



Members of the Amherst Chamber, State Rep Aaron Saunders, Sen. Jake Oliveira, Jenn Turner with the Selectboard, and the featured business owners of the night.

## Networking Event Brings small businesses together

*There is nothing more gratifying than seeing our staff and board help them find success. I believe our collective effort is our greatest strength, and when we build together, we all succeed.*

**HEIDI FLANDERS**  
Chamber President

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

**BELCHERTOWN** – The Amherst Chamber of Commerce hosted a special networking event at Arc Point Brewing Co. last week, where they brought together 10 local small businesses from Belchertown in order to create connections. “As a business owner, I value the member-to-member connections that the Chamber brings to the table,” said Heidi Flanders,

President of the Amherst Chamber. “As board president, I value the opportunity to connect with our members and learn about their businesses and goals. There is nothing more gratifying than seeing our staff and board help them find success. I believe our collective effort is our greatest strength, and when we build together, we all succeed.” The Building Up Belchertown event featured Arc Point Brewery, Clay Mates, Devon Lane, Freetide Creative, Grace

Aesthetics and Wellness, Innovate Culture Lab, Shattuck’s Sugarhouse, Soundscape Merchandise, Cold Spring Investments, and the Belchertown Veterinary Hospital. “There’s a lot of great businesses in the area, so however we can help and get involved, we want to do that,” said Chamber member Polina Potochevska. “I love the community, and seeing people get together is a lot of fun.”

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## Schools in the Age of Digital Distraction

11th Safe and Healthy School Summit held at GCC

By Ryan Drago  
Staff Writer  
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**GREENFIELD** – Greenfield Community College hosted the 11th Safe and Healthy School Summit this past week. This year’s topic focused on schools in the age of digital distraction. The Northwestern District Attorney’s Office welcomed teachers, school administrators, coalitions and workers in youth services from various counties in western Massachusetts to focus on

social media and its impact on kids and their developing brains. Various speakers and panels arrived to share various studies found in surveys and see what schools have found in the current distractions caused by social media and artificial intelligence. District Attorney David E. Sullivan said this year’s Safe and Healthy School Summit is focused on social media. This summit is a resourceful professional development to give school leaders some idea on how to work with parents and the community as they handle the large distractions of cell phone use and social media in schools and how they can minimize those distractions.

Please see **SCHOOLS**, page 4



TURLEY PHOTO BY RYAN DRAGO

Shown from left to right, Northwestern District Attorney David E. Sullivan, Dr. Michael Rich, Executive Director of Children’s Advocacy Center of Hampshire County, Kara McElhone, and Executive Director of Children’s Advocacy Center of Franklin County and North Quabbin, Carol Conragan at the 11th Safe and Healthy School Summit.

## Craft fair raises funds for Relay for Life

By Brendan Rooney  
Correspondent

**CHICOPEE** — On Oct 11, the Moose Family Center played host to the 4th annual Relay for Life Craft Fair as more than 40 vendors showed up to offer their products, with some driving as far as two hours away, to join in on the festivities, and a massive crowd followed, as the entire parking lot was filled and stories were told.

Providing a bit of insight into how the event came together, while sharing some plans about next year being the big ‘5-year’ anniversary, was Vicky McAndrew, a member of the event leader-



TURLEY PHOTOS BY BRENDAN ROONEY

Local social services here to help.

ship team, and a participant of Relay for Life as a 9-year cancer survivor. “I do craft fairs twice a year, this one in Chicopee, which is outdoor, and another

in Belchertown, which is outdoor, and it’s like a big family here, and we never had a problem running the event,” McAndrew said. “Everyone who attends offers a donation, which is a gift from their table, and we have a variety of vendors from jewelers, chocolate makers, and others who knit, sew, and crochet, and they all bring beautiful items.” As mentioned before, some drove a long distance to partake in the community experience, such as 22-year-old Danielle Moreira, who is the owner of Dandycrochetgoods. “It felt good, but I admit the invite was very last-minute, and I got everything all ready this morning, and drove about two hours to get here,” Moreira confessed. She also took a minute to

Please see **CRAFT FAIR**, page 11

## Inaugural Quabbin Days kicked off at visitor center

By Ryan Drago  
Staff Writer  
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**BELCHERTOWN** – The inaugural Quabbin Days kicked off this past Friday at the Quabbin Visitor Center. Quabbin Days is a celebration of the beauty and heritage of the Quabbin Region and the towns that surround it. This newly incorporated celebration consists of four days across various towns that are connected to the Quabbin Reservoir. This kick-off helped promote the Quabbin region and what it has to offer. “It’s just an amazing place right in our backyard,” said

Clayton Sydla, president of the Quabbin Fisherman’s Association. Sydla says this kickoff is about the opportunities the Quabbin offers, including being a wonderful place to fish. The weather was perfect for the occasion as various state legislators attended the kickoff to honor the Quabbin and its past. Project Coordinator Ed Comeau spoke first and he said he hoped everyone in attendance appreciated the sheer beauty of where they live as Quabbin is their neighbor. The towns surrounding the Quabbin hope to promote tourism, hiking, and various opportunities for

visitors all over the world to enjoy. “I hope Quabbin Days becomes an annual tradition,” Comeau said. The first to speak during the kickoff was state Sen. Jake Oliveira, who is a big advocate of the Quabbin Reservoir. Oliveira mentioned that many residents who live in the eastern part of Massachusetts don’t realize that their drinking water comes from the Quabbin. Many western Massachusetts towns are also served water by the Quabbin Reservoir.

Please see **QUABBIN DAYS**, page 8



TURLEY PHOTOS BY RYAN DRAGO

Pictured left to right are Sen. Jo Comerford, Office of State Sen. Peter Durant Communications Director Kim Mongeau, Quabbin Fisherman’s Association President Clayton Sydla, State Rep. Todd Smola, Ed Comeau of Friends of Quabbin, State Sen. Jake Oliveira, State Rep. Aaron Saunders, and State Rep. Susannah Whipps. This was during the kickoff of Quabbin Days at the Quabbin Visitor Center.



Danielle Moreira, the business owner of Dandycrochetgoods.

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Pruning



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Storm  
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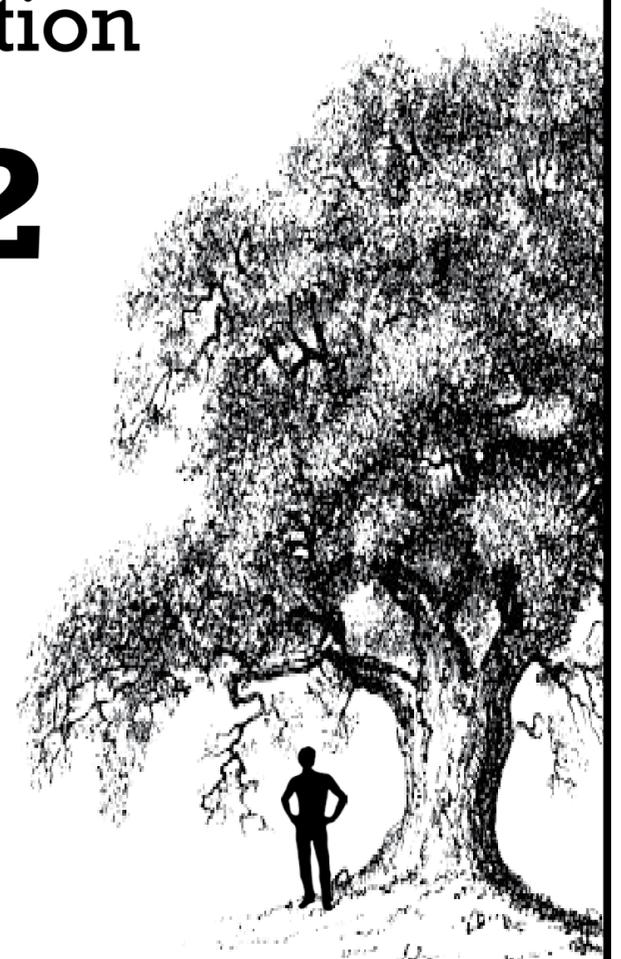
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# Belchertown to hold public meeting on draft hazard mitigation plan

BELCHERTOWN – The Town of Belchertown, in collaboration with the Pioneer Valley Planning Commission, invites residents, business owners, and other stakeholders to a public meeting on the Town’s Hazard Mitigation Plan (HMP) on Wednesday, October 22, 2025 at 6:30 p.m. in the Auditorium of the Belchertown Town Hall, 2 Jabish Street, Belchertown. You may also attend this meeting virtually: <https://meet.goto.com/202402661>

The Town has completed a draft update of its HMP, which is now available for public review and comment. The plan identifies local risks from natural hazards, such as flooding, severe storms, extreme heat, and winter weather. Additionally, it outlines strategies to reduce long-term risks to people, property, infrastructure, and the environment.

“Belchertown’s strength is our community, and this plan reflects practical, locally informed steps to reduce risk before disasters strike,” said Steve Williams, Town Manager. “Your feedback will help us prioritize the most effective actions and position the Town for critical mitigation funding opportunities.”

### Public review and participation

Residents are encouraged to review the draft Hazard Mitigation Plan prior to the meeting, available online here: [www.belchertown.org/HMP\\_2025\\_draft](http://www.belchertown.org/HMP_2025_draft)

The public is encouraged to submit their comments about the draft HMP prior to the meeting. Comments can be submitted via mail or email.

Mail comments to: Belchertown Fire Department, Attn: Fire Chief John Ingram, 10 North Main Street, PO Box 1074, Belchertown, MA 01007

Email comments to: Chief John Ingram at [jingram@belchertown.org](mailto:jingram@belchertown.org). Please use the subject line “HMP Comments”

At the October 22 meeting, the Town’s planning team will:

- Provide an overview of the draft plan and its findings
- Summarize updates since the previous version
- Discuss proposed hazard mitigation goals and actions

### About the Hazard Mitigation Plan

Belchertown’s Hazard Mitigation Plan is reviewed and updated every five years

by a local committee. This meeting is part of the Town’s scheduled five-year update cycle, ensuring the plan remains current and compliant with state and federal guidance.

### Accessibility

The meeting location is accessible. To request reasonable accommodations, language interpretation, or materials in alternative formats, please contact the Town Clerk’s office at least five (5) business days before the meeting. You may call (413-323-0281), email ([clerk@belchertown.org](mailto:clerk@belchertown.org)), or stop by their offices (Belchertown Town Hall, Room 201, 2nd Floor, 2 Jabish Street, Belchertown) to request accommodations.

### Meeting Details (At-a-glance)

What: Public Meeting – Belchertown Hazard Mitigation Plan (Draft Update)

When: Wednesday, Oct. 22 6:30 p.m.

Where: Belchertown Town Hall, Auditorium, 2 Jabish Street, Belchertown or remotely at <https://meet.goto.com/202402661>

Plan Draft: [www.belchertown.org/HMP\\_2025\\_draft](http://www.belchertown.org/HMP_2025_draft)

# Town of Belchertown offers support services for residents attending STM

BELCHERTOWN – The Town of Belchertown is pleased to announce that special services will be available to assist residents attending the upcoming Special Town Meeting on Monday, October 27, 2025, beginning at 6:30 p.m. at Belchertown High School, 142 Springfield Road, Belchertown.

To support civic participation among residents of all ages, both the Belchertown Recreation Department and the Belchertown Senior Center will offer programs designed to make attendance more convenient for families and older adults.

Child Care Services: “Little Voters Lounge”

The Belchertown Recreation Department will host the Little Voters Lounge, a free child care program designed to support parents and caregivers attending the Special Town Meeting.

Location: Belchertown High School

Time: 6 p.m. until the meeting concludes

Ages: 4 to 12 (children must be able to use the

restroom independently)  
Cost: Free for Belchertown residents

Children will be supervised by high school volunteers, many trained through the Safe Sitter program, and will participate in crafts, games, and movies. Parents are asked to provide a peanut-free snack and a reusable water bottle for their child.

