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NEW LOOK**
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Adults learn hygge practices at the library

By Emily-Rose Pappas
Staff Writer
epappas@turley.com

BELCHERTOWN – As the sun’s arc across the sky grows longer every day, the cold weather still persists, and after Punxsutawney Phil’s shadow was seen last weekend, brings the horrible news that there will be six more weeks of winter.

But, the Clapp Memorial Library, through the passion of Teen Services Coordinator Ruthie Sterling, held a special talk for adults to learn more about the Danish self-care practice of hygge.

Hygge, pronounced “hoo-guh,” is the art of taking care of yourself, especially during the colder months where the Danish emphasis the idea of mindfulness, especially for those especially susceptible to seasonal depression.

“Hygge is for everyone, and



The gathered friends who got together with their favorite mugs to learn more about the art of self-care.

TURLEY PHOTO BY EMILY-ROSE PAPPAS

Please see **HYGGE**, page 7

HERO Act gets new tax annuities

By Emily-Rose Pappas
Staff Writer
epappas@turley.com

BELCHERTOWN – The HERO Act was put in place by Governor Healey in early August of 2024, and has since made strides in helping the heroes who come home from war.

The HERO Act, or an act that is Honoring, Empowering, and Recognizing Our Services Members and Veterans, is designed to boost the support for thousands of veterans across the state in the U.S. military, estimated to be about 30,000 people.

Now, Veterans Services Officers across the state are

working hard to ensure that those who need it are aware of the benefits that they can obtain through the HERO Act.

“Two of the biggest changes that we as VSOs have been asking for - for at least the last decade - have been acknowledged and we are so

Please see **HERO**, page 7

Quaboag Hills chamber hosted Baystate CEO at breakfast

By Paula Ouimette
pouimette@turley.com

BELCHERTOWN – Last Tuesday morning, the Quaboag Hills Chamber of Commerce hosted its Chamber Breakfast at Christopher Heights of Belchertown, with guest speaker Peter Banko, president and CEO of Baystate Health.

Chamber CEO James Przypek opened the event by acknowledging and thanking the event’s presenting sponsor, Superior Plus Propane, and underwriters Country Bank, J. Stolar Insurance Agency, Monson Savings Bank, Behavioral Health Network, Christopher Heights of Belchertown and Westfield Bank.



TURLEY PHOTO BY PAULA OUIMETTE
Baystate Health President and CEO Peter Banko was the guest speaker at the Quaboag Hills Chamber of Commerce’s breakfast held at Christopher Heights of Belchertown on Jan. 28.

“We’re very much impacted by the closure of that facility.”

– State Rep. Todd Smola

Przypek also welcomed state Rep. Todd Smola to speak at the breakfast, sharing an update about the climate of state and local government, and the importance of having access to healthcare and how the closure of Mary Lane Hospital in Ware has affected the region.

“We’re very much impacted by the closure of that facility,” Smola said.

Smola also spoke about

the importance of the Quaboag Hills Chamber of Commerce and its support of local businesses.

“The chamber is strong,” Smola said, crediting Przypek for the chamber’s continued growth.

Przypek then welcomed Banko, who recently pledged to identify a space in Ware to house a Convenient Care facility, staffed with up to three physicians.

“We think about healthcare a lot,” Przypek said, referencing staff shortages, the COVID-19 pandemic, rising prescription

Please see **BREAKFAST**, page 7

Local artist on display at CML



SUBMITTED PHOTO
Valentina Pavlyuk and library director Cyndi Harberson welcoming guests to the reception.

By Emily-Rose Pappas
Staff Writer
epappas@turley.com

BELCHERTOWN – Art is one of the best ways to express oneself, the many colors, textures, and shapes telling a story from the artist themselves.

Local artist Valentina Pavlyuk had a special reception at the Clapp Memorial Library last week for a special reception with her artwork on display.

The night was full of laughter and smiles and delicious food as people got to ask Pavlyuk questions, including The Woolies group that meets at the library at the same time.

While not going to art school formerly, her artistic talent truly bloomed through all of the different paintings of nature and flowers with beautiful colors throughout.

“It began when COVID hit, and we were in lockdown. I had some leftover paint from my kids projects, and old paintings that I primed over to create new

Please see **ARTIST**, page 4

All About Town

BELCHERTOWN



Get to know your town employees: **Jessica Langlois**

BELCHERTOWN – As part of a new addition to the papers, we are looking to add in features of our town employees to recognize and thank them for their hard work and dedication.

These town employees are what help keep our communities running, providing resources, help, information, fun events, organization, and more for us to enjoy.

Here is an interview with the Belchertown Senior Center’s Director, Jessica Langlois.

What is your favorite thing about the town?

“My favorite part of the town is the unwavering dedication of all the Town’s employees to its residents. Within the Senior Center, residents from Belchertown and surrounding towns engage and enjoy each other’s company while receiving support from staff whether that be friendly conversation or essential services.”

What do you do in your position?

“As the Belchertown Council on Aging (BCOA) Senior Center’s Executive Director, I manage one of the largest departments within the town where I oversee 23 employees and over 40 volunteers. I am responsible for accurately reporting attendance of programming and participation in services to both the town and Access Care Partners (formally WestMass ElderCare), our Area Agency on Aging. Grant writing and reporting are required to support our Nutrition and Medical Transportation Programs. I support numerous other town departments and their objectives by participating in committees addressing climate change, emergency preparedness and more. I also sit on the Greater Springfield Senior Services Board of Directors.”

Describe an average day at



TURLEY PHOTO BY EMILY-ROSE PAPPAS

Jess Langlois, the one who helps keep the Belchertown Senior Center running.

the office?

“Each day differs based on the week of the month. Work at the BCOA such as Grant reporting, tracking participation, and the general management of the building and staff is outweighed most often by the requests and needs of those in attendance of the Center. As a working Director, there isn’t a day I don’t move furniture, help with a program, attend a meeting or assist a resident with anything from refilling the water cooler to a fall or fraud. It is a mixed bag every day!”

Tell me a bit about you. Are you a resident? What’s your education?

“My husband, John and I live in West Springfield, and we have a wonderful son, Sam and two dogs Sawyer and Maverick. I enjoy spending time reading, attending Thunderbirds hockey games with friends and family game night. I attended AIC where I received both my bachelor’s & master’s degrees in criminal justice. Before coming to Belchertown Senior Center as the Executive Director, I worked in Protective Services within Greater Springfield Senior

Services and then as the Director of the Granby Senior Center.”

What other departments or committees/boards do you work closely with?

“Currently, I participate in all of the following: MVP 2.0 addressing climate change through the Conservation Department, Hazard Mitigation Committee addressing emergency management through the Fire Department, the Council on Aging Advisory Board, the Belchertown Senior Citizen’s Center Association, the Greater Springfield Senior Services Board of Directors, Belchertown Age & Dementia Friendly Committee, Access Care Partners, Finance and Town Department Head meetings as requested.”

What is the most fulfilling part of your job?

“What is most fulfilling about what gets done at the Center is seeing someone brave enough to come in and immerse themselves in to activities or programs. It takes a lot of bravery to try something new and it feels amazing when someone takes that leap of faith and finds that not only are they welcome here but find a place to call their own.”

What inspired you to take on the position?

“This position was a natural progression in my career. It’s always exciting to take on more responsibility and move outside your comfort zone. Belchertown’s Senior Center is not only a larger building with more opportunities for programming, but the community is larger as well which allows for us to support that many more people with recreation, education and essential services.”

Where is your office located? What are your office hours?

“My office is in the Senior Center of the building located at 60 State St. My door is always open 8 – 4 Monday through Friday unless I’m in a meeting or out of the office.”

What is the history of your department? What makes it unique from others?

“The BCOA is a hidden gem within the town. Built in 1999, its current location boasts two buildings with a connecting corridor which serves as its library. There is no fee to join, and it is an independent drop in Center. Residents 60 and over may participate in games, educational programming, social groups and classes, recreation like billiards or exercise on new equipment or in exercise classes. Homemade meals are made on site daily and simply require that a reservation be made the day before in order to attend. Older adults are also supported at home through the Social Services and Outreach team as well as the Meals on Wheels program. Often times, residents don’t access all of the opportunities we offer because they “don’t need it yet”, but we would challenge those who think that to stop in and see that needing services isn’t all we do. Enjoying a meal with new friends, sharing laughs during a movie or learning how to be savvy with finances or fraud can all be great ways to age well.”

What do you want the community to know about your position?

“While I am responsible for the running of this Department within the town which includes an incredible amount of meetings, data entry, accounting and reporting, I’m always here to listen to those who are looking for assistance, have suggestions or are looking to support the Center through fundraising or volunteering. Although we have to

Please see **LANGLOIS**, page 3



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All About Town



GRANBY

Get to know your town employees: Natalie Archambault

GRANBY – As part of a new addition to the papers, we are looking to add in features of our town employees to recognize and thank them for their hard work and dedication.

These town employees are what help keep our communities running, providing resources, help, information, fun events, organization, and more for us to enjoy.

Here is an interview with the Granby Senior Center's Director, Natalie Archambault.

What is your favorite thing about the town?

"I love the rural community as a kid. The Town of Granby has certainly grown since then."

What do you do in your position?

"Day to finance, design the monthly newsletter, and event calendar. I also coordinate residents' needs with existing COA services."

Describe an average day at the office?

"Work on the budget, adding or improving events for the town residents."

Tell me a bit about you. Are you a resident? What's your education?

"I have been a Granby resident since before elementary school. I have gone through the Granby school system and graduated from Granby High. I have raised my family here and I still reside in town."

What other departments or committees/boards do you work closely with?



Natalie Archambault, the one who helps keep the Granby Senior Center running.

TURLEY PHOTO BY EMILY-ROSE PAPPAS

Where is your office located? What are your office hours?
"I have monthly meetings with the COA Board."

What is the most fulfilling part of your job?
"I love getting different activities for the residents in town. If you ask for a certain activity, I will work hard to provide it."

