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AGAWAM

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performs at Agawam's SummerFest

AGAWAM – Early on July 17 at School Street Park, Toe Jam Puppet Band performed. This performance is included in this year's Agawam SummerFest concert series.

The band is based in Massachusetts and is comprised of Tom Poitras, Jack Poitras, and Vinny Lovegrove. Tom Poitras plays ukelele and does vocals, Jack Poitras plays washboard and does vocals, and Vinny Lovegrove led the performance through vocals.

The band put on a fantastic performance for Perry Lane Summer Camp members as well as community members.

The program was free to attend and open to children of all ages and their families.

Upcoming concert days for Agawam's KidsFest include Airborne Comedians on Wednesday July 29 and Professor Paddy-Whack on

Wednesday August 12, both of these shows will be held at School Street Park at 10 a.m.

Toe Jam Puppet Band, including Tom Poitras, Jack Poitras, Vinny Lovegrove at Friday's KidsFest Show for Agawam's 2026 SummerFest.

TURLEY PHOTOS BY CHRISTINA GIOSCIA



Melony and Callen at the Toe Jam Puppet Band show on July 17.



Katie Deren and Brady Deren at the Toe Jam Puppet Band show.

Sultana duo performs at library

By Christina Gioscia
Correspondent

AGAWAM – On July 16, Agawam Public Library hosted their program, "Popular Music and Veterans – A Program by Jon and Li Waterman, performing as 'Sultana'." The program consisted of songs performed by the musical duo with a corresponding slideshow to provide the audience with context for the lyrics, and in between songs Jon Waterman spoke about some of the history and inspiration behind each song. This performance was not just full of lovely singing and guitar playing, but also educational facts about the treatment of veterans throughout American history. The duo's name, "Sultana," comes from a steamboat that carried over 2,000 union soldiers during the Civil War. Unfortunately, the steamboat was overloaded, and it resulted in a disaster. As Jon shared during the performance, this piece of history is rarely spoken about.

The performance kicked off with a song combining music history with veteran history with the story of Elvis Presley's time in the army. From

SULTANA | page ?

Council agrees to amendment in fence ordinance

By Gregory A. Scibelli
gscibelli@turley.com

AGAWAM – Last week, the Agawam City Council voted to approve a change in the fence ordinance, allowing residence to build any fence a half-foot higher than is currently allowed.

Council President Anthony Russo brought the ordinance change forward.

In his proposal, he referenced the fact that fence heights of up to four feet are allowed on the setback portion of any property with the rest of the perimeter allowed to be up to 6 ½ feet.

Any higher fence, a resident must obtain a special permit from the Zoning Board of Appeals if they looking to exceed the ordinance.

"The current town code has inhibited the construction of residential privacy

APD, community partners host Agawam Night Out this Friday

AGAWAM – Though it is a little bit earlier than normal and on a different day of the week, one of the largest community events of the summer is set to take place on Friday, July 24.

The Agawam Police Department and its community public safety partners will host Agawam Night Out from 6 to 8 p.m. at School Street Park.

Agawam has hosted a Agawam Night Out for many years and is one of more than 16,000 communities in the United States to host the event.



FILE PHOTOS

Above, members of the Agawam Police Department were excited to welcome everyone to Agawam Night Out. Left, Agawam's Rosie Robotics brought some of their robots to Agawam Night Out for people to interact.

Holyoke and Chicopee are among the surrounding communities that host the event.

It has normally taken place on the first Tuesday in August, in line with the

tradition across the country, but the event was moved to a Friday in order to pave the way for more resources to the be available and poten-

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ACAA seeks artists for festival

AGAWAM – Agawam Community Artists and Artisans (ACAA) is inviting artists and artisans to participate in its Sixth Annual Pioneer Valley Art Festival.

The Art Festival will be held on Friday, Aug. 21, and Saturday, Aug. 22 at the Polish American Club in Feeding Hills. Show hours are from 2 to 8 p.m. on Friday, and from 10 a.m. to 4 p.m. on Saturday.

The ACAA is encouraging artists, artisans, and writers to submit their work for review. Among the artistic mediums included are watercolor, acrylic, oil, mixed media, sculpture, photography, ceramic, stained glass, wood, fashion, textile, and jewelry.



All work must be original and handmade by the artist or artisan, of professional quality. Prints and giclees will be accepted. No kits, food, soap, candles, or AI-generated work will be accepted.

Tent space is available on the paved parking lot for \$50. Students from any area high school are accepted free of charge, and must have a

tent set up.

The Pioneer Valley Art Festival is highly promoted through local TV stations; Agawam Media Channel 15 and 1074HD; Agawam Cultural Council website; newspapers; town forums; Mailchimp; the ACAA website, www.agawamarts.com; and the ACAA Facebook page, that has over 850 followers.

The week before the festival, there will be over 20 street signs placed around Agawam.

Further information, including registration forms, can be obtained by contacting Ceil Rossi at email: to-carefree2@hotmail.com.

Touch-A-Truck event to be held on Aug. 1

AGAWAM – The GFWC Agawam Junior Women's Club is having their Touch-A-Truck event on Saturday, Aug. 1 from 9 a.m. to 1 p.m.

Held at the Bethany Assembly of God parking lot, we are asking attendees to being a non-perishable food donation for the Bethany Food Pantry.

There will be Agawam emergency vehicles in attendance as well as private utility trucks and construction vehicles from local

businesses. Children will have the opportunity to sit in the vehicles and talk to our first responders and vehicle operators.

The First Time Bus Riders Program will be held that day, too. A bus will be provided by LPVEC for children to learn safe riding techniques and get valuable information about bus safety.

We will also have a few kid-run booths with unique items to sell.

HCC announces Dean's List

HOLYOKE – Each semester Holyoke Community College recognizes superior scholarship through the Dean's List. A student is placed on the Dean's List if their G.P.A. is 3.2 or higher. The students listed below have earned Dean's List honors for the Spring 2026 semester.

Agawam:

David Oleg Abramchuk, William Curt Barker III, Jacquelyn Bazelow, Jolene Cecile Bertone-Gross, Kevin Robert Bryden, Jack Tillman Canney, Aidan Henry Cavanaugh, Iris Colon-Beliveau, Ashley Anne DeForge, Jessica Marilyn Fuda, Emily Ryan Gonzalez, Egzona Grainca, Iryna Ilichko, Ruslan Kliuchnik, Cha Lor, Zachary

Alexander Makol, Hayley Maltz, Dylan Thomas Molloy, Karisa Lynn Racette, Kenna Marie Rainville, Anita Rotar, Innessa Eduardovna Schneider, Emily Thay Seng, John Campbell Stone, Caleb White.

Feeding Hills:

Allison Dana Boucher, Autumn Rose Braleski, Joshua Daniel Carrier, Denise Cook, Emma-Liegh Cook, Jose Francisco Dejesus, Daniel V. Gibbs, Ayden Louis Goodell, Lucille Teresa Hildreth, Mia Kayla-Michelle Johnson, Owen Micheal Lavelle, Jaxon Kaleb Luke, Adianeris Pacheco Rolon, Noah Rivera, Payton Elizabeth Roderick, Eman A. Sarhan, Yusuf Sarhan, Branden Matthew Wilbur.

Youth field hockey signups open

AGAWAM – Girls in grades 1-8 (26-27 school year) will learn the fundamental skills, techniques, and strategies of Field Hockey while practicing and playing in this fun program. Girls will be broken into four different divisions based on grade.

New Player "Try It" day will be held on Thursday, June 18 at the AHS Stadium from 6 to 7 p.m. This is a great opportunity to try the sport and meet the coaches before registering.

Registration begins in person and online Wednesday, June 10 through July 12. Effective Monday, July 13 all registrations must be done

in person and fees will increase by \$25. No new player registrations will be accepted after July 20.

New players or players purchasing a new uniform will need to visit the Parks & Recreation office to be sized. To ensure we have enough time to order uniforms all players will need to be sized by Monday, July 20.

To access online payments and registrations log onto agawam.ma.us, then go to the Parks and Recreation Department page, then click on the "Online Payments & Registration" button, then click on agree. This will send you to the Unipay Gold site

where you can select specific program registrations under transactions.

Coaches will contact players at the beginning of August. Girls will meet from mid August through October. Practices will be held in the early evenings and games will be played against neighboring communities.

Players need to supply their own stick, shin guards and mouth piece.

The costs for the programs are as follows: Grades 1 and 2: Returning \$100, New player \$125. Grade 3 and 4: Returning \$125, New player, \$150. Grades 5 to 8: Returning \$150, New player, \$200.

Class of '67 needs help organizing reunion

AGAWAM – Agawam High School Class of 1967 will be holding its 60th reunion sometime in calendar year 2027.

We are also seeking our classmates that have not been contacted recently.

Please contact John DeVecchi with your name, address and phone number(s) to agawam67@aol.com.

Applications open for wreath bazaar

AGAWAM – Agawam Congregational Church is now accepting applications for the Holly Wreath Christmas Bazaar to be held on Saturday, Nov. 21 at 9 a.m. to 2 p.m. If you are interested in participating contact the church office at 786-7111 from 9 a.m. to 12 noon for an application. You may pick one up at the church office or request one be sent to you by email. The church email is office@agawam-cong.com.