Advance registration is required, and walk-ins will not be accepted. Families may register online through the Belchertown Recreation Department at: [https://belchertownma.myrec.com/info/activities/program\\_details.aspx?ProgramID=30132](https://belchertownma.myrec.com/info/activities/program_details.aspx?ProgramID=30132)

Transportation Services for Older Adults

The Belchertown Senior Center will provide free round-trip transportation exclusively for older adults who wish to attend the Special Town Meeting.

Service: Round-trip rides to Belchertown High School

Eligibility: Older adults

Cost: Free

Reservation Deadline: Wednesday, October 23,

2025  
To Reserve: Call 413-323-0420 ext. 508

This service ensures that senior residents have a safe and reliable way to participate in the Town’s democratic process.

Commitment to Accessibility and Civic Participation

“These initiatives demonstrate Belchertown’s commitment to making civic engagement accessible for all residents,” said Steve Williams, Town Manager. “By offering both supervised child care and transportation for older adults, we are removing barriers and encouraging greater community participation in our Town Meeting.”

Residents are encouraged to plan ahead, register or reserve transportation as needed, and take part in this important community event.

For more information, please contact the Belchertown Recreation Department at 413-323-0419 or the Belchertown Senior Center at 413-323-0420 ext. 508.

# Spike it for Life at tonight’s game

BELCHERTOWN/WARE – Come to the Belchertown High School’s Junior Varsity and Varsity Volleyball games on Thursday, October 16, for Belchertown v. Ware, where there will be concessions, raffle baskets, and more, where all proceeds will benefit St. Jude’s Research Hospital.

Spike It for Life is a growing community of volleyball coaches, players and events across Western Massachusetts with the specific purpose of combining sport and philanthropy to raise money for Cancer research and supporting services.

Junior Varsity will play at 4:30 p.m., and Varsity will play at 6 p.m. Please help the B-Town Girls Volleyball teams raise money for cancer research.

**Visit us on the web**  
[www.turley.com](http://www.turley.com)

### EVENT from page 1

The event also welcomed Senator Jake Oliveira and State Representative Aaron Saunders to share a few words, welcoming the business owners, and sharing their appreciation for this little town of Belchertown.

“It’s so exciting to see these 10 business owners come together, and to see them represent the town, and see the town then support them,” said Maude Haak-Frendscho. “This is one of the recommendations we received to invest in small businesses because they are key to a growing town.”

The event focused primarily on uniting the town with the Chamber, in order to work to strengthen small businesses through the Building Up Belchertown Program recently begun by the town.

“Since joining the Chamber over a decade ago, my mission has been to deepen our engagement with all the towns that make up the Amherst Area Chamber of Commerce,” said Flanders. “This collaboration with the town of Belchertown represents our most recent success in broadening our reach to our

area. I am eager to begin this new chapter of cooperation and build upon it with future initiatives.”

The Amherst Area Chamber of Commerce serves the towns of Amherst, Hadley, Belchertown, Sunderland, Leverett, Shutesbury, and Pelham, and has been working to reach out to and work with Belchertown more.

“This area of Massachusetts is home to incredibly talented and creative individuals, and we are excited to work with them to ensure our community continues to thrive,” said Flanders. “As a business owner deeply committed to community engagement, I value the Chamber as a powerful platform for building meaningful connections and driving positive, long-term growth for our local communities.”

The Building Up Belchertown event was the first of hopefully many more to come, and is a step in the right direction of working towards not only providing a way for small businesses to connect with each other, but the community as well.

# Massachusetts continues to offer significant EV incentives

BELCHERTOWN – Many potential electric vehicle (EV) buyers may be aware that the federal tax credit of up to \$7,500 ended on September 30th, 2025. While this certainly reduces the discounts for some EVs for some buyers, it is important to remember that the State of Massachusetts still offers significant incentives

through their Massachusetts Offers Rebates for Electric Vehicles (MOR-EV) program. This program offers potential rebates between \$3,500 - \$6,000 on an EV, with rebates for used EVs as well as for new EVs. The rebate must be applied for within 90 days of purchasing or leasing the vehicle and the rebate check will be mailed out within 90 days

of the application being approved. With an ever-increasing variety of models, many with prices that are competitive with gas-powered cars, along with an increasing supply of used EVs, 2025 is a great year to consider shopping for an EV. For more information on the MOR-EV rebate program, visit [mor-ev.org](http://mor-ev.org).

# BUCC Quilt Show and Sale returns with sewing tag sale

BELCHERTOWN – If you use a sewing, knitting, or embroidery needle, or know anyone who does, you don’t want to miss this event. Quilts will be on display in every corner and over every pew of the church. The sewing tag sale has all types of fabrics, yarn, sewing notions, buttons, and much more. The dates are Friday, October 24, to Sunday, October 26, for the show and sale. There is a \$5 entry fee these days. From October



27 to November 1, the sewing tag sale continues with no entry fee. Holiday shopping for wall hangings, table runners, and quilts

will be available. The quilt theme this year is: Blue. For more information, contact Jane at 413-283-4456.

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**VENDOR & CRAFT FAIR**  
Saturday, October 18 • 9AM-3PM  
281 Chauncey Walker St. (Route 21) Belchertown, MA  
Downstairs in the big, white building (with pillars)  
Entrance and outdoor vendors in back of building  
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**Tractor Safety Workshop**  
Saturday, October 25, 10 a.m. - 2 p.m.  
at New England Small Farm Institute – 270 Jackson Street, Belchertown  
Jim Carrabba, Agricultural Safety Specialist with the Northeast Center for Occupational Health and Safety (NEC), will lead a program on tractor safety. Topics covered include tractor injury statistics, basic safe tractor operating principles, how to perform operator checks, safety features on new vs. old tractors, and safe operation of tractors on public roads. Participants will learn about Rollover Protective Structures (ROPS) and the ROPS Retrofit Rebate Program. Jim will also cover Power-Take-Off (PTO) safety and will demonstrate retrofit PTO shield offered by NEC. All welcome!  
The training will cover the areas required for OSHA annual tractor safety under 1928.51 Appendix A and can meet that training requirement for your farm (applies to farms with more than 10 employees).  
Please pre-register. Contact Sara Weil:  
Email: [info@smallfarm.org](mailto:info@smallfarm.org) • Tel: 413-323-4531 • Web: [smallfarm.org](http://smallfarm.org)  
Workshop fee \$30 per person. Limited space available. Walk-ins allowed if slots are open.

# Belchertown invites input on future use of Tadgell School building

**BELCHERTOWN**— The Town of Belchertown is seeking public input on the future of the longtime vacant Tadgell School building, located at 7 Berkshire Avenue. A newly launched survey invites residents to share their ideas and preferences for how this space could best serve the community going forward.

Originally built around 1960 as part of the Belchertown State School property, the Tadgell building has served various educational and municipal uses over the decades. In recent years, it has remained largely unoccupied, and the structure is now fac-

ing increasing deterioration and functional obsolescence. The Town is now evaluating whether to re-use, renovate, or possibly divest the property.

“We want the future of Tadgell to reflect the community’s needs and hopes,” said Town Manager Steve Williams. “This survey gives every resident a chance to help shape what the building becomes – such as a community space, municipal offices, mixed use, or something entirely new. Your voice matters in helping the Town determine the building’s future whether that be maintaining local control or selling of the

property.”

The survey offers a range of possible uses for respondents to consider, including but not limited to:

- Senior housing
- Recreation programming (all ages)
- Town offices
- Commercial kitchen
- Meeting, event, or programming space
- Indoor market (e.g. winter farmers’ market)
- Mixed-use or live/work space
- Makerspace, library extension, adult education
- Youth / community organization space (e.g. Boys &

- Girls Club, YMCA)
- Other possibilities submitted by respondents
- How to Participate

The survey is available on the Town’s website: [www.belchertown.org/tadgell\\_survey](http://www.belchertown.org/tadgell_survey)

The deadline to submit responses is November 1, 2025.

All responses are anonymous and will be used by Town leadership, planners, and decision-makers to inform next steps.

### Why Your Feedback Matters

The Tadgell building rep-

resents a significant community asset and a rare opportunity. Its reuse could help support municipal operations, community programming, housing, or economic development. However, without input from residents, there is a risk of choosing a direction that doesn’t match local priorities or needs.

Town staff and decision-makers will review and synthesize survey results, host follow-up forums if needed, and use the findings to guide feasibility studies, planning, and proposals. Future public hearings will provide further opportunities for community

engagement.

“We are hoping for broad participation across the town — from longtime residents, newcomers, business owners, youth, and seniors,” added Williams. “The more voices we hear, the better we’ll be able to chart a future for Tadgell that aligns with Belchertown’s character and goals.”

For more information, to access the survey, or to request a paper copy, visit the Town’s official website or contact the Belchertown Communications Office at 413-323-0403.

## SCHOOLS from page 1

Sullivan sees this topic as an educational opportunity to explore the good information within social media and how we see the world in many eyes, but still know the dangers on the internet. As part of the introduction, Executive Director of the Children’s Advocacy Center of Hampshire County, Kara McElhone, spoke first on how this summit will run and hopes to try to minimize online dangers that kids can be exposed to while having access to the internet and social media.

McElhone believes there are “smart mentors for online safety” and the goal is to help educate students about the dangers of the digital world.

“We’re building on that progress,” McElhone said as that is what this year’s school summit is about.

Executive Director of the Children’s Advocacy Center of Franklin County and North Quabbin, Carol Conragan came up to speak next and talked about the increase in photos being shared on social media. There is also an effective source known as “Handle with Care (HWC)”, a school-community response to help ensure that children exposed to trauma in their home, school, or community receive appropriate support.

Sullivan came up to speak prior to the keynote speaker’s presentation and said, “I encourage schools to find that healthy alternative.” This is in response to helping kids and keeping them away from dangers of the digital age.

The keynote speaker for this year’s School Summit was Dr. Michael Rich, who is a pediatrician and the Founder & Director of the Digital Wellness Lab and the founder/co-director of the Clinic for Interactive Media and Internet Disorders. Both are based out of the Boston Children’s Hospital.

The Digital Wellness Lab works to promote positive and healthy digital media experiences for people from birth to young adulthood. The Clinic for Interactive Media and Internet Disorders is the first evidence-based clinical program addressing the problematic interactive media use in children, adolescents, and young adults.

Rich shared that he has been working well with var-



TURLEY PHOTO BY RYAN DRAGO

A panel discussion featured a perspective from high school students on the use of social media and cell phones.

ious tech companies to help release findings in these studies on how kids are “lost in a sea of screens they are living in.” This work was supported by various companies including YouTube, TikTok, Roblox, Google, and Microsoft. Rich says there are various headlines of kids being addicted to screens and based of examples has identified the effects of excessive screen use.

Some kids have lost interest in school and sports due to having a lot of screen time. Nowadays, the age of kids beginning to use digital gadgets has gotten younger, as young as the age of 9. In Rich’s studies, 73% of parents are using devices while eating during family meals.

Rich sees constant screen using as “the next normal” and the change is a moving target. Rich wants parents, educators and students to recognize those moving targets.

“We are all in a screen saturated world,” Rich said.

According to reports, teenagers are averaging about 8.5 hours per day being on screen. There is a 17% increase in screen use during the COVID-19 pandemic. A lot of younger people are engaged in digital and physical worlds, according to Rich.

For screen use or social media, 84% of kids check their phones hourly and 16% more frequently every five minutes.

In these findings, Rich talked about a feeling called “FOBLO”, which stands for Fear of being left out. Wondering why kids are so attracted to these sources, Rich explained that interactive media provides a fertile environment for key tasks for adolescent development.

There is also Problematic Interactive Media Use, the inability to regulate use of interactive media which displaces key elements of health and development. These include sleep, nutrition, academic performance, social life, relationships and mental

health.

Another study Rich shared is Growing Up Digital, seeing if users are distracted or addicted. 30% of parents feel “addicted” to their own technologies with social media. 22% of parents feel their children are “addicted” to technology with the areas of greatest dependence being watching videos and video games. Even grandparents were studied for GUD. 36% of grandparents believe their grandchildren are “addicted” to technology. Rich mentioned psychological conditions predisposed to PIMU: ADHD, social anxiety, ASD and depression.

