

# Chicopee Register

A TURLEY PUBLICATION | www.turley.com



July 28, 2023 | Vol. 25, No. 17 | FREE

www.chicopeeregister.turley.com

COMMUNITY

## School Committee welcomes Dr. Marcus Ware, new superintendent

Ware participated in the July 19 School Committee meeting

By Dalton Zbierski  
Editor  
dzbierski@turley.com

CHICOPEE -- Dr. Marcus Ware participated in his first School Committee meeting as the city's new superintendent on July 19, completing his 19<sup>th</sup> day in the office.

He received a warm welcome from the members of the committee before making his first official statement of the meeting, held in City Hall.

"I want to say thank you to the principals, staff members and countless students I met on my two-and-a-half week tour when I toured all 15 schools during the month of June before I sat in this seat today, and I just want to say a warm heartfelt 'thank you' to all those students, teachers and everybody who had a hand in saying 'welcome' to me," Ware said.

Ware noted that he made several additions to his staff prior to the meeting. Joining his office will be Bowe Elementary School Interim Principal Sherri Chrzanowski and Chicopee Academy Principal Lori Vaillancourt.

Ware also announced the appointment of Jennifer Belville as assistant superintendent for instruction and accountability. He said she had experience as an administrator in the Uxbridge Public Schools and Millbury Public Schools districts.



(L to R) Assistant Superintendent of Student Support Services Carol Kruser, Superintendent Dr. Marcus Ware and Jennifer Belville, assistant superintendent for instruction and accountability, pictured July 19.

"Ms. Jennifer Belville has held the seat of assistant superintendent previously in curriculum instruction and has a history of moving schools," Ware said. "This is one reason of many that I move to bring her in front of you all this evening so that we can move forward with the appointment."

The School Committee unanimously approved the appointment of Belville.

The committee also unanimously approved the appointment of Chicopee High School Principal Carol Kruser as Ware's new assistant superintendent of student support services. Ware noted that Kruser has worked at the high school for over 20 years as a teacher, vice principal and principal.

"Ms. Kruser has a sense of

See **WARE** page 5

COMMUNITY



TURLEY PHOTO BY KRISTIN RIVERS

Gov. Maura Healey talks about Fruit Fair, co-owned by Jared and Sam Newell, during the Food Security Infrastructure Grants Announcement outside Fruit Fair on July 20. Fruit Fair was the recipient of a \$500,000 grant from the grant program.

## Gov. Maura Healey announces Food Security Infrastructure Grant award winners

The press conference was held at Fruit Fair in Chicopee

By Kristin Rivers  
Staff Writer  
krivers@turley.com

CHICOPEE -- Governor Maura Healey was in Chicopee on July 20 to announce the recipients of the Food Security Infrastructure Grant program.

Healey was joined by Lt. Governor Kim Driscoll, Energy & Environmental Affairs Secretary Rebecca Tepper, Massachusetts Department of Agricultural Resources Commissioner Ashley Randle, Mayor John Vieau, local and state officials and more.

The grant program awards

over \$26 million to 165 recipients across the state, including Fruit Fair, who will be receiving \$500,000.

Upon arriving in Chicopee, Healey and her administration toured Fruit Fair and spoke with Sam and Jared Newell, the co-owners of Fruit Fair, to learn more about the grocery store and discuss supporting local businesses and farms.

During the press conference, Healey explained the administration visited farms and spoke with farmers throughout the state in the last couple of weeks that were devastated by the recent floods.

"I think it really drives home food security and what it means in the state because so

See **HEALEY** page 6

COMMUNITY

## 'Feeding Minds & Bodies' campaign supports Chicopee families

The event took place at the Boys & Girls Club

By Kristin Rivers  
Staff Writer  
krivers@turley.com

CHICOPEE -- Price Rite Marketplace, in partnership with Feed the Children, the Boys & Girls Club and PepsiCo stopped by the Chicopee Boys & Girls Club on July 20 as part of the "Feeding Minds & Bodies" campaign.

The campaign supports local families struggling with food insecurity, with families pre-identified by the Boys & Girls Club.

The event included opening remarks from Kevin McDonnell, president of Price Rite Marketplace, Joe Allegro, senior director of Corporate Partnerships at Feed the Children, Mayor John Vieau, State Rep. Shirley Arriaga (D-Chicopee), Boys & Girls

Club Executive Director Jason Reed, State Sen. Adam Gomez (D-Springfield) and Chicopee Public Schools Superintendent Dr. Marcus Ware.

Additionally, volunteers assembled backpacks, with semi-trucks filled with boxes ready for distribution.

Bill Devin, vice president of Operations at Price Rite Marketplace, said Chicopee is the campaign's second stop, giving out \$150,000 worth of goods to 400 families.

"So, it's a 25-pound box of food, a 15-pound box of essentials. You get water, Price Rite gift card, and then, also, we're giving out backpacks to everybody here and, also, to folks that are going to be driving in later, so we're excited about it," Devin said.

Vieau wants "to make sure people in Chicopee have food."

See **FEEDING FAMILIES** page 6



TURLEY PHOTO BY KRISTIN RIVERS

(L to R) C3 Willimansett Unit Officers Flordemaris Delarosa, Johnny Jusino and Sgt. Alan Blankenship, Mayor John Vieau, Joe Allegro, senior director of Corporate Partnerships for Feed the Children, Kevin McDonnell, president of Price Rite Marketplace, Bill Devin, vice president of Operations at Price Rite Marketplace, State Rep. Shirley Arriaga (D-Chicopee), State Sen. Adam Gomez (D-Springfield), Boys & Girls Club Executive Director Jason Reed, and Chicopee Public Schools Superintendent Dr. Marcus Ware pose for a group photo during the "Feeding Minds & Bodies" Campaign supported by Price Rite, Feed the Children, the Boys & Girls Club and PepsiCo.

# 'What's Cooking Chicopee' visits Lids Live Well

ChicopeeTV program highlights community businesses

By Dalton Zbierski  
Editor  
dzbierski@turley.com

CHICOPEE -- Grace Schofield, Chicopee's Ward 5 School Committee member, recently visited the local business Lids Live Well as part of the ChicopeeTV program "What's Cooking Chicopee".

The program allows viewers to meet the owners and go behind the scenes of some of Chicopee's favorite locally owned establishments. The most recent episode aired on July 24.

"Have you ever looked for a cozy place to get comfortable to work (out) while maybe enjoying amazing tea or sensational shakes or even a breakfast bowl. Here at 45 Perkins St. downtown, Lids Live Well might be the place you've been searching for. Let's go inside and see what's cooking Chicopee," Schofield said, to begin the program.

Lydia Early is a local Latina business owner who owns and operates Lids Live Well, an establishment focused on promoting fitness and living healthy lifestyles.

"I wanted to create a space where we could create community. Although I was a little hesitant, I started to look around the neighborhood in this community, and I came upon this building where the space was for rent, and I immediately fell in love with it," Early said, of the space on Perkins Street.

In addition to a fitness space with equipment, Lids Live Well features Lid's



PHOTOS COURTESY OF LIDS LIVE WELL

Lids Live Well focuses on more than just workouts; it's about building community. Check out Lids Live Well at 45 Perkins St. Photos courtesy of Lids Live Well Facebook.

Soul Cycle, a group of stationary bicycles. Early spoke on the nutritional classes and offerings her business provides, focusing on realism.

"We have about seven fitness instructors," she said. "They're all females, and we have three different female staffers that work the bar, and I wanted to be able to hire not your typical fitness instructor, right, someone who on the outside just looks so fit, because in our mission we're trying to help people build themselves up to live well and to embrace themselves as their unique individuals and to embrace their differences, their body types and to learn to love themselves."

Early said it is her goal to welcome

in people from all walks of life because "being real is more attractive than trying to be perfect."

Lids Live Well also offers a variety of nutritional food options, as Early discussed to Schofield.

"We also have our nutritional club where we provide protein shakes, energy teas, waffle bowls, oatmeal bowls, we bake our own goods with the products we use for the shakes and stuff so it's really just inviting people to make healthier choices," Early said.

The shakes have about 24 grams of protein, 21 different vitamins and are low in carbs and sugars. Together with Schofield, Early made a customer favorite: the

pistachio shake.

First, she poured in Formula 1, or the food portion of the shake. Next, she added one or two scoops of protein, noting that two scoops controls hunger for much longer.

She then poured some pistachio muffin in it and said that whip cream is a choice for the client.

"This is one of our specialty shakes. Whoever's getting is going to not be hungry for a while," she said.

Lids Live Well has nutrition and fitness classes. The first class most mornings begins at 5:30 a.m., while the final class of the day starts at 7:15 p.m.

"We have from personal training, group classes, boot camp, yoga, we have a spin studio upstairs as well, so nothing is off limits. We try to teach to everyone."

One patron discussed why she enjoys visiting Lids Live Well so often, noting that the staff is very welcoming, can be motivational and adds good energy to the air.

A second patron listed his routine, which regularly involves Lids Live Well.

"I come to Lids when I'm hungry, thirsty, deenergized," he said. "I work long hours. It gets tiring. You get drained throughout the day, so I come over here to Lids to boost myself up with one of her shakes. When I'm hungry, I go ahead and get one of her oatmeal bowls, and any time I'm around, I try to invest some time because she has great community here."

Check out ChicopeeTV on Facebook, Vimeo or Channel 191, 192 and 193 on Spectrum to view more exciting programs like "What's Cooking Chicopee."

# Sean Goonan announces run for Chicopee City Council At-Large seat

CHICOPEE -- Sean Goonan, 30, formally announces that he is running for City Council At-Large after being certified for the ballot in November if no primary is needed to reduce the number of candidates. This is the third time Goonan is running for the position, after unsuccessful attempts in 2019 and 2021. He also ran for state representative for Chicopee's 8th Hampden District in 2022. He is currently the assistant manager at Bardwell Farm in Hatfield.

"I am running for office because I think there is a lot of room for improvement in the city," Goonan said. "I'm not satisfied with its trajectory and think I have the right ideas to alter it to a better course. Many of my ideas are not even on the current council's radar, like revamping the poorly designed zoning ordinances, which structure the way the city is developed, and this has not been taken up by the council in decades, and it shows. I think this year I will breakthrough and

be elected and be able to make a difference."

Goonan also explains that his top priorities are "Improved safer streets and neighborhoods, especially for pedestrians, economic development that complements rather than disrupts neighborhoods, and environmentalism focused on conservation, improved green space and tree canopy, and keeping the city clean."

People can learn more about his campaign at [goonanforchicopee.com](http://goonanforchicopee.com)



Sean Goonan

**HAIR 2000**

413-543-2097 Senior Citizen Discounts  
Orchard Plaza Women, Men, Children  
459 Main St. Modern Styles to Roller Sets  
Indian Orchard Ample Free Parking  
Established 1989 Carol Marnelakis, Owner

**NOTICE**

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

QR Code

**MAYOR VIEAU**

Moving Chicopee Forward, Together!