Historical Association to pay special tribute to Henry Knox at Thomas Smith House

AGAWAM – The Agawam Historical Association's yearlong commemoration of the United States Bicentennial continues with a special event paying tribute to Henry Knox and his Noble Train of Artillery at the historic Thomas Smith House, 251 North West Street, Feeding Hills on Saturday, Aug. 1, from 12 to 4 p.m.

During the winter of 1775-76, Knox's "Noble Train of Artillery" passed through several nearby towns en route from Fort Ticonderoga to Boston. There, 59 pieces of captured British ordnance, hauled 300 miles over frozen rivers and snow-covered mountains,

played a crucial role in forcing the British evacuation of the city in the spring of 1776. Citizens along the entire route remembered for their entire lives the experience of seeing this collection of artillery, hauled by horses and oxen, as it passed through their communities.

Skilled costumed educators from Fort Ticonderoga, friendly, well-trained oxen, and reproduction cannon bring to life the Noble Train of Artillery. This educational



Henry Knox

program features skilled oratory and dramatic demonstrations, led by staff trained at the origin of this signature event in our War for Independence. Visitors will be invited to handle reproduction, inert cannon ammunition, and examine reproduction cannon, to better understand the power of these weapons. Watch as oxen move sleds bearing heavy cannon and discuss the challenges faced by Henry Knox and these teamsters driving from Ticon-

deroga to Boston. This fascinating living history event is perfect for the whole family!

The c. 1757 Thomas Smith House and 1920 Delmore Hawthorne Garage will also be open for tours that afternoon. Also on display will be items to be included in a time capsule the association will seal later this year, not to be opened again for another century. Visitors are encouraged to provide letters to future Agawam residents describing 21st century life for inclusion in the time capsule. Brochures and business cards from local businesses are also wanted.

This event is free and open



to the public. This program is supported in part by a grant from the Agawam Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



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APL hosting virtual program for 250th

AGAWAM – The Agawam Public Library will host America's 250th: The Black Experience of the Revolution on Monday, July 20 at 7 p.m.

We are so pleased to be continuing this 9 week series to celebrate the 250th anniversary of the signing of the Declaration of Independence.

We're thrilled to welcome Gracia Collins Rich, Independent Scholar, Author and Avid Reader to our virtual stage. She will be discussing the extraordinary efforts of Black

Americans whose invaluable contributions during the Revolutionary War helped bring about U.S. Independence.

Gracia discusses all things history and all things on the origins of the United States even if it is uncomfortable because she believes that that is what leads to a better understanding of this Country and why some things are the way they are.

We hope you can join us for this fascinating and important conversation.

Senior Center announces upcoming activities

AGAWAM – Here are some upcoming activities happening at the Agawam Senior Center. Some require registration or confirmation. Information in the details below:

Hearing Checks with Gary
Thursday, July 16

The next New Ears hearing care clinic will take place on Thursday, July 16. Gary Winn a licensed Hearing Instrument Specialist, and owner of New Ears Hearing Care, will conduct a free hearing clinic. He will check ears for wax build-up, perform hearing screenings, and counsel people about hearing loss. Hearing aids will be cleaned and adjusted if pos-

sible. Call 821-0604 to make an appointment. Hearing checks will take place in the seminar hall.

BUNCO and Pizza
Tuesday, July 21

Have you ever played BUNCO? Now is your chance. Join Cindy and friends for a

Tuesday evening of Bunco and Pizza. We will have teams of 2 or 4 per table. Be prepared to have fun and laugh. \$5 donation for pizza and snacks.

Jewelry Making with Sandy
Wednesday, July 29 at

1 p.m. in the Dining Room
We are excited to offer Jewelry Making with Sandy.

Glee Club Music

Wednesday, Aug. 5 at 11 a.m.
Music with the Glee Club of Work Opportunity Center

Movie

Wednesday, August 12 at 1 p.m. in Veterans Hall

Karaoke and Cousins Lobster

Tuesday, Aug. 18 at 5:30 p.m.
Karaoke with Raven is back. We had such a great time last summer, Raven has decided to come back for another fun filled evening of Karaoke. Cousins Maine Lobster will be here for you to purchase all your favorite seafood delights.

Cooper's Gifts, Apparel, Home seeks school supplies, food donations

AGAWAM – For a limited time, Cooper's Gifts, Apparel, Home of Agawam, Mass., is accepting non-perishable food and school supplies donations for the Westover Galaxy Community Council.

The Westover Galaxy Community Council (WGCC) needs non-perishable food and educational items for back-to-school season, to help the families of Westover. Items will be collected at Cooper's now through July 31. Each item donated earns donors one raffle ticket to be used on any of the prizes featured in Cooper's display of a dozen United States-made items.

"We will swap you a raffle entry for every item that you donate!" said Kate Gourde, owner of Cooper's Gifts, Apparel, Home. "Many of our favorite vendors have been very generous in supplying some fantastic prizes, all made right here in the USA," said Gourde. "If customers would like to purchase entries for the raffle, tickets are \$1 each, or 6 tickets for \$5. All

donations and ticket sales go directly to the charity."

"We are thrilled to offer the WGCC prize, too, which was kindly provided by their organization" continued Gourde. "It's two tickets to the 2027 Great New England Air Show with a VIP experience! Enjoy shaded seating with premium views, which is guaranteed to be an unforgettable day, with up-close, exclusive looks at remarkable aircrafts."

The WGCC is comprised of veterans, local businesspeople and other citizens who want to support the men, women and mission of Westover Air Reserve Base (WARB), a 501(c)(3) charitable organization formed in 1989 and run 100% by volunteers.

"We have held this raffle for years; our customers are very supportive and like to take care of our local heroes and their families," explained Gourde. "Especially for people west of the river, it's easier to bring donations here, and we are open seven days

of the week," said Gourde.

Items may be brought to the shop anytime during the month of July. Cooper's is located at 161 Main St., Agawam, Mass., and is open daily 10am-5pm, Saturdays 10am-4pm and Sundays 12-4pm.

"This WGCC is also our July Round-Up charity, so it's the perfect time to spread the word about their mission and really help them out," reaffirmed Gourde.

Each month Gourde selects a local charity to receive the profits of the store's Round-Up Program, through which customers are invited to round up their purchase total to the nearest dollar amount. Gourde will then match 50% of the total collected. The program has donated more than \$68,000 to local organizations since its inception in 2014. More information on the Round Up program and how to nominate a charity may be found on Cooper's website www.coopersgifts.com/round-up/.

Heritage in Bloom fundraiser tickets available

WESTFIELD – Stanley Park invites the community to join us for Heritage in Bloom: Stanley Park's Annual Fundraiser, taking place on Saturday, Sept 12 at 5 p.m. in the scenic Beveridge Pavilion.

This signature evening celebrates the history, natural beauty, and enduring legacy of Stanley Park while supporting the ongoing care and preservation of one of the region's most treasured public spaces.

Guests will enjoy a memorable evening surrounded by the park's gardens, beginning with light hors d'oeuvres during cocktail hour and a guided garden tour highlighting the beauty, history, and stewardship of the landscape. The evening continues with dinner stations and dessert catered by The Bubble Mug at the Pottery Cellar, along with a



cash bar available throughout the event.

Festivities will also include expanded online and in-person raffles, a dynamic online auction, and the interactive Stanley Park Heritage Challenge, a team-based competition celebrating the park's history, landmarks, wildlife, and memorable moments from more than 75 years of community impact.

Stanley Park is also honored to welcome Ward Caswell, great-grandson of founder Frank Stanley Beveridge, as guest speaker. He will share

reflections on the park's founding vision and the shared responsibility of preserving this special community resource for future generations.

"Heritage in Bloom" celebrates the generations of donors, volunteers, staff, and visitors who have helped Stanley Park flourish. The event underscores a simple message: heritage is what we inherit, and legacy is what we leave behind.

Tickets are now available for purchase online at: <https://spwi.betterworld.org/events/annual-fundraiser-heritage-bloom>.

Registration, volunteer signups open for 14th Annual Run Stanley 5K

WESTFIELD – Stanley Park is excited to announce that registration is now open for the 14th Annual Run Stanley 5K, taking place on Sunday, October 4, 2026. Participants and volunteers can sign up online at <https://runsignup.com/Race/MA/Westfield/RunStanley>.

Run Stanley is a beloved community tradition that brings together runners, walkers, families, students, and their four-legged companions for a morning of fitness, fun, and support for Stanley Park. The event welcomes participants of all ages and abilities through a variety of race divisions, including

the 5K Trail Run/Walk, K9 Division, 1-Mile Stroll & Roll, and the ¼-Mile Munchkin Run for elementary school students.

Elementary schools are also encouraged to participate in the School Spirit Challenge. The elementary school with the most registered participants will take home the coveted Run Stanley School Spirit Trophy.

In addition to participants, Stanley Park is seeking volunteers to help make the event a success. Volunteers are needed for a variety of roles, including registration, course marshaling, water stations, finish line support, and event

setup and cleanup. Community members, service groups, students, and local organizations are encouraged to get involved.

