











SPORTS Belchertown defeats Ludlow Legion...p. 11

Expansion of the Lake Wallace Sensory Trail

Celebrating funds received for second phase

BELCHERTOWN – On Saturday, State Senator Jake Oliveira and State Representative Aaron Saunders presented Doug Albertson, Town Planner for the town of Belchertown, Town Administrator Steve Williams, and members of the Belchertown Select Board with a ceremonial check to celebrate funds to support the expansion of phase 2 of the Lake Wallace Sensory Trail in Belchertown.

The presentation recognized the 55,550 dollars secured by Oliveira's amendment number 262 of the Economic Development Bill passed in the fall.

With the funding secured by

Belchertown aims to significantly expand the recreational and educational trail around Lake Wallace, Carriage Grove, the Foley Field athletic complex, and adjacent public spaces and facilities. The Sensory Trail Extension will also increase the reach of accessible infrastructure to existing and proposed community anchors near the project site while filling critical accessibility gaps by connecting with existing local trail networks north and south of the project site.

Senator Oliveira, the town of

The Lake Wallace Sensory Trail is a wide and gently sloped course that enables wheelchair users (and all other persons) to enjoy nature safely. The trail includes specially-designed components like tactile markers, braille signs, and a cable guide to reach users who

Please see **TRAIL**, page 9



9 A ceremonial check to celebrate the Sensory Trail's extension is displayed.

COURTESY PHOTO



TURLEY PUBLICATIONS PHOTOS BY DAVE HENRY



Cruisin' all summer long

Ludlow Elks present 2023 Tuesday Cruise Nights

BY DALLAS GAGNON

Staff Writer dgagnon@turley.com

LUDLOW – For the past 30 years, residents and neighboring community members have gathered at 69 Chapin Street every Tuesday night to see vehicles of all years, makes and models while supporting the Elks of Lodge 2448.

The Elks organization is a fraternal order dedicated to educating youth, giving back to the community and patriotism.

Cruise Night Chairman, David Kenniston said the weekly car shows aim to "make money and donate [it] back to the community."

Event volunteer and Elks member, Terry Papesh said "historically, Cruise Nights are our biggest event fundraiser of the year," adding the Elks donate proceeds to "support veterans and scholarships in Ludlow."

Kenniston said he believes the Elks fraternity is the "second largest organization that gives back to the veterans other than the federal government."

The event is made possible by volunteers from neighboring towns such as Ludlow, Palmer, Wilbraham and Belchertown, said Kenniston.

He said "350 cars usually enter the show," and "50/50 raffles

Please see **CRUISE NIGHTS**, page 9



HEAT

BEAT

IN THF

Some of the drummers from the Belchertown High School Band showed up to make some noise at a recent New England Mutiny soccer game at Lusitano stadium in Ludlow.

TURLEY PHOTO BY DALLAS GAGNON Logan Silva, Jay Koziol and Kelly Silva are shown standing before Koziol's 1974 Plymouth Duster.



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PUBLIC SAFETY State Police host Community Day July 12

BY PAULA OUIMETTE pouimette@turley.com

NEW BRAINTREE - The Massachusetts State Police Academy is offering people the unique opportunity to visit the campus and meet with Troopers, specialty units, as well as members of the 88th Recruit Training Troop

On Wednesday, July 12 from 11 a.m.-2 p.m., Community Day will be held at the State Police Academy located at 340 West Brookfield Road. The free event will be held rain or shine.

"We look forward to seeing everybody...anyone interested can come," Captain Jon Provost, Commandant of the State Police Academy said. "Hopefully we'll make it a regular event."

The public is invited to meet Troopers assigned to a variety of roles within the department and get a closeup look at special equipment.

Specialty units such as the K-9 Section, Mounted Unit, Drone Unit, Air Wing, Marine Unit, Bomb Squad, Special Tactical Operations Team, Recruitment and Diversity Unit are expected to be in attendance.

'People like to see our specialty units," Provost said.

Complimentary light refreshments will be provided by the State Police Academy's third-party catering service, Eurest. The catering service provides all meals to recruits in the training program.

They're ready to feed an army three times a day," Provost.

Farmer Matt will also be there serving up some of his signature dishes at no cost. Farmer Matt is located just down the road from the State Police Academy, at 860 West Brookfield Road.

Located on the grounds of the former Pioneer Valley Academy, the State Police Academy covers just under 780 acres in the rural town.

Pioneer Valley Academy was a co-ed boarding school operated by the Southern New England Conference of Seventh-day Adventists that provided high school education to hundreds of students from 1965-1983

After the school closed and was unused for a number of years, construction began in the late 1980s to turn it into a state prison. Facing fierce opposition from residents and people from surrounding towns, the plan was eventually abandoned.

The State Police relocated their training academy to the site, and in 1992 graduated their first class of recruits, the 70th RTT.

Provost was a member of the second class to graduate from the New Braintree campus, the 71st RTT, and stepped into his role as Commandant last year.

Since he arrived in New Braintree, he has talked with Deputy Division Commander of Training Major Steven McCarthy about hosting a Community Day to engage the public.

Not much has changed since it's days as a school, with the buildings repurposed to suit the State Police's training needs.

The B building of the former school is now the main building of the State Police Academy, and A and C, the former men's and women's dormitories, still serve the same purpose.

Both A and C had chapels when it was a school, and they have since been converted into large classrooms capable of seating 100 recruits.

The State Police Academy campus is also home to the State Police Regional Dispatch center, which provides services to close to a dozen towns, including New Braintree, Hardwick, Brimfield, Brookfield, East Brookfield, North Brookfield, West Brookfield, Holland, Petersham and Wales.

The cafeteria is still that, but now has a wall lined with navy blue hats, or covers.

"It's our version of 'ringing the bell," Provost said, referring to when candidates "volunteer out" of Navy SEAL training.

Each hat represents a recruit that has left the State Police Academy before finishing training. The 88th RTT started with 249 recruits and there are now 167 remaining.

Only about one out of every three recruits make it to the end and graduates.

Training at the State Police Academy is intense, with 16-hour days Monday through Friday for about 23 weeks.

As a paramilitary organization, training at the State Police Academy is both physically and mentally demanding, and broken into three phases. It ranges from classroom training to hands-on, giving recruits confidence in the field.

The first phase demonstrates and teaches the necessary skills and techniques needed by recruits, and in the

Please see **STATE POLICE**, page 5



PD recives state accreditation

The Belchertown Police Department with their state accreditation award received from the Massachusetts Police Accreditation Commission on June 21.

DEA warns most fake pills contain lethal fentanyl

WASHINGTON - The U.S. Drug Enforcement Administration is alerting the public of a sharp nationwide increase in the lethality of fentanyl-laced fake prescription pills.

According to a news release, the DEA lab found that, of the fentanyl-laced fake prescription pills analyzed in 2022, six out of 10 now contain a potentially lethal dose of fentanyl. This is an increase from DEA's previous announcement in 2021 that four out of ten fentanyl-laced fake prescription pills were found to contain a potentially lethal dose.

"More than half of the fentanyl-laced fake prescription pills being trafficked in communities across the country now contain a potentially deadly dose of fentanyl," DEA administrator Anne Milgram said in the

Please see **FENANTYL**, page 5



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Coming home to Coventry

Filmmakers turn hospital, historic farm into movie set

BY PAULA OUIMETTE

pouimette@turley.com

BROOKFIELD/WARE – For the past few weeks, locations around Brookfield and Ware have been transformed into the fictional small town of Coventry for the filming of the full-length indie movie, "Birthrite".

Late in the afternoon on June 25, the emergency room at Baystate Mary Lane Hospital became part of the movie set, as people dressed in scrubs and uniforms walked into the building to set up for the scene being filmed.