THE COMMITTEE TO ELECT JOHN VIEAU  
CORDIALLY INVITES YOU TO A RE-ELECTION

**PASTA SUPPER**  
AUGUST 8, 2023  
5:00 - 7:00 PM

PORTUGUESE - AMERICAN CLUB - 149 EXCHANGE ST.  
DONATION \$10  
SENIORS & CHILDREN \$5, VETERANS FREE

[HTTPS://PAYPAL.ME/VIEAUCOMMITTEE](https://paypal.me/vieaucommittee)

Community Newspaper  
**ADVERTISING Works!**

Retailers and small local businesses put the lion's share of their local advertising in newspapers. They know which media truly moves their products. Besides that, Google's research shows that half of online shoppers are more likely to buy products they've seen in the paper.

Family Owned **T.J. BARK MULCH INC.** Since 1985

Visit [TJBarkMulch.com](http://TJBarkMulch.com) for Coupons

18 Different All Organic Double Ground Premium Mulches  
Pine • Spruce • Hemlock • Cedar • Red, Black & Brown  
Playground • Forest Blend • Topsoil • Seasoned Firewood

Now CARRYING DECORATIVE STONE

We are a mulch manufacturer, not a reseller of other people's products. This means no middleman, and you save on the best product around. Come visit us on the web for great deals!

413-569-2400 | 25 Sam West Road, Southwick, MA | 860-654-1975

Our advertisers make this publication possible.

Let them know you saw their ad in the

**Chicopee Register**

# Center Fresh Market provides community while supporting small businesses

The market runs through Oct. 1

By Kristin Rivers  
Staff Writer  
krivers@turley.com

CHICOPEE -- Center Fresh Market in downtown Chicopee is abuzz every Thursday from 1-6 p.m. with vendors, art, music, food trucks and more.

Running through Oct. 1, the farmers market takes place outside the old library in Chicopee Center.

Vendors include Nightjar Farm, Mack Soaps, Pearl & Company, Wicked Good Treats by Elaine, Alianza Domestic Violence Services, Tapestry Health, Grown Up Farm and many more.

Additionally, food trucks include Dev's Macs & Eats and Paris & Ty's, while DJ Dynamic, Livio Gravini and more provide music every week.

Erin Sewell is the market manager for Center Fresh Market and started vending last year, selling microgreens as Dusty Goat Farm Living Foods.

Sewell explained the farmers market "is a really good opportunity because it's free for vendors" and "the tents are provided."

"Especially if somebody is just starting out, it's a really great way to get their name out and we have a really, really great group of vendors. Everybody gets along and we all help each other and, you know, it's a really positive environment," Sewell said.

Sewell stressed the importance of cities and towns, including Chicopee, supporting farmer's markets and vendors.

"A lot of people don't have \$20 a market to start out, so free markets are huge. It's generous for sure," Sewell said.

Kelsey Wilson was selling natural, hand-poured candles with a 40-50 hour burn time and made with premium fragrance oils.

She formerly served as a police officer in South Hadley until she was injured in the line of duty, finding a new purpose and path through her candles and sharing her story of finding light



Evan Nawrocki, owner and purveyor at Nightjar Farm, and his brother, John, give two thumbs up while selling their locally grown vegetables at Center Fresh Market in Chicopee Center.

again with others.

The farmer's market has helped her grow her business.

"Honestly, it's an awesome experience because I get to actually be out in the community and meet people, and then other people when they read my story because I have my story on my table, they actually tell me about their story and whatever they're dealing with or they have a similar injury. Just being able to kind of be that voice or that ear for someone, it's always good," Wilson said.

Samuel Aviles Jr. was showcasing his latest paintings, crediting the city and farmers market for the many opportunities he's received, including working on murals at the front of Fruit Fair and on an electrical box across the street from Giguere's Used Appliances.

Aviles added the farmers market provides opportunities for inclusion in the community.

"Here, the inclusion has been amazing. I've been approached by so many people, asked to do so many things. The personal reception has been so different," Aviles said.

Evan Nawrocki and his brother, John, from Nightjar Farm were selling local vegetables including cucumbers, tomatoes, potatoes, peppers, broccoli and more.

Nawrocki found the farmers' market while driving around, sharing he wants residents to know it's here.

"I think a lot of people don't even know it's here, to be honest. People said they didn't know it was happening this year, so getting the word out about it. There's a lot of good vendors here. We have all the vegetables you need," Nawrocki said.



TURLEY PHOTOS BY KRISTIN RIVERS

Carrie Desmarais, herbalist, aromatherapist and master blender at Botanica, gives the peace sign at her table where she's selling essential oils and elixirs at the Center Fresh Market in Chicopee Center.

Carrie Desmarais, an herbalist for over 23 years and a vendor since the market's inception three years ago, loves vending in the city.

"It means a lot to me to be a part of downtown Chicopee in trying to promote it, and they're trying to really grow the businesses in downtown Chicopee, and I think there's a lot of potential," Desmarais said.

Desmarais wants residents to know the farmers market is about community and being together.

"It's just nice to help people," Desmarais said.

To learn more, visit [chicopeechamber.org/center-fresh-farmers-market](http://chicopeechamber.org/center-fresh-farmers-market).

## Scantic Valley YMCA launches Parkinson's Total Body Class

WILBRAHAM -- Parkinson's Total Body Class uses interval-style instruction for individuals with Parkinson's disease. Meeting twice a week, activities include strength, cardio, boxing, cycling, agility, flexibility and balance training. This modality of exercise has been shown to increase neuronal activity, which is usually decreased in individuals with Parkinson's disease. Total Body Parkinson's class is an additional benefit

of YMCA of Greater Springfield membership. Classes are also available to the community with a non-member fee of \$30 per month. This program is supported, in part, by a grant from the American Parkinson Disease Association Massachusetts Chapter.

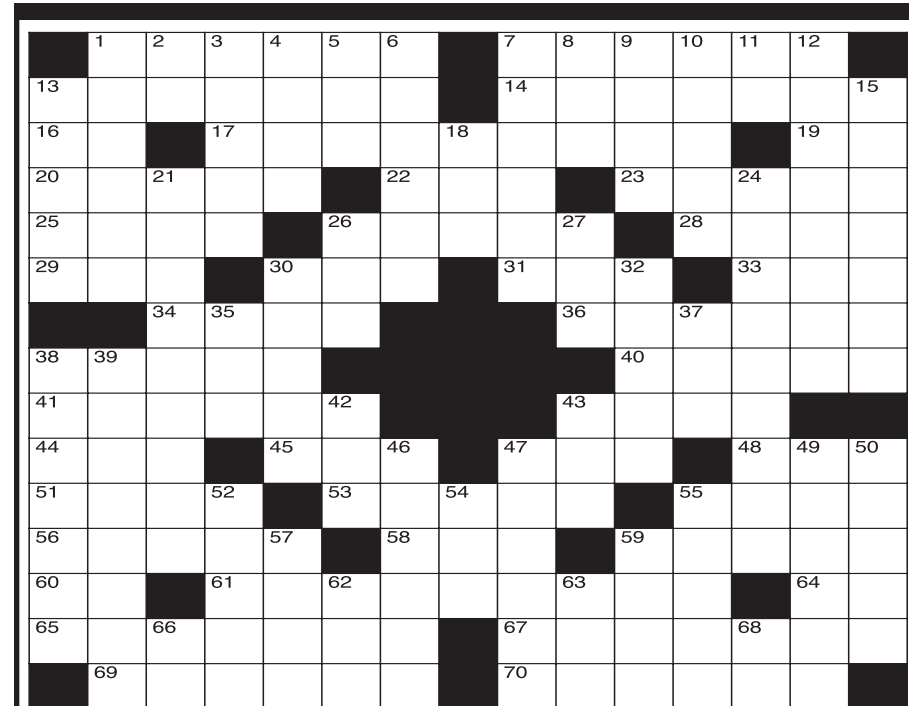
For more information or to register, contact the Scantic Valley YMCA, a branch of the YMCA of Greater Springfield, at 413.596.2749 x3107.

## First Congregational Church Spaghetti Supper Fundraiser is July 29

CHICOPEE -- The First Congregational Church is having a Spaghetti Supper Fundraiser on Saturday, July 29 from 5-7 p.m. at 306 Chicopee St., Chicopee. The suggested donation is \$12. Eat in and takeout are available and reservations can be made by leaving a message at (413) 592-0396.

## First Congregational Church to hold Tag Sale Aug. 26

CHICOPEE -- The First Congregational Church is having a Tag Sale on Saturday, Aug. 26 from 9 a.m. to 4 p.m. at 306 Chicopee St., Chicopee. Table rentals are available for tag sale items or crafts by leaving a message at (413) 592-0396.



**CLUES ACROSS**

- 1. Bonus materials
- 7. Formal names
- 13. Free from restraints
- 14. One who scrapes away
- 16. Type of device
- 17. Skin cancers
- 19. The Show Me State
- 20. Plate glasses
- 22. Red-brown sea bream
- 23. Small (Fr.)
- 25. Flightless Australian birds
- 26. High IQ group
- 28. Stiff structures
- 29. Revolutions per minute
- 30. Where a bachelor lives
- 31. Licensed for Wall Street
- 33. A place to park
- 34. Energy, style and enthusiasm
- 36. An important creed in Catholic Church
- 38. 18-year astronomical period
- 40. Furies
- 41. Removes from the record
- 43. Noted child psychiatrist
- 44. Feline
- 45. High schoolers' test
- 47. Not happy
- 48. They \_\_\_
- 51. On top
- 53. Precious stones unit of weight
- 55. Moved quickly
- 56. Seagulls
- 58. A seed with hooks or teeth
- 59. Partner to "oohed"
- 60. Exclamation of surprise
- 61. Most unpleasant
- 64. Organization help service members
- 65. Type of cockatoo
- 67. Humorous criticisms
- 69. Went through and

- organized
- 70. Wakes up
- 32. Broadcast
- 35. \_\_\_ Angeles
- 37. Vehicle
- 38. Not religious
- 39. North American peoples
- 42. A baglike structure
- 43. Body art (slang)
- 46. Picked for a role
- 47. Actress Tomei
- 49. Former hoopster "Big Country"
- 50. Icelandic poems
- 52. More pleasant
- 54. It can add flavor to meat
- 55. Self-immolation by fire rituals
- 57. Expression of annoyance
- 59. \_\_\_ Spumante (Italian wine)
- 62. Consumed
- 63. Body part
- 66. Thus
- 68. In reply (abbr.)

ANSWERS ON PAGE 9

**Haluch's MEMORIALS**  
Cemetery Memorials + Markers  
Granite Benches  
Religious Statuary + Outdoor Display  
RAY HALUCH INC.  
1014 Center St | Ludlow, MA | 583-6508  
[haluchsmemorials.com](http://haluchsmemorials.com)

## GUEST COLUMN



### Get out of the garden with a few good books

The saying goes like this: "If you can't handle the heat, stay out of the kitchen!"

