in the Navy Seabees from 1966 to 1968 and did two tours in Vietnam. Lee had a passion for carpentry.

He worked at UMass in the physical plant for 33 years before retiring in 2002. Lee looked forward to hunting season every year and took the trip of a lifetime to the Arctic Circle for a caribou hunt. He also loved his frequent Costco trips with his sweet daughter.

Lee will be greatly missed by his

BELCHERTOWN - Lee A. wife Karen (Gomes) of nearly 50 years,

his loving daughter Leah of Clifton Park, New York, his son Luke of Hartford, Connecticut and his 3 grandchildren. He was also predeceased by his brother, Mark. Extended family and friends will remember Lee for his sarcastic sense of humor and his willingness to always lend a hand.

The family would like to thank Dr. Marsh, the wonderful staff at the D'Amour Cancer Center and Lee's home health aide, Cindy, of Baystate Hospice.

Relatives and friends were welcomed by the family on Sunday, June 25th, from 1-3pm at Beers & Story Belchertown Funeral Home. The family will gather for a private burial service at a later date. In lieu of flowers, perform a random act of kindness in Lee's honor. Please visit www.beersandstory.com.

Dennis G. Rex, 64

Dennis George Rex, 64, entered into eternal peace on Tuesday, May 30, 2023 at Baystate Medical Center after

a valiant battle with cancer. He was born on September 11, 1958 in Springfield to the late Ernest and Rita (Murphy) Rex.

Dennis graduated from Putnam Trade and received his Class One CDL License. He then went on to work for Springfield Area Transit Company and hauled freight throughout his career.

Dennis built his home and raised his family in Belchertown. He worked diligently and was adaptable to changes during his career. We are thankful for his support and the life he provided for us. He enjoyed being with his son with whom he loved and had a special bond. We will miss him dearly.

Dennis leaves his wife Lola, and son Patrick; his sister Sandra (Ronald) and their late son Scott who passed in 2001; Scott's son Josh (Taryn), his niece Kelly (Jeff) and extended cousins and fami-

ly members on both sides. Dennis was predeceased by his uncle's, James Rex, Robert Rex, Herbert Rex and his cousin Patricia Raines.

The family would like to extend a special thank you to Dr. Marsh and all the nurses and staff who cared for Dennis.

Brunelle Funeral Home in Chicopee has been entrusted with the arrangements and services will be held at a later date with burial in South Street Cemetery, Belchertown.

Memorial donations in Dennis memory can be made to the D'Amour Center For Cancer Care, 3350 Main St. Springfield, MA 01107 or St. Jude's Children's Research Hospital, 501 St. Jude Place Memphis, TN 38105.

Monday, June 19

5:11 p.m. – A business owner came to the station to report a past break in that occurred. Officers responded and completed an incident report. The matter is under investigation.

Wednesday, June 21

1:45 p.m. – A resident came to the station to report that he received a fraudulent check in the mail that was part of a scam. An officer completed an incident report.

9:30 p.m. - While on patrol an officer observed a vehicle fail to yield the right of way at intersection. The vehicle was stopped and it was discovered that the operator did not have a driver's license. The operator was issued a criminal citation for failure to yield the right of way and unlicensed operation of a motor vehi-

Thursday, June 22

5:13 p.m. - A motorist reported a minor two-car accident. Officers responded and completed an accident report. There were no injuries.

en guilty in a court of law. The Granby Police Department provides all informa-

LOGS from page 12

Saturday, June 17

1:06 p.m. - A resident reported that two parties were assaulted by a male party who was now threatening them with what appeared to a rifle demanding access into the residence.

1:14 p.m. - Carl Delp III, 45, of Granby was arrested and charged with malicious destruction of a motor vehicle, two counts of assault and battery and two counts of assault with a dangerous weapon.

Sunday, June 18

8:15 p.m. – While on patrol, an officer observed a motor vehicle traveling at a high rate of speed. Radar confirmed that the vehicle was traveling at 55MPH in 35MPH zone. The vehicle was stopped and the operator was issued a civil citation for speeding.

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DEATH NOTICES

Lamoureux, Lee A. Died June 19, 2023 Services held on June 25 Rex, Dennis G. Died May 30, 2023 Services at a later date Wheeler, Vernon E. Died June 20, 2023 Services on July 7, 2023

Vernon E. Wheeler, 83



BELCHERTOWN - Vernon E. Wheeler, 83, passed away June 20, 2023.