What inspired you to take on the position?
"I have this desire to help people. It is a great opportunity for me to do this in my own community."

Where is your office located? What are your office hours?
"Granby COA is located at 10 West State Street, Granby from 9 am-3pm."

What is the history of your department? What makes it unique from others?
"Granby COA is unique because it is small, and we get to know our residence. I get to help people who helped me grow in this town."

What do you want the community to know about your position?
"When it comes down to it, it's your COA, and I'm the middleman to help with what you need."

If you, or someone else you know, as a town employee would like to take part in the Get to Know Your Town Employee series, please contact Emily-Rose Pappas at epappas@turley.com.

Book donations needed

BELCHERTOWN—The Friends of Clapp Memorial are now accepting donations for their upcoming spring book sale. They are looking for donations of books in good condition, DVDs,

CDs, and records. They are not accepting encyclopedias, or VRC tapes (they can be donated to Goodwill). Donations may be left downstairs at the library during regular library hours.

LANGLOIS from page 2

work within budget limitations and Nutrition regulations and guidelines, we do everything we can to offer as much as possible for our older adults. We pride ourselves on being welcoming and helpful, and I thank the

entire BCOA team for that."

If you, or someone else you know, as a town employee would like to take part in the Get to Know Your Town Employee series, please contact Emily-Rose Pappas at epappas@turley.com.

Nonprofit offers \$1,000 scholarship to two high school seniors

BELCHERTOWN / GRANBY – Local charitable organization Nick's Waves of Change is holding a special scholarship program of \$1,000 towards college for two students.

Nick's Waves of Change was created for Nicholas R. Boileau who passed away from acute myeloid leukemia in 2021, and in his memory, the organization strives to create "waves of change" throughout the community.

One student from Nick's alma mater, Belchertown High School, and one to another high school senior in Western Massachusetts that matches the qualifications will receive the scholarship.

The application can be found on their website, www.nickswavesofchange.org under the "Scholarship Opportunities" tab, as well as requirements for the grant award. Applications are due to be completed by April 17, 2025.

Kindergarten registration starting now

BELCHERTOWN— If you are a resident of Belchertown with a child who will be 5 years of age on or before Sept. 1, 2025, you are encouraged to complete a Kindergarten registration packet for the upcoming 2025-2026 school year. Please contact Christina Aponte via email: caponte@belchertownps.org or by phone at 413-323-0423 Ext. 100 for additional information.

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Sikes, Miller to wed in 2026



SUBMITTED PHOTO

Liane Sikes and Keith Miller are engaged and planning a January 2026 wedding.

GRANBY—Lynn Sikes, and the late Andrew Sikes, are pleased to announce the engagement of their daughter,

Liane Sikes to Keith Miller, son of Robert and Marlane Miller of Granby. Liane graduated from

Belchertown High School and Bentley University and is a Real Estate Agent with Lock and Key Realty. Keith graduated

From Granby High School and is a Heavy Truck and Equipment Mechanic with W.F. Sullivan Metals and Trucking.

A January 2026 wedding is being planned.

Belchertown announces board and committee vacancies

BELCHERTOWN— The Belchertown Select Board is looking for citizens interested in sharing their expertise by serving on a Town Board/Committee. If you have time and are interested in getting involved in your Town's activities, please submit a letter of interest to: Select Board, The Finnerty House, One South Main Street, P.O. Box 670, Belchertown, MA 01007 or by email to selectboard@belchertown.org (unless otherwise indicated below). You may also submit a volunteer form on our website: <https://www.belchertown.org/374/Volunteer>

All vacancies are posted until filled.

The Town wishes to fill the following vacancies:

Agricultural Commission: The Town wishes to fill an associate member seat on the Agricultural Commission. This commission promotes agricultural-based economic opportunities; preserves, revitalizes and sustains the Belchertown agricultural industries, and encourages the pursuit of

agriculture as a career opportunity and lifestyle.

Animal Control Advisory Board: The Town wishes to fill one (1) vacancy on the Animal Control Advisory Board. This board has the authority to conduct hearings as allowed in the Town's by-laws and pose reasonable conditions as deemed appropriate. The ideal applicants may be a dog breeder, a dog trainer, a veterinarian, non-pet owner from the community, a medical professional specializing in emergency medicine, animal enthusiast or caregiver, pet owner and/or interested residents.

Belchertown Family Center Committee: The Belchertown Family Center Committee is seeking passionate, service-minded individuals to fill one (1) active voting member positions. This committee is charged with oversight of the Belchertown Family Center and its support programming for families, and is

Please see **VACANCIES**, page 5

BCTV Schedule

Thursday, Feb. 6

- 8 a.m.- Select Board – Feb. 3
- 10 a.m.- School committee- Feb. 4
- noon- Agriculture committee- Feb. 5
- 6:30 p.m.- Finance/select board/school committee- Ch. 191

Friday, Feb. 7

- 8 a.m.- Finance/select board/school committee- Feb. 6
- 5 p.m.- Finance/select board/school committee- Feb. 6
- 7 p.m.- Select board- Feb. 3
- 9 p.m.- School committee- Feb. 4

Saturday, Feb. 8

- 8 a.m.- Clapp- Becoming Darlene
- 9:30 a.m.-Memories of Belchertown-LaBroad/Gould
- 11 a.m.- Arcpoint/B'town police- polar plunge
- 5 p.m.- Agriculture committee- Feb. 5
- 7 p.m.- Clapp- Aida O'Brien concert

Sunday, Feb. 9

- 4:30 p.m.- St. Francis Roman Catholic Church
- 6 p.m.- Christ Community Church
- 7 p.m.- Hope United Methodist Church
- 8:30 p.m.- Finance/select board/school committee- Feb. 6

Monday, Feb. 10

- Noon- Branding Belchertown Project Comm- Ch 191
- 7 p.m. Conservation comm.- channel 192

Tuesday, Feb. 11

- 1 p.m.- Branding Belchertown Project Comm- Ch 191
- 7 p.m.- Planning Board- Channel 191



Pavlyuk (center) with her friends and family who came to support her.

ARTIST from page 1

canvas," said Pavlyuk.

The library is full of her beautiful artworks to admire while checking out books and more.

"When I create, it relaxes me. I can forget about everything; it is my anti-stressor," said Pavlyuk. "In the summer my garden inspires my art, I use colors that I see in my flowers."

Pavlyuk also finds inspiration from other artists, including Karen Hale, Katie Jobling, Richard Musgrave-Evens, and Slava Korolenkov, as well as learning new techniques on YouTube, Pinterest, and Instagram.

Her paintings are made with bright colors, and gold leaf foil to add shining details to the pieces.

"Out of all the art mediums, I use acrylic paint most of the time because it dries fast. For my texture projects I prefer to use patching compound, white glue, or plaster of Paris," said Pavlyuk.

"With these mediums I utilize many different tools including brushes, spatulas, different lengths of grass, plastic bags and even yarn. But my favorite is a silicone catalyst paintbrush."

Anca Holden, a very dear friend and unwavering supporter of Valentina, fell in love with her art at first sight, immediately wanting to see her art be supported and shown to everyone.

"I've known her for several years now," said Holden, reflecting on seeing Pavlyuk's paintings which she saw



Anca Holden (left), Cyndi Harbeson (center), and Valentina Pavlyuk (right) with Pavlyuk's beautiful art.

for the first time at a dentist's office. "I love flowers, and it was something about that day and I just never forgot. It hit me in a certain way."

"Anca's support means so much to me. She noticed my paintings at my job and convinced me to show them to others. She still continues to encourage me when I'm too shy," said Pavlyuk.

Holden encouraged Pavlyuk to put her art on display, sharing how beautiful it was, and the opportunity came at the Clapp Memorial Library to have her art on display, working closely with library director Cyndi Harbeson.

"For me it's really important as one of my core beliefs to encourage people, but also to network people to have them grow," said Holden.

"[I want to] paint pictures and show them to others, let people enjoy them as you do," said Pavlyuk.

The night featured just that, with people stopping to admire her artwork, and the many different colors used to capture the fine details of nature and more.

"I like the colors and the combination of colors that she has," said Holden. "The way she does colors, whether she does nature or abstract, the colors are my favorite. They're intriguing. They make me pause and reflect and not just walk by."

"My favorite thing about being an artist is the process. Meaning that when I start a painting with one idea, it can turn into a whole new piece. It shows that plans can always change but doesn't mean they won't be beautiful," said Pavlyuk.

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This group will be held in zoom, is educational, confidential, and free.

Please contact **Pat James 413-726-8661.**

GRANBY

Town of Granby Clerk reminders

GRANBY— Census information: A note of thanks to all the residents who responded to the 2025 Annual Town Census.

Second notices will be mailed out to those who have not responded starting in February. If you have not mailed in your census please do so, and if you did not receive a census form, please call the town clerk's office.

A reminder to all registered voters, General Laws of Massachusetts mandate that failure to respond to this mailing shall result in the removal from the Active voting list and may result in removal from the voter registration rolls.

Please take the time to answer this important mail, your cooperation is appreciated.

Dog Licenses: Don't Forget to License Your Dog (Bylaws of the Town of Granby CH XIV).

The cost is \$6 for spayed, neutered, Senior dogs (over 10 years), and puppies, all others are \$15. To avoid a \$25 late charge fee dogs should be licensed by May 1st.

To license your dog by mail please include a copy of the rabies vaccination or call the clerks office for verification, a self-addressed envelope with Two Stamps, a check made payable to the Town of Granby, and mail to Town Clerk, 215 B West State Street Granby, MA

To Note: For those residents who licensed their dogs through the Annual Town Census this mailing is still being processed, if you have not received your tag, you should receive it no later than March 31.

Friends put together library scholarship program

GRANBY – The Friends of the Granby Free Public Library is hosting a special scholarship program for high school students that are making their way towards higher education.