I'd like to switch it up to say "garden" in place of "kitchen" in light of the fact that I really can't handle the summer heat as well as I used to. These last few weeks, gardening has been accomplished early in the day or during the evening hours instead of midday.

What does a gardening fanatic do if they aren't actually gardening? Read about gardening, of course!

Call me old-fashioned, but I still prefer books over online text. I like to see and hold my books, curl the pages and even write in the margins.

Sometimes, just for fun, I'll pick a book and flip the pages to see where my finger will land. What interesting topic will I read about?

Today I'll choose three books and end up with the topics for today's column that way. Maybe we can all learn something new or at least refresh our skills.

The first pick is from one of my favorite herb books, "Herbs in Bloom" by Jo Ann Gardner (Timber Press). I flip the pages and end up on Feverfew (*Tanacetum parthenium*).

Timely, because Feverfew is blooming in my yard right now.

Feverfew is from the Latin word febrifuge thanks to its past use as a fever reducer. Both its single and its double form (*Flora pleno*) lend themselves to admission into the perennial border; often they bloom the first year from seed.

The plants thrive in both light shade and full sun, with the single flower type resowing itself to almost nuisance status if given the opportunity. The flowering span seems to go on and on, the white daisy flowers lending themselves to use in the vase alongside bee balm, summer phlox, veronicas and more.

I especially like the double flowers, and had great luck drying them, their off-white color the perfect addition to a wreath of hydrangea and dried roses.

Second year plants will return with some winter-kill that will need addressing. After blooming plants will likely not return for year three.

Still, feverfew is a must have for those of us who love herbs in the flower garden. Keep volunteers at bay by deadheading all but a few of the flowers.

The second pick is ironic, considering the rain we've been getting.

On page 138 of "Secrets to Great Soil" by Elizabeth P. Stell (Storey Books), we learn about improving soggy or poorly drained soils, first by mentioning the use of raised beds.

My stone edged raised beds that usually demand a daily watering in the summer heat are handling all the rain in stride. Unlike the corner of my vegetable garden that was literally under water after the 3.5" we received on Friday.

In addition to that mention on raised beds, a number of perennials are cited as thriving in moist soil. You'd be surprised to learn that Astilbe (*Astilbe* spp.) falls into this category, as do the more familiar native wetland plants: Joe-Pye Weed (*Eupatorium maculatum*), Cardinal Flower (*Lobelia cardinalis*) and its cousin Great Blue Lobelia (*L. siphilitica*), the three of which bloom later in the summer.

Candalabra primrose (*Primula japonica*) was also mentioned. I have purchased this plant two years in a row and it never thrives; now I know the reason: it needs moister soil.

The plants growing under the tree canopy at Positively Perennials are a sight worthy of mention in mid-May when they are in full

## GUEST COLUMN



### Juvenile red-tailed hawk

Several people spotted a juvenile red-tailed hawk by Coldbrook Road in Oakham last week.

People, who saw the bird, hoped its parents were near by and take care of it. That did not happen.

When no parent appeared by the next day, the bird was brought to a wildlife rehabilitator.

The red-tailed hawk is the most commonly seen hawk in this area. It is about 19 inches long. It gets its name from its reddish upper tail. It also has a white chest with a belly band and markings on the chest. Plumage varies considerably. The immature has a finely, banded gray-brown tail and keeps this plumage for one year.

The female lays one to five bluish white eggs with dark marks in a platform of sticks lined with bark and greens in a tree. The nest can be 15 to 120 feet high.

They often are seen perched in a tree by a field. They make a slurred scream like "tsee-aarr" often directed at an intruder. Fledglings and adults also make a "klooeek" sound. During courtship or territorial encounters, they make a piercing "chwirk."

### Bird talk

On July 7, I spoke about birds at the Oakham Senior Center. Ava, age 7, won the door prize of a "Squirrel Slammer" feeder. She came to the event with her great-aunt, who also



took the photo of the young red-tailed hawk in this column. She related the story of its rescue since it appeared to be abandoned.

One Oakham woman attending the talk said a robin nested near the house. She and her husband could watch it from their home. One day, they saw the mother shove all her babies out of the nest.

### Wild turkeys

Recently, I saw a turkey dust bathing along the side of the road. An Oakham resident had one doing the same thing in her yard. At first, she was concerned it was injured, but it did get up and leave.

Several people reported wild turkeys in their yard with youngsters. I saw one group on someone lawn recently. The poults looked adorable.

### Loons

Most loon pairs hatch their young the first two weeks of July. Both Wachusett Reservoir and Quabbin Reservoir have nesting loons. Floating nests not only provide suitable nesting sites, but they also rise and fall with the water level. This is especially important this year with all the heavy rain in preventing flooding of the nests.

Massachusetts Audubon Society sighting

In Berkshire County, sightings reported to Massachusetts Audubon Society included a northern goshawk and two hooded warblers in Great Barrington and a single hooded warbler at the Hopkins Memorial Forest in Williamstown. Other sightings were a least bittern at Richmond Marsh and merlins in Pittsfield and Lenox.

In Worcester County, sightings included a Brewster's warbler in Harvard, two black vultures soaring near the Hardwick Winery and five evening grosbeaks.

It is good to hear there are evening grosbeak sightings as many of the people at the bird talk at the Oakham Senior Center said they had not seen evening grosbeaks in some time.

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.



multi-tiered bloom. Next year, check it out!

We seem to be on a flower theme, so let's see what "The Flower Gardener's Bible" by Lewis and Nancy Hill (Storey Books) has in store. Alas, pick three does not disappoint.

I landed on a page devoted to both the native Coneflowers (*Echinacea* species) and the Globe Thistles (*Echinops* species). Right now, my new border, devoted to our pollinators, is striking with Purple Coneflower as one of the stars.

This plant too, has seemed to enjoy the rain, gaining some height after the shock of being divided and replanted early in May. If you leave the spent flowers in place, self-sown seedlings will emerge next spring, begging to be moved about the landscape or shared with friends and family.

Like Feverfew, from our first pick, *Echinacea* has history as a healing plant and continues to be used today for immune support.

Globe Thistle, with its steel blue globes and deeply cut, silver gray foliage, as stiff as it is, also deserves a place in the garden. It is a true bee magnet!

Stems can be harvested as everlastings once flowers color up but before the individual florets, aka "pickers" on each plant open. Clip and dry them upside down for use in wreaths and arrangements.

Well, it's been fun escaping the heat with you! Read any good books lately?

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 years she has held the position of staff horticulturist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to pouimette@turley.com with "Gardening Question" in the subject line.

## WE CARE ABOUT YOUR NEWS!

The *Chicopee Register* welcomes submissions of news in or related to Chicopee and its residents. Our "People News," is filled with submitted engagement announcements, wedding announcements, birth announcements, your new baby or news about your 25th or 50th anniversary celebrations. Please e-mail correspondence along with a photo to [chicopeeregister@turley.com](mailto:chicopeeregister@turley.com) or send it to: Chicopee Register, c/o Turley Publications, 24 Water Street, Palmer, MA 01069.

## Chicopee Register TEAM



**EDITOR**  
Dalton Zbierski  
[dzbierski@turley.com](mailto:dzbierski@turley.com)



**ADVERTISING SALES**  
Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)



**SPORTS EDITOR**  
Greg Scibelli  
[sports@turley.com](mailto:sports@turley.com)



**STAFF WRITER**  
Kristin Rivers  
[krivers@turley.com](mailto:krivers@turley.com)

The *Chicopee Register* is published every Friday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.



@ Chicopee Register

**WEB**  
[www.chicopeeregister.turley.com](http://www.chicopeeregister.turley.com)

**PATRICK H. TURLEY**  
CEO

**KEITH TURLEY**  
President

**DEANNA SLOAT**  
Graphics Manager

**Turley Publications, Inc.**  
[www.turley.com](http://www.turley.com)

Turley Publications, Inc. cannot assume liability for the loss of photographs or other materials submitted for publication. Materials will not be returned except upon specific request when submitted.



### FOR ADVERTISING

413.283.8393  
Fax: 413.283.7107  
Subscriptions: 413.283.8393

**EMAIL**  
Advertising Sales  
Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)

**Editor**  
Dalton Zbierski  
[dzbierski@turley.com](mailto:dzbierski@turley.com)

**WEB**  
[www.chicopeeregister.turley.com](http://www.chicopeeregister.turley.com)

@ Chicopee Register

The *Chicopee Register* is published by Turley Publications, Inc. • [www.turley.com](http://www.turley.com)

# IN THE CITY

## COWBOY UP!



SUBMITTED PHOTO

**CHICOPEE** – Chicopee's OPEE Summer Adventures Camp represents their barbecue. Photo courtesy of Chicopee Parks & Recreation.

# IN THE CLASSROOM

## Local students graduate from Elms College

CHICOPEE -- More than 440 students graduated from College of Our Lady of the Elms during its 92nd Commencement held on May 20 at the MassMutual Center in Springfield. The following local students earned degrees:

- Benjamin Laxton graduated with a Bachelor of Arts in Accounting
- Jordan Smith graduated with a Bachelor of Arts in Computer Information Technology & Security
- Gregory Warzybok graduated with a Bachelor of Arts in Computer Information Technology & Security
- Hayley O'Brien graduated with a Bachelor of Arts in Criminal Justice
- Miguel Vazquez graduated with a Bachelor of Arts in Computer Science
- Faten Alothmin graduated with a Bachelor of Arts in Education Studies
- Anna Korman graduated with a Bachelor of Arts in Healthcare Management
- Anne Marie Robinson graduated with a Bachelor of Arts in Healthcare Management
- Natanya Furgal graduated with a Bachelor of Arts in History
- Caitlynn Tippett graduated with a Bachelor of Arts in History

- Mikayla Kenneson graduated with a Bachelor of Arts in Marketing
- Cherish Centeno graduated with a Bachelor of Arts in Psychology
- Kayla Philbrick graduated with a Bachelor of Arts in Speech Language Pathology Assistant
- Courtney Joaquin graduated with a Bachelor of Science in Social Work
- Jared Menard graduated with a Bachelor of Science in Social Work
- Jinelsis Ortiz-Vega graduated with a Bachelor of Science in Social Work
- Dianelise Acevedo graduated with a Bachelor of Science in Nursing
- Gabriel Asare graduated with a Bachelor of Science in Nursing
- Gabriela Chavez graduated with a Bachelor of Science in Nursing
- Amanda Santerre graduated with a Bachelor of Science in Nursing
- Yitian Zhang graduated with a Bachelor of Science in Nursing
- Rosemary Costello graduated with a Bachelor of Science in Nursing
- Adriana Ewig of Chicopee graduated with a Bachelor of Science in Nursing
- Ashley Girouard graduated with

- a Bachelor of Science in Nursing
- Victoria Guay graduated with a Bachelor of Science in Nursing
- Matthew Kisiel graduated with a Bachelor of Science in Nursing
- Claudia Palframan graduated with a Certificate of Advanced Graduate Study in Education
- Zeineb Al-Resul graduated with a Master of Arts in Teaching
- Jessica Gauthier graduated with a Master of Arts in Teaching
- Meghan Powers graduated with a Master of Education
- Giselle Caraballo graduated with a Master of Science in Applied Behavior Analysis
- Marissa Abel graduated with a Master of Science in Biomedical Science
- Thomas Tran graduated with a Master of Science in Biomedical Science
- Cassandra Keller graduated with a Master of Science in Nursing Education
- Marlene Kabeya graduated with a Post Bachelor's Certificate in Pre-Med Studies
- Clauton Kum graduated with a Post Bachelor's Certificate in Pre-Med Studies

### WARE from page 1

work relationships with statewide systems of support, which is a direct (importance to the work done) as assistant superintendent for student support services. This is why she's being presented to the committee this evening for appointment," he said.

