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AGAWAM

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The Noble Train arrives

By Christina Gioscia
Correspondent

AGAWAM – On Saturday, Aug. 1 Agawam Historical Association hosted reenactors from Fort Ticonderoga who explained the history of Henry Knox's Noble Train of Artillery. This event was held at the Thomas Smith House; it was open to the public and free to attend. The Thomas Smith House itself was also open for people to view. The event featured live oxen with the reenactors from Fort Ticonderoga.

Owen Laurenzo, one of the reenactors from working with Fort Ticonderoga, provided some historical context to the event.

"The beginning of the American Revolution, you know, battles of Lexington and Concord, and the Patriot militiamen, they beat the British back to Boston," Laurenzo said. "The British are trapped on Boston. It's the siege of Boston. And George Washington, who has taken command of the newly kind of formed continental army, wants to break this siege. The city of Boston doesn't have any cannons. There's not a lot of gunpowder. So, he sends a young man by the name of Henry Knox. He was a bookseller. Washington gives him this job of going to Fort Ticonderoga,



Reenactor Owen Laurenzo with his two oxen, Knox and Gates.

TURLEY PHOTOS BY CHRISTINA GIOSCIA

which was a British fort. It was captured in May of 1775. And Henry Knox reaches there in December of 1775. The fort has upwards of one hundred cannons and he goes through it and picks 59 of them, he also takes some gunpowder. And he begins this march south from Fort Ticonderoga.

"They crossed Mohawk River, and then they get to Albany, and they have to cross the Hudson River. It's the middle of January, and there

is kind of this freak thaw, so all the snow is melting, it's super muddy. On March 5 these cannons are hauled up to the top of a hill overlooking Boston Harbor, Dorchester Heights. And from that position they can shoot the British ships. You know, the British Navy is the most powerful at the time. So being able to threaten these ships, the British general in Boston, William Howe, he packs up. The first major victory of the American Revolution is won.

Henry Knox used oxen. Mostly, he had 80 teams of oxen."

Laurenzo shared what he enjoys about bringing history to life through reenacting.

"I really like the opportunity to do this," he said. "I love reenacting. This is really fun to me. I also really enjoy, almost the challenge of taking, I raised these two from bottles. And I enjoy being able to take a pair of three-month-old calves who have

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Mayor represents town in Sunshine Village tourney

Brendan Roone
Correspondent

CHICOPEE/AGAWAM – Last week on August 5th, the Chicopee Country Club hosted the 37th annual Sunshine Village Invitational golf tournament, on a perfect and sunny Wednesday.

The fundraiser featured a full field of more than 144 golfers who took to the range and teed off for a great cause, comprised of local

officials such as Chicopee Mayor John Vieau and Agawam Mayor Chris Johnson, along with a plethora of sponsors.

Those who were in attendance for the early start were treated to a complimentary breakfast, along with a post-dinner celebration in the evening.

Offering insight into the importance of this fundrais-

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TURLEY PHOTOS BY BRENDAN ROONE

Chicopee Country Club Golf Director Mike O'Neill delivers remarks as current Sunshine Village President & CEO Michelle Theroux & Chairman of the Board of Directors Peter Benton look on.

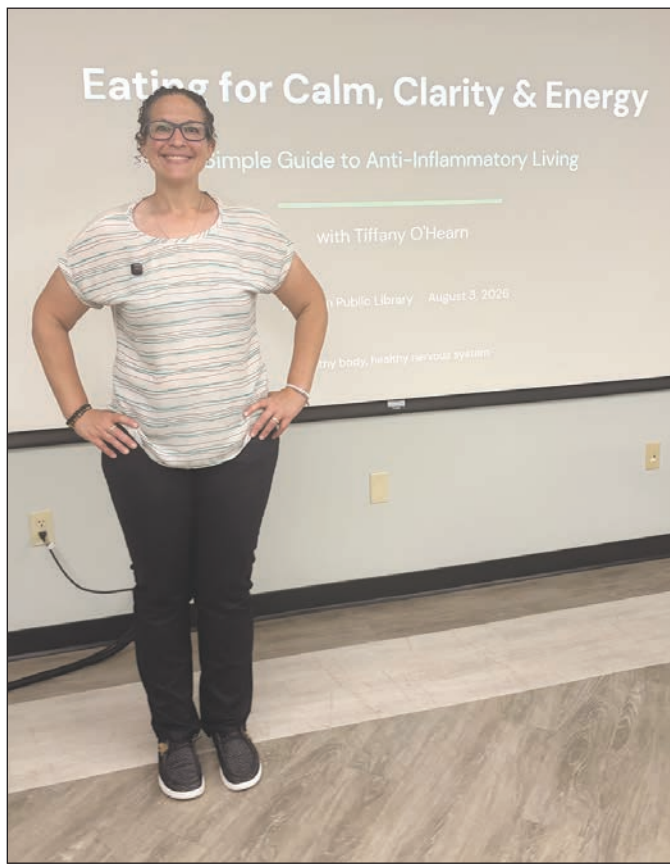
Tiffany O'Hearn educates residents on nutrition, offers tips on overall health

AGAWAM – On Monday, Aug. 3, Tiffany O'Hearn gave a presentation at Agawam Public Library on gut health, how to read nutrition labels, how gut health corresponds with the nervous system, and the levels of processed foods. O'Hearn, who used to be a comedian she shared, incorporated light-hearted jokes to deliver a smooth message to the audience about overall health.

O'Hearn shared what initially got her interested in looking into the food industry, nutrition, and overall health.

"My journey into nutrition began when my father was diagnosed with a stage 4 glioblastoma. In that moment I made a decision, if illness was going to find me, it wouldn't be because I was unaware. That experience sent me deep into understanding how food affects our minds and bodies," says O'Hearn.