The awards are given to students who have demonstrated academic achievement and community service through volunteer work at the library, and eligible students are required to be high school seniors graduating this spring and with- er reside in Granby or attend the

Nomination Papers Available

Any person interested in seeking elected office in Granby must take out nomination papers from the Town Clerk no later than March 27 to be placed on the May 19 ballot. Papers will be available for issuance starting on Jan. 27.

Candidates must collect signatures of 40 or more registered voters and return the nomination papers to the Town Clerk's office by Monday, March 31, 2025.

Office Vacancies for Town Election, May 19, 2025

- Select Board: One for Three Years
- Board of Assessors: One for Three Years
- Board of Health: One for Three Years
- Town Clerk: One for Three Years
- Planning Board: One for Five Years
- School Committee: One for Three Years
- School Committee - Unexpired Term: One for Two Years
- School Committee – Unexpired Term: One for One Year
- Commissioner of Burial Grounds - One for Three Years
- Library Trustees: Three for Three Years

Town Hall public hours are Monday-Thurs, 9 a.m. to 3 p.m. and Fridays 9 a.m. to noon.

The Town Clerks office is located at 215 B West State St, If you have any questions please call Kathy Kelly-Regan at 467-7178.

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- Town Clerk: One for Three Years
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- School Committee: One for Three Years
- School Committee-Unexpired Term: One for Two Years
- School Committee-Unexpired Term: One for One Year
- Commissioner of Burial Grounds: One for Three Years
- Library Trustees: Three for Three Years

Calendar of dates for the Annual Town Meeting and Election:

Thursday, March 27 - Last day to obtain town nomination papers

Monday, March 31- Last day to file town nomination papers with Board of Registrars for certification

Friday, March 28 – Last day to file with Town Administrator for a Private Article for the May 12, Annual Town Meeting.

For a private warrant article to appear on the Annual Town Meeting warrant, a petitioner must acquire ten (10) signatures of registered voters in the town.

Monday, April 14: Last day the Board of Registrars file town nomination papers with the Town Clerk

Wednesday, April 16: Last day to withdrawal or object town nomination papers

Friday, May 2: Last day to register to vote for the Annual Town Meeting & Annual Town Election

Monday, May 12: Annual Town Meeting

Monday, May 19: Annual Town Election

Town Hall public hours are Monday-Thursday-9 a.m. to 3 p.m. and Fridays 9 a.m. to noon.

VACANCIES from page 4

actively working to create a breadth of resources for our community.

Community Preservation Committee: The Town wishes to fill one (1) at-large seat on the CP Committee. The CP Committee studies the community presentation needs, possibilities and resources of the Town.

Council on Aging: The Town wishes to fill one vacancy on the Council on Aging. Members of the Council on Aging coordinate programs and services for the elderly population and oversee the Belchertown Senior Center.

Energy and Sustainability Committee: The Town wishes to fill a full member vacancy on the Energy and Sustainability Committee. Its purpose is to develop and recommend sound energy and sustainability programs and policies for the Town. Energy relates to the fuel choices we make for buildings, vehicles, and industry. Sustainability means meeting our own needs without compromising the ability of future genera-

tions to meet their own needs. Visit their webpage at www.belchertown.org.

Historic District By-Law Commission: The Town wishes to fill (1) full member Real Estate seat on the Historic District By-Law Commission. The Commission has regulatory control over new construction, reconstruction, alterations, movements, and demolition of all exterior architectural features of buildings and structures within the Historic District which are visible from any public street, public way, or public park.

Pioneer Valley Transit Authority Advisory Board: The Town is seeking an individual to represent and serve as a Liaison to the Town of Belchertown on the PVTa Advisory Board. Interested individuals should have the time and desire to attend respective meetings in Springfield and periodically review the PVTa's services to the Town and its contiguous communities.

Quaboag Valley Business Assistance Corporation / Quaboag Valley Community Development

Corporation (QVDC) Board Member: The Town is seeking an individual to represent and serve as a Liaison to the Town of Belchertown on the QVBAC to bring the concerns of Belchertown's residents and small business community forward to ensure that the services provided by the QVBAC/QVDC are in line with the town's needs. The board member also helps disseminate information from the QVBAC board to Belchertown's residents and small business community, especially when there is a particular program or initiative they'd benefit from. While no business acumen is required, an interest in and or connections with Belchertown's small business community would be advantageous. Enthusiasm for Belchertown, and the ability to determine and communicate the interests of its residents are the most important qualifications. For more information about the Quaboag Valley Community Development Corporation and the Quaboag Valley Business Assistance Corporation, please visit www.qvdc.org.

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OPINION



Reader asks about Social Security benefits for someone with multiple ex-spouses

Dear Rusty:

If a financially well-off individual had multiple ex-spouses, could it happen that the multiple ex-spouses could each be collecting Social Security based on their own financial situation as compared to their rich ex-spouses?

Thus, multiple payouts by SS? Just curious, because there are probably many people in this situation as a result of the ever-increasing number of people involved in multiple marriages that each lasted more than ten years.

Signed: Curious Ex-Spouse

Dear Curious Ex-Spouse:

A former spouse can only collect one SS benefit either their own SS retirement amount, or an amount as an ex-spouse if the marriage lasted 10 years or more. And it is possible for multiple ex-spouses of a marriage to the same person to qualify for benefits from those unions, if each marriage lasted at least 10 years. But each ex-spouse can only qualify for one benefit payment either their own earned SS benefit, or their benefit as an ex-spouse.

In other words, someone with two or more ex-spouses might have their ex's collecting full benefits on their record, provided that each marriage lasted at least 10 years. But an ex-spouse can only get one benefit—their own SS retirement amount or an ex-spouse amount, whichever is higher.

It's possible, also, that an ex-spouse can collect benefits from a former spouse at the same time as a current spouse is also collecting spouse benefits on the same record. And there is no detriment to either's amount because multiple spouses or ex-spouses are collecting on a one person's SS record (Social Security is, after all, a means for spouses, or ex-spouses, to avoid poverty). However, an ex-spouse's own SS retirement benefit from their personal lifetime work record must be less than any ex-spouse benefit they are entitled to from a former spouse. Essentially, if the "10-years-married" rule is satisfied, ex-spouses are subject to the same benefit rules as a current spouse.

You are correct that we see some cases like this these days, but each eligible ex-spouse can only get one benefit and their ex-spouse benefit is always offset by any personal SS retirement benefit the ex-spouse may also be entitled to on their own lifetime work record.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

TURLEY ELECTION POLICY

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.



'Spring' into action with these tasks

The groundhog determined we would have six more weeks of winter. Is that really a surprise to anyone?

I mean, as I write, it is only Feb. 2. But we gardeners are an impatient lot, and we so want to get our hands back into the soft earth.

There are many tasks, albeit those that are behind the scenes, that can be done now, so that when warmer weather does arrive, we can "spring" into action.

Take inventory

Last month I talked a lot about prepping for indoor seed starting, first by taking inventory of our seeds and then gathering the necessary supplies that go along with that task. But what about our outdoor ventures?

I have been busy shopping around for new IRT mulch, greenhouse supplies and amendments. How are you set on lime, grass seed, and fertilizers?

Plan to take advantage of preseason sales by knowing what you need ahead of time. Also, assess the condition of your tools. Is your rototiller working its best? Mine needs to be serviced.

By taking it to the repairman now, I'll beat the spring rush and avoid having to turn the garden over by hand! The same goes for lawn mower blades. Have these sharpened yearly for the healthiest possible turf.

Practice good garden hygiene

Regularly inspect summer bulbs that have been stored away for the winter. Throw away any that are rotten or moldy.

If you find a lot of these, consider moving what is left to a drier location. On the other hand, dahlia tubers will shrivel when conditions get too dry, mist

them with clean water to rehydrate.

It is also a good idea to take a close look at vegetables in storage. Squash with signs of rot can be cooked and the flesh frozen for later use. Sprouts that appear on potatoes should be rubbed off and used before they soften.

Experiment with onions that have sprouted by planting them outside once the ground thaws. This vegetable is a biennial and will produce seed during its second season.

If the sprouts come from an heirloom or open pollinated variety, save a few seeds come July and start them this time next year! In the seedling stage, onions thrive on ample nitrogen to develop thick tops that will feed what we hope are big bulbs.

Perform appropriate garden chores

I am usually negligent in cutting down asparagus foliage in the fall. Weather permitting I will get out there and cut it back to its base soon, then haul off the branches to prevent any bugs that overwintered there from infesting this year's spears.

It is also time to prune blueberries, apples and grapes. Pruning can vary depending on the age and health of your specimens. If you are not experienced at it, consult any number of good books on the subject before you head outdoors with your pruning shears and loppers.

Do make sure your tools are sharp, and if there is any hint of disease, be sure to disinfect in between cuts or at least in between specimens. If any of your fruit trees have old fruit, called "mummies" hanging from the branches, be sure to get rid of them for fear of overwintering pests.

Hang tight

Winter will be gone soon enough. Come out of hibernation and accomplish preseason gardening tasks now, before the spring rush but also remember that this is a season of rest and taking care of yourself is a good thing too.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 33 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.

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What are your thoughts on issues in town? Voice your view!

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Email it to sentinel@turley.com. Include your hometown and a phone number at which we can reach you for confirmation.

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HYGEE from page 1

if what you are doing recharges you, then its hygge,” said Sterling.

The idea of hygge is open for introverts, extroverts, and those in between, and can include anything that makes you happy, from quiet crafting, watching movies, baking or cooking, reading, or going on hikes, or tours through museums.