By a final vote of 10 to 1, the School Committee named Ware as the city's next superintendent during a special meeting on Feb. 6. He had been employed in Connecticut as an executive director of strategic initiatives for the Windham Public Schools district.

Prior to last school year, Ware served as principal of Windham Middle School, a position he entered in August 2018. From September 2012 to August 2018, he served as head of school for the Springfield Commonwealth Academy.

Ware earned his doctorate in Educational Leadership and Administration from the University of Hartford and earned a master's degree in special education, teaching and counseling from Cambridge College.

Mayor John Vieau, who last winter advocated for then-Interim Superintendent Alvin Morton to fill the position, welcomed Ware to the city on July 19.

"I too want to welcome Dr. Marcus Ware to the School Committee and as our superintendent I wish you many years of success and prosperity in Chicopee, and like many, I'm excited to work with you," Vieau said.

Several members of the Chicopee Education Association also spoke, including President Laura Demakis.

"I'd like to welcome you Dr. Ware on behalf of the CEA. We're very happy to have you. As always, I want to say we always look forward to working with our superintendent and our School Committee collaboratively and effectively to ensure the contractual agreement that the CEA and School Committee have come



SUBMITTED PHOTO

The School Committee welcomed new Superintendent Dr. Marcus Ware to the district on July 19.

up with," Demakis said.

Demakis expressed her concern about teacher retention and attraction of new staff.

"I have no doubt that together with the CEA, the School Committee and your leadership that we will be able to change the direction it's going because right now it has been the biggest exodus of my presidency," Demakis said.

Kate Moss, a physical education teacher for the district, said Ware's arrival in the city ignited a spark in her. She said she watched every minute of his interview

during the winter and was very impressed.

Moss feels that Ware brings new potential to a "city that is fiercely set in its comfort zone."

She said that there should be a dialogue that doesn't merely exist through the chain of command and was pleased to be able to speak directly to Ware from behind the podium last Wednesday.

"Chicopee is in desperate need for a

change, and sometimes starting at the top is one of the best ways to shake things up," Moss said. "Some people are fearful of change. I am too. It makes them nervous and anxious. To those people I would say, your body reacts to fear and excitement similarly. Your heart rate increases, you perspire, your mouth gets dry so if your body is going to act the same no matter what, convince it it's not fear, it's excitement."

## Ludlow Self Storage

**LOWEST PRICES IN THE AREA!**

50% OFF

Your 1st Month's Rent  
With This Coupon  
(For New Customers Only)

ludlowselfstorage.com

291 Moody St., Ludlow, MA

413-800-6022

LOWER PRICES TO BOOST YOUR BUDGET!

INFLATION

PRICE BUSTERS

PRICES IN RED ARE AT OR BELOW LAST YEAR'S PRICES!

USDA INSP. FRESH PORK SIRLOIN CUTLETS.... <b>\$2<sup>32</sup></b> lb	USDA INSP. FRESH BONELESS BEEF RIB EYE <b>\$8<sup>98</sup></b> lb <small>CUT FREE</small> <small>WHOLE OR HALF</small>	USDA INSP. FRESH BONELESS BEEF SHOULDER <b>\$4<sup>59</sup></b> lb LONDON BROIL .....
USDA INSP. FROZEN BONELESS CENTER CUT 1/2 PORKLOIN. <b>\$2<sup>09</sup></b> lb	USDA INSP. FRESH BONE-IN BEEF CHUCK STEAKS <b>\$4<sup>66</sup></b> lb	USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG ..... <b>\$1<sup>66</sup></b> lb
USDA INSP. FRESH COUNTRY STYLE PORK RIBS..... <b>\$2<sup>09</sup></b> lb	USDA INSP. SLICED IN DELI PASTRAMI ..... <b>\$6<sup>99</sup></b> lb	USDA INSP. FRESH CHICKEN WINGS WHOLE 10 LB BAG <b>\$1<sup>66</sup></b> lb
GREAT ON THE GRILL		
USDA INSP. STORE MADE BEEF KABOBS W/VEGGIES <b>\$7<sup>99</sup></b> lb	USDA INSP. GROUND FRESH DAILY 80% LEAN GROUND BEEF <b>\$3<sup>79</sup></b> lb <small>7 LB BAG</small>	USDA INSP. FROZEN SALMON PORTION SKIN ON..... <b>\$4<sup>99</sup></b> lb
USDA INSP. STORE MADE ITALIAN MARINATED BONELESS CHICKEN BREAST ..... <b>\$2<sup>99</sup></b> lb	USDA INSP. STORE MADE KOREAN MARINATED BONELESS PORK BUTT STRIPS ..... <b>\$2<sup>99</sup></b> lb	USDA INSP. FARM FRESH GRADE A LARGE EGGS ..... <b>\$1<sup>25</sup></b> doz

90 Meat Outlet

90 Avocado St. Springfield 413-737-1288 www.90meat.com  
We reserve the right to limit quantities.

**HOURS:** Mon. - Wed. 8-4  
 Thurs. 8-6 • Fri. 8-6 • Sat. 8-3

SALE DATES: 7/27/23-8/2/23      BUY DIRECT FOR SAVINGS • SELECTION • SERVICE

# IN THE CITY



**(L to R) Mayor John Vieau, Jared and Sam Newell, co-owners of Fruit Fair, and Gov. Maura Healey meet after Healey and her administration arrive in Chicopee ahead of the Food Security Infrastructure Grants Announcement on July 20.**



**Gov. Maura Healey chats with a customer inside Fruit Fair while taking a tour of the business with her administration and local and state elected officials ahead of the during the Food Security Infrastructure Grants Announcement on July 20.**



**Massachusetts Department of Agricultural Resources Commissioner Ashley Randle discusses climate change and the importance of supporting farmers during the Food Security Infrastructure Grants announcement outside Fruit Fair on July 20.**

## HEALEY from page 1

many of those farmers are putting food on the table for the residents right here, among us in our communities here in Chicopee and elsewhere around the state," Healey said.

Healey said Fruit Fair is "an absolute gem in this community."

"Chicopee has always had a strong immigrant population and history and foundation. As we moved through the aisle of Polish foods, moved through the aisle of Latino foods, it's just a real testament to the strength of the Chicopee community and greater community and that's what we need from our providers as well," Healey said.

Tepper said the grants will help communities adapt due to the impacts of climate change.

mate change.

"For the first time in the history of this program, we prioritized works to increase long-term resilience to drought and extreme weather conditions," Tepper said.

Randle explained how the recent floods wiped out crops "that are so critical to feeding our most vulnerable community members," thanking Fruit Fair for "doing a tremendous job in providing for the local community."

Randle had this message for recipients.

"We'll continue to move forward past this. There's hope, there's been a lot of heartbreak, but there's hope to move forward, and these grants today will help with that," Randle said.

Vieau thanked Healey, her administration and the legislature for supporting

the importance of fresh food for communities.

"We have farmers' markets. We have pantries. We're a Gateway City. We have a poverty level of 70% in our schools, and I'm thankful that our local delegation who are here, the governor, lieutenant governor, they recognize these things, that Chicopee needs help and that they're there for us," Vieau said.

Newell said Fruit Fair will install a hydroponic greenhouse on their roof to produce and provide more access to local food.

"A lot of people in our city are going to be healthy. A lot of people are going to have food access. We can give this produce away, like they don't have to worry about money, stressing their grocery dollars," Newell said. "I think the overall

health of Chicopee is going to increase."

Newell wants residents to know Fruit Fair appreciates their support.

"It's lovely when people come and unite with us and support us. It only makes us stronger," Newell said.

Healey encouraged residents to support their local businesses and farms, including Fruit Fair.

"It's especially important in this time that we support our small businesses, that we support our local businesses, that we support our local food providers and farmers who do tremendous work and really contribute to the health and well-being of our communities," Healey said. "So, I say to people, come on down and shop at Fruit Fair, shop at our farmers' markets. Make sure that we're patronizing and putting dollars their way."

## FEEDING FAMILIES from page 1

"We don't want you going to bed hungry, and it's because of entities like Feed the Children, Price Rite Marketplace for being generous to give away food and places like the Food Bank of Western Mass that are going to be, now, the hub of food security for Western Mass, making sure that all of our pantries have food on the shelves, so for that we're very thankful for," Vieau said.

Gomez said, "This partnership is so essential."

"Whenever they go on tour in my district, I try to make every single event be-

cause it's so important to make sure that we combat food insecurity," Gomez said.

McDonnell was "proud and humbled" to be at the event, reflecting on Price Rite Marketplace serving the community by offering fresh grocery products at affordable prices.

"But there's a greater good that we all need to do is help each other, so I'm proud to be able to donate to the Boys & Girls Club, I'm proud of our association with Feed the Children and extremely proud of all the Price Rite associates that are here supporting us and doing their best every day to serve our customers," McDonnell said.

Reed said it's "an incredible day not only for our club family, but for our community."

"Food insecurity continues to be a major concern. Our area is one of several identified as a food desert, so partnerships like this remind us, and our community, that we're not forgotten and there's amazing organizations like Price Rite and Feed the Children that are standing by ready to assist," Reed said.

Allegro explained how Price Rite Marketplace partnered with Feed the Children and the Boys & Girls Club.

"They came to us at the beginning of the year and said, 'Hey, let's get involved

more with the heart and the soul of the communities. The Boys & Girls Clubs, that's what we should be doing,' so we're all here to help the kids have a great time, we're giving you some backpacks, giving you supplies so when you start the school year, you'll be ready to go," Allegro said.

Arriaga encouraged the children to talk to an adult about the food programs in Chicopee, emphasizing the importance of combatting food insecurity.

"One in 12 kids are hungry. Some go home hungry every single day meaning they don't have enough food to eat, and that's why this event and events such as this are important," Arriaga said.

# Get Your NEWS published!

We've made it more convenient to **submit your news** to the Chicopee Register. **Log on to [www.chicopeeregister.turley.com](http://www.chicopeeregister.turley.com).**

You can submit press releases, photos, calendar items, letters to the editor and more! It's quick and easy!!