Rich would then move on to the “hot topic”, smartphones in schools. There was a middle school class experiment a teacher did in a 45-minute period. The sheet listed various social media platforms, phone calls, texts, email, and other screen related platforms. The teacher had over 1,100 tallies from students who admitted to how much they use their smartphone.

Rich described a cell phone as a “24/7 mom and dad in your pocket.”

In Alberta, there was research conducted based on feedback from over 2,800 Alberta K-12 teachers and school leaders. This research was on a cellphone ban that was put in place recently. 74% of teachers say everyday classroom interruptions are down with the cellphone ban. 66% of teachers reported that there is better student mental health since the ban. 57% of teachers already notice improvement of student academic performance.

To wrap up, Rich mentioned the five M’s of digital wellness, Model, Mentor, Monitor, Memories, and Mastery. Rich says we should “be the change we want to see in our kids”. The Digital Wellness Lab seeks to understand social media effects and use them to empower wellness. Though there are bene-

fits to the use of social media and digital gadgets, but educators and parents want to keep kids informed on the negatives and non-benefits.

For more information visit [digitalwellnesslab.org](http://digitalwellnesslab.org). Rich has conducted research on digital distractions since 1994. Rich has interviewed tens of thousands of kids during his research across various subjects. Copies of Rich’s book, “The Mediatrician’s Guide: A Joyful Approach to Raising Healthy, Smart, Kind Kids in a Screen-Saturated World” were given out to guests at the School Summit and Rich signed copies during the lunch period.

Rich encouraged parents to follow each stage in their children’s lives and wants more engagement from parents and educators to better understand the topic of social media and promote parental engagement tools.

Social media and digital distractions are a broad subject that continues to grow, and Rich thinks its best for educators, school leaders, parents and children to learn together.

“Let’s learn this together,” Rich said.

Next was a panel discussion highlighting the perspectives from young people. The interviews for this panel were Lexi Polokoff of SPIFFY Coalition, Naomi Bledsoe of Communities that Care Coalition, and Susan Reynolds of the Look Up Foundation.

The panel features high school students from various western Massachusetts schools to share their insight on social media use. The students were Silas Giguere of Franklin County Technical School, Nathan Woodard of Greenfield High School, and Anna Tunstall and Kerin Guimond of Smith Academy.

Woodard explained that him and his fellow students are in involved in student council and the council does have an Instagram page for

contact and connecting. These students took questions from the audience about handling school in the age of digital distraction and how they manage their cellphone use and time outside of school.

All the students on the panel shared their own codes of conduct and how they avoid being on their cell phones constantly. Woodard mentioned he has standards in place on how much phone and television time he has at home and instead of using his cell phone, he bought an old school alarm clock to use instead to limit cell phone use.

When asked how parents can be supportive on when addressing social media use, Tunstall said parents could limit their own phone use. Students sometimes sense teachers using their phones during school and think that could send a poor message.

When addressing the new cellphone bans, Guimond thinks that it can be addressed better for students and parents.

“Address the cell phone ban better and why it is important,” Guimond said.

The students shared various hobbies they have that help them avoid constant screen time. When asked about ways to combat negative social media posts, several students say they have them blocked and keep trusted adults informed. These students also encourage others to do more outdoor gatherings and have adults recognize the responsibility level in kids as the research on social media use continues.

The next presentation was about data around social media, cellphones, youth in schools and implications for policy. This discussion talked more about the cellphone ban policies, including the Bell-to-Bell policy. 2,300 students in Hampshire County did this survey and 24% of schools that participated in the PNAS had bell-to-bell policies in place during the 2024-2025

school year.

Bell-to-Bell includes any policy where students store their phones in pouches or lockers that locked at the beginning of the day and then unlocked at the end of the day, so that students aren’t seeing their phones from the first bell of the day until dismissal. The survey proves that a school cell phone policy is effective and works more positively than when a student gets their phone taken away.

Kids are less distracted and with a policy in place school leaders hope to see an increase in school engagement. The survey also proved that fewer phone distractions are associated with better mental health.

When studying phones in schools, students get in average of 237 notifications a day, 25% of which happen during the school day. Two out of three students report being distracted by their own devices. Over 50% of students report being distracted by other students’ devices. 35% of students report cheating with their phones.

With much confidence, these researchers believe that the state will likely pass phone free school policies. Although it will still be difficult to fully eliminate technology use in schools and outside of school.

“It’s hard to take these technologies away,” said Kat Allen of Communities that Care Coalition.

It will take a commitment from school administrators, teachers, and staff to implement these policies, which are viewed as a positive source for not only the school environment, but also for the students.

The School Summit also featured a panel discussion with perspectives from educators. School administrators from all over Pioneer Valley and western Massachusetts shared experiences and advice on how they handle schools during the age of digital distraction.

Reynolds of the Look Up Foundation gave a talk on mindfulness and youth generated approaches to digital pitfalls. It was an insightful topic as the Safe and Healthy School Summit featured dedicated professionals wanting to handle the use of social media and digital distractions.

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### It's spooky season at the library

The Clapp Memorial Library has some exciting programs and events coming up in the second half of October. We hope to see you at the Library.

**For General Audiences**  
**Astral Evening – Stargazing with the Library**  
 Monday, October 20, 7 to 9 p.m., at *Foley Field*  
 Belchertown's It's a Star Party with the Library! Members of Springfield STARS Astronomy Club will be setting up telescopes to lead us on a tour of the night sky. Witness some of the most impressive sights! We'll be outside, so please wear comfortable shoes and warm clothing. Foley Field is located behind the Police Station off Route 202 in Belchertown.

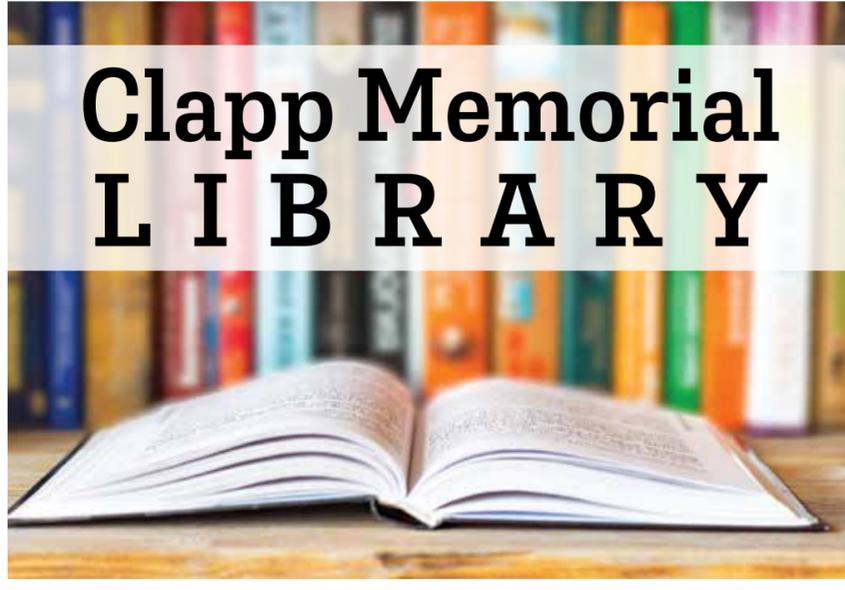
**Belchertown Community Health and Wellness Resource Fair**  
 Friday, October 24, 3 to 5 p.m.

The Clapp Memorial Library and BOAT welcome community members in need of accessing health care, mental health care, substance use resources, and family resources. Free lockboxes, Naloxone, Fentanyl Test Strips, and health screenings will be available. Health care organizations such as MA Behavioral Health, Hampshire Hope, Tapestry, and more will be here in addition to Baystate Health's Wellness on Wheels (WOW) bus! Free refreshments will be provided. Mark your calendars!

**In Defiance: 20 Abolitionists You Were Never Taught in School**  
 Monday, November 3, 6:30 to 7:30 p.m.

Authors Tom Weiner and Dr. Amilcar Shabazz, will be hosting a book signing and discussion of their latest book, *In Defiance: 20 Abolitionists You Were Never Taught in School*. In *Defiance* uncovers the stories of individuals who risked their lives to fight enslavement, serving as a compelling call for justice and the preservation of history. This book brings to light the often-suppressed stories of 20 Black and white men and women - their courage, activism, and unwavering commitment to freedom. A limited number of free copies of the book are available, while supplies last. Request yours by calling the library at 413-323-0417 and read it before the event!

**For Adults and Teens Who Goes There...**  
 Tuesday, October 21, 7 to 8:30 p.m.  
 Join us for a night with



Robb Goff of Agawam Paranormal. Robb will share local historic events and investigations including potential evidence captured on site! Sponsored by Agawam Paranormal.

**Gravestone Girls**  
 Tuesday, October 28, 7 to 8:30 p.m.

Gravestone Girls present "Welcome to the Graveyard!" From colonial New England burial grounds, to 21st century cemeteries, we'll examine the history of gravestones and how their styles and art have evolved over almost 400 years. Included will be some of Belchertown's own local haunts! Sponsored by the Friends of the Clapp Memorial Library.

**For Teens Taylor Swift Diamond-Painting**  
 Saturday, October 18, 2 to 3:30 p.m.

Celebrate Taylor Swift's new album at the library's Taylor Swift Diamond-Painting program for teens in grades 7-12! Make your own \*bejeweled\* Diamond-Painted Swiftie Eras bookmark as we listen to Swift's "The Life of a Showgirl"! Space (and Eras) are limited, so don't wait a \*fortnight\*! Email [clapplibrarytab@gmail.com](mailto:clapplibrarytab@gmail.com) or call the library to register. This program is funded by the Friends of the Clapp Memorial Library.

**TAB Meeting**  
 Friday, October 24, 4:30 to 5:30 p.m.

The Clapp Memorial Library's Teen Advisory Board will meet on Friday, October 24, on the main floor of the library. TAB is a group of 7th-12th-grade students who meet monthly during the school year to propose library programming for teens, provide input on teen services, volunteer, and have fun! At this meeting, teens will reflect on the Summer Reading Program and brainstorm ideas for next year. Teens can email [clapplibrarytab@gmail.com](mailto:clapplibrarytab@gmail.com) to register.

New members are welcome!

**Halloween Harvest: Ghost Stories with Davis Bates**  
 Friday, October 24, 6 to 7 p.m.

The Clapp Memorial Library is excited to welcome back award-winning storyteller Davis Bates for a night of ghost stories, supernatural songs, and harvest tales. His performance will conclude with a workshop for teens on telling their own ghost stories. Will a certain library or local state school be a feature? Teens in grades 7-12 are asked to email [clapplibrarytab@gmail.com](mailto:clapplibrarytab@gmail.com) to register. This program is funded in part by a grant from the Belchertown Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

**Teen Book Club**  
 Wednesday, October 29, 3 to 4 p.m.

The Clapp Memorial Library has a book club for teens in grades 7-12! This Teen Book Club is in conjunction with the MA Teen Choice Book Awards (MTCBA), the only book award in the state selected by teens. Each month, teens will read and meet to discuss one book from the nominee list. On Wednesday, October 29, teens will discuss *Gwyn & Art Are Not in Love* by Lex Croucher. Copies of the book are available for checkout at the library's circulation desk and on the Libby and hoopla apps. Snacks will be provided at the meeting. Email [clapplibrarytab@gmail.com](mailto:clapplibrarytab@gmail.com) with any questions.

**For Children Halloween Spook-Tacular**  
 Sunday, October 19, 5 to 6:30 p.m., and Thursday, October 23, 5 to 6:30 p.m.

Children and their families are invited to the Belchertown Pollinator Garden and School Garden, located at 57 School Street, for an evening of fun, spooky stories and activities. Bring a flashlight, wear a costume,

and be ready for some adventure. The kids in the theater program at the Recreation Department will start us off with an interactive skit. Then Jennifer Whitehead, Youth Services Librarian, will tell a somewhat spooky story. Master Gardener, Debby Lapointe, will set up decorations throughout her pollinator garden and everyone can take part in a scavenger hunt in the dark. There will be crafts, cider, and cookies, too. Donations for the garden are appreciated. This program is geared towards children ages 4 to 11 and their families. Registration is required as space is limited. To register, visit our website at [clapplibrary.org](http://clapplibrary.org) or call 413-323-0417.