As a private nonprofit organization, Stanley Park relies on the support of events like Run Stanley to help maintain its nearly 300 acres of gardens, trails, wildlife sanctuary, and recreational spaces, which are enjoyed by more than 400,000 visitors annually. The park remains free and open to the public year-round.

To register for the race or sign up to volunteer, visit: <https://runsignup.com/Race/MA/Westfield/RunStanley>.

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Opinion

Guest Column

SOCIAL SECURITY
Matters
By Russell Gloor



Can my spouse file at 63 and then get half of mine when I later claim?

Dear Rusty:
My spouse is 63 and I am 65.
I am planning to take my Social Security benefits at age 70. Can my lower earning spouse take his own benefits now, and then -when I take my full benefits at age 70, can he then file for 50% of mine instead of the lower benefit he is getting because he claimed at age 63?

Signed:
Higher Earning Spouse

Dear Higher Earning Spouse:
Yes, your lower-earning spouse can take his benefits based on his personal lifetime earnings record at any time (i.e., age 63) and, when you later claim your own SS at 70, your spouse will be evaluated to determine whether he is eligible for a “spousal boost” based on your Social Security record.
But to be sure you are clear, if you claim at age 70, your spouse will not get 50% of your age 70 benefit amount.

Spousal benefits are always determined by comparing each partners’ Full Retirement Age entitlement and, if your spouse’s FRA entitlement is less than half of your FRA entitlement, your spouse will get a “spousal boost” to bring his monthly SS retirement payment up to what he is entitled to as your spouse.

The amount of the “spousal boost” would be the difference between his FRA entitlement and 50% of your FRA entitlement, which would be added to his own (age 63) SS retirement amount.

And that means that his total benefit amount would be less than half of your age 70 amount (less also than 50% of your FRA amount, because he claimed at age 63).

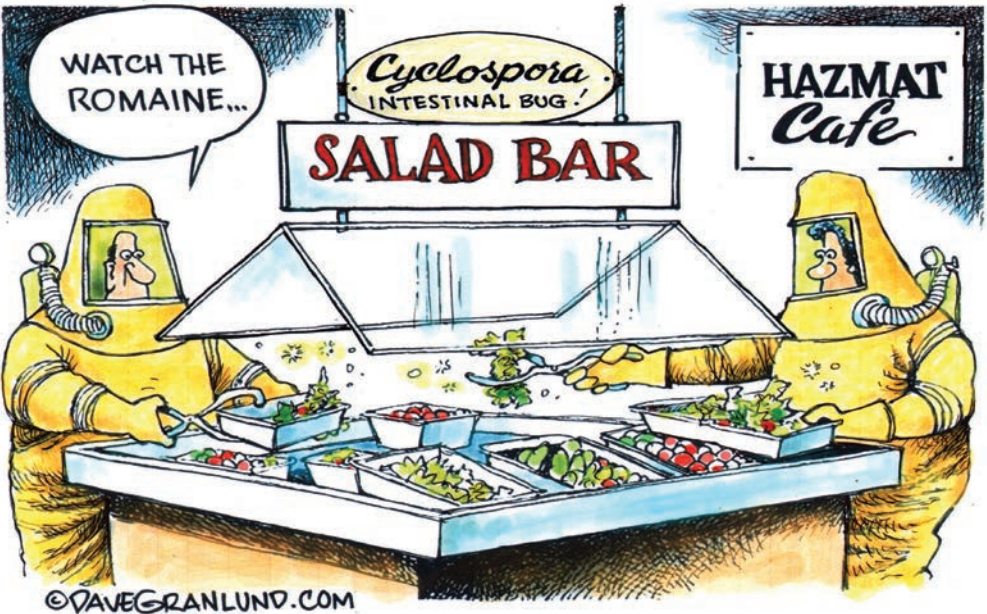
One caution for your spouse to be aware of: if he is still working and claims at age 63, he will be subject to Social Security’s Annual Earnings Test, which limits how much he can earn before SS takes away some benefits.

The earnings limit for 2026 is \$24,480 (changes annually) and if that is exceeded, SS will take back \$1 of benefits for every \$2 he is over the limit. FYI, Social Security will “take back” by withholding future benefit payments, so he will not get his benefits for some months if he exceeds the annual earnings limit.

And if the annual earnings limit is significantly exceeded, your spouse could even be temporarily ineli-

gible to receive SS benefits (until he either earns less or reaches his full retirement age, the earnings limit goes away when FRA is reached).
The only way your spouse can avoid both a reduced personal benefit and the annual earnings test limitation is to wait until his own Full Retirement Age to claim Social Security.
However, if he’s not working full time and needs the Social Security money sooner, then claiming at age 63 may be a good choice. In any case, he won’t get half of your age 70 amount.

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



Guest Column

Washing the elephant in the garden

The name Paul Rogers may ring a bell with some of my readers. Paul was a dear friend of mine, a mentor and acclaimed horticulturist who had amazing influence at Old Sturbridge Village, especially early on in my tenure.

He operated Stonehedge Gardens with his wife Barb in Charlton and for many decades wrote a regular column for the Worcester Telegram and Gazette. Paul also had a radio show, a weekly gardening Q&A on WTAG.

It was with his coaxing that I applied for and got this gig as the Garden Lady for Turley Publications over 20 years ago. He was very well known throughout Central Massachusetts, the Boston area and beyond.

Once I was in Bath, Maine, and to my disbelief someone mentioned that they knew Paul Rogers when I was shop-

ping in a kitchen store of all places. But alas, I digress.
Paul and I would meet every other week at the Village unless he was traveling on some horticultural odyssey. Many times he and I would chat before we took our walks around campus to assess my beds.
I learned all about his trips in great detail and he got to know me pretty well, too. He always knew when I was “down in the dumps.”
During those periods, Paul would say, “you’ve got to wash the elephant.”
At first this made little sense to me, but after a bit I understood. When you are not feeling like yourself, you

have to tackle a project, a big, elephant-like project, and afterwards you will feel better.
Of course, his projects were, and mine are, typically garden-related.
So this weekend I tackled the iris and rose bed. Or shall I say the iris, rose and violet bed?

The violets were un-welcomed guests in the garden, as were the borers, but we will get to that in a minute.

You see, I inherited this beautiful patch of blue-purple bearded irises when we moved to this house. For years it bloomed effortlessly. I divided it once a few years back and it was nice for awhile.

But this year blooms were sparse and rose suckers began to show up everywhere within the garden. Violet foliage crowded out the vertical spear-shaped iris leaves.

GARDEN | page 5



Twenty-four days of mountains, miles & memories on Appalachian Trail



By Julie Midura
Guest Columnist

Seventeen days into our 320-mile walk on the A.T. from North Carolina to Virginia, the sky broke open with unyielding rain, drumming the leaves overhead and turning the trail into a torrent of rushing water. The squish, squish, squish of water-filled shoes became a constant melody for the next eight days as rain drifted through the forest... sometimes in sheets

and sometimes in hushed murmurs.

Wet foliage accosted us at every turn, the branches leaning heavily onto the trail from the weight of SO MUCH unrelenting rain.

Every step became methodical. Our eyes looked down rather than ahead, focusing on the individual brushstrokes rather than the entire painting. Only then were we able to see the tiny little details we likely would not have noticed under sunny skies.

As we continued to walk through ever-present WET, our attention narrowed. We focused our eyes on a much smaller world-the one directly below our feet.

I crouched down to see a turtle shyly peeking its head out of its bright yellow lacquered shell. I squatted with my elbows on my knees in the middle of the path to watch a snail moving with ceremonial slowness as it crossed the trail on a rotting log, leaving a trail of silver in its wake. I stooped low to get a closer look at a vivid orange salamander with black speckles dusting its back and

HIKING | page 5



SUBMITTED PHOTOS

AGAWAM ADVERTISER NEWS

We Want to Hear From You

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All letters are subject to editing for content and length. The deadline is Monday at noon. Please send letters to Agawam Advertiser News, care of Turley Publications Inc., 24 Water St., Palmer, MA 01069, or e-mail aan@turley.com.

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Each



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Nobody dreams of having multiple sclerosis

Some dreams are universal: hitting a ball over the Green Monster; winning the World Series with a grand slam in the bottom of the ninth inning. Finding out you have have MS is not one of them.

Multiple sclerosis is a devastating disease of the central nervous system where the body's immune system attacks the insulation surrounding the nerves. It strikes adults in the prime of life - and changes lives forever.

To help make the dream of ending MS come true, call 1-800-FIGHT MS or visit us online at nationalmssociety.org.



Agawam Advertiser News welcomes letters to the editor

The *Agawam Advertiser News* welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to the *Agawam Advertiser News*, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to aan@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for

that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election. For more information, call 413-283-8393.

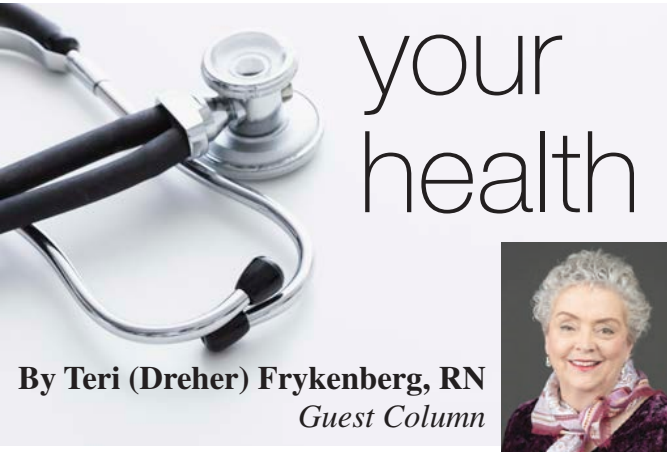
Campaign news

As part of its election coverage, the newspaper

plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in the *Agawam Advertiser News*.