*Submissions are also accepted via email at [chicopeeregister@turley.com](mailto:chicopeeregister@turley.com).*

Jason Reed, executive director at the Chicopee Boys & Girls Club, gives remarks about hunger and food insecurity during the "Feeding Minds & Bodies" Campaign event at the Chicopee Boys & Girls Club on July 20.



**A collection of school supplies and essentials ready to be put in backpacks at the Chicopee Boys & Girls Club as part of the "Feeding Minds & Bodies" Campaign supported by Price Rite, Feed the Children, the Boys & Girls Club and PepsiCo.**

# Sports

A TURLEY PUBLICATION | www.turley.com

SEND US YOUR SPORTS SUBMISSIONS

www.sports.turley.com



David Carlos gets ready to sock the ball away.

## Comp falls to Agawam

CHICOPEE – Last Wednesday evening, Chicopee Comp boys summer soccer hosted Agawam and suffered a 5-0 loss. The loss brought Comp to 1-7-1 on the summer. Comp will not make the summer postseason.



Evan Tyrell passes the ball away.



Robert Donoghue plays the ball off his side.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Derrick Lonczack starts a run up the field.

## Pioneers take season finale, make playoffs



TURLEY PHOTO BY DAVID HENRY/WWW.SWEETDOGPHOTOS.COM

Gabriel Pacheco sends a free kick away.

By Tim Peterson  
Sports Correspondent

LUDLOW—The atmosphere at Lusitano Stadium is always a lot more festive whenever the Western Mass. Pioneers celebrates a victory.

The Pioneers faithful supporters were in no hurry to head home following the July 15 5-1 win over AC Connecticut in the regular season finale.

The Pioneers 10th win locked up sole possession of second place in the USL-2 Northeast Division. They also clinched a playoff berth for the fourth time since 2019. The 2020 season was canceled due to the COVID 19 pandemic.

“I think making the playoffs is a little more special for us this year,” said Connor Hicks, who’s one of the Pioneers’ veteran players. “Our backs were against the wall a couple of weeks ago, but we were able to make the playoffs again.”

Following a 2-1 home loss against rival Seacoast United on June 23, the Pioneers (10-1-

3) closed out the regular season with five consecutive victories.

“After we lost to Seacoast, most people thought we wouldn’t be making the playoffs this year,” said Pioneers head coach Federico Molinari. “There was a lot of pressure on us to win every match, but boys worked very hard. It’s not very easy to qualify for the playoffs in this league.”

The Pioneers, who’ll begin their postseason journey this weekend, have posted an impressive 42-6-8 regular season record since the start of the 2019 campaign.

“We’ve changed a lot of players since 2019,” Molinari said. “When the new players join us, they always play very hard, and they also have a good attitude. It has been an outstanding season so far.”

Hicks, who’s from Monson, and Khalid Rose are the only remaining players from the 2019 playoff team.

Hicks, who has been a de-

See **PIONEERS** page 8

## Playoff berths in Valley Wheel come down to final week

WILBRAHAM – The Valley Wheel Over-28 Baseball League, which plays its games throughout Western Massachusetts and features adult players from all over the region, has lived up to its reputation for having a league full of parity.

As a result, this final week will be the determining factor when it comes to deciding which teams receive the four playoff spots the league offers.

Following the games of July 9, five of the league’s six teams were in a tie for first place with identical 7-5 records.

The games of July 16 were rained out, pushing the league

to finish the final three games of the regular season within in an eight-day period.

Weeks 14 and 15 were scheduled to be played on July 23 and 30, respectively, while the Week 13 makeup games were scheduled in between, July 26 and 27.

The Week 14 games found the Athletics, Tigers, and Cubs coming away with wins. That left those three games with 8-5 records while the Angels and Twins sat at 7-6, both one game out of the first-place tie.

Midweek matchups includ-

See **VALLEY WHEEL** page 8

## Hall takes win in Granite State series



SUBMITTED PHOTO

Garrett Hall was the winner up in Maine last Saturday.

HERMON, ME – The Granite State Pro Stock Series returned to “Vacationland” for the first time since 2021 with Saturday night’s Go FAS Racing 100 at Speedway 95. And against a tough field, Garrett Hall captured his second career GSPSS win in the series’ debut at the Hermon, Maine speedplant.

Seventeen drivers, all but one from the state of Maine, turned out for the GSPSS’ rain-delayed debut at the historic oval just outside Bangor. Wisconsin regular Josh St. Clair topped the charts in time trials, splitting the heats with home-track ace Mike Hopkins.

But in race trim, it was Hall

See **RACING** page 8

## West beats East in NECBL All-Star Game

LYNN - The West Division defeated the East Division 5-1 in the 2023 NECBL All-Star Game, presented by Metro Credit Union, behind eight scoreless innings thrown by nine different pitchers.

Catcher Kevin Bruggeman (Upper Valley, C, Hofstra) won the 2023 All-Star Game MVP after going 2-for-2 on the night with two hits including a two-out two-run single with the bases loaded in the fourth inning. Bruggeman was one of two West All-Stars with multi-hit performances, joined by Anthony Livermore (Keene, 3B, Northwestern).

The West Division struck first with a leadoff single by T.J. Williams (Vermont, OF, Notre Dame) on a full count in the top of the first inning. Williams stole second base and later scored from second on an RBI single by Greg Bozzo (Keene, C, Northeastern). East Division starter Santhosh Gottam (Newport, RHP, Brown) limited the damage to one run to keep the game close through the first inning.

Garrett Howe (Ocean State, 2B, Samford) hit a leadoff double with a blooper to left field for the East Division. Howe attempted to steal third, but was caught with a perfect throw by the catcher Greg Bozzo (Northeastern). West Division starter Nolan Sparks (Vermont, RHP, Rochester) escaped a first inning jam with a diving stop by Kyle Hannon (North Adams, 3B, Penn State) at third base to leave two runners

stranded for the East Division.

Alex Logusch (Ocean State, RHP, Winthrop) allowed three walks to load the bases in the fourth and a Ryan Cesarini (Upper Valley, DH, St. Joseph's) sacrifice fly scored Javon Hernandez (Danbury, SS, Auburn) to start the inning.

The West continued its rally when Williams reached base for a third time after his second hit-by-pitch to load the bases once again with two outs. Bruggeman's two-run single drove in Nighthawks teammate Adarius Myers (Upper Valley, OF, Louisiana Tech) along with Brandon Butterworth (Vermont, 2B, NC State) to give the West a commanding 4-0 lead.

Brent Francisco (Bristol, RHP, East Stroudsburg) recorded the first 1-2-3 inning of the evening after retiring three straight batters in the fifth inning, including strikeouts of Anthony DePino (Mystic, 3B, URI) and Mike Bello (Mystic, OF, Auburn).

Bruggeman reached base for a second time with a single to right field in the sixth inning, and later advanced to second on a Kyle Hannon two-out walk. Wyatt Lunsford-Shenkman (Ocean State, RHP, East Carolina) struck out the league's second-leading home run hitter Samuel Tackett (North Adams, OF, Virginia Tech) to escape the jam with a scoreless frame to keep the East within four.

Michael Weidinger (Valley, LHP,

William & Mary) retired the side in the sixth inning, including two fly outs and a strikeout of Nolan Nawrocki (Martha's Vineyard, SS, Clemson) to continue a dominant pitching performance by the West Division.

In the bottom half of the seventh inning, Anthony Livermore (Keene, 3B, Northwestern) showcased his speed with a diving attempt at first base to earn an infield single in his first plate appearance of the game. Livermore went on to steal second and third base before scoring on three straight walks allowed by East pitcher Jay Allmer (Mystic, RHP, Seton Hall), the league's leader in saves.

The East Division cut into the lead with a solo home run by Jake Berger (North Shore, 3B, Harvard) in the bottom of the eighth. Fellow Navigator Stan DeMartini III (North Shore, OF, Bentley) followed with a single to left, but Week 2 Pitcher of the Week George Viebrock III (Danbury, LHP, Denison) retired the next three batters to maintain a 5-1 lead for the West heading into the ninth.

West Division Fan Vote winner Luis Mislá (Upper Valley, LHP, SUNY Cortland) split the ninth inning with 2023 Home Run Derby champion and two-way player Anthony Steele (Danbury, LHP, Penn State) to seal a dominant 5-1 victory for the West Division.

### PIONEERS from page 7

fender for most of his Pioneers career, was an outside midfielder against AC Connecticut (4-7-3). He had a couple shots on goal, but has never scored a goal while wearing a Pioneers uniform.

"I did score a goal in my first game with the Pioneers four years ago, but it was disallowed because of offsides," said Hicks, who's planning to play for the Pioneers in 2024. "I was trying to score a goal in tonight's game."

Alec Hughes, who's a first-year member of the Western Mass. Pioneers, led the way offensively with two goals and a pair of assists.

"We really needed to win tonight's game to make the playoffs," Hughes said. "It has been a lot of fun playing for this soccer team this summer."

The home team, who scored five goals in a home match for the first time since a preseason friendly with KO Elites FC, took a 1-0 lead six minutes into the opening half.

The scoring play began with Gabriel Pacheco sending a pass from the left side of the box to Tomas Duben, who tapped the ball over the goal-line past AC Connecticut goalie Clayton Knibbs.

Less than ten minutes later, Duben was credited with the assist as Hughes fired a shot into the left corner for his first goal of the match.

Duben and Hughes hooked up again during the 32nd minute. A tap in by Hughes increased the Pioneers lead to 3-0, which was the halftime score.

"I always try to put myself in the right spot and let my teammates find me,"



TURLEY PHOTOS BY DAVID HENRY/WWW.SWEETDOGPHOTOS.COM  
Jordan Koduah makes a pass.

Hughes said. "I just want to do anything to help my team win."

The Pioneers outshot AC Connecticut, 15-1, during the first 45 minutes of the match.

Any thoughts the AC Connecticut players might've had of making a second half comeback didn't last very long.

A goal by Lucio Berron, which was assisted by Hughes in the 58th minute, gave the Pioneers a commanding 4-0 ad-



Tomas Duben makes his way toward the goal.

vantage.

AC Connecticut, who also lost the first meeting to the Pioneers, 2-1, received an early Christmas gift following an own goal in the 73rd minute.

A couple of minutes later, Jordan Koduah scored the Pioneers final goal, which was assisted by Hughes.

It was a perfect way to wrap up the regular season for the Pioneers players and their supporters.

### RACING from page 7

who prevailed. With reigning GSPSS champion Joey Doiron in the pits, Hall worked the inside line around the third-mile oval en route to victory.

Hall won in his GSPSS debut in 2017, claiming the series' only trip to Oxford Plains Speedway. With Saturday's win, the Scarborough native is the first series driver to win twice in the Pine Tree State.

Hopkins, a road warrior with two wins in the Southeast earlier this season, came up short of victory in his second-ever GSPSS appearance, finishing second at his hometown track. St. Clair held on for third in his series debut.

Points leader Travis Benjamin extended his advantage with a fourth-place finish,

while Ben Ashline rounded out the top five.

