Local business offers to match donations for return of fireworks

BELCHERTOWN — The Town of Belchertown is preparing for the return of community fireworks on Sept. 24, the centerpiece of its America250 Semiquincentennial celebration, held alongside the Belchertown Fair. A new matching-donation opportunity from a local business is helping build momentum toward the event.

Window World of Western Mass. has offered to match community donations to the fireworks fund, dollar for dollar, up to $12,000. The matching opportunity means that every gift made between now and the event will effectively double in impact, helping the community reach its fundraising goal.

"Belchertown has always been more than the place where we do business — it's home. My family and I have built our lives here, and we're grateful to be part of a community that has supported us for so many years. The Belchertown Fair has long been a tradition that brings families, friends, and neighbors together, and the fireworks have always been one of the highlights. That's why my family and I are proud to match donations to help bring the fireworks back this September. We hope our commitment encourages others to join us so this cherished tradition can continue creating memories for families throughout our community," said Tim Drost, Owner, Window World of Western Mass.

Several community sponsors have already stepped forward to help fund the display, including Hulmes Transportation, Easthampton Savings Bank, and Country Bank, along with other generous local donors.

"Community sponsors like these are what make an event like this possible," said Kyle Thibeault, Recreation Director. "This night is about so much more than fireworks — it's tied to the Belchertown Fair and to our town's celebration of America's 250th anniversary. Having local businesses and residents invest in that means the whole community gets to be part of something memorable together."

Businesses interested in becoming a fireworks sponsor, across three sponsorship levels, are encouraged to contact Kyle Thibeault, Recreation Director, at KThibeault@belchertown.org or 413-323-0419.

Residents interested in making a donation can do so through the Recreation Department's fireworks donation page: www.belchertown.org/FireworksDonation

Kids' Corner workshop Aug. 29

WARE—The next Kids' Corner workshop at Ware Grange will be the "Enchanted Forest Nature Party" and will take place during the Grange Fair on Saturday, Aug. 29 at 10 a.m. at the Grange Hall at 297 Belchertown Road in Ware.

Kids' Corner workshops are led by preschool teacher, Jen McNally, and teach children about nature and the environment through stories, songs and fun activities.

This workshop will explore the great outdoors in conjunction with the Ware Grange Fair.

Children will take a guided nature walk to learn about our outdoor world and look for natural items to use in making crafts.

Visit Ware Grange on Facebook or at waregrange.org for more information.

HEALTH from page 6

cope, because that's how generations past have done it."

In perimenopause, which can start in a woman's late 30s, and menopause, estrogen levels begin dropping, which is what brings on a host of physical and emotional symptoms. Each month after puberty, your body prepares for pregnancy. In menopause, the ovaries stop that process, sometimes gradually and sometimes abruptly, as when a woman undergoes a hysterectomy that also removes the ovaries.

There seem to be two main themes surrounding the discussion of menopause today: Better treatment and management of symptoms and the sense of empowerment a woman can gain when her child-bearing years are past.

Menopause is a natural process, not an illness or condition. Hormone replacement therapy (HRT) has long been in use as a frontline treatment for easing menopausal hot flashes. It also eases other menopause symptoms and slows bone loss. It's best used by people who are younger than 60 and within 10 years of the onset of menopause.

Not everyone can use estrogen because of cancer risks, although low-dosage creams or rings that can be inserted into the vagina are generally helpful for vaginal dryness, urinary issues and painful intercourse.

It's encouraging to see new therapies emerging and new uses being found for existing medications. Low-dose antidepressants (SSRIs) and the anti-seizure medication gabapentin have been shown to reduce hot flashes, one of the most common complaints. Medications to slow bone loss and additional calcium are helpful. Soy may also reduce frequency and severity of symptoms.

Researchers are working to develop treatments that effectively manage menopausal symptoms while minimizing risks associated with HRT. A new non-hormonal treatment from AbCellera just completed a successful phase two clinical trial in which participants reported 83% fewer hot flashes and better sleep. It works by targeting a receptor that helps regulate body temperature.