**Mindful Music with Mr. Ryan**  
 Thursdays, 4:30 to 5 p.m.  
 October 30, November 6, 13, and 20

Mindful Music with Mr. Ryan is a joyful, heart-led program for children ages 6-11 that blends the magic of music, movement, mindfulness, and mythology—all through the colorful lens of Bhakti, the Indian practice of love and connection with self and others. This program is for children ages 6-11. Registration is required. Students under the age of 10 must have a caregiver who is 14 years old or older on the Library premises. Caregivers will not be in the same room where the classes will be held. Register online at [clapplibrary.org](http://clapplibrary.org) or call the library at 413-323-0417. Students who would like to ride a bus from a Belchertown public school to the Library should contact Jennifer at [jwhitehead@cwmars.org](mailto:jwhitehead@cwmars.org).

**The Clapp Memorial Library is open:**  
 • Mon. 9:30 a.m. to 6 p.m.  
 • Tues. 9:30 a.m. to 7 p.m.  
 • Wed. 9:30 a.m. to 7 p.m.  
 • Thurs. 9:30 a.m. to 7 p.m.  
 • Fri. 9:30 a.m. to 6 p.m.  
 • Sat. 9:30 a.m. to 2 p.m.

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**Randall's Pumpkin Decorating Contest**  
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## OPINION

### SOCIAL SECURITY

#### Matters

By Russell Gloor

## Should I take Social Security now or at age 70?

Dear Rusty:

I was born in April 1958 and my plan has been to take my Social Security at age 70.

However, my sister-in-law says that it is smarter to take it now while I am still working. I will be 70 in 2.5 years. Her husband collects his SS and has kept working. She believes their strategy will net more money than mine due to the fact he has continued to pay into the system and she believes it has super boosted his monthly benefit. What say you? BTW, Lord willing and the creek don't rise I plan on living at least till 87.

Signed: Questioning My Plan

Dear Questioning:

You have already reached your SS Full Retirement Age, so you can earn as much as possible without your SS benefit being negatively affected by Social Security's Annual Earnings Test. In fact, if your current earnings are among the highest over your lifetime, your SS benefit amount will continue to increase because of your higher current earnings. You are now also earning Delayed Retirement Credits, which will improve your monthly amount by .67% for each month (8% for each full year) you delay. That means that if you wait and claim at 70 you will get about 127% of what you would have gotten had you claimed at your FRA of 66 years and 8 months plus you'll also get all COLA increases which occur between now and then. So your life expectancy is key.

It usually takes about 12 years to break even money wise by claiming at age 70 vs. at FRA. In other words, if you claim at 70 instead of FRA, you'll have received the same amount of SS money after you are 82. Thus, if your life expectancy is greater than age 82, you'll get more in cumulative lifetime benefits by waiting until 70 to claim. Of course, no one really knows how long they will live, so it is a judgement you need to make. "Average" life

expectancy for a man your current age is about age 84, but if you'd like to get a more personalized longevity estimate you can use this tool we use here at the AMAC Foundation: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>

Another thing to keep in mind is whether your wife will get a widow's benefit if you die first. A widow will get the higher of either her own SS retirement benefit or the husband's benefit amount when he died. So, if you claim at age 70, your surviving spouse will benefit if her own SS is smaller because you waited until 70 for your higher SS amount. Just something else to keep in mind.

Yet another is whether your wife will be entitled to a higher benefit as your spouse while you are both living. FYI, a spouse will get a "spousal boost" if her own SS retirement benefit at FRA is less than 50% of her spouse's FRA entitlement. If so, your wife cannot claim her spousal benefit until you take your own SS retirement benefit. If your wife will be entitled to more as your spouse while you are both living, then delaying until age 70 means your wife cannot collect her higher spousal amount until you claim. Depending on your financial needs as a couple, that may affect your decision as well.

When to claim is always a judgement call which should consider your life expectancy, your financial needs and your marital status. If you don't need the SS money now while you are working and believe you will, indeed, live "at least till 87;" then waiting would likely be your best long-term decision. If you have doubts about your life expectancy, and/or if your wife will substantially benefit from a "spousal boost" if you claim earlier, then claiming now would also be a wise choice.

Finally, it's also important to understand that your SS benefits may be taxable by the IRS and, if you are still working, your IRS tax

Please see **SSI**, page 8

## Fall entrepreneur...



## Jack Frost has come and gone; time to review

Usually we have a few nights that teeter around the freezing mark each fall, giving us an advanced warning of sorts, before a real deal killer frost strikes. Not so this year.

I tuned into the weather last Tuesday night and to my shock, we were expecting temperatures to dip into the mid to high 20s Thursday night into Friday morning! That meant going into extreme harvest mode to get everything indoors that needed to be and trying to cover what I couldn't get to.

I was trying to hold off on harvesting my Butternut winter squash, hoping for the green tinges of the skin to fade to a warm buff color, but by the time Wednesday rolled around I had to give in and pick them. I think they are mostly ripe.

I grew three total hills this year, two of a variety Mom had saved the seeds of and one of a highly touted, powdery mildew resistant F1 hybrid by the name of "Little Dipper." I was lured in by the catalog description that promised seven plus fruits per plant.

From my two plants in that one hill, I harvested 15. Pretty good, I'll say! They range in weight from just about a pound and a half to over five pounds, with most around the 3.5 pound mark.

I already cut into one, and roasted it. Not being used to such a dry texture, I added a little water when I whipped it up and it was flavorful enough. And true to its description in the Fedco catalog ([fedcoseeds.com](http://fedcoseeds.com)) it was indeed powdery mildew resistant.

The leaves were incredibly green and still pumping out flowers until they were struck by frost. Will I grow it again? Yes.

The seeds and roasted it cut side down until fork tender. To me, acorns are on the blah side but all that changes with the addition of some maple syrup.

As far as the vine borers go, the plants were early to bear and quick to ripen. By the time the borers discovered them most fruits were curing right on the plants.

I'll definitely be growing them again.

Mouse Melon, also known as Cucamelon was a newbie as well, and one that I was not sad to see go when the frost hit. I sowed the seeds indoors and planted the transplants along one side of an A-frame trellis. By August I had the cutest mini-watermelons, think the size that would be perfect Barbie Doll food!

My appreciation for this trial ended with its cuteness, however. To me it tasted like a bitter cucumber, with a little bit of a kick to it. Not a fan.

I did enter them in the Ware Grange fair, however, and won first place in the "any other" category!

Stay tuned next week for more reviews and also what strategies worked and what didn't!

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](mailto:pouimette@turley.com) with "Gardening Question" in the subject line.



One mention: the seeds took forever to germinate. I start mine indoors in early May. They were easily a week or 10 days behind the open pollinated squash and pumpkins I germinated indoors.

Another squash that was new to my garden this year was an Acorn squash by the name of "Festival" from Renee's Garden ([renees-garden.com](http://renees-garden.com)). I typically don't veer from growing butternuts due to a heavy load of squash vine borers on all other species, but the seed packet was so pretty that I succumbed to an "impulse buy."

I figured I could grow them to eat, and also use them for autumn decorations. The cream-colored squash are splashed with orange, yellow and/or green and reportedly will keep up to three months.

From four plants I harvested 21 squash; not too shabby for vines that are semi bush. I tried two plants in one of my raised beds as an experiment, and they did great there, as did the two in the main garden.

I cut one in half, removed

## You can check out your own cognition

Some days, it feels like the neurons just aren't firing. You call one child by another child's name, can't remember where you left your phone and forgot to pick up something at the grocery store.

Such forgetfulness becomes more common as we age, but it isn't necessarily age-related. Lack of sleep and stress can cause stuff to leak out of our brains, too.

Memory lapses like these aren't necessarily a sign of cognitive decline, either. They are generally manageable and can be overcome with strategies such as sending yourself text reminders, making to-do lists and maintaining a calendar.

That said, cognitive decline is a reality for mil-



By Teri (Dreher) Frykenberg, RN  
Guest Column

lions of people around the world. In 2022, researchers at Columbia University found that almost 10% of U.S. adults ages 65 and older have dementia, while another 22% have mild cognitive impairment. That's practically a third of our senior population.

In one of my columns a few years ago, I called dementia the "other pandemic," because, for many people who had mild cognitive impairment before COVID, it blossomed into something more dramatic during our periods of isolation.

At your annual Medicare wellness exam, your health-care provider will screen you

for cognitive difficulties by having you try to repeat back several random words and asking you to draw a clock showing a particular time. (With the number of young people today who can't read a clock, they'll have to come up with another test at some point!)

The Mini-Mental State Examination (MMSE), an 11-question standardized test that evaluates orientation, memory, attention, language and visual-spatial abilities, might be used for the Medicare assessment because it takes only five to 10 minutes.

If your provider feels your cognition needs further evaluation, they may refer you to a specialist who will perform the MoCA, or Montreal Cognitive Assessment. It takes only 20 to 30 minutes, and has long been validated

as an effective tool for early detection of mild cognitive impairment in hundreds of studies. Its sensitivity for detecting cognitive impairment is estimated at 90%, and it is considered much more effective than the MMSE.

The MoCA is designed to assess:

- Short-term memory
- Visual-spatial abilities
- Executive functions, which help us manage actions, emotions and thoughts
- Attention, concentration and working memory
- Language
- Orientation to time and place

The test has to be administered and scored by a trained clinician. Any medical professional can get the training, which takes only an hour and gives clinicians more confidence in administering the test and explaining the results to patients. Training and certification are free for students, faculty members, academic research-

ers and public health-care institutions.

Here are some of the activities the MoCA asks of us:

- Naming certain animals
- Counting backwards from 100 by sevens
- Saying as many words as possible that start with a particular letter in one minute
- Copying a simple drawing
- And, of course, drawing a clock and remembering a series of random words

Evaluating age-related cognitive decline isn't the only use for the MoCA. People of any age who have suffered head trauma are often given the assessment to look out for immediate or delayed symptoms of cognitive damage. Many times, traumatic brain injury (TBI) is missed or misdiagnosed, which can leave a person with long-term cognitive issues.

Please see **HEALTH**, page 15

## Turley Publications Letters to the Editor Policy

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](mailto:sentinel@turley.com). The deadline for submissions is Friday at 5 p.m.

## 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.

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**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 Sept. 26 through Oct. 9. 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 explanation to some of the calls police respond to every day.*

**ARRESTS/SUMMONS**  
**Saturday, Sept. 27**

9:40 p.m. — A 17-year-old Shutesbury man was issued a summons for reckless operation of a motor vehicle, speeding and a marked lanes violation. An officer on Bay Road saw a vehicle slow with no directional or hazards on and two vehicles passed the vehicle. One was actually traveling at 70 mph. Then the vehicle passed by the officers in a 40 mile per hour zone going about 60 mph. Both vehicles were small dark vehicles. Officers tried to stop the vehicles and were able to stop one vehicle. The operator was advised why they were stopped, and they said they didn't know who the car was in front of them. They said they were just following as they were passing around the slow vehicle. The person was charged accordingly.

**Tuesday, Sept. 30**

5:34 p.m. — A 19-year-old Southamptom male was issued a summons on a number plate violation, unregistered motor vehicle and an uninsured motor vehicle. An officer saw a vehicle with only one plate and stopped them. The registration came back as revoked for no insurance. The vehicle was towed, and inventory was completed and the person was charged accordingly.

**Friday, Oct. 3**

7:24 p.m. — A 28-year-old Belchertown resident was issued a summons for leaving the scene of an accident, negligent operation of a motor vehicle, and an

unsecured and uncovered load. Officers responded to Franklin Street for a vehicle dragging a dumpster in the road. The vehicle and dumpster went to River Street and there was reported damage to the roadway. Additional officers responded and the container was in the road and was a hazard. It was dragged over a mile, and two mailboxes were struck. The person's name and company weren't provided, and officers responded to the owner's last known address and the people there said the driver wasn't there. The person said that they didn't know who was operating but have video of the incident.