He was born on September 22, 1939 in Scioto County, Ohio to the late Shelby and Mary (Gallion) Wheeler. After graduating high school in Ohio, Vernon honorably served his country in the United States Army, deploying in multiple tours to Vietnam, Korea, and Germany.

After 22 years of faithful service, Vernon retired from the Army as a SFC in 1978. Returning to Ohio,

Vernon began a new career as the Manager of Lowe's and held this position for another 20 years before retiring.

Vernon was a distinguished Master Carpenter and worked on many projects throughout his lifetime. After relocating to Belchertown in 1987, Vernon built his family's home from the ground up. He once again began a new career with Wright Mills.

In his leisure, Vernon enjoyed fishing and golfing. Having learned the sport of golf in his 50s, Vernon had natural talent and won many trophies.

He was also a gifted photographer and photojournalist. Vernon was a member of the VFW Post 8428 in Belchertown, and played an integral role in reestablishing

Besides his parents, Vernon was preceded in death by his stepson, William Yelinek, Jr., in 2016.

He will be dearly missed by his beloved wife of 51 years, Christine (Squires) Wheeler; children, Victoria and husband John, Richard and wife Michelle, and Gregory; siblings, Jewel, Charlotte, Buryl and his wife Carol; grandchildren, Kaelyn, Madeline, and Shannon; as well as many nieces, nephews, and extended family.

Visitation will be held on July 7, 2023 from 9:30-

11:30 a.m. at the Beers & Story Belchertown Funeral Home. Burial will immediately follow in South Cemetery. Donations in Vernon's name can be made to the Belchertown VFW Post 8428, PO Box 650, Belchertown, MA. 01007. Please visit www.beersandstory.com to extend online condolences.

The Sentinel

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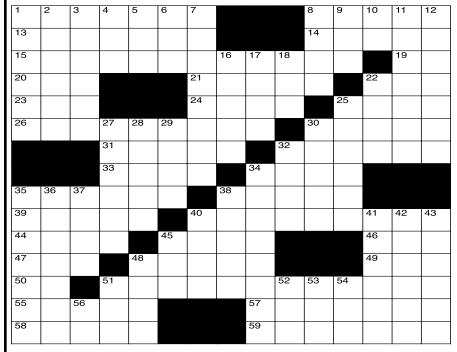
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- 22. A story of one's life
- 23. Midway between east and southeast
- 24. Toward the mouth or oral region 25. A list of dishes
- available at a restaurant 26. Changes the
- meaning of 30. Semitic Sun god 31. Sneaker parts
 - **CLUES DOWN** A type of pool

32. Capital of

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34. Partner to pedi

35. Becomes less

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44. Take care of

45. Traditional

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47. Cologne

49. The Science Guy

50. Gospel author

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55. Human feet

58. Streetcars

59. Cuplike cavities

48. Men

38. Bottoms

39. Tested

40. Vistas

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- 3. Seasoned 4. A pair
- 5. Young male 6. Make a mistake
- 7. Experienced 8. It often accompanies
- injury 9. Old world, new
- 10. Commercial 11. Course of lectures rhythmic pattern
- 46. S. African political 12. Promote 16. Female horses 17. Greek
 - mythological figure 18. Small amount
- 22. Orthodox church 51. Act of signing up altar
- 25. Actress Tomei 57. A very short time 27. Excited
 - 28. Looked directly at 53. Unspoken
 - 29. Popular cold
 - desserts 30. More reasonable
 - 32. Disk above the

cells

- language 54. 'Talk to you'
- abbreviation
- 56. Influential lawyer

head of a saint

34. Devoted to the

35. Make an effort

36. It's in the surf

aboriginal people

37. Member of

of Japan

40. Cliff in Hawaii

41. Extremely wild

38. Discounts

person 42. All persons

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43. Aromas

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DUPLEX APT. 2 br., 2 ba., full basement, washer/dryer hookups. No pets. Town St., Ware. **413-283-9575**





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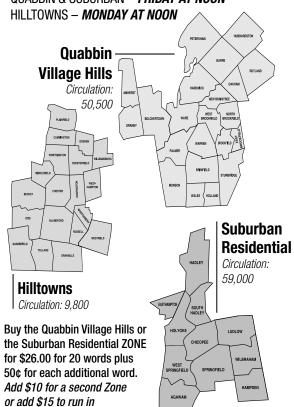


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■ PUBLIC NOTICES

Public Hearing Legal Notice Belchertown

Zoning Board of Appeals

In accordance with the provisions of Massachusetts General Laws Chapter 40A, Section 11 the Zoning Board of Appeals will hold a Public Hearing on Wednesday July 19, 2023 at 6:30 PM.