Opinion



Imagine you're 6 years old again and playing Simon Says. "Simon says, 'Stand on one leg.' Now, stand on the other one." Oops, you're "out," because there wasn't a "Simon says." But you can be "in" better health if you can train yourself to stand on one leg for a few seconds or as long as a minute.

A recent article posted by the BBC detailed the positive health effects of being able to

balance on one leg. It can improve and maintain balance, mobility and even memory. The thing is, our ability to do it peaks at around age 10 and then slowly declines with age.

"If you find that it's not easy, it's time to start training your balance," Tracy Espiritu McKay of the American Academy of Physical Medicine and Rehabilitation, told the BBC.

Let's play! Simon says, "Stand on one leg"

Quite a lot of research has backed this up. For example, it's been found that for older adults, including those with dementia, regular single-leg training significantly reduces the risk of falls and helps maintain muscle strength, balance and the ability to perform those all-important activities of daily living (ADLs). These are the things that, if you can do them on your own, keep you out of assisted living and nursing homes.

Balancing on one leg also significantly increases muscle activity in the legs and ankles compared to standing on both feet. This includes the hamstrings, which is beneficial for stabilizing our knees.

It seems counterintuitive, but standing on one leg even challenges the brain,

improving its alertness and motor control, improving posture and maintaining stability.

In addition, when performed with specific instructions (such as focusing on an external object), the exercise significantly activates core muscles, including the abdominals and back muscles, which is vital for preventing and rehabilitating lower back injuries. It's also a key tool for recovering from ankle and knee injuries.

It's even good for your heart and overall cardiovascular fitness. Balancing on one leg is more physically demanding than standing on two, increasing oxygen demand and metabolic rate.

Doctors can use the ability – or inability – to stand on one leg as a reliable indicator of future fall risks and cogni-

tive decline. "In Alzheimer's patients, researchers are actually finding that if they're unable to stand on one leg for five seconds, it usually predicts a faster cognitive decline," Espiritu McKay told the BBC.

So let's get going – I mean standing. And we need to start slowly and safely.

If you can't hold a one-leg stance for more than a second or two, hold on to the back of a chair. Stand upright with a slight bend in your knees and lift one foot off the ground. Lift your hands off the chair briefly, then repeat on the other side. Keep practicing several times a week until you can maintain a one-leg stance for 10 seconds without holding on and without too much wobble.

Then you can move on to other variations. Wear differ-

ent kinds of shoes, have socks on or go barefoot. Stand on different types of surfaces: carpet, wood, tile, sidewalks. Focus on an object in front of you, like a clock so you can time yourself. One minute is longer than you think.

Or try it with your eyes closed, which is especially challenging!

The nice thing about this exercise is that you can build it into your everyday routines, such as waiting for the coffee to perk or brushing your teeth before you go to bed.

What else can you do to improve your ability to stand on one leg?

- Lift your knees as high as you can, one after the other, balancing for a few seconds between lifts. Incorporate

HIKING | from page 4

golden eyes staring straight into mine. I observed tiny creatures of our earth-who remain under cover on hot sunny days-come to life on the surface of the raindrops.

For eight days in a row, we awoke in a tent and pulled on soaking wet socks and shoes. We gripped trekking poles with fingers that turned white and puckered by days end. But we also witnessed magical forest spirits and tiny details we would never have noticed on a clear day.

It rained overnight and was still spitting when we packed up our wet tent on our final day on trail. Before we started walking, we ended our morning prayer with, "And if it be your will, Lord, please let us end this hike under sunny skies."

Several hours later, we reached the end of our journey at the Virginia border, completing our 320-mile walk from Fontana Dam, NC to Damascus, VA! We congratulated each other, snapped a few pictures, then continued hiking the final few miles toward the town of Damascus, where our friends were meeting us to shuttle us back to our car.

As we walked, the clouds finally began to loosen their grip on the sky. Minutes later, golden beams of sunlight spilled between the branches, as if an unseen hand was parting a curtain. The entire forest came alive with a radiance that could not be explained by mere sunlight alone.

I stopped walking, and with my pack on my shoulders, I tilted my face upward as the sun poured rivers of gold through the canopy above me. And suddenly, I was filled with an overwhelming revelation-so powerful that I began to weep uncontrollably.

I wept not because the

rain finally stopped. Not because the hike had been so hard. Not because we completed our goal. I cried, because in that sudden moment of awakening, I could feel God's presence to the depths of my very soul. And I realized we had never walked a single mile alone.

God had carried us through every storm. Through every drop of rain. Every exhausting climb. Every wind-swept ridge. Every stretch of muddy trail. Through every ache and every pain.

He had not been waiting for us at the end. Had not been watching us from a distance. He had been walking right alongside us, filling us with His glory with every step, and carrying us when we could no longer carry ourselves.

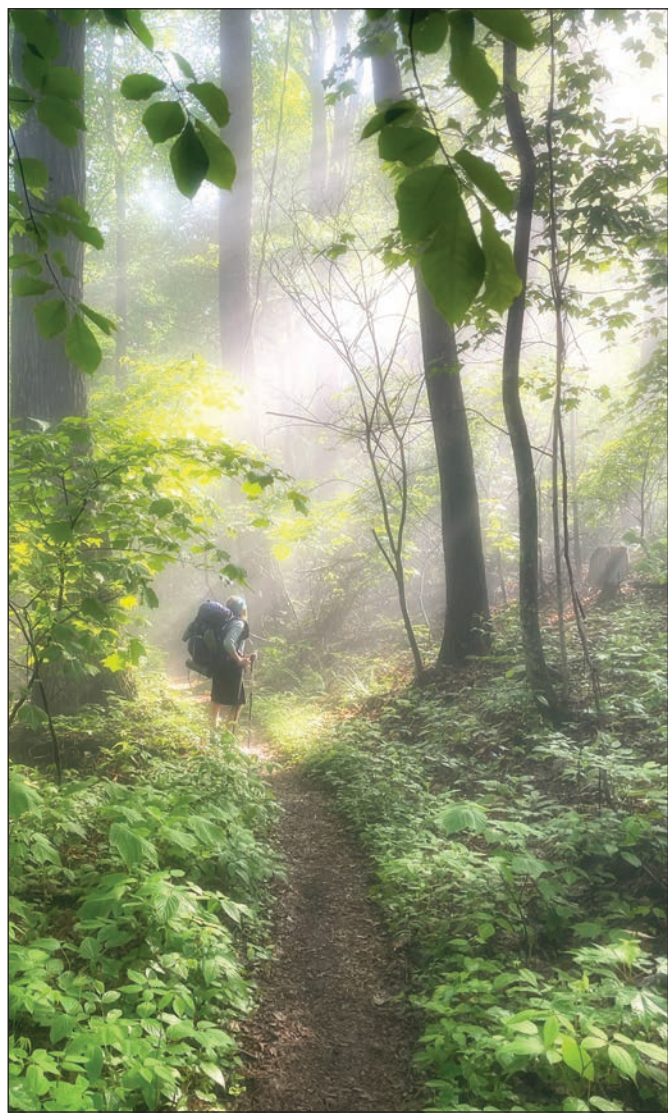
My fatigue had concealed it. The rain and clouds had obscured it. My own determination had camouflaged it. But here, in a moment of complete clarity, with the sunlight warming my face, drops of water dripping from the leaves above me, and over three hundred miles behind me, I could see it clearly.

God had been with us in every step.

In the strength when ours failed. In the shelter that appeared when we needed it most. In the strangers who offered kindness. In the moments when we thought we had nothing left, yet somehow continued forward.

I stood among the trees, while beams of golden light streamed through the branches above me in silent testimony. Stripped of my armor, I wept on my husband's shoulder while he held me in his arms. And finally, every raindrop, every ache, every hard climb, every trial, and every mile... made sense.

We completed our goal, not because it was easy, but because we kept putting one foot in front of the other for



24 days.

We embraced a path that humbled us. Carried us. Challenged us. Stripped us down and built us up-physically, mentally and emotionally. Taught us resilience. Showed us that we can sit in discomfort without becoming a casualty of it.

We tasted freedom. We inhaled silence. We knew peace.

The miles may be finished, but we will carry what they gave us as we step out of this wilderness and re-enter the world we left behind.

Onward!

Read more about Julie and Tom's wilderness adventures on Instagram @morethanthe-mountain.

GARDEN | from page 4

How was I to tame this mess and do it in the most efficient way possible? My approach may seem unconventional, but if I didn't do it this way I might still be outside squatting in that very garden.

I took out the lawn mower and adjusted the height to the tallest I could, six inches. Then I mowed down the garden.