I think the most promising development in menopause treatment is the "matriarchal revolution," the realization that post-menopausal years can be a time of increased empowerment and leadership, as women find new opportunities to embrace their wisdom and life experiences.

Gen X won't let their daughters and granddaughters suffer, either. As one woman wrote on social media, "We're going to be out there teaching Gen Z and Gen Alpha about what to expect and how to treat symptoms."

You go, girl.

Teri (Dreher) Frykenberg, a Monson resident, is a registered nurse and board-certified patient advocate. She is the author of several books on advocacy and founder of Nurse Advocate Entrepreneur, which equips medical professionals with the knowledge and skills to start their own advocacy businesses. Contact her at Teri@NurseAdvocateEntrepreneur.com.

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

PUBLIC NOTICES

NOTICE TO BIDDERS
HVAC UPGRADES
TOWN OF BELCHERTOWN
POLICE STATION &
SENIOR CENTER

The Town of Belchertown, the Awarding Authority, invites sealed bids for the HVAC Upgrades at Belchertown Police Station 70 State Street and Senior Center, 60 State Street, Belchertown, Massachusetts 01007.

The work involves the replacement of air handler units, fan coils, electronics, controls, and electric power upgrades. Estimated construction cost is six hundred thousand dollars ($ 600,000).

DCAMM certification and update are required in the category of HVAC, prime.

DCAMM certification and update are required in the category of Electrical sub-bid

Bidder selection, procedures and contract awards shall be in conformity with M.G.L. Chapter 149 Section 44A-H. State mandated prevailing wage rates must be paid according to M.G.L. Chapter 149 sections 26-27H.

Digital copies of the drawings and specifications may be obtained by emailing requests to the office of Roy S. Brown Architects at **85rsba@gmail.com** after Thursday, August 20, 2026 at 2 pm.

Sealed sub-bids for Electrical will be accepted from eligible bidders at the office of the Town Administrator, Finnerty House, 1 South Main Street, Belchertown, Massachusetts 01007 until 2:00 pm, Thursday, September 10, 2026 at which time they shall be publicly opened. A bid security in the form of a bid bond, cash or certified check in the amount of five percent (5%) of the bid price must accompany the bid.

Sealed General Bids will be accepted from eligible bidders at the office of the Town Administrator, Finnerty House, 1 South Main Street, Belchertown, Massachusetts 01007 until 2:00 pm, Thursday, September 17, 2026 at which time they shall be publicly opened. A bid security in the form of a bid bond, cash or certified check in the amount of five percent (5%) of the bid price must accompany the bid.

A contractor briefing is scheduled Friday August 28, 2026 at 10 am, beginning at the Belchertown Police Station, 70 State Street and following at the Senior Center, 60 State Street, Belchertown, MA 01007.

The Awarding Authority reserves the right to reject any or all bids, should it be deemed in the public interest to do so.

Steven J. Williams, Director
Town Administrator
08/20/2026

Notice of Planning Board Hearing Relative to Proposed Zoning By-law Amendments/Addition Pursuant to MGL c.40A, §5.

The Planning Board will hold a public hearing to discuss proposed amendments in the town's zoning by-laws.

The public hearing will be held **September 8, 2026 at 7:15 p.m.** in the Select Board Meeting Room, Lawrence Memorial Hall 2 Jabish Street, Belchertown. **Remote access:** https://meet.goto.com/173538941; **Phone:** +1 (408) 650-3123; **Access Code:** 173-538-941.

The subject matter to amend the zoning bylaw, Chapter 145 of the Code of the Town of Belchertown, by amending Chapter 145, Article V, §145-11, Schedule of Uses, to permit certain business uses in the Industrial zone as posted on the town's web site and on file with the Town Clerk and Planning Department.

The complete text relative to the proposed amendments are available for inspection during regular business hours at the Town Clerk's office and the Planning Board office and at mass publicnotices.org
08/20, 08/27/2026

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.