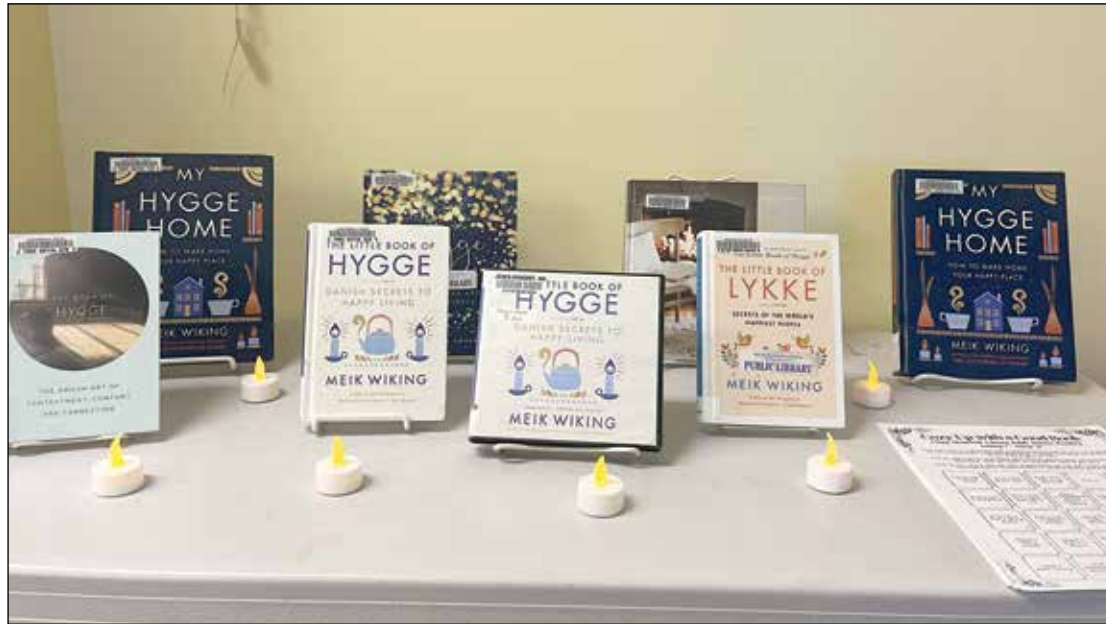
There are five basic tenants of hygge, and they have to do with atmosphere and lighting, pleasure and comfort, gratitude, “togetherness,” and harmony and peace in your shelter.

“When making your hygge space, lighting is something to take inter consideration,” said Sterling. “It gives you a chance to make your space coy.”

The lighting you choose in a space has different effects on you. For example, blue light that comes from screens on electronics make you feel more awake, while soft candlelight and natural light makes you feel more at ease.

Pleasure and comfort is the easiest, and is whatever brings you comfort or joy, and it should be included in your space, specific to you and your interests.

Embracing gratitude is one of the biggest parts of hygge, and just practicing being thankful for what you have is a perfect way to keep your mind on the positives during hard times.



TURLEY PHOTO BY EMILY-ROSE PAPPAS

The many books and audiobooks the library has for you to learn more about the hyggelig life.

Because anything can be considered hygge, it is important to keep in mind some important pointers about food and drinks, where the vast majority of Danes say that warm beverages are the most “hyggelig,” “hoo-guh-lee.”

Hyggelig drinks and food are such because of the way their tastes, temperatures, and more reflect the ways that they may bring more comfort.

Drinks like tea and hot cocoa are warm and sweet, and foods that are your favorite, whether sweet or salty, are perfect to

create the most hyggelig of feelings.

Dressing warmly can be another hyggelig activity and provide a fun way to get excited for outdoor activities in the snow. Another way clothing can be considered a hygge activity is in the fine art of changing around your wardrobe for the new seasons.

A Hygge, pronounced “hoo-guh-crow,” is the space that you’re making comfortable for yourself. The space would contain your favorite activities, from video gaming to reading,

or a spot to sit and find some quiet and away from screens.

The hyggelig life is not something that needs to be an expensive endeavor, as what you already have at home, or can find for less money like thrifting and going to second-hand shops can help you find items to make your hygge yours.

“Embrace what brings you joy. The overarching sense of happiness, contentment, and peace is the goal,” said Sterling.

HERO from page 1

excited,” said Charly Oliva, Belchertown’s Veterans Services Coordinator.

Just at the end of 2024, Governor Healey signed in a new benefit expansion to the Act, which includes an increase from \$2,000 to \$2,500 for the disabled veteran annuity, as well as \$2,500 tax credits for small businesses hiring veterans.

“The annuity increase and

excise tax changes are also extremely welcomed changes, every dollar kept in our Veteran families’ pockets helps keep them in our communities, able to afford their homes and necessities,” said Oliva.

The HERO Act is an important act that shows veterans that we are here to take care of them, especially those who are now disabled and the increase in tax annuities for them has already made a positive impact.

“Mental health services are now included as well as the prevention of the COLA cliff for Chapter 115 recipients. These are important changes and do, in fact, improve the quality of life for our clients,” said Oliva.

“The buyback program time increase is something I can utilize myself. When I started as a VSO I was young and looking to retirement planning was not on my radar. I just needed to make sure I could pay my bills. This

allows me to adjust my planning and access that benefit again,” said Oliva.

The HERO Act also provides Behavioral Health Treatments, reimbursing veterans to outpatient behavioral health providers, as well as increasing the Vet-Hire tax credits for small businesses, which has now been increased by \$500.

There is also an Active Duty Buyback Program for veterans in public service, as well as

increasing Local Flexibility for Veterans Property Tax exemptions, protection to access to Sales Tax Exemption, increases support for military-connected students, creates a Military Family Advocacy Program, and more.

“I try to stay out of the politics side of it, but these benefits no matter what your politics are are extremely important for our veterans,” said Oliva.

BREAKFAST from page 1

costs and hospital closures. “It’s a statewide and national condition.”

Banko, who is the fourth CEO for Baystate Health and the first to be hired from the outside, spoke about Baystate Health’s role as an academic medical center and its affiliation with the UMass Chen Medical School. He said Baystate Health also invests about \$50 million in research.

“We’ve got a lot of great physicians,” Banko said, adding that Baystate Health provides a “community safety net” through behavioral health services and more.

“If you can’t get it at Baystate, you’re likely going to Boston,” he said.

Banko spoke about some of the changes that have occurred at Baystate Health since he took over its leadership in June of 2024, including the decision to keep its not-for-profit health insurer Health New England, after its \$165 million sale to Point32Health was announced in February of 2024.

Bank said Baystate Health is planning to invest in Health New England.

“The intent is to grow it,” Banko said of Health New England.

Banko noted the “intense pride and loyalty” found within Baystate Health, but how it has faced many challenges including financial strains and meeting the needs of an aging and declining population.

“Massachusetts is a tough state to operate in,” he said. “We’ve had our financial challenges here over the last three years.”

Banko said the 65+ community is growing, and more so the 75+ and 85+, all of which presents unique challenges to healthcare.

“The older you get, the more likely you are to have a chronic condition,” he said.

Banko touched on some of the areas where Baystate Health needs to improve, including increasing outpatient services and keeping current with the digital age of healthcare.

Baystate Health has also embarked on a financial journey, which Banko said is “causing us to make a lot of tough decisions.”

He said this includes selling assets, such as Baystate Health’s laboratory to Labcorp in 2024, and the now reversed decision to sell Health New England.

Banko said Baystate Health is looking at fixing its financial situation to the tune of \$225-250 million over the next few

years, adding that two-thirds of its expenses are its staffing. He said part of the plan is to look at corporate overhead.

The closure of Mary Lane Hospital in Ware was “an unfortunate situation,” Banko said, with about 30% of small hospitals at risk of closing nationwide.

“We’ve been working since August or September to try and get healthcare back [in Ware],” Banko said.

Banko said while Baystate Health is looking at possible sites in Ware, there may also be some opportunity to do something with the Wetherby building on the Mary Lane Hospital campus.

“The primary focus is we’re looking for a site that doesn’t take a lot of work to get in,” he said.

Opposition to Baystate Health’s presence in town from the Friends of Mary Lane Hospital has resulted in a cease and desist being served to that organization’s leadership, Banko said.

“We should be working together,” he said.

Banko said Baystate Health has work to do within its hospitals and clinics, with strategic planning ongoing since this past October.

“Access is out biggest oppor-

tunity,” Banko said. “Access and coordinating care. We’ve got access issues...there aren’t enough providers.”

Banko talked about the wait time to see a provider, including an average of eight months for a primary care physician, nine months for a dermatologist and one year for a procedure such as a colonoscopy.

Because of these waits, Baystate Health is losing a lot of commercial insurance patients to medical facilities in Boston.

“We need to make sure you don’t have to leave the community to get care,” he said.

Banko also addressed Baystate Medical Center’s “D” rating from The Leapfrog Group.

“We want to be a great place for our physicians and staff to work,” he said.

Banko said Baystate Health is also focusing on growing its specialty care, including oncology, cardiovascular care, neurosciences, orthopedics and rehabilitation. This includes moving many of these specialties from Baystate Medical Center back to the community hospitals.

“The intent is, we’ve got capacity at Wing [hospital] that we need to be utilizing,” he said.

Banko also talked about improving ties with local school districts to train students for

Friday fish fry starts Feb. 28

BELCHERTOWN—The Swift River Sportsman’s Club at 350 Cold Spring Road in Belchertown is pleased to announce that their infamous Friday Fish Fry is returning on Fridays, starting Feb. 28 and running through April 18, 2025. Prices range from \$14 for fish and chips to \$18 for a fish, shrimp and chip combo. Clam Chowder will also be available! Come out and enjoy one of the best fish dinners in the area with generous portions.

For more information, please call the club at 413-323-9387.

Granby Public Library events

GRANBY— February is Library Lover’s Month

The Friends of the Granby Public Library are holding a Library Lover’s Basket raffle that includes library merchandise such as a library mug, tee shirt, canvas tote bag and of course some chocolate. Raffle tickets are \$2 each or 3 for \$5.

Check out our selection of crocheted Valentine’s Day Gnomes. This is a great calorie-free Valentine gift for just \$5. All proceeds benefit the Friends of the Granby Library and library programming.

■ PUBLIC SAFETY

Belchertown Police Log

Editor's note: The following are brief explanations of select entries in the Belchertown Police log and arrests for the weeks of Jan. 21 through Jan. 27. The information was provided by a member of the police department based on the review of the detailed log summary. This feature is designed to provide context and explain some calls police respond to daily. Of the calls police responded to, there were 15 incidents, seven accidents, one arrests/summons and 58 citations.