After that I got into the bed with a hand trowel and one scoop at a time, dug up the bed. It was easier than I thought, because the irises were in worse shape than I thought. They came up so easily because they were weakened by a bad iris borer infestation.

I had never seen anything like it. As I unearthed the rhizomes I smelled the rot be-

fore I found my first borer. To say it was gross was an understatement.

Each rhizome was lifted, inspected and cut back to healthy tissue. Two inch long borers were collected in a yogurt container for the chickens. They ranged in color from light pink to deep mahogany.

To think that I've been gardening for so long and had never seen one before! The violet rhizomes were also dug up and discarded, as were the unwanted rose runners and suckers.

Thinning out the apothecary rose will certainly help to dissuade powdery mildew from taking hold next year. This year it's pretty bad.

Meanwhile, the irises were moved to a holding bed, also known as the vegetable garden, while I solarize the area

they came from to kill off any violet seeds. I hope. They are notorious at self seeding.

I realize I took this project on a bit later in the season than I should have; my irises may not bloom next year, but it was then or never.

So now you have my "washing the elephant" story. And you know a little more about an amazing man who I miss so much and think of often, especially when I am in the garden.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 34 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.

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CLUES ACROSS

1. Listen to

5. Presents

10. A type of guitar

14. Actor Idris

15. A citizen of Iran

16. Pretentiously artistic

17. Harness

18. Diamond weight measurement

19. "Better Call ___"

20. Fervent support

22. Male cat

23. Jewish spiritual leader

24. Disposed to venture or take risks

27. A way to nail

30. Cool!

31. Women's ___ movement

32. "Losing My Religion" rockers

35. Step-shaped recess

37. A princess can detect it

38. Tractor-trailer

39. Leslie and Leon are two

40. Color at the end of the spectrum

41. Lines where fabrics are sewn

42. Dodgers great Hersheriser

43. Floor covering

44. Traveled aimlessly

45. Rocker Stewart

46. Body art

47. Congressman (abbr.)

48. No seats available

49. Breaks apart

52. Hand gesture

55. Ballplayer's tool

56. Sword

60. Baseball team

61. Upper bract of floret of grass

63. Italian Seaport

64. Mars crater

65. Tube on a shoelace

66. U. of Miami mascot

67. South American nation

68. Video game series "Max ___"

69. Upper body part

CLUES DOWN

1. German courtesy title

2. Ancient Greek personification of mercy

3. Jewish calendar month

4. Family of long-legged frogs

5. Photo

6. Delivered a speech

7. Lute used in Indian music

8. Decorated

9. Cease to stand

10. The bottom layer

11. Member of a Semitic people

12. Part of a ticket

13. Defunct monetary unit

21. Challenges

23. Body part

25. Tell on

26. By way of

27. Shady green alcove

28. Egyptian city

29. ___ and flowed

32. Widens a hole

33. Eurasian wheat

34. Act incorrectly

36. "Be back later"

37. Al Bundy's wife

38. Ocean

40. Large root eaten as a vegetable

41. Units of subjective loudness

43. Music genre

44. A way to drench

46. Popular hot beverage

47. Silk-like cotton fabric

49. Rumanian city

50. Come back

51. Vaccine developer

52. Canadian law enforcers

53. Wings

54. Observational comedian Bill

57. Small fry

58. ___ Clapton, musician

59. Take a chance

61. Semi-liquid food for babies

62. Consumed food

CROSSWORD SOLUTION ON PAGE 6

Obituary

Steven Richard Reed

1966-2026

Steven Richard Reed, age 59, passed away from complications of kidney cancer on July 15, 2026; at Baystate Medical Center in Springfield. Steven was born in Springfield, on August 10, 1966 to Elaine (Parent) (Reed) Bowler and Clyde Reed both of Agawam. He attended Agawam Schools and Whitingham Schools; graduating in 1984. By trade, Steven was a machinist working in several machine shops in the local area. He worked for 14 years at Tyco Health Care now



known as Cardinal Health in Chicopee. Steven moved to Westfield in 1999 to be close to his beloved wife of 25 years, LaRue "Lori" (Foard) Reed; Besides his wife he leaves his mother Elaine Bowler; a brother Scott Reed and his wife Aimee. He also leaves his nephews, Keegan Reed, Hayden Reed; and niece Kylie Reed; his mother-in-law, Judith Foard-Giucastro; brother-in-law Larry Foard his husband Eric Bowman and his two much beloved and spoiled

pooches Oreo and Mocha. He was predeceased by his step-father, Paul Bowler; and father-in-law Lawrence Foard. He will be missed deeply by his wife, family and friends for his heart of gold and grumpy but great sense of humor. As per Steve's wishes there will be no services. Southwick Forastiere Funeral & Cremation, 624 College Highway, Southwick. www.forastiere.com.

DEATH NOTICE

Steven Richard Reed
Died July 15, 2026

HEALTH | from page 5

rating hand weights makes it more challenging – as well as helping you work on your upper body.

- Sit and stand without using your arms for 30 or so seconds. A dining chair or other straight-backed chair is good for this exercise. (Also works the upper legs and glutes.)

Older adults who work on maintaining strength, balance and mobility have a better chance of remaining independent, being able to drive and aging in place. In addition, research is finding that older brains that are able to keep generating neurons are less subject to cognitive decline.

Do your body and brain a favor by playing a little "Simon Says" every day.

Teri (Dreher) Fryken-

berg, R.N., a registered nurse and board-certified patient advocate, is the founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of "How to Be a Health-

care Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at Amazon.com. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.



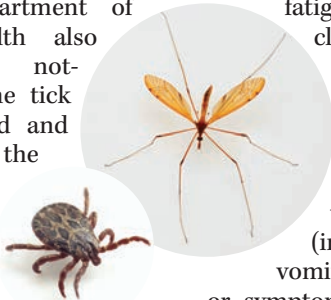
Director of Public Health offers tips on how to stay safe from ticks and mosquitos

By Quinn Suomala
Correspondent

As the weather gets warmer there is an increase in the number of ticks and mosquitos as people go about summer activities. It is important for people to be aware of protection against these insects to prevent illnesses, including West Nile Virus, Lyme disease and Alpha-gal Syndrome. The Director of Public Health in Wilbraham Ryan Paxton recommends that people check themselves, children and pets for ticks after going outdoors.

The key places to check are: inside and behind ears, along the hairline, the back of the neck, the armpits, the groin, the legs, and between the toes. To remove a tick utilize fine point tweezers and grab the tick as close to the skin as possible. Try to pull straight out, as moving at an angle can leave parts of the tick behind. Additionally, as is on the website for the Massachusetts Department of Public Health, people should avoid applying kerosene, petroleum jelly, nail polish or a hot match tip to remove a tick, as

those methods aren't effective and can result in injury. The Department of Public Health also recommends noting when the tick was removed and where on the body it was removed from. This information will be helpful if a person or pet needs to go to a doctor for treatment. A person should go to the doctor if they develop a rash where they were bitten or experience the common symp-



toms of tick-borne diseases (including fever, headache, fatigue or sore muscles). Someone should also go to the doctor if they have stomach or intestinal problems (including nausea, vomiting or diarrhea) or symptoms of an allergic reaction within a few hours of eating meat or dairy. It is also important to be aware of mosquito bites. The West Nile Virus is the most common mosquito-born illness in the United States.

However, this illness has not been reported in humans in Massachusetts this year. To prevent tick and mosquito bites a person can wear a light-colored long-sleeved shirt with long pants and tuck their pants into their socks. This helps to prevent a tick or mosquito from getting onto a person's skin and can help a person to spot a tick on their clothing. Avoiding outdoor activities between dusk and dawn during peak mosquito season also greatly lowers the risk of mosquito bites. The Department of Public Health also recommends

removing standing water in yards, as that is where mosquitos breed. This can include water in garbage cans, flowerpots, bird baths. Property owners can also utilize mosquito prevention services, including spraying private property with insect repellent to help reduce the amount of insects. Additionally, people should use bug repellents that contain DEET on their skin. There should be no more than 30-35% DEET in repellents for adults and no more than 10-15% DEET in repellents for children.

NIGHT OUT | from page 1

tially get larger attendance. Agawam's event has always been large and like many of the Agawam Night Out events, features police, fire and EMS, and often features demonstrations and their cruisers, fire trucks, and ambulances on display. Agawam has also often displayed its DPW and other town vehicles for display, and has added multiple food and other business vendors along with many activities for children. The Summerfest summer concert series has

usually held a concert on the same night in the band shell, but with the event moving to a Friday evening, there will be a movie in the park following the conclusion of Agawam Night Out. The free movie is scheduled to be "Hoppers" and popcorn will be provided to those who attend. Families and the entire communities are encouraged to come out, meet the police, fire, and other public safety officials that serve the community. The event is for everyone, though there will be many activities geared toward children.

COUNCIL | from page 5

fence in the town where such fences may not pose any safety hazard or create a private nuisance," Russo said in his resolution. The state building code allows fence heights of up to seven feet without needing to obtain a special permit. The council approved the first meeting at their July 13 meeting after having no major objections to the proposed change. The council also held a public hearing which yield no major barriers. The zone change did receive the okay from the

Planning Board, which held a public hearing last month. The Legislative Sub-Committee also did not find any issues with allowing higher fences in the community, are being proposed to allow residence to have more privacy within their properties if they choose. According to the ordinance, any fence or fall that exceeds the height requirement without a special permit can be deconstructed and removed by the town. While the bottom line is that fence heights will be allowed up to seven feet, the language reads that walls and fences can be between

"The current town code has inhibited the construction of residential privacy fence in the town where such fences may not pose any safety hazard or create a private nuisance."