Saturday's GSPSS showdown capped off a night of racing that included Speedway 95's local classes. Dalaney Dunn came out on top in the 25-lap Cage Runner feature. Scott Modery took the checkers in the Street Stocks, and Kris Foss won the evening's Sport 4 feature.

The next race for the Granite State Pro Stock Series is a return to Riverside Speedway on Saturday, August 12, where Travis Benjamin will try to back up his June performance with another win at "Grovetona." Details on the fifth race of the GSPSS' twelfth season will be released shortly.

For more information on the Granite State Pro Stock Series, visit [www.gspss.net](http://www.gspss.net) or find us on Facebook, Twitter and Instagram.

### RESULTS, Go FAS Racing 100 July 22, 2023

- (94) Garrett Hall
- (15ME) Mike Hopkins
- (14) Josh St. Clair
- (7B) Travis Benjamin
- (99) Ben Ashline
- (32) Brandon Barker
- (75) Gary Smith
- (32ME) Nick Jenkins
- (28R) JR Robinson
- (7CT) Cory Casagrande
- (56) Evan Beaulieu
- (21C) Shane Clark
- (81) Bryan Lancaster
- (28) James Doucette
- (15) Trevor Krouse
- (21ME) David Oliver
- (01) Jet Decker

## Sports nutrition tips from Boston Children's Hospital

What should an athlete eat to prepare for a big event? Read on for sound tips from the Sports Medicine Division.

•Carbs are your friend and other game-day nutrition advice

•Like a car, your body needs fuel to run. These foods help you rev up for top performance on game day:

•Carbohydrates (pasta, fruit, bread, oatmeal, sugar) provide fast energy. Without carbs, an athlete is likely to hit a wall of sluggishness.

•Fat (nuts, nut butters, olive oil, avocados, salmon or tuna) provides longer-lasting energy. Fats and carbs work together to fuel performance.

•Protein (chicken, beef, eggs, dairy) builds muscle and repairs tissues. Protein after a practice or game is essential to building and maintaining muscle strength.

#### Pre-game fueling

Three to four hours before a practice or game, an ideal pre-game meal includes mainly carbs with some protein and fat.

- peanut butter toast with a banana
- granola bar
- yogurt and fruit

Closer to game or practice time, snacks or meals should decrease in volume and be mostly carbs.

- oatmeal
- sports drinks

#### Post-game recovery

•A snack or meal with both protein and carbohydrates within 30 to 45 minutes after a game helps muscles recover more rapidly.

- chocolate milk
- banana and peanut butter or almond butter
- graham crackers with peanut butter or almond butter
- yogurt with granola
- turkey sandwich

Foods that work for your teammates might not work for you. Be sure to try out different foods before and after practice and see how they make you feel. When game day rolls around, you'll know what fuel your body thrives on.

Stay tuned for more news and injury-prevention tips from Boston Children's Hospital.

### VALLEY WHEEL from page 7

ed the Angels-Orioles, Cubs-Athletics, and Tigers-Twins, which could further complicate the standing heading into Sunday's final games.

According to the league commissioner, Jim Nason, the first tiebreaker for determining who makes the playoffs will be head-to-head records. Each team plays their opponents three times making a definitive decision if there is a tie between two teams. But in the event of a three-way tie, the next tiebreaker is run differential, which could be used to seed teams as well in the event of a three-way tie for first place.

This weekend, the final matchups are Twins-Angels, Cubs-Orioles, and Tigers-Athletics. Semifinals are scheduled for Aug. 6 at Spec Pond in Wilbraham with game times of 2:30 and 6 p.m. The league championship game is set for Sunday, Aug. 13 at 3 p.m. at Spec Pond.

**SUPPORT YOUR LOCAL SPORTS TEAMS**



# PUBLIC NOTICES

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
Docket No. HD23D0582DR  
Lilian U Givens vs.  
Eric C Givens  
DIVORCE SUMMONS  
BY PUBLICATION  
AND MAILING**

To the Defendant:  
The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown.

The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon:  
**Lilian U Givens  
19 John Street  
Chicopee, MA 01013**

your answer, if any, on or before **09/22/2023**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court

**WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.**  
Date: June 27, 2023

**Rosemary A. Saccomani**  
Register of Probate  
07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD23P1442EA  
Estate of:  
Donald Richard Inglis  
Also Known As:  
Donald R Inglis,  
Donald Inglis,  
Donald Richard Shea,  
Donald R Shea,  
Donald Shea  
Date of Death: 02/11/2023  
CITATION ON  
PETITION FOR  
FORMAL  
ADJUDICATION**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Joel P. Inglis of Norwood, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joel P. Inglis of**

**Norwood, MA** be appointed as Personal Representative(s) of said estate to serve **without surety on the bond in unsupervised administration.**

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/08/2023.**

This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Barbara M Hyland, First Justice of this Court.**

Date: July 11, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Division  
Docket No. HD23P1458EA  
Estate of:  
Mildred Annette Gould  
Date of Death:  
April 27, 2023  
INFORMAL PROBATE  
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Barbara Prive of Chicopee, MA.**

**Barbara Prive of Chicopee, 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 Pro-

bate 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.  
07/28/2023

**SALE OF MOTOR VEHICLES Under G.L. c.255 Sec. 39A**

Notice is hereby given by Interstate Towing, Inc. pursuant to the provisions of G.L. c. 255, section 39A, that on August 4, 2023, at Interstate Towing, Inc the following Motor Vehicles will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles.

2003 Acura 3.2 TL  
VIN: 19UUA56863A076315  
Roberto Pereria  
11 Harlow St.  
Vernon, CT 06066

2004 Chevrolet Avalanche  
VIN: 3GNEK12T84G136639  
Louis Suzor  
55 Fuller St.  
Chicopee, MA 01020

2006 Acura TSX  
VIN: 3H4CL96876C036148  
Glenn Ramos  
8 Turtle Creek Lane  
East Hartford, CT 06108

2008 Ford Fusion  
VIN: 3FAHP02188R165414  
Julian Dela Cruz  
158 Narragansett Blvd.  
Chicopee, MA 01020

2010 Nissan Sentra  
VIN: 3N1AB6AP9AL686432  
Kaylani Cruz  
104 Mill St. Apt. 31  
Springfield, MA 01108

2011 Chevrolet Cruze  
VIN: 1G1PD5SH4B7260536  
Carlos Perez Ramirez  
52 Hardy St.  
Springfield, MA 01108

2011 Honda Accord  
VIN: 5KBCP3F86BB004051  
Steven Arroyo  
80 Kenyon Dr.  
Springfield, MA 01108

07/21, 07/28, 08/04/2023

**SALE OF MOTOR VEHICLES**

E	X	T	R	A	S	T	I	T	L	E	S		
U	N	L	O	O	S	E	A	B	R	A	D	E	R
P	C	M	E	L	A	N	O	M	A	S	M	O	
P	A	N	E	S	T	A	I	P	E	T	I	T	
E	M	U	S	M	E	N	S	A	S	E	T	A	
R	P	M	P	A	D	M	B	A	L	O	T		
E	L	A	N	N	I	C	E	N	E				
S	A	R	O	S	R	A	G	E	S				
E	R	A	S	E	S	T	E	R	R				
C	A	T	S	A	T	M	A	D	A	R	E		
U	P	O	N	C	A	R	A	T	S	P	E	D	
L	A	R	I	D	B	U	R	A	A	H	E	D	
A	H	C	R	A	B	B	I	E	S	T	V	A	
R	O	S	E	A	T	E	S	A	T	I	R	E	S
S	O	R	T	E	D	A	R	I	S	E	S		

**Under G.L. c.255 Sec. 39A**  
Notice is hereby given by Interstate Towing, Inc. pursuant to the provisions of G.L. c. 255, section 39A, that on August 31, 2023, at Interstate Towing, Inc the following Motor Vehicles will be sold at private sale to satisfy our garage keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles.

2000 Yamaha YZFRI  
VIN: JYARN05E5YA002356  
Sowunnang Prak  
1062 Pleasant St.  
Palmer, MA 01069

2001 Ford Ranger  
VIN: 1FTYR11E21TA63562  
David Samuel Souza Braga  
102 Sande Ave.  
Waterbury, CT 06770

2005 Pontiac G6  
VIN: 1G2ZG528654156308  
Rhonda Frazier  
42 W Highst., Apt. 1  
East Hampton, CT 06424

2005 Toyota Camry  
VIN: 4T1BE32K95U584534  
Askarbek Sheralievich  
13-15 Edgewood St.  
Springfield, MA 01108

2005 Toyota Corolla  
VIN: 2T1BR32E95C437369  
Cheval Holmes  
42 Ridgewood Ter.  
Springfield, MA 01105

2006 Honda Accord  
VIN: 3HGCM56476G700192  
Keith Daniels  
231 Pine St.  
Springfield, MA 01105

2006 Infiniti G35  
VIN: JNKCV51F26M600923  
Kevin Johnson  
13 Rathbun St.  
Springfield, MA 01104

2007 Honda Odyssey  
VIN: 5FNRL38717B137655  
Mike Walker  
62 Granville Rd. Apt. 1  
Westfield, MA 01085

2011 Nissan Murano  
VIN: JN8AZ1MW4BW154150  
Megan C Billiel  
13 Orchard St.  
Easthampton, MA 01027

2012 Chevrolet Express  
G1500  
VIN: 1GCSGAFX0C1175541  
Heber Chrsostomo  
15 Congress St.  
Lynn, MA 01904

2013 Honda Accord  
VIN: 1HGCT2B86DA005742  
Eric Gonzalez  
34 Vernon St., Apt. 604  
Hartford, CT 06106

2013 Mazda 3i  
VIN: JM1BL1U77D1719940  
Xavier Walter-Junious Pixley  
39 Camden St. Apt 1.  
Lynn, MA 01905

2014 Ford Focus  
VIN: 1fadp3k28el178196  
Car Rentals United Inc  
135 W Central St  
Natick, Ma 01760

2015 Infiniti Q50  
VIN: JN1BV7AR7FM407219  
Aliyah Johnson  
85 Saint Monicas Ave.  
Hartford, CT 06120

2019 Jeep Grand Cherokee  
VIN: 1C4RJFAG3KC674471  
Michael Ramos Soler  
254 Main St.  
Indian Orchard, MA 01151

2020 Hyundai Sonata  
VIN: 5NPEG4JA7LH028725  
Glendaliz Estrada Rivera  
6 Gerrish Ct. Apt. 204  
Springfield, MA 01105

2021 Hyundai Kona  
VIN: KM8K2CAA9MU724937  
Stacie Schultheis  
279 Gale Ave.  
Pittsfield, MA 01201

2023 Mitsubishi Mirage  
VIN: ML32AWHJ1PH002862  
Damaris Irizarry  
66 Rawson St. Apt. 2R  
Leicester, MA 01524

07/28, 08/04, 08/11/2023

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD23P1541EA  
Estate of:**

**Huguette M Joyal  
Date of Death: 04/13/2023  
CITATION ON  
PETITION FOR  
FORMAL  
ADJUDICATION**

To all interested persons:  
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Linda A Payne of Chicopee, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Linda A Payne of Chicopee, MA** be appointed as Personal Representative(s) of said estate to serve **without surety on the bond in unsupervised administration.**