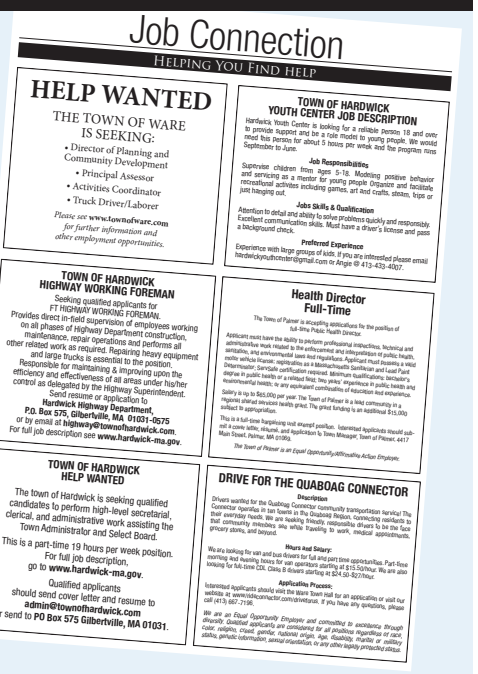
Job Connection

HELPING YOU FIND HELP

If you have job postings to fill, get them the exposure they need.

Join us in highlighting what positions you have available in our Job Connection!

Each week this available jobs section will run in your community newspapers.



5.25" x 4"
$150 for three papers
$40 for each additional paper

5.25" x 8"
$300 for three papers
$80 for each additional paper

10.75" x 8"
$600 for three papers
$160 for each additional paper

10.75" x 15.75"
$1,200 for three papers
$320 for each additional paper

Choice of any three papers Buy two weeks, get the third week FREE

Turley Publications, Inc.

12 Weekly Newspapers Serving The Local Communities
Agawam Advertiser News • Barre Gazette • Chicopee Register • Country Journal
The Journal Register • Quaboag Current • The Register • Sentinel
The Holyoke Sun • Town Reminder • Ware River News • The Wilbraham-Hampden Times
www.turley.com

Contact Paige at PLawor@turley.com or 413.283.8393

BUSINESS & SERVICE DIRECTORY

AUTO BODY

REECE AUTO BODY Complete Auto Body, Paint & Repair, auto glass, computerized paint matching, also routine car maintenance. Free estimates. Old Springfield Rd., Belchertown. 413-323-6664.

COMPUTERS

ALIX & SONS COMPUTER CENTER. PC/Macs, Laptops, Screen Repairs. New Computer Sales and Accessories, PC Diagnostic Repairs and Upgrades, On Site Work, Home or Office. 40 Daniel Shays Highway. 413-323-1122. John Alix, Owner.

GUNSMITH

SWIFT RIVER GUNWORKS Full service full time gunsmith. 40 Years experience. Located at 450 State St., Belchertown. 413-658-5690

HAIRDRESSER

COUNTRY STYLIST, 171 Federal St., Belchertown. 413-323-6012. Great cuts for men and women. A full service hair salon. Open Tue-Sat., evening hours available.

Let's Hear It for Our Best Local Businesses

INSURANCE

BELL & HUDSON INSURANCE AGENCY INC., 19 North Main St., Belchertown, MA 01007. Tel. 413-323-9611, 800-894-9591. Fax 413-323-6117. Home, auto, life, commercial, group health.

OUTDOOR POWER EQUIPMENT

BOYDEN & PERRON INC. Sales and service, Toro, Wheel Horse, Scag, Jonsered, Residential and Commercial. 41 South Whitney St., Amherst, since 1956. Call today. 253-7358.

ROOFING

ROBERTS ROOFS CO., INC. Trusted name since 1982. Commercial, industrial, residential. Specializing in shingles, slate copper work, historical restoration, flat roofing. Snow Removal. Fully licensed. Free estimates. 413-283-4395 www.robertsroofsinc.com

WELDING

AMHERST WELDING, INC. Snow plows, sanders, sales & service, hydraulic hoses & repairs, trailer hitches, trailer repairs, welding, fabrication, lawnmower repairs. 330 Harkness Rd., Amherst. 413-253-4867

TO ADVERTISE ON THE BUSINESS & SERVICE DIRECTORY PLEASE CALL 283-8393