- Agawam City Council President Anthony Russo

four feet and six-and-half feet, but any fence higher than seven feet shall require the special permit. The ZBA will still be the authority that handles any special permits a resident seeks for building a fence that is higher than the allowed heights. The first reading approved by the council included at least eight votes, a super

majority required in order to pass any type of ordinance or zoning change. Now, the final approval is set for the city council's August meeting. Two readings, or votes, are required in order to fully pass an ordinance change. The council will simply re-vote on Aug. 3 at their next meeting to finalize the passage of the ordinance change.

Public Notices

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No.
HD26P1302EA
Estate of:
Mary Shannon Kiefer
Also Known As:
Mary J. Kiefer
Date of Death: 04/18/2026
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Marjorie H. Savoie of Agawam, MA** a Will has been admitted to informal probate.

Marjorie H. Savoie of Agawam, MA has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being adminis-

tered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

07/23/2026

Sale of Motor Vehicle

Notice is hereby given by Langonet Towing pursuant to the provisions of G.L. c.255, Section 39A, that on **July 24, 2026** at 63 Ramah Cir S, Agawam the following Motor Vehicles will be sold at private sale to satisfy the garagekeeper's lien thereon for storage, towing charges, and expenses of notices and sale of said vehicle.

2005 Buick Lesabre
VIN: 1G4HP52K25U276668
Alfred Dimauro
4 Colony Drive
Hampden, MA 01036
07/09, 07/16, 07/23/2026

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
Docket No.
HD26P1409EA**

**Estate of:
MARCIA TANGREDI
Also Known As:
MARCIA C. TANGREDI
Date of Death:
MAY 20, 2026
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **DINO M. TANGREDI of Watertown, MA** a Will has been admitted to informal probate.

DINO M. TANGREDI of Watertown, MA has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory

and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

07/23/2026

**Sale of Motor Vehicles
PUBLIC NOTICE
Under G.L. C. 255 Sec. 39A**

Notice is hereby given by USA Towing, 71 Garden St., Feeding Hills, MA, 01030, sale

of a motor vehicle(s) pursuant to the provisions of M.G.L. C. 255, Section 39A, that on August 31, 2026 at 8:00 a.m., at USA Towing, said motor vehicle(s) will be sold at a private sale to satisfy the garage keeper's lien for towing, storage and costs of sale .

2017 Nissan Altima
VIN: 1N4AL3AP1HC266698
Plate: 453-BCB-LA
Last Known Reg. Owner: Marc Merriman, 5337 Clearpoint Dr. Slidell, LA 70460

2006 Jeep Cherokee
VIN: JHS58N96C312313
No Plates with vehicle
Last Known Reg. Owner: Anthony Flores 35 Lonhill St. Springfield, MA 01108
07/23, 07/30, 08/06/2026

PUBLIC NOTICES ARE NOW ONLINE

1

Email all notices to notices@turley.com

2

Access archives and digital tear sheets by newspaper title.

3

Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

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Agawam Advertiser News

OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice (with a word limit of up to 500 words) and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

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



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SPORTS



Victoria Papova traps the ball.

SOCCER

Girls enter final week of summer season

AGAWAM – Earlier this week, Agawam girls summer soccer was scheduled to enter the final week of the PVSSL summer season. The Brownies are 2-6-1 after action ended last week with games for the regular season wrapping up this week. The playoffs, which Agawam is currently not in contention for, are set to begin next week.



Grace Curto sends a ball up the field during recent action.

Kaelynn Paquette eyes teammates up the field.

TURLEY PHOTOS BY DAVID HENRY

BASEBALL

St. Joe's suffers late loss

By Tim Peterson
Sports Correspondent

THORNDIKE – In what might've been a preview of a TriCountry League playoff matchup, Teddy Bear Pools and Spas broke open the final meeting of the regular season against St. Joseph's by scoring nine runs across the fifth and sixth innings, rolling to an 11-1 victory at St. Joe's Field in Thorndike, last Friday night.

"We split with St. Joe's during the regular season, and we'll probably be seeing them again in the playoffs," said Teddy Bear Pools player/manager Ryan Magni. "The first three innings of tonight's game was almost like a playoff game. Then we were able to break it open

ST. JOE'S | page 8

BASEBALL

PeoplesBank defeats Teddy Bear Pools

WILBRAHAM – Last Thursday night at Spec Pond in Wilbraham, Jake Jachym pitched PeoplesBank to a 7-5 win over Teddy Bear Pools.

The Bankers got a save from Johnny Gegetska to

secure the win. The Bankers lead the Tri-County League with a 15-3-1 record and 31 points.

The regular season is about to wrap up with the playoffs beginning shortly after.



Alex Gochinski cleanly fields a grounder.



Robert Ninotti fires a throw across the diamond.

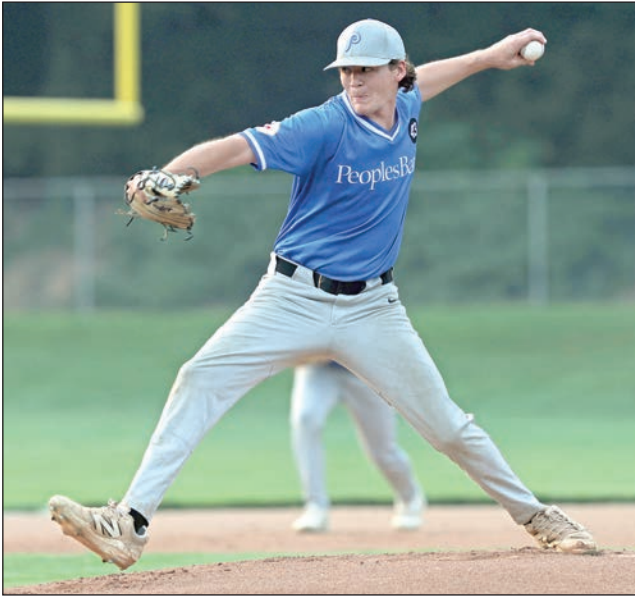
SOCCER

Mutiny finishes up first dual league season

LUDLOW – Earlier this month, the New England Mutiny, which features soccer players from all over the region as well as some players from out of state, finished up their season, unfortunately failing to reach any postseason play despite playing in two leagues this season. The Mutiny participated in both the USL as well as the UWS, nearly doubling its number of games this season. The Mutiny hope to have better luck next season with the added schedule.



Trinity Clark dribbles toward the goal.



Jake Jachym sends a pitch home.



Ray Toth gets the grounder to short.



Addyson Earl hustles after the loose ball.



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM
Darien Rosado is safe as he slides home.



Mason Barcomb pitches for Teddy Bear Pools.



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM
Laci Lewis fights to keep possession.

Valley Blue Sox fails to complete doubleheader sweep

BRISTOL, CT – The Valley Blue Sox couldn't complete a doubleheader sweep Friday night, surrendering a four-run lead in a 5-4 walk-off loss to the Bristol Blues in the second game at Muzzy Field.

After opening the evening with a 7-1 victory, marking the Blue Sox's first win over Bristol this season, Valley (13-18-1) looked to carry that momentum into a sweep. But the Blues (16-18) had other plans, erasing a four-run deficit with five unanswered runs over the final three innings to split the seven-inning doubleheader.

"I thought we were playing

really well," head coach John Raiola said. "I thought those were some of the best swings that we took in a game all year. They beat us at the end, and that's how it goes."

Bristol completed its come-from-behind victory in the bottom of the seventh, giving it the walkoff win.

Christopher DiPrima (Yale) opened the inning with a single before Nicholas Francuzenko reached to put two runners aboard. With one out, Cal Chance (UMass Lowell) lined a single into right field, allowing DiPrima to score the winning run and hand the Blue Sox a walk-off

defeat.

While the latter innings decided the contest, Valley struck first and early.

Anthony Tirado (Penn State) reached base to begin the game before stealing third and eventually scoring on a throwing error by Chance. Moments later, Chris Cancel (UConn) tagged and advanced to third before crossing the plate on Jacob Dilley's (UNC Greensboro) sacrifice fly to right, giving the Blue Sox a 2-0 advantage after just one inning.

Making his Blue Sox debut, right-hander Justin Mas-teralexis (UMass) kept Bris-

tol off the scoreboard early. The UMass product, making his first appearance since April, allowed no hits across 1 2/3 innings while striking out three.

"[It is] great for [Masteralexis], having him be able to get back out there," Raiola said. "It went as well as I'm sure he would've hoped."

Nick Tomasetto (Seton Hall) singled to put a runner aboard before Chris Carson (Stony Brook) turned on a pitch and sent it just inside the right-field foul pole for a two-run home run. Carson's first long ball of the season extended Valley's lead to 4-0

and marked the Blue Sox's 10th home run of the summer.

"Chris works hard," Raiola said. "That was part of a bunch of really good swings today from a lot of guys."