This hearing will be held in the Select Board's meeting room of Lawrence Memorial Hall, 2 Jabish Street, Belchertown, MA on the application from Glenn and Elizabeth Barrington seeking variance for a side yard setback at 4 Atherton Lane Map 243 Lot 199 Zoned VR

A copy of the application may be inspected at the Town Clerk's office (Room 201) 9:00 AM to 5:00 PM, Monday through Friday, Lawrence Memorial Hall, 2 Jabish Street, Belchertown, MA, or at website https:// www.belchertown.org/commitees/zoning board_of_ appeals/index.php

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

Jennifer Sharrow, Chair Person, Zoning Board of Appeals 06/29, 07/06/2023

Belchertown **Conservation Commission** LEGAL NOTICE

Pursuant to the authority of the Wetlands Protection Act (M.G.L. Ch. 131, Sec. 40, its Regulations (310 CMR 10.00) and the Belchertown

Wetlands Protection Bylaw (Chapter 139), the Belchertown Conservation Commission will hold a public hearing on Monday, July 10, 2023 at 7:00 PM in the Lawrence Memorial Hall Auditorium, located at 2 Jabish Street in Belchertown, MA 01007 to review an Abbreviated **Notice of Resource Area Delineation** permit application submitted by the Town of Belchertown c/o Wendell Wetland Services for the confirmation of wetland resource area boundaries at the property located at 62 North Washington Street (Assessor's Map 249-126, 111.3, 111.4) in Belchertown. No work is proposed in this application. Anyone interested in this matter should appear at the time and place designated. 06/29/2023

Belchertown **Conservation Commission** LEGAL NOTICE

Pursuant to the authority

of the Wetlands Protection Act (M.G.L. Ch. 131, Sec. 40, its Regulations (310 CMR 10.00) and the Belchertown Wetlands Protection Bylaw (Chapter 139), the Belchertown Conservation Commission will hold a public hearing on Monday, July 10, 2023 at 7:00 PM in the Lawrence Memorial Hall Auditorium, located at 2 Jabish Street in Belchertown, MA 01007 to review a **Notice of Intent** permit application submitted by the Lyons Witten c/o Wendell Wetland Services for the proposed replacement of a failed septic system, remodeling of existing residential and accessory structures, and re-establishment of electrical service at the property located at 225 Gulf Road (Assessor's Map 206-1) in **Belchertown**. Anyone interested in this matter should appear at the time and place designated. 06/29/2023

Notice of Public Sale

Notice is hereby given that LocalStorage Granby will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (pur-

suant to the Massachusetts Lien Law. General Laws Part I, Administration of the Government. Title XV Regulation of Trade Chapter 105A. Self-Service Storage Facility. The sale will take place at the website http:// www.StorageTreasures. com. The sale will be conducted on http://www. StorageTreasures.com, under the guidance of Christopher Rosa (AU005857) on behalf of the facility's management. Units will be available for viewing prior to the sale on http://www.StorageTreasures. com. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as general household items unless other-

LocalStorage Granby, 138 W State St, Granby, MA 01033 will list storage units on the website http:// www.StorageTreasures.com until sold or disposed of on July 13, 2023, 10:00AM.

Unit: #142 Tiffany Paquin: dresser, kitchen items, boxes, #713 Anne Morin: fridge, boxes/totes,

06/029, 07/06/2023



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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- Access archives and digital tear sheets by newspaper title.
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Send Us Your Autumn Event Information

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

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

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

Community **Autumn Events**

Event Should Be Non-Profit & Open to the Public

FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley

Event Name
Date/Time
Location
Description
Cost
Contact name & phone number for more information

MAIL YOUR LISTING INFORMATION TO:

Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069 or email* them to: jamie@turley.com

*Be sure to indicate "Autumn Event" in the subject line of your email.

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Structural Pruning

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Lot Clearing

Give us a call for your free estimate and tree evaluation