ARRESTS/SUMMONS

Tuesday, Jan. 21

1:35 p.m. – A 25-year-old Boston man was issued a summons for operating with a suspended license and speeding. An officer performing traffic enforcement with radar on Franklin Street saw a vehicle going 50 mph then 55 mph in a 35-mph zone. The officer stopped the vehicle and upon a license check, the officer found the operator had a suspended license. An operator who was a passenger of the vehicle took custody of it.

Monday, Jan. 27

8:38 p.m. – A 32-year-old Granby man was issued a summons for an unregistered motor vehicle and unlicensed operation. While an officer was on patrol, they ran a check on a registration plate which came back as expired and nonrenewable. The officer also checked on the license check of the license came back not active license. the vehicle was towed from the scene.

INCIDENTS/ACCIDENTS

Tuesday, Jan. 22

4:37 p.m. – An officer did a wellbeing check on a resident. The officer assisted the fire department. The person was located and provided medical care.

Wednesday, Jan. 23

12:24 a.m. – An officer responded to an accident George Hannum Road. A vehicle going east on George Hannum Road was speeding. The operator lost control of the vehicle which skid off the road. The vehicle went into a ditch. The vehicle was towed from the scene. No injuries were reported.

8:34 a.m. – An officer responded to accident on State Street. Two vehicles traveling west on State Street when one vehicle slowed to stop. The second vehicle skidded on ice after applying their breaks. The vehicle rear ended the one

stopped. One vehicle was towed, and no injuries were reported.

6:58 p.m. – Officers responded to assist Belchertown Fire and paramedics.

10:52 p.m. – Officers responded to assist Belchertown Fire and paramedics.

Thursday, Jan. 23

11:28 a.m. – An officer responded to an accident on State Street. A vehicle parked with an attached trailer parked at a gas station. Another vehicle pulled in and struck the right rear of the trailer. No injuries were reported, and no vehicles were towed.

11:53 a.m. – An officer responded to an accident on Sargent Street. A vehicle traveling on Sargeant Street when a deer ran into the road. The vehicle struck the deer on the front passenger side. No tow was needed, and no injuries were reported.

6:13 p.m. – An officer on patrol noticed a vehicle parked at a business with a broken window. Upon further investigation two other vehicles had damage to their windows. The other owners were alerted. The matter is under investigation.

Saturday, Jan. 24

2:45 p.m. – An officer responded to an accident on North Liberty Street. An operator a vehicle looked at their GPS and the vehicle went off the road. The vehicle struck a utility pole. Belchertown Fire and paramedics responded to the scene. The vehicle was towed, and no injuries were reported.

Monday, Jan. 27

9:15 a.m. – An officer responded to an accident on North Main Street. A vehicle traveling north on Main Street was struck by another vehicle that was exiting a business. No injuries were reported, and one vehicle was towed.

1:34 p.m. – An officer got a call from a person who was actively breaking into vehicles one of the caller's cars appeared

to be starting the car approached by another person on scene and said their car was gone through and there was a jacket left behind.

Granby Police Log

Editor's Note: The Granby Police Department responded to 107 calls from Jan. 24 through Jan. 30. Those arrested are presumed innocent until proven guilty in a court of law. The Granby Police Department provides all the information.

Friday, Jan. 24

4:01 p.m. – A motorist reported a minor two-car accident. There were no injuries.

Sunday, Jan. 26

8:35 a.m. – A resident reported that their car was gone through, and their wallet was taken.

10:37 a.m. – A caller reported that their car was unlocked and someone when through it overnight. Only loose change was taken.

Monday, Jan. 27

8:40 a.m. – A motorist reported a two-car accident. Granby Police and Fire responded. One operator was transported to the hospital with non-life-threatening injuries.

11:50 a.m. – A resident reported that their vehicle was broken into Saturday night and a jump pack was taken. His neighbor reportedly had their vehicle broken into as well.

12:58 p.m. – A resident came to the station to say someone got their EBT card number and used it in Pennsylvania.

Thursday, Jan. 30

4:48 p.m. – Owner of business reported that an employee attached a plate and took a vehicle from the property.

COLLEGE NEWS

Endicott College dean's list students

BEVERLY— Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its fall 2024 dean's list students.

The following students have been named to the dean's list:

Amherst: Amelia Beigel, Ilana Beigel, Mark Beigel, Isabella Dowd, Stacey Dowd and Kevin Dowd.

Belchertown: Christina Martidis.

Granby: Alyson Barsalou, Tammy Barsalou, Gregg Barsalou, Madyson Gaj, Heather Gaj, Peter Gaj, Marissa Laprade, Mary Laprade and Daniel Laprade.

Quinnipiac University dean's list Fall 2024 semester Quinnipiac University

Hamden, CT— The following area students were named to the dean's list for the fall 2024 semester at Quinnipiac University:

Belchertown: Kiernan Corish Sarah Cormier, Sarah Fink.

Hadley: Alyvia Bailey, Stephen Kotfila and Jordan LaBrecque.

VTSU fall 2024 dean's list honors

RANDOLPH CENTER, VT— Vermont State University is proud to recognize Brodee Fournier of Belchertown, for earning dean's list honors for the fall 2024 semester.

Dean's list designation is reserved for students who maintain full-time status and a semester grade point average of 3.5 or higher.

Please see **COLLEGE NEWS**, page 10



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BUSINESS

Dynamic Do's celebrates 30 years in business

By Emily-Rose Pappas
Staff Writer
epappas@turley.com

BELCHERTOWN – Getting your hair done at a local spot is always more fun and allows you to not only leave feeling refreshed and better, but also happy to be supporting a local business.

Dynamic Do's opened here in Belchertown for thirty years on February 14 and has been a staple at the center of town providing all sorts of hair care from colors, perms, and cuts, as well as eyebrow and facial waxing.

Annemarie Deich, the owner of Dynamic Do's, has been a hairdresser for the last forty years, and took her experience working elsewhere and from what she learned from Wilford Academy in Hartford, CT, opened up her own space.

"Nobody would cut my hair the way I wanted it," said Deich, and so she decided to do it herself, taking her desire into a new business, and being able to practice with all the freedom she wanted.

"It's different every day—everyone's got something different, and you don't get bored," said Deich. "I like what I do, and I want to keep doing it."

The hair salon sees an average of about twelve to fifteen clients a day, and is open Monday through Saturday from 8 a.m. to 7 p.m., and Saturday from 8 a.m. to 3 p.m.

The logo for the business was designed by a local artist in town, Bigbear Wood Working and Plasma Art.

"I'm going to tell you the truth about hair styles," said Deich. "I want to make sure I am talking to the person about what they want and be honest if I can do it. I'd rather the customer be happy."

The different hair types and colors out there may make certain hairstyles more difficult to attain depending on these factors, like color changes, which may take several sessions to complete.

"I like to do hair and try to talk to people and try to give them what they want and hope



Get ready to get your hair done and leave feeling great.

they're satisfied when they leave," said Deich.

"I can't believe we're at thirty years. It's a great milestone," said Deich. "We're still thriving, and we have local customers, even through COVID, keeping us afloat."

"It's a friendly environment, and we're small because we like to keep it intimate and close. We want people to feel close and welcome here," said Jonathon Deich, Annemarie's husband and trusty "maintenance man".

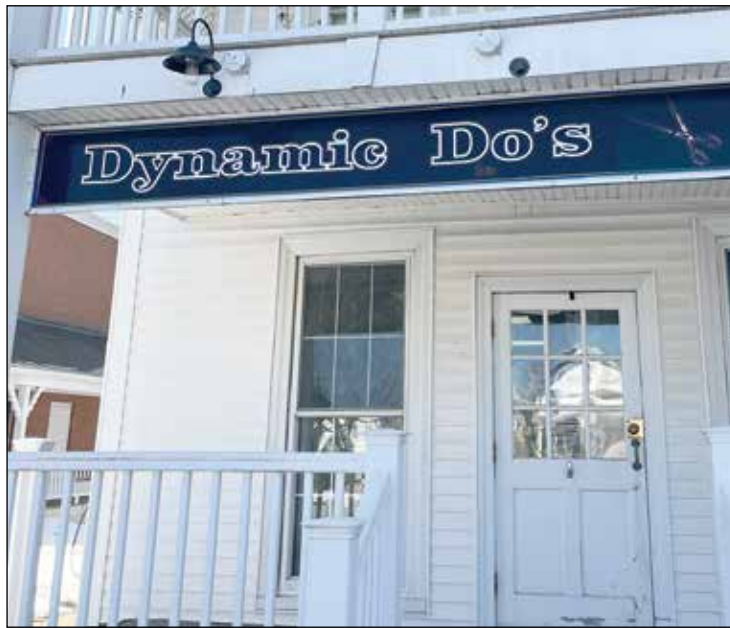
The hair salon has a lot of customers that have been coming to get their hair done since the salon first opened, and it is known for having candy and toys for kids, and more to make everyone who comes in feel at home.

"There's a lot of hair places in town, and there's no bad-mouthing. I tell people about the others if they need something new or that I can't give them," said Deich.

TURLEY PHOTOS BY EMILY-ROSE PAPPAS



Annemarie Deich at her hair station at Dynamic Do's Hair Salon.



TURLEY PHOTOS BY EMILY-ROSE PAPPAS

The place to go to get your hair done at 11 Main Street.

"Embrace your passion, because that will truly get you through it," said Jonathon.

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OBITUARY

DEATH NOTICE
Dr. Gerald LaVerne Paist
Died Jan. 24, 2025
Services are private
Neill Funeral Home
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 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.

Dr. Gerald LaVerne Paist

Dr. Gerald LaVerne Paist ("Gerry") passed away peacefully at Harrisburg Hospital on January 24, 2025. He was a resident of Country Meadows Mechanicsburg since April 2024.



