

SCHOOLS

This Week in REC

Connor Duquette
Program Coordinator

As of late, mental health has been a growing topic in the media. With the world coming back from being turned upside down, and kids/youth athletes not knowing how to respond, it can be a tall glass of water to try and help with! Competitiveness, loss, happiness, and joy comes with any sport you may play or be teaching your young athlete to play, there are a few ways that you can help to boost youth athlete's mental health and manage all of the emotions that come with playing sports.

While we all want our kids to be superstars at the one sport they love to play, one of the biggest and most important things you can do is encourage them to play multiple sports. Not only does this help their mental health by making new social connections, learning real time problem solving and critical thinking, but it also helps the development of their muscles! Playing different sports activates different muscle groups that can help youth athletes strive in their favorite sport down the road! Another

great way to boost youth athlete's mental health is to help with managing all of the various emotions that come with playing sports. Whether it is celebrating a win respectfully or even dealing with a tough loss, it is always a good conversation learning how to progress through and manage emotional responses to things that happen on and off the field. Finally, to lead by example, while you might not be out on the field playing as an athlete any longer, there is a massive positive impact on youth athletes when they see the fans participating respectfully and positively towards all players on the field. While Competitiveness is good, there is a line not to cross and it is important to recognize when actions might be affecting those on the field as well as those around.

Mental health is a big topic to tackle and with more information coming out every day about new ways to help foster good mental health in youth athletes, it is becoming a more important topic to keep talking about and practicing these little tips to help make an amazing positive impact on youth sports as a whole.

Last Week in REC

Scott Foulis
Administrative Clerk

Summer is in full swing here at the WPRD. Last week was the second week of Spec Pond Day Camp at the Spec Pond complex, with 80 campers enjoying games, crafts, and lots of outdoor fun with our dynamic camp staff. Spec Pond Beach has seen great attendance numbers so far this summer due to good weather (I hope I didn't jinx us right there...). We've had a number of classes and clinics that have taken place already, and a full slate that will take place throughout the remainder of the summer. The Spec Pond Summer



Basketball League is in action almost every night on the basketball courts, and it's just a great time of year for being outdoors and enjoying all the recreational facilities and opportunities we have here in Wilbraham and the surrounding area. Life can and does get hectic, so your friends here at WPRD want to remind you to try and slow things down when you can. Take a walk, go for a swim, throw a ball or a Frisbee around, or make time for whatever activities you enjoy. As one of my favorite quotes implores - "Always find time for the things that make you happy to be alive."

PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD22C0201CA
In the matter of:
Beth Anne Cordiano
CITATION ON PETITION TO CHANGE NAME
A Petition to Change Name of Adult has been filed by **Beth Anne Cordiano of Wilbraham, MA** requesting that the court enter a Decree changing their name to:
Beth Anne Steil
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: **Hampden Probate and Family Court before 10:00 a.m. on the return day of 08/10/2022.**
This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: July 07, 2022
Rosemary A Saccomani
Register of Probate
07/28/2022

Commonwealth of Massachusetts
The Trial Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD22P1503EA
Estate of:
Michael George Kudron
Date of Death: 05/20/2022
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 **Annamarie Charron-Smith of Palmer 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: **Annamarie Charron-Smith of Palmer 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 08/17/2022.
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 20, 2022
Rosemary Saccomani
Register of Probate
07/28/2022

Dunklee to Saint Anslem College Dean's List

MANCHESTER, NH – Saint Anslem College has released the Dean's List of high academic achievers for the second semester of the 2021-2022 school year.

Among those who made the Dean's List is Jack Duklee of Wilbraham, Biology BA.

To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. A total of 555 students representing 25 states and 3 countries received this honor.

UNH Dean's List for the Spring 2022 Semester

DURHAM, NH – The following students from Wilbraham have been named to the Dean's List at the University of New Hampshire for the spring 2022 semester.

- Maya Latour earned Honors
- Laurel Vartabedian earned Honors
- Savannah Vartabedian earned High Honors
- Shane Fitzgerald earned Highest Honors
- Sara Goodrich earned High Honors
- Samantha Kularski earned High Honors
- Katelyn King earned High Honors
- Bridget McMahon earned Honors

Hampden student graduates from Flagler College

ST AUGUSTINE, FL. - Gillian Gray, BA in Fine Art, from Hampden graduated from Flagler College on Monday, May 9, 2022, at its spring commencement ceremony.

Gray was one of 546 students who graduated during the ceremony, which was held in the St. Augustine Amphitheatre.

Atticus Russell of Wilbraham makes Dean's List at RIT

ROCHESTER, NY – Atticus Russell of Wilbraham was named to the Dean's List at Rochester Institute of Technology for the Spring 2022 Semester. Russell is in the computer engineering program.

Lee Named to Dean's List at Muhlenberg College

ALLENTOWN, PA – Congratulations to Nolah Lee of Wilbraham for being named to the Muhlenberg College Dean's List for the Spring 2022 semester.

Muhlenberg College students and Muhlenberg College School of Continuing Studies students with a term GPA of 3.50 or higher were recognized for this academic achievement.

Tronsky Named to College of the Holy Cross' Dean's List

WORCESTER – Juliana Tronsky of Hampden was named to the College of the Holy Cross Spring 2022 Dean's List.

A member of the Class of 2022, Tronsky was among more than 1,457 students named to the Dean's List for outstanding academic achievement during the spring semester of the 2021-22 academic year.

To qualify, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

Dean's List at Roger Williams University

BRISTOL, RI – Select students have been named to the Spring 2022 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. The following Wilbraham students made the Dean's List: Cody Tenczar of Wilbraham and Sam Daniele.

Roger Williams University announces 2022 graduates

BRISTOL, RI – The following Wilbraham residents received their degrees in May as part of the Class of 2022 at Roger Williams University.

Anthony Soares graduated Magna Cum Laude with a Master of Business Administration 4+1.

Cody Tenczar graduated Summa Cum Laude with a B.S. in Architecture.

Garvey graduates from Ithaca College

ITHACA, NY – Chase Garvey from Wilbraham graduated Cum Laude from Ithaca College with a BA in Psychology.

Students make AIC Spring 2022 Dean's List

SPRINGFIELD – The following local students were named to the Dean's List at American International College in Springfield:

Kendal Bates of Hampden and Joseph Albano, Grace Beaupre, Brendan Carmichael, Jessica Llamas, Elisheva Milov and Julia Milov of Wilbraham

AIC awards degrees

SPRINGFIELD – American International College in Springfield has awarded degrees to 216 undergraduate students representing five countries, twelve states, and Puerto Rico. AIC congratulates these recent graduates, the following of which are from Hampden and Wilbraham.

Colton Allen of Wilbraham, Amanda Clark of Hampden, Jessica Llamas of Wilbraham, Elisheva Milov of Wilbraham and Sarah Sibilica of Wilbraham