Nurses walked briskly through the busy halls of the hospital, where a woman could be seen talking quietly with a doctor.

The concern was clear on the woman's face as they discussed her partner, who is expecting the couple's first child. Wren is questioning her pregnant partner Mya's sanity.

The couple has been through many changes lately, both with the pregnancy, and moving from the city and into an old house they inherited from Mya's aunt in Coventry.

Wren is played by Juani Feliz of New York, in her first lead role.

Feliz said she has played a number of strong supporting lead roles, appearing in "The Purge: Election Year and Canal Street" as well as various television series including "Blue Bloods", "Power", "Shades of Blue", "One Dollar" and more.

"Birthrite" is a psychological thriller, and the first of this genre that Feliz has acted in.

"It's my favorite genre," she said.

Playing Mya is Alice Kremelberg, also from New York, who has acted in a number of television series, including "The Sinner", "Orange is the New Black", and "The Ballad of Renegade Nell" to name a few. "Being here every day is such a treat," Kremelberg said. "It's been such a group effort. Juani and I are having the best time."

"Birthrite" is directed by Ross Partridge of Los Angeles, California, a respected actor, director and producer.

Partridge has appeared in the hit series "Stranger Things" as Lonnie Byers, the estranged father of Jonathan and Will Byers.

While Ware and Brookfield may seem like unlikely places to film a movie, it feels like home for Partridge and his crew.

His wife, Jennifer Lafleur, who is also an actor, was born at Mary Lane Hospital, and grew up in Brookfield just a few doors down from the historic Elm Hill Farm owned by Bill McCreary.

The impressive 1870 mansion at Elm Hill Farm is surrounded by rolling fields and is still an active horse farm to this day.

In "Birthrite", Elm Hill Farm is transformed into the Coventry home that Wren and Mya move to, with the hope of starting their family in the serenity of the country.

"Bill has just been amazing," Production Manager Kelly Frazier said of farm owner McCreary. "He's just the best."

Frazier, an industry veteran of 25 years, said that when the production team scouted the location for "Birthrite" they knew it was perfect.

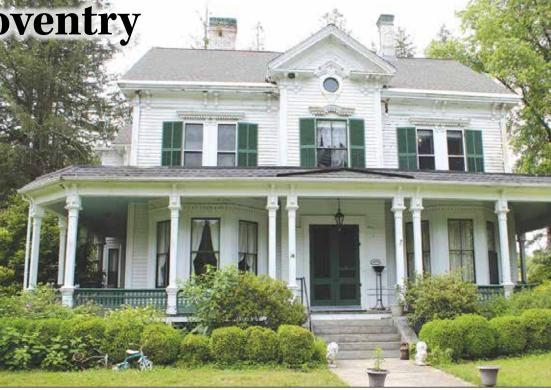
Lafleur said her parents built their house near Elm Hill Farm and that she, her husband and their 3-year-old daughter, Alma, spend a lot of time in the area.

"It's so nice to be working locally," she said.

Joining the cast is Lafleur's father, Roger and mother, Donna.

"I spent a lot of time visiting my dad here," Lafleur said of the hospital. She also worked as an EMT in Brookfield with her mother.

Roger spent over 30 years in the medical field, starting as a physician's assistant under Dr. Grace for 10 years before becoming a physician in the emergency department. He then moved to the urgent care department until it closed.



The 1870 mansion at Elm Hill Farm in Brookfield is set as Wren and Mya's home in the fictional town of Coventry.

"The best person for urgent care is an emergency room doctor," Roger said. "They know what to worry about."

Roger, along with many familiar faces from Mary Lane Hospital, is starring as an extra in the film; his second acting role under his sonin-law's direction.

Donna works as an EMT in Brookfield and remembers spending a lot of time at the hospital.

"It's sad, but it brings back a lot of good memories," she said of returning to the emergency room.

Jean Comeau worked in Mary Lane Hospital's emergency room for 35 of her 50 years as a nurse, retiring before it closed.

"Roger and I were like brother and sister," Comeau said. "All of us worked well together."

Comeau said she and her fellow nurses still get together every six to eight weeks, hailing from Hardwick, Ware, Brookfield, West Brookfield and beyond.

"Some of my best memories were here," she said.

Nurse Michelle Kurilova works in the operating room at Baystate

Please see **MOVIE**, page 5



Shown from left are Dr. Roger Lafleur, nurses Michelle Kurilova and Marylynn Pratt and David Pratt.



Actors Juani Feliz (left) and Alice Kremelberg (right) enjoy a quiet moment with Jennifer Lafleur and her daughter, Alma.

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Wing Hospital in Palmer, but looked back fondly on her days

"It's wonderful to have the opportunity to see it again,"

Emergency room nurse Marylynn Pratt echoed Kurilova's words, adding that working in the hospital created a deep, life-

Most of the crew working on the film are based in

Frazier thanked McCreary and Baystate Health Services for

The film is expected to be released in 2024 and will premiere

their hospitality and credited Dan Diaz of Westerman Props



Nurse Jean Comeau and Brookfield EMT Donna Lafleur get ready for the day's filming at Baystate Mary Lane Hospital.

FENANTYL from page 3

release.

"This marks a dramatic increase from four out of ten to six out of 10 – in the number of pills that can kill. These pills are being mass-produced by the Sinaloa Cartel and the Jalisco Cartel in Mexico. Never take a pill that wasn't prescribed directly to you. Never take a pill from a friend. Never take a pill bought on social media. Just one pill is dangerous and one pill can kill."

Last year, the DEA issued a Public Safety Alert on the widespread drug trafficking of fentanyl-laced fake prescription pills in American communities. These pills are largely made by two Mexican drug cartels, the Sinaloa

identical to real prescription medications, including OxyContin, Percocet, and Xanax, and they are often deadly. In 2021, the DEA seized more than 20.4 million fake prescription pills. Earlier this year, the DEA conducted a nationwide operational surge to target the trafficking of fentanyl-laced fake prescription pills and, in just over three months, seized 10.2 million fake pills in all 50 states. Through its One Pill Can Kill campaign, the DEA is working to alert the American public of the dangers of fake prescription pills.

Cartel and the Jalisco Cartel, to look

MOVIE from page 4

Kurilova said.

spent at Mary Lane Hospital.

long connection between the staff. "It's family," she said.

Massachusetts, as are many of the extras.

Warehouse in Worcester for his work.

locally for all to enjoy.

Fentanyl remains the deadliest drug threat facing this country, according to the DEA.. It is a highly addictive synthetic opioid that is 50 times more potent than heroin and 100 times more potent than morphine. Just two milligrams of fentanyl, the small amount that fits on the tip of a pencil, is considered a potentially deadly dose. According to the CDC, 107,622 Americans died of drug poisoning in 2021, with 66 percent of those deaths involving synthetic opioids like fentanvl.

The Sinaloa Cartel and Jalisco Cartel in Mexico, using chemicals largely sourced from China, are primarily responsible for the vast majority of the fentanyl that is being trafficked in communities across the United States, the DEA says.

For more information, go to the Fentanyl Awareness page at dea.gov.

STATE POLICE from page 3

final phrase, the recruits are trained to be autonomous.

"They are working to be independent," McCarthy said.

The grounds of the State Police Academy are also home to a firearms range, a ropes confidence course, a gym and more. The State Police Academy works with municipal police departments from across the state, offering the use of its state-of-the-art training facility.

The State Police Academy's wells also provide water to the town's grade school and Town Hall.

Local farmers lease the fields for haying, and hunters utilize the grounds during hunting seasons, Provost said. The gym is also open for public use, available around training schedules.