Born in Williamsport, PA, Gerry was the son of Thomas Holland Paist, Jr. and Ethel Ann (Hubbell) Paist. He grew up in Willow Grove, PA and attended the Upper Moreland School District, where he graduated Valedictorian of the class of 1957.

Gerry was very active in Scouting and attained the rank of Eagle Scout. During his senior year, Gerry was selected to tour Europe with the World Friendship Organization. While there, he visited 18 European countries and received the Queen's Scout Badge, the highest award in English Scouting.

Following high school graduation, Gerry earned a B.S. in Mathematics from Lafayette College and Masters and Doctoral Degrees in Educational Administration from Harvard University.

After teaching Mathematics at Stoneham and Framingham School Districts, Gerry served as Assistant Dean of Westfield University in Massachusetts.

He then became the Superintendent/Director of Pathfinder Regional Vocational Technical High School, where he served for 47 years. Currently he is the longest running School Superintendent in the United States.

Gerry will be remembered lovingly by his sister, Susan Hubbell Whyte (Howard) of Carlisle, niece, Kimberly Eshbach Barger (Chad) of Mechanicsburg and grand nephews, Alec Barger and Chase Barger. Burial will be private at West Laurel Hill Cemetery in Bala Cynwyd, PA.

The family would like to thank Country Meadows Mechanicsburg and UPMC Harrisburg for the excellent care given to Gerry. Also, the family would like to express their gratitude to Greg Salois, Eric Duda, Jim Jyz, Dan Whaley, Scott Moynihan, Mark Moynihan and Tim Moriarty for their ongoing support and friendship.

Memorial donations can be sent to: Pathfinder Vocational Technical High School, 240 Sykes Street, Palmer, MA 01069.

Services will be private and at the convenience of the family.

Granby Lions Club Valentine Dance, Feb. 8

GRANBY—The Granby Lions Club will be having a "Valentine Dance" from 6:30 – 9:30 p.m. on Saturday, Feb. 8 at the Granby American Legion Hall on Pleasant St. in Granby. Tickets are limited and are available from any Granby Lion or at the Legion bar. The cost is \$10 and will feature The James Germano Band as well as a cash bar.

Granby Lions Club announces 'Groundhog Fuel Assistance Fund' 2025

GRANBY—Once again this winter heating season, the Granby Lions Club has established an Emergency Fuel Assistance Fund for Granby residents. This fund, titled the "Groundhog Fund," will enable residents of Granby to obtain needed assistance for fuel to help them through the next six weeks of winter.

The Lions Club Groundhog Fund will begin helping residents on Feb. 2 and will continue until March 16.

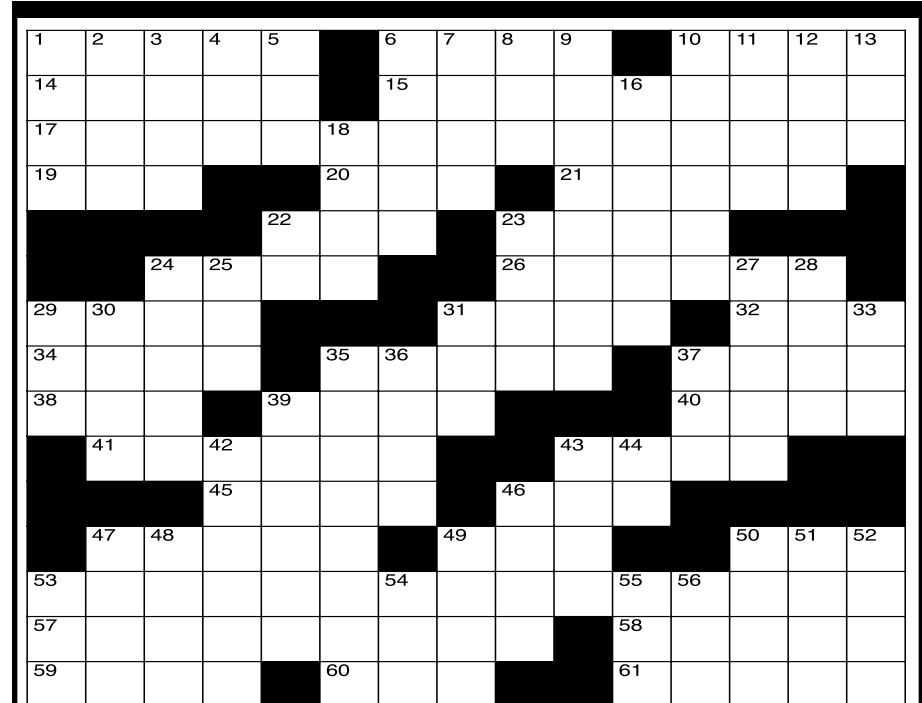
Residents who would like to apply for needed assistance are asked to complete an application and these applications are available in the Senior Center/Council of Aging Office at 10 West State St. in Granby from 9 a.m. – 3 p.m. Monday through Friday.

The Granby Lions Club appreciates the continuing support that the community of Granby gives to their projects and activities.

COLLEGE NEWS

from page 8

DORSEY MEMORIALS
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- CLUES ACROSS
1. "The Las Vegas of the East"
6. Cook
10. Manning and Wallach are two
14. Chameleon
15. A way to fill up
17. What MLBers hope to play in
19. Unhappy
20. Indefinite period of time
21. Excites
22. Males
23. Mongol leader
24. Turfs
26. Soda comes in them
29. Not nice
31. Professional organization
32. Part of a play
34. Sea eagle
35. Emily Blunt's character in "Sicario"
37. Beige
38. Mental sharpness
39. Valley
40. Alcione's husband
41. A place to gamble
43. Flightless Australian birds
45. Call out somebody's name over a P.A. system
46. US spy group
47. Pancakes from buckwheat flour
49. Swiss river
50. Disfigure
53. Have surgery
57. Formal withdrawal
58. Early English council
59. Square measures
60. 2,000 lbs.
61. Siskel and __, critics
CLUES DOWN
1. Mouths
2. Buffalo
3. You plug it in
4. Each
5. Largest English dictionary (abbr.)
6. King of Thebes
7. English name meaning "mythical hunter"
8. Indicates near
9. More herbaceous
10. Gas-powered cars need one
11. Dishonest individual
12. Systems, doctrines, theories
13. The woman
16. The whole of one's holdings
18. Witnesses
22. Doctor
23. Paul __, Swiss painter
24. Kids look for him on December 24
25. Single
27. Competitions
28. Predict the future
29. Cage for trained hawks
30. Musician Clapton
31. Frozen water
33. Semiformal men's evening attire
35. Most worn
36. Common soap ingredient
37. Former EU monetary unit
39. Provisions
42. Book parts
43. Republic of Ireland
44. Partner to "Pa"
46. Sammy __, songwriter
47. Dutch colonist
48. Clare Booth __, American writer
49. Solar disk in Egyptian mythology
50. Minute arachnid
51. From a distance
52. Monthly apartment cost
53. Young women's association
54. Tourist destination
55. "Woman" in Ojibwe language
56. Pointed end of a pen

WPI fall 2024 dean's list

WORCESTER— A total of 2,393 undergraduate students at Worcester Polytechnic Institute (WPI) were named to the university's fall 2024 dean's list.

The following students were named to the dean's list for fall 2024:

Peter Elias of Belchertown, class of 2027, majoring in Aerospace Engineering.

Jensen Gilbert of Belchertown, class of 2027, majoring in Aerospace Engineering.

Megan Gilman of Belchertown, class of 2025, majoring in Computer Science.

Benjamin Haugsjaahabink of Amherst, class of 2027, majoring in Mechanical Engineering.

William Hill of Belchertown, class of 2027, majoring in Management Engineering.

Jackson Lingo of Amherst, class of 2026, majoring in Management Engineering.

Delaney MacPhetres of Amherst, class of 2026, majoring in Business.

Diyath Navaratne of Belchertown, class of 2028, majoring in Computer Science and Data Science.

Olivia Vogel of Belchertown, class of 2025, majoring in Biomedical Engineering and Mechanical Engineering.

Springfield College dean's list 2024 fall

SPRINGFIELD— Springfield College recognizes dean's list students for the 2024 fall semester.

Jacob Benson from Granby, to the dean's list for academic excellence for the 2024 fall semester. Benson has a primary major of Psychology.

Amy Braese from Belchertown, to the dean's list for academic excellence for the 2024 fall semester. Braese has a primary major of Health Science.

Emalee Chaisson from Belchertown, to the dean's list for academic excellence for the 2024 fall semester. Chaisson has a primary major of Health Science / Pre-OT.

Ciara Charest from Granby, to the dean's list for academic excellence for the 2024 fall semester. Charest has a primary major of Psychology.

Cedar Conrad from Amherst, to the dean's list for academic excellence for the 2024 fall semester. Conrad has a primary major of Health Science.

Annabel Culbreth-Loomis from Pelham, to the dean's list for academic excellence for the 2024 fall semester. Culbreth-Loomis has a primary major of Business Management.

Matthew Quinney from Belchertown, to the dean's list for academic excellence for the 2024 fall semester. Quinney has a primary major of Sports Biology.

Ava Shea from Belchertown, to the dean's list for academic excellence for the 2024 fall semester. Shea has a primary major of Health Science / Pre-PT.

Madeline Shea from Amherst, to the dean's list for academic excellence for the 2024 fall semester. Shea has a primary major of Social Work.

University of Rhode Island fall 2024 dean's list

KINGSTON, RI— The University of Rhode Island is pleased to announce that several area students have been named to its fall 2024 dean's list. Among them are:

- Olivia Corbin of Belchertown
Armando Feldman of Amherst
Chris Misiaszek of Granby
Aida Name of Belchertown
Kamryn Tellier of Belchertown
Mackenzie Thomas of Belchertown
Tommy Vinagre of Belchertown
Alexa Wiesel of Granby

Klotz named to Muhlenberg College Dean's List

ALLENTOWN, PA—A graduate of Amherst-Pelham Regional High School, Nora Klotz of Pelham, MA, has been named to the fall 2024 Dean's List while studying Theatre and Dance at Muhlenberg College.