Bristol answered immediately in the bottom half of the inning when Nick Flores (VCU) lifted a sacrifice fly to left, trimming the deficit to three.

After loading the bases, Sean Britt (St. Johns) lined a two-run double into the left-center field gap to bring Bristol within one. Just two batters later, Evan Menzel (UConn) followed with an

RBI single to center, tying the contest at 4-4.

Once the Blues got hot, the Blue Sox were unable to answer offensively. Valley finished with six hits and struck out 12 times, managing just one baserunner over the final two innings.

Despite the result, Raiola said he was encouraged by the quality of his team's play throughout the doubleheader.

"I thought the energy was really good," Raiola said. "Our guys were taking really good swings. Sometimes that's baseball. They beat us at the end."

HoopHall names presenters

SPRINGFIELD – The Na-smith Basketball Hall of Fame has announced the list of Hall of Famers who will present the Class of 2026 at the Enshrinement Ceremony on Saturday, August 15, at Symphony Hall in Springfield, Massachusetts, the "Birthplace of Basket-ball." Over 50 Hall of Famers are expected to be in attendance for the ceremony.

Each member of the Class of 2026 selected their presenter(s) from among previously inducted Hall of Famers, a decision made by the inductee, while the 1996 USA Basketball Women's National Team will be pre-

sented by its own previously enshrined members.

The 2026 Hall of Fame Inductees and Presenters:

Joey Crawford - Danny Crawford (Class of 2025), Rod Thorn ('18)

Mike D'Antoni - Jerry Colangelo ('04), Bob McAdoo ('00), Steve Nash ('18), Amar'e Stoudemire ('26), Rod Thorn ('18)

Elena Delle Donne - Sylvia Fowles ('25), Marianne Stanley ('22)

Mark Few - John Calipari ('15), Grant Hill ('18), John Stockton ('09)

Chamique Holdsclaw - Tamika Catchings ('20), Tina Thompson ('18), Teresa

Weatherspoon ('19)

Candace Parker - Tamika Catchings ('20), Allen Iverson ('16), Cheryl Miller ('95), Dwyane Wade ('23)

Doc Rivers - Kevin Garnett ('20), Paul Pierce ('21)

Amar'e Stoudemire - Jerry Colangelo ('04), Mike D'Antoni ('26), Grant Hill ('18), Tracy McGrady ('17), Steve Nash ('18), Rick Welts ('18)

1996 USA Basketball Women's National Team - Teresa Edwards ('11), Lisa Leslie ('15), Rebecca Lobo ('17), Katrina McClain ('12), Dawn Staley ('13), Sheryl Swoopes ('16), Tara VanDerveer ('11)

Monadnock Speedway hosting open modified race with prize

WINCHESTER, N.H. – The stakes will be higher than ever when the Open Modifieds return to Monadnock Speedway on Saturday, Aug. 1, for the thrilling Dash for the Cash 100.

The special event will feature 100 laps of intense, wheel-to-wheel Open Modified competition on the high banks, with an impressive \$10,000 awaiting the race winner. Some of the region's top Modified competitors are expected to battle for one of the biggest paydays of the season.

Adding even more excitement, the Dash for the Cash 100 will serve as the final event of the Open Modified Tri-Race Championship Series. At the conclusion of the night, one driver will be crowned the series champion and collect a \$5,000 championship bonus.

With the race victory and championship both on the line, every position and every lap will matter.

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The Dash for the Cash 100 promises to deliver every-

thing race fans love about Open Modified competition—high speeds, close racing, bold moves and nonstop action from the drop of the green flag to the final charge toward the checkered flag.

Racing is scheduled to begin at 6 p.m. on Saturday, Aug. 1. The rain date, if needed, is Sunday, Aug. 2.

Fans will not want to miss this championship showdown as the Open Modified stars compete for big money, bragging rights and the honor of being crowned the 2026 Tri-Race Champion.

ST. JOE'S | from page 7

against their relief pitchers.

Even though Friday's makeup game was played at St. Joe's Field, Teddy Bear Pools served as the home team because their own field was unavailable. The game ended with two outs in the bottom of the sixth inning due to the ten-run mercy rule.

Teddy Bear Pools entered the final week of the regular season sitting in third place in the league standings with a 13-5-1 record one point behind second place St. Joseph's. The Saints had a 14-4 overall record.

Peoples Bank (15-3-1), who are looking to capture the league championship title for the 13th consecutive season, was sitting in first place.

Teddy Bear Pools could move into second place with a win against BankESB on Thursday night and if St. Joe's losses their final two regular season games.

The Saints had the opportunity to move into first place if they defeated the DOC Spartans on Monday and Peoples Bank on Wednesday.

The top two finishers in the league standings earn a first round bye and the first place team will get home

field advantage throughout the playoffs, which are all best of three series.

Teddy Bear Pools righthander Matt Drobiak, who graduated from South Hadley High School, was the winning pitcher in last Friday's game. He went the distance, allowing one run on just one base hit with three walks and two strikeouts.

"My defense made the plays behind me in tonight's game," said Drobiak. "This is a big win for us, and it feels great. We're hoping to play them again in the playoffs."

Teddy Bear Pools took a 1-0 lead against St. Joe's with two outs in the bottom of the

third inning.

Magni, who started in centerfield, drew a leadoff walk. Then St. Joe's lefthander Jackson Hayes retired the next two batters before catcher Michael Toth hit a flyball which the centerfielder lost in the twilight. Toth, who graduated from Granby High School, wound up at second base with a double and Magni scored on the play.

St. Joe's tied the score in the fourth inning.

Designated hitter Mark Jodoin singled leading off the frame before stealing second. He scored the tying run when right fielder Ryan O'Leary hit a sacrifice fly.

Drobiak then retired seven of the final eight batters that he faced.

"We just didn't hit the ball very well in tonight's game," said St. Joe's manager Paul Marcinek. "You can't beat many teams by scoring only one run."

Prior to the start of the bottom of the fourth inning, righty Jack Feltovic replaced Hayes on the mound.

Teddy Bear Pools retook the lead with two outs in that inning when designated hitter Bailey Griggs hit a ground ball single up the middle into centerfield scoring shortstop Ray Toth (walk).

Teddy Bear Pools scored

three more runs in the fifth inning. Two of the runs crossed the break on RBI singles from Ray Toth and right fielder Sean Rosemond. The other run scored following a throwing error by the catcher.

Holding a 5-1 lead, Teddy Bear Pools scored six more runs in the sixth.

Left fielder Josh Frometa and Magni knocked home a pair of runs with RBI singles, while second baseman Ramon Jomenez added a run scoring ground rule double to center. Griggs also drew a bases loaded walk during that frame.

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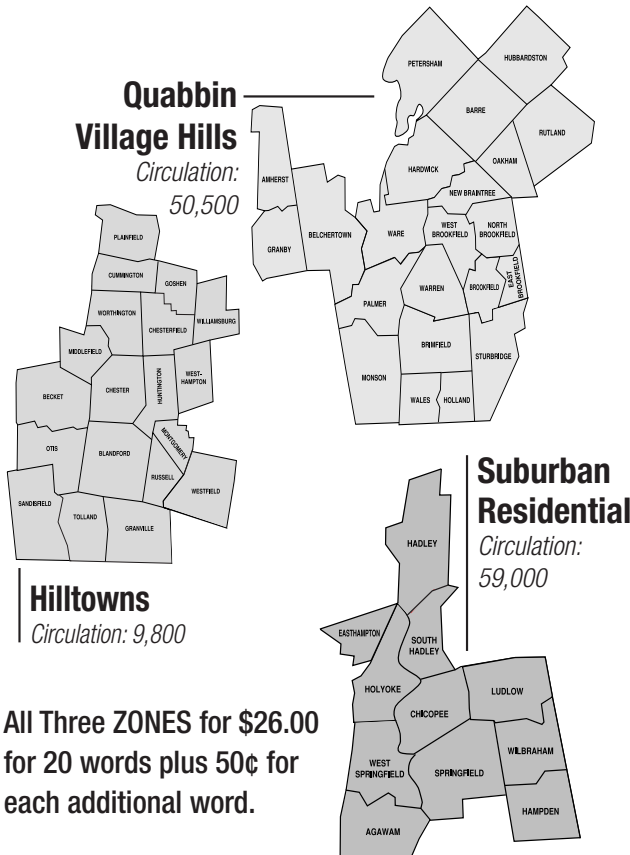
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IVHF to unveil new exhibit July 30

HOLYOKE – The International Volleyball Hall of Fame at 444 Dwight Street, in cooperation with the City of Holyoke will unveil its newest exhibit, Puerto Rico Volleyball, on Thursday, July 30, at 11 a.m. to celebrate one of the world’s most passionate volleyball nations while kicking off the opening day of Holyoke’s annual Fiestas Patronales.

According to a press release made by Mayor Joshua Garcia’s office, the Hall of Fame invites volleyball fans, families, and community members to attend this free event and experience the story of Puerto Rico’s volleyball tradition while enjoying one of Holyoke’s signature cultural festivals.