**Thursday, Oct. 9**

4:37 p.m. — A 26-year-old Agawam resident was issued a summons for unregistered operation of a motor vehicle, no inspection sticker, a tire thread depth violation and a marked lanes violation. All of Belchertown Police and fire responded to the underpass for a report of an overturned tractor trailer unit. There was not a tractor trailer unit, but a flatbed vehicle off the roadway. Three cars were attached to the trailer and were resting against it. There was also a damaged wheel hitch. The person was uninjured. The person said that they drove past a stop sign when they approached a bend in the road and something caused them to go off the roadway. The operator tried to go back onto the roadway, and this caused the wheel hitch to break. The vehicles had significant damage and appeared to be brand new cars. A towing company was contacted. There was no inspection sticker on the vehicle. Mass State Police Commercial Vehicle Enforcement Section responded to investigate the matter.

**ACCIDENTS/INCIDENTS**  
**Friday, Sept. 26**

6:37 a.m. — An officer responded to an accident on South St. A vehicle attempting to avoid a corner on South Street skid and tried to correct. The vehicle struck a pole and came to rest on the back of the pole. The oper-

ator refused medical treatment. The vehicle was freed and driven from the scene. National Grid was contacted.

3:23 p.m. — A resident received a fraudulent check in the mail and confirmed it was fraudulent with their bank. They wanted the matter documented.

4:01 p.m. — An officer spoke with a resident about a motor vehicle that wasn't returned. The vehicle was stored at a friend's property. The person had it towed to their friend's property and then wanted it back, but they hadn't paid the person back the full amount for the tow. It was a civil matter, and the officer advised the parties of that.

9:48 p.m. — Officers responded to assist Belchertown Fire paramedics.

**Saturday, Sept. 27**

12:42 a.m. — An officer responded to an apartment complex for a noise complaint. The calling party couldn't tell if the matter was an argument or people just being loud. Additional officers responded to the scene. It was confirmed an altercation occurred between people and they didn't want to pursue charges.

12:14 p.m. — Officers responded to a residence for a 209 A order violation and a male was subsequently placed into custody.

**Monday, Sept. 29**

8:34 a.m. — An officer responded to Warner Road for an accident. A vehicle attempting to pass another vehicle struck and popped the tire of a trailer. No injuries are reported. No tows were needed.

3:50 p.m. — An officer took a report of threats that were made through an app. The app allegedly had access to the resident's accounts and was threatening to send compromising photos unless they were provided with money. The incident was documented, and the suspect's identity is unknown. There are no suspects at this time.

4:13 p.m. — An officer responded to an accident on Sergeant St. A vehicle parked in a lot attempted to back up

and struck a second vehicle. There was minor damage to both vehicles. No tows were needed, and no injuries were reported.

**Wednesday, Oct. 1**

8 a.m. — An officer responded to an accident on Chauncey Walker Road. A vehicle slowed while driving on Chauncey Walker Road and was rear-ended by another vehicle. There was minor damage. Both vehicles were driven from the scene, and no injuries were reported.

11:10 a.m. — A person reported thier frequent flyer miles were stolen from their account. A report was taken, and the matter was documented.

3:36 p.m. — An officer took a report of missing property. A person said they lost their wallet, and it was last seen in Holyoke. They wanted the matter documented.

3:47 p.m. — A juvenile picked up at school was reported as a runaway. Transportation was done to the station and the person was transported to a DCF home.

4:30 p.m. — An officer responded to an accident on Federal St. A vehicle stopped/slowed. The second vehicle was unable to stop in time and struck the first vehicle in the rear. Minor injuries were reported. One person was transported from the scene. No tows were needed.

**Thursday, Oct. 2**

1:40 p.m. — An officer responded to a mobile home for an accident. A vehicle parked in a spot in a parking lot was struck by a second motor vehicle. The operator of the second motor vehicle thought they had the vehicle and drive, but it was in reverse. They backed up through the parking lot and struck the driver's side of the first vehicles. No injuries were reported, no tows were needed and an immediate threat was filed against the operator.

7:04 p.m. — A male party was issued a summons for a violation of an abuse prevention order.

9:51 p.m. — An officer responded to a report of a

missing person. The officer responded to a Daniel Shays Highway residence for a report of an elderly woman who drove away. A "Be on the lookout" order was put out on the vehicle. Ludlow Police located the person after a 911 call reported they were banging on someone's door. The officers advised the family to follow up about health concerns.

**Friday, Oct. 3**

10:25 a.m. — An officer responded to a residence where a dog bit a person's leashed dog. A bystander assisted in separating the animals and Belchertown Animal Control was contacted.

1:45 p.m. — An officer took a report that a person's Social Security number was used to open a credit card account. They wanted the matter documented.

4:44 p.m. — An officer responded to North Main Street for an accident. Two vehicles travelling South on North Main Street. As one vehicle began to slow, the other rear-ended it. No tows were needed, and no injuries were reported.

**Saturday, Oct. 4**

8:56 a.m. — An officer responded to an accident on Route 9. A vehicle traveling West on Route 9 stopped at Gulf Rd. in Amherst Rd. and went in. A second vehicle went into the path of the first vehicle, striking it. The operator of the second vehicle said that there was light in their eyes, and they did not see the first vehicle. Belchertown. Fire and ambulance responded to the scene as well as Amherst Fire. Two people were transported from the scene and both vehicles were towed.

**Sunday, Oct. 5**

5:18 a.m. — An officer responded to an accident on Greenwich Road. A vehicle traveling west on George Hannum Road turned onto Greenwich Road then struck a fire hydrant. The person failed to navigate the turn. The vehicle was towed. No injuries were reported.

4:03 p.m. — An officer responded to Bay Road

and Metacomet Street for a report of a person who fell off their E-bike and may be injured. Officers saw the person walking and they were unable to maintain their balance. It was determined they were intoxicated. The E-bike was towed. The person was transported.

4:03 p.m. — An officer responded to an accident on Walnut Street. Two vehicles were parked at a Walnut Street business, and both began to reverse out of parking spaces and struck each other. No injuries were reported, and no tows were needed.

**Monday, Oct. 6**

7:14 a.m. — A vehicle traveling West on Federal Street began to brake and was rear ended by another vehicle. The operator of the second vehicle said the first vehicle exited the lane then merged back into the lane, leaving little time to brake in time. Both vehicles were driven from the scene and no injuries were reported.

9:30 a.m. — An officer responded to an accident. A vehicle took a wide turn into a driveway and left it. The left wheel went into a ditch. No injuries were reported. No tows were needed.

4 p.m. — An officer responded to an accident on Main Street. A vehicle traveling south on Main Street rear-ended a second vehicle. No injuries were reported. Both vehicles were towed. One of the operators said they were looking at their phone at the time of the accident.

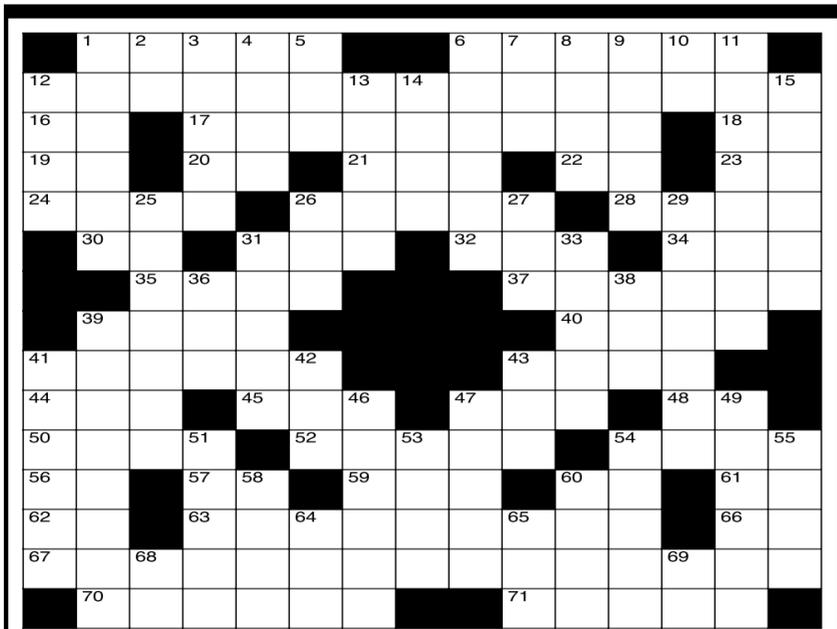
**Tuesday, Oct. 7**

5:31 p.m. — An officer spoke with the person who got a suspicious letter in the mail. The resident thought they were being followed/stalked. They were advised about how to get a harassment prevention order.

**Wednesday, Oct. 8**

8:30 a.m. An officer spoke with a resident who was the victim of a scam. They were asked to pay money to a person who was threatening to hurt a person in their family.

Please see **POLICE**, page 8



**CLUES ACROSS**

- 1. Martial arts in China
- 6. The butt of jokes
- 12. Nevertheless
- 16. Sportscaster Michaels
- 17. A firm believer
- 18. Atomic #18
- 19. One's bestie
- 20. Of I
- 21. Hamburger accessory
- 22. Thus
- 23. Partner to Pa
- 24. Scottish tax
- 26. Cuts away
- 28. Require
- 30. Government lawyer
- 31. Own (Scottish)
- 32. Body cavity
- 34. Brew
- 35. Young woman (French)
- 37. Platforms
- 39. Pair of points in mathematics
- 40. Attack suddenly

**CLUES DOWN**

- 1. Ate quickly

- 41. Aviators
- 43. Make perfect
- 44. Yearly tonnage (abbr.)
- 45. Neither
- 47. The center of a city
- 48. Sacrifice hit in baseball
- 50. Singer Redding
- 52. Dragged forcibly
- 54. Puncture with a knife
- 56. Belonging to me
- 57. Expresses surprise
- 59. Haul
- 60. The Golden State
- 61. Biblical Sumerian city
- 62. Integrated circuit
- 63. Opposed to certain principles
- 66. Sodium
- 67. Qualities
- 70. Walk
- 71. It awaits us all

- 2. Peyton Manning's alma mater
- 3. Moves through water
- 4. Run away from
- 5. Utah resident
- 6. Natural objects
- 7. Children's game
- 8. Obligation to prove
- 9. Ancient Greek building for performances
- 10. Soldier
- 11. Decorated
- 12. Catches
- 13. Russell \_\_, author
- 14. Speak indistinctly
- 15. Students get them
- 25. Japanese warrior
- 26. Dessert
- 27. Doleful
- 29. Most cushy
- 31. Moon crater
- 33. Small evergreen Arabian tree

- 36. Something fugitives are "on"
- 38. 007's creator
- 39. Paintings on hinged panels
- 41. Type of bomb
- 42. Japanese classical theater
- 43. U.S. gov't department
- 46. Flightless bird
- 47. One who cuts wood or stone
- 49. Buttock and thigh together
- 51. A way to gather
- 53. Body part
- 54. Argentinian city
- 55. Undergarments
- 58. Jai \_\_, sport
- 60. Container for shipping
- 64. Type of screen
- 65. Get free of
- 68. Indicates position
- 69. Business department



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# Dog Halloween costume party at the Amherst Dog Park

AMHERST – The Friends of the Amherst Dog Park is hosting the fourth annual dog costume “Halloween Pawty” Saturday, October 25, from 2 p.m. to 4 p.m. (Rain date is Sunday, the 26 ) at the dog park off Rt. 9 on Old Belchertown Road. Everyone – human and dog – is invited and encouraged to show up in costumes of all sorts. Actors from the Amherst Community Theater Company will judge the costumes and bestow awards. A \$5 donation is suggested.



Costume categories this year are best costume large dogs, first, second and third place, best costume small dog (30 pounds or less), first, second and third place, best large dog and human duo, best small dog and human duo.

Raffle prizes are donated by local merchants. Baked goods will be for sale. There will also be a photo booth this year. Volunteers from the UMass Alpha

Phi Omega sorority will be helping Friends of the Amherst Dog Park to run the ‘Pawty’. All dogs must be on leash unless they are inside the dog park.

Located off Rt. 9 on Old Belchertown Road in Amherst, the dog park is one and a-half acres of play space on a capped landfill. It’s divided into large and small dog areas. The volunteer Friends of the Dog Park are responsible for maintenance, governance and operation.

