Zonta Club offering fun golf day

BELCHERTOWN – Join members of the Zonta Club of Quaboag Valley on Sept. 12 for a fun day on the links at Cold Spring Country Club in Belchertown and be a champion for women and girls. The $120 registration includes golf, cart, pastries/coffee, snacks, box lunch, beverages, prizes and more. If you aren't a golfer, you can donate a raffle prize or sponsor a hole.

Registration starts at 7:30 a.m., with a shotgun starts at 8:30 a.m. Registration form and link are at www.ZontaQV.org/golf. Questions can be directed to Mary Knight at 413-219-8260. Your support directly funds scholarships and grants that empower women and girls to overcome challenges and achieve their full potential. We're working to end child marriage, domestic violence, and human trafficking, while also supporting climate justice, education equality, and women in decision-making positions.

Blue Sox fall to Mystic Schooners

HOLYOKE – The Valley Blue Sox fell 11-2 to the Mystic Schooners on July 3 at Mackenzie Stadium. Mystic got in front early with four runs in each the second and third innings, never looking back en route to a dominant victory.

The loss is the Blue Sox's sixth in seventh games and the seventh time they have allowed 10 or more runs in the 2026 season. The Schooners flipped the script on a Blue Sox team that beat them 11-3, largely driven by nine early runs June 12.

LHP Andrew Speranza (Marist) took the ball in his first Blue Sox start and lasted three innings, allowing eight earned runs in his debut on six hits. Blue Sox's Head coach John Raiola said Speranza was put in a tough start for his first appearance.

"Not to make excuses, but in reality he drove two hours to get here in 104 degrees and didn't know anybody, and here you go," Raiola said. "... Obviously it didn't go the way that he wanted, and kind of snowballed on us from there."

Speranza was the third new Blue Sox's player to join the team in the past week and make a start in his first appearance. However his start went south quickly and was essentially ended by a three-run home run into the Blue Sox bullpen. It was only the second home run hit at Mackenzie Stadium this season.

The Valley bullpen did well cleaning up the mess, pitching the remaining six innings without allowing an earned run. LHP Mike Madigan (George Mason), RHP Lukas Jachens (SUNY Oneonta) and RHP Jason Pinsonnault (Western New England) combined for a line of zero earned runs, five hits, one walk and three strikeouts.

For Pinsonnault, who has been a frequent late innings pitcher for Valley, it was business as usual. Pinsonnault has not allowed an earned run since June 14, a span where he has thrown eight innings.

"Just been mixing well," Pinsonnault said. "Everything's felt good. I've been able to command everything. Being able to command and mix with all three has been the biggest thing for me."

While the bullpen did not have any earned runs, Mystic did score three times after Speranza exited, largely due to some shaky defense from a Valley team that made five errors, a season high.

The Blue Sox are in their roughest stretch of play this season. They have lost six of their last seven games and dropped to fifth in the South Division.

Despite the tough run of games, Raiola is still optimistic that his team can grind their way out of a rut.

"One thing we just talked about is June is over," Raiola said. "Be the best July hitter, be the best July pitcher that we have. Everyone should be striving for that."

NOTICES

Belchertown
Conservation Commission
LEGAL NOTICE

Pursuant to the authority of the Wetlands Protection Act (M.G.L. Ch. 131, Sec. 40, its Regulations (310 CMR 10.00) and the Belchertown Wetlands Protection Bylaw (Chapter 139), the Belchertown Conservation Commission will hold a public hearing on **Monday, July 20, 2026 at 7:00 PM in the Town Hall Auditorium, located at 2 Jabish Street in Belchertown, MA 01007** to review a **Request for Determination of Applicability** permit application submitted by Paul Desroches c/o J & P Engineering Services **for the proposed work to replace an existing failed septic system at 52 Summit Street (Assessor's Map 251-87) in Belchertown**. Work is proposed to occur within the 100-foot Buffer Zone to Bordering Vegetated Wetlands. Anyone interested in this matter should appear at the time and place designated.
07/09/2026

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07/09/2026

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07/09/2026

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

HEALTH from page 6

diabetes are associated with this disorder.

What does alcohol do to your liver?

Heavy drinkers and binge drinkers are at particular risk for liver disease, but even moderate drinking can affect liver function. Alcohol stresses the liver by causing fat buildup, inflammation and eventually scarring, leading to conditions like alcoholic fatty liver disease, alcoholic hepatitis and cirrhosis.

The good news is that our livers are remarkably resilient. Going 24 hours without alcohol eases the burden on the liver, and taking a break for a full 30 days lets your liver go into full recovery mode. If you drink, try to take a 30-day break a couple of times a year, and then have a few "dry" days each week. Your liver will thank you.

How do you keep a healthy liver healthy?

A lot of the same foods in a healthy diet are also liver-friendly: lean proteins, fatty fish, cruciferous veggies (i.e. broccoli, kale, cabbage and the like), nuts and olive oil.

Some studies indicate that blueberry and cranberry extracts may be helpful, but more research is needed. Experts warn against so-called "de-tox" treatments for livers because they haven't been through clinical trials or been approved by the FDA.

Other helpful behaviors include maintaining a healthy weight and exercising. No surprises there. Above all, limit alcohol intake and take booze breaks for a day, a week or a month.

Problems with our livers can creep up on us, causing few symptoms until significant damage has already been done. If you have a family history of liver disease, acquaint yourself with the symptoms and ask your doctor whether more screening should be done.

While liver transplants have become relatively common - more than 11,000 performed in 2024 - it's likely you can keep yours going with some smart lifestyle choices.

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at Amazon.com. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

The Sentinel
Obituary Policy

Turley Publications offers two types of obituaries.

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

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

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

PUBLIC NOTICES ARE NOW ONLINE

1 Email all notices to notices@turley.com

2 Access archives and digital tear sheets by newspaper title.

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

Public notice deadlines are Friday at 3 p.m.

visit www.publicnotices.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 9, 2026.

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

Deadline for Calendar submissions is August 19.

Community Autumn Events

Event Should Be Non-Profit & Open to the Public

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

Event Name _____

Date/Time _____

Location _____

_____

Description _____

_____

_____

_____

_____

Cost _____

Contact name & phone number for more information _____

_____

MAIL YOUR LISTING INFORMATION TO:
Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069
or email* them to: jamie@turley.com
***Be sure to indicate "Autumn Event" in the subject line of your email.**