To be eligible for the Dean's List, Muhlenberg College students must earn a GPA of 3.5 or better while taking three or more course units during a semester.



SPORTS

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'Frustrating' loss for Lions to Lunenburg

By Tim Peterson
Sports Correspondent

WEST SPRINGFIELD—Very frustrating.

That's probably the best way to describe the Ludlow Lions, 5-3, non-conference loss to the Lunenburg Blue Knights at the Olympia Ice Center in West Springfield, last Saturday.

"We outshot them, and we outshot them in today's game, but we just made too many mistakes," said longtime Ludlow hockey coach Paul Rivest. "This is a very frustrating loss. If the players aren't frustrated, they probably shouldn't be playing for this hockey team."

The Lions outshot the Blue Knights, 29-25.

Following last Saturday's setback, the Lions had a 5-5-4 overall record. They were ranked 32nd in the MIAA Division 3 power rankings, which were released last Friday.

"Our record really should be something like 13-1, but we're now 5-5-4," Rivest added. "There has only been a couple of games that we probably should've lost so far this season."

The top 32 teams in each division will automatically qualify for the state tournament. The other Division 3 teams that finish the regular season with a .500 or better record will also qualify for the state tournament.

The Lions, who are members of the Berry Division, are also trying to earn a berth in the Western Mass. Class A tournament. They'll need to finish the regular season as one of the top four teams in the Berry Division



Owen Kumiega vies for a loose puck.



Goalie Donald Rogers attempts to make a save.

standings to achieve that goal. Entering this week's action, the Lions were tied for fifth place in the conference standings with East Longmeadow, who they were scheduled to face for the second time on Tuesday night. The Lions lost the first matchup between the two squads by a goal.

Ludlow is also scheduled to play two other Berry Division games this week against West Springfield at 8:40 pm on Thursday night and Greenfield on Saturday afternoon (4:30pm), which will be their annual senior day.

The seven Ludlow seniors, who'll be honored in a ceremony prior to the start of Saturday's match against

Please see **HOCKEY**, page 13



Nick Deroin looks to clear the puck.



Tannar Severyn takes a faceoff.

TURLEY PHOTOS BY GREGORY A. SCIBELLI



Orioles fall at home to Tigers

BELCHERTOWN – Last Monday night, Belchertown girls basketball was defeated by South Hadley 53-37. In the loss, Chloe LaRoche led Belchertown with 14 points. The Orioles are now 9-6 on the season. They have qualified for the state tournament.

Chloe LaRoche makes her way down the court.

Aubrey McCain takes a shot on the hoop.



Morghhan Litz goes in for the layup.



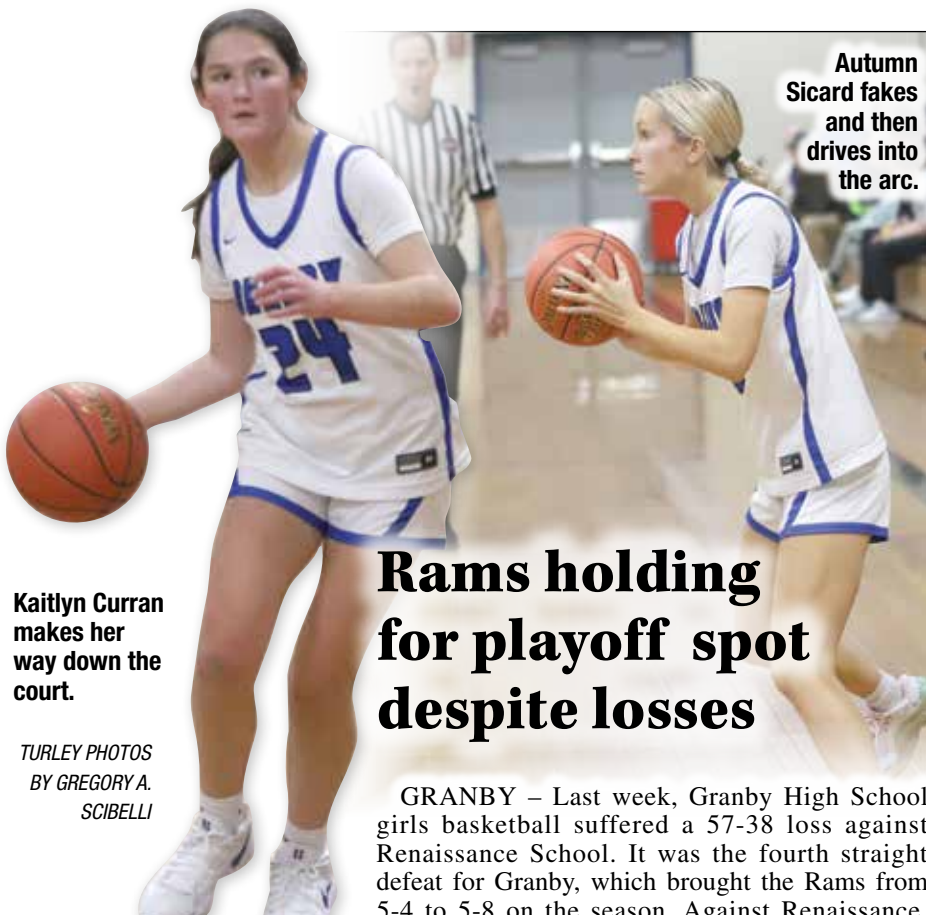
Aubrey Klingensmith seeks the layup.



Avery Cooper sizes up a shot.

TURLEY PHOTOS BY DAVID HENRY
WWW.SWEETDOGPHOTOS.COM

SPORTS



Autumn Sicard fakes and then drives into the arc.

Kaitlyn Curran makes her way down the court.

TURLEY PHOTOS BY GREGORY A. SCIBELLI

Rams holding for playoff spot despite losses

GRANBY – Last week, Granby High School girls basketball suffered a 57-38 loss against Renaissance School. It was the fourth straight defeat for Granby, which brought the Rams from 5-4 to 5-8 on the season. Against Renaissance, Kalli White was a bright spot with 20 points while Autumn Sicard turned in eight points. Despite the 5-8 record, the Rams are currently holding on to the No. 19 spot in the Division 5 state power rankings. Granby will next face Ludlow on Feb. 6 at 7 p.m.



Kalli White reaches out for a layup.



Brenna Moreno attempts to take hold of the loose ball.

T-Birds get huge weekend sweep

DES MOINES, IA — The Springfield Thunderbirds (21-17-2-2) got points from 14 of their 18 skaters in a 7-2 drubbing of the Iowa Wild (14-26-2-1) on Saturday night inside Wells Fargo Arena.

The T-Birds wasted little time jumping in front for a second straight night, as Simon Robertsson and Hugh McGing capped a 2-on-0 with McGing cashing in on a one-timer past Jesper Wallstedt just 1:22 into action. Otto Stenberg also picked up an assist as all three players on the line broke point droughts of three or four games.

Sam Bitten, playing in the building his brother Will called home for three seasons, joined the fun at 5:47 with a perfect bar-down wrister from the right circle to push the lead to 2-0 off setups from Samuel Johannesson and Leo Loof. Johannesson has now registered a point in five of his last six games.

Vadim Zherenko drew the starting assignment in net and held his own with 16 stops in the opening period. Johannesson provided a helping hand after Zherenko made a mini-breakaway save on Hunter Haight, and the young blueliner successfully kept Mikey Milne from

cashing in on a rebound to keep the score deadlocked.

Iowa finally would break through on its 16th shot of the period as Travis Boyd crashed the far post to tap home a 2-on-1 pass from Matthew Sop to get the Wild deficit down to 2-1 heading into the first intermission.

There were more parallels from Friday's game early in the second period, as McGing unleashed a perfect shot under the crossbar at 2:23, beating Wallstedt for his second of the evening and restoring the two-goal lead, 3-1.

Iowa put together their best push of the night over the next five minutes, culminating in a tally by Luke Toporowski to cut the margin back to a single goal, 3-2, at 7:26.

Just as it appeared the Wild would change the tide of the game, the T-Birds had other plans as Nikita Alexandrov drove the net front from the right circle and beat Wallstedt to the near post to make it 4-2 just 17 seconds after the Toporowski goal.

The Springfield attack poured it on from

Please see **T-BIRDS**, page 13

Outstanding regular season continues to Pathfinder girls basketball

PALMER – The Pathfinder Regional girls basketball picked up two more wins, defeating Smith Academy and Gateway Regional on Jan. 23 and 27, respectively. The road trip continues for the Pioneers, but their road will eventually lead to the state tournament as Pathfinder has

reached 11 wins on the season against just two losses. Pathfinder's win over Gateway was a great defensive effort. The Pioneers held Gateway Regional to just 10 points. Coming up, the Pioneers will face Hampden Charter School on Feb. 6 at 6:30 p.m.



Taylor Allen gets ready to attempt a three-pointer.



Desiree Croteau starts a play for the Pioneers.



Greenly Lagimoniere makes a pass toward the corner.



Megan Clark enters the paint.

TURLEY PHOTOS BY GREGORY A. SCIBELLI

Baldwin adds schedule for tri-track series

Ryan Preece Racing announced today that Luke Baldwin will compete in the full Monaco Modified Tri-Track Series schedule during the 2025 season. Baldwin will drive the No. 40 for Preece in eight of the 10 events and will pilot the No. 7NY for Tommy Baldwin Racing in the other two races, allowing him to compete for the championship.

The Monaco Modified Tri-Track Series 10-race schedule includes events at seven different tracks in four different states in the New England region. The schedule is the largest in the history of the series, founded in 2014.

"The competition level on the Monaco Modified Tri-Track Series continues to grow," Ryan Preece, NASCAR Cup Series driver for RFK Racing, said. "The series has a great payout for asphalt modified racing and with the jump to 10 races, they have established a strong schedule that we

want to support. Luke has continuously shown his ability to win races and we're all excited to be behind him in this effort in 2025."