## SSI from page 6

rate will likely be higher now than it would be after you retire from working. Note: The so-called “one big, beautiful bill” provides only temporary tax relief (thru 2028) on SS benefits - the IRS will still tax SS benefits but also allow a separate tax deduction to offset those SS taxes you pay.

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](http://amacfoundation.org/programs/social-security-advisory) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org). Russell Gloor is a Social Security advisor for AMAC.



State Sen. Jake Oliveira shared stories about going to the Quabbin Reservoir over the years and its importance to the Commonwealth.



TURLEY PHOTOS BY RYAN DRAGO  
State Rep. Aaron Saunders spoke during the kickoff of Quabbin Days.



Sen. Jo Comerford spoke on the importance of recognizing the service and sacrifice it took to construct the Quabbin Reservoir.



State Rep. Todd Smola is shown during his talk about celebrating the natural beauty that is the Quabbin Reservoir.

## QUABBIN DAYS from page 1

Providing the Quabbin Reservoir involved a lot of sacrifice, including the disincorporation of four Massachusetts towns, Enfield, Dana, Prescott and Greenwich. The project also provided a lot of jobs in the 1930s and 1940s and Oliveira shared that his grandfather was employed during this project that created the reservoir.

Oliveira had a lot of memories from going to the Quabbin and sees it as a very special place. Oliveira ended by presenting a citation from the Senate and was given to Comeau and the Friend of the Quabbin in recognition of this four-day celebration to honor the Quabbin.

State Rep. Aaron Saunders came up to speak and said “we have a complicated relationship with the Quabbin.” Having the Quabbin provides recreational opportunities, tourism and natural beauty of the region.

Saunders wanted to acknowledge the surrounding towns and local boards who do a lot to keep this resource going.

Senator Jo Comerford spoke next and feels it is “our



Rep. Susannah Whipps attended and spoke during Quabbin Days kickoff celebration.

job to recognize and honor that service” of what it took to bring Quabbin Reservoir to this region. Comerford hopes Quabbin Days will continue for years to come and offers opportunity for many residents of eastern and western Massachusetts.

Next to speak was state Rep. Todd Smola, who is quite the fisherman, who says it is a spectacular experience to explore this body of water on the actual water. Four towns were moved off

the map to provide this water resource that serves over 2.5 million people.

“We’re proud of this resource,” Smola said. “Make sure the voice of the Quabbin is heard.”

Representative Susannah M. Whipps came up to speak next and mentioned how many residents of the Commonwealth depend on this water source. Whipps finds it important to pay attention and be stewards of this region.

Sydla spoke and expressed appreciation for all the representatives and senators who watch over the Quabbin and make sure it is still supported. With Quabbin Days officially kicked off, Sydla hopes to see more people explore Quabbin in the near future. Sydla enjoys going out on the water and is a well-accomplished fisherman with 11 gold pins.

Former State Trooper and Selectman for the Town of Ware, John Carroll came out during the kickoff. Carroll said it was nice to recognize the sacrifices people of the four lost towns made to benefit the Commonwealth.

Carroll always appreciated the beauty of the Quabbin and describes it as an amazing place. Carroll enjoys

walking the dam daily and views spectacular sunsets.

Many guests stuck around to explore the visitor center, which featured displays and history of the Quabbin, as well as a documentary presentation on how the Quabbin was built back in the 1930s.

Comeau is on the executive board of the Friends of the Quabbin and hopes after this first celebration of Quabbin Days, the Quabbin will build on this momentum. The inspiration of Quabbin Days came from the passion of enjoying the Quabbin and the economic drive for tourism.

Quabbin Days has encouraged towns, local businesses, and community groups in the Quabbin region to host events that highlight the region’s heritage and natural beauty.

Comeau views this first year as a big success and the Friends of Quabbin will continue to improve on it. Comeau is also a nature photographer and has been involved in photography for many years and says he enjoys it so much.

For more information on Quabbin Days, visit [quabbindays.org](http://quabbindays.org).

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**POLICE** from page 7

**Granby Police Log**

*Editor’s Note: The Granby Police Department responded to 105 calls for the week of Oct. 3 through Oct. 9. Those arrested are presumed innocent until proven guilty in a court of law. The Granby Police Department provides all information.*

**Friday, Oct. 3**  
5:04 p.m. – A motorist reported that a vehicle backed up into their vehicle in the parking lot. There were no injuries.

**Monday, Oct. 6**  
11:24 a.m. – A resident reported that they posted

online concerning their missing cat and someone called them stating they had information about the cat but would only relay that information if they sent them money.

**Thursday, Oct. 9**  
1:34 p.m. – A motorist reported a minor two-car accident on Fred Ruel Road and East State Street. There were no injuries.

**Wednesday, Oct. 8**  
2:19 p.m. – Motorists reported a two-car accident on East State Street and Chicopee Street. Granby Police and Fire responded. One operator was transported to the hospital with non-life-threatening injuries.

4:13 p.m. – A Fed Ex driver reported that a vehicle backed into their delivery truck on South Street. There were no injuries.

4:23 p.m. – A motorist reported a two-car accident on Pleasant Street at West State Street. There were no injuries.

8:14 a.m. – A motorist reported an aggressive driver and road rage incident on Kendall Street. The caller stated that the other operator got of his vehicle, assaulted him, and left the area. Officers responded and spoke with both parties. An incident report was completed.

1:36 p.m. – A resident reported that they discovered that someone backed into their rental car.

2:20 p.m. – While on patrol, an officer observed a two-car accident on West State Street and Amherst Street. There were no injuries.



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## Audette notches 100th point in Orioles win



Addi DiBona chases down the loose ball.

By Tim Peterson  
Sports Correspondent

SOUTH HADLEY—Between 2019-2022, Abigail Olden compiled 110 career points (goals & assists) as a member of the Belchertown varsity field hockey team.

Olden, who's currently a junior on the Colby-Sawyer College field hockey team, was the first Lady Orioles player to reach the elite milestone.

Senior Edith Audette is the second Belchertown field hockey player to accomplish the feat. She put her name in the history books during last Tuesday's 5-1 road win against the South Hadley Lady Tigers.

Audette, who entered the Valley League contest with 99 career points, scored a penalty corner goal with 12 seconds remaining in the first half giving her team a 2-0 halftime advantage.

"I couldn't have done it

without my team and both my coaches, Dina [Brunetti] and Laura [Cote]. They got me here this season," said Audette following her team's eleventh victory of the season. "My whole family is here too, so I was really hoping I got it today. And I did, so it was the perfect moment for me. I just love being a member of this team."

Brunetti took over as the Lady Orioles varsity field hockey coach when Audette was a sophomore. She gave her thoughts on the history making goal.

"That goal couldn't have been any more perfect. That was just a beautiful setup. We ran that corner a bunch of times at practice," Brunetti said. "It was flawless, and we don't do that often. It was just super exciting."

Audette, who entered her senior season with 78 career



Mya Philpott readies a clearing pass.

TURLEY PHOTOS BY GREGORY A. SCIBELLI

Please see **ORIOLES**, page 10

## Orioles shut out visiting Warriors

By Tim Peterson  
Sports Correspondent

BELCHERTOWN—It doesn't matter if a team has an undefeated record or a winless record, Belchertown girls' varsity soccer coach Kyle Thibeault always treats each opponent the same way.

The Belchertown Lady Orioles held a 2-0 halftime lead against Tantasqua Regional in a non-league home match.

The Lady Warriors, who made the trip to Western Mass. looking to celebrate their first win of the season, had a couple of chances to tie the score at the start of the second half, but were unable to accomplish the feat. The Lady Orioles put the game out of reach with three more goals leading to a 5-0 victory, last Wednesday night.

"Every team that we play is going to give us a hard fought battle," Thibeault said. "You just have to show up and play every game at a high level. You can't look at a team's record. Tantasqua battled us for almost the entire game."

The Lady Warriors (0-12) are members of the new Central Mass. Athletic Conference (A) Division, along with Sutton, Nipmuc, Douglas, and Auburn.

It was the fourth meeting on the soccer pitch between Tantasqua and Belchertown since 2022.

While the Lady Orioles squeaked out a 4-3 win in last year's meeting in Fiskdale, the Lady Warriors posted a 3-0 victory in their first visit to the Belchertown High School stadium grass field in 2023.

Last Wednesday's home win improved the Lady Orioles overall record to 5-6-2. They're members of the Coombs Division and were ranked 11th in the MIAA Division 3 power rankings.



Camilla Adamczyk is pressured by a Tantasqua defender.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM



Isabel Moreau follows through on a shot up the field.

"I think we're capable of competing against any team on our schedule," Thibeault said. "Most of the teams in our league are in Division 2, which helps us in the state rankings."

The contest remained scoreless until the 25th minute of the opening half.

That's when the Lady Orioles finally broke the ice with a corner kick goal.

Sophomore Adelina Gualberto booted the ball into the box from the right corner where it was headed

by senior Alexa Karabetsos into the left corner of the net past senior goalie Sarah Parsons (19 Saves).

"Set pieces are always critical in the game of soccer," Thibeault said. "You always need to capitalize on them. It was a nice header by Alexa."

It looked like the home team had taken a 2-0 lead in the 28th minute when a free kick sailed into the left corner, but a Lady Orioles player was offside on the play.

In the 35th minute, sophomore Aubrey Klingensmith dribbled down the right side before firing a shot into the back of the net. Karabetsos, who's a captain, was credited with the assist.

Klingensmith, who missed her freshman season with an ACL injury, is following in the footsteps of her older sister, Avery, who's wrapping up her collegiate soccer career at American University.

Aubrey Klingensmith, who also scored the Lady Orioles' first two goals of the second half, recorded her first hat-trick in a varsity game.

"Aubrey's older sister was a great soccer player in high school," Thibeault said. "Aubrey missed last season with an ACL injury, so this her first season playing for the varsity team. I don't like to compare players, but

Please see **SOCCER**, page 10

## Rams sweep Monson with one-goal win

By Tim Peterson  
Sports Correspondent

GRANBY—The Monson and Granby girls' varsity soccer teams have been members of the Central Division since 2017.

Monson entered the 2025 regular season with an 13-0-1 overall record in the rivalry series.

Back in the middle of September, Granby celebrated a 2-1 victory in Monson's annual night game at Moriarty Field.

The Lady Rams completed the season sweep by posting a 3-2 home win over the Lady Mustangs, last Thursday afternoon.

"We've had some very good battles with Monson over the years, but we've never been able to beat them until this season," said Granby head coach Bob Weaver. "Everyone contributed in today's game, and it feels very good to sweep the season series."

The Lady Rams (8-3-2, 5-3-2) have been the top ranked team in the MIAA Division 5 power rankings during the past couple of weeks.



McKenna Zumbruski is pursued by an opposing player.

TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHOTOS.COM

"We've only talked about being the number one team in D5 once at a practice," Weaver said. "We're a young team this year and we're taking it one game

at a time. We're not even thinking about the postseason tournaments yet, but today's game did feel like

Please see **RAMS**, page 10



Kaitlyn Curran fights off a defender.



Brenna Moreno looks ready to shoot.

## Pioneers beat Ware, even record

PALMER – In a rematch between now two league rivals, Pathfinder boys soccer shut out Ware 4-0. The Pioneers improved to 6-6-1 while Ware fell to a dis-

appointing 1-12-1. Brody Wetnicka had two goals while Owen Marion and Cayden Bousquet had the other goals. Jaleel Roman had two assists.



Adonis Dupre goes after the loose ball.



Owen Pear fights with a Ware midfielder for the ball.



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHTOS.COM  
Jaleel Roman attempts a backwards pass.

### RAMS from page 9

a postseason contest. It was a very big game for both teams."

The only seniors listed on the Lady Rams varsity soccer roster are Kaitlyn Curran, Mylin Laliberte, and Ava Elizabeth Loughman, who hasn't played this season due to an ACL injury.

The Lady Mustangs were the fourth ranked team in Division 5 despite having a 4-8-1 overall record and a 1-7-1 league mark following the road loss.

"We've played two very good games against Granby this season," said Monson head coach Larry Pagliaro. "I thought we played very well during the second half in today's game. We just need to play well for the entire 80 minutes."