Sunsets and sunrises up on the hill are the most breathtaking he's ever seen, Provost said.

The Community Day event is really just that; a celebration of the community and its role in supporting the State Police Academy.

"We appreciate New Braintree very much," Provost said.

People are also encouraged to join in the ongoing

food drive at the State Police Academy during Community Day, to benefit the Worcester County Food Bank.

Requested donations include nonperishable gluten-free food, spices and condiments, healthy snacks (such as nuts, granola bars, canned and dried fruits), cereals, rice, pasta, canned pasta sauce, dry beans (all varieties), low-sodium broths/soups/stews/chili and 100% fruit and vegetable juices.

All items must have a clear expiration date and ingredient list. Try to avoid sugar-sweetened beverages such as soda and non-fruit juice, candy products and energy drinks.

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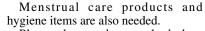
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OPINION



Should I have taxes withheld from Social Security if working part time?

Dear Rusty: I just started receiving my Social Security in February of 2023. I am also working part time at a company 24 hours a week. My question is... I feel like I missed something when I signed up for Social Security because they are not taking any taxes out.

What did I miss? How do I go about fixing it so I don't get hit at the end of the year? They are taking taxes out of my paycheck now, do they still take it out of my Social Security because I am working? Please help if I am not doing something right. *Signed: Conscientious Senior*

Dear Conscientious: Unfortunately, when the Social Security Administration processes your application for benefits, they don't usually inform you that your Social Security benefits may become part of your taxable income. I expect that's because your benefits only "may" become taxable – they do not definitely become taxable, because Social Security benefits are taxed only if you exceed a certain income threshold.

The thresholds at which Social Security benefits become part of your taxable income are different depending on your income tax filing status – those who file as an individual have a different threshold from those who file as "married – filing jointly." And to further complicate matters there is more than one threshold for both individuals and joint filers. Here's how it works:

If you file your income tax as an individual and your "combined income" from all sources is more than \$25,000, then 50% of the Social Security benefits you received during the tax year becomes part of your overall taxable income at your particular IRS tax rate. But if your combined income as an individual tax filer is more than \$34,000 then up to 85% of the SS benefits you received during the tax becomes part of your overall taxable income.

If your income tax filing status is "married – filing jointly" the thresholds are higher – if your combined income from all sources as a married couple exceeds \$32,000 then 50% of the Social Security benefits you received during the tax year becomes part of your taxable income. But if your combined income as a married couple exceeds \$44,000 then up to 85% of your SS benefits received during the tax year are taxable.

"Combined income" is also known as your "Modified Adjusted Gross Income" or "MAGI." Your MAGI is your Adjusted Gross Income on your tax return, plus 50% of the Social Security benefits you received during the tax year, plus any non-taxable interest or untaxed foreign income you had (note that withdrawals from a Roth IRA are not included). If your "MAGI" exceeds the above thresholds, some of your Social Security benefits are taxable; if you are under the first threshold for your IRS filing status they are not.

Social Security doesn't automatically withhold taxes from your monthly benefit, and the FICA tax being withheld from your earnings are not used for that purpose. Everyone who works and earns must pay SS tax on their earnings, which are mandatory contributions supporting the federal Social Security program. But that FICA payroll tax has nothing to do with income tax on your Social Security benefits. If you are working 24 hours per week and also collecting Social Security benefits, you will likely exceed the threshold for your tax filing status, which means that at least some of your 2023 benefits will become taxable. That could, as you suspect, result in a surprise "hit" when you file next year's income tax return. Nevertheless, fixing this is quite easy: Download IRS form W-4V from the IRS website here: www.irs.gov/pub/irs-pdf/fw4v.pdf. You will be able to choose the percentage of your Social Security benefits you wish to have withheld for income tax purposes. Complete the form and mail it to your local Social Security office (get the mailing address here: www.ssa.gov/locator). Social Security will then start withholding income tax from your monthly Social Security benefit payment, which will mitigate any additional tax due when you file your 2023 tax return next year. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature American Citizens Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit amacfoundation. org/programs/social-security-advisory or email us at ssadvisor@amacfoundation.org.

Clues that your local beach may have problems ...







Gotta love astilbes

I love to walk around my yard admiring the blooming plants.

Within the last few days my beautiful frosty pink astilbe has burst on to the scene in my shade garden, stealing the show from what is left of the mountain laurel flowers.

I love astilbe, and when they are happy, they certainly perform. They work well with other shade lovers - hostas and ferns come to mind first -off.

The astilbe has two things going for it: nice flowers and handsome leaves; traits desirable in the vase as well as the garden! Nothing is worse in my opinion than perennials that bloom for a relatively short amount of time but leave you with drab or high maintenance foliage for the rest of the season.

Not the case with astilbes, that is, as long

have amended the soil with lots of compost prior to planting. This can be accomplished easily by loosening a space in the garden twice the width of your astilbe and a foot or more deep.

Once it is friable, add a four inch layer of compost on top and mix it into the soil. Now you are ready to plant.

Dig a hole and position the astilbe at the same depth it was growing in the container, with the crown of the plant an inch or two below the soil surface. Back fill and gently firm down the area.

Water well until your new plant is established, as well as during periods of drought. Mulch is very beneficial to astilbes; it helps conserve vital moisture and reduce competition from weeds.

If flowers become sparse or the plant encroaches on its neighbors, division may be necessary. Wait until spring, and at the first sign of new growth lift and separate the clump.

The freshest parts of the plant will be towards the edge, so be sure to replant those sections. No doubt you will have many gardening friends ready and able to take any divisions you have left.

Where you place your astilbe in the border depends on the variety you are growing. They can range in height from less than one foot to over three!

There are also numerous variations in flower and foliage coloration. Flowers can be brick red, salmon, mauve, lavender pink, white and many shades in between.

Leaves can have a red or bronze tint, or be deep or even "electric" green. Some astilbe plumes are upright, while others are arching.

They may be light and airy or rather dense. Certainly, with this many options to choose from there is an astilbe for each and every taste!

Do try growing them along with hostas and ferns - a classic and hard to beat combination. Another plus: this plant is rarely bothered by deer or rabbits: I have both!

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Letters to the editor should be 350 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources. Send letters to: Sentinel, 24 Water St., Palmer, MA 01069 or via email to sentinel@ turley.com. The deadline for submissions is Friday at 5 p.m.



Russell Gloor is a Social Security advisor for AMAC.

as they are grown correctly. Most appreciate light to full shade and moist, humus-rich soil.

They may do okay in the sun as long as the soil is right. Take my word that they will struggle in dry ground, and will be far less attractive than their sunny counterparts.

For years I tried to grow a division of one of Mom's plants on the north side of my old house. Sure, I had great shade, but no matter how much I watered it, the soil drained too readily, and it struggled until I finally gave up and gave it away.

To make the first astilbe happier I should

But beware, it may be harvested regularly for your next floral creation. It will last a good long time in the vase, especially if picked at the first sign of bloom.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For 31 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.



PAGE 7

HEALTH TIPS When it comes to poison ivy, prevention takes priority

PALMER — Problems with poison ivy are most prominent during the spring and summer. However, poison ivy can cause a

problem any time of the year,' said Dr. Joe Sills, chief of Emergency Medicine at Baystate Wing Hospital.

"An allergic reaction to the oil in these plants, called urushiol, produces the rash," Sills said.