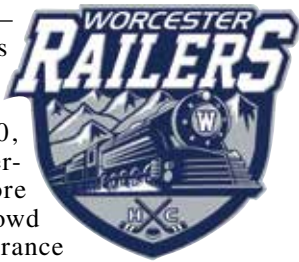
Luke is ready for the challenge. "Being able to head up north a few extra times this year, it's going to be awesome," Luke Baldwin said. "Tri-Track is rapidly growing and it has some of the strongest competition in modified racing, so it will be tough. Working with the whole Preece family will be special - our relationship has been strong for years."

The season-opener will take place at Thompson Speedway Motorsports Park on Saturday, March 29 as part of their Icebreaker weekend. The series will continue with a second event at Thompson on May 14, followed by Thunder Road (May 24), White Mountain (June 7), Seekonk Speedway

Please see **RACING**, page 13

Railers score win over Mariners

PORTLAND, ME – The Worcester Railers HC (18-19-2-4 42pts) took down the Maine Mariners (16-23-3-0, 35pts), on Sunday afternoon by the final score of 5-2 in front of a crowd of 4,421 at Cross Insurance Arena. The Railers are back on the ice next at the DCU Center taking on the Atlanta Gladiators on Wednesday, February 5th at 7:05 p.m. EST.



Worcester scored first Sunday afternoon when Matt Ustaski (1-0-1) scored 5:23 into the first. Maine answered back with a goal of their own from Wyllum Deveaux (1-1-2) to tie the score at 1-1 heading into the second. Connor Welsh (1-0-1) was the second period's lone scorer giving the Railers the 2-1 lead. Maine tied it early in the second period with a goal from Lynden McCallum (1-0-1), but shortly after the Railers grabbed the lead right back when Cole Donhauser (1-1-2) scored a shorthanded goal to give the Railers the 3-2 lead. The Railers finished the third period by scoring two more goals, the first scored by Mark Cheremeta (1-0-1) 15:52 into the third, and the second an empty net goal from Matias Rajaniemi (1-0-1) giving the Railers the 5-2 victory.

The scoring got started by the Railers 5:23 into the first when Matt Ustaski (2nd) found the back of the net off a pass from Jordan Kaplan. Maine tied the score at 1-1 just under ten minutes later off the stick

Please see **RAILERS**, page 15

T-BIRDS from page 12

there. Michael Buchinger announced his presence at 8:49, jumping into a play as a trailer before snapping a wristed past Wallstedt to make it 5-2 off a cross-ice setup from Matthew Peca.

Another potential momentum shift came at 13:39 of the second when Dylan Peterson barreled in on net, taking a shot on Wallstedt before colliding with the Iowa netminder. Peterson was given a five-minute charging major, setting the stage for the Wild power play to try to climb back into the game. Wallstedt was forced to leave the game as Samuel Hlavaj came on in relief.

Instead of the moment sparking the home team, the T-Birds only further added to their lead when Peca intercepted a pass in the neutral zone, skated into the zone on the right wing, and snapped another perfect shot upstairs past Hlavaj for his team-leading 16th goal, making it a 6-2 game heading into the third.

The Wild had no answers for Zherenko in the third, despite Iowa throwing 16 pucks on the T-Birds net and 50 total by the night's conclusion. The third-year goalie finished with a season-high 48 stops to earn the win, and Alek Kaskimaki capped off the offensive onslaught with his second goal in two nights at 17:12 of the third to round out the scoring.

Dalibor Dvorsky will be in action on Sunday and Monday at the AHL All-Star Classic presented by Spotlight 29 Casino in Palm Springs, California. The rookie star will first participate in the AHL All-Star Skills Competition presented by Silvercrest on Sunday, Feb. 2 (9:00 p.m. ET). Then, on Monday, Feb. 3, Dvorsky and the Atlantic Division will look to take home the 3-on-3 crown in the 2025 AHL All-Star Challenge presented by Spotlight 29 Casino at 9:00 p.m. ET. Both events can be seen on NHL Network and AHLTV powered by FloHockey.

Springfield next takes to the ice on Friday, Feb. 7 to begin a home-and-home set against the Providence Bruins at Amica Mutual Pavilion.



Ryan Goodwin emerges with possession of the puck.



Jack Mandeville competes with an opponent for the puck.

HOCKEY from page 11

the Green Wave, are Nick Staeb, Kevin Lynch, Charlie Fijal, Ryan Goodwin, Michael Rubin, Jack Mandeville, and Owen Kumiega.

A minute into the opening period of last Saturday's contest, Fijal was sent to the penalty box following a hit-from-behind.

Not only did the Lions kill the five-minute major penalty, but they took a 1-0 lead when junior Tannar Severyrn scored a short-handed goal with 43 seconds remaining in the Blue Knights power-play.

"One of our best players received a five-minute major on the first shift of the game," Rivest said. "We scored a goal on it, and we should've dominated the game after that, but we didn't."

The Lions had only scored five first period goals in their first 13 matches of the regular season.

Junior Sean Kefalas, who assisted on the Lions short-handed goal, gave his team a 2-0 lead when his

shot crossed the goal-line after deflecting off Lunenburg sophomore goalie Tyler Cyr (22 saves) for an unassisted goal with 4:47 remaining in the opening period.

At the other end of the ice, Ludlow junior goalie Donald Rogers (24 saves) made a couple of glove saves before Lunenburg senior Tyler Fortier fired a shot into the net from the blue-line cutting the deficit in half with 2:16 left in the period.

With 41 seconds remaining on the scoreboard clock, sophomore Owen Hurley netted the game-tying goal for the Blue Knights (12-1-1), who were ranked ninth in the Division 4 power rankings.

Neither team was able to score a goal during the first twelve minutes of the second period.

The visitors from Northern Worcester County took the lead for the first time following Hurley's second goal with 2:56 left in the second period.

With 53 seconds left in the second

period, another goal by sophomore Dylan Sprague gave Lunenburg a 4-2 advantage.

Ludlow, who had gone 0-1-3 over their previous four matches, entered the final 15 minutes only trailing by a goal, as junior Nicholas Deroin scored a goal with 25 seconds left in the second period. Fijal was credited with the assist.

A couple of minutes into the third period, Fijal had a breakaway opportunity, but Cyr made a glove save.

Junior A.J. Stupak, along with Kefalas, and Deroin also had shots on goal during the final period, but the Lions couldn't score the equalizer.

"We had several chances in the third period," Rivest said. "I thought we would be able to tie it up."

Lunenburg sophomore Sam Brand netted an insurance goal with 1:07 remaining in regulation, which ended Ludlow's chances of making a comeback.

RACING from page 12

(June 25), Stafford Speedway (July 16), Star Speedway (August 2), New London Waterford Speedbowl (August 23), Stafford (September 27) and Seekonk (October 25).

Jeff Preece, Ryan's father, will crew chief the car.

"I worked with Luke a few years

ago at New Smyrna and he's a great kid," Jeff Preece said. "He has a hard-work ethic. I expect good things from us."

"The opportunity to work with Ryan came up and we couldn't pass it up. We are excited to see Luke race at some new tracks in New England against a competitive field of cars," Tommy Baldwin Jr. said.

"The Tri-Track Series has some great drivers and a diverse schedule this year with more races than ever before."

"Our entire team is excited to get to work at Thompson for the first time in March," Preece said. "Our goals every time we go to the race track are to win and we feel Luke is ready for the challenge."

PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampshire Probate and Family Court
15 Atwood Drive
Northampton, MA 01060
(413)586-8500
Docket No. HS25C0028CA
In the matter of:
Jacob Carter Payne
CITATION ON PETITION TO CHANGE NAME
A Petition to Change Name of Adult has been filed

by Jacob Carter Payne of Belchertown, MA requesting that the court enter a Decree changing their name to:
Jacob Carter Stehlin
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 02/26/2025.**

This is NOT a hearing date, but a deadline by which you must file a written appear-

ance if you object to this proceeding.

WITNESS, Hon. **Diana S. Velez Harris**, First Justice of this Court.
Date: January 29, 2025
Mark S Ames
Register of Probate
02/06/2025

SALE OF MOTOR VEHICLE
This ad is pursuant to MA Gen. Law Ch.255, Sec. 39A as of February 14, 2025 the following motor vehicle will

be for sale to satisfy a garage keepers lien:

Vehicle: 2009 Nissan Altima
VIN: 1N4AL24EX9C107717
Color: Blue
LKO: Bobbie Sanborn
Address: 606 North Washington Street
Belchertown, MA 01007
Relentless Towing
Belchertown, MA 01004
413-530-3804
01/30, 02/06, 02/13/2025

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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.

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Visit granbylibrary.com and Granby Library Children's Room Page on Facebook.

RAILERS from page 13

of Wyllum Deveaux (8th). Shots favored Worcester 20-10 in the first period.

It took nearly 17 minutes of second period action for either team to score. It was Connor Welsh (5th) who scored giving the Railers the 2-1 lead. His shot from the left point deflected off of a Maine Mariner and beat Bischel high. Shortly after the Railers goal, they went on the penalty kill following a five-minute major for boarding called on Griffin Loughran. The Railers successfully killed the first 2:32 of the Maine power play to wrap up the second period. Worcester outshot Maine 31-17 in the second period.

The Railers started the third period by killing the remainder of the Maine power play, but shortly after the penalty expired Maine was able to net one. It was Lynden McCallum (15th) who scored for the Mariners. The Railers did not wait long to regain the lead, as Cole Donhauser (5th) forced a turnover at center ice and took it all the way home and scored the shorthanded goal giving the Railers the 3-2 lead. Mark Cheremeta extended the Worcester lead to 4-2 with his breakaway goal 15:52 into the third period. Matias Rajaniemi (2nd) capped off the Railers five goal night with his empty net goal 17:27 into the third, securing the 5-2 win for Worcester. Shots favored Worcester 8-7 in the third and 40-25 in regulation.

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