It was very memorable week for Hannah Murphy, who's the only senior listed on the Lady Mustangs varsity roster.

Twenty-four hours earlier, Murphy scored a pair of goals on senior day which broke the all-time high school goal record in Massachusetts with 207. The state goal record was previously held by Kiarra Dorman, who graduated from Quaboag Regional High School in 2019. Dorman finished her outstanding varsity soccer career with 205 goals.

"I've worked very hard to break the record during the past couple years," said Murphy, who'll be con-

tinuing her soccer career at Sacred Heart University next year. "I'm very glad that I was able to accomplish it during a home game."

Murphy has been a member of the Monson girls' varsity soccer team since the eighth grade.

Two years ago, Murphy helped Monson capture the Western Mass. Class C championship title for the third consecutive year with a 4-0 victory over Mount Greylock. A couple of weeks later, the Lady Mustangs defeated Whitinsville Christian, 5-0, in the Division 5 state finals, which was held at historic Doyle Field in Leominster.

"It has really been very special being a member of this soccer team," Murphy said. "I just love playing soccer with my teammates."

Eric Degan coached Murphy the first three years that she played for the varsity squad. Pagliaro is wrapping up his second season as the Lady Mustangs varsity coach.

"I never thought that I would coach a player who broke state record," Pagliaro said. "Not only is Hannah an outstanding soccer player, she's also a wonderful person."

Murphy is a tri-captain, along with junior's Avery Beaudoin, and Chelsea Hull.

During the first 15 minutes of last Thursday's contest, the two squads combined to score three goals.

The home side took a 1-0



TURLEY PHOTOS BY DAVID HENRY WWW.SWEETDOGPHTOS.COM  
Marcela Tapia clears the ball ahead of pressure.

lead during the fourth minute when sophomore McKenna Cudworth delivered a pass to freshman Marcela Tapia, who finished off the scoring play by firing a shot into the right corner of the net past Monson sophomore goalie Grace Berry (4 saves).

The Lady Mustangs tied the score six minutes later when junior Emma Maziarz lined a shot into the left corner past Granby junior goalie Meredith Bartosz (7 saves), who was looking into a bright setting sun in the half, for an unassisted goal.

During the 13th minute, Granby eighth grader Bri-Anne Kraus lofted a high floater that sailed over the keeper's head into the back of the net giving Granby the lead back.

Granby had several other chances to extend their lead during the final twenty minutes of the opening half.

Berry made several saves and a couple of other shot attempts were wide.

In the closing seconds of the half, junior Kalli White, who assisted on the Lady Rams second goal, passed the ball to Cudworth. She fired a shot into the net giving the home team a 3-1 half-time advantage.

A couple of minutes into the second half, a shot attempt taken by Maziarz was saved by Bartosz.

Hull also had a couple of shots for the visiting team, but the scoreboard didn't change.

With a little more than ten minutes remaining in regulation, Murphy weaved around a couple of defenders before firing a shot that sailed over the crossbar.

The Lady Mustangs inched a little bit closer following a corner kick goal during the 74th minute.

Maziarz booted the ball into the box from the right corner where Murphy knocked home a rebound shot for her 208th career goal.

"I do know a couple of the Granby players. It has been a lot of fun playing against them during the past couple of years," Murphy said. "I was hoping that we could've won today's game. I'm hoping that we do play them again in the postseason tournament."

The third meeting between Monson and Granby could take place during the Division 5 state tournament, which will be starting in a couple of weeks.



McKenna Cudworth tries to circle around a defender.

### ORIOLES from page 9

points, scored ten goals and had twelve assists in the Lady Orioles first 14 games of the regular season.

Audette and Olden were teammates on the varsity field hockey team for one season.

"Abigail was the first player in school history to reach 100 points when I was a freshman," Audette said. "After I saw her do it, that's when I decided I would also like to accomplish it."

Edith, who's a co-captain of this year's team with senior Mya Philpott, learned how to play field hockey from her mother, Lisa, who played field hockey at Quaboag Regional.

"My mom was my field hockey coach from first grade to eighth grade," she said. "She was the person who got me to love the sport. Every player that I've played field hockey with have been amazing. Most of my best friends play field hockey."

Philpott and sophomore Kina Roy assisted on Audette's milestone goal.

"It was a great goal because Mya and Kina got the double assist on it," Audette said. "Kina has been my partner in crime since she came here last year, so her getting an assist on it was awesome."

It was also a very memorable afternoon for Belchertown sophomore Kian Roy, who recorded his first hat-trick in a varsity



Julia Rainaud keeps the momentum going on offense.

game.

Following a scoreless opening 15 minutes, Kian Roy scored his first goal of the match, which was assisted by junior Julia Rainaud less than two minutes into the second quarter.

With the Lady Orioles holding a 2-0 halftime lead, the Lady Tigers failed to convert on three penalty corners before Kian Roy banged another shot into the cage with six minutes remaining in third quarter.

South Hadley (8-4) had only competed as a junior varsity team during the past couple of years before moving back up to the varsity level this fall. The only senior listed on the Lady Tigers varsity roster is Elise Gingras

Despite the outcome in their first meeting against Belchertown, South Hadley

head coach Nicole Casolari has seen a lot of improvement from her players this season.

"The word I've been using this season is purpose," Casolari said. "Everything should have a purpose. And we still can work on that and fine tune some of our small skills, but I'd say as a team, we've made strides."

The Lady Tigers got on the scoreboard for the first time with 13:56 left in regulation following a penalty corner goal from sophomore Lily Harrington, which was assisted by fellow sophomore Sam Harrison.

Kian Roy scored his third goal with 5:20 remaining on the scoreboard clock. Junior Gianna Zenon was given the assist.

A goal by Rainaud two minutes later wrapped up the scoring in the game for



Kina Roy fights to get a shot on goal.



TURLEY PHOTOS BY GREGORY A. SCIBELLI  
Kina Roy tries to get around an opponent.

the Lady Orioles, who had a 11-2-1 overall record.

The Lady Tigers are scheduled to make trip east

on Rte. 202 to Belchertown High School on Friday afternoon.

### SOCCER from page 9

Aubrey is quickly becoming a quality soccer player."

The hat-trick put Klingensmith at the top of the Lady Orioles scoring list with eight goals.

Trailing 2-0 at halftime, the Lady Warriors did have several very good scoring chances during the first ten minutes of the second half.

A high shot by senior Ashlee Rio was saved by freshman Ava Stelmokas (3 saves), who had replaced classmate Linnea Anderson (1 save) at the start of the second half.

The two goalies have split playing time for most of the regular season.

A couple of minutes later, a breakthrough shot by Tantasqua freshman Jenna Cain deflected off the right post.

In the 51st minute, junior Tessa Sheldon fired another shot for the visiting team which sailed high over the crossbar.

Klingensmith scored her second goal in the middle of the second half, which was assisted by Karabetsos.

Three minutes later, senior Isabel Moreau sent a pass to Klingensmith, who capped off her memorable night by putting a low shot into the back of the net.

The Lady Orioles final goal of the home match was scored by senior Morghan Litz with ten minutes remaining in regulation

**CRAFT FAIR** from page 1

discuss how her business came together, along with offering insight into the importance of craft fairs.

"I started making blankets my freshman year of High School, and then after that I started making plushies, and doing craft shows, and I decided to do this full-time after opening up my own business," Moreira said. "I think craft shows are very underrated, and I feel people would enjoy them a lot more if they gave them a chance."

Also in attendance was Kelsey Davey, owner of Pearl and Company Natural Candles, who revealed a story of finding a sense of new life after a major tragedy, exemplifying a will of determination to keep moving.

"I ended up starting my business about three years ago, when I was injured in the line of duty as a police officer for the town of South Hadley, when I was saving a life," Davey said. "I received a 911 call for an unresponsive individual in the Big Y parking lot. During that call, I used my baton to smash a car window to gain entry into the motor vehicle, I narcanned the individual twice, and saved his life; he came back." Davey then told us that she had lacerated two tendons and a nerve in her wrist, which was the last day she ever felt her right hand,



A side view of the craft fair room.

TURLEY PHOTOS BY BRENDAN ROONEY

which led her down a long, winding road of recovery, and then inspiration sparked from a simple text message sent to her telling her, "I'm proud of you."

"That was the change of my universe that day, and then I got into candles," Davey said. "And I always wanted to do self-care boxes, and this journey has taught me a way of finding a new value in life, so I remembered to focus on what I can control, which gave me a sense of power inside

myself." Davey then revealed that her candles are based on internal and emotional feelings.

"My first three are titled 'born to thrive', 'pure harmony', and 'feels like home', she said. "It also got a point that when everyone asked me how I was feeling, I would tell them I was 'surviving', and that led to another being titled surviving." Davey then noted that her business only continued to grow at that moment, while touching upon the importance of being

a small business owner and understanding the value of how to raise awareness for events that are beneficial to supporting a great cause, such as Relay for Life.

"Now I have only 17 different fragrances, and when my business grew, I started doing custom orders for charities, for police departments, and fundraisers as well," Davey said. "To me, it's really important to put your name out there, and to also let people know that small businesses always support each other, and under-

stand we're in this together, and it's really important to be here to bring awareness to the continued fight, that occurs daily, and it's just a huge honor to be part of this event and receive an invite."

In addition, those who attended were treated to a variety of festivities, such as lunch provided by the Moose Family Center, along with a plethora of 50/50 raffles. All proceeds from raffles and food went towards benefiting the American Cancer Society, Quabog Valley Relay for Life.



Kelsey Davey and her business, Pearl and Company.

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# national **business** **WOMEN'S** week

## Women entrepreneurs who have helped to shape the world

The business landscape is continually evolving, shaped by the relentless determination and innovative spirit of visionary leaders of industry. Entrepreneurs come in many types, and a significant percentage of trailblazers are women. Women entrepreneurs have built global empires and inspired many young girls and women to follow in their footsteps.

Global Entrepreneurship Monitor says one in three high-growth entrepreneurs and nearly two in five export-oriented startups were led by women, according to its latest report of women's progress in entrepreneurship over the past 25 years. Forty-two percent of all American firms are women-owned businesses, according to Ecommerce-tips.org. In many regions, women are driving forces behind new business creation. Here's a deeper look at some of the women entrepreneurs that have made their mark.

• **Oprah Winfrey:** It wouldn't be a complete list of women entrepreneurs without Oprah Winfrey. Despite a challenging childhood, Winfrey built a multimedia empire from the ground up, becoming a self-made entrepreneur. From her talk show to the founding of Harpo Productions and the Oprah Winfrey Network (OWN), Winfrey became the first Black woman to achieve billionaire status.

• **Melanie Perkins:** Perkins is the co-founder of the popular graphic design platform Canva. At around age 19, Perkins had the idea to make graphic design accessible to everyone, even those without many design skills. She persevered despite facing numerous rejections from investors. Now Canva is a multi-billion dollar global success story.