The grand opening honors Puerto Rico’s volleyball legacy and the longstanding relationship between Holyoke and Puerto Rico. The exhibit showcases the history of volleyball in Puerto Rico through historic artifacts and profiles of legendary athletes, coaches, and leaders. Researched and organized by Holyoke resident Jimmy Camacho over several years — including multiple research trips throughout Puerto Rico to collect photographs and the stories

behind them. The exhibit is designed and fabricated by Gaddier Rosario Fine Art Studio.

The grand opening will welcome representatives from the Puerto Rico Volleyball Hall of Fame, led by President Pedrito Rodríguez and Vice President Raful Rodríguez, along with guests from the municipalities of Naranjito and Salinas. Guests will enjoy authentic Puerto Rican cuisine provided by Boricua Bites, a cultural performance by Bomba de Aquí, and live coverage throughout the day by Audacy Radio (WEEL).

“This exhibit represents far more than volleyball,” said George Mulry, Executive Director of the International Volleyball Hall of Fame. “It tells the story of a people whose passion for the sport has inspired generations. Puerto Rico has produced world-class athletes, unforgettable moments, legendary clubs, and a special volleyball culture. We are honored to preserve that history in Holyoke — the birthplace of volleyball — and to celebrate the deep friendship that continues to grow between our communities.

For Jimmy Camacho, the exhibit represents years of dedication to preserving an

important chapter of volleyball history.

“Every trip to Puerto Rico uncovered another incredible story, another artifact and another person whose contributions deserved to be remembered,” Camacho said. “This exhibit is a tribute to the athletes, coaches, communities, and fans who made volleyball such an important part of Puerto Rican culture. My hope is that visitors leave with a deeper appreciation for the passion, pride and excellence that have defined Puerto Rican volleyball for generations.”

The celebration continues at 3:30 p.m. with the Holyoke vs. Salinas Sister City Volleyball Match, continuing a tradition established in 2025 when Holyoke traveled to Salinas for the inaugural competition. Holyoke enters this year’s match after earning the first victory in Puerto Rico last September.

“Holyoke is proud to be the birthplace of volleyball, but just as importantly, we are proud to celebrate the communities that have embraced and elevated the sport across the globe,” said Holyoke Mayor Joshua A. Garcia. “The Puerto Rico Volleyball Exhibit reflects the deep cultural ties be-

tween Holyoke and Puerto Rico while showcasing the power of sport to connect people, preserve heritage and strengthen international friendships. We are excited to welcome visitors from across the region and beyond for what promises to be a truly memorable day.”

Following the sister city match, visitors are encouraged to enjoy the opening night of Holyoke’s Fiestas Patronales, featuring live entertainment, food, music, local vendors, and cultural celebrations.

“It is a tremendous honor to see Puerto Rico’s volleyball history recognized in the International Volleyball Hall of Fame,” said Pedrito Rodríguez, President of the Puerto Rico Volleyball Hall of Fame. “For generations, volleyball has united cities across Puerto Rico and inspired countless young people to dream big. This exhibit preserves those stories while strengthening the special bond between Puerto Rico and Holyoke, the birthplace of the sport we all love.”

The exhibit and grand opening gained support from Set to Serve, USA International Sports Group, Explore Holyoke, and the City of Holyoke.



Thomas Smith Home to have open house

AGAWAM – On Saturday, Sept. 12 from 10 a.m. to 2 p.m., there will be an open house held at the historic Thomas Smith House.

The c. 1757 Thomas Smith House and 1920 Delmore Hawthorne Garage will be open for tours.

Master stone carver & gravestone conservator Randall Nelson will be on-site to talk about his work carving replicas of badly deteriorated gravestones of Revolutionary War veterans as replacements for the original stones.

The National Regis-

ter-listed Thomas Smith House is one of a few remaining resources from Feeding Hills’ eighteenth-century agricultural past, and is significant architecturally as an unusually intact example of eighteenth-century building practices and a rare surviving example of mid-to late-eighteenth century Connecticut River Valley design and materials.

The Hawthorne Garage illustrates the property’s evolution from agricultural to suburban setting that took place in the early twentieth century.

Tips offered to help children build confidence for summer camp

For many children, summer camp is filled with adventure, new friendships, and memories that last a lifetime. But for others, it may also be their first experience spending time away from home—a milestone that can bring both excitement and understandable anxiety.

According to Karyn Rossacci, DNP, MSN, NP-C, RN, CCRN, Chief Nursing Officer for MiraVista and TaraVista Behavioral Health Centers and a parent herself, those nervous feelings are not something to fear. In fact, they can become an important part of a child’s emotional growth.

“Summer camp gives children the opportunity to discover something incredibly important,” said Rossacci. “They learn that they can try something unfamiliar, experience uncertainty, and come through it stronger on the other side.”

Rossacci encourages parents and caregivers to resist the temptation to eliminate every anxious feeling before camp begins.

“Our goal isn’t to eliminate every anxious feeling. It’s to help children discover they can move through those feelings with confidence, knowing they’re capable, resilient, and never alone.”

Instead, Rossacci recommends helping children prepare for the experience while reinforcing their growing independence.

Among her suggestions:

- Talk about camp with excitement, focusing on the friendships, activities, and experiences they’ll enjoy.
- Practice independence before camp through sleepovers with grandparents or relatives, day trips with trusted adults, or encouraging children to make age-appropriate decisions on their own.

- Normalize anxious feelings by reminding children that feeling nervous doesn’t mean they aren’t ready, it simply means they’re doing something new.
 - Pack a small reminder of home, such as a favorite stuffed animal, family photo, or handwritten note.
 - Keep goodbyes warm, loving, and brief. Children often take emotional cues from the adults around them, and a calm farewell communicates confidence in their ability to succeed.
 - Celebrate courage when camp is over. Whether they conquered the climbing wall, made a new friend, or simply spent their first night away from home, recognize the bravery it took to try something unfamiliar.
- “Growing up isn’t about never feeling anxious,” Rossacci said. “It’s about learning that we can face those feelings,



ask for support when we need it, and discover we’re stronger than we thought.”

While some pre-camp jitters are a normal part of childhood, Rossacci notes that trusted adult caregivers should pay attention if anxiety becomes persistent, overwhelming, or begins interfering with a child’s daily life. In those cases, conversations with a pediatrician or mental health professional can provide additional guidance and support.

“As parents, we naturally want to protect our children from discomfort,” Rossacci added. “But some of life’s greatest confidence comes from discovering that we can do hard things. Camp often becomes one of those experiences children remember for the rest of their lives—not because they were never nervous, but because they found the courage to keep going.”

Greek Festival set for Aug. 22

HOLYOKE – Holy Trinity Church in Holyoke is celebrating its 5th Greek Festival on Aug. 22 from 11-5 p.m.

The community event will raise funds to support the Ladies of the Philoptochos (Friends of the Poor) Society whose main mission is to support those facing hardships.

As America celebrates

250 years, this year’s features will include live music, a community-wide charity drive (personal care items, Walmart Gift-Cards, and slightly used backpacks), honor those who protect and serve by offering First Responders \$5 off any purchase with ID, and a crowd-pleasing Baklava Sundae!

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there, the duo moved into the Revolutionary War era and then the Civil War Era. When Jon explained the World War One era, he made sure to highlight the 369th Infantry Regiment, which was one of America’s first unit comprised of African American soldiers. They became known as the Harlem Hellfighters. Jon connected this piece of history by pointing out the role 1st Lieutenant of the Harlem Hellfighters; James Reese Europe played in the creation of jazz. When speaking about World War Two, Jon highlighted Joe Medicine Crow who was a Native American who fought for the U.S. Army as a platoon leader for the 103rd Infantry Division. Throughout the performance

Sultana also sang about The Korean War, The Vietnam War and The Bonus Army’s march on Washington during the great depression. Sultana ended their performance by singing a song they described to be about hope, new beginnings, and learning from the past. They were also sure to highlight their appreciation for those who have fought in the military.

After the show, Li and Jon Waterman said they connect history and music and enjoy sharing this program with different communities.

Jon Waterman said, “I think it’s just the idea of entertaining people, connecting with people, sharing stories. Someone asked for a show, but we do a series of shows called “Live Music Making History Live”.

There’re the roots of popular music, there’s another one that’s about the railroad, we have a new one for the 250th. But a few years ago, somebody requested one for the Veteran’s. So, we put it together.”

Li Waterman adds, “And that’s really nice that we can show our appreciation in the way we can. I think the stories from history are really inspiring. You want to write songs about cool things. Not about the usual stuff. There’s some music groups like Iron Maiden and Alexander the great, that do songs about history. Like the Medicine Crow guy. Like he became a warrior in modern times, by fighting and art, that’s so inclusive to everybody. That brings people together.”

“Well, I’ve always been in

history my whole life and history has always been a hobby. It’s something that I enjoyed doing and it inspired a lot of songs. I sort of, at some point, figured out, well, I’m not going to be a rock star. So, I might as well do history songs and entertain people and tell these stories this way. There’s a long tradition. History has always been a form of entertainment. And it’s always been in entertainment. Except nowadays, for some reason, it’s not. Except for these exceptions which are really cool, like Iron Maiden,” says Jon.

Jon tells us, “Also, there’s so much division in our country. The way out of this problem that our country is in, is if we start learning about this stuff and celebrate the stuff that’s to be celebrated.”

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