"Exposure to poison ivy can happen when people are hiking, camping or at home gardening, clearing brush, cutting vines or carrying and burning wood. Every part of the plant - the leaves, stem, vines, flowers and roots - contains urushiol," he explained.

can occur from several hours to three days

after contact with the plant. While direct

skin-to-plant contact with poison ivy, oak,

or sumac is probably the most frequent

cause of the rash, the irritants from the

plants can also be passed on indirectly by pets, garden tools, shoes or virtually any-

What to do if you have come into contact

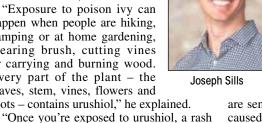
"Rinsing your skin immediately after

touching the poison ivy, oak, or sumac, with

lukewarm water, may help to rinse off some

thing that touches a plant."

with poison ivy?



of the oil and lessen or avoid the rash," Sills lungs." said.

"Beware that the oil can stick to clothing and other surfaces as well, so be

sure to also wash the clothes you were wearing when you came into contact with the poisonous plant, as well as gardening tools, golf clubs, leashes, and even a pet's fur.'

Most people - 85% - develop a rash when they get urushiol on their skin. The first time you get this oil on your skin, you may not get a rash. The next time this oil gets on your skin you can become sensitive to it. Once you

are sensitive to it, a rash appears. The rash caused by these plants is not contagious and does not spread.

Scratching the rash or the leaking fluid from the blisters does not spread the rash, although it can cause scarring and potential infection.

"Urushiol can remain active for years," Sills said.

"For that reason, even dead poison ivy, oak or sumac plants must be handled with care. Plants should never be burned or shredded, as airborne particles can spread the oil to sensitive areas like the face and eyes and may potentially cause damage to

Knowledge is power

According to Dr. Sills, "Prevention is the best approach; know what the plant looks like and teach your family to avoid it. If you do have contact with one of the poison plants and the rash has set in, the three main goals of treatment are to stop the itching, decrease inflammation and prevent infection.'

If infected, it can last at least a week.

"The rash from poison ivy, oak, or sumac usually lasts one to three weeks," Sills said.

"Most rashes go away without treatment and while your skin heals, it more than likely will continue to itch. If the eruption is mild, applying calamine lotion three or four times a day can help with the itchiness. If the rash covers a large area of the body, oatmeal or baking soda baths may help reduce itching and discomfort. Avoid those preparations containing anesthetics or antihistamines, as often they can cause allergic eruptions themselves. Infections can occur if blisters break and bacteria enters the open wound. Keep the rash clean and any open blisters bandaged to help lessen the chance of infection."

Seeking medical help might not be necessary, but varies by case.

"A rash from poison ivy, poison oak, or

poison sumac, can usually be treated at home," Sills said.

"If the rash is severe, on your face or extensive parts of your body, seeing a doctor is important; You may need a prescribed steroid ointment that you can apply to the skin, or to be placed on an oral steroid like prednisone," he said.

If you have any of the following symptoms, or if you have a serious reaction, seek immediate medical care by going to the emergency room, including:

- Trouble breathing or swallowing
- A rash that covers most of your body
 - You have many rashes or blisters
- Swelling, especially if an eyelid swells shut
- The rash develops anywhere on your face or genitals
- Much of your skin itches and nothing seems to ease the itch.
- Signs of a bacterial infection, such as pain, increased redness, or pus

"There is no cure for the reaction once the rash starts," Sills said.

"Avoiding the plants is the best treatment. It is very important to learn what the plants look like and to not touch them."

For more information about Baystate Wing Hospital, visit baystatehealth.org/ wing.

Leave it to the professionals, public safety leaders say

FIREWORKS SEASON

STOW— After a record-setting number of fireworks-related fires in 2020 and a sharp decline in 2021, fireworks incidents in Massachusetts rebounded last year, according to Massachusetts State Fire Marshal Peter J. Ostroskey and State Police Colonel John E. Mawn Jr.

The two remind residents "to leave fireworks to the professionals this summer," a news release states.

Fireworks-related fires and explosions in Massachusetts skyrocketed at the height of the COVID-19 pandemic, jumping from 57 in 2019 to 189 in 2020, the officials said. These numbers declined significantly in 2021, when 80 incidents were reported statewide.

In 2022, however, Massachusetts fire departments reported 106 fires and explosions attributed to fireworks, an increase of nearly a third over the prior year. More than half of these incidents took place in the week of July 4, 2022.

All told, the fireworks-related incidents last year caused 38 injuries and \$414,279 in damages - more than double the property loss caused by fireworks in 2020.

"Every single year in Massachusetts, people are hurt and property is destroyed by illegal fireworks," Ostroskey said.

"As we count down to the weeks when most of these incidents occur, we're reminding everyone that fireworks are illegal because they are dangerous. There will be plenty of permitted fireworks displays this summer, so stay safe and leave fireworks to the professionals.'

Last year, joint enforcement efforts by the Massachusetts State Police and Department of Fire Services led to about 40 criminal summonses for violating the state's fireworks laws, the officials said, confiscating nearly 3,000 packages of aeri-

Please see **FIREWORKS**, page 10



Police continue to confiscate illegal fireworks and warn about the dangers they pose, particularly serious injuries and fires









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Gourmet-to-go at DELANEY'S MARKET

BY CHRISTAL WHELAN Editor cwhelan@gmail.com

SOUTH HADLEY – Delaney's Market, known for its chef-inspired ready-made meals, opened its fourth store late last month in South Hadley.

Delaney's sells gourmet dry pastas, infused olive oils, specialty vinegars, and plump olives, but the heart of the business is what is known in the culinary world as the "home replacement meal." The HRM is a fresh meal with three core virtues – convenience, affordability and gourmet quality.

An average HRM at the store costs between 10-12 dollars per person with various size options. Customers can buy a single meal, a two-person, four-person, or a family-sized meal.

Soups, desserts, side dishes, even gravy can be bought separately, opening the possibility of a mix-and-match dinner. As in a restaurant, everyone in the family can have variations or even a different meal.

There is a palpable creativity to Delaney's menu with some 80-100 different food items available. Glancing in a cooler stocked with à la carte items the variety is impressive – strawberry soup, honey ginger carrots, sour cream and chive mashed potatoes, and coconut chicken bites.

"The chicken parmigiano is a high seller. So is the shepherd's pie, and the turkey pie," said owner Peter Rosskothen. But beyond that, there are dishes as varied as chicken marsala, Tuscan shrimp Alfredo, maple glazed salmon, apple and brie stuffed chicken, Irish barley stew, besides the vegan and vegetarian options.

Rosskothen, added, "What's on the shelf today must sell by tomorrow. The volume is what guarantees our success." The hybrid nature of this HMR clearly presents both challenges and excitement.

What they offer is not a deli selection since everything is prepackaged, but its also very far from TV dinners as the meals are fresh and gourmet. Although the executive chef is the creative engine, decisions are ultimately made as a team. "I love the idea that we can control how we make the meals, and the retail experience," said Rosskothen radiating enthusiasm.

Delaney-style HRMs follow three basic culinary themes. "Latin, Indian, and German/Austrian - that's 95-99 percent of what we do here," said Rosskothen.

Aside from grocery stores such as Wegman's, or private delis, there is no real competition in sight. "No one is doing what we're doing," added the proud owner.

Rosskothen, also owner of D Hotel in Holyoke, has always worked in the food business. "I first started at Boston Chicken, now called Boston Market. I guess I invented the HRM here. The U.S. didn't have it 30 years ago." Rosskothen's



The fourth Delaney's Market has now opened in South Hadley.

approach is experimental and open. "What doesn't work, guests will tell us."

Delaney's of South Hadley is Rosskothen's fourth store. He opened the first Delaney's in Longmeadow in 2016. The next two in Wilbraham and Westfield both opened in 2019.

But the current store in South Hadley stands out for its unique role. It is now the central production kitchen for all four stores. Shoppers come to this location from Granby, Belchertown, and Chicopee.