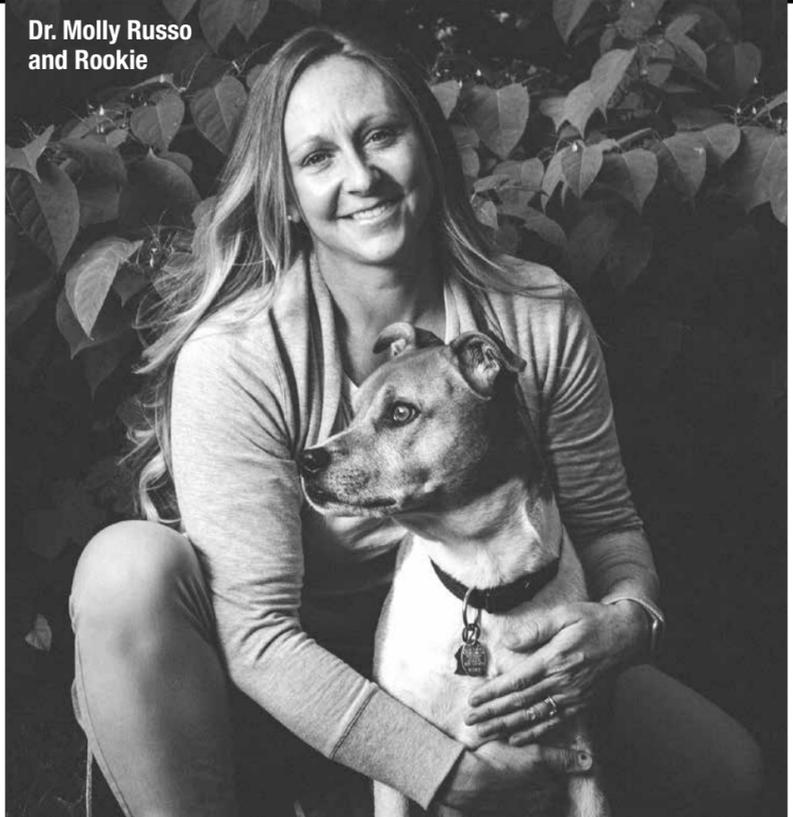
• **Whitney Wolfe Herd:** Online dating has helped pair many successful couples. Many have Herd to thank, as she is the CEO of the dating app Bumble. The concept of the app is unique from other platforms, as it requires women to make the first move, a concept that has helped empower women. At 31, Herd became the youngest woman to take a

U.S. company public.

• **Kiran Mazumdar-Shaw:** Shaw is an Indian billionaire entrepreneur, and the executive chairperson and founder of Biocon Limited and Biocon Biologics Limited. These are biotechnology companies based in Bangalore, India. Shaw is known for being India's first woman entrepreneur and the country's richest self-made woman.

• **Arianna Huffington:** Huffington is a digital journalism pioneer. She is the co-founder of The Huffington Post and founder and CEO of Thrive Global, a wellness and health platform.

This is just a short list of the many women entrepreneurs that have helped shape the world.



Dr. Molly Russo and Rookie

Dr. Molly Russo, originally from Whately, made her way back to the Valley in 2015 and became sole owner of Westbrook Veterinary Hospital in Pelham in 2018. She is a graduate of Tufts Cummings School of Veterinary Medicine. Dr. Russo and her team value high quality medicine while appreciating the human-animal bond. They value each pet and treat them as if they were their own. Dr. Russo has every intention of raising her 2 daughters, Avery and Winnie, to be strong independent women – maybe even business owners.



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Katie is the third generation in her family at the agency. Her grandfather, Charlie Moulton founded the agency in 1952. In 1990 her mother, Cynthia Moulton St. George, became the president and ran the agency until her retirement in 2020. Katie and her father, Roy St. George, ran the agency as co-principals until his retirement in June 2024. She now resides as the principal of the agency. In her 15 years at the agency, she has obtained her Certified Insurance Counselor (CIC) and Certified Insurance Service Representative (CISR) designations. She is a member and a director for the Ware Business and Civic Association. Katie is an active member of the Quincy Mutual Insurance Company Agent's Council among other insurance companies' agency council boards in the region. Outside of work, Katie resides in Belchertown and enjoys spending time outdoors with her husband Jeff and her sons Coleman and Clay.

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# national **business** **WOMEN'S** week

## Tips on how to balance work and family life

Constant connectivity due to the bevy of digital devices at one's fingertips continues to blur the lines between individuals' professional and personal lives. For many individuals, the challenge of balancing family and work is a notable challenge.

Rather than a strict split of half of time spent at work and half on family matters, many people are embracing a more fluid concept of work-life integration. But work can encroach on per-

sonal time if professionals are not careful. Nowadays, it is more about creating a rhythm where both aspects of life can thrive. Here are some ways to achieve that.

- **Flexible scheduling:** Rather than the traditional 9 to 5 work schedule, flexible hours can enable employees to work the hours that best suit them. This situation recognizes that often family schedules do not fit a rigid mold, and sometimes workers may need to be home during traditional business

hours. Flexibility enables taking a break to attend a school event, or working later hours to catch up on emails.

- **Setting boundaries:** This is a critical step in finding work-life balance. Remote work, which reached a peak during the COVID-19 pandemic, still is a popular option for many people. Boundaries for remote workers can include creating a dedicated workspace that one "leaves" at the end of the day. Family as well as co-

workers should be aware of working hours so they know an appropriate time to contact an employee. Unplugging from technology during family time also is essential.

- **Prioritize tasks:** It is key to identify top priorities both at work and at home. At work, one can focus on high-impact tasks and learn to delegate lesser tasks whenever possible. At home, the entire family should be involved in assigning and handling age-appropriate chores. Enlisting kids in

home tasks helps teach them valuable life skills and also lessens the load on parents.

- **Support system:** A support system at work and at home can be beneficial. Leaning on a colleague or a partner at home to share responsibilities lessens stress on one person. Connecting with other parents in the area also can facilitate the sharing of ideas, responsibilities and advice.

- **Self-care:** It may seem counterintuitive to take time for oneself when you're al-

ready stretched thin, but self care is vital for those trying to balance work and home life. By scheduling time for activities that help a person recharge, including exercise, meditation, a hobby, or taking a walk, it's possible to maintain mental and physical health. Stress can wreak havoc on the body, and self-care can alleviate that stress.

Individuals are pulled in many directions at home and at work. Luckily there are strategies to help professionals find a middle ground.

## How to master successful remote work from home

Remote working might not be as common as it was during the height of the COVID-19 pandemic, when a significant percentage of working professionals were required to work from home as a safety precaution. A 2025 report from Wow Remote Teams estimated that 22 percent of American workers would spend the year working remotely, while the staffing and recruitment experts at Robert Half anticipated four in 10 workers being afforded some amount of remote work opportunities in 2025.

Those figures might be a far cry from remote work statistics earlier in the decade, but they still indicate that a significant percentage of professionals are spending at least some, if not all, of their workday working from home. Working from home poses some unique challenges that are not necessarily present when commuting to an office each day. A few simple strategies

can help remote workers overcome the unique issues that may arise when working from home.

- **Schedule each day.** A work calendar that includes daily tasks and meetings can help remote workers

stay the course and avoid succumbing to distractions present at home that are not around in a typical office.

In addition to listing tasks and meetings, add goals to a daily schedule, which can keep remote workers moti-

vated to continue working during lulls in the workday.

- **Minimize in-office distractions.** Remote workers who spend enough time working from home to merit a separate home office space should do

what's necessary to minimize in-office distractions. For instance, a television in a home office can be a needless distraction that remote workers may turn on even when they have a full day's work on their plate. Additional creature comforts also can be nice but distracting. Minimizing such distractions in a home office can ensure remote workers are as productive at home as they were when they commuted to an office each day.

- **Stay in touch.** One of the hurdles companies face when allowing workers to work from home is maintaining open lines of communication between staff members. Remote workers should prioritize communication with colleagues and coworkers even if they no longer see them each day. Identify ways to remain in touch so productivity does not suffer and projects are completed on time and up to par. Utilize communication channels such as

email, messaging apps, text messaging, and Zoom to remain connected with colleagues. Management personnel can consider daily or weekly meetings with necessary personnel to ensure workflow is not suffering and confirm everyone is on the same page with projects and expectations.

- **Remain flexible.** Flexibility is often cited as part of the appeal of remote work, but remote workers must recognize that's a two-way street. If employers and supervisors allow remote workers flex hours and other perks exclusive to working from home, then that flexibility must be reciprocated when the need arises. A willingness to work some late nights or even weekend hours is a good tradeoff for the benefits of working from home.

Remote working remains a fact of life for millions of workers, who can employ various strategies to remain productive when working from home.



A few simple strategies can help remote workers overcome the unique issues that may arise when working from home.

**Mary C. McGovern, MBA**  
Country Bank President & Chief Executive Officer

Mary McGovern brings more than 36 years of experience in the financial services industry to her role as President and Chief Executive Officer of Country Bank, where she is proud to serve as the institution's first female leader. A results-driven executive, Mary is recognized for her authentic leadership style that blends innovation, collaboration, and compassion.

Since stepping into the role, she has embraced opportunities to inspire others and elevate women in leadership, from speaking engagements to mentorship. She currently serves on the boards of the Massachusetts Bankers Association, the Food Bank of Western Massachusetts, and the Massachusetts Housing Authority, extending her impact beyond banking into community well-being.

Mary's leadership and achievements have been recognized by both the Worcester Business Journal and Hanaford Supermarkets, honoring her as one of Massachusetts' outstanding women in business. She remains dedicated to advancing Country Bank's mission while empowering its people, customers, and communities to thrive.



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**A+ ROZELL'S LANDSCAPING & BOBCAT SERVICE**  
Excavator Services  
Overgrown property?  
Extreme Brush Cutting!  
Shrub, Stump, Tree Removal  
Lawn/Arborvite Installed  
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Storm Clean-up  
Small Demolition/ Junk Removal  
Insured  
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All brick, block, stone, concrete. Hatchway doors, basement windows, chimneys rebuilt & repaired, foundations repaired, basement waterproofing systems, sump pumps. BBB+ rating. Free estimates. Lic #14790. Call **(413)569-1611, (413)374-5377**

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## SERVICES

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**SAW Stump Grinding**  
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## PART TIME SNOWPLOW DRIVERS NEEDED

Part time snowplow drivers are needed for the Town of New Braintree for the 2025-2026 season. Positions available for both CDL and non-CDL License. If you are interested, please contact Highway Superintendent Richard Ayer at **(508) 867-2451** or email [hwsecretary@newbraintree.org](mailto:hwsecretary@newbraintree.org).

## REAL ESTATE

### FOR RENT

**EQUAL HOUSING OPPORTUNITY**

**ALL REAL ESTATE** advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

**GREEN STREET, PALMER** Newly renovated 1 bedroom apt. porch, off-street parking, coin-op laundry, \$1,500/ mo includes heat. No Pets. Call Tom **413-896-1555**

## FOR RENT

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.  
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CATEGORY:			
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5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
Credit Card:  MasterCard  VISA  Discover  Cash  Check# \_\_\_\_\_  
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**HEALTH** from page 6

Other conditions that might affect cognition are cancer treatment, Parkinson's, depression, heart failure, brain tumor, sleep disorders and substance abuse disorders.

Now, though, you don't have to wait for a doctor's appointment to get a general assessment of your cognitive abilities or those of a loved one. The neurologist who developed the MoCA, Dr. Ziad Nasreddine, last year created XpressO, a quick and

fun digital self-assessment designed for anyone to use on their own desktop computer, tablet or smartphone. (Laptop screens aren't large enough.)

Once all the tasks are completed, you will receive a clear and simple report stating low or elevated risk of cognitive decline. You can monitor your cognition over time and share the results with your health-care provider.

XpressO requires registration and creation of a password. Learn more at

MoCAcognition.com, or you can download the XpressO app from the Apple and Google Play app stores.

Dementia and cognitive decline, already a reality for millions, are a source of fear and anxiety for millions of others. Using this simple tool might put your mind at rest, or it may signal that you need to be talking to your doctor.

*Teri (Dreher) Frykenberg, is a registered nurse and board-certified patient advocate and founder of www.*

*NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to Turley Newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com*

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**PUBLIC NOTICES**

**Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Hampshire Division  
Docket No.  
HS25P0539EA  
Estate of:  
Carolyn Marie Zobka  
Also Known As:**

**Carolyn Marie Nunes  
Date of Death: June 6, 2025  
INFORMAL PROBATE  
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Linda J. Ugraz of Three Rivers, MA**

a Will has been admitted to informal probate.

**Linda J. Ugraz of Three Rivers, MA**

has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory

and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

10/16/2025

**BUSINESS & SERVICE DIRECTORY**

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

**HAIRDRESSER**

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

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**WELDING**

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**COMPUTERS**

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

**INSURANCE**

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

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Event Name \_\_\_\_\_

Date/Time \_\_\_\_\_

Location \_\_\_\_\_

Description \_\_\_\_\_

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\_\_\_\_\_

Cost \_\_\_\_\_

Contact name & phone number for more information \_\_\_\_\_

\_\_\_\_\_

*Please specify if you would like your name and number printed in the paper.*

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**\*Be sure to indicate "Holiday" in the subject line of your email.**

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