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/17/2023.**

This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested

in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Barbara M Hyland, First Justice of this Court.**

Date: July 20, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD23P0940EA  
Estate of:**

**Jutta Partyka  
Date of Death: 03/05/2023  
CITATION ON  
PETITION FOR  
FORMAL  
ADJUDICATION**

To all interested persons:  
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Bonnie A Cormier of Petaluma, CA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Bonnie A Cormier of Petaluma, CA** be appointed as Personal Representative(s) of said estate to serve **With Personal Surety on the bond in unsupervised administration.**

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 08/08/2023.**

This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Barbara M Hyland, First Justice of this Court.**  
Date: July 11, 2023

**Rosemary A. Saccomani**  
Register of Probate  
07/28/2023

**See More Legals on page 10**

**PUBLIC NOTICES ARE NOW ONLINE**

- Email all notices to [notices@turley.com](mailto:notices@turley.com)
- Access archives and digital tear sheets by newspaper title.
- 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](http://www.publicnotices.turley.com)**

# Health New England offers \$100,000 in DEIB grants to address mental health and Opioid Epidemic

SPRINGFIELD -- Health New England will award grants totaling \$100,000 to eligible non-profit organizations with programs that work to address mental health and the opioid epidemic in Western Massachusetts. The programs must address health equity and at least one social determinant of health and focus on Health New England's service area including Berkshire, Franklin, Hampden, Hampshire, and Worcester counties.

One in five adults in Health New England's service area experience depression, according to the company's Community Health Needs Assessment. Despite some signs of improvement, the opioid crisis has grown in the last several years. For instance, in 2020 Hampden County experienced the highest rate of Emergency Medical Service calls related to opioid overdoses of any county in the state, the assessment reports.

"The mental health crisis and opioid use disorder have hit our home counties hard, and the impact of health and societal inequities in these cases is undeniable," said Richard Swift, president and CEO of Health New England. "It is our hope that these grants help remove barriers under-resourced communities face to allow residents to enjoy better mental health and avoid or recover from opioid addiction so they may thrive."

Social Determinants of Health include:

- Built environment (includes transportation, access to healthy foods)
- Education
- Employment
- Housing
- Social environment (social isolation, institutional racism)

**Violence and trauma**

IRS-designated 501(c)(3) non-profit organizations that manage innovative community-based programs benefiting underserved residents may apply for Health New England DEIB grants through September 11, 2023.

In its fourth year, the Health New England DEIB grants program has awarded nearly \$340,000 to local non-profits addressing health equity in Western Massachusetts.

**How to Apply**

Completed grant applications are due by 11:59 p.m. on September 11, 2023. Only complete submissions made online will be considered. Non-profit organizations will only be eligible for Health New England community benefit funding once per calendar year. Apply here: <https://form.jotform.com/203005404536039>.

Those with questions may email [communitygiving@hne.com](mailto:communitygiving@hne.com).

# Staying safe and emotionally healthy during out-of-school time

HOLYOKE – It is that time of year when school vacation hands students a stretch of free time welcomed by most, but less so perhaps by parents as it raises the question: How do working parents and other caregivers with demanding schedules ensure children stay emotionally healthy and safe during a long break from school?

Dr. Negar Beheshti, a board-certified adult, child and adolescent psychiatrist and Chief Medical Officer for Holyoke-based MiraVista Behavioral Health Center and sister hospital, TaraVista Behavioral Health Center in Devens, recommends a balance of structured fun and learning. She recommends as well that primary care givers do "their due diligence" to keep everyone engaged in safe behavior that supports mental health.

Conversations around behavior and activities, she adds, should be age-appropriate.

"For example, children in elementary school may be doing a lot of summer camp activities and this is an opportunity to talk to them about appropriate behavior with other peers at the camp," Beheshti said. "When you get to the tweens, they may not want the regular, structured routine of summer camp. However, it is still good to do some type of structured program as it gives middle-schoolers the opportunity to continue social development and promotes new learning opportunities.

Some school districts offer enriched learning programming at least part of the day that holds the potential to explore something new in a fun way."

High school, she adds, "brings a little more autonomy for teenagers, and the need for more candid discussions on dating and substance use, including that the minimum legal age for buying, transporting or drinking alcoholic beverages is 21."

"There is value for a teen who is old enough to look for a job," Beheshti notes. "It gives the ability to have more autonomy, cash to spend and save, and is a good use of their free time."

College students, she said, may be told that they "are coming back home as adults and you will hold them to that standard in terms of their personal habits around the house."

She recommends parents know other parents and caregivers involved in a young person's activities as well as friends.

Other tips and recommendations for a safe and enjoyable summer break for young people from Beheshti, including what routines should be maintained, how to approach a difficult topic, including a change in normal behavior, and support available to a child questioning their sexual orientation or gender identity, can be found at <https://www.miravistabhcare.com/staying-emotionally-healthy-during-school-break/>

## Community Newspaper EDITOR WANTED

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

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

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

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

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

**Qualifications should include:**

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

**Please send resume and writing examples to:**

Eileen Kennedy, Executive Editor  
24 Water St., Palmer, MA 01069  
or email directly to [ekennedy@turley.com](mailto:ekennedy@turley.com)

## PUBLIC NOTICES

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Division  
Docket No. HD23P1287EA  
Estate of:  
Paul Raymond Lajeunesse  
Date of Death:  
February 12, 2023  
INFORMAL PROBATE  
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Dennis J. Lajeunesse of Chicopee, MA**

a Will has been admitted to informal probate.

**Dennis J. Lajeunesse of Chicopee, 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.  
07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Hampden Probate and Family Court  
50 State Street  
Springfield, MA 01103  
(413)748-7758  
Docket No. HD23P0940EA  
Estate of:  
Jutta Partyka  
Date of Death: 03/05/2023  
CITATION FOR PETITION FOR FORMAL ADJUDICATION**

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Bonnie A Cormier of Petaluma, CA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Bonnie A Cormier of Petaluma, CA** be appointed as Personal Representative(s) of said estate to serve **With Personal Surety** on the bond in **unsupervised administration**.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00**

**a.m. on the return day of 08/08/2023.**

**This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.**

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

**A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.**

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.

Date: July 11, 2023  
**Rosemary A. Saccomani**  
Register of Probate  
07/28/2023

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampden Division**

**Docket No. HD23P1491EA  
Estate of:  
WILLIAM A SMITH  
Date of Death:  
April 17, 2023  
INFORMAL PROBATE  
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **ASHLEY A SMITH of CHICOPEE, MA.**

**ASHLEY A SMITH of CHICOPEE, 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.  
07/28/2023

**WE'VE EXPANDED OUR WEB SITE**

## PUBLIC NOTICES

**ARE NOW ONLINE**

- 1 Email all notices to [notices@turley.com](mailto: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.

**VISIT**

[www.publicnotices.turley.com](http://www.publicnotices.turley.com)

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

# Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

## FOR SALE

### FIREWOOD

#### FIREWOOD

Fresh cut & split \$200.00  
Seasoned cut & split \$300.00  
All hardwood.  
Tree length available  
\*Also have seasoned softwood for outdoor boilers (Cheap). Quality & volumes **guaranteed!** New England Forest Products **(413)477-0083**

**!!!!FRESH CUT!!!!** Over a cord guaranteed. Cut, Split, Prompt delivery. Call D & D Cordwood **(413)348-4326**.

**MORE HEAT LESS WOOD.** Central Boiler Classic Edge HDX Outdoor Wood Furnace. EPA Certified. Titanium Stainless Steel. 26% Tax Credit. Call **(508)882-0178**

## WANTED

### WANTED TO BUY

**ANTIQUES AND OLD STUFF WANTED BUYING** Bottles, Crocks, Jugs, Pottery, Costume Jewelry, Toys, Games, coins, sterling, Glassware, Silver-plated items, watches, Musical instruments, typewriters, sewing machines, tools, radios, clocks, lanterns, lamps, kitchenware, cookware, knives, military, automotive, fire department, masonic, license plates, beer-cans, barware, books, oil cans, advertising tins, hunting, fishing, signs, and more Donald Roy **(860)874-8396**

**\$12.50 Each Digital Photos**  
TURLEY PUBLICATIONS, INC.  
Purchase a photo that recently ran in one of our publications. Go to [newspapers.turley.com/photo-request](http://newspapers.turley.com/photo-request)

## JUNK REMOVAL

### A Call We Haul FAST REMOVAL

Junk, Appliance, Cleanouts.  
We load it & take it.  
**413-531-1936**  
CREDIT CARDS ACCEPTED

### ARA JUNK FURNITURE REMOVAL

Full house cleanouts, attics, basements, garages, pools, hot tubs, sheds, decks. Same day service. 8am-9pm. Credit cards accepted. Free estimates on phone.  
**Call Pete 413-433-0356.**

## SERVICES



**2\*\*\*\*\*A & B HOUSEHOLD REMOVAL SERVICE\*\*\*\*\***  
Cellars, attics, garages cleaned, yard debris. Barns & sheds demolished. Swimming pools removed. Cheaper than dumpster fees and we do all the work. Lowest rates. Fully insured. **(413)283-6512, cell (413)222-8868.**

**BILODEAU AND SON ROOFING.** Established 1976. New re-roofs and repairs. Gutter cleanings and repairs. Licensed/ insured. Call **(413)967-6679**

**CHAIR SEAT WEAVING & refinishing** - cane, fiber rush & splint - Classroom instructor, 20+ years experience. Call Walt at **(413)289-6670** for estimate.