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Tiffany O'Hearn at her presentation "Eating for Calm, Clarity and Energy," at Agawam Public Library.

TURLEY PHOTO BY CHRISTINA GIOSCIA

APL hosts Pioneer Valley Bonsai Society

By Christina Gioscia
Correspondent

AGAWAM - On Thursday August 6 Agawam Public Library hosted "The Beauty of the Bonsai with Pioneer Valley Bonsai Society." This program was presented by Pioneer Valley Bonsai Society President Doug Taylor and Vice President Joe Polaski. They covered everything from how to get into taking care of Bonsai trees, how they're created, some misconceptions, and how to join Pioneer Valley Bonsai Society. The presentation included Taylor demonstrating how the Bonsai are reotted.

After the presentation Polaski explained he got interested in Bonsai about seven years ago. Polaski enjoys being a part of Pioneer Valley Bonsai Society and helping new members get started out in the hobby of taking care of Bonsai.

"It's just fun to connect people to it. It's a great hobby, he said. "We just try to get people, I'm very happy when someone gets it and



TURLEY PHOTOS BY CHRISTINA GIOSCIA
A bonsai presentation was held at Agawam Public Library Aug. 6.

they take it and it kind of becomes their own thing. Because it's very upsetting for me when I talk to people who are so upset because they have trees that have died or they've had a bad experience. So, we try to help them avoid that. Everybody has their favorite species or what they want to work on. So that's typically what we will do, is help them go down the trail with that one

tree, and then you expand out."

Polaski explains Bonsai trees have become his escape and somewhat of a meditative hobby of his.

"I enjoy what I do. It can get overwhelmingly frustrating," Polaski said. "When I sit with one of these trees I just, I'm gone. I'm focusing on this. Everybody has some different sport where they're playing golf for some people. Not for me, I don't enjoy that. But this, I'm in my own world. I have my own bubble. And I'm happy to share it, but when I'm working on my trees, I'm working on my trees."

Doug Taylor, a bonsai enthusiast, shared his love for the art.

"I got into Bonsai in 1999, and I've been doing it religiously since then," Taylor said. "Even just going out early in the morning and watering all the trees is sort of very meditative and relaxing. And knowing that you're doing something good for the environment,

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SPORTS

Mount Carmel takes Men’s PVSSL title

By Tim Peterson
Sports Correspondent

LUDLOW—Anthony Bourget was an assistant boys’ soccer coach under longtime varsity coach John O’Keefe at Minnechaug Regional High School before stepping down at the end of last season.

Bourget was also the head coach of Villa FC, which captured the last two Pioneer Valley Summer Soccer League men’s championship titles. Villa FC changed sponsors before the start of the 2026 summer league season and are now known as Mount Carmel FC.

Mason Perham is one of the former Minnechaug soccer players listed on the Mount Carmel roster.

Perham scored a second half goal, which helped top-seeded Mount Carmel FC win the championship title once again with a crisp 2-0 win over second-seeded Rumbleseat before a large crowd at Lusitano Stadium in Ludlow on Friday, July 31.

“We’ve won the last two men’s championship titles with Villa, and this is our first one with Mount Carmel,” Bourget said. “Winning the championship game is something that we expect to do every year. It was a hard fought battle tonight. Rumbleseat played very well against us.”



Anthony Basile turns play around.
TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

Mount Carmel FC, who finished the PVSSL regular season with a 10-1-0 record, defeated fourth-seeded CF Ardor, 2-0, in the semifinals. Rumbleseat, who also lost to Mount Carmel during

the regular season, entered the playoffs with a 9-1-1 record. They advanced into the men’s finals for the first time in more than ten years

MOUNT CARMEL | page 8

Sport Shop grabs ladies title

By Tim Peterson
Sports Correspondent

LUDLOW—Since joining the prestigious Pioneer Valley Summer Soccer League in 2021, West Side Sports Shop has claimed the women’s championship title five times.

West Side Sports Shop entered this year’s playoffs as the fourth seed. They posted a 2-0 shutout victory over second-seeded W. Mass Xtremes in the women’s finals held at historic Lusitano Stadium in Ludlow last Friday night.

“We might be the fourth seed, but we played very well in the playoffs,” said West Side Sports Shop head coach Chris Andre. “We lost to the Xtremes twice during the regular season.”

The only year that West Side Sports Shop didn’t take home the championship trophy was in 2024. They beat top seeded Here for Beer in the finals a year ago.

“We’ve set a high standard here,” Andre added. “A number of these players have been playing for me since our first year in this league. We also add a couple of new players each year. The players get along with each other very well and we always have a lot of fun.”

West Side Sports Shop, who finished the 2026 reg-



Kaela Mochak heads up the field.
TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

ular season with a 7-4-0 record, defeated the fifth-seeded Lusitano Women, 5-1, in the quarterfinals. Just like they did a year ago, they beat top seeded Here for Beer, 3-2, in the semi-

nals. West Side Sports also won the regular season match-up Here for Beer. “Here For Beer is a very talented soccer team,” An-

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Agawam youth basketball finishes up summer season

WILBRAHAM – The Spec Pond Summer Basketball League held playoff last week, utilizing a few sites in addition to the courts at

Spec Pond. Agawam, a 5-6 team, were involved in a matchup held in Belcher-town at Chestnut Hill Community School.

Top Row Left: Hazel Atkin eyes the hoop.

Top Tow Right: Ava Lottermoser heads down the court under pressure from an opponent.

Bottom Row Left: Aria DeCaro tries to get around a guard.

Bottom Row Middle: Maisyn Carr holds the ball back after making a rebound.

Bottom Row Right: Ainsley McDonald heads for the hoop.

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