The 5,000 square-foot, state-of-the-art kitchen is located on the basement floor of the building with a wide-berthed driveway leading to its delivery depot. The main preparation kitchen nearby has a large picture window that allows in natural light and offers the kitchen staff a refreshing view of the greenery outside.

HMRs occupy a unique niche in the culinary world. While they may be ready-made they are fresh not frozen and a long way from even of Trader Joe's more upscale ready-made meals.

They are essentially a kind of gourmetto-go, and resonate with time-deprived professionals who desire a delicious homecooked meal but lack the two hours it could take.

Rosskothen, who lives in South Hadley, expressed his delight at opening a Delaney's in his hometown. "It's a small business," he said, "We want the customers to be happy so we are open to criticism."

Definitely something not to leave the store without is one of their garlic knots kept in a tall jar by the cashier's. They have the perfect texture with just the right dose of garlic in exactly a two-bite portion. The new Delaney's, painted a bright



coral color, distinguishes itself by the beautiful church building at its side. Longtime residents are likely to remember it as the former site of the Cycle Stop, and before that as a popular gift shop.

While some people have suggested that the church was moved from one of the towns flooded to make the Quabbin Reservoir, local historian Leo Labonte, who has researched the building's history, says that the first owner was Charles D. Coe, president of the Reynolds Paper Manufacturing Company in Holyoke and also an active member of the International Explorers Society.

As a wealthy businessman, he and his wife travelled constantly for almost two decades. In 1942, Coe commissioned a building that took on the appearance of a small church to house his favorite items from their various explorations. He also hired a staff to oversee the collection.

Peter Rosskothen, owner of Delaney's Markets, delighted at the opening in South Hadley of his fourth store.

At present, the church building remains empty and Rosskothen is uncertain how he will use it in the future. He pulled on a rope dangling from the ceiling, and the bell tolled. Time will tell.

Delaney's is open Mon.-Fri. 10 a.m.-8 p.m., Sat. 10 a.m.-7 p.m., Sun. 12-5 p.m. Ordering and paying online is also an option. Call 413-650-2200. Located at 459 Granby Road, South Hadley.







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Shown is a red Oldsmobile on display at the June 27 car show.



Shown is an old-school tan and black Plymouth



Freddy Fender of Ludlow is shown holding his award for "Best Classic."

CRUISE NIGHTS from page 1

and trophies are given away," at each event.

Many attendees said they enjoy the shows because they create a sense of community.

Tim Gleason of Monson said he attends Cruise Nights because he knows "a lot of local people," "the beer is cold" and he enjoys seeing the vehicles.

"They are all engineering marvels," said Gleason.

He added he "love[s] the atmosphere" as "it's all positive."

Elks member and volunteer, Adekunle Odugbile said for him "it's about the community," and that's what he "enjoy[s] about it."

Jay Koziol of Wilbraham said he "tries not to miss a Tuesday show," as they are something he used to attend with his Dad.

At the June, 27 Cruise Night, Koziol entered his purple, 1974 Plymouth Duster in the show.

While a pendant of ashes hangs from the rear view mirror, a decal clings to the rear window reading "Forever cruisin' with Ken 'Koz' Koziol 1950-2018."

Koziol said his Dad shared his love of cars with him and it was always their "dream to build one together."

Growing up, Koziol and his father worked on vehicles together, adding his Dad used to street race and in the 60s' and 70s'

However, in 2018 'Koz' was diagnosed with pancreatic cancer and passed away only 27 days after his diagnosis.

"The day before he passed away he told me to go get my hot rod," said Koziol.

One day, after "scouring" the internet, Koziol found 11 cars he was interested in. He then spent over 13 hours looking at the vehicles in per-



Elks club members Neal Chagnon, Adekunle Odugbile, Terry Papesh and Chris Papesh are shown standing outside of Elks Lodge 2448.

son.

Koziol said the 74' Plymouth has always been his "dream car."

According to Koziol, he first took an interest in the Plymouth when he saw it at a car show at eight or nine years old.

"It looked fast sitting still," said Koziol. He added the shape and style caught his eye.

Although Koziol said did not complete the body work himself, he did 'touch every nut, bolt and screw in this car."

Since purchasing the vehicle in 2018, Koziol said it has been entirely rebuilt and restored.

"Building this car is my therapy... it kept me moving through life after I lost my Dad," said Koziol.

Koziol is often joined by fiance Kelly Silva and nephew Logan Silva.

He said sharing an interest in classic cars with younger generations is important because "it's an amazing piece of history that's going to go



TURI FY PHOTOS BY DALLAS GAGNON Trophies labeled "Best Classic" and "Best Custom" are awarded to car show participants after judging takes place.

away if they aren't involved." To support the Elks Lodge 2448 in their initiative to give back to local communities, embrace a community of car enthusiasts or check out some classic cars, stop by the Elks Lodge on Tuesdays, between 5 p.m and dusk.

TRAIL from page 1

may not see but can experience the landscape uniquely.

Senator Oliveira expressed gratitude for the accessibility the trail provides while highlighting the indirect positive impact the trail has on the area. "I'm incredibly proud to have secured funding through the Economic Developmental Bill alongside my colleague State Representative Aaron Saunders to ensure that this beautiful trail can continue to make engagement with the natural world accessible to people of all ages and abilities. The extension of the trail will support housing choice and economic development in the area and increase the positive impact the trail has had on the town." - said Oliveira.

The trail has been a critical amenity in the redevelopment of the former state school and an attraction that draws people from across

the region.

Town Planner Doug Albertson expressed his gratitude to Senator Oliveira and reiterated its positive impact on the community. "The people who have seen the Lake Wallace Sensory Trail have quickly recognized its value and contribution to local vitality this trail provides more than recreation: it provides education, social activity, and economic energy as it draws people to town, it honors the state school residents and staff, and more. Senator Oliveira recognizes this overall value in his efforts to continue the trail, and the town is very grateful."

The original design originates from an effort to both celebrate Lake Wallace and recognize the significance of its locationon the site of the former Belchertown State School. The trail is meant for both recreation and reflection, learning and listening.

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"Sag Harbor Church" where they showcased an exhibit of G.E.'s guitars and others.

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- G.E. SMITH

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-CAMPUS NOTES -

Springfield Technical Community College

The following local students were named to the Dean's List at Springfield Technical Community College for 2023 spring semester: Edward Cohen of North Amherst; Aadon Crisostomo of Belchertown; Liam Devin of Amherst; Juadiel Fuentes of Belchertown; Bella Gagne of Belchertown; Jordan Gaj of Belchertown; Julianne Given of Granby; Jason Griffin of Belchertown; Olivia Hite of Amherst; Sara Karamshahi of Granby; Julian Kozak of Amherst; Andrew Ladeau of Granby; Austin Leclerc of Belchertown; Jeanmarie Leone of Belchertown; Naomi

Liggett of Amherst; Karin O'Brien of Amherst; Andrew Pope of Belchertown; Helena Rau of Amherst; Eleanor Risk of Amherst; Cameron Roche of Belchertown; Mackenzie Stanton of Belchertown; Jeremy Torres Gonzalez of Amherst; and Thaddeus Wegrzyn of Belchertown.

To be considered, degree-seeking students must earn 12 or more college level credits in the current semester, or a total of 12 or more combined college-level credits earned during the fall and spring semesters, and achieve a 3.3 or above grade-point average.

BHN's Kamp for Kids open house is July 18

WESTFIELD — Kamp for Kids, a summer day camp for children and young adults with and without disabilities, will be holding an open house event, Kamp Welcome Day, from 10:30 a.m. to noon on Tuesday, July 18, at Camp Togowauk.

Camp Togowauk is at 754 Russell Road in Westfield. Kamp for Kids is for children and young adults ages 3 to 22 and offers an opportunity to experience growth, inclusion and fun in a summer camp setting that includes a spray park, expressive arts, outdoor education, arts and crafts and non-competitive sports.

State Senator John Velis will be in attendance, along with other public officials, representatives of Behavioral Health Network and parents and friends of Kamp for Kids. A brief program will be held, including remarks by officials and BHN staff and "Kampers" will give demonstrations they prepared of their creative work, including skits, songs and artwork.

Kamp for Kids was founded by Judy Hoyt, whose son Rick was the inspiration behind the camp. Rick Hoyt, who became famous through his participation in several Boston Marathons with his father Dick, passed away in May at the age of 61. They inspired the #TeamHoyt online community with followers from around the globe.

The camp operates every summer during July and August with about 150 Kampers over three sessions. This year, Kamp runs 9 a.m. to 2 p.m. Monday to Friday from July 10 through Aug. 18, For more information, visit bhninc.org/kamp-kids.

Camp Putnam fundraiser returns to NBSB

REGION — North Brookfield Savings Bank recently announced that the Camp Putnam fundraiser will return once again during July.

According to a press release, the bank is encouraging its communities to join forces with them to help support local campers this summer. Nestled in the fields and forests of New Braintree, Camp Putnam provides an authentic, nature-based camping experience for children and is made affordable for all families regardless of income.

"It is amazing to see some campers during their first few meals at camp as they realize that there is 'plenty' of food," Executive Camp Director Todd Stewart said.

"Usually around the second or third day, the overall pace slows down and kids begin to realize that they don't need to rush, don't need to save food for later and that there will be plenty of food at this meal and every other." Camp Putnam, which spends nearly \$40,000 on food per summer, proudly serves campers tasty and healthy home-cooked and "kid-friendly" meals such as homemade mac and cheese, tacos, Shepherd's pie, fresh fruits and veggies, pancakes, French toast and more in a family-style atmosphere.

"Although it is heartbreaking to realize just how many children come from situations where securing their next meal is a concern, it is a wonderful experience to see over 100 kids, from a wide-range of backgrounds, happily enjoying a delicious meal as one large family before, during, or after a great day experiencing nature in the carefree way all children should be afforded," Stewart said.

"This is why donations from organizations like North Brookfield Savings Bank and our generous communities are vital and so appreciated." Want to help?

Anyone can make a donation into the designated collection jars displayed along the teller line at any North Brookfield Savings Bank branch location, with branches located in North Brookfield, East Brookfield, West Brookfield, Ware, Belchertown and Three Rivers.

"North Brookfield Savings Bank is proud to partner with and support organizations like Camp Putnam, whose efforts help aid in the health and happiness of our young, local community members." NBSB Marketing Manager Nicole Syriac said.

"Camp Putnam provides a safe, nurturing, healthy and fun environment for campers to make friends and experience personal growth. We are hopeful that with our support and the benevolent generosity of our community members we will once again reach and exceed our goal to help feed campers well-rounded, nutritious meals."

FIREWORKS from page 7

al shells, cakes, fountains, bottle rockets, large rockets, Roman candles, sparklers and other dangerous, illegal devices worth upward of \$46,000.

Those enforcement efforts will resume this year, they said.

"The unlicensed possession, use, and sale of fireworks are illegal in Massachusetts," Mawn said.

"Massachusetts law requires the confiscation of any illegal fireworks we encounter, even if legally purchased elsewhere. Massachusetts State Police will seize any illegal fireworks that we discover during routine traffic stops and other activity. And with our local and state partners, State Police will be conducting targeted enforcement efforts to intercept illegal fireworks coming in from out of state."

Officials emphasized that fireworks, including sparklers, are especially unsafe around children. Sparklers burn at temperatures of over 1,800 degree fahrenheit – hotter than the melting point of glass and aluminum. According to a 2021 report from the U.S. Consumer Product Safety Commission, "there were an estimated 1,600 emergency department-treated injuries associated with firecrackers and 900 with sparklers," in 2020. This accounted for almost 10% of all fireworks-related injuries that year. Of those 900 injuries from sparklers, 44% were to children under the age of 5. Sparklers burn at such high temperatures that they can easily ignite combustible materials even after they are extinguished; Last summer, nine

people were displaced after careless disposal of sparklers started a three-alarm fire in their home.

Massachusetts fire departments reported nearly 1,000 fires related to illegal fireworks between 2013 and 2022, officials said. In addition to the 42 fire service injuries, five civilian injuries, and \$2.5 million in damages attributed to these fires, Massachusetts medical facilities reported about 30 severe burn injuries extending to 5% or more of the victims' bodies that were caused by illegal fireworks.

The Department of Fire Services posts a list of permitted municipal fireworks displays and updates it each week through the summer. To view the list – and to learn more about the dangers of illegal fireworks – visit the DFS page at mass.gov.





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Belchertown defeats Ludlow Legion

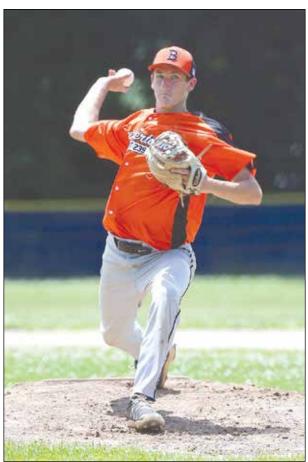


TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM Ian McDonald sends a throw to first base.

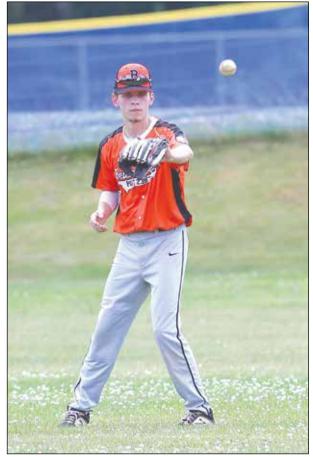
BELCHERTOWN – Last Saturday afternoon, Tyler McDonald and Belchertown Legion Post 239 defeated Ludlow 6-1. It was one of Ludlow's more competitive games this summer, but their offense still could not get things going against Post 239. Belchertown would improve to 5-1 on the summer, their only loss coming in their first game. Ludlow remains winless at 0-8.



Cooper Beckwith bends on a ground ball.



Tyler McDonald slings off the mound.



Tyler Eldridge makes a catch in right.



Ryan Schneider scoops up a ground ball.

Mutiny shut out at home

BY TIM PETERSON

Mutiny head coach Mauricio matically qualify for the Eastern



Sports Correspondent

LUDLOW—The forecast called for thunderstorms, but the New England Mutiny lucked out with a beautiful night to play their third home match of the regular season. The weather turned out to be the only bright spot for the Mutiny.

Sporting CT, a first-year member of United Women's Soccer, made the trip north to Ludlow from Middletown, Connecticut and posted a 4-0 shutout before a large crowd at Lusitano Stadium on Saturday, June 24.

"We faced a very tough opponent tonight. They played a 3-5-2, which is more of an attacking formation, against us," said Mutiny assistant coach Jill Kochanek. "We did have a couple of scoring opportunities. If we could've capitalized on them, it probably would've been a different result."

Kochanek took over the head coaching duties from first-year

"Toto" Coimbra for one night. Coimbra missed the home match because he was in Virginia coaching his club team at the Regionals.

The Mutiny (3-2-1), who lost 3-2 to the Albany Rush on the road on June 16, suffered their first regular season home loss during the past two years. They did lose to FC Buffalo, 2-1, at home in the Eastern Conference semifinals, last July.

"We've had a couple of setbacks, but that doesn't define you as a team," said forward Hope Santaniello, who's one of the Mutiny veteran players. "Our main goal now is to win our final two regular season matches."

If the Mutiny can post victories at the Worcester Fuel on Saturday night and at home against the CT Rush in the regular season finale on July 8, they should be able to clinch a berth in the U.W.S. playoffs for the second consecutive year. The top eight teams in the East Division will autoConference playoffs.

"We're still vying for a playoff spot," Kochanek said. "If we do want to make a long run in the playoffs, we'll need to capitalize on our scoring chances. This game was a good learning experience for us."

Santaniello, who's from Agawam, has been a member of the University of Rhode Island women's team during the past couple of years. She recently entered the NCAA transfer portal and is in the process of searching for a new school to play soccer at in the fall.

In last Saturday's match, Santaniello had a couple scoring chances in the first five minutes of the contest. Santaniello's first shot attempt sailed wide, and her second shot on goal was saved by Sporting CT goalie Abby McCarthy.

Midfielder Lily Fabian, who graduated from Monson High School in 2018, played in her first match of the season for the Mutiny.

"Lily has been one of our leaders during the past couple of years," Kochanek said. "We're grateful to have her back for today's match." Sporting CT (6-0-0) took a 1-0 lead during the 21st minute when forward Aubrey Kupla fired a shot into the upper right corner of the net past Mutiny goalie Naya Lipkens. Tiffany Weimer, who's the Sporting CT player/head coach, was credited with the

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM Ela Kopec gets set to punt the ball away.

PeoplesBank blows out St. Joe's

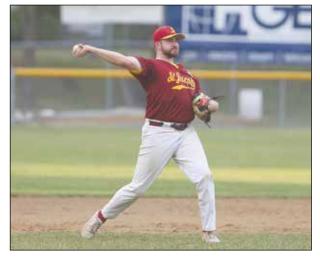


TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM James Flahive delivers a pitcher for the Bankers.

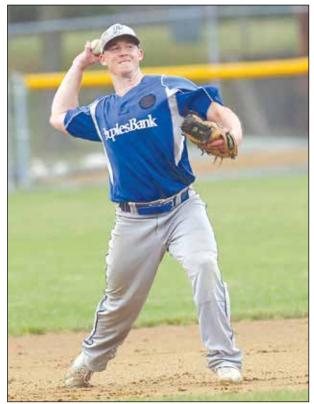
HOLYOKE – Last Tuesday night, PeoplesBank kept their momentum with a 14-0 mercy-rule shortened win over the St. Joe's Saints. Both teams, which feature players from all over the region, will be back in action following the Fourth of July holiday. PeoplesBank holds down first place with 18 points.



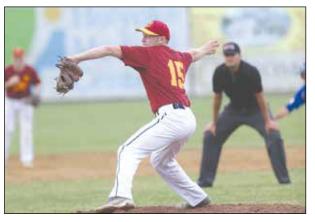
Dave Clark makes a throw to first.



Brandon Magni makes a play for St. Joe's.



Cam MacDonald fires across the diamond.



Sam Schriber delivers a pitch for the Saints.

Blue Sox falls to Danbury

HOLYOKE – The Valley Blue Sox were defeated by the Danbury Westerners last Thursday night 8-4. Valley's record now sits at 9-10.

Danbury got out to a 2-0 lead in the bottom of the fourth inning, following a two-run homer from Luke Boynton. The Westerners added three more runs in the bottom of the fifth after an RBI double and error from Blue Sox starter Jonathan Bautista.

Bautista made his team debut for Valley, and pitched five innings allowing five runs, and striking out seven batters.

Valley answered back in the top of the sixth inning. The offense hit back-toback home runs to lead off the inning, with solo shots coming off of the bats of AJ Guerrero and EJ Kreutzmann. Both outfielders went 3-for-5 on the night with an RBI apiece.

Michael Zarrillo would add another solo home run in the inning, cutting the Danbury lead to 5-3.

Leo Harris relieved Bautista in the bottom of the sixth inning, and allowed two runs in two innings of work out of the Valley scored five runs off of nine hits in this game. The bats were rolling early after Matt Bergevin hit an RBI single to put the Blue Sox in the lead 1-0 in the top of the first inning. Bergevin went 2-for-4 with two RBIs and a walk on the night.

The pitching staff was on point tonight for the Blue Sox. Graham Jeffries started the game for Valley, and pitched four innings allowing two runs and striking out one batter. Bristol took the lead in the bottom of the fourth inning following an RBI triple and a sacrifice fly. Manager Pedro Santiago turned the ball over to Dillon Ryan in the bottom of the fifth, who pitched a scoreless inning with one strikeout.

Thomas Ballard was the next man out of the bullpen for Valley. The righthander pitched one inning allowing one run along with one strikeout.

The Blues would add one more run in the bottom of the sixth off of an RBI double to make it a 3-1 game.

Michael Weidinger struck out the side in the bottom of the seventh, his one



Laci Lewis sprints up the field.





Agawam's Hope Santaniello looks to take a shot.



bullpen. inning

The Blue Sox scored one run in the top of the eighth inning off of a sacrifice fly from Sean Scanlon.

Jason Arrigo took over for Harris in the bottom of the eighth, allowing one run and striking out two batters in his one inning of work.

Last Tuesday evening, the Valley Blue Sox are back in the win column following a 5-4 victory over the Bristol Blues in 10 innings. The Blue Sox' record stands at 9-9, and they hold a 1.5 game lead in the West Division

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inning of work in this game.

Valley would fight back to tie the ballgame in the top of the eighth, scoring two runs off of an RBI fielder's choice from Matt Bergevin and an RBI single from CJ Willis.

Zach Cameron took over for Weidinger in the bottom of the eighth inning, keeping the game tied in his first two innings of work to force extra innings.

The Blue Sox took the lead in the top of the tenth after an RBI double from CJ Willis scored Michael Zarrillo from second. Cian Sahler would pinch run for

Willis and score on a wild pitch, making it a 5-3 game heading into the bottom of the tenth.

Cameron closed the door in his third inning of work, working a double play after a leadoff RBI single. The right-hander struck Bristol's Dixon Black to end the game, and snap a five game losing streak for the Blue Sox. Jenna Kalwa tries to maneuver through the opposing defense.

assist.

Kupla finished her first ever soccer match at Lusitano Stadium with a hat-trick.

"The atmosphere at this stadium is electric," Kupla said. "It was a lot of fun playing in front of a large crowd. Getting the win is the most important thing to me. Scoring the three goals was just the icing on the cake."

Weimer, who's also an assistant women's soccer coach at Yale University, was a member of the Penn State women's soccer team from 2002-2005. She holds the school record with 91 career goals.

Kupla, who'll be a senior at Cromwell High School in the fall, will be following in Weimer's footsteps. She has verbally committed to playing college soccer at Penn State.

"Tiffany holds the record for goals at



Alexis Legowski, of South Hadley, eyes an open teammate.

Penn State," Kupla said. "I'm really hoping to score 92 goals during my collegiate career, so I can break her school record."

Early in the second half, Mutiny forward Chandler Pedolzky stole the ball away from Abby McCarthy, who was the Sporting CT starting goalie, but her shot attempt sailed wide. She also had a header, but it was saved by McCarthy.

The score remained 1-0 until Sporting CT scored three goals in a span of seven minutes late in the second half.

The duo of Kupla and Weimer combined for the second and third goals.

Weimer finished the match with three assists. She netted the final goal of the match in the 77th minute.

PUBLIC NOTICES

Public Hearing Legal Notice Belchertown

Zoning Board of Appeals

In accordance with the provisions of Massachusetts General Laws Chapter 40A, Section 11 the Zoning Board of Appeals will hold a Public Hearing on Wednesday July 19, 2023 at 6:30 PM.

This hearing will be held in the Select Board's meeting room of Lawrence Memorial Hall. 2 Jabish Street. Belchertown, MA on the application from Glenn and Elizabeth Barrington seeking variance for a side yard setback at 4 Atherton Lane Map 243 Lot 199 Zoned VR

A copy of the application may be inspected at the Town Clerk's office (Room 201) 9:00 AM to 5:00 PM, Monday through Friday, Lawrence Memorial Hall, 2 Jabish Street, Belchertown, MA, or at website https:// www.belchertown.org/commitees/zoning board_of_ appeals/index.php

Any Person interested and wishing to be heard should appear at the time and place designated.

Jennifer Sharrow, Chair Person, Zoning Board of Appeals

06/29, 07/06/2023

Notice of Public Sale

Notice is hereby given that LocalStorage Granby will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (pursuant to the Massachusetts Lien Law. General Laws Part I, Administration of the Government. Title XV Regulation of Trade Chapter 105A. Self-Service Storage Facility. The sale will take place at the website http:// www.StorageTreasures. com. The sale will be conducted on http://www. StorageTreasures.com, under the guidance of Christopher Rosa (AU005857) on behalf of the facility's management. Units will be available for viewing prior to the sale on http://www.StorageTreasures. com. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as general household items unless otherwise noted.

LocalStorage Granby, 138 W State St, Granby, MA 01033 will list storage units on the website http:// www.StorageTreasures.com until sold or disposed of on July 13, 2023, 10:00AM.

Unit: #142 Tiffany Paquin:

Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampshire **Probate and Family Court** before 10:00 a.m. on the return day of 07/20/2023.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Diana S. Velez Harris, First Justice of this Court.

Date: June 22, 2023 Michael J. Carey

Register of Probate 07/06/2023

Commonwealth of Massachusetts The Trial Court Hampshire Probate and **Family Court** 15 Atwood Drive Northampton, MA 01060 (413)586-8500 Docket No. HS23C0082CA In the matter of: **Ryder Michael Gallo O'Connell** CITATION ON PETITION TO CHANGE NAME A Petition to Change

Name of Minor has been filed by Ryder Michael Gallo O'Connell of Belchertown, MA requesting that the court enter a Decree changing their name to:

Ryder Michael Gallo

IMPORTANT NOTICE Any person may appear for purposes of objecting to the petition by filing an appearance at: Hampshire **Probate and Family Court** before 10:00 a.m. on the

return day of 07/20/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Diana S. Velez Harris, First Justice of this Court.

Date: June 22, 2023 Michael J. Carey

Register of Probate 07/06/2023

NOTICE OF PUBLIC AUCTION

SNOW'S SELF STORAGE LLC, will sell the contents of the following sheds online at www. aarbids.com. The online sale will end on Thursday, July 27, 2023 at 10 a.m.

> Noah Gordon – OB10 Wendy Bailey = P15

Snow's Self Storage reserves the right to refuse any and all bids, or to cancel the auction at any time for any rea-

Rev. Richar (Dick) Wyanski, 90

EDGEWATER, FL – Rev. Richard (Dick) Wyanski, 90, passed to eternal life on March 12, 2023 in Edgewater, Florida.

Born September 2, 1932 to Phillip and Anna (Spogis) Wyanski, he grew up in Queens, New York City, and at 18 served in the US Army from 1950-1953. He is survived by his loving wife of 45 years, Joyce (Bray) Hartzell Wyanski.

He is also survived by his four children of his first wife Joan: David (Andrea), Jonathan (Amanda) Wyanski

and Jen (Tom) McKeon, Tanya (David Sear; Ken (Heather), Richard and Seth Hartzell; Khemera (Sreyvan) Pen and Louen (Phanna) Khun.

His grandchildren are Meagan and Daniel McKeon; Samantha and Arianna Wyanski; Jocelyn and Addison Hartzell; Serina, Erica and Leeann Pen; Lisa (Tino) and Michael Khun. He has numerous nephews and nieces, especially Gail Wyanski-Fox and James Wyanski. A great grandson in July.

He also has brothers-in-law Jonathan and Jeffrey (Gail) Bray and sisters-in-law Sheila Johnson and Diane Eldridge.

He was preceded in death by his parents and his siblings: Frank Wyanski (Ann) Seaman, Robert Wyanski, James (Joan) Wyanski, Catherine (Joe) Scheller, Gertrude (Robert) Waldheim, and Mary (Meyer or Mutty) Friedler. Nephews

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Ricky Bray and nieces Pat Perkins and Roseann (John) Bell. Brothersin-law Robert, James (Cathy) Bray and Richard Bray. Dick was a gentle kind and loving husband, father,

and friend with a winning smile. He served churches in Maine, Granby, and Ferndale, Washington over a period of 30 plus years.

Russell Kelly, Michael and John

Wyanski, Robert and Phillip Friedler,

In retirement, he often performed weddings and funerals free, did Bible study, sang in the choir, and visited the sick and the lonely. He

was rich in Godly living. He enjoyed gardening, carpentry, bike trips and travelling to all 50 states, Bermuda, England, Ireland, Thailand, and part of Cambodia, the Holy Lands and on our 40th anniversary to Poland.

Internment and flag and honor guard were held at Cape Canaveral National Cemetery in Mims, Florida on June 2, 2023. A memorial service will be held in the Congregational Church in Granby where he served from 1972-1985.

Rev. Audrey Galusha will officiate on Saturday, July 15, 2023 at 1 p.m.

Donations may be made to the church or charity of one's choice, to St. Jude's Children's Hospital, or Springfield's Shriners Children's Hospital.

Death Notices

Wyanski, Rev. Richard Died March 12, 2023 Service July 15, 2023

The Sentinel Obituary POLICY

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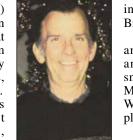
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son. 07/06, 07/13/2023

law demands Thank you.

Commonwealth of Massachusetts The Trial Court Hampshire Probate and Family Court 15 Atwood Drive Northampton, MA 01060 (413)586-8500 Docket No. HS23C0084CA In the matter of: Madelei Lee Gallo **O'Connell** CITATION ON PETITION TO CHANGE NAME A Petition to Change Name of Minor has been filed by Madelei Lee Gallo O'Connell of Belchertown, MA requesting that the court enter a Decree changing their name to:

Madelei Lee Gallo **IMPORTANT NOTICE**

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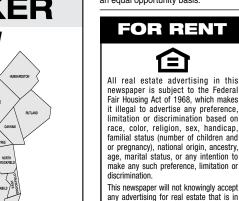
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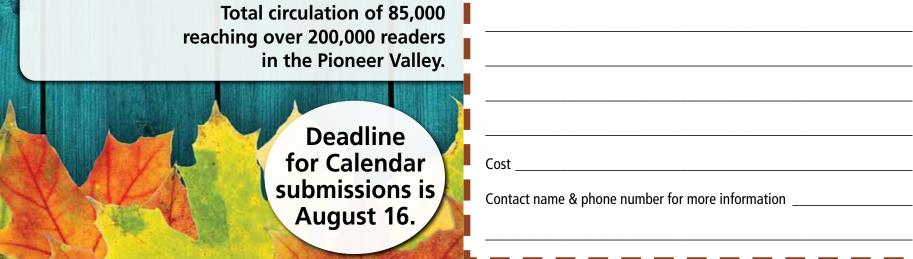
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