## SERVICES

**DRYWALL AND CEILINGS,** plaster repair. Drywall hanging. Taping & complete finishing. All ceiling textures. Fully insured. Jason at Great Walls. **(413)563-0487**

## HOME IMPROVEMENT

**HOME IMPROVEMENT SPECIALIST** Decks, Porches, Doors, Windows, Repairs, Cement repairs, asphalt repairs, stone and BBB approved Vinyl Fence Tim **(413)563-2229**

**HOME IMPROVEMENTS, REMODELING** Kitchens, baths. Ceramic tile, windows, painting, wallpapering, siding, decks. Insurance work. Fully insured. Free estimates. **(413)246-2783 Ron.**

**HOME REPAIR & REMODELING** for all your interior & exterior needs. Carpentry, woodworking, porches, patios, windows, doors, painting, drywall, siding, landscaping, clean-outs. Competitive pricing, References. Please call Brendan **(413)687-5552**

## LANDSCAPING

**A+ ROZELL'S LANDSCAPING & BOBCAT SERVICE**  
Excavator Services  
Overgrown property?  
Extreme Brush Cutting!  
Shrub, Stump, Tree Removal  
Lawn/Arborvite Installed  
Loam, Stone, Mulch, Sand  
Storm Clean-up  
Small Demolition/ Junk Removal  
Insured  
**Josh Rozell 413-636-5957**

**\*\*ALL SEASON\*\*** Specializing in shrub trimming, pruning, design, deliveries, loader, backhoe, insured. Professional. Please call Bob **(413)537-5789 (413)538-7954.**

## SERVICES

**MATT GUERTIN LANDSCAPING**  
Serving Wilbraham & Ludlow  
Weekly mowing and yard maintenance  
Landscape installation and restoration  
Hedge trimming, pruning, and mulching. Schedule fall lawn overseeding and repair  
Call or text **413-266-9975**  
Insured - Commercial and Residential

## MASONRY

### STOP WET BASEMENTS

**ABC MASONRY & BASEMENT WATERPROOFING**  
All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call **(413)569-1611, (413)374-5377**

## PAINTING

**PAINTING & MORE INTERIOR PAINTING AND SMALL EXTERIOR JOBS.**  
Chores and odd jobs too! Professional and reliable. No job too small. Servicing the Wilbraham area.  
Call Tom, **339-832-5682.**

## PLUMBING

**GREG LAFONTAIN PLUMBING & HEATING** Lic #19196 Repairs & Replacement of fixtures, water heater installations, steam/HW boiler replacement. Kitchen & Bath remodeling. 30 years experience. Fully insured. \$10 Gift Card With Work Performed. Call Greg **(413)592-1505**

## SERVICES

### RUBBISH REMOVAL

**BOB ROBILLARD'S RUBBISH REMOVAL** Attics, Cellars, Garages cleaned, Pools/Hot Tubs Removed. Family owned/operated since 1950 **(413)537-5090**

## TREE WORK

**DL & G TREE SERVICE-** Everything from tree pruning, tree removal, stump grinding, storm damage and brush chipping. Honest and Dependable. Fully insured. Now offering a Senior Citizen and Veteran discount. Call today for free estimate **(413)478-4212**

## TUNE-UPS

**SNOWBLOWER & LAWNMOWER TUNE UP & REPAIR**  
**A&M TUNE-UPS**  
Push Lawnmowers, Riding Mowers and Small Engine Repair.  
Work done at your home.  
Call Mike **(413) 348-7967**

## STUMP GRINDING

**DL & G STUMP GRINDING** Grinding stumps of all sizes, insured & certified. Senior discounts. Call Dave **413-478-4212**

## CLASSIFIED DEADLINES

**QUABBIN & SUBURBAN FRIDAY AT NOON**  
**HILLTOWNS MONDAY AT NOON**

## SERVICES



**SAW STUMP GRINDING**  
Call for a Free Estimate, Veteran Owned, Fully Insured  
**413-213-5470**

## AUTO

**CASH FOR JUNK AND REPAIRABLE CARS**  
**FREE TOWING FAST SERVICE CASH PAID AS IS**  
**CALL OR TEXT 413-219-6839**

## PETS

**MINIATURE SCHNAUZERS MALE & FEMALE 7 YEARS OLD SALT & PEPPER CURRENT VACCINATIONS, CAN GO AS A PAIR OR SEPARATE \$300.00 EACH**  
**(413)596-8190**

## HELP WANTED

### DRIVERS

**FULL TIME POSITION - OIL DELIVERY DRIVER** - Class B CDL with HAZMAT endorsement required. Full Time position with benefits and vacation. Local routes. Minimal to no highway driving. Call Sherman Oil to inquire. **508-867-7447** or email [shermanoil@aol.com](mailto:shermanoil@aol.com).

## REAL ESTATE

### FOR RENT



**ALL REAL ESTATE** advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

**GREEN STREET, PALMER** Newly renovated 1 bedroom apt. porch, off-street parking, coin-op laundry, \$1,100/mo includes heat. No Pets. Call Tom **413-896-1555**

## FOR RENT



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

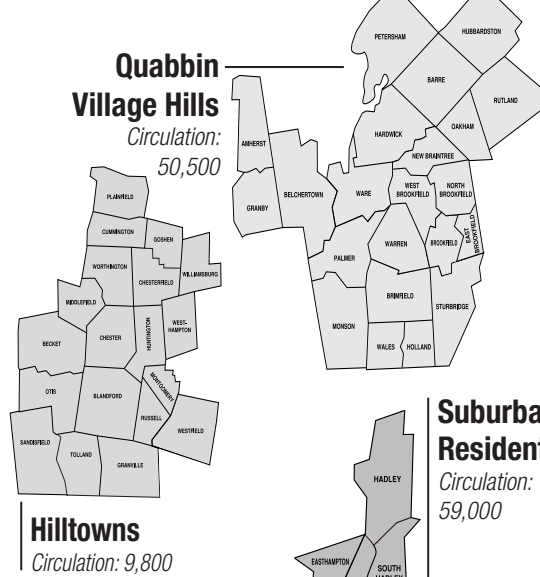
# FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069 DEADLINES:  
or call: 413-283-8393

CATEGORY:					
1	2	3	4		
5	6	7	8		
9	10	11	12		
13	14	15	16		
17	18	19	20	Base Price \$26.00	
21	Base Price \$26.50	22	Base Price \$27.00	23	Base Price \$27.50
24	Base Price \$28.00	25	Base Price \$28.50	26	Base Price \$29.00
27	Base Price \$29.50	28	Base Price \$30.00	29	Base Price \$30.50
30	Base Price \$31.00	31	Base Price \$31.50	32	Base Price \$32.00
33	Base Price \$32.50	34	Base Price \$33.00	35	Base Price \$33.50
36	Base Price \$34.00	37	Base Price \$34.50	38	Base Price \$35.00
39	Base Price \$35.50	40	Base Price \$36.00		

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
Credit Card:  MasterCard  VISA  Discover  Cash  Check# \_\_\_\_\_  
Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_  
Amount of charge: \_\_\_\_\_ Date: \_\_\_\_\_

QUABBIN & SUBURBAN - FRIDAY AT NOON  
HILLTOWNS - MONDAY AT NOON



Buy the Quabbin Village Hills or the Suburban Residential ZONE for \$26.00 for 20 words plus 50¢ for each additional word. Add \$10 for a second Zone or add \$15 to run in ALL THREE ZONES.

First ZONE base price \_\_\_\_\_ Includes additional words  
Add a second ZONE **\$10.00**  
Add a third ZONE **\$5.00**  
Subtotal \_\_\_\_\_  
x Number of Weeks \_\_\_\_\_  
TOTAL Enclosed \_\_\_\_\_

Run my ad in the following ZONE(S):  
 Quabbin  
 Suburban  
 Hilltowns

**OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!**

## Extreme heat and medications

*Caution and care during periods of intense heat*

PIONEER VALLEY -- Government data indicates that more people die in heat-related weather events than in other types of extreme weather events, and this summer's intensive heat waves have brought some of the hottest days ever recorded on Earth.

"Increased temperatures can affect the impact of medications," said Dr. Negar Beheshti, chief medical officer for MiraVista Behavioral Health Center and sister hospital, Devens-based TaraVista Behavioral Health Center. "It is important for anyone on medications, including those which may be prescribed for a mental health diagnosis, to talk with their health care provider about how extreme temperatures and exposure to sun may change how they feel, cause certain side effects and what they can do during periods of increasingly hot weather to be safe."

A board-certified psychiatrist for adults, children, and adolescents, Beheshti noted that heat-related complications have been found to be contributing factors in deaths where alcohol poisoning and drug overdose are the underlying causes.

"People are often unaware of the threat in body temperature from heat exposure until it is too late," she said. "However, heat-related illnesses are considered preventable through education and awareness both on the personal and community level. Staying out of direct sunlight, drinking water

regularly even when not thirsty, and being aware of one's mental health state, and getting help if needed for oneself or another are all important preventative measures."

More than 59 million people in the U.S. are currently under active National Weather Service extreme heat advisories, watches, and warnings with many states experiencing a Heat Index well into the 100s.

The National Weather Service defines The Heat Index as a measure of how hot it feels when relative humidity is factored in with actual air temperature. The index between 90- and 103-degrees F comes with the warning classification of "extreme caution" as heat stroke, heat cramps or heat exhaustion are "possible" with prolonged exposure or activity.

Recommendations from the Centers for Disease Control and Prevention for avoiding heat-related illnesses, especially during periods of extreme heat, include eating regular meals, avoiding strenuous activity, especially during the heat of the day, taking cool showers and calling 9-1-1 immediately if someone shows signs of heat stroke, which include a body temperature of 103-degrees F or higher, a fast, strong pulse, and confusion.

To learn more, please visit Heat Health Awareness: Why it's Important for Persons with Substance Use Disorders and Mental Health Conditions, Caregivers and Health Care Providers | SAMHSA.

For more information about MiraVista Behavioral Health Center, visit [www.miravistabhbcare.com](http://www.miravistabhbcare.com).

## Expert grilling safety tips to help prevent accidents and injuries

SPRINGFIELD - There's nothing like a backyard barbecue on a beautiful summer day, but it's important to remember that grills can also cause serious damage and injuries if not used safely.

According to the National Fire Protection Association, U.S. fire departments respond to an average of 10,600 fires involving grills each year, and nearly 20,000 people seek medical care annually because of grill-related injuries, about half of which are burns.

The experts at Rocky's Ace Hardware stress the importance of grill safety, especially as we enter the most popular months for grilling.

"We are big fans of the grilling lifestyle, but it's only fun if it's safe," said Rocky's Ace Hardware President Rocco Falcone. "This starts with having a working fire extinguisher on hand every time you grill. Hopefully, you'll never need it, but you'll be glad it's there if you do. Remember, water doesn't work on a grease fire, so a nearby hose is not enough."

Falcone said ongoing grill maintenance is a key safety factor. He recommends doing a thorough grill inspection at the start of the season to look for rust,

cracks or damage to the fuel line and other parts.

A deep clean at the start of the season, and then regular cleaning after every use, is also advisable.

When it comes to the grates, Falcone advised cleaning them before and after each use. "There are a variety of tools designed for this, including wire brushes and scrapers," he said. "If you opt for a wire brush, be sure to inspect the grill carefully afterward to ensure none of the wire bristles remain on the grill, as they can be very harmful if they attach to food and are swallowed."

To prevent flare-ups, Falcone noted that best practices include trimming excess fat from meats, keeping the lid open when searing high-fat foods, leaving space on the grill to move food away from a flareup and avoiding grilling in windy areas.

When deciding grill placement choose a flat, open area at least 10 feet from the home or other structures.

"Never grill in your garage, even with the door open, or on a covered patio," Falcone said. "Also, never leave a grill unattended, and make sure children and pets stay at least 10 feet away."

### SUBMISSIONS ARE ALWAYS WELCOME

Send your engagement, wedding and birth announcements to [dzbierski@turley.com](mailto:dzbierski@turley.com)

# 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](mailto:jamie@